

# Tring Runner

December 2007

**Club Runs:**  
**Every Wednesday**  
7:30 pm Running from Tring Cricket Club

## Main Forthcoming Events

**Sunday Dec 9<sup>th</sup> – Calderdale Way relay**

**Sunday Dec 16<sup>th</sup> – Mince Pie Run**  
Courtesy of Tracey and Jim Sinton. More details in newsletter

**Thursday Dec 27<sup>th</sup> – Christmas Hash (TBC)**

**Sunday December 30<sup>th</sup> – Cliveden Cross Country** Approximately 6 miles of scenic, but testing terrain in the beautiful grounds of **Cliveden House**. The last of the 2007 off road championships. *Entries now closed*

**!!!! 2008 !!!!**

**Sunday Jan 6<sup>th</sup> – Herts Cross Country Championships.**  
More details in newsletter

**Thursday Jan 17<sup>th</sup> – Tring Brewery Trip**  
More details in newsletter

**Saturday Jan 19<sup>th</sup> – Box Hill Fell Race**  
The first of the 2008 off road championships. Near Dorking, Surrey.  
7.5 miles with 1700ft ascent. Entries now open

**Sunday Jan 20<sup>th</sup> – Fred Hughes 10 mile road race – St. Albans.**  
This also incorporated the Herts Vets 10 mile championships

**Sunday Feb 3<sup>rd</sup> – Watford half marathon.**  
This also incorporated the Herts Vets half marathon championships

Newsletter contributions to **Peter Hamson** by Sunday 30<sup>th</sup> December please.

**Email: [phamson@caci.co.uk](mailto:phamson@caci.co.uk)**

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**And much more .....**

## The AGM

This year's AGM was over in little more than an hour and was, for once, remarkable uneventful. Obviously, club members are happy about the way the club is being run.

The only serious debate was whether there should be an age allowance in the club's off-road championships as there is in the road championships. Opinion was divided between those who wanted an age allowance in order to provide a 'level playing field' and those who wanted to reward 'talent rather than decrepitude'. Also, for the road championships it was suggested that the scoring tables used to calculate the runner's score should be brought up to date. These issues will be discussed at the next committee meeting.

One suggestion that almost went unnoticed came from Bob Ford who suggested that as a matter of etiquette on club runs the first person to get to a style or kissing gate goes to the back of the group (and the last person to the front). This seems an excellent idea. What tends to happen is that the person at the front reaches the style, goes straight over and continues running while the person at the back, who has been struggling to keep up, has to queue to get over the style so finds himself even further back.

The only change to the committee was that Paul Cowan stepped down as honorary secretary and Kirsty Barnett was elected to take over. Thanks to Paul for his four years on the committee and two years as secretary.

***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.

### **Loch Ness Marathon**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Luke Delderfield		2:58:29	

### **Liverpool Half Marathon**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Nikki Burgess		1:53:32	

### **Luton Marathon**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Peter Hamson	425	4:21:06	

There were 536 finishers.

Three laps around Luton and surrounding countryside does not make for the most interesting of routes; strong winds and rain did nothing to improve matters. It starts off well enough along a quiet urban road and through a park but then you reach the A6 which you have to follow for a mile or so before turning onto more minor but still quite busy roads. All too soon we are back in the built up area of Luton.

The second lap started better; the rain stopped and I ran with David Heron for a bit but it didn't last long. David's hamstring went, then, as we turned into the wind the rain started again. I was thinking this was definitely an event for sad old gits with nothing better to do on a Sunday, but people come from far and wide to do this event so I might have missed something.

On the third lap the weather improved and in fact was quite pleasant. In the last couple of miles I was running better and actually starting to enjoy it. Perhaps it was just not long enough.

### **Luton Marathon Relay**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Buzzard Trio	73	3:33:26	

165 teams finished

This team consisted of Callum Bonthronne, Nigel Lacey and Mandy Bonthronne, each doing one lap of the three lap course.

### **Cornish Marathon**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
David Heron	162	4:26:10	

David writes: So whilst most others were at Herberts Hole, I was running (did run some) around Bodmin Moor in the wind and the rain. This was a really nice little run which gets highly rated for atmosphere, only 212 finishers.

### **Amsterdam Marathon**

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

### **Marlow 5 miles**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Nikki Burgess		0:40:00	

### **Chiltern League Cross Country – Oxford - Men**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Kevin Harding	69	39:23	
Rick Ansell	91	40:24	
Alan Whelan	99	40:51	
Simon Barnett	102	41:03	
Steve Long	107	41:14	
Ross Langley	108	41:15	
Rob Brown	153	43:16	
Brian Layton	259	51:22	
David Heron	266	53:35	
Steven Saywell	272	54:25	
Nigel Lacey	281	55:52	

### **Chiltern League Cross Country – Oxford – Ladies**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Michaela Colwell	32	26:02	
Alison Harding	39	26:39	
Kirsty Barnett	62	28:17	
Mandy Bonthronne	74	29:14	
Anna Scarth	95	31:00	
Edda Aitchison	107	32:20	

### **Chiltern League Cross Country – Oxford – Girl's U15 race**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Bryony Harding	43	18:56	

### **Herberts Hole**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Ross Langley	11	42:57	
Alan Whelan	17	43:54	
Rick Ansell	21	44:32	
Trevor Lark	39	46:46	
Tony Ruberry	42	47:14	
Michaela Colwell	64	49:56	
Callum Bonthrone	73	50:41	
Mandy Bonthrone	118	53:51	
Brian Layton	180	58:17	
Edda Aitchison	189	58:42	
Nigel Lacey	192	58:48	
Maria Cook	220	1:01:16	
Elise Aitchison	224	1:01:22	
Geoff Dennis	228	1:01:50	
Jane Porteous	246	1:02:51	
Kevin Buckingham	247	1:02:52	
Liz Daniels	258	1:04:01	
Janet Reeve	260	1:04:05	
Kim Reed	264	1:04:22	
Cathy Court	265	1:04:27	
Gill Heron	277	1:06:27	
Helle Hennings	281	1:06:56	
Sarah Dennis	293	1:08:25	
Beth Dennis	295	1:08:45	<b>Y</b>
Frances Mills	300	1:10:13	
Mike Gaunt	329	1:15:16	
Pam Burley	338	1:21:29	

Beth Dennis claims a PB as she last ran the race in 2000 in a time of 1:14:00.

Tring took 2nd team place in both the men and ladies competitions!

### **Stevenage half marathon**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Richard White	215	1:43:05	

588 finished

### **Serpentine 5k**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Richard White	82	21:22	

186 finished

### **Portsmouth 5 miles**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
Richard White	227	35:54	

681 finished

### **Wolverton 5 miles**

<b>Runner</b>	<b>Posn</b>	<b>Time</b>	<b>PB</b>
David Heron	215	37:28	
Edda Aitchison	246	38:59	<b>Y</b>

There were 329 finishers

David writes: The day before the Brenda Barlow may explain why there were only 2 Tring Runners at this race, or is it a sign of the times. It was a bit cold and windy, not helped by having to register and collect your chip and number before the race. A lot of time out for a short run, especially when not convinced by my chip time. I'm sure it didn't take me 30 seconds from the "gun" to cross the start line, this may well be my last Wolverton 5. The course was slightly modified taking out one of the underpass rises so definitely a fast course

### **OMM 2007**

#### **(The Original Mountain Marathon)**

#### **Elite Class**

9<sup>th</sup> Kevin & Quentin Harding 12:18:58

10<sup>th</sup> Rick Ansell & Partner 12:59:50

14<sup>th</sup> Nigel Bunn & Partner 14:41:10

#### **Long Score**

135<sup>th</sup> Brian Layton & partner

### **Daily beer 'good for athletes'**

Scientists have finally worked out something that members of TRC have known all along – that drinking beer after a run is good for you. The following article was recently spotted in the Metro:-

'Drinking beer after exercise is better at rehydrating body than water, scientists have found. Its carbon dioxide bubbles help quench the thirst and its carbohydrates can replace lost calories, researchers at Spain's Granada University said. They even recommended moderate consumption of beer every day as part of an athlete's diet.'

## Herts Cross Country Championships

I now have an entry form for the County Cross Country Champs.

These will be held at Haileybury College (2 miles South of Hertford) on Sunday 6 Jan. There are races for men and women from U11 upwards so those with running children might be interested. Several of us have done this before most recently two years ago when it was in St Albans. It is not too highbrow. It is certainly very competitive at the front but none of us will be there. It is friendly in the middle of the field and leisurely towards the back. Even our most leisurely runner is unlikely to be AT the back.

For the team event it is 6 to score in the men and 4 to score in the women. The senior women run at 1.15 over an 8km course. The senior men at 2.00 over 12km (so a little longer than the Chiltern League). The event starts at 11.00 with U11 girls.

I used to go to school at this place. The cross country course was quite hilly and very muddy, largely in the woods but I've no idea where these courses will go.

What better way to kick start a new running year and escape the cold turkey? So far only Ross has indicated he wants to run. Entries are due by Dec 12 so please let me know if you want to go. The club will pay the fee (£3). We do also need to provide two marshals if we send any runners. If we don't we have to pay £10 per marshal we don't supply, so if anyone feels like watching.

Looking a bit further the County Vets Cross Country Champs will be on March 9 at Letchworth. We stand a good chance of winning this, I think. Put it in your diary (unless you're under 40 or 35 for ladies). More details when they become available. Alan Whelan has got his name down and Michael Burgess also sounded keen. (Not sure I'll even make the team.)

Many thanks to JB and AW for putting me onto the appropriate website to get this info.

*Rick Ansell*

## Annual Brewery Trip

Our annual trip to Tring Brewery is booked for Thursday 17<sup>th</sup> January. The format will be the same as previous years, namely:

- 1) We meet at the brewery at 7.30pm. It is located just off Akeman Street (on the right hand side as you approach the museum).
- 2) We drink, we tour the brewery, we eat fish and chips, we drink some more.
- 3) Cost is £15 each including drinks and food.
- 4) Please let Richard White know if you would like to come

For those of you who wish to do some homework, see website address below.

<http://www.tringbrewery.co.uk/home.html>

*Richard White*

## Mince Pie Run

Dear Chums

As the festive season is approaching fast, do leave room in your diary for the Famous TRC Mince Pie Run! We had a fallow year last year, but in previous years these have been a great success!

The venue is Chez Sinton; Jim and Tracey are our kind hosts who don't mind opening up their very nice house to muddy, hot and sweaty bodies.

So, what's the format I hear you ask! Turn up with other halves, kids and these are welcome to either run or stay in the warm, assisting Tracey with the stirring of the Mulled Wine, arranging of sausage rolls and mince pies on plates etc.

Do please bring a food offering for the table, however to prevent a Mince Pie overload, do consider bringing other festive snacky items and only bring roughly what you would eat as in previous years we have had a buckling table and Jim and Tracey have ended up auctioning Mince Pies on eBay. If you would like to partake of a hot toddy or two, Mulled Wine, tea, coffee etc. will be available, and any beverage donations will be happily received.

The run will be an hour or so, in groups of various speeds etc as usual. Afterwards, there will be somewhere to change into clean clothes before tucking in.

As this is a Seasonal Event, dressing up for the run itself is the norm. Ladies have especially excelled at this in the past (a challenge for the guys), with Santa Hats, tinsel, fairy wands, Xmas tree decorations, etc. etc. Anything with flashy lights is also excellent. I am thinking that we should have a prize for Best Outfit! Go for it! And it must be worn on the run!

Important logistical stuff:  
2pm Sunday 16<sup>th</sup> December 2007  
Tracey and Jim Sinton  
74 Beaconsfield Road  
Tring HP23 4DW  
01442 381660

To help Tracey and Jim, an indication of numbers would be good so do please let me (or Tracey and Jim) know if you/your family would like to come along.

That just leaves me to say a HUGE THANK YOU to Tracey and Jim for hosting the event.

*Maria Cook*

**16<sup>th</sup> BRENDA BARLOW MEMORIAL TROPHY RIDGEWAY HANDICAP**  
**November 25<sup>th</sup> 2007**

Handicap result		Finish Time	Handicap	Actual Time
	<b>Start Time</b>	<b>9.55</b>		
1	Bob Ford	11.31.30	11	85.30
2	Edda Aitchison	11.33.35	10	88.35
3	Emma Davis	11.35.00	09	91.00
4	Jane Porteous	11.36.59	13	88.59
5	Kim Reed	11.37.06	10	92.06
6	Liz Daniel	11.37.20	08	94.20
7	Helle Hennings	11.38.40	06	97.40
8	Mandy Bonthron	11.39.28	22	82.28
9	Brian Layton	11.41.29	13	93.29
10	Michaela Colwell	11.41.30	33	73.30
11	Jonathan Smith	11.41.48	33	73.48
12	Michael Lamb	11.41.50	13	93.50
13	Rob Brown	11.41.51	39	67.51
14	Nigel Lacey	11.42.03	19	88.03
15	John Manning	11.42.04	36	71.04
16	Clive Cohen	11.42.22	35	72.22
17	Jon Court	11.42.28	36	71.28
18	Kirsty Barnett	11.43.01	29	79.01
19	Tony Hill	11.43.49	06	102.50
20	Maurice Bond	11.43.51	19	89.51
21	Alan Whelan	11.44.06	44	65.06
22	Paul Cowan	11.44.08	35	74.08
23	Cathy Court	11.44.16	08	101.16
24	Luke Delderfield	11.44.21	44	65.21
25	Ross Langley	11.45.54	44	66.54
26	Simon Barnett	11.46.10	44	67.10
27	Frances Mills	11.47.06	07	105.06
28	Peter Hamson	11.48.20	30	83.20
29	Nigel Kippax	11.49.07	30	84.07
30	Kevin Buckingham	11.52.27	18	97.27
31	Pam Burley	11.54.00	00	119.00
32	Mike Gaunt	11.54.07	00	119.07
33	David Sawyer	11.58.25	30	93.25
34	Elise Aitchison	11.59.59	10	114.59

Order based on actual times		
1	Alan Whelan	65.06
2	Luke Delderfield	65.21
3	Ross Langley	66.54
4	Simon Barnett	67.10
5	Rob Brown	67.54
6	John Manning	71.04
7	Jon Court	71.28
8	Clive Cohen	72.22
9	Michaela Colwell	73.30
10	Jonathan Smith	73.48
11	Paul Cowan	74.08
12	Kirsty Barnett	79.01
13	Mandy Bonthron	82.28
14	Peter Hamson	83.20
15	Nigel Kippax	84.07
16	Bob Ford	85.30
17	Nigel Lacey	88.03
18	Edda Aitchison	88.35
19	Jane Porteous	88.59
20	Maurice Bond	89.51
21	Emma Davis	91.00
22	Kim Reed	92.06
23	David Sawyer	93.25
24	Brian Layton	93.29
25	Michael Lamb	93.50
26	Liz Daniel	94.20
27	Kevin Buckingham	97.27
28	Helle Hennings	97.40
29	Cathy Court	101.16
30	Tony Hill	102.49
31	Frances Mills	105.06
32	Elise Aitchison	114.59
33	Pam Burley	119.00
34	Mike Gaunt	119.07

Louise Berry cut off about half a mile, and finished at 11.29. Multiplying by 9.5 and dividing by 9.0 means that if she had done the right course her time would have placed her just after Edda..  
 Elise Aitchison was way ahead of her mother but missed the return after Aldbury Nowers and carried on over the golf course to the stables again, so she did about 3miles extra.  
 Mags Severs did the same but then got lost and was rescued at Tring Station..

Nicola Burgess took a wrong turn and came back from Aldbury Nowers instead of continuing across the golf course, so then ran down Station Road and did the Midsummer Fun Run course finishing at about 11.30.

**This makes 37 runners who started.**

It should be noted that this is the first time Bob Ford has run the correct course, since he has usually put in an extra section at the start of the golf course.

It has been alleged (especially by Lord David Jones) that only women went wrong, but Kevin Buckingham and David Sawyer also added on extra bits. Kevin made the fatal decision to ask passers-by just before the Monument if they had seen any white arrows and they directed him to the right of the monument and down a gulley towards Aldbury. When he realised eventually he had not seen any more arrows he was faced with a steep uphill to return to the monument (and looked cream-cracked at the finish). Moral: Never ask non-runners for directions: they are invariably wrong. David also set off across the golf-course for a second time, but realised sooner than Mags or Elise that this was not correct and was able to retrace his steps.

In addition Colin Rees and Tom Griffin ran round beforehand marking the course with flour.

Also present: Mike Blake (Back up Van), David Heron (Advice), Matthew Boielle making inappropriate comments from the balcony, and Geoff Dennis (offering support, though too ill to either run or drink beer).

*John Boielle*

## Ask Marge



I have some news from Marge. I have recently returned from Cuba where I was lucky enough to meet her. She is taking an extended holiday in her native country. I met her relaxing outside a bar in Havana with her feet up, sipping a cocktail, and, of course, smoking a cigar. We talked about old times; she regretted not being able to answer runner's problems this month, but promised to be back in England for Christmas.

*Peter Hamson*

## Off Road Championships

With one event to go in the lady's off road championships Mandy has overtaken Alison to go into the lead. It looks as if all she has to do is turn up and Cliveden and she will win the championship.

In the men's championship Alan Whelan has an unassailable lead. He is so far in front he can be declared the champion already. It is left to John Manning and Tony Ruberry to fight it out for second place.

### *Ladies' Results*

	Box Hill	Hard wick	Aldbury	Combe Hill	Beachy Head	Herbert' Hole	Brenda Barlow	Clive den	Total	Posn
<b>Mandy Bonthron</b>	23		23	24	22	24	23		139	1
<b>Alison Harding</b>	25	25	24	25	25				124	2
<b>Michaela Colwell</b>			25		24	25	25		99	3
<b>Kirsty Barnett</b>	24				22		24		70	
<b>Sarah Hill</b>		24			23				47	

### *Men's Results*

	Box Hill	Hard wick	Aldbury	Combe Hill	Beachy Head	Herbert's Hole	Brenda Barlow	Clive den	Total	Posn
<b>Alan Whelan</b>	22	23	22	25		24	25		141	1
<b>John Manning</b>	17	20	18		23		20		98	2
<b>Tony Ruberry</b>	18		20		22	21			81	3
<b>Nigel Bunn</b>	25	25	24						74	
<b>Sam Williamson</b>	24	24	21						69	

## Cross Country Championships

In the lady's Cross Country championships after the first three events Mandy has again crept into the lead. She has completed all of the events so far, which puts her one point ahead of Michaela with Alison in third.

<i>Mandy Bonthron</i>	<i>21 points</i>
<i>Michaela Colwell</i>	<i>20 points</i>
<i>Alison Harding</i>	<i>18 points</i>

In the men's championship Ross Langley has completed all three events to go into the lead in front of Kevin. Nigel Lacey and David Heron have also completed all three events and are in joint third place.

<i>Ross Langley</i>	<i>23 points</i>
<i>Kevin Harding</i>	<i>20 points</i>
<i>Nigel Lacey</i>	<i>15 points</i>
<i>David Heron</i>	<i>15 points</i>