



## **Congratulations – Wedding Bells**

Mark and Louise Rochester (née Berry) were married on Saturday 26<sup>th</sup> June on a fabulous day in Aldbury.

Honeymoon to be spent mountain biking in the Rockies!

(thanks to Nigel Kippax for the photo)



## **Coming up . .**

### **Sunday 1st August**

#### [Family Fun Day at Tring Tennis Club](#)

Saturday August 7th from 1pm to 4pm to support Iain Rennie.

You don't need to be a tennis player! It's for members and non-members; tennis players and non-players; adults and children.

### **Saturday 7<sup>th</sup> August**

#### [Breakfast Run from Tony Rubery's.](#)

Following the success of the run from the Hardings, the next breakfast run will be along similar lines, with food supplied by my daughter (and a few helpers!) and money collected going on her sponsored walk along part of the Great Wall of China on behalf of Great Ormond Street Hospital

### **Sunday 28<sup>th</sup> August**

#### [Summer Run and Barbecue](#)

from the Ruberrys house. More details next month.

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## **Bryony Harding's Breakfast Run Thank You:**

On the 12<sup>th</sup> June I held a Breakfast Run from my house to raise money for my world challenge trip to Peru. The good weather contributed to the success of the event, alongside the great turn out. Thanks to everyone's generosity I managed to raise about £270, this brings me closer to my goal of £3500. Next summer I will be going to Peru to partake in community work to help improve their quality of life; this may include teaching in a school, or helping to build part of it.

Another fundraising activity I have just completed was walking the 87 miles of the Ridgeway in 6 days, and getting sponsored to do so. I walked up to 22 miles in a day. By camping and carrying all my kit it made the walk tougher in the heat.

I would like to give a big thank you to everyone who has donated money to me so far.

## **Family Fun Day at Tring Tennis Club**

Just to let you know that there is a family fun day organised for Sunday 1st August at Tring Tennis Club from 1pm to 4pm to support Iain Rennie. You don't need to be a tennis player! It's for members and non-members; tennis players and non-players; adults and children.

Included on the day will be:

- free coaching and all the equipment you may need
- automatic ball machine
- serving speed gun
- BBQ
- cardio-tennis taster session

(Cardio-tennis is to the game of tennis what spinning is to cycling ...it's an exercise class in which you don't need to have any aptitude for tennis to enjoy!)

More details at [www.tringtennisclub.co.uk](http://www.tringtennisclub.co.uk)

Sounds like a good opportunity for some cross-training!

Nigel Kippax

## Dear fellers and potential fellers (and felleresses of course)

I have always taken responsibility for organising the Tring entry to the British Fell and Hill Running Relay Competition. This year the event will be held on Sunday 17 Oct on the Lomond Hills in Fife (that's in Scotland, the other side of the Forth Road Bridge). The hills look nice; steep and grassy with good views from the tops and not much rock. I've never run on them (or even been to Fife). They aren't very high not much more than 500m.

Personally I don't want to travel all that way to run for an hour. However, if sufficient people do want to run I will enter a team. I know the Hardings are keen to run.

We need a team of 6 so to make it worth entering a team I reckon I need 8 people who are fairly committed assuming one or two will drop out at the last minute.

Details are in the latest Fellrunner. There are 4 legs:

Leg 1 Medium (pairs)

Leg 2 Short (solo)

Leg 3 Medium navigation (pairs)

Leg 4 Short (solo)

Medium will probably be about 8 miles, short about 5

You must be over 18 and have completed two A category fell races. We might be able to get round the latter if you run in a pair with someone who has experience.

Please let me know soonish if you are fairly firmly interested.

Rick Ansell

Dateline **10:10, 10/10/2010**

Destination **The Ridgeway Run**

Yes, it's an early start for the Ridgeway Run this year, but that's fine, because it gives us all more free time later in the day ☺

But **please** put this date in your diary in **heavy ink** – don't go using a light pencil – so that we can give new Race Director **Peter Hamson** all the help he needs to continue Rick Ansell's fine work with this special event . .

Dateline **10:10, 10/10/2010**

Destination **The Ridgeway Run**

## **Edale Skyline 21 March 2010** from John Manning

The Edale Skyline is a classic 20 mile fell race around the Hope Valley and Edale in the Peak District with 4000 feet of ascent.

I can now safely report that my alleged "weather curse" on fell runs has been lifted. The Skyline this year took place in near perfect conditions – clear skies, light winds and not too much bog underfoot (OK, so the peat was knee deep in places but it doesn't count if you don't get a bit mucky). The views from the top of Mam Tor were spectacular. You could see for miles and miles and miles.

Henry and I travelled up on Saturday so were almost first to register on Sunday. We were certainly first to the start line, arriving in what we thought was the designated field twenty minutes before the off to find no-one and nothing there! That's the thing about fell runs – very laid-back organization. At the other extreme, Peter maintained his "Just in Time" reputation by arriving at the start as the gun was about to go – something about 'leaves on the line' (or was it road closed on the way from Derby)

Kirsty sportingly started the race despite having twisted her ankle on the previous Wednesday but sadly had to retire after half an hour.

Visibility was crystal clear all round so navigation didn't really come into it. You could see runners a long way ahead and, for those of us nearer the back, the stud marks were a fine way to find the best route through the peat groughs towards Brown Knoll.

Out of a field of 281, Henry came in a very commendable 38<sup>th</sup>. Though I didn't know it, Peter was breathing down my neck, arriving at the finish 2 minutes after me. But his main cause for celebration was simply completing the course – he had last done the Skyline in 2007, the year of snow, blizzard and winds to lift you off your feet. Then, he was timed out at the half-way mark and has wanted to do the whole race ever since. Demon slayed, Peter!

281 starters

Henry Keighley-Elstub	38 <sup>th</sup>	3.29.06
Simon Barnett	127 <sup>th</sup>	4.05.21
John Manning	178 <sup>th</sup>	4.26.23
Peter Hamson	181 <sup>st</sup>	4.28.27

## **Watlington 10k** from Clive Cohen

Last Sunday 4th July. I was the only Tring runner in a field of 65. It has the feel of a village event, a bit like Aldbury. On what was a warm day down south (in stark contrast to the hostile northern climes experienced by our clubmates doing the Saunders), I found it a very tough but enjoyable run. We had to run two long climbs to a soft suv'nor like me up the the Chiltern escarpment but had the compensation of a lovely downhill finale. For the record I came 9th in 48:40 probably a PW, the winner doing 46:10. I'd thoroughly recommend the run but not the entry fee! Some of our pacier runners should make the podium. If it grabs you there's no need to wait a year as it being staged again on 12th December.

## HEART OF SCOTLAND 100 from Tom Griffin

This time it was the turn of bonny Scotland to host the '100 mile LDWA event'. However due to landowners complaints and route restrictions the route had to be altered making the distance 104.44. An extra 4.44 miles doesn't seem a lot but after 100 miles it is!

We arrived on the Friday at Dunkeld where we met many friends from previous events . After a restless night in the hotel at Pitlochry, we enjoyed a good Scottish breakfast before the start of the event. The time had come for the start of the event, too late to change your mind. In the starting line up there was over 500 people however sadly at least 150 dropped out during the event. Tring running club had five entries, David Heron, Brian Layton, Peter Hamson, Tony Hill and Tom Griffin.

So with the rain coming down we started the event at 10am on the Saturday morning. The type of terrain for the course can be best described underfoot as rough tracks, heather, boggy and wet, with uneven turfs of grass. During the event there are about sixteen checkpoints one being what is known as the 'breakfast stop' where a change of clothes can be made if required. This checkpoint was about 62 miles however before reaching this point we had to complete a section which was particularly tough by all standards. The terrain was bad on this section, as it started on a rough track but then along a river bank so soaking wet with tufts of grass and heather. This section was not made easier by the fact that it was dark, cold and pouring with rain. On arriving at the breakfast checkpoint and after changing into dry clothes, shoes and a good breakfast it was time to set off again.

That morning the dawn came with the sun so a good day ahead. However not long after changing into dry gear we had to wade across a river, feet wet again!. Even though a hard course, the views across the land during the event were a beauty to behold waterfalls, lochs, and spectacular views of the mountains (with snow). This event was in the opinion of the most people the hardest '100 ' so far.

As mentioned the course was further than one hundred miles, and reports filtered back that at least three people had made it to the last checkpoint(101.75 miles) and but couldn't go any further even though they had only 2.69 miles to go, and withdrew.

Given all the problems and distance Tring Running Club had a great result all coming within the first 100, however sadly David Heron withdrew at 36 miles.

<i>Name</i>	<i>Time</i>	<i>Position</i>
Tom Griffin	29hrs.20mins	18th
Peter Hamson	32hrs.44mins	72nd=
Brian Layton	33hrs.7mins	83rd
Tony Hill	33hrs.43mins	93rd

So Bank Holiday weekend 2011 the event will be held in Shropshire, please make a note in your diaries.

### Wycombe Half - 18th July

15	Paul Allen	1.24.45
493	Kim Reed	1.55.11
494	Tony Hill	1.55.11
987	took part	

### Mk Half - 18th July

363	Sofie Cole	1.47.34
519	Brendan Aspell	1.54.19
616	Liz Daniel	1.57.54
941	Beth Dennis	2.12.17
1294	took part	

### Princes Risborough 10k - 4th July

#### Gentlemen

14	Paul Allen	37.41	1st V-45
52	Colin Jeffs	43.22	
111	Ashley Horton	48.09	
171	Geoff Dennis	57.54	
194	took part		

#### Ladies

35	Kim Reed	54.02
42	Julie Moffat	56.14
61	Beth Dennis	58.39
71	Jane Martin	62.31
76	France Mills	64.15
90	took part	
	5th Ladies Team	

### CPM Thame 10k - 27th June

71	John Manning	41.50
100	Wedge Smith	43.37
143	Michaela Colwell	45.51
280	Richard White	50.58
409	Kim Reed	56.22
426	Nikki Burgess	57.11
529	Beth Dennis	59.40
548	Geoff Dennis	60.31
656	Jane Martin	65.34
690	France Mills	67.22
825	took part	

### Coombe Hill Run - 6th June

5	Ross Langley	22.44
12	Alan Whelan	24.35
13	Simon Barnett	24.50
21	Chris Egan	25.23
34	Greg O'Callaghan	26.33
46	John Manning	27.25
47	Colin Jeffs	27.27
48	Geoff Head	27.33
92	Kirsty Barnett	30.35
101	Mary Ward	30.53
141	Len Vaughan	33.05
165	Jane Mitchell	34.21
182	Helen Vaughan	36.19
189	Hazel Vaughan	36.48
190	Sarah Dennis	37.00
191	Geoff Dennis	37.00
233	Beth Dennis	40.04
267	took part	

### St Albans Half Marathon -13th June

51	Mark Hadaway	1:28:02	
138	Trevor Lark	1:34:34	
145	Geoff Head	1:36:12	
379	Nig Millwood	1:44:19	
498	Eli Tweed	1:48:11	pb
667	Liz Daniel	1:52:16	
876	Jane Mitchell	1:56:33	pb
963	Len Vaughan	1:57:54	pb
964	Helen Vaughan	1:57:54	pb
1239	Kev Buckingham	2:05:34	
1280	Clara Willett	2:06:31	
1291	Nikki Burgess	2:06:52	

### Pednor 5 – 3rd May - UPDATE

My correspondent reported that there were no lady Tring runners at this event, much to the dismay of one club member!!

49	Beth Dennis	48.08
53	took part	

## Racing Ahead

### July

Every Sat	09.00	<a href="#">Milton Keynes parkrun</a>	5k	Willen Lakes (LA Fitness) MK15 0DS
Every Sat	09.00	<a href="#">Black Park parkrun</a>	5k	Black Park Country Park SL3 6DS
Sun 25th	10.00	<a href="#">Down Tow Up Flow ½ Mara</a>	13.1m	trail from Windsor to Marlow
Wed 28th	19.30	<a href="#">Doug Anderson 5k</a>	5k	Bedford, road

### August

Every Sat	09.00	<a href="#">Milton Keynes parkrun</a>	5k	Willen Lakes (LA Fitness) MK15 0DS
Every Sat	09.00	<a href="#">Black Park parkrun</a>	5k	Black Park Country Park SL3 6DS
Thurs 5th	19.45	<a href="#">Stevenage 5k series race 1</a>	5k	Marriotts School, Stevenage, SG1 0AN
Sun 8th	10.00	<a href="#">Bearbrook 10k</a>	10k	road, Weston Turville
Thurs 19th	19.45	<a href="#">Stevenage 5k series race 2</a>	5k	Marriotts School, Stevenage, SG1 0AN
Sun 22nd	10.00	<a href="#">Burnham Beeches ½m</a>	13.1m	Farnham Common, road,
Sat 28th	10.00 or	<a href="#">Ridgeway 85</a>	85m	Ivinghoe Beacon, trail
Sun 29th	12.00			
Sun 29th	11.00	<a href="#">Paul Maguire Memorial 5</a>	5m	Marriotts School, Stevenage, SG1 0AN

### September

Every Sat	09.00	<a href="#">Milton Keynes parkrun</a>	5k	Willen Lakes (LA Fitness) MK15 0DS
Every Sat	09.00	<a href="#">Black Park parkrun</a>	5k	Black Park Country Park SL3 6DS
Thurs 2nd	19.45	<a href="#">Stevenage 5k series race 3</a>	5k	Marriotts School, Stevenage, SG1 0AN
Sat 4th	10.00	<a href="#">Chalfont St Giles 10k</a>	10k	mixed terrain Club off road champs
Sun 5th	10.30	<a href="#">Garden City 10</a>	10m	Sir Frederic Osborn School, Welwyn, road
Sun 12th	10.30	<a href="#">Wooburn Park 10k</a>	10k	Wooburn Park, road
Sun 12th	10.30	<a href="#">Cotswold Classic 10</a>	10m	Witney, road
Sun 12th	10.00	<a href="#">Dunstable Downs Challenge</a>	26.2m, 20m, 13.1m	mixed, mostly off road, some navigation required
Sat 18th	14.00	<a href="#">Woodstock 12</a>	12m	Blenheim Park, road
Sun 19th	09.00	<a href="#">Leighton Tough Ten</a>	10m	Leighton Buzzard - New Route
Sun 19th	11.00	<a href="#">Woburn Abbey 10k</a>	10k	Woburn Abbey, road
Sun 19th	11.15	<a href="#">Amersham 5</a>	10k	mixed terrain Club off road champs
Sun 26th	13.00	<a href="#">Windsor ½ Marathon</a>	13.1	road FULL
Sun 26th	11.00	<a href="#">Autodrome Duathlon</a>	10k	mixed terrain
Sun 26th	11.00	<a href="#">Biddenham River Run</a>	10k	mixed

### October

Every Sat	09.00	<a href="#">Milton Keynes parkrun</a>	5k	Willen Lakes (LA Fitness) MK15 0DS
Every Sat	09.00	<a href="#">Black Park parkrun</a>	5k	Black Park Country Park SL3 6DS
Sun 10th	10.10	<a href="#">Ridgeway Run</a>	16k	Tring Park Cricket Club, mostly off road