

# Tring Runner

June 2008

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

## Main Forthcoming Events

**Sunday June 1<sup>st</sup> (11:00 am) – Coombe Hill race. A 3¼ mile off-road race and part of the off-road championships.**

**Wed June 4<sup>th</sup> - Pub Run to Cholesbury**  
More details in this newsletter

**Wed June 18<sup>th</sup> - Midsummer Fun Run**  
lots of help required for marshalling and at the finish.

**Saturday June 21<sup>st</sup> Midsummer Dream (Devon Pub) Run**

**Saturday June 28<sup>th</sup> – Breakfast run**  
From Jonathan's House – Edlesborough. More details in this newsletter

**Wed July 9<sup>th</sup> - Rick's Tring Park Relays**  
More details later

**Friday July 11<sup>th</sup> – Pizza and Pasta Party**  
DaVinci's Italian restaurant, Tring. More details in this newsletter

**Wed July 16<sup>th</sup> Waddesdon Manor 5K (7:30 Start)**

**Sunday July 20<sup>th</sup> Fairlands Valley Challenge (off-road marathon)**

**Wed July 30<sup>th</sup> – Mike Gaunt's Hash**  
More details later

Newsletter contributions to **Peter Hamson** by 29<sup>th</sup> June please.

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## The LDWA 100

This year's Spring Bank Holiday saw no fewer than six members of Tring RC attempting the Long Distance Walker's Association's annual 100 mile event. The event is in a different part of the country each year and this year it started and finished in Skipton in the Yorkshire Dales.

This was likely to take us anything between 24 and 48 hours so a good night's sleep was essential before the event. We had chosen to either book in at a local hotel or sleep on the floor at the headquarters or, in my case pitch a tent. In the morning there was a feeling of apprehension as we contemplated what lay in store for us over the next two days.

There was a variable start time, Brian and Tony Hill decided to start at 9 o'clock; Colin, Tom Griffin and myself started at 10 and the fastest and fittest, Mark Rochester set out at 12 o'clock. We all hoped to finish before dark on the following day.

The first few miles were quite straightforward. We headed westwards, first along a canal towpath then through pleasantly undulating meadows. We reached Settle, then Clapham and Ingleton. I was a little behind Colin and Tom and was arriving at checkpoints just as they were leaving. At the Ingleton checkpoint there they were again and sitting in the corner there was also Brian patching up his feet. As I was getting a drink Mark also arrived, but, as expected, did not stay long.

Things were looking good at this point. Mark was going strongly and said he thought he was in third place overall. I was feeling good and thinking this was going to be my best 100 for a few years. Brian always manages to finish however bad his feet get.

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## Race Results

All road race results published here will count towards the club championships.

### *Marlow 5 miles*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Graham Deacon	400	39:28	
Nikki Burgess	630	43:14	

Nikki writes:- I finished in 43:14 that's 3mins 14sec slower than last year - but I'm even boring myself with my own lame excuses now so I won't even mention the heat!!!

### *Chinnor 10K*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Edda Aitchison	400	53:02	

### *Chinnor Half Marathon*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Ross Langley	4	01:26:17	
Michael Burgess	8	01:27:21	
Nigel Kippax	49	01:52:47	
Mandy Bonthron	52	01:53:08	
Reed Kim	67	02:01:43	
Heron David	68	02:01:59	
Mills Frances	83	02:22:22	

### *Pednor 5 Men's race*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Ross Langley	5	28:59	
Alan Whelan	12	30:03	
Trevor Lark	32	33:12	
John Manning	34	33:22	
Paul Cowan	35	33:33	<b>Y</b>
Nigel Kippax	63	35:45	
Bob Ford	104	40:57	
Geoff Dennis	106	41:10	
Nigel Lacey	108	41:38	

The men's team was 3<sup>rd</sup>

### *Pednor 5 Ladies' race*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Verna Burgess	13	36:32	
Kirsty Barnett	14	36:37	
Elise Aitchison	20	39:23	
Mandy Bonthron	21	39:53	
Kim Reed	24	40:33	
Edda Aitchison	29	41:55	
Jane Porteous	31	42:15	
Beth Dennis	48	48:11	

The ladies team was 3<sup>rd</sup>.

### *White Peak Marathon*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Michaela Colwell		3:29:14	<b>Y</b>

Congratulations to Michaela who was 2<sup>nd</sup> overall lady and 1<sup>st</sup> lady vet. She got the pacing almost to perfection and managed a sub 7 minute mile on mile 26.  
*See her article later in the newsletter*

### *Hatfield Broad Oak 10k*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Anna Scarth	81	47:39	
Nigel Millwood	265	47:45	<b>Y</b>

Anna writes:- No pb for me, but great result for Nige getting a pb by a couple of minutes. Can't say I was happy to have him so close on my heels though. I'm going to have to work harder!!!!

### *Edinburgh Marathon*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Jonathan Smith		3:41:15	

## **The Forrest Gump Trophy (or Gauntlet)**

By the time next month's newsletter is published we will be half way through the year and I will include a roundup of the current positions in the club championships, including the Forrest Gump trophy

For the benefit of new members, The Forrest Gump trophy is awarded to the runner who has completed the greatest number of miles in competitive events throughout the year. From this year it will be renamed 'The Gauntlet' (after the originator of the trophy – Mike Gaunt). In the past the winner has always been worked out at the end of the year but this year I am asking all potential entrants to the competition to declare themselves now so that interim results can be published.

If you wish to enter the competition please let me know in time for the next newsletter. If you have competed in any events which have not been recorded in the newsletter please also send me details of these events including the mileage.

## **Invitation Evening**

This year's invitation evening on 16<sup>th</sup> May saw several local clubs joining us on our Wednesday evening run. We received terrific feedback on the quality of the runs, the facilities we have and the spread laid on by Lindsay & Gareth.

Special thanks to Michael Burgess, Alan Rosen, Jim Sinton and Frances Mills for organising some truly memorable runs, and of course to Kirsty for organising the whole event. It was good to see so many people turning up to what was a thoroughly professional and well organised event.

However, I think the event will be best remembered for being the time when Tony Hill was seen wearing a club vest!

## **Beachy Head Marathon – Saturday October 25<sup>th</sup>**

As mentioned in last month's newsletter I will be sending off a club entry in the next few days so please let me know if you would like to be added to the list and let me have the money (£20) as soon as possible

***Peter Hamson***

## Next Breakfast Run

Hi TRC Gang!

The next breakfast run is organised and is courtesy of our Esteemed Leader, Jonathan Mulcahy who has offered to host this at his house – thank you Jonathan!

Details:

Date: Saturday 28<sup>th</sup> June

Time: 08.00

Location (for breakfast and start of run): Pine Lodge, Pine Road, Edlesborough, LU6 2EJ

Directions: From Tring, head down the B489 to the A4146 Leighton Buzzard Road, turn left, turn first left into Pine Road. JM's pad is up on the left hand side.

<http://www.multimap.com/maps/?hloc=GB|edlesborough#map=51.8512,-0.58314|16|4&loc=GB:51.8512:-0.58314:16|LU6%202EJ|LU6%202EJ>

As usual, tortoises and gazelles welcome, the run will be about 6 miles off-road and will be absolutely tiptop I am sure!

Please let me know if you are coming, as JM needs to get enough appropriate grub in, there will be the usual reminders on Wednesday evenings.

Looking forward to seeing lots of you!

Cheers

Maria.

## Pizza and Pasta Party

Hi TRC chums

It is time for our annual Pizza and Pasta Party! For those of you who missed out on this momentous event last year, we had a stupendous time so do come along!! I have booked well in advance to give you socialites time to get this booked up in your busy diaries. Forget that gym session, training run or Desperate Housewives and come along and stuff your face, drink wine and have a really fun evening!

Partners more than welcome!

Details:

Date: Friday 11<sup>th</sup> July 2008

Time: 8.30pm

Venue: Da Vinci's Italian Restaurant, Frogmore Street, Tring

<http://www.multimap.com/maps/?hloc=GB|frogmore%20street,%20tring#map=51.79452,-0.66247|17|4&loc=GB:51.79406:-0.66227:17|frogmore%20street,%20tring>

We may well meet up for a drink somewhere first, can be organised nearer the time.

As last time, there is a set menu at the truly bargain price of...wait for it....£15.00!

This includes the following:

Assorted starters to share (there will be about 5 different types, e.g. bruschetta, garlic bread, salad, Italian meats, mushrooms – basically whatever he has at the time, may differ)

For a main course, you can choose from the following:

Any pizza

Spaghetti bolognese

Lasagne Da Vinci

Cannelloni (veggie) (my favourite)

Pollo Da Vinci (chicken breast, mushroom, garlic and cream)

For dessert, we can choose anything from the £3.90 menu and this includes a good choice of cakes, cheesecakes, icecream etc.

If there any special dietary requirements, please let me know, no problem.

Re drinks/wine, we can pay as we go along which makes things soooo much easier, no bill at the end to share (no arguments!). If you want drinks put on your own bill, then no problem. So, to recap, there will be no main bill at the end apart from £10 for your food.

If you are thinking why £10 – it is because I will be taking £5 deposits to secure your place! This event was very popular last year and I had to ring them to book extra seats and luckily they could accommodate us – do book early!

See me on a club night or drop me an email or ring me on 07795 122529 to secure your place. Ciao, friends!

*Maria Cook*

## White Peak Marathon

In spite of the (still) slightly dodgy knees and the mental battle ‘should I, should I not?’ I managed to get myself to Cromford Meadows, near Matlock in Derbyshire, to take the coach to get us up to the start of the White Peak Marathon.

Having run the High Peak 40 with Peter and Colin, you can understand that I am naturally wary of any race with the word ‘peak’ in it. I was, however, pleasantly surprised to find that there were no serious uphill to this race and some absolutely fabulous downhill.

Having succeeded in NOT throwing up on the 30 minute coach journey (very winding roads – I’m not sure David Heron will want to sit next to me again!) we waited in the drizzle and the cold for the start of the race.

The run started on the Tissington Trail and climbed ever so slightly up the Dales to Parsley Hay at mile 10 and to the High Peak Trail at mile 21. The gradual uphill was mostly fine, with great views of rolling fields, a Pig Farm and Tractor Rallying. The wind and rain made it a little grinding at times but chatting to fellow runners passed the miles and I managed to maintain the magic 8-minute mile pace to which I was aspiring.

At mile 20, I left behind a chap that I had run with since mile 8 and felt that the race had really begun. The gradual incline became more perceptible at this point but three great downhill sections at miles 21, 22, and 24 soon made up for this. There was a great view across the Dales near ‘Black Rock’ (I think) and certainly from the High Peak Trail. There was also a very spooky tunnel where I couldn’t see my feet because it was so dark and I was left feeling slightly weird!

The last mile was along the canal towpath – familiar territory for us – but hard and fast and it was with much relief that I saw the race finish back at Crompton Meadows.

It was a terrific, friendly and well-organised race and as Mr Heron had assured me, a fast and beautiful course. The goody bag was great with fruit, biscuits and a mug and afterwards we enjoyed a cup of tea, bacon butty and the FA cup Final.

On a personal note, I was really pleased to crack the 8 minute-mile pacing (well mostly anyway!) AND I’m going to lose only the one big toe nail!!

*Michaela Colwell*

## The LDWA 100 (continued from page 1)

As I said things were looking good as we left Ingleton, but a 100 miler is always an unpredictable event. The next section was over Ingleborough. Colin, Tom and I were more or less together. This was the biggest hill we had to climb on the whole route. The ascent was pleasant enough although the path was very stony. At the top it was extremely windy and this gave us a foretaste of things to come. The descent into Horton in Ribblesdale is well known to anyone who has done the Yorkshire Three Peaks, the only difference being that by the time they reach Horton they have finished whereas we still had sixty-three miles to go.

The next section was following the Pennine Way on a very long track, which went on and on and slightly up-hill. At least the navigation was easy. We knew we would soon be in the dark and as it got dark the temperature fell the wind got up. It was starting to feel extremely cold. There was a checkpoint on the high point and when we got there it was obvious Colin was suffering. His feet had not recovered from his previous event and he was also suffering from hypothermia. It was some time before he was warm enough to continue. The next section was downhill into Hawes. We started off on a very stony track, which did nothing to improve the state of Colin's feet. By the time we got to Hawes he sensibly decided to retire rather than trash his feet completely. This was the breakfast stop where, as well as food and drink, you could meet up with your kit bag and get a change of clothes and perhaps even a wash.

By the time Tom and I left Hawes my initial optimism had disappeared. It soon got light, but I felt completely drained and two checkpoints later I told Tom to go on and I tried to have a sleep. With a whole day's walking ahead of me I knew I needed to rest but sleep was not forthcoming while sitting on an uncomfortable chair so I soon decided to get to the next checkpoint. Here I managed to get a few soft chairs together and dozed off for a hour or so. By the time I was ready to set off Brian had arrived, looking considerably stronger than he had done last time I saw him, so we set off together and in fact stayed together for the remainder of the route. For me I decided it was now simply a matter of survival. I would forget about the time, just take it slowly and hope I could keep going until the finish. I was dreading what was to come, reminding myself about times in the past when I've had a force my weary and unwilling body through the last few miles.

Slowly the miles and the checkpoints came and went. In fact the countryside was very pleasant – the route basically followed the river Wharfe for several miles. I was somewhat relieved by the fact that my condition was not getting any worse. In fact, after a handful of jelly babies at one point I seemed to be improving slightly



Eventually we got to the 90 mile checkpoint. That always gives one a psychological boost. If you can make it that far and are still standing you're going to finish. After a few minutes rest I felt I felt so revived that when Brian and I set off I broke into a gentle jog. Not to be left behind, Brian overtook me and then I found to my surprise I was still capable of a steady shuffle. There were two short sections to the last checkpoint then just 4.3 miles to the finish. The last section was partly down hill into Skipton, including one steep descent, but by now we were overtaking everybody in sight. The biggest problem was keeping to the route. We didn't want to go wrong at this stage.

Earlier on we had been expecting to finish in the dark but in the last few miles our target had been to finish in the light, then by 9:30, then by 9:00, and when we realised we would do it Brian decided to aim for 8:45. There was one final hill out of Skipton to the finish and I thought surely Brian would walk up this. But no, he had seen someone at the top of the hill and thought we had a chance of catching him so we ran all the way to the finish, which we reached at 8:40. We had done the last 4.3 miles in 61 minutes, which must have been the fastest we had gone during the entire event.

Well, that was another one over. We'd done it – we were tired but delighted to have finished before dark and in a reasonably respectable time. For Brian it was his third fastest 100 and for me at least as good as I had expected. Brian certainly pulled me through to a faster time towards the end.

All in all it had been a splendid event. The weather had stayed dry although a bit windy. The course had been scenic, the hardest part being in the first half. As usual on LDWA events the support at checkpoints was fantastic. At most checkpoints we just collapsed into a chair and food and drink was brought to us.

As for the others - unfortunately Mark had to retire at just over half way. He was still in third place, but the stony ground had been too much for his feet his feet were totally trashed.

Tom was the fastest out of the Tring contingent. Tom's comments were:- "Yes I enjoyed the event- too windy and cold at the 'tent' stop where Colin froze, quite hard on the feet with the stones on the tracks but all in all a good event. I walked all the way after the breakfast stop with various people some whom I had met on the 'Wellington Boot' and came in with a couple of lads from Bolton - we ran the last section down hill. My time was 32 hours and 35mins so very pleased with this, however hope to do better next year?"

Tony walked the entire event and said afterwards:- "My time was 33hr 44min - which was very pleasing considering I picked up a knee/calf injury on my right leg around 75 miles. It's quite sore and swollen now but is getting better slowly. Interestingly, Tom didn't catch me until the second last checkpoint around 93 miles despite him running and setting off only an hour behind!"



Colin also wrote:- “My congratulations to all those who managed to complete the course, I found day one hard going into the wind. There should be less rocks and more soft mud in Wessex. Lesson learnt, do not start an event with an injury.”

So – it looks like we’ll all be back for next year’s 100 which is in Wessex. Hopefully it will be easier on the feet than the Yorkshire Dales.

### ***Results***

#### ***LDWA Yoredale 100***

<b><i>Runner</i></b>	<b><i>Posn</i></b>	<b><i>Time</i></b>
Tom Griffin	100	32hrs 35mins
Tony Hill	131	33hrs 45mins
Peter Hamson	161	34hrs 40mins
Brian Layton	191	35hrs 40mins

The Distance was 101 miles  
Ascent/Descent: 12270 ft.

***Peter Hamson***

