

# Tring Runner

February 2009

Hello! Welcome to the first Newsletter under the stewardship of a New Editor! It's a privilege to be entrusted with such an august organ!! The first thing to say is that I know everyone would want to join me in thanking Peter Hamson for doing such a wonderful job in looking after Tring Runner.

So what have we got this month? Well, there's a bit about me, to give you an idea of who I am. There's race reports and results, there's Genk from David Heron, Steve Long's written a great introduction to Fell Running, Ross Langley's given us an Epic report on the Calderdale Relay, whilst Maria Cook reports on the recent Breakfast Run.

On the business side there are Committee meeting minutes, Marathon training, Tring's Most Improved Runner of 2008, and a list of forthcoming races.

Thanks to everyone who's contributed to this month's Tring Runner.

Remember to send me your results whenever you take part in a race, and better still, write a report too.

## Website of the Month

Tring Running Club of Course!!  
Keep in touch online [right here](#)

## Club Runs:

### Every Wednesday

7:30 pm Running from Tring Cricket Club

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Friday Feb 6th – **Ladies 70's/80's Night**

See Maria Cook for details

Saturday Feb 14th – **5th Chiltern League**

**Cross Country** – Stockwood Park, Luton

Sunday Feb 15th – **Hardwick X-Stream**

2nd of the 2009 off road championships  
near Aylesbury, about 6 miles, muddy

Sunday Mar 1st - **Berkhamsted Half**

**Marathon**

Sunday Mar 8th – **Herts Vets Cross**

**Country Championships** at Royston

Sunday Apr 26th – London Marathon  
followed by **Annual Prize Giving** in the  
Evening

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## Tring RC Road Running Championships

And the Prize for the Most Improved Tring Runner in 2008 goes to . .

### Anna Scarth

Who has improved by a Massive 8.56%. Well done Anna, may your races continue to take less time than they used to!!



**Congratulations!!!!**

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To help fill up these pages, e-mail Stuff \* to me at [mail@richk.co.uk](mailto:mail@richk.co.uk)

\* **Stuff:** n - journalistic jargon for submissions, articles, results, reports, recipes, photos and anything else you can think of that just might be of interest to at least one reader of Tring Runner . . . (pl - bunch of stuff)

## Louis Persoons Memorial Marathon

### Genk - Belgium

Sunday 11<sup>th</sup> January 2009

**David Heron** 4:43:20 posn 182 of 194

To compare this year to last, here's what I wrote last year:

*"David Heron 161 of 194 finishers 4:16:07*

*David writes: The course was 7 x 6k laps (+0.2 of course) round a recreational wooded area in Genk.*

*You would think Belgium was flat, but the first 2k on each lap was a gentle climb, another race where there seems to be more uphill than downhill (how does that happen!). Only lapped twice by the first 3 finishers and once by a lot of the rest of the field. Mentally it was very strange - at start of lap 4 it seemed to be really tough then by lap 5 it was OK. Good refreshments at the end of each lap - water, coke (flat first 2 laps fizzy after that, not so good) banana, raisins, chocolate and some sort of loaf /cake."*

You'll notice a bit slower, I think I had a bit of a virus. After a good Cliveden at end of year I lost any strength to run.

So what other differences - there was about 6 inches of snow - although paths and roads were clear it had been minus 12 degrees overnight and never got above freezing.

A quote from the 100 mara club on this *"many thanks to Neil for being the official photographer again. If you did not know it was so cold that Neil's camera froze at one point!"*

Forgetting the run, there was a really nice winter scene in Genk itself with a frozen lake and hundreds of people skating on it and beer tents and food stalls round the edge.

The bad news is I hadn't really wanted to go back again but may have to reconsider because of my really bad performance even by my standards.

## Serpentine New Year's Day 10k

On a very cold 3-layer New Year's Day I visited Hyde Park for the first time ever. The only difficulty being the need to exercise restraint the previous evening! This was the my first race since my GP told me I mustn't chase targets or times whilst running/racing, and as prescribed I finished with a new PW by about 6 minutes. On the plus side, it was my first run for about 10 weeks without stopping. Well worth the effort though, even if I did have to break the bank for a Toasted Sandwich across the road in Knightsbridge afterwards!!

356 Rich Kenington 58.26

436 of us took part.

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### Rough'n'Tumble 10m, Pewsey Vale

Sunday 11<sup>th</sup> January 2009

I only wanted a race to do on my way home after staying with friends in Bristol the previous night. It said \*Cake\* in the race info so I filled in the form and pressed \*click\*. And then saw that it's one of Wiltshire's toughest off-road races.

Ah well, fools rush in! I managed to laugh my way round most of the course, and if I wasn't laughing, I was nattering. I survived, and enjoyed, the silly hills that had many around me crawling up and then sliding down on their behinds. And then, in the final mile, having relaxed now that the world was flat once more, I Tumbled. Well, it'd have been rude not to, really, don't you think? Landing on my head may not have been the most sensible thing to do but there was no harm done, and I made it to the finish and can recommend the Excellent Cake! And the race is quite good fun too.

554 Rich Kenington 2.26.49

559 of us took part.

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### Coming up this weekend!!

**Saturday 7<sup>th</sup> February at 2:00pm starting from the Totternhoe picnic site. There's a brown sign that points the way up a small track from the main road.**

**Dave Bollins will be laying the trail and there will be some shortcuts available if needed.**

**Full details on [www.sh4.co.uk](http://www.sh4.co.uk)**

**On On**

## Box Hill Fell Race

Saturday 17<sup>th</sup> January 2009

11	Nigel Bunn	56.06
13	Kevin Harding	57.04
16	Ross Langley	57.53
27	Henry Keighley-Elstub	60.52
29	Sam Williamson	61.07
33	Michael Burgess	61.17
50	Simon Barnett	64.59
54	Steve Long	65.48
83	John Manning	70.37
89	Paul Cowan	70.50
101	Alison Harding	72.08
124	Tony Ruberry	75.22
145	Mandy Bonthron	77.17
157	Geoff Head	79.06
161	Peter Hamson	79.56
174	Louise Berry	81.01
183	Brian Layton	81.41
196	Kirsty Barnett	84.44
223	Jane Mitchell	98.54
224	Alison Bunn	104.19
226	Nigel Lacey	106.40

21 Tring finishers

Tring had most entrants - 22 out of 295, tying for that honour with Springfield Striders (15 finishers). Not far behind were Serpentine (17 entrants - 8 finishers), Reigate Priory (16 - 11), Bishop's Stortford (15 - 14).

1st Team - our best placed four were Nigel, Kevin, Ross, and that well known Tring runner Harry Keighley-Elstub, as announced by the Organiser who had apparently forgotten his glasses!

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*Saturday February 14th*

*Chiltern League Match 5 at Luton*

*Forget Valentine's . . . come and run to your Heart's content!!*

*After a Great Season we have an Excellent Chance of Promotion to Division One so come along and Get Packing!!*

*Nag Nigel Lacey for details*

## St Albans Striders' Fred Hughes 10m

Sunday 18<sup>th</sup> January 2009

report from **Michaela Colwell**

It was a beautiful morning in St Albans for the start of the Fred Hughes 10 mile race. It was great to see so many of us from the club and we enjoyed (?) the narrow start, the twists and turns of Barley Mow Lane and the Smallford Trail, and the wind-tunnel of a last mile to the end. It was a little squelchy under foot which made for some interesting corners but overall it was a good race with lots of friendly marshals and spectators.

Having just missed 69 minutes by 6 seconds (4 seconds on my Garmin – am I taking this all too seriously?) I shed a tear in the finish funnel only for a kindly official to take pity on me and reward me with a water bottle as a 'spot prize'. When my tears had dried on David and Pam, we retired upstairs to 'cake heaven', as Maria put it, to indulge in the best bit, a nice cup of tea and a slice of cake with friends.

12	Paul Allen	58:56
123	Jonathan Smith	1:09:58
127	Michaela Colwell	1:10:06
166	Robert Pinfield	1:12:26
286	Richard White	1:17:43
309	Geoff Head	1:18:52
345	Anna Scarth	1:20:40
380	Nigel Millwood	1:21:41
400	Tony Hill	1:22:21
512	Maria Cook	1:27:50
583	Kim Reed	1:30:56
632	Nikki Burgess	1:33:41
685	Jane Mitchell	1:37:07
701	Frances Mills	1:38:46
703	John Shelton	1:38:51
712	Geoff Dennis	1:39:13
758	Della Allen	1:43:45
814	Mike Gaunt	1:57:46

18 members of Tring RC took part out of a total of 831 finishers

Paul, Jonathan, Robert and Richard together finished 11<sup>th</sup> Male team with a total time of 4:39:04

Michaela, Anna, Maria and Kim together finished 10<sup>th</sup> Female team with a total time of 5:29:33

Just ahead of Geoff Head, Nigel, Tony and John who were 35<sup>th</sup> Male team with a total time of 5:41:46

Whilst Nikki, Jane, Frances and Della were the 26<sup>th</sup> Female team with a total time of 6:33:20

## Watford Half Marathon



Jane, Geoff, Verna and Liz waiting for the start of the Watford Half . . which sadly was going to happen outside in the cold

Sunday 1<sup>st</sup> February 2009

On a bitterly cold morning, with the occasional light flurry of snow, 1,958 hardy souls completed this reasonably hilly Half Marathon, and amongst them were at least 21 members of Tring.

I bumped into most of my clubmates beforehand but at the same time was trying to spend time with some running friends who I've known for years, and others who I'd never met before. Bit of a split personality for me at this race!

It was fun to run the first 3 miles or so with Frances but when I looked over my shoulder at the top of the first hill she wasn't there. I thought I'd slowed down but my splits show I didn't.

Just as we approached Chandlers Cross, with about 5m to go, I saw Nikki ahead and slowly closed on her. And 8½ minute 11<sup>th</sup> mile got me to within 100 yards, and I thought if I could catch Nikki we could pull each other round and maybe just scrape in under 2 hours. But that quicker mile had taken too much out of me and I couldn't quite catch Nikki up. Nevertheless, I was thrilled to finish in 2 hrs 2 mins 2 secs!! Especially as I'd expected beforehand to take up to 20 minutes longer than that.

Of the people I spoke to afterwards most seemed to have enjoyed it and were pleased with their performances, and congratulations are due to Paul Allen who finished 3<sup>rd</sup> MV40, and Jane Porteous who took 4 minutes off her PB!!

43	Paul Allen	1.20.11
168	Jim Sinton	1.29.06
282	Michaela Colwell	1.32.51
378	Jonathan Smith	1.35.35
468	Robert Pinfield	1.37.57
670	Richard White	1.42.04
778	Peter Hamson	1.44.11
911	Nigel Millwood	1.46.43
965	Darren Hogg	1.47.53
987	Anna Scarth	1.48.19
1060	Verna Burgess	1.48.31
1156	Nick Pierpoint	1.51.30
1387	Jane Porteous	1.56.10
1506	Liz Daniel	1.59.16
1562	Nikki Burgess	2.01.34
1584	Rich Kenington	2.02.02
1764	Della Allen	2.10.58
1792	Frances Mills	2.12.21
1892	Geoff Dennis	2.22.21
1933	Ian Verchere	2.34.52
1946	Mike Gaunt	2.42.35

*Rich*

## The Calderdale Relay – 14<sup>th</sup> December 2009

**Thanks to Ross Langley . .** The Calderdale relay is now a well established fixture in the Tring Running Club calendar. It is arguably one of the finest races of the year and is quite unique in how the event provides such a strong sense of identity and team spirit. In the past we have always managed to hold our own against the locals, but have never completed the 50mile course in less than 7 hours. This years target was to beat the 7 hour mark.

Preparations started early with Steve Long developing a thorough selection criteria. Competition for the places was strong going into December before injuries began to add up. A series of colds had gripped the group and most notably Steve injured his ankle days before the event whilst orienteering.

The pack was shuffled, but we were still able to enter a very competitive team.

The majority of the team headed up to Halifax on the Saturday morning and we met just after midday before splitting up once again in order to recce the course. Recceing the day before the race wasn't ideal, especially when the local teams had the luxury of recceing the week before but I suppose at least it would be fresh in our mind!

The race would start in twilight at 8am on Sunday morning. Henry & I had the privilege of starting off and we were both pretty keen to set the team up for a good result. Despite the early start Brian & Kirsty took us down to West Vale and we collected the numbers.

After a brief warm up we made our way to the start line. We were joined by approximately 120 other pairs.

At precisely 8am the relay commenced and everyone scrambled up a short, steep, grass bank. It was quite unique! We hurdled a stone wall and got onto the Calderdale footpath. The field soon spread out and Henry & I agreed our pace and settled into the race.

Leg 1 is pretty straight forward. You go up, then down, then up, then down again, then a long drag uphill before a flying downhill to the handover. The leg runs across a blend of Woodland, Moorland and small towns not dissimilar to the sort of running that Tring has to offer.

We made good progress and had worked our way into a strong position by the time we started the final ascent about 3 miles from the finish. The climb lasted an unforgiving 1.8miles until we eventually got the snowy moor at the top. We splashed through the icy puddles and picked up the pace as we raced toward the changeover at Hebden Royd.

As we sprinted toward the handover we were cheered on by Kirsty, Brian & Alan before Henry handed the baton over to Rick & Michael in 16<sup>th</sup> place.

Leg 2 presents a sharp start and climbs up to the most distinct feature in the race, Stoodley Pike. Rick & Michael had been set the target of completing the leg in 68 minutes and were ready to go the moment we handed over.

They raced down from the Pike on towards Todmorden, before crossing the train tracks and commenced the final long climb. As they flew across the ridge high above the changeover point, you could catch a flicker of the Tring colours before they disappeared back into the woods. They finished just one minute down on their target time and were the 17<sup>th</sup> pair through.

With two legs down Tring were doing really well. There was still a chance of beating the 7 hour mark too!

Mark & Louise took on the baton and raced over down the road as Louise recalls:

'This was the damage limitation leg. We got off to a bad start having lost our maps somewhere in the kitchen at base camp but managed to do some last minute photocopying in the Leisure Centre thanks to some kind folk from Preston Harriers. Rick and Michael handed over the baton in the company of some worryingly-quick runners, and, before we reached the first off-road section (about 200 metres?) we had already been overtaken by three pairs of lithe looking fell-types. Thankfully this flow of overtakers eased off for a couple of miles. We negotiated our way through the mud and cloud pleased that the course had thawed as the recce was fairly icy. About a mile from the finish we were overtaken by our friends from Preston who went off in the wrong direction down a steep hill followed by another two or three pairs, naturally, we allowed them to go off and only called them back once they had reached the bottom of the hill (determined to keep those places!) This leg finishes with a particularly cruel hill - on the road and not steep

enough to justify a walk (especially as it is lined with spectators) but steep enough to hurt already deadened legs. As such, there wasn't much of a sprint finish as Mark passed the baton onto Kevin and Nigel whilst I collapsed in a heap on a dry stone wall and melodramatically struggled to catch my breath'.

Having Kevin & Nigel on the fourth leg was a major boost to the team. They were the 10<sup>th</sup> fastest pair on the day and smashed the existing Tring RC record for the leg with a time of 1hr 14mins, just over their challenging target of 1hr 11mins. As a result the team were now just 12 minutes off of our original target.

As they completed the savage drag of the final ascent they had powered Tring back up to 19<sup>th</sup> placed. Fantastic!

Sam & John had made an unlikely pairing and were vigorously warming up at Wainstalls awaiting Nigel & Kevin's arrival.

The baton past and they zoomed off onto the moorland of Leg 5.

The every growing convoy of Tring Running Club supporters converged upon the final changeover point at Shelf where Simon and Alan would takeover. Our support was once again rewarded with Tring gaining another position in the race as John & Sam set a new Tring RC record with a time of 1hrs 7mins and took the team onto 18<sup>th</sup> place.

Sam was delighted with their performance and looked as though he was ready to carry on to Leg 6! John had somehow managed to keep up and could squeeze out a satisfied grin.

Simon & Alan set off on the 10 mile route back to the start. By this point the field was totally fragmented and they marched off down the track back towards West Vale, but the clock was still ticking over! Would we make 7hrs?!

The ever expanding support base fled back down to Halifax. We got to the finish and then congregated around a watch. As each pair emerged from the road toward the finish everyone would eagerly check if it was Simon & Alan...The minutes tickled past.

Then the moment we had all dreaded. 3pm. 7 hours and no sign of Simon & Alan.

Just 3 minutes 19 seconds later they flew up toward the finish in yet another new club record time of 1hr 15mins and most importantly in 19<sup>th</sup> position.

We had missed the goal of a sub-7 hour time, but nevertheless we had achieved so much more.

Tring Running Club finished 19<sup>th</sup> Overall, beating some well respected Fell Teams in the process. We had also set a new record time of 7hrs 3mins 19secs, with new club records being set on Legs 4 & 5.

We had missed 7 hours but then I guess it will mean that 2009 will be just as exciting!

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## Fell Running

***Thanks to Steve Long for this . .*** This article is intended to offer some guidance to runners considering taking to the fells. I started by trying to pick out good races for novices, but this is difficult because it very much depends on the individual – what their strengths are, what terrain types they prefer, what parts of the country they want to run in. So I've just tried to give some general advice and gone on to mention the different ranges of hills used for fell races, so that individuals can make their own choices.

The best thing is to join the FRA then you get a calendar with the whole year's races and you can plan ahead. 3 months worth of races are published on the FRA [website](#), and you can also get info on joining.

There is a classification system in fell races – Short, Medium and Long for distance, A, B, C for climb. Short is up to 6 miles, Medium up to 12. A is over 250 feet of climb per mile averaged over the whole race, and normally all height gained has to be descended as well. B is over 125 ft/mile, C is over 100 ft/mile.

Short fell races have a character all of their own, and need to be experienced, but are best taken in while on holiday in the area – it's unlikely you'd travel that far to run less than 6 miles. Be wary about taking on AL races in your first season - go for BL or AM at worst. However there are a few AL races that could be within the scope of a fit fell racing novice e.g. Edale Skyline, Three Peaks, Brecon Beacons, Black Mountains.

Fell races can seem further than advertised because the going is slower and therefore you spend more time on your feet. Also the climb, or particularly the descent, is very hard on the legs. You can do fell races that are predominantly on paths, but most involve some degree of off path running as well. Running over rough ground (tussocks, rock, peat hags, plain old bogs etc - fell runners like this kind of thing!) also slows you down and is very sapping. My advice is to start with some easy ones and see how you like it. Move up when you're ready.

Safety – in most fell races you are obliged to carry map and compass (and know how to use them), plus hat, gloves, windproof or waterproof top and bottom, and sometimes food. Of course safety goes beyond this, fell runners need to recognise danger, whether hypothermia, cliffs in the mist, underfoot conditions, dehydration etc, and take appropriate action. The term 'mountaincraft' is often used to describe the overall skill set developed by experienced fell runners to cope with all that nature can throw at them. The tougher the race, the more you may need it.

**Advice on terrain:** This section was going to offer advice on the areas most suitable to novice fell runners, but in fact there can be tough and not so tough races in all areas. For example Snowdonia might be considered a tough area but then you have the Snowdon International race which is a straight up and down the Llanberis path and not all that tough. And in the gentle Shropshire Hills you have the Long Mynd Valleys race which has some super-steep climbs. But generally the more mountainous areas have the tougher races, although bog and/or tussock underfoot can make races without much climb seem much harder, for example in the Dark Peak area.

The Lake District and Snowdonia are predominantly rocky and the going can be very difficult. However there are some fairly runnable medium length Lakes races like Kentmere Horseshoe and Fairfield Horseshoe, and in Snowdonia the Snowdon International race, Moel Elio and Cader Idris are quite runnable. Info on the [Kendal](#), [Ambleside](#), [Borrowdale](#), and [Cumberland](#) / [CFRA](#) websites.

South Wales has some nice mountains, and not too rocky. Reasonably close in terms of travelling too. I mentioned the Brecon Beacons race and Black Mountains already. The classic short race is Pen-y-Fan (AS), with a tough climb and exhilarating descent, this is now combined with the BM Fan-y-Big race (I kid you not!) on a single weekend in July, and probably suitable for confident novices. Welsh fell races can be found on the wfra [website](#).

Shropshire is quite a hot bed of hill running and the races tend to be short on climb, but they like to compensate for that by making the climbs very steep. I think all Shropshire fell races could be taken on by novices, despite some killer climbs. The classic is the Long Mynd Valleys (AM), with a couple of extremely steep climbs at the end. The Stretton Skyline (BL) is one of the longer races in the area, and there are some good short races like the Wrekin Streak (AS). The Mercia [website](#) has some good info.

Dark Peak - the shaggy monster of the Pennine hills. The peat bogs are the real obstacle here, more so than the climb. However races like the Edale Skyline (AL) use a high proportion of paths and could be done by a fit novice after appropriate build up. I haven't done that many Dark Peak races - Rick is the font of all knowledge around here. A good starter is the Kinder Downfall race (AM) out of Hayfield, one of the many Hayfield races. See this [website](#). The Dark Peak [website](#) is also useful.

South Pennines - covering the industrial heritage area between the Dark Peak and the Yorkshire Dales. This is the fell running heartland of the north. Course marking is common so nav skills are not tested too hard. A good training ground for tougher areas. Medium races like White Holme Circular, Noonstone could suit less experienced fell runners. The Calderdale Way Relay takes place in this area. Sample the [Calder Valley](#), [Keighley and Craven](#), and [Todmorden](#) websites

Yorkshire Dales - not much fell running here, but the region does host one of the biggest fell races -the [Three Peaks](#). It's as much a long trail race as a fell race, but enjoyable none the less, and do-able by fit novices. Dales terrain is not extreme, but the scenery is very pleasant.

North York Moors - a few fell races e.g. Wainstones - Lordstones. Mostly heather moorland with some rock I think – not an area I have visited much.

Scotland – the border hills and southern uplands are rounded and without much rock. The Highlands are generally the opposite! I'm short on recommendations for Scottish races having done mainly mountain marathons north of the border. However hill races associated with highland games are worth entering if you're in the area – short races with great atmosphere. Scottish races can be found on the Scottish Hill Runners [website](#)

You will find less challenging fell races in the White Peak and Bowland Forest, and also on southern hilly areas like Dartmoor and even the Surrey Hills and Isle of Wight. These areas are good for novices - there is little extreme terrain.

I've noticed in writing this article that I've focused on the practicalities of fell running rather than the experience, but of course the experience is why we do it: the fells add a whole new dimension to running, and you really do need to discover that for yourself. My advice is just to get out there somehow and enjoy the hills.

I have asked some of the club's fell runners which races they intend doing in the first half ish of the year. I didn't get replies from everybody, but those I did are listed below.

Date	Race	Miles/ feet	Where	Who's going
8/2	Long Mynd Valleys	11.5/ 4500	Church Stretton, Shropshire	AW
1/3	New Chew	Variable	Saddleworth, Dark Peak (Score courses)	RA
7/3	Pendle ½ tour	9/2250	Burnley, South Pennines	SL
14/3	Howarth Hobble	33/4400	Haworth, South Pennines	AW but he'll need a partner
29/3	Edale Skyline	21/4500	Edale, Dark Peak	RA, HKE, SL, AW
4/4	Llanbedr – Blaenavon	15/4500	Abergavenny, South Wales	SL
18- 19/4	Highlander MM	Variable	Scottish Highlands	M+L
25/4	3 Peaks	24/4500		RA, S+K, HKE, SL, AW
2/5	Great Lakeland 3 day	80/lots	Lakes	RA
16/5	Old County Tops	37/ 10,000	Lakes	HKE but he'll need a partner
16/5	Fairfield	9/3000	Lakes	RA
30/5	Duddon Valley	18/6000	Lakes	HKE, AW
24/5	Dark Peaks Stones	12-18 hours	One of Rick's challenge runs, he'd welcome some company.	RA +?
5- 6/6	Lowe Alpine MM	Variable	Scottish Highlands	M+L
6/6	Ennerdale	23/7500	Lakes	AW
6/6	Welsh 1000m	22/8000	Snowdonia. We need 4 for a team. Alan are you interested? Anybody else?	RA, HKE, SL
27/6	Bob Graham	70/2800 0	Lakes	HKE, AW + supporters
4- 5/7	Saunders MM	Variable	Lakes	Absolutely everybody!
12/7	Lyke Wake race	40	Osmotherly – Ravenscar, North York Moors	RA
19/7	Kentmere	12/3300	Lakes	RA

Key: RA = Rick, HKE = Henry, M+L = Mark and Louise, S+K = Simon and Kirsty, SL = Steve, AW = Alan.

Regular fell runners and newcomers alike – send me your race plans and I'll maintain a log of who's going to what and submit to the newsletter occasionally so we can make plans.

## Breakfast Run at Ivinghoe Tea Rooms 24<sup>th</sup> January

**From Maria Cook . .** How great! We woke up to a blue and frosty morning, so lucky as the week so far had been pretty hideous, raining cats, dogs and other domestic animals, given away by the pile of guinea pigs in my front garden. As usual I was injured (gah) with a calf muscle strain so planned to go for a walk instead. Clara zipped along to pick me up and we picked our way along the icy lanes to Ivinghoe. Clara's eagle eyes spotted a car parking spot right outside the tea rooms...

"I can get in there" she said with glee, and without braking headed straight in at what could only be called an "interesting" angle. Underneath my woolly hat my hair stood on end and I quickly crossed myself then remembered I wasn't catholic but what the heck. It was an emergency.

"Um, Clara, you are sticking right out into the road" said I with alarm, as I could see her boot being taken off by, well, literally anything that decided to come round the corner that moment.

"Oooh no problem" she said optimistically and attempted to rectify the alarming angle with a large gear scunch as reverse was valiantly attempted. We shot out even further, followed swiftly by first gear and a swoop into the space, magnificently mounting the pavement "er, I don't think I know what I'm doing". Out of politeness towards my chum, I tried to disagree but failed, as I gazed at the tearoom wall inches in front of my nose.

More scrunching noises indicated that yet more gear changing was occurring and we shot backwards until something stopped us. The car filled with an acrid aroma which I knew wasn't my shoes or the vegetable cottage pie I had imbibed in the previous evening.

"Is that your tyres?" I coughed. "Probably" she said cheerily "that'll do". We exited the smoking car and left it in its wonky abandoned state and hoped that the owner of the car behind us didn't have any emergency trips to make within the next couple of hours.

Bob Ford was leading the run (thank you Bob), and sheepdog-like he rounded up his flock and pointed them in the right direction. I waved off the 20 or so runners and went for a frosty stagger until brekkie time. The tea room owners welcomed us warmly and we sat down to a lovely brekkie. Jonathan M sat down at our table looking very cheeky. He always looks cheeky but today he looked more cheeky than normal, more than a very cheeky guy from extremely cheeky town. "Mind if I pop my helmet on the table?" he enquired wrestling with his leggings. Our eyes goggled and before we could say that his helmet was undesirable on the table at breakfast time (or at any time) and probably would not reach anyway, he popped his cycle hat down. Har har we said, thanking the Lord for small mercies. Anyway I had ordered a teacake not a sausage bap. Naturally the helmet joke was dragged out to its bitter end and many double entendres later we gave up.

All in all, it was brilliant to see yet another marvellous turnout and I'd like to thank everyone for their continual support of the TRC brekkie runs.

**Until next time, chums, watch this space!**

Many thanks to Maria for organising the Breakfast Run for us. Looking forward to the next one already! – Ed

**Breaking News . .** a reliable source (sic) tells me that another Breakfast Run is being organized . . listen out for more news . . and Watch This Space!!

## Wednesday interval sessions (5 mile time trial Wed 28 January)

*from David Heron . .*

15 People completed the double loop time trial on last Wed of January. I believe a few more than 15 started but we lost some who were not familiar with the new route round Tring as opposed to bell loop. (Due to streetlights being switched of on the Herts side of the Tring Hill roundabouts).

The results are shown below and credit goes to Mr Griffin for steady running to finish first, and being so aged was well ahead on male %.

### Position on Times

Position	Time	Time	Age Graded %
1	Tom Griffin	34:24	75.36%
2	Trevor Lark	34:30	68.39%
3	Michaela Colwell	34:33	72.76%
4	Clive Cohen	35:24	68.28%
5	Richard White	37:33	65.44%
6	Tony Ruberry	38:02	63.55%
7	Mary Ward	38:05	65.47%
8	Anna Scarth	40:25	58.52%
9	Damian Hart	40:53	52.14%
10	Kirsty Barnett	40:55	57.80%
11	Bob Ford	42:00	57.08%
12	Nigel Millwood	42:04	51.01%
13	Janet Reeve	44:53	58.47%
14	Geoff Dennis	50:15	54.84%
15	Jonathan Mulcahy	51:48	44.85%

### Position on Age Grading

Position	Time	Age Graded %	Time
1	Tom Griffin	75.36%	34:24
2	Michaela Colwell	72.76%	34:30
3	Trevor Lark	68.39%	34:33
4	Clive Cohen	68.28%	35:24
5	Mary Ward	65.47%	37:33
6	Richard White	65.44%	38:02
7	Tony Ruberry	63.55%	38:05
8	Anna Scarth	58.52%	40:25
9	Janet Reeve	58.47%	40:53
10	Kirsty Barnett	57.80%	40:55
11	Bob Ford	57.08%	42:00
12	Geoff Dennis	54.84%	42:04
13	Damian Hart	52.14%	44:53
14	Nigel Millwood	51.01%	50:15
15	Jonathan Mulcahy	44.85%	51:48

*continued*

Footnote:

The lights on the Herts side having been off for weeks were actually switched back on that evening. If back for good then may revert to bell loop or do alternately. (thoughts).

A reminder to everyone:

- 1 **Always be safe that means light coloured clothing and hi vis /reflective gear.**
- 2 Do your best to run on the pavement / footpath, not the road, be considerate of other users of road / footpath, even if they are not of you.
- 3 The session should start with I hope a fairly leisurely jog of mile and half or so as group, try using it to get to know people you would not normally run with.
- 4 Try to use same route to get to start of each location / session, so that late comers / starters have a chance to catch you up. I have tried to make these about a mile to a mile and half, that way get at least 5+ miles of running in each session.
- 5 Once you have completed your sessions try to run back in groups without cooling down too long, never leave the last person to finish to make there way back to club on their own.

**THANKS TO EVERY ONE WHO HAS TAKEN PART IN ANY OF THE INTERVAL SESSIONS I'VE ENJOYED THEM AND NICE TO SEE PEOPLE THINK WORTHWHILE.**

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## **Marathon Training**

The annual Tring Running Club Marathon Training Programme is now well under way. Although the programme is focussed on London there are several other Marathons in April/May including the Shakespeare, which this year is being held on the same day as London.

For those who missed January's Newsletter (and shame on you!!), for many years, Mike Blake has done a fantastic job providing back up for those taking part in the training runs. Each Sunday Mike provides details of a measured route. The routes take you around Tring and the surrounding villages. Never being too far from home gives you the opportunity to cut back for home if necessary. Along the route Mike can be found every 3-4 miles with a welcome drink and a few word of encouragement, and Mike has very kindly agreed to support the training again this year.

John Boielle will be providing a post run cup of tea. We will take it in turns to bring biscuits or bake a cake!

The Sunday Morning Club runs cater for all runners - everyone can take part. We plan to have 2 groups, one group running at 9-10 min pace and the second group running at 7-8 min pace. The second group will set off after the first group depending on the distance e.g. 10 minutes after Group 1 for a 10 mile run and up to 30 minutes after for a 20 mile run. It is important that the 2 groups set off at different times to allow Mike to "water" everyone. It stops anyone getting too far ahead and allows Mike to "water" the back runners and then get to the next stop before those in front reach it.

The programme for 2009 is similar to last years. It incorporates local road races and the mileage builds up over 3 months, then allows for tapering.

The meeting place for these runs will be:

**83 Dundale Road, Tring Tel 01442 822575**

Time: **8.30am**

Even if you are not planning to do a full marathon or you are not yet a member of Tring RC come along and join the fun!

Date	Miles	Event
February		
08	15m	Club Run
15	17m	Club Run
22	19m	Club Run or Gade Valley Harriers 17m Training Run
March		
01	13.1m	Berkhamsted ½ Marathon
08	19m	Club Run
15	20m	Club Run
22	21m	Club Run
29	22m	Club Run or Gade Valley Harriers 20m Training Run
April		
05	23m	Club Run
12	15m	Club Run - Easter Sunday
19	10m	Club Run
26	26.2m	London or Shakespeare Marathon! (optional)

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## Subscriptions

With apologies to the (at least) 60% of members who have already renewed their annual subscription, there are still some subs overdue, and David Heron is anxious to receive them as soon as possible please.

Thank you

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## TRING RUNNING CLUB

### Notes of Committee Meeting dated 16<sup>th</sup> December 2008 at 19:45

**Venue:** 14 Grove Gardens, HP23 5PX

**Present:** Tony Hill, Kirsty Barnett, John Manning, Jane Porteous, David Heron, Maria Cook, Nigel Lacey, Rich Kenington and Peter Hamson.

**Apologies:** Richard White and Verna Burgess

**Agenda:**

**1.0 Apologies for Absence.**

TH thanked people for attending & Nigel for hosting.

**2.0 Why have a committee?**

TH asked the committee why they joined. Summary of Comments made: Give something back, experience to give, great to represent such a fantastic group of people, enjoy what have achieved over time on committee.

**3.0 When meet next / how often?**

Try to meet set Weds of Each Month **Action:** KG to confirm dates

Request to have notes published within 30 days and include in next news letter. Information to be shared with the club via TH & JM on Weds.

**4.0 Wednesday Sessions**

Interval sessions to be published on Website. DH requested others to take lead in sessions.

## 5.0 Tent

Lightweight option considered, Cheap, small to carry, could put up on own, dimensions need to be checked.

**ACTION:** Email Google Group for comments/ideas DH

**ACTION:** Mention at Weds night JM

## 6.0 Off-Road Champs

After much discussion no consensus was agreed by committee, therefore no changes for 2009.

**ACTION:** Review champs during 2009 for agreement at AGM, All Committee.

**ACTION:** Initial Proposal KB

## 7.0 Fun Run

### 7.1 Funding

Could be obtained from Tring Together or Local Councillor. Currently raise ~£5k, costs £1k to run £4k passed onto Ian Rennie.

### 7.2 Scope

Tring Sports Forum has suggested made more of a community event and include walking event.

After much discussion on the two points above decision not to seek external funding and no change to shape & scope of the event.

## 8.0 Calendar for 2009.

- 8.1 Fun Run – 17<sup>th</sup> June
- 8.2 Invitation Evening – 20th May
- 8.3 AGM – 25<sup>th</sup> November
- 8.4 Brenda Barlow – 22<sup>nd</sup> November
- 8.5 London Marathon & Prize Giving – 26<sup>th</sup> April
- 8.6 Ricks Tring Park Relays – 8<sup>th</sup> July
- 8.7 Pub Run Cholesbury – 10<sup>th</sup> June
- 8.8 Mike Gaunt's Hash tbc
- 8.9 Committee Meetings first Weds of Month
- 8.10 Ridgeway - October tbc

## 9.0 Trophies etc?

Prizes (bottle of wine) will be awarded for attendance to all cross country races and for the best vets in off-road champs unless won overall. Shields to be collected in, in Feb in anticipation of engraving in 2009.

## 10.0 AOB

- 10.1 DH suggested making TRC a London Marathon Partner Club.
  - 10.2 Actions for Future
    - 1 Update Rules for Road Champs
    - 2 Update Rules for Off-Road Champs
    - 3 Better use of Website
    - 4 How we Promote events
-

## Your New Newsletter Editor



That's me AFTER taking a tumble in the Rough'n'Tumble 10m last month

I should start by saying that it came as a huge relief when, as my name was read out amongst the nominations at last year's AGM, nobody delayed proceedings to ask "who is Rich Kenington?!! After all, I'd never been to Tring (the town) before the club's Invitation Evening last May, and so hadn't been part of the club for very long.

So that was the first hurdle overcome! Nevertheless, I thought it might help to provide a brief biog, just in case anybody's curious! Skip to the next page if you're not!

Born in Hull, teenager in Birmingham, I went to a party in Bath in '75 and never returned home. Since then I've mostly lived in Bath or Bristol, with a brief spell in Aylesbury in '03/5. Work brought me back to Aylesbury last year. I now work as a Cartographer in the Travel Information sector, for a company called Pindar. Despite my work I can be navigationally challenged at times, and find drawing a map much easier than reading one!!

I started running in 1985, running a ½ marathon in just under 2 hours because somebody dared me to on the previous Thursday evening. 4 months later I ran another ½, having "trained", and shaved 2

minutes off my time. Initially I thought this meant that training was a waste of time but after a while became intrigued, and wanted to know how to improve.

Started running more frequently, and found out more in Runners World, and my times started to come down. Joined the club in Bath in '87, and the years between then and '91 were my most successful, as my times came tumbling down whilst I followed a structured schedule for the first time. In '91 I got married, and running took a back seat as priorities changed.

Since then I've been a member of Bitton Road Runners, City of Bath Athletic Club (again), Bearbrook Joggers, Hogweed Trotters, and now I'm proud to be a member of Tring Running Club. None of this joggin' and trottin' for me, for I'm a Runner!!!

So far I've taken part in 45 marathons, 2 ultras and countless shorter races. I prefer running and racing off road because the views are generally more enjoyable!!

Anna Scarth is responsible for my being here. We knew one another via the Runners World Forum, and she told me about the Invitation Evening. I'm very pleased she did. I came along and loved it, felt at home immediately. So thanks to all of you for helping build a club that makes me, and I hope others too, so welcome. I'm looking forward to helping sustain and grow that feel good feeling that struck me back in May last year.

By a remarkable coincidence, as I sit here and wrack my brain to think of how to fill my first newsletter, the friend who first persuaded me to join a running club is preparing his 1,000<sup>th</sup> weekly newsletter for Team Bath (City of Bath AC as was). A number of Tring club members have asked me what I intend changing in the newsletter, and my answer has been to say that it doesn't need changing, because it does a great job as it is. I've mentioned that I may change the appearance, but hopefully you've noticed that by now!!

Anyway, this is Your Newsletter, and I'm just taking care of it for you. So if there's anything you'd like to see included, let me know, and we can talk about it and consider it. Similarly if there's something you think doesn't work (editor's biog, for example!) do

tell me. It may not make any difference of course, because, inevitably, the Editor's Decision is Final!!

**Rich**

## Racing Ahead

### February

Sun	8 <sup>th</sup>	10.00	Wokingham Half	13.1m	(Entries closed)
Sun	8 <sup>th</sup>	10.30	Great Bentley Half	13.1m	(Entries closed)
Sat	14 <sup>th</sup>	14.30/15.00	Chiltern League XC, Luton	5-6m	<b>XC CHAMPS</b>
Sun	15 <sup>th</sup>	11.00	Hardwick X-Stream	6m	<b>OFFROAD CHAMPS</b>
Sun	15 <sup>th</sup>	10.30	Bramley 10/20	10m or 20m	
Sun	22 <sup>nd</sup>	10.30	Wilmslow 10k Road Race	10k	

### March

Sun	1 <sup>st</sup>	10.30	Berkhamsted Half	13.1m	
Sun	1 <sup>st</sup>	10.15	Berkhamsted Fun Run	5m	
Sun	1 <sup>st</sup>	09.30-10.30	New Chew	Various	<b>Mountain O (no EOD)</b>
Sun	8 <sup>th</sup>	10.30	MK Half	13.1m	
Sun	8 <sup>th</sup>	11.00	Herts Vets XC Champs	5-6m	(Therfield Heath nr Royston)
Sun	15 <sup>th</sup>	12.00	Silverstone Half	13.1m	
Sun	15 <sup>th</sup>	09.30	Finchley 20	20m	
Sun	15 <sup>th</sup>	11.30	Fleet Half	13.1m	(Entries closed)
Sun	22 <sup>nd</sup>	10.00	Water of Life Half, Marlow	13.1m	
Sun	29 <sup>th</sup>	10.30	Edale Skyline	21M/4500'	
Sun	29 <sup>th</sup>	10.05	Reading Half	13.1m	(Entries closed)
Sun	29 <sup>th</sup>	10.30	Sandy 10	10m	

### April

Sun	5 <sup>th</sup>	10.00	Bedford Harriers Oakley 20	20m	
Sun	5 <sup>th</sup>	10.00	White Horse Half	13.1m	
Fri	10 <sup>th</sup>	09.30	Maidenhead Easter 10	10m	(Good Friday)
Sat	11 <sup>th</sup>	09.00	Compton Downland Challenge	20m or 40m	
Sun	26 <sup>th</sup>	09.45	London Marathon	26.2m	(Entries closed)
Sun	26 <sup>th</sup>	09.30	Shakespeare Half	13.1m	
Sun	26 <sup>th</sup>	09.30	Shakespeare Marathon	26.2m	

### May

Mon	4 <sup>th</sup>	11.30	Watford 10k	10k	
Mon	4 <sup>th</sup>	19.00	Pednor 5	5m	
Tue	5 <sup>th</sup>	19.30	Silverstone 10k	10k	
Sun	10 <sup>th</sup>	09.30	Marlow 5	5m	
Sun	10 <sup>th</sup>	10.00	St Albans 10k	10k	
Sat	16 <sup>th</sup>	09.00/10.30	Marlborough Downs Challenge	20m/33m	
Sat	16 <sup>th</sup>	11.00	White Peak Marathon	26.2m	
Sun	17 <sup>th</sup>	10.30	Windermere Marathon	26.2m	
Sun	17 <sup>th</sup>	09.30	Oxford Town & Gown 10k	10k	
Sun	17 <sup>th</sup>	11.00	Prestwood 10k	10k	