

Tring Runner

November 2007

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Main Forthcoming Events

Saturday November 10th - 2nd Chiltern League Cross Country – Oxford, Horspath

Sunday November 18th – Herberts Hole A challenging, multi-terrain course of approximately 10 kilometres through picturesque Chiltern countryside

Saturday November 24th - Wolverton 5

Sunday November 25th – Brenda Barlow Handicap – An off-road championship event and a chance for club members to run the Ridgeway route. Handicaps listed on page 7

Wednesday November 28th – AGM

The AGM will be preceded by a brief par lauf session around Grove Road. Meet at cricket club at 7:00 pm. If you can't make it for 7, but still fancy a run then just join in when you get there – it will be very informal. The AGM will start at 8:15 pm.

Saturday December 3rd – Chiltern League Cross Country – Culham-Thames

Sunday Dec 4th – Luton Marathon & relay

Sunday Dec 11th – Calderdale Way relay

Thursday Dec 27th – Christmas Hash (TBC)

Sunday December 30th – Cliveden Cross Country Approximately 6 miles of scenic, but testing terrain in the beautiful grounds of Cliveden House

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

Email: phamson@caci.co.uk

Contents

Page 5 : Ladies Night II

Page 7: Brenda Barlow Handicaps

Page 8: Road Running Championships

And much more

The Ridgeway Race

Tring Running Club pulled off yet another fantastic Ridgeway Race this year. Even the weather was perfect for the occasion. Thanks to all those he helped on or before the day, and specially to Rick for Performing the overall organisation of the event. There were 468 finishers, all of whom seemed very happy with the event. The winner was Paul Gregory for the second year running. I can see I will have to try and arrange some competition for him next year.

Beachy Head Marathon

Again we had an excellent turnout for the Beachy Head Marathon with twenty-three club members completing the course. Officially this event is not a race, just a challenge where to finish is supposed to be enough, but you would not have guessed this listening to the competitive sounding chatter before the start.

The ladies were particularly well supported with all the top ladies from the club running. Alison ran well to be the first lady home and finish in under four hours. Michaela and Sarah Hill both had good runs and Sarah Hunter finished in a very commendable five hours in her first ever marathon.

In the men's event Simon Barnett was first Tring runner to finish ahead of Mike Burgess. It was good to see Tony Hill and Nigel Lacey back in action, even if only at a walk.

Peter Hamson

VISIT OUR WEB SITE

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

Race Results

All road race results published here will count towards the club championships although the later ones are not in the interim results in this newsletter.

Chicks' Chase 5K (3rd race of series)

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Elise Aitchison	22	24:18	Y
Edda Aitchison	24	24:27	Y

There were 166 finishers

Leighton Buzzard Bypass 5 miles

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Michaela Colwell	51	34:41	Y
Emily Roads	136	42:24	
Gill Heron	141	42:30	
Cathy Court	145	42:39	
Liz Daniel	149	42:49	

Congratulations to Michaela who was first Lady vet.

Amsterdam Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Henry Keighley Elstub		3:00:25	

Henry writes: 3 hours and 25 seconds (yes, not 25 minutes!). And in case you're wondering, no I wouldn't have found it easy to make up the 26 seconds needed to go under three hours. Conditions were perfect. it was just me: my legs hurt - lots... I can't put it more thoughtfully than that.

Burnham Beeches Half Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
David Heron		1:59:59	

David writes: This was a brilliantly judged finish allowing nearly 12 runners to pass me in the field to achieve an official finishing time of 1:59:59.

Dartmoor Vale Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
David Heron		4:54:06	

Beachy Head Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Simon Barnett	24	3:30:00	
Mike Burgess	43	3:41:00	
Alison Harding	83	3:55:00	
Michaela Colwell	103	4:03:00	
John Manning	134	4:07:00	
Tony Ruberry	165	4:14:00	
John Court	205	4:22:00	
Sarah Hill	221	4:24:00	
Jonathan Smith	222	4:24:00	
Peter Hamson	272	4:31:00	
Mandy Bon throne	466	4:58:00	
Kirsty Barnett	469	4:58:00	
Sarah Hunter	487	5:00:00	
David Heron	523	5:06:00	
Bob Ford	560	5:15:00	
Nigel Kippax	577	5:19:00	
Frances Mills	684	5:39:00	
Adrienne Garner		5:50:00	
Geoff Dennis	770	5:55:00	
Tony Hill		5:57:00	*
Kim Reed		5:57:00	*
Jane Porteous		5:57:00	*
Nigel Lacey		??	

Tony, Kim and Jane thought up a new way of getting exceptionally good times posted in the results. Simple – just start an hour early and their recorded time is an hour faster than their actual time. Unfortunately for them I passed them en route and realised what they were up to. Their times have been adjusted accordingly. David Heron is intending to use the same method in his next marathon in order to break four hours!

One amusing episode occurred when Mike Burgess ran past two old ladies. One of the ladies said to the other: "He's doing well – he's no spring chicken", at which Mike indignantly shouted out "I heard that". The lady then said admiringly "Hmm, he's got good hearing as well"

Watford cross country – Men's race

Runner	Posn	Time	PB
Ross Langley	30	34:40	
Trevor Lark	47	36:10	
Clive Cohen	57	37:42	
Jonathan Smith	63	38:21	
Colin Rees	65	38:44	
Paul Cowan	67	39:02	
Richard White	79	40:53	
Nigel Lacey	97	44:35	
David Heron	99	45:08	

Watford cross country – Ladies' race

Runner	Posn	Time	PB
Michaela Colwell	10	27:13	
Sarah Hill	12	27:21	
Mandy Bonthron	22	29:27	
Maria Cook	31	32:07	
Jane Porteous	37	33:49	
Helle Hennings	44	35:52	

FRA Relays

1. Borrowdale 3:32

29. Tring Vets 4:20 Michael Burgess, Alan Whelan, Kevin Harding, Steve Long, Rick Ansell, Nigel Bunn

100. Tring Open 5:30 Tony Ruberry, Kirsty Barnet, Alison Harding, Rob Brown, John Manning, Brian Layton

129 teams started 117 teams finished.

Ian Hodgson Fell Relay

1. Borrowdale 3:37

35. Tring Open 4:51

Leg 1 - Alan Whelan and Simon Barnett 77:32 - 38th on leg

Leg 2 - Michael Burgess and Steve Long 75:09 - 33rd on leg

Leg 3 - Bryan Layton and Alan Rosen 99:38 - 36th on leg

Leg 4 - Nigel Bunn and Rick Ansell 8:46 - 34th on leg

65 teams ran

Letters

Dear Paul

Having previously participated in the Ridgeway Runs of 2003, 2004 & 2005 I was unable to run in 2006 due to holidays. I ran the race today and was soon reminded why this is one of my favourite races of the year! The organisation is superb; the course is challenging and, above all, the Marshals are all so cheery and encouraging.

Please convey my thanks to all of your colleagues and volunteer helpers for making today's race so enjoyable!

Best wishes

Kevin Cabbage, Dunstable

Eligibility for club championships

Back in July the committee made the following resolution:-

“If a runner belongs to more than one club in order for them to count an event towards the on-road or off-road championships they must be running for Tring Running Club.”

The idea was that if someone was clearly running for another club they should not be able to count the event towards our club championships. In hindsight the committee has decided that this decision was a mistake. It has been pointed out that in some races you do not specify your club name on the entry form. Eg. in the Aldbury 5 or foreign races where you may just enter as “British”. In other races you may state a club and a corporate team and only the corporate team name appears in the results.

The committee has now reversed this decision and decided that if a member of TRC runs in an event they may count that towards the club championships whether or not they are running for TRC.

Ladies Night II

Ladies Take Top Prizes in Photo Challenge!

Oooh it was a hard task choosing the winners of the Ladies Night Photo Competition as the standards were so very high. You are all so talented! So I put each photo through rigorous checks for:

- a) Technical content
- b) Style
- c) Creative ability
- d) Flesh tones

If you remember, there were three categories:

1. Fun with Food
2. An Unusual View
3. A Fun Runner

There were a number of eye-popping photos taken that would fit into all three categories. However, in the essence of upholding TRC morals, values and standards, and not having to re-categorise our beloved TRC Newsletter as Top Shelf, I have censored these. In fact, I have uploaded them for your viewing pleasure to www.joggersjigglyjugs.com.

So, here are the winners – and guess the models (victims!).

Fun With Food – congratulations to Edda Aitchison



An Unusual View – congratulations to Karen Page (up and coming new member)



A Fun Runner – congratulations to Jane Porteous



And I really liked this one which conjured up the spirit of the evening so have included it anyway!



See you all next time!

Maria Cook

Ask Marge



Marge is on holiday this month but will be back in December with tips and tricks for the Festive Season.

Maria Cook

16th Brenda Barlow Memorial Trophy Ridgeway Handicap

Sunday, November 25th 2007

Handicap start times

Start: in Marshcroft Lane.

Finish: at Cricket Club.

09.55 Mike Gaunt, Pam Burley
10.00 Tracey Sinton, Jenny Dunn, Beth Dennis
10.01 Adrienne Garner, Beth Dennis, Liz Daniel,
10.02 Frances Mills, John Shelton, Shona Mullen, Nicola LeWarne
10.03 Mags Severs, Gini Sheffield, Louise Berry, Gill Heron
10.04 Geoff Roser, Graham Deacon, Geoff Dennis
10.05 Verna Burgess, Edda Aitchison, Elise Aitchison
10.06 John Harrison, Bob Ford, Jonathan Mulcahy
10.08 Tony Mullen, Kim Reed, Helle Hennings
10.10 Anna Scarth, Gemma Wright, Nicola Burgess
10.11 Deborah Murray, Bonnie Parker, Jane Porteous
10.13 Peter Wade, Maria Cook, Phil McHugh
10.14 Mandy Bonthron, Nigel Lacey
10.15 Sarah Hill, David Heron, Ron Bramley, Sarah Hunter
10.17 Janet Rosen, Bob Garland, Peter Alford
10.20 Richard White, David Jones,
10.24 Kirsty Barnett, Duncan Smith, Callum Bonthron
10.25 Peter Hamson, Brian Layton, David Sawyer, Tony Hill
10.26 Alison Harding, Nigel Kippax,
10.28 Michaela Colwell, Jonathan Smith
10.30 Paul Cowan, Alan Rosen,
10.31 Gareth Owens, Colin Rees, Clive Cohen, Tom Griffin
10.31 Luke Delderfield, Geoff Head,
10.32 Jon Court, Joe Mitchell, John Manning, Jevon O'Neill
10.33 Henry Keighley Elstub, Mark Rochester, Jonathan Scullard
10.34 Rob Brown, Tony Ruberry, Rob Pinfield
10.37 Jim Sinton, Chris Egan, Trevor Lark
10.38 Andrew Hill, Simon Barnett, Ross Langley
10.41 Mike Burgess, Rick Ansell, Sam Williamson
10.42 Steve Long, Alan Whelan, Kevin Harding,
10.43 Nigel Bunn

Estimated finishing time is 11.45 at the cricket club.

If you have not paid your subs then your name may not be on this list. Also there are some new members whose names have not yet been passed to me. **If you disagree with any of these handicaps**, particularly those of new runners or can think of anyone missed out who ought to (or might like to) run, then please let me know as soon as possible.

Tel: 01442 822575 john.boielle@virgin.net

Revisions may be numerous and will be posted on the website

John Boielle

Club Road Running Championships Roundup

With only two months to go for the Road Race Championships there is everything to play for in both the ladies and men's championships. In the Ladies championship last year's winner, Edda Aitchison, is only one point ahead of Michaela. In the men's championship Sam Williamson has spent much of the year out of action through injury but still managed to achieve a slight advantage over Nigel Bunn and Alan Whelan.

Hopefully all results have been included – let me know if any have been missed.

Lady's results	(As at 25th Oct 2007)	
Name	Percentage	Position
Edda Aitchison	74.04%	1
Michaela Colwell	73.07%	2
Kirsty Barnett	67.67%	3
Mandy Bonthorne	66.18%	4
Beth Dennis	63.09%	5
Gill Heron	62.94%	6
Kim Reed	62.80%	7
Elise Aitchison	61.41%	8
Liz Daniel	60.34%	9
Frances Mills	55.92%	10
Anna Scarth	53.89%	11
Pam Burley	42.81%	12

Men's Results	(As at 25th Oct 2007)	
Name	Percentage	Position
Sam Williamson	81.76%	1
Nigel Bunn	79.66%	2
Alan Whelan	78.22%	3
John Manning	75.95%	4
Richard White	69.96%	5
David Heron	68.06%	6
Geoff Dennis	65.27%	7
Geoff Roser	55.25%	8
Mike Gaunt	49.77%	9

Name	Race in 2007	Distance	Time	%
Alan Whelan	Berkhamsted	H-Mar	1:23:20	76.11%
Alan Whelan	Silverstone	H-Mar	1:25:02	74.59%
Alan Whelan	Bramley	10m	0:59:35	79.69%
Alan Whelan	Herts Vets County	10km	0:35:49	80.24%
Alan Whelan	St Albans	10km	0:37:24	76.84%
Alison Harding	Waddesdon Manor	5km	0:21:26	75.40%
Anna Scarth	London	Mar	5:21:27	42.93%
Anna Scarth	Watford	H-Mar	1:54:19	57.69%
Anna Scarth	Milton Keynes	H-Mar	1:57:27	56.15%
Anna Scarth	Berkhamsted	H-Mar	2:02:09	53.99%
Anna Scarth	St Albans	10m	1:24:01	58.78%
Beth Dennis	London	Mar	5:32:55	50.93%
Beth Dennis	Bristol	H-Mar	2:11:52	62.41%
Beth Dennis	Berkhamsted	H-Mar	2:18:18	59.51%
Beth Dennis	Pednor	5m	0:46:01	64.51%
Beth Dennis	Leighton Buzzard	10m	1:38:16	62.71%
Beth Dennis	Chinnor	10km	0:59:26	62.74%
Bill Salkeld	London	Mar	4:56:41	49.46%
Bob Ford	Silverstone	H-Mar	1:54:45	58.40%
Callum Bonthorne	Pednor	5m	0:41:42	53.49%
Cathy Court	Leighton Buzzard Bypass	5m	0:42:39	60.39%
Cathy Court	Bearbrook	10km	1:00:58	53.07%
Cathy Court	Chinnor	10km	1:01:39	52.48%
Clive Cohen	Pednor	5m	0:34:16	71.01%
Colin Rees	St Albans	H-Mar	1:37:25	78.36%
Colin Rees	St Albans	10m	1:14:49	76.39%
Dave Cary	Berkhamsted	5m	0:43:10	55.19%
Dave Jones	Berkhamsted	H-Mar	1:53:42	58.10%
David Heron	Shakespeare	Mar	3:57:09	60.76%
David Heron	Halstead	Mar	3:58:44	60.35%
David Heron	Duchy	Mar	4:02:30	59.42%
David Heron	Bungay	Mar	4:18:00	55.85%
David Heron	Lochaber	Mar	4:33:30	52.68%
David Heron	Berkhamsted	H-Mar	1:47:58	64.65%
David Heron	Pednor	5m	0:38:17	65.76%
David Heron	Charndon	5km	0:22:11	68.63%
David Heron	Maidenhead	10m	1:15:22	69.35%
David Heron	St Albans	10m	1:26:09	60.67%
David Heron	Silverstone	10km	0:46:10	68.49%
Edda Aitchison	London	Mar	5:00:19	57.69%
Edda Aitchison	Watford	H-Mar	1:55:27	72.85%
Edda Aitchison	Berkhamsted	H-Mar	2:03:34	68.06%
Edda Aitchison	Chick's Chase - III	5km	0:24:27	74.91%
Edda Aitchison	Chick's Chase - II	5km	0:24:43	74.11%
Edda Aitchison	Chick's Chase	5km	0:25:06	72.97%
Edda Aitchison	St Albans	10m	1:26:32	72.77%
Edda Aitchison	Bearbrook	10km	0:51:17	74.29%
Edda Aitchison	Watford	10km	0:52:00	73.27%
Elise Aitchison	London	Mar	5:00:19	47.32%
Elise Aitchison	Berkhamsted	H-Mar	1:53:43	60.64%
Elise Aitchison	Chick's Chase - III	5km	0:24:18	61.82%
Elise Aitchison	Chick's Chase - II	5km	0:24:31	61.28%
Elise Aitchison	Chick's Chase	5km	0:24:54	60.33%
Elise Aitchison	Bearbrook	10km	0:50:28	61.91%
Emily Roads	Leighton Buzzard Bypass	5m	0:42:24	55.70%
Frances Mills	Shakespeare	Mar	4:55:50	50.84%
Frances Mills	Watford	H-Mar	2:09:32	56.34%
Frances Mills	Berkhamsted	H-Mar	2:10:37	55.88%
Frances Mills	Milton Keynes	H-Mar	2:14:54	54.10%
Frances Mills	St Albans	10m	1:35:45	57.08%
Frances Mills	Thame	10km	1:00:47	54.40%
Gemma Wright	London	Mar	5:00:07	45.98%
Geoff Dennis	Shakespeare	Mar	5:06:29	51.95%
Geoff Dennis	Berkhamsted	H-Mar	1:59:57	64.31%

Geoff Dennis	Bristol	H-Mar	2:07:55	60.31%
Geoff Dennis	Watford	H-Mar	2:08:51	59.87%
Geoff Dennis	Pednor	5m	0:42:13	65.87%
Geoff Dennis	Leighton Buzzard	10m	1:30:47	63.62%
Geoff Dennis	St Albans	10m	1:35:16	60.63%
Geoff Dennis	St Albans	10km	0:52:38	66.38%
Geoff Dennis	Chinnor	10km	0:54:09	64.52%
Geoff Roser	Milton Keynes	H-Mar	2:24:23	51.19%
Geoff Roser	Pednor	5m	0:46:59	56.69%
Geoff Roser	Waddesdon Manor	5km	0:29:07	55.35%
Geoff Roser	Bearbrook	10km	0:57:59	57.75%
Gill Heron	Lochaber	Mar	4:53:28	53.32%
Gill Heron	Berkhamsted	H-Mar	2:07:50	59.41%
Gill Heron	Leighton Buzzard Bypass	5m	0:42:30	64.47%
Gill Heron	Pednor	5m	0:45:23	60.37%
Gill Heron	Charndon	5km	0:26:27	62.57%
Gill Heron	Charndon	5km	0:26:34	62.30%
Gill Heron	Waddesdon Manor	5km	0:27:12	60.85%
Gill Heron	St Albans	10m	1:32:57	61.18%
Gill Heron	Silverstone	10km	0:55:09	62.41%
Gill Heron	Thame	10km	0:57:50	59.51%
Henry Keighley Elstub	Rotterdam	Mar	3:14:39	64.78%
Henry Keighley-Elstub	Silverstone	10km	0:38:13	72.44%
Hilary Warrell	Chinnor	H-Mar	1:50:06	59.90%
Ian Verchere	Berkhamsted	5m	0:58:08	50.63%
Jane Porteous	Pednor	5m	0:43:27	60.57%
Jane Porteous	Bearbrook	10km	0:55:39	59.42%
Jane Porteous	Chinnor	10km	0:57:42	57.31%
Janet Reeve	Berkhamsted	5m	0:49:24	53.71%
Jevon O'Neill	London	Mar	3:38:42	61.06%
Jevon O'Neill	Watford	H-Mar	1:34:49	68.23%
Jim Sinton	Milton Keynes	H-Mar	1:27:58	73.06%
Jim Sinton	St Albans	10m	1:04:41	74.39%
John Manning	London	Mar	3:47:44	62.74%
John Manning	Watford	H-Mar	1:30:43	76.31%
John Manning	Berkhamsted	H-Mar	1:31:13	75.89%
John Manning	Pednor	5m	0:33:04	75.49%
John Manning	Thame	10km	0:41:12	76.11%
Jon Scullard	London	Mar	3:46:24	56.40%
Jon Scullard	Berkhamsted	H-Mar	1:30:48	68.13%
Jonathan Smith	Berkhamsted	H-Mar	1:39:56	61.14%
Jonathan Smith	Pednor	5m	0:35:15	62.51%
Jonathan Smith	Whipsnade	10km	0:43:42	63.35%
Kevin Harding	Waddesdon Manor	5km	0:17:43	81.32%
Kim Reed	Shakespeare	Mar	4:07:42	59.85%
Kim Reed	Berkhamsted	H-Mar	1:55:43	62.17%
Kim Reed	Milton Keynes	H-Mar	1:58:45	60.58%
Kim Reed	Pednor	5m	0:41:31	62.49%
Kim Reed	Waddesdon Manor	5km	0:25:23	61.75%
Kim Reed	St Albans	10m	1:24:59	63.38%
Kim Reed	Maidenhead	10m	1:25:18	63.15%
Kim Reed	Chinnor	10km	0:54:46	59.51%
Kirsty Barnett	London	Mar	3:29:42	66.22%
Kirsty Barnett	Watford	H-Mar	1:35:17	70.08%
Kirsty Barnett	Berkhamsted	H-Mar	1:38:37	67.71%
Kirsty Barnett	Pednor	5m	0:35:59	66.65%
Liz Daniel	Watford	H-Mar	1:56:00	62.47%
Liz Daniel	Berkhamsted	H-Mar	1:58:48	60.99%
Liz Daniel	Leighton Buzzard Bypass	5m	0:42:49	61.03%
Liz Daniel	Chinnor	10km	0:57:43	56.88%
Louise Berry	Berkhamsted	H-Mar	1:53:54	59.72%
Luke Delderfield	London	Mar	3:04:22	67.44%
Luke Delderfield	Watford	H-Mar	1:21:06	73.26%
Mandy Bonthorne	Watford	H-Mar	1:52:12	64.58%
Mandy Bonthorne	Chinnor	H-Mar	1:53:34	63.80%

Mandy Bonthorne	Pednor	5m	0:38:26	67.99%
Mandy Bonthorne	Sandy	10m	1:19:24	68.33%
Maria Cook	Berkhamsted	H-Mar	1:55:33	62.71%
Maria Cook	Milton Keynes	H-Mar	1:58:07	61.35%
Maria Cook	St Albans	10m	1:19:33	68.20%
Michael Lamb	London	Mar	4:46:05	44.35%
Michaela Colwell	Halstead	Mar	3:41:20	65.52%
Michaela Colwell	Berkhamsted	H-Mar	1:35:40	73.55%
Michaela Colwell	Watford	H-Mar	1:38:03	71.77%
Michaela Colwell	Sheffield	H-Mar	1:39:04	71.03%
Michaela Colwell	St Albans	H-Mar	1:43:55	67.71%
Michaela Colwell	Leighton Buzzard Bypass	5m	0:34:41	73.19%
Michaela Colwell	Sandy	10m	1:11:25	73.77%
Michaela Colwell	St Albans	10m	1:14:49	70.42%
Mike Burgess	Pednor	5m	0:30:09	78.45%
Mike Burgess	Chalfont St Giles	10km	0:39:48	74.66%
Mike Gaunt	London	Mar	5:42:13	42.88%
Mike Gaunt	Watford	H-Mar	2:33:27	46.33%
Mike Gaunt	Berkhamsted	H-Mar	2:35:14	45.80%
Mike Gaunt	St Albans	10m	1:42:53	51.73%
Mike Gaunt	Leighton Buzzard	10m	1:44:36	50.89%
Mike Gaunt	St Albans	10km	1:04:13	50.15%
Nicola Lewarne	Berkhamsted	H-Mar	1:57:43	59.78%
Nicola Richmond	London	Mar	6:00:00	40.28%
Nicola Richmond	Watford	H-Mar	2:38:00	44.54%
Nicola Richmond	St Albans	10m	1:59:50	43.96%
Nigel Bunn	Didcot	5m	0:28:32	80.69%
Nigel Bunn	Waddesdon Manor	5km	0:17:33	78.69%
Nigel Bunn	Thame	10km	0:36:19	79.66%
Nigel Bunn	Headington	10km	0:36:21	79.59%
Nigel Kippax	Berkhamsted	H-Mar	1:44:20	64.68%
Nigel Kippax	Watford	H-Mar	1:57:59	57.20%
Nigel Kippax	Pednor	5m	0:38:29	63.23%
Nigel Lacey	Pednor	5m	0:40:52	61.08%
Nigel Lacey	Chinnor	10km	0:54:54	57.12%
Nigel Millwood	London	Mar	5:21:27	38.90%
Nigel Millwood	Berkhamsted	H-Mar	2:02:22	49.11%
Nikki Burgess	London	Mar	4:41:47	51.85%
Nikki Burgess	Milton Keynes	H-Mar	1:59:31	59.31%
Nikki Burgess	Watford	H-Mar	1:52:28	63.03%
Pam Burley	London	Mar	5:42:13	40.58%
Pam Burley	Berkhamsted	H-Mar	2:50:39	39.13%
Pam Burley	Leighton Buzzard	10m	1:52:11	44.57%
Pam Burley	St Albans	10m	1:57:21	42.61%
Pam Burley	St Albans	10km	1:09:36	43.47%
Paul Cowan	Berkhamsted	H-Mar	1:39:11	65.23%
Paul Cowan	Pednor	5m	0:34:26	67.75%
Paul Cowan	Leighton Buzzard	10m	1:14:53	64.68%
Paul Dennis	Bristol	H-Mar	1:52:45	52.70%
Paul Stoten	Waddesdon Manor	5km	0:25:04	58.71%
Peter Alford	Bearbrook	10km	0:47:21	68.01%
Peter Hamson	London	Mar	4:18:26	58.47%
Peter Hamson	Watford	H-Mar	1:46:52	68.51%
Peter Pollman	Bearbrook	10km	0:51:33	52.21%
Rebecca Harding	Waddesdon Manor	5km	0:22:58	62.55%
Richard White	Silverstone	H-Mar	1:40:18	69.02%
Richard White	Berkhamsted	H-Mar	1:41:56	67.91%
Richard White	Watford	H-Mar	1:42:51	67.31%
Richard White	Chinnor	H-Mar	2:00:29	57.45%
Richard White	Sandy	10m	1:14:41	69.40%
Richard White	Fleetwood	10m	1:15:30	68.65%
Richard White	St Albans	10m	1:18:07	66.35%
Richard White	Silverstone	10km	0:43:05	72.78%
Rick Ansell	Pednor	5m	0:30:29	78.15%
Rob Brown	Chalfont St Giles	10km	0:42:17	71.79%

Robert Pinfield	Milton Keynes	H-Mar	1:42:29	62.30%
Robert Pinfield	St Albans	10m	1:13:08	65.36%
Sam Williamson	London	Mar	2:47:20	79.80%
Sam Williamson	Milton Keynes	H-Mar	1:17:58	82.98%
Sam Williamson	Watford	H-Mar	1:19:11	81.70%
Sam Williamson	Maidenhead	10m	0:58:39	82.58%
Sarah Hunter	Silverstone	H-Mar	1:45:49	64.72%
Sarah Hunter	Berkhamsted	H-Mar	1:52:20	60.97%
Simon Barnett	London	Mar	3:37:26	57.18%
Simon Barnett	Watford	H-Mar	1:24:24	70.40%
Simon Barnett	Pednor	5m	0:31:30	67.99%
Tom Griffin	London	Mar	3:43:24	67.64%
Tony Hill	Watford	H-Mar	1:49:31	65.56%
Tony Ruberry	Berkhamsted	H-Mar	1:31:17	73.93%
Tony Ruberry	Pednor	5m	0:32:22	75.18%
Tony Ruberry	Serpentine	5km	0:19:19	76.19%
Verna Burgess	Berkhamsted	H-Mar	1:55:03	60.34%
Verna Burgess	Watford	H-Mar	1:55:10	60.28%

