

Tring Runner

March 2007

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Monday February 5th and March 5th

7.30 p.m. Running from Berkhamsted

Cricket Club – meet in the bar

Main Forthcoming Events

Sunday March 4th - Berkhamsted half marathon and 5 mile fun run

Sunday March 4th – Chiltern Kanter

26 miles (starts in Tring)

An ideal introduction to LDWA events

Sunday March 4th – Herts Vets XC champs

Monday Mar 5th – Running from Berko

Wednesay Mar 7th – Rick's Winter Relay

Sunday Mar 18th – Edale Skyline Fell race

Saturday Mar 31st – Breakfast run – location tba

Friday April 6th (Good Friday) Hash organised by Mike Gaunt – more details in this newsletter

Sunday April 22nd – London Marathon and Prize Giving (more details later)

Sunday April 22nd - Aldbury Cross Country Race. The third event in the off-road championships. (tbc)

Fri 25th May – Mon 28th May - Brecon Beacons trip - see Mandy Bonthrone

Saturday June 30th – Breakfast run – from Bob Ford's House in Pitstone

Newsletter contributions to **Peter Hamson** by Wednesday 28th March please.

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And much more

Club Championships

Firstly, I have an apology. The information in the last two newsletters concerning the club road running champions was not quite correct. In fact I have to go further and say it was definitely wrong. So wrong that now the scores have been corrected we have a new Ladies Champion, which is

Edda Aitchison

Congratulations Edda, and apologies for taking so long to recognise your achievement. Also, apologies to Kirsty Barnett for letting her believe she was club champion for two months. I have not heard Kirsty's reaction to this but when Simon was told I have to say he didn't seem too concerned, saying at least that meant they would now have one trophy each rather than he having one to Kirsty's two. Perhaps in fact this will go a small way to maintaining marital harmony.

For details of how this mistake came about see Tony Hill's 'grovelling apology' later in this newsletter.

Now the cross country season is over we have two new cross country champions. Also, to complete the line up, we have a winner of the 'Forrest Gump' trophy. Full details of all these and a summary of all trophy winners are in this newsletter.

Peter Hamson

VISIT OUR WEB SITE

<http://www.tringrunningclub.org.uk>

Race Results

Watford Half Marathon

Runner	Posn	Time	PB
Sam Williamson	42	1:19:11	Y
Luke Delderfield	58	1:21:06	Y
Simon Barnett	97	1:24:24	
John Manning	231	1:30:43	Y
Jevon O'Neill	352	1:34:49	Y
Kirsty Barnett	368	1:35:17	Y
Michaela Colwell	473	1:38:03	Y
Richard White	696	1:42:51	
Peter Hamson	852	1:46:52	
Tony Hill	991	1:49:31	
Mandy Bonthron	1117	1:52:12	
Nikki Burgess	1129	1:52:28	
Anna Scarth	1233	1:54:19	
Verna Burgess	1272	1:55:10	
Edda Aitchison	1288	1:55:27	
Liz Daniel	1404	1:56:00	
Nigel Kippax	1404	1:57:59	
Geoff Dennis	1713	2:08:51	
Frances Mills	1759	2:11:02	
Mike Gaunt	1930	2:33:27	
Nicola Richmond	1937	2:38:00	

1947 finished

Once again this proved to be a highly popular event with twenty-one runners from Tring RC. Congratulations to all who did PBs and apologies to anyone who got a PB that I haven't recorded. Sam Williamson had a fantastic run to break 80 minutes, Luke and Simon recorded fast times and John Manning improved enough to beat my daughter, having finished behind her last year. Kirsty did well to lead the ladies home and Edda again proved she is a worthy champion.

Simon Barnett writes: Kirsty and I had an unexpected surprise in the post recently. We received a prize from Watford Harriers for being the second married couple (dinner for two at The Grove - most welcome). Our combined time was 32 minutes slower than the first couple though, Liz Yelling and her husband who both ran 1:13!

John Manning writes: It was great conditions which I'm sure helped me to a PB at 90:43. Kirsty Barnett also did a PB as did, I think,

Luke Delderfield and Michaela Colwell. I must find a flat half marathon one day to see if I can get under 90 mins! Mind you, that long downhill stretch from Commonwood and down Bottom Lane is a pleasure

Liz Daniel writes: I did 1 hour 56 mins - a Watford pb! - that was helped by being paced by Nigel.

* Some of the above times were supplied by the runners and were taken from the time they crossed the start line and are not the official times. As it took so long for the runners at the back of the field to reach the start line if anyone wants to send me their time I will update it for the road championships.

Punchbowl Marathon(30 miles)

Runner	Posn	Time	PB
Peter Hamson		6:00	
Tony Hill		6:14	
Brian Layton		6:32	

The second winter off road event over the Surrey hills organised by the Long Distance Walkers Association but one which attracts a fair number of runners. This was Tony's and Brian's first attempt at the event. We were treated to an excellent route, fine weather, plenty of support at the checkpoints and a meal and hot shower at the finish - all for about a third of the price of an average road race.

Meon Valley Plod(about 20 miles)

Runner	Posn	Time	PB
David Heron		3:50:04	

David writes: My Meon Valley plod time was 3:50:04. Distance measured on the garmin was 20.4 miles although the event was advertised at 19.5 ish! I must have wobbled a lot. Not a bad run for a change- it was very muddy - not much traction underfoot.

Chiltern League Cross Country – Wing - Men

Runner	Posn	Time	PB
Alan Whelan	95	36:00	
Rick Ansell	110	36:32	
John Manning	175	39:31	
Tony Ruberry	187	40:26	
Paul Cowan	195	41:09	
Brian Layton	220	43:50	

Chiltern League Cross Country – Wing - Ladies

Runner	Posn	Time	PB
Alison Harding	24	27:46	
Michaela Colwell	27	27:59	
Sarah Hill	36	29:10	
Janet Rosen	41	29:43	
Ruth Rutt	47	30:27	
Maria Cook	77	33:46	

This was the final event of the Chiltern League Cross Country. Congratulations to the ladies who were the first veterans team. Details of the club cross country championship results are later in this newsletter.

Hardwick Cross Stream

Runner	Posn	Time	PB
Nigel Bunn	5	37:16	
Sam Williamson	10	39:04	
Alan Whelan	12	39:15	
Rick Ansell	16	40:22	
Clive Cohen	31	44:53	
John Manning	40	45:30	
Alison Harding	54	47:40	
Sarah Hill	56	48:22	
Brian Layton	58	48:27	
Peter Alford	60	48:40	

186 finished

This was the second event in the off-road championships.

Congratulations to Nigel Bunn and Sam Williamson who were 1st and 2nd vet 40 and Alison Harding who was 2nd vet 45.

Bramley 10

Runner	Posn	Time	PB
Alan Whelan	13	59:35	

Congratulations on breaking the hour Alan. See Alan's article later in the newsletter.

John Alexander

Dear Tring Running Club

It is with great regret that I write to inform you of the death of one of our members, John Alexander. For those of us who knew John, we will always remember him for being a fantastic guy, a great fan of the club, and a good chap to run with. I will miss him very much and I know that many other members will too.

John's funeral will be at the Tring Church at 2:15pm on Monday 26 February. Mrs Alexander has asked that if people from the club want to attend, then they are very welcome. No flowers are to be sent; rather Mrs Alexander would prefer a donation be made to the Ian Rennie Hospice, who cared for John so well throughout his final months.

I know I can speak on behalf of the club when I say that John will be sadly missed.

Jonathan
Chairman of Tring Running Club

Running Club Trip to the Black Mountains May 25th – May 28th

I hope by now that most of you know that Nigel and Mandy are organising a weekend trip to the Black Mountains in South Wales on behalf of the club. However, it's a while since this was 'launched', and we have acquired new members in that time, so I thought I'd write this to remind or inform people what it is all about.

Firstly, and most importantly, this will be a 'family friendly' weekend, so non-running partners and offspring will all be very welcome.

The centre, which is owned by the RAF, is superbly situated at the foot of the Black Mountains, with the Brecon Beacons not far away, and there is excellent running and walking from the door with no need to get in the car. The accommodation itself is really good, with a common room, a dining room, and a good sized kitchen as well as the sleeping and shower areas. For those who have been on recent Lake District trips, it's much more like the St. Johns Youth Centre than Sykeside.

Don't worry if you're not keen on spending the weekend running. The amount of running taking place will vary from person to person; I will run as much and as often as physically able, others will try and get out every day, whilst some won't run at all! We will manage it so that anyone who wants to run, especially if not experienced at running in hilly country, will be able to go out with a group that includes one or two people who are familiar with the running on high. These weekend trips have introduced many club members – not least me – to the joys of running in the uplands.

However, for those who don't want to run there's plenty to do in the area. As well as running and walking, the possibilities include water sports, canal boating, canoeing, caving, cycling, fishing, golf, hang gliding, pony trekking (next door) and rock climbing and abseiling. For the more cerebral, the famous bookshops of Hay-on-Wye are no distance away. So there should be plenty to keep everyone busy!

The only attributes required to enjoy the weekend are a desire to be sociable, ability to live in a bunkhouse, and a willingness to muck in. The only proviso I'd make is that if you find boisterous and noisy (albeit well-behaved) children hard to cope with, then you probably won't enjoy yourselves.

As far as food and so on goes, as mentioned, there are good cooking facilities. There is also a pub about a mile away, which does food that comes well recommended. On previous trips we have had a 'communal meal' one night where anyone who wants can bring something along to share, and we all sit down to an enormous banquet. These have proved memorable in the past, and so if there's interest, we'll do this on Saturday evening.

The cost of this extravaganza is a mere £10 per night for adults and £6 per night for children. If this article has whetted your appetite, see Nigel or Mandy as soon as possible to get yourselves booked in.

It should be great fun!

Tony Ruberry

Bramley 10/20 – 10Miles Sunday 25th Feb

As some of you may know I have set myself a target this year to achieve 3 lifetime goals (I'm not getting any younger!). The first of which was to run 10 Miles under the hour – something I have never done before although I have been close a couple of times (back when I was 17!).

Preparation for this race has not been all that it could have been and the previous Wednesday I ended the training run with very tight hamstrings. I did not run again until the actual race and spent the rest of the week massaging my legs whenever I could.

I had envisaged that I would do this race as a test of fitness and then do another in a month or so for a decent time.

We set off in near perfect conditions except for a strong breeze. The 20 Mile race set off at the same time but slightly ahead of us so I spent the first few hundred meters dodging slower runners before getting into a decent pace. I knew there were a couple of inclines at mile 6 and 8 so settled in to a 5:45 min/mile pace which I was able to maintain until mile 6. The drag up the first incline seemed to last for ever and I ended up with 6:29 for that mile – not too bad but I needed to liven up the pace to make sure I made my goal. By this time I had decided to 'go for it' – under the hour was possible if I could maintain pace. My feet had started to get hot and I knew it was a mistake wearing the race trainers for anything over 10K – I had started to blister. Mile 7 came and went in 5:50 and then mile 8 took me to 6:05 – still from the route profile it should be mainly flat and then a slight descent to the finish – just had to contend with a headwind. Mile 9 was back to 5:45. I had well over 6 minutes in hand for the final mile so I pushed on and went over the finish in 59:35.

My feet hurt really badly and I had to hobble the mile back to the car.

I finished 2nd V40 but was not able to hang around for prize giving as I had to dash (read hobble) off to the airport.

Anyone wanting a fast course in the build up for London this is a great race. Organisation was good and it was the first race I have done with Chip Timing (not sure they would work offroad).

So I have two more goals yet to achieve this year – watch this space.

Forename	Surname	Category	Cat Pos	O/A Pos	Gun Time	Chip Rank	Chip Time	Club
Julienne	Lhomme	MSEN	1	1	00:54:53	1	00:54:53	Headington Road Runners
Alan	Whelan	M40-49	2	13	00:59:39	13	00:59:35	Tring Running Club

Alan Whelan

Rick's Winter Relay

I will be "organising" one of my relay events on Weds March 7. Like last year we will do it from the canal bridge on Marshcroft Lane. Most will be familiar with the format. If you're not then it will involve two runs as fast as you like of about 2 miles. This is very much an event for all abilities and a nice social evening. For those that want it can form a good speed session but if you prefer a more leisurely outing that's fine.

Meet at the Clubhouse as usual.

There will also be a summer version in Tring Park in July.

Rick Ansell

Garmin Corner

As more and more people have started using Garmin GPS's it has been suggested it would be useful to have a section in the newsletter for hints and tips for people to get the most out of them.

Questions that have been asked are:- how to store grid references, how to store data for each year, how to export data to Excel - or some more mundane questions like how do you switch the things on and off or how do you connect to one of these satellites in the first place? (Apparently the answer to the last question is switch the thing on while you are in the car on the way to the running club – that way it will have more of a chance to be within range of a satellite)

More serious contributions are the following from Mike Gaunt:-
I found the following to be a great help with my Garmin etrex GPS:

1) Interface cable to link to PC available from www.globalpositioningsystems.co.uk

2) Software programme available from www.gpsu.co.uk

The freeware version works fine. Allows input of 50 coordinates, plots the route & downloads to the GPS unit. Much faster than trying to enter coordinates direct to the GPS.

And from Jim Sinton:-

I have a 301 with HRM. I have had problems with the HRM generating unrealistic values and have studied forums on this. The conclusion is the 301 is OK for distance/speed but not OK for HR. I have now bought a separate HRM.

I found the following website that may be of use:-

<http://www.gpstraining.co.uk/>

Peter Hamson

Letters

A new sports shop

Hi, one of your members came into my sports shop yesterday and I mentioned to her that we offer Club discounts to Running clubs. She took the information and said she would pass it on to the club which is great. It also reminded me I had been looking for a run club to join so I came along to your meet last night and hope to join you for a run next Wednesday.

I got chatting to a couple of members while I was there Dave and Tony, who were extremely friendly and helpful. Tony suggested I drop you an email to let you know about the club discount, which is as follows:-

10% to individual members when the club links to our website. We give your club a username and password which ensures your individual members get a 10% discount on all non sale items on our website.

15% discount on Club orders ie co-ordinated orders of 6 items or more. The items must be from the same brand but in any colour or size. This seems to work especially well for the baselayers and compression kit. Some Clubs use this as a fund raising thing and put the 15% saving into the Club funds. This offer stands whether you link to us or not.

Members get the discount whether they buy on line or if they visit us in our showroom. We can be found in Amersham House, Mill Street, Berkhamsted, Herts, HP4 2DT. Which is at the back of Tesco's car park.

Oh and we have a Grand Opening Event next Wed 28th Feb, any excuse for a glass of Champagne. We will be doing some special offers on the day, open 9am to 8.30pm on that date only.

I hope this is of interest to you and your members, if you could like any further information please let me know.

Kind regards

Jayne Eckett

UGOgirl Ltd

UGOguys

UGOsport

UGOtri

01442 877074

Good Friday Hash - 6th April 2007

Pam and I will be laying a hash starting from the car park near Ashley Green Community Centre at 2:00pm on Friday 6th April.

Ashley Green is located mid way between Berkhamsted and Chesham on the A 416. When approaching from Berkhamsted fork left down Two Dells Lane and the meeting point is then 200yds on the left.

Base route will be approx 6 miles with lots of false trails to provide entertainment for those who have a desire to run further. In accordance with the time honoured tradition for this event there is a treasure hunt element with Easter eggs to be found at certain checkpoints and a pile of rice at one location on the route. There is even a special prize for the person returning with the largest quantity of rice from that pile!

Please come and join us - bring friends and family. The more the merrier.

Mike Gaunt

The Affiliation fees debate

Apparently there is another organisation, which provides similar benefits to the ones you get by affiliating to UK Athletics but is considerably cheaper. This is the association of GB Athletic clubs (ABAC) which appears to have also created ARC – The Association of running clubs. The following are some links to info sheets from ABAC (remember their comments are their bias):

<http://www.runningclubs.org.uk/>

<http://www.britishathleticsclubs.com/default.asp?page=7C3356243A3F743B5E2D7232&articleid=C E6FCE63C663DA67>

<http://www.britishathleticsclubs.com/default.asp?page=7C3356243A3F743B5E2D7232&articleid=C E6FCE69CE67DE67>

<http://www.britishathleticsclubs.com/default.asp?page=7C3356243A3F743B5E2D7232&articleid=C E6FCE63CE62DE67>

However, it appears that neither the Chiltern League or the London Marathon will recognise ARC. Club places for the London Marathon will not go to clubs who are members of ARC.

What a friggin mess!

David Heron

(Don't ask me – I don't understand a word of it – PH)

2007 Events Diary

<i>DAY</i>	<i>DATE</i>	<i>EVENT</i>
2007	2007	2007
Monday	Jan 1st	Running from Berkhamsted (7:30 pm)
Sunday	Jan 7th	Herts CC Championships – Fairlands Valley Stevenage
Saturday	Jan 13th	Chiltern League Cross Country – Slough
Sunday	Jan 14th	Alternative Wendover Woods race
Monday	Jan 15th	Running from Berkhamsted (7:30 pm)
Thursday	Jan 18th	Tring Brewery Trip
Saturday	Jan 20th	Box Hill Fell Race
Sunday	Jan 21st	Fred Hughes 10 mile road race – St. Albans
Wednesday	Jan 24th	par lauf followed by ANNUAL GENERAL MEETING
Sunday	Feb 4th	Watford Half Marathon
Monday	Feb 5th	Running from Berkhamsted (7:30 pm)
Saturday	Feb 10 th	Hash
Saturday	Feb 17th	Chiltern League Cross Country – Wing, Nr Leighton Buzzard
Sunday	Feb 18th	Hardwick Cross Country Race, Hardwick Nr Aylesbury
Saturday	Mar 3 rd	Hash
Sunday	Mar 4th	Berkhamsted half marathon and 5 mile fun run
Sunday	Mar 4th	Chiltern Kanter (LDWA – Tring)
Monday	Mar 5th	Running from Berkhamsted (7:30 pm)
Wednesday	Mar 7th	Rick's Winter Relays
Sunday	Mar 11 th	Milton Keynes Half Marathon
Sunday	Mar 11th	Marathon training – 20 miles
Sunday	Mar 18 th	Edale Skyline
Sunday	Mar 18th	Marathon training – 21 miles
Saturday	Mar 24 th	Hash
Sunday	Mar 25 th	Reading Half Marathon
Sunday	Mar 25th	Marathon training – 23 miles
Saturday	Mar 31st	Breakfast Run (Location tbc)
Sunday	April 1 st	Bungay Black Dog Marathon
Sunday	April 1 st	Bedford Harriers Oakley 20
Sunday	April 1st	Marathon training – 17 miles
Monday	April 2nd	Running from Berkhamsted (7:30 pm)
Friday	April 6th	Maidenhead 10 mile road race
Friday	April 6th	Mike Gaunt's Hash – details in newsletter
Sunday	April 8th	Marathon training – 15 miles
Sunday	April 15 th	Flitwick 10K
Sunday	April 15th	Marathon training – 10 miles
Sunday	April 22 nd	Paddy's Pole Fell Race
Sunday	April 22nd	London Marathon and prizegiving
Saturday	April 28 th	Hash
Sunday	April 29th	Aldbury Cross Country Race
Sunday	April 29 th	3 Peaks Fell Race
Sunday	May 6 th	Three Forts Marathon

Sunday	May 6 th	Neolithic Marathon
Monday	May 7th or May 14th	Club run from Berko (7th is bank holiday)
Monday	May 7 th	Pednor 5
Monday	May 7 th	Marlow 5
Saturday	May 12 th	Chinnor 10k and half marathon
Sunday	May 13 th	St Albans 10k
Sunday	May 13 th	Halstead Marathon
Wednesday	May 16th	Invitation Evening
Saturday	May 19 th	Fairfield Fell race
Saturday	May 19 th	White Peak Marathon
Friday - Monday	May 25th - May 28th	Brecon Beacons trip - see Mandy Bonthrone
Sunday	June 3rd	Coombe Hill
Monday	June 4th	Club run from Berko
Sat/Sun	June 9/10th	LAMM
Wednesday	June 20th	Midsummer Fun Runs
Saturday	June 23th	Midsummer Dream (Devon Pub) Run
Sunday	June 24 th	Thame 10k
Saturday	June 30th	Breakfast Run (from Bob Ford's house)
Monday	July 2nd	Club run from Berko
Sat/Sun	July 7/8th	Saunders
Sunday	July 8 th	Wycombe Half Marathon
Wednesday	July 11th	Rick's Tring Park Relays
Sunday	July 22 nd	Fairlands Valley Challenge
Sat/Sun	Jul 28/29th	Capricorn
Monday	Aug 6th	Club run from Berko
Monday	Sept 3rd	Club run from Berko
Sunday	Sept 18 th	Dunstable 20
Monday	Oct 1st	Club run from Berko
Saturday	Oct 6th	Great Whernside Fell Race
Sunday	Oct 7 th	Clarendon Way Marathon
Sunday	Oct 7 th	Ian Hodgson Relay
Sunday	Oct 14th	Ridgeway Race
Saturday	Oct 13th ??	FRA Relays
Sat/Sun	Oct 27/18th	OMM
Saturday	Oct 27th	Beachy Head Marathon
Wednesday	Oct 31st	Halloween Run to Pub
	November	Brewery Trip
Sunday	Nov 18th	Herberts Hole TBC
Wednesday	Nov 28th	!!!!!!!!!!!!!! AGM !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
Sunday	Nov 25th	Brenda Barlow Handicap

The colour coding is as follows:

- Red dates are club runs / events
- Blue dates are basically social events
- Green dates are off-road championship races
- Black dates are other races

2006 Club Cross Country Championships

The club Cross-country championships are based on the results of the five Chiltern League matches. 10 points are awarded for the first Tring runner home, 8 from the 2nd, 7 for the 3rd, 6 for the 4th and 5 for anyone else who ran.

The results were slightly skewed by the fact that a lot of runners missed the first match as it clashed with the FRA relays but in the end I think the best runners won. Congratulations to **Alan Whelan** and **Alison Harding** for winning the men's and ladies championships.

The full results (cribbed from the TRC website) are as follows:

MENS			WATFORD	LUTON	CULHAM	SLOUGH	WING	TOTAL	Position
	A.	WHELAN	0	10	8	10	10	38	1
	J.	MANNING	10	5	5	5	7	32	2
	S.	LONG	0	7	10	5	0	22	3=
	M.	BURGESS	0	8	6	8	0	22	3=
	S.	WILLIAMSON	0	5	7	7	0	19	5
	P.	COWAN	8	0	5	0	5	18	6
	T.	RUBERRY	0	5	5	0	6	16	7
	B.	LAYTON	0	5	5	0	5	15	8
	R.	ANSELL	0	0	0	6	8	14	9
	N.	LACEY	6	5	0	0	0	11	10
	D.	HERON	0	0	5	5	0	10	11
	P.	HAMSON	7	0	0	0	0	7	12
	S.	BARNETT	0	6	0	0	0	6	13
	R.	MARTIN	0	5	0	0	0	5	14=
	J.	SMITH	0	5	0	0	0	5	14=
	R.	WHITE	0	5	0	0	0	5	14=
LADIES			WATFORD	LUTON	CULHAM	SLOUGH	WING	TOTAL	Position
	A.	HARDING	0	10	10	8	10	38	1
	R.	RUTT	10	7	7	7	5	36	2
	K.	BARNETT	0	8	8	10	0	26	3
	M.	BONTHRONE	0	6	6	6	0	18	4
	M.	COOK	0	5	0	5	5	15	5
	M.	SEVERS	8	5	0	0	0	13	6
	M.	COLWELL	0	0	0	0	8	8	7
	S.	HILL	0	0	0	0	7	7	8
	J.	ROSEN	0	0	0	0	6	6	9
	G.	HERON	0	0	5	0	0	5	10

2006 Forrest Gump Trophy

The final trophy winner to be announced is for the Forrest Gump Trophy; awarded to the runner who has done the highest number of competitive miles in the year. The winner for the second year running is:-

Brian Layton

who ran a total of 968 miles in a total of 42 events. A breakdown of his events is as follows:-

<i>Type of Event</i>	<i>No. of events</i>	<i>Total mileage</i>
Classic 2 day Mountain Marathons	6	192
Mountain and off-road navigational races	8	174
LDWA Type events	10	431
Fell and Off-road races	17	168
Road Races	1	3

Congratulations Brian – a mind-boggling achievement.

Summary of Trophy winners for 2006

<i>Trophy</i>	<i>Men</i>	<i>Ladies</i>
Road Running Champion	Colin Rees	Edda Aitchison
Most improved runner	Mike Gaunt	Kim Reed
Off-road Champion	Simon Barnett	Kirsty Barnett
Cross Country Champion	Alan Whelan	Alison Harding
Forrest Gump Trophy	Brian Layton	

2006 Club Road Championships

Firstly, a fuller explanation as to what went wrong last month. As several runners' scores were slightly wrong I have re-produced the complete set of results.

An apology and many thanks!

As many of you will know, I developed the spreadsheet that runs the club's road running championship back in the early 1990's – when, it seems, many of you were still at Junior School! Since that time, it has worked well for a number of custodians. However, in 2006, something new happened...

Actually the story goes back to 2005 when a lady called Edda Aitchison joined the club. However, it wasn't until 2006 that she actually met the qualification criteria for the road championship – namely four races over three recognised distances. The idea behind the championship is that every member of the club can compete on (supposedly) equal terms irrespective of age or gender. However, for this to work properly, certain key data must be captured accurately in the spreadsheet.

So, the reason for my (humble) apology is that I failed to do this with sufficient care. In fact, in a mind-numbing act of mental carelessness (...a stark glimpse of the future?) I recorded Edda's sex as male - and consequently significantly depressed her calculated performance. On a positive note, I would like to express my heartfelt thanks to Gill Heron for not only alerting me to the fact that something was obviously wrong – but also for offering to fix it!

Accordingly, please find attached the revised, and I believe correct, results for 2006 based on an accurate record of age and gender of members. Thanks again to Gill for her fine work on this – and, as for me, I hope you can find it in your hearts to forgive a cranial thunderstorm.

Tony Hill - 13th February 2007
(Aged 56 years and 11 months)

Tony Hill

Full Men's Results

Name	Percentage	Position
Colin Rees	80.96%	1
John Manning	75.37%	2
David Heron	67.66%	3
Richard White	67.39%	4
Simon Barnett	66.14%	5
Brian Nicholson	64.81%	6
Nigel Kippax	62.15%	7
Geoff Dennis	59.68%	8
Geoff Roser	56.91%	9
Mike Gaunt	51.90%	10

Full Ladies' Results

Name	Percentage	Position
Edda Aitchison	68.94%	1
Kirsty Barnett	66.69%	2
Kim Reed	64.43%	3
Gill Heron	59.99%	4

Name	Race in 2006	Distance	Time	%
Alan Whelan	Waddesdon	5km	0:18:31	73.18%
Alan Williams	Pednor	5m	0:44:04	63.77%
Alison Harding	Waddesdon	5km	0:23:30	68.21%
Anna Scarth	Stevenage	H-Mar	1:54:09	57.77%
Anna Scarth	Candleford	10km	0:47:22	63.09%
Anna Scarth	Legoland	10km	0:50:20	59.37%
Ben Evers	Berkhamsted	H-Mar	1:38:48	62.23%
Bonnie Parker	Amersham	5m	0:45:58	53.37%
Brad Burlingham	Berkhamsted	5m	0:41:02	55.03%
Brian Layton	Waddesdon	5km	0:21:50	70.31%
Brian Nicholson	London	Mar	4:15:05	58.66%
Brian Nicholson	Berkhamsted	H-Mar	1:47:16	67.59%
Brian Nicholson	Watford	H-Mar	1:47:22	67.53%
Brian Nicholson	St Albans	10m	1:22:57	65.44%
Clive Cohen	Serpentine	5km	0:20:41	70.65%
Colin Rees	London	Mar	3:21:32	77.35%
Colin Rees	Stevenage	H-Mar	1:32:19	81.82%
Colin Rees	Watford	H-Mar	1:35:18	79.25%
Colin Rees	St Albans	H-Mar	1:35:56	78.73%
Colin Rees	St Albans	10m	1:06:12	85.42%
Dave Jones	Berkhamsted	H-Mar	1:50:44	59.23%
David Heron	Lochaber	Mar	3:52:18	61.51%
David Heron	Halstead	Mar	3:54:38	60.90%
David Heron	White Peak	Mar	3:55:23	60.70%
David Heron	Dumfries	Mar	3:57:22	60.20%
David Heron	Duchy	Mar	4:03:51	58.59%
David Heron	Bungay	Mar	4:11:19	56.85%
David Heron	Berkhamsted	H-Mar	1:52:21	61.61%
David Heron	Pednor	5m	0:36:54	67.65%
David Heron	St Albans	10m	1:16:27	67.80%
David Heron	Maidenhead	10m	1:17:26	66.94%
David Heron	Thame	10km	0:45:57	68.24%
David Heron	Princes Risborough	10km	0:47:43	65.71%
David Heron	Balmoral	10km	0:48:34	64.56%
Duncan Smith	Milton Keynes	H-Mar	1:37:19	63.96%
Edda Aitchison	London	Mar	4:20:12	65.87%
Edda Aitchison	Berkhamsted	H-Mar	1:58:01	70.50%
Edda Aitchison	Waddesdon	5km	0:26:40	67.95%
Edda Aitchison	St Albans	10m	1:27:11	71.45%
Frances Mills	Marlow	H-Mar	2:10:25	55.56%
Frances Mills	Bearbrook	10km	0:58:24	56.22%
Frances Mills	Thame	10km	0:58:48	55.83%
Frances Mills	Princes Risborough	10km	1:02:08	52.84%
Gary Richmond	Berkhamsted	5m	0:38:09	59.95%
Gary Richmond	Wolverton	5m	0:39:41	57.63%
Geoff Dennis	London	Mar	5:16:55	49.71%
Geoff Dennis	Marlow	H-Mar	2:08:58	59.19%
Geoff Dennis	Berkhamsted	H-Mar	2:14:35	56.72%
Geoff Dennis	Watford	H-Mar	2:28:00	51.58%
Geoff Dennis	Pednor	5m	0:43:35	63.13%
Geoff Dennis	St Albans	10m	1:35:46	59.68%
Geoff Dennis	Princes Risborough	10km	1:05:05	53.12%
Geoff Roser	Pednor	5m	0:45:55	57.46%
Geoff Roser	Amersham	5m	0:47:01	56.11%
Geoff Roser	Waddesdon	5km	0:28:13	56.57%
Geoff Roser	Chinnor	10km	0:57:41	57.49%
Gill Foy	Berkhamsted	H-Mar	1:48:06	61.77%

Gill Heron	Lochaber	Mar	4:47:33	54.00%
Gill Heron	Pednor	5m	0:45:06	60.27%
Gill Heron	Waddesdon	5km	0:26:49	61.23%
Gill Heron	St Albans	10m	1:33:03	60.64%
Gill Heron	Maidenhead	10m	1:37:37	57.80%
Gill Heron	Balmoral	10km	1:01:44	55.31%
Gill Heron	Princes Risborough	10km	1:09:00	49.49%
Ian Hodgson	Milton Keynes	H-Mar	1:30:00	69.16%
Ian Hodgson	Watford	H-Mar	1:35:58	64.86%
Ian Hodgson	Maidenhead	10m	1:08:55	67.62%
Janet Reeve	Berkhamsted	5m	0:46:27	56.66%
Jevon O'Neill	Amsterdam	Mar	3:22:54	65.38%
Jim Sinton	Watford	H-Mar	1:29:45	71.14%
Jim Sinton	St Albans	10m	1:05:57	72.48%
John Boielle	Berkhamsted	5m	0:58:29	52.22%
John Court	London	Mar	3:24:36	69.84%
John Court	Berkhamsted	H-Mar	1:35:01	72.85%
John Manning	Shakespeare	Mar	3:25:44	68.87%
John Manning	Watford	H-Mar	1:33:37	73.32%
John Manning	Berkhamsted	H-Mar	1:35:12	72.10%
John Manning	Pednor	5m	0:33:08	74.71%
John Manning	Serpentine	5km	0:19:40	76.12%
John Manning	St Albans	10m	1:07:37	76.02%
John Manning	Thame	10km	0:41:39	74.65%
Jon Scullard	Berkhamsted	H-Mar	1:36:52	63.47%
Jonathan Smith	Pednor	5m	0:35:08	62.36%
Kevin Harding	Waddesdon	5km	0:17:31	81.66%
Kim Reed	London	Mar	4:15:04	57.70%
Kim Reed	Berkhamsted	H-Mar	1:52:19	63.58%
Kim Reed	Watford	H-Mar	1:52:39	63.39%
Kim Reed	Waddesdon	5km	0:25:14	61.66%
Kim Reed	St Albans	10m	1:20:28	66.45%
Kim Reed	Bearbrook	10km	0:50:19	64.31%
Kim Reed	Thame	10km	0:52:11	62.01%
Kim Reed	Princes Risborough	10km	0:57:42	56.08%
Kirsty Barnett	Berkhamsted	H-Mar	1:37:52	67.81%
Kirsty Barnett	Aylesbury	5km	0:22:13	65.07%
Kirsty Barnett	Leighton Buzzard	10m	1:15:40	65.67%
Kirsty Barnett	Bearbrook	10km	0:44:06	68.19%
Mandy Bonthorne	Pednor	5m	0:37:22	69.43%
Maria Cook	Marlow	H-Mar	1:49:44	65.56%
Maria Cook	Wolverton	5m	0:37:25	69.34%
Maria Cook	Candleford	10km	0:49:01	66.49%
Michael Lamb	Milton Keynes	H-Mar	1:36:05	63.59%
Michael Lamb	Watford	H-Mar	1:40:53	60.57%
Michaela Colwell	Candleford	10km	0:45:06	70.22%
Mike Burgess	London	Mar	2:48:29	79.77%
Mike Burgess	Berkhamsted	H-Mar	1:20:30	80.89%
Mike Gaunt	London	Mar	4:56:28	49.00%
Mike Gaunt	Watford	H-Mar	2:23:34	49.02%
Mike Gaunt	Waddesdon	5km	0:28:49	53.27%
Mike Gaunt	St Albans	10m	1:33:38	56.28%
Nick Pierpoint	Berkhamsted	5m	0:42:15	56.79%
Nicola Richmond	Berkhamsted	5m	0:55:37	45.33%
Nicola Richmond	Wolverton	5m	0:56:20	44.76%
Nicola Richmond	Bearbrook	10km	1:06:09	47.88%
Nigel Kippax	London	Mar	4:28:34	51.50%
Nigel Kippax	Berkhamsted	H-Mar	1:41:57	65.73%

Nigel Kippax	Watford	H-Mar	1:44:23	64.20%
Nigel Kippax	Pednor	5m	0:35:58	67.18%
Nigel Lacey	Pednor	5m	0:40:53	60.55%
Pam Burley	Waddesdon	5km	0:35:59	40.18%
Paul Burrows	Watford	H-Mar	1:46:36	57.67%
Paul Cowan	Watford	H-Mar	1:36:55	66.31%
Paul Cowan	Berkhamsted	H-Mar	1:39:46	64.42%
Paul Cowan	Pednor	5m	0:33:42	68.77%
Peter Hamson	London	Mar	4:09:25	60.00%
Peter Hamson	Watford	H-Mar	1:47:28	67.47%
Phil Wilton	Marlow	H-Mar	1:43:46	64.12%
Phil Wilton	Amersham	5m	0:35:41	67.24%
Richard White	Milton Keynes	H-Mar	1:40:56	68.01%
Richard White	Watford	H-Mar	1:44:57	65.41%
Richard White	Berkhamsted	H-Mar	1:46:58	64.17%
Richard White	Wolverton	5m	0:36:29	67.85%
Richard White	St Albans	10m	1:15:15	68.31%
Rick Ansell	Amersham	5m	0:32:06	73.69%
Rob Brown	Pednor	5m	0:31:21	76.53%
Rob Brown	Bearbrook	10km	0:39:52	75.60%
Rob Brown	Thame	10km	0:40:12	74.98%
Ronald Bramley	Thame	10km	0:55:44	48.57%
Russell Baker	Watford	H-Mar	1:34:13	63.06%
Sam Williamson	Amersham	5m	0:30:12	76.74%
Sarah Hill	London	Mar	3:49:57	60.01%
Sarah Hill	Berkhamsted	H-Mar	1:44:50	62.91%
Sarah Hill	Waddesdon	5km	0:23:49	60.32%
Sarah Hunter	Candleford	10km	0:46:11	66.73%
Simon Barnett	Berkhamsted	H-Mar	1:28:19	67.28%
Simon Barnett	Aylesbury	5km	0:18:51	68.70%
Simon Barnett	Leighton Buzzard	10m	1:15:41	58.78%
Simon Barnett	Bearbrook	10km	0:38:34	69.79%
Simon Jelfs	Waddesdon	5km	0:26:54	49.68%
Simon Webb	Pednor	5m	0:34:00	65.21%
Tom Griffin	London	Mar	3:20:05	74.79%
Tom Griffin	Stevenage	H-Mar	1:31:05	79.60%
Tony Ruberry	Berkhamsted	H-Mar	1:30:35	73.98%
Tony Ruberry	Pednor	5m	0:31:59	75.55%
Tony Ruberry	Manches Moor	10km	0:40:42	74.58%
Tonya Williams	Berkhamsted	H-Mar	1:57:11	58.04%
Verna Burgess	Watford	H-Mar	1:56:26	59.22%
Will Fanstone	Berkhamsted	H-Mar	1:27:56	67.57%

