

# Tring Runner

August 2009



Many thanks to everyone who's contributed to the August edition of **Tring Runner** . .

**Club Runs:  
Every Wednesday**

7:30 pm Running from Tring Cricket Club

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## August Highlights

Lots to read in the New August edition of Tring Runner . .

There are race results, and a few reports too, from all over the place, including Northumberland to the north and Newent and Monmouth to the west . .

I popped down to Watford to see what Sam's Angels are all about – although you'll have to go online for the whole story . .

John Manning tries to improve our minds with some poetry, we're all invited to Mike and Pam's Summer Hash on the 22<sup>nd</sup> . .

and Jevon O'Neill reports on his Ironman Germany . . not a report for the fainthearted . . and it's a bit long . . but hey!! it's an Ironman after all!!

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Deadline for the next issue is any time on **Sunday 30<sup>th</sup> August** . . send stuff to

[mail@richk.co.uk](mailto:mail@richk.co.uk)

and leave the rest to me . .

**SHOCK REPORT! . . from Verna Burgess . .**

### **KEVIN HARDING AND DAVE JONES BEATEN AT GLOUCESTER HALF\***

It is dangerous to look at the events finder on the Runner's World website after a couple of glasses of wine..... This coupled with the need to deliver my niece back to Cheltenham saw me in Newent on a glorious evening for the Gloucester Half Marathon on Saturday 25<sup>th</sup> July 2009.

It had a rather unusual start time of 6pm but it was well organised and on quiet country roads. I did not know what to expect as I had not done a half since Watford in February and have had intermittent injuries since then. However, I was hugely pleased with a time of 62 minutes at 8 miles and thought I was on for a PB.

I rather lost it from then on though and finally finished in about 1:46. It is notable that I did the first 5 miles in 39 minutes and the last 5 in 44 minutes. I obviously need to work on the latter half of my races.

There has been quite a bit of negative comment about this race on the Runner's World forum - too hilly and too much traffic. I disagree with both points. Slight inclines rather than hills and no more than a dozen vehicles seen all the way round. I will admit that a rather impolite milk tanker had me jumping in the verge at one point though . I'd recommend this race - good value for money at £11.00 which included chip timing and an excellent goody bag. It also started from a Leisure Centre which meant good facilities and plenty of secure parking.

Looking at the results on Sunday had the startling news - I had beaten both Kevin Harding and Dave Jones!

Verna Burgess	1:46.20 (6 <sup>th</sup> FV45)
Kevin Harding	1:46.42
Dave Jones	1:47.06

\* This Kevin Harding was a member of Thames Turbo and Dave Jones was unattached

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### **Mike and Pam's Summer Hash**

For the last 3 years I have laid a TRC summer's evening hash which has been great fun on my part. Feedback from participants was that they either found it enjoyable or at least "memorable".

This year the format will change. A Hash will start at 3:00pm on [Saturday 22nd August](#) from:

2 Barbers Walk  
Tring  
HP23 4DB  
tel 01442 826797

As usual runners of all ability will be welcome.

This will be followed by a BBQ starting at 5:00pm. Pam will lay on plenty to eat but we ask those who plan to partake in alcoholic refreshment to "Bring A Bottle".

If you have friends & family who prefer not to hash then invite them to come along for the evening.

Please try to join us.

Mike Gaunt

## Off Road Championships from Peter Hamson

The Off Road Championships comprise a series of eight races. In each race the first Tring Runner to finish receives 25 points, the second 24 points etc. This means the more events you compete in the better your score.

There is also an award for the first over 50 male and first over 45 female

### 2009 Ladies to date . .

	Box Hill	Hardwick	Aldbury	Combe Hill	Dunstable 20	Total	Position
Alison Harding	25			25		50	1
Mandy Bonthrone	24	24				48	2=
Louise Berry	23	25				48	2=
Jane Porteous			25			25	4
Maria Cook			24			24	5=
Bryony Harding				24		24	5=
Beth Dennis				23		23	7=
Sofie Cole		23				23	7=
Rachel Evans			23			23	7=
Kirsty Barnett	22					22	10=
Della Allen			22			22	10=
Jane Mitchell	21					21	12
Alison Bunn	20					23	13

Men's standings are on the next page . . but meanwhile, seeing as we've got our trail shoes on . .

### Next Season's Cross Country Fixtures

The [Chiltern League](#) will be as follows:

10 October	Oxford
7 November	tba
5 December	tba
16 January	Shuttleworth
13 February	Wing

Put the dates in your diary and try to get along and run or support . . as you know we've just been promoted to Division One so let's do our best to stay there!!

And . . the [County Cross Country Championships](#) will be on Sunday 10th January 2010

and the 2009 Gentlemen to date . .

	Box Hill	Hardwick	Aldbury	Combe Hill	Dunstable 20	Total	Position
Ross Langley	23	25	25	25		98	1
John Manning	17		19	20		56	2
Geoff Head	14		15	19		48	3
Chris Egan			23	24		47	4
Greg O'Callaghan		24		21		45	5
Nigel Lacey	11	20	12			43	6
Clive Cohen			18	22		40	7
Colin Jeffs		23	16			39	8
Paul Cowan	16		21			37	9
Tony Rubery	15			18		33	10=
Brian Layton	12	21				33	10=
Nigel Bunn	25					25	12
Kevin Harding	24					24	13=
Paul Allen			24			24	13=
Michael Burgess	23					23	15=
Robert Brownswood				23		23	15=
Henry Keighley-Elstub	22					22	17=
Peter Alford		22				22	17=
Rob Brown			22			22	17=
Sam Williamson	21					21	20
Jonathan Smith			20			20	21
Simon Barnett	19					19	22
Steve Long	18					18	23
Ashley Horton			17			17	24=
Darren Hogg				17		17	24=
Geoff Dennis				16		16	25=
Nigel Kippax			14			14	27
Peter Hamson	13					13	28=
Paul Chariney			13			13	28=

### Looking Ahead

### The 28<sup>th</sup> RIDGEWAY RUN

Sunday 11 October

A reminder that our famous and extremely popular **Ridgeway Run** will take place this year on **11 October** so please stick this date in your diary and keep it free, as ever it will be all hands to the pumps on the day to ensure that everything runs as smoothly as possible . .

## Sam's Angels Monthly Time Trials – 18 July 2009

from Sam Williamson . . A smaller turn out than previous months – maybe you were all camera shy as Rich K came down and took some great pictures – his report can be seen here:

<http://www.richk.co.uk/Angels6k/Angels0907.htm>

A smattering of PB's with Jenny just missing out on a sub 30 run and Kevin H missing the course record by a few seconds – I'm guessing he was saving himself ;-)

Next one is Saturday August 22<sup>nd</sup>, then September 26<sup>th</sup> . .

Whippendell Woods Monthly Time Trial 18 July						
No.	Name	M/F	S/V	Lap 1	Finish	PB?
2	Sarah Williamson	F	V	16.48	34.26	N
5	Victoria Hudson	F	S	17.58	37.15	N
6	Sarah Dorey	F	V	18.43	38.57	N
7	Natalie Homan	F	V	DNF		
15	Ian Downey	M	V	15.47	32.43	Y
16	Kevin Harding	M	V	12.10	24.25	Y
17	Alison Harding	F	V	14.42	29.02	Y
31	Jennifer Barber	F	S	15.15	30.05	Y
33	Eleanor Williamson	F	J	20.29	1 lap	N
35	Mike Stone	M	S	15.26	31.26	Y
36	Tom Williamson	M	J	29.25	1 lap	Y

from Rich . .

As Sam says, I went along to see what Sam's Angels TT's are all about and it looked like a lot of fun, it's a shame there aren't more joining in. Sadly I'd left my running kit at home, but I did have my camera with me and just in case you missed Sam's reference to it, [my photos are online here](#)

There may even be time to do the August TT before jumping in the car to enjoy Mike and Pam's Summer Hash!!

Meet in the car park on Grove Mill Lane, off Hempstead Road (A411) Watford WD17 – the event takes place in Whippendell Woods itself.

The Time Trials usually take place on the 4th Saturday of each month at 1:15pm – meet in the car park from 12:45pm.

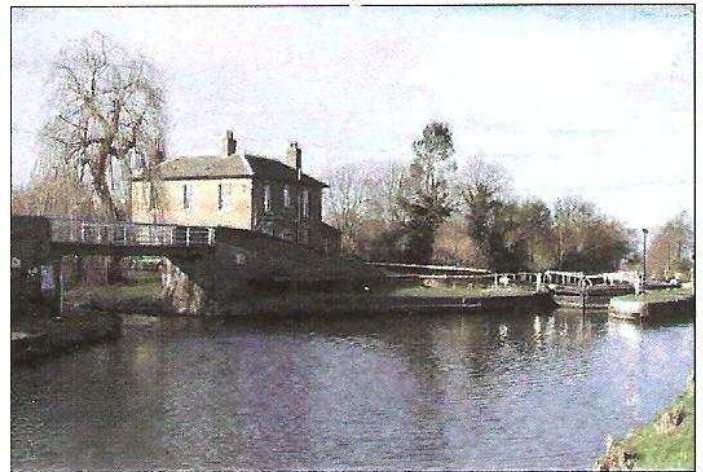
Interested?

For further details call Sam Williamson on 07899 668362

# Tring Rafter's & Runners

## 2009 "Shifty Do"

### Saturday 15<sup>th</sup> August 12pm onwards



At the picnic area, Grand Union Canal, Bulbourne  
(Just down from the Grand Junction Arms)

Please come to our **family multi-sport, fun & games and BBQ** held in memory of Richard Collison, former captain of Tring Rafting Club.

Bring a dish to share, drinks and food for the BBQ  
Bring a bike (if you have one)

Activities: rafting, cycling and a hash – all suitable for families.

For further details contact Cherry Fryer

Cherry: 01442 825201



## **The Art and Poetry of Running and Walking** from John Manning

How about some culture and art in the newsletter?

I went to Tate Britain this week to the Richard Long retrospective exhibition, Heaven and Earth, (on until 6 September). He has been producing art for four decades but it's not your usual watercolour or marble stuff. Richard Long's art involves going for a long walk.

One piece is called "Megalithic to Subatomic - From Carnac to Cern - A walk of 603 miles in nineteen days across France to Switzerland".

Another is "100 Tors in a 100 Hours", a 114 mile walk on Dartmoor; it sounds a bit like the artist's equivalent of the Bob Graham Round.

Sometimes he marks his walks, for example by placing a stone every mile for 164 miles. Other times he records the art by a single photograph but more often he simply records epic journeys with a handful of words.

He has also splashed mud all over the walls of the Tate Gallery and arranged stones on the floor. If you recall the Tate Gallery furore of the Seventies when it purchased a pile of bricks, you will get the idea.

To quote the exhibition blurb, "Long's work represents a dialogue with nature using both its landscapes and materials. He engages time and space through the medium of walking"

I suspect I am not coming over as a respected art critic here and the words "arty farty" may come to mind but lest you think otherwise, I really enjoyed the show. If you are in London, it is well worth the entry fee. You could even have a good laugh at the fourth plinth in Trafalgar Square.

And how about the poetry? I found a book of poetry all based on sports with a decent section on running. It ranges from the classical to the comical; Roger McGough to reflections on the Great North Run by a chap called Andy Croft. If Rich wants to, and the readership does not object, I will send some more for later editions. For now, here is one that most of us might identify with the reasons for running (leaving aside the swinging ungirded hips bit!);

### **The Song of the Ungirt Runners**

Charles Sorley

We swing the ungirded hips,  
And lightened are our eyes,  
The rain is on our lips,  
We do not run for prize.  
We know not whom we trust  
Nor witherward we fare,  
But we run because we must  
Through the great wide air

The waters of the seas  
Are troubled by the storm.  
The tempest strips the trees

And does not leave them warm.  
Does the tearing tempest pause?  
Do the tree-tops ask it why?  
So we run without a cause  
'Neath the big bare sky.

The rain is on our lips,  
We do not run for prize.  
But the storm the water whips  
And the wave howls to the skies.  
The winds arise and strike it  
And scatter it like sand,  
And we run because we like it  
Through the broad bright land.

Ed's note; thanks John . . please send some more, I'm all for a bit of culture!!

## Capital Running from John Manning, with a little help from David Heron

### British 10k, London - 12 July 2009

David Heron and I spent the Sunday morning battling through the crowds at the British 10k. We both agreed that, in terms of running pleasure, a spin with the club round the Boundary Trail or Wendover Woods would have been preferable!

There were probably 30,000 runners. Unlike the London Marathon, there are no "pen" arrangements at the start so David and I did well to get near the front of the assembling pack. It did mean we were standing motionless for about an hour but that enabled us to get across the start line within a minute of the start gun.

The route was a bit like the Monopoly board - Hyde Park Corner, Piccadilly (buy it), Trafalgar Square, Northumberland Avenue (two houses please), Embankment to City, back along Embankment, across Westminster Bridge and back and then round Parliament Square to finish in Whitehall (hotel please).

Trafalgar Square is about 1.5k from the start. When we finished and were processing back to the start to collect our bags there were still crowds of runners just crossing the Square with 8.5k to go!

This is primarily a charity fundraising event so no harm in the somewhat long drawn out nature of things. Thanks to Jo Neale at Iain Rennie Hospice at Home for giving us the opportunity to run at short notice.

John Manning	42' 40"
David Heron	51' 02"



Well I can't see anyone I know in the left hand photo . .

### Serpentine Last Friday of the Month 5k - Hyde Park, London, July

It was nearly 4 years since I did this race last so it was with some trepidation I tried this time. I was a few seconds off my PB time but improved my age graded % to a PB of 76.6%

John Manning 20 m 4 s

## Northumberland Coastal Run – Sunday 12 July 2009 from Rich Kenington

Whilst John and David were amongst the huddled masses in London, Peter Hamson and I were far from the madding crowd, running along beach, coastal footpath, and a bit of road, heading south from Beadnell down to Alnmouth. Keep the sea to your left and you won't go far wrong.

Peter was visiting his daughter and son-in-law, who were also running in the race, and I was visiting friends, who came out to support the race. Given that one of my friends had won the Oldest and Boldest at the previous weeks' Chevy Chase I guess he can be forgiven for resting up this time.



the start

This race is anything from 13 to 14 miles long, depending on the state of the tide, and as this year it was out we were able to cut corners and so we "only" ran 13.2m.

The views out there were stunning, especially the approach to Dunstanburgh Castle, and it's no wonder that the 1,000 or so places in the race sell out within a week of going on sale.



the approach to Dunstanburgh Castle

The final 2 miles or so along the beach were a struggle, there was a stiff breeze blowing into our faces and the perspective seems wrong and it's difficult to figure out exactly how far you have to run. Plus you have to dodge the occasional unwary (or bloody minded, as the case may be) holiday maker.

But at the end you're rewarded with a technical t-shirt, and if you can stick around in Alnmouth, the post race presentation in the Red Lion beer garden is good fun. Recommended!!

354	Peter Hamson	1.56.40	
792	Rich Kenington	2.28.24	including at least 10 mins taking photos and 5 mins chatting to friends!! Honest!!!
864	completed the event		

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## **Marathons on the Mainland**

from David Heron

### **Marathon de La Liberte; Caen, Brittany - 14 June 2009:**

I only decided to enter this on the Wednesday evening before as fancied a marathon having been tied up with fun run admin for prev 3 weeks or so seemed sensible idea at the time. The marathon started on the coast bussed us out to coast Courseilles-sur-mer (Sword Beach on the D day Landings), being the week of the D Day celebrations all along the coastal towns was a sway with Flags.

The race took us 20k along the coast to Ouistreham at mouth of the estuary of the Orne, the ferry port for Caen, So far so good halfway in 2:06, then it was 6k along the estuary all fairly flat, but getting quite warm, then a sharp turn West inland and some for modest climbing to 33k but it has become too much for me, so at 35k, with Night of Flanders on the Friday in mind I decided to walk to the finish. Duly finished in 4:48:25 posn 984 (about 1200 entrants no idea how many behind me not many).

### **Night of Flanders - 19 June 2009:**

On early Friday morning 19 June, Tom Griffin and I set of for Torhout, to run Night of Flanders marathon, the event has been written about before but briefly an evening marathon. The aim for me was to improve on my time of last year about 4:30 and for Tom to get his sub 3:30 VLM good for age, having missed London because of chest infection. Having done this last year I really enjoyed it and recalled it being a flat fastish course and well marked. Unfortunately this year's event was on a changed route and with very few distance markers so poor Tom had nothing to guide him as to pace / time and I succumbed to the depression of the fat and unfit and like the previous week walked in from 22 miles, vowing never to enter another marathon in my life.

159	Tom Griffin	3:31:21	3	M60
426	David Heron	4:51:40	15	M55
452	completed the event			

For me the moral of these, marathons should only be 22miles and there is no point in doing them just for numbers (only another 40 or so for 100 road maras!!).

## Ironman Germany, Frankfurt - Sunday 5 July 2009 – Jevon O'Neill

### The Early Bits

It's been three days now since I staggered up that cobblestone-covering red carpet in Frankfurt's main square. Three days in which my body has begun to heal. Three days in which I've tried – but failed – to adequately recall the pain and suffering I was enduring at around 5.30pm that hot and sunny afternoon in Germany's financial capital.

The day started well enough. In fact, the background to the race had been superb. This was to be my third Ironman after completing Austria in both 2007 and 2008. I'd dropped my time from 12:10 first time round to 10:42 last year and felt confident in setting my sights on a further improvement to 10:15 this year.

### The Build Up Bits

I soon discovered Frankfurt is nothing like Austria's Klagenfurt. Where the latter offers a village like atmosphere for the athletes, with all events and meetings in one area, Frankfurt has no such luxuries, utilising the main square for its central hub and finish area, an expo that spills onto some fairly undistinguished streets and a lake that sits in a disused (but not unattractive) quarry some 15km or so from the centre of the city. There were sixteen of us from Team MK along with our various partners and a few children and we chose to stay at an out of centre hotel in the business district, equidistant betwixt city and lake.

Fiona (my wife), Erin and Alice (my daughters) plus my mother, my father, one of my brothers and my friend Carl were all making up 'Team O'Neill' and arrived prior to race day with their custom designed bright orange Team MK Supporters' T shirts.

We cycled to the lake to rack out bikes, where we each athlete had their own personal helper that stayed with them from entering and leaving transition. A slight complication to racking was that Germany is a split transition race, with T1 at the lake and T2 some distance away in the city. Bike and Blue (T1) bag along with red (T2) bag were left at the lake and the red bag would find its way back into the mean streets of Frankfurt.

### The Swim Bits

Two thousand seven hundred people swimming together. Damn, it's a drag. But you have to make the best of these things. If you allow fear to stalk your heart it will eventually own you so you have to harden up and show it the door. Just don't think about it and get on with it was my plan. I positioned myself just behind the start line, one row from the front and prepared to swim. I'd hit 63 minutes both previous swims and, armed with my new Zone 3 Vanquish Wetsuit (schoolboy error – it chewed a gash into my neck whereas I've never had any problems in two years with my Snugg) I was confident of coming down a minute or so.

The canon went off with more of a fart than an explosion and we were away. The first lap would be 2.3km, followed by a short sprint across the beach, then down back into the water for a further 1.5km loop.

I've never been as closely packed in a group of swimmers before for such a period of time. So much so that I was unable to produce any rhythm, each stroke feeling forced and having to be manufactured to fit the space available. I was constantly being assailed from all sides, legs being pushed down into the water by flailing arms from behind and – to be fair – my arms doing the same to folk in front. For the first time in any triathlon race I had my goggles knocked off and had to adjust them, causing further mayhem as Gunther and his buddies swam through me.

But... hey ho... these things are sent to try us. The first loop was the worst. I went a little wider on the second loop but still managed to exit in 60 minutes and staggered up the sandy 200m incline towards T1, passing within a metre of my eldest daughter who didn't recognise me... I'd forgotten that everyone was in a black wetsuit and red hat !

### The T1 Bits

It's a big old area, that T1. I'd opted to have my blue bag next to my bike so ran straight to it and whipped off my wetsuit, shoved some bananas in my back pocket, stuck on socks and shoes and grabbed my trusty Cervelo from its rack. As I was about to leave I heard the name of my coach called from the water. We were racked near to each other so I shot out of there like a bullet from a gun. It had been a slowish transition of 6:24 but I knew I'd pick up some time in T2 where I always transition pretty quickly, so wasn't too worried.

### The Bike Bits

Time to settle down and get into a rhythm. The 15km or so stretch from the lake to Frankfurt is motorway and super fast. It's a strange feeling in the cool of the morning with no cars at all on the roads, barrelling towards the skyscrapers of Frankfurt. My good mate and Ironman Tom Williams had told me the race could go 'kaput' here if it's hammered too much, so I chose to let the big old German boys (and girls) hammer past as I munched on my banana and sipped water with the sole ambition of being up at my target average speed of 21mph by the time we reached the city.

Passing a deserted finish and T2 area by the river further added to the Marie Celeste feel of things and I pushed on into the suburbs of Frankfurt. The roads of the bike course are super smooth and fast, and I was ultra comfortable turning my legs over at my target pace. The hills on the course are really nothing to speak of, more interruptions than real climbs and my only problem came on the cobblestones of 'The Hell' in a village outside of Frankfurt, where my aero bottle was catapulted from my handlebars. I made a judgment call to stop and replace it as it was early in the race but, as what seemed like hundreds of cyclists shot by me, I found I couldn't get it fixed back on and, in the end, I had to leave it there, in Hell. I'd lost about three minutes but hey, it was a long race.

There were no incidents on the bike and, unlike last year in Austria, none of my team mates passed me. Apart, that is, from Coach K... who must have slipped by unseen as I administered CPR to my water bottle. I caught up with him a few miles later and we exchanged a few words before I headed onwards.

Heartbreak Hill is Ironman Germany's answer to the Tour de France climbs and, with its narrow, spectator-lined passageway it does create a fantastic atmosphere for the cyclist. But it's quickly over and you're then downhill all the way to Frankfurt and able to pick up some of the time lost on the climb.

I arced through the streets of the city and saw Team O'Neill and several of the MK crowd cheering me on at a corner. Their shirts were a flash of colour in what I remember as a grey and formidable landscape.

Round, past T2 I went, pushing a little harder as the wind got up but still feeling comfortable. It's worth noting at this point that I'm still relatively new to cycling and all my bike work is done on 'feel'. I don't look at heart rate or work with power. I simply push on the pedals and ease up if I feel I'm working too hard. Maybe I'll need to change this in the future. But that will be then and this was now. I pedalled on, the second loop bringing no surprises and – as ever – my nutrition being forced down. Three Torq bars, two viper bars, a Buzz bar, a gel, numerous bananas and 3 litres of carbo drink should have been enough, you'd think. Besides which, I couldn't eat a single thing more by the end of that ride. I was also drinking water whenever I could get it from the aid stations but hadn't managed to have a pee which I was vaguely concerned about.

Nonetheless, I shot around the second lap slightly slower than the first but still ended at my required average speed. My goal time had been 5 hrs 20 mins and I'd taken 5 hrs 21 mins including my water bottle stop on The Hell. Looking good.

Or so I thought.

### The T2 Bits

In, out... shake it all about. 1 minute and 36 seconds. Pretty much as fast as an amateur can be. Off out onto the run course; I was under my target time of 8 mins for both transitions.

### The Run Bits

Okay. So, until now, everything's gone well. My big improvement this year has been my running, especially my running off the bike. And I had two strategies. Strategy one was to run a 3:45 marathon for my target time of 10:15. Strategy two was to try for a faster marathon and get close to 10 hours.

It was too hot for strategy two. I knew that straight away. The heat had become progressively more intense during the day and it was now lunchtime. Apparently it got up to 33 degrees Celsius at one point on the run course but for now, let's say it was around 30 degrees for most of the run.

The course itself is four 10.5km loops leading to a 200m finish chute. It's lined with spectators and crosses the river twice, for the most part keeping close to the water. The support was superb and I ran out to see my parents cheering me on.

So, choosing strategy one I slipped into an 8 minute mile or so pace. Actually, this was too fast and I should have been running at 8:15 pace for the first half and 8:45 pace for the second.

Lap wristbands are (confusingly I think) given halfway through the lap rather than at the end, so I went through tunnel 1 wistfully looking at tunnel 4 but with only 5km under my boots. At the end of my first lap I was feeling pretty good.

Lap 2 required more effort and, in hindsight, I must have been starting to fail at this point as I distinctly remember choosing not to look at the distance markers for fear of seeing how far I had still to go. I just hid behind my sunglasses and desert hat and figured it was going to be a tough day at the office.

And so it proved to be. I walked at most of the superbly manned and stocked aid stations (every 1.5km in Germany and boy... did we need them!) taking on a gel and water before running again. But this was part of my strategy and it didn't disrupt my rhythm too much at all. But, come the end of Lap 2 I was – although still roughly on time – no longer looking at my watch. Put simply, I could only hope to be able to control my pace from this point in. Things were out of my hands.

The final half marathon is something of a blur. Maybe your brain protects you from the true awfulness of what you've put yourself through. Maybe it wasn't that bad and I'm exaggerating it. Maybe we're all a SIMS game on the computer of some other civilisation somewhere in space. Who the hell knows? All I can tell you are the bits I remember.

I remember at about 18km being passed by two Team MK members, Les and Keith who were running strong but a lap behind. I was desperately trying to do the math and wonder if they would catch me but, at this point, I was having difficulty remembering my name, so complex pacing calculations were beyond me. I ploughed relentlessly on.

I remember forcing myself to set short term goals. 'Get to the bridge' kind of thing.

I remember getting my third wristband and thinking that I still had 15km to race and this was going to be one of the longest days of my life. At this point my brain was telling me to stop. To walk. But I knew deep down that I couldn't do that. I'd done it once before in my first Ironman and I never got running again. To stop was death. That's what I told myself. No matter what happened, no matter how bad it felt, no matter what the pain, no matter what my brain told me, no matter how many blisters (a lot) were now squelching under my feet, I simply had to keep running.

So I did. I set myself a rhythm and for the rest of the entire day I repeated the mantra to myself ... 'put one foot in front of the other, put one foot in front of the other, put one foot in front of the other...' On and on I went, trying to fill my mind solely with my call to arms, thinking of nothing past and nothing present. Thinking only of the now. Of the stride I was running.

Of course, when I say 'running', the Lord only knows what I looked like. By this time my back was buckling and my torso was tipping alarmingly forward. I now think this is a consequence of severe dehydration but at the time only knew that my lower back was in agony and I was likely to fall at any moment. Believe you me, when you're my size, it's no mean feat to support nine stone or so of torso on a lower spine that's made of jello.

Eventually, I got round to one lap to go. 10.5km. But I wasn't really thinking about that, just focussed on getting to the next aid station and, you've guessed it... keeping on running. I'd lost the power to speak (genuinely) and was unable to acknowledge my daughters and family in any way, so intent was I on keeping running. I'd been passed by team mate Trevor on the previous lap, who gave me some words of encouragement and told me that two of our stronger athletes had pulled out.

Somehow I ended up at the fourth wristband chute and could see the finish across the river. But I still had 5km to run. 5km. My heart sank. It was too far. Just too far. And it probably would have been if, a couple of minutes previously, my good mate Aleck hadn't run by and shouted at me to "dig in... whatever you do... whatever happens, don't stop running". And I knew he was right. I pushed on and the world seemed a very black place indeed.

Over the bridge I went, round and back along the shore, bent like a snapped twig, still running but knowing nothing other than that. The final aid station is 1km from home but I still had to walk through it and take on coke and something else I can't remember. Martin's voice cut through the haziness of my mind. He was on his third lap and had emerged from a portaloos to see a giant baboon lurching towards the finish chute. He cajoled and encouraged and talked to me all the way up until the point he had to carry on and I split off to the finish (thanks mate – I couldn't say so at the time but I'll continue to be grateful to my dying day).

I was nearly home but every step seemed so hard and so slow. But I wasn't walking and that was what mattered. Because even there, even just 200 metres or so from home, I knew deep down that 'walk' equalled 'stop' and that's not what it's about, is it?

I lumbered around the corner, cheered on by the thousands watching, their voices pushing me forwards towards the finish line. I saw my girls... my beautiful girls, Erin and Alice, waiting for me in the finish chute. But all I could do was tell them they couldn't be there, that it would be disqualification. (I now know that everyone still was having their photos taken with their kids as they finish – how unfair is that?). I staggered over the line, my head popped through a medal ribbon that someone was holding for me and half a dozen pairs of hands grabbed me. All I remember is being whisked off to the medical tent and thinking that this is what people on the gurney's in 'ER' must see... hundreds of concerned faces looking down at me. Soon I was in the tent and hooked up to a drip and, slowly but surely, my life force returned.

## The End Bits

I lay in the medical tent and, as I came round, put together the times in my head. Or tried to. My watch showed a marathon time of 4:10 and I figured I'd done the race in under 11 hours. Not bad for a bad day at the office.

Once I'd left the tent, I saw Carl, who told me I'd run a 4:08 marathon and pb'd my Ironman time by four minutes for a finish time of 10:38.

And I guess, that's sometimes what you have to do to get a PB.

Thanks to all my team mates, my supporters, my training buddies throughout the year, especially Graham who made it all so much easier. Thanks too to Coach K, who has once again always been there when I needed him. Special thanks once again to Fiona, Erin and Alice for somehow understanding why an otherwise right-minded 46 year old feels he has to do this kind of thing.



Jevon supported by his daughters

So... how do I feel? Well, I feel absolutely delighted with my race. That I was able to have toughed out that time in those circumstances when it would have been easy for me to take a more palatable option told me something further about myself that I didn't know. That afternoon, on a run course by the River Main, I found myself somewhere I'd never been before and I don't mean in a geographical sense. When it came to it, when all the chips were stacked against me and my body was, quite literally, beginning to shut down, I searched for a solution. I found that solution not from any outside source, but from somewhere within, a place inside me that I'd hoped existed but – until then – wasn't sure actually did. For me, the solution was to keep on running, no matter what. If necessary even until I dropped. It wasn't the answer I'd wanted to find but it was the answer I'd looked for and to ignore it would have meant being untrue to myself. And from now on I can look myself in the eye every morning and know that I did the right thing.

This – and nothing to do with race times - is why I'm proud to be an Ironman

### Editor's note:

within 2 weeks of all the above, Jevon had already entered Ironman Switzerland on 1 August 2010

## Race

## Results

### **Southern Counties Vets League**

Hemel - Monday 13 July 2009

5000m

Robert Brown            11 m 7 s

### **Waddesden Manor 5k**

Wednesday 15 July 2009

5	Ross Langley	17.46
6	Kevin Harding	17.49
19	Michael Burgess	18.48
20	Alan Whelan	18.58
42	John Manning	20.25
56	Jonathan Smith	21.02
66	Alison Harding	21.25
87	Geoff Head	22.29
106	Anna Scarth	23.20
110	Sam Head	23.37
129	Jane Porteous	24.28 <b>PB</b>
136	John Shelton	24.56
142	Maria Cook	25.31
143	Cathy Court	25.36
152	Jane Mitchell	25.57
158	Liz Daniel	26.34
162	Geoff Dennis	26.43
171	Julie Moffat	27.38
183	Roger Geoffrey	29.20
185	Beth Dennis	29.27
229	Mike Gaunt	33.46
232	Pam Burley	34.51

236    completed the race

### **Wycombe Half Marathon**

Sunday 19 July 2009

117	Michaela Colwell	1.36.19
778	Julie Moffat	2.11.52
797	Clara Willett	2.13.25
814	Frances Mills	2.15.06

963    completed the event

### **Fairlands Valley Challenge**

Sunday 19 July 2009

26.2 miles off by route description off road

47	John Manning	4 h 12 m
60	Peter Hamson	4 h 23 m
103	Tony Hill	4 h 53 m
115	Brian Layton	4 h 55 m

### **Milton Keynes Half Marathon**

Sunday 26 July 2009

23	Paul Allen	1.24.48
631	Jane Porteous	1.55.30 <b>PB</b>
1077	Beth Dennis	2.20.03
1124	Geoff Dennis	2.27.08
1148	Della Allen	2.30.30

1223    completed the event

### **Kymin Dash**

Sunday 26 July 2009

Approx 7 miles near Monmouth, Wales - 4 miles on road and an 850ft climb on tracks to the Naval Temple at the Kymin with spectacular views over Brecon Beacons

44	John Manning	50 m 09 s
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148    completed the event

### **Down Tow Up Flow ½ Marathon**

Sunday 26 July 2009

221	Clara Willett	2.06.16
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374    completed the event

## TRING RUNNING CLUB

### Minutes of a Meeting dated 1<sup>st</sup> July 2009 at 21:15

**Venue:** Tring CC Pavilion

**Present:** Tony Hill, Kirsty Barnett, Jane Porteous, Maria Cook, Rich Kenington, Nigel Lacey, David Heron and Verna Burgess.

**Apologies:** Peter Hamson, John Manning and Richard White

#### **1.0 Minutes of Last Meeting (review actions)**

#### **2.0 Debrief on Invitation Evening**

Food Cost £200 catered for 80 people.

- Consider having 5 groups for next year, additional group to fill the gap between slow and medium groups.

#### **3.0 Debrief on Fun Run**

Another very successful event. Better support from Ian Rennie.

- Coped well with increase in numbers to 828.
- New finish banner required.
- Great marshalling again, many thanks to Colin and Francis
- Race Master was used for the entries and results, thanks to David Heron

#### **4.0 Bank Mandate**

Not updated for 4/5 years. Those on the mandate except Richard are not on Committee anymore. Mandate to be updated to RW/TH/KG/JM.

#### **5.0 Gareth & Lindsay**

End of August Gareth and Lindsay are leaving the Cricket Cub. Their replacement is being sought. Discussions about whether to contribute to the collection from the club, by members or to buy a token from the club. Additional information required **ACTION** TH. Decision by committee via email.

#### **6.0 Press Update**

Gazette campaign is going well. Starting to understand more what they want and what they will print. Maria is keeping all the cuttings and will put them into a scrap book to keep.

#### **7.0 Framed Ridgeway T-shirts**

Investigate options for framing T-Shirts **ACTION** NL

Artwork from T-shirts **ACTION** DH & RK

Can we hang them in the pavilion **ACTION** TH

#### **8.0 Club Strip**

Investigate what other options are out there, what other clubs have, where they source their kit from, understand min order quantities. Pull proposal together in time for AGM. **ACTION** MC to talk with Michaela and Nikki.

## 9.0 AOB

### 10.0

10.1 People are still waiting for their refunds from the Brecon Trip. Apologies for the delay. The cheque was only received 3 weeks ago and issues with the Bank Mandate and Lack of Cheques added to delay. Should be resolved in the next couple of weeks. Apologies to all those waiting for their refunds and thank you for your patience.

10.2 Chiltern League AGM

- **Treasurers Report.** The balance closed this year at £3313.11 (£4878.56 in 07-08), the deficit was attributed to the 50th Anniversary Medals costing £1627.71 and the increase in costs of League race venues last year costing £1673.57 (£792.73 in 07-08). These increase cost were attributed to ground maintenance and venue insurance increases. Consequently, it was proposed and agreed that the £80.00 League subscription be increased to £125.00 for the 2009-10 season. It was explained that this represented £25.00 per club per venue ie approx £1.00 per person per race.
- **Affiliation.** Delegates were asked to consider allowing clubs to compete that were affiliated to the Association of Running Clubs (ARC). It was agreed that so long as clubs were affiliated to a governing body eg ARC, EA, FRA or other they be permitted to take part in the Chiltern League.
- **Fixtures.** The following fixtures were proposed and agreed, subject to negotiation with the venues (some negotiation is already ongoing). Oct 10th (Oxford), Nov 7th (Woburn?), Dec 5th(Watford?), Jan 16th (Shuttleworth), Feb 13th (Wing).

10.3 Items for next meeting Finish Banner options (ask Colin for advice) also off-road and gauntlet rules.

### Looking Ahead

### The 28<sup>th</sup> RIDGEWAY RUN

Sunday 11 October

An early reminder that our famous and extremely popular **Ridgeway Run** will take place this year on **11 October** so please stick this date in your diary and keep it free, as ever it will be all hands to the pumps on the day to ensure that everything runs as smoothly as possible . .

## Racing Ahead

### August

Sun	9 <sup>th</sup>	10.00	<u>Bearbrook 10k</u>	10k, Weston Turville
Sat	22 <sup>nd</sup>	09.00	<u>Hard as Snails 10k</u>	10k, trails
Sat	22 <sup>nd</sup>	13.00	Sam's Angels Time Trial	6k, Watford
Sat	22 <sup>nd</sup>	15.00	Mike & Pam's Hash	see page 6
Sun	23 <sup>rd</sup>	10.00	<u>Burnham Beeches Half</u>	13.1m
Sat	29 <sup>th</sup>	09.30	<u>Trent Park 5k Handicap</u>	5k trail
Sat	29 <sup>th</sup>	}		
Sun	30 <sup>th</sup>	}	<u>Ridgeway Challenge</u>	85m trails

### September

Sun	6 <sup>th</sup>	10.30	<u>The Garden City 10</u>	10m
Sun	6 <sup>th</sup>	10.30	<u>Headington 10k</u>	10k, Worminghall Airfield, Bucks
Sun	13 <sup>th</sup>	10.30	<u>Dunstable Downs Challenge</u>	20m, ½ mara, trails <b>Off Road Champs</b>
Sun	13 <sup>th</sup>	10.30	<u>Woburn 10k</u>	10k
Sun	13 <sup>th</sup>	10.30	<u>Bananaman Man 10k</u>	10k, Milton Keynes
Sat	19 <sup>th</sup>	14.00	<u>Woodstock 12</u>	12m, Blenheim Park
Sun	20 <sup>th</sup>	11.15	<u>Amersham 5</u>	5m, cross country
Sun	20 <sup>th</sup>	10.00	<u>Medmenham 10m</u>	10m, 3½m, trails
Sat	26 <sup>th</sup>	13.00	Sam's Angels Time Trial	6k, Watford
Sun	27 <sup>th</sup>	11.00	<u>Biddenham River Run</u>	10k,
Sun	27 <sup>th</sup>	15.00	<u>Manches Moor Park 10k</u>	10k plus Junior races

### October

Sun	4 <sup>th</sup>	10.00	<u>Standalone 10k</u>	10k, Letchworth, roads
Sun	4 <sup>th</sup>	10.30	<u>Abbots Langley Tough Ten</u>	10k, roads
Sat	10 <sup>th</sup>	0.pm	Chiltern League XC	Shotover Hill, Oxford
Sun	11 <sup>th</sup>	11.00	<u>The Ridgeway Run</u>	<b>All Hands On Deck Please!!</b>
Sun	18 <sup>th</sup>	09.00	Abingdon Marathon	<i>Event now full</i>
Sun	18 <sup>th</sup>	10.00	<u>Frieth Hilly 10k</u>	Oxfordshire, multi terrain
Sun	18 <sup>th</sup>	11.00	<u>Amphill Trophy</u>	approx 8k, cross country
Sat	24 <sup>th</sup>	09.00	Beachy Head Marathon	<i>Event now full</i>
Sat	24 <sup>th</sup>	10.30	<u>Burnham Beeches 10k</u>	Off road

## Looking Ahead

### DEADLINE DAY

for the next edition of the extremely popular and in demand Tring Runner . .

please send anything you'd like to appear in [Tring Runner September](#) to me by the end of Sunday 30 August

[mail@richk.co.uk](mailto:mail@richk.co.uk) works best!!