

Tring Runner

March 2009

Something new this month as one of our longest standing members is caught in the glare of **Roving Reporter Maria Cook's Headtorch!!**

Great reports on the National XC Championships from Clive Cohen, and from Clara Willett on the recent Breakfast Run.

Marge is back, having brushed the snow off her pigeon loft and tied a message to a poor bird's leg.

Did you know that Tony Ruberry is no longer selling club vests? Find out more inside.

As usual we've got Committee meeting minutes, Marathon training, and a list of forthcoming races.

Once again, many thanks to all who have 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.

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Sunday Mar 8th – **Herts Vets Cross Country Championships** at Royston

Friday Mar 13th – **Ladies 70's/80's Night**

It's the **Real Thing** this time!!

See Maria Cook for details

Sunday Mar 15th – **Finchley 20, Fleet and Silverstone Half Marathons**

Sunday Mar 22nd – **Mothering Sunday**

Sunday Mar 29th – put your **clocks forward** especially if you're running any of the **Edale Skyline, Sandy 10 or Reading 1/2** races

Saturday Apr 4th at 8 am – **Breakfast Run** venue tba but **Stick it in Your Diaries**

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

Wednesday June 17th - **Tring Fun Run**

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Tring RC Road Running Championships

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

Geoff Dennis

Who improved by more than any of the other 6 men who along with Geoff qualified for the Road Championship in both 2007 and 2008



Congratulations!!!!

Editor's note: in my ignorance as a shiny new editor last month I didn't appreciate that we celebrated both male and female Most Improved performances and so I only commended Anna who improved by more than Geoff did. The irony is that the 2 photos I've used to accompany these items are actually the same photo!!

Chiltern Cross Country League Division 2

Saturday 14 February at Luton

5	Nigel Bunn	38.53
8	Paul Allen	39.29
11	Kevin Harding	39.39
13	Ross Langley	39.54
54	Clive Cohen	46.28
56	Geoff Head	46.57
67	Colin Jeffs	49.31
78	Brian Layton	54.12
84	Nigel Lacey	61.07

5	Alison Harding	26.41
15	Ruth Rutt	28.37
21	Mandy Bonthrone	29.42
26	Jane Porteous	31.15
28	Jane Mitchell	31.42

Great performances throughout the season from all who participated. Well done to everyone!!!

Special congratulations go to Alison Harding who came 1st in the Ladies Vets over 45, and Ruth Rutt who finished 5th in the same category.

Likewise Nigel Bunn and Paul Allen, who came 2nd and 3rd respectively in the MV40 section.

A summary of the results in Division 2

Total Overall -TRC 2nd

Female Overall-TRC 3rd

Senior Overall-TRC 1st

Senior Vet Ladies-TRC 2nd

Vet Ladies-TRC 2nd

I'm not sure if this means that Tring Running Club are promoted to Division 1, or if only the men are. I'll try to clarify this for next month.

The latest news (dated February 22nd) on the League website states that "on the plus side we have the possibility of one and perhaps two new venues next season" with more news to follow when available.

Hardwick X-Stream

Sunday 15 February

7	Ross Langley	37.28
76	Greg O'Callaghan	47.18
95	Colin Jeffs	49.41
99	Louise Berry	49.48
100	Peter Alford	50.00
113	Brian Layton	50.34
124	Mandy Bonthrone	52.02
177	Sofie Cole	58.26
204	Nigel Lacey	64.10

232 finishers

Fun and Frolics through the muddy Buckinghamshire farmland.

I don't know the course personally but I understand that after all the recent snow and the ensuing Spring Melt, the stream which is usually forded 4 times on the way round was deemed to be too deep and wide at the point early on in the race where it's crossed twice.

I walked to the furthest point of the course and had tremendous fun taking photos of runners finding themselves waist- (and sometimes chest-) deep in the babbling brook.

Looked like great fun – such a shame I had my camera round my neck and couldn't join in!!

Closing Date for the Next Issue of

Your Tring Runner

Please get anything you'd like to see in the Newsletter to me at

mail@richk.co.uk

by Sunday evening 29th March

Race Results, Photos, Reports, Articles, Advice, Nonsense, Commonsense . . . whatever it is there'll be someone who wants to see it in print!!

Even if it's only your Mum!!!

LDWA Punchbowl 30m, Surrey

Sunday 8th February - a good day out! - from *Tony Hill*

Despite difficult freezing conditions, four members of TRC (...with a combined age of nearly 240 years!) ventured to Surrey for the Punchbowl 30. Most of the terrain was frozen solid and often extremely slippery. Even worse, at around 20 miles, there were a couple of miles across a marsh in a foot of icy cold water. Despite this, there were several personal triumphs...

Brian showed again the resolve and stamina that has won him several back-to-back Forest Gump Trophies. Tony, who suffered a foot injury in the first mile, demonstrated a highly refined blend of stupidity and recklessness by continuing for the next 29.5 miles. Tom & Peter both had excellent runs in quite demanding circumstances.

Tom Griffin	5:42
Peter Hamson	5:44
Tony Hill	6:32
Brian Layton	7:33

So, all in all, a good day out for some of our retirees and, of course, very useful preparation for the Wessex 100 in May.

English National Cross Country Championship Parliament Hill, Hampstead Heath

Saturday 21st February – from *Clive Cohen*

It was a few years since I'd done the National and to be honest I didn't really expect to be doing it again. Inspired by a great cross country the previous week at Luton, yes you're hearing me right - at Luton - where the conditions on the day provided a smorgasbord of a course, a bit of everything and hopefully something for everyone whetted my appetite for more. So later in the week when an opportune email landed saying one of ours had pulled out I thought I've gotta grab this one, but on the proviso I got some cross country shoes.

At the end of last season I'd finally binned my trusty XC shoes that had served me for many a season so I headed for the National via a St.Albans outdoor shop (no product placement here) taking on board the recommendation of Whelans World. Bagged my new pair of shoes, got my 10% club discount, nice bonus I wasn't expecting but always worth a try, then to London and get parked at Jack Straws Castle with half an hour to the start. Work up quite a sweat jogging to the start line and in the upper part of the Heath the grounds so firm I'm questioning whether I really need these new shoes at all. But as I find out on the lower slopes it's another story. Get to the bandstand rendezvous point, and not a Tringer in sight. A phone call later and all of 10 metres away I link up with Rob, Geoff, Ross & Laura –she's already done her run and having had a good one passes on a sound tip to the effect that mud avoidance is not an option.

Swiftly get my new shoes on – they feel immediately comfortable and comforting as a defence against what we are about to get caked in. On the way to the start line Rob points me in the direction of old Tring stalwart Dave Shoesmith who'd come down from Macclesfield for the day. For those that know Dave he looked in fine fettle and if anything a superslim version.

So Tring line-up in Pen 51. It's a glorious spring like day. The start line is a spectacle in itself, maybe 50 who knows, 80 metres wide to accommodate the 1400 runners. To our right a bunch of whippersnappers from Hallamshire Harriers who attempt to intimidate us with cries of 'Hallamshire', but they're wasting their breath on us 'in the zone' finely tuned Tringers. Crowds are lining both sides of the immediate uphill climb and the starters gun marks the 3 o'clock start. The

commentator fails to identify an early faller – Ross – he slips over on his second stride – but manages to get swiftly on his feet without being crushed in the stampede.

My memory of the run itself is somehow faint. There were sections where it really was a course for hippos that Tough Guy - not that I've ever done it - might have been proud of conjuring up. Getting going again after some of the sapping mucky uphill 'seas of mud' was tough.

The atmosphere of the run is to me quite unique, 1000 plus runners, some of the best in the country mixing it with 'vin ordinaire' club runners, on a testing if not tough course of 2 laps making 12km in total, close to the heart of the capital, wonderfully supported and with thankfully little commercial interference. A great downhill finish adds to the spectacle, just wish I'd anticipated it earlier.

In his press release Tring desert rat Geoff Head said "A really good run out, I thoroughly enjoyed it in a masochistic way and managed to keep my shoes on the whole way round, (more than quite a few of the runners)... Clive smashed me again so well done to him! Congrats to Laura, Becca, Ross and Rob. I think we should try and enter a couple of teams next year as this was a very special race out, incredibly well managed and very competitive... (Well, what would you expect?)."

And our guest runner (Rob B) flown in especially from Kazakstan "Many thanks for organising this (*Nigel*), I've been wanting to do this for 10 years or more, I've finally competed in an English national championships! And Kirsty for the initial bit. In the end it was a very muddy and hard 12km course, very sunny and mild, great occasion, great views of central London, an occasion more should savour."

For me this is a must do event every club runner should savour at some point. A lasting memory on the second lap was hearing a loud supporter scream out to a fellow runner "You are here now!"

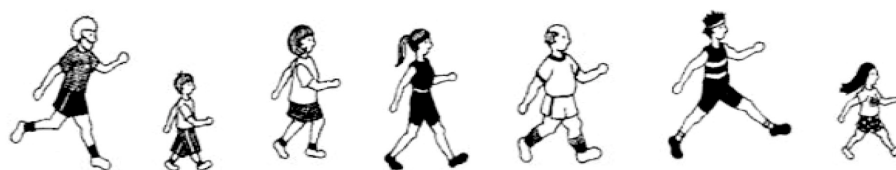
Results from 1455 senior men finishers :

1613	51:25	Ross Langley (only Tring runner to finish in top half)
1998	57:25	Robert Brown
1051	58:16	Clive Cohen (running as Simon Barnett for 3 rd time this season)
1159	60:16	Geoff Head

Laura Brown U14s 130 out of 315 for Dacorum and Tring AC and Rebecca Harding 24:18 88th of 109 and on the winners rostrum rising star of UK womens athletics Steph Twell 17:56.

Keep up to date online [right here](#) with Tring Running Club's own website

Another date for your Diary . .



Tring Fun Run Wednesday 17th June

Berkhamsted Half Marathon and Five Mile Fun Run

Sunday 1st March . . a few words from Rich with photo by Maria



A small contingent of Tringers before the start of the Half:

Heather (a Wannabee Tringer), Jane, Frances, Kim, Rich, Nige, Kev and Richard . . and some bloke trying to look up my shorts!!

This is another local race which being a relative newcomer to the area I had never taken part in before. I'd witnessed some debate the previous Wednesday at Club over whether this was tougher than Watford or not, and really, there was no clear agreement on the subject.

For my part I found it tougher than Watford. Having said that, I set off faster than planned and was just paying the price for my over-enthusiasm when we hit the first hills, and the price I paid went up, together with my heart rate, and of course, the hill. It took a while to recover!!

I enjoyed the countryside we ran through and was very surprised when the huge building – is it a castle? Or a stately home? at Ashridge loomed above us. What a magnificent sight that was.

The final few miles weren't all downhill as had been promised by some charlatan earlier in the morning!! It was, as always, disturbing to see the runner laid on the roadside in the final mile being attended to by the first aid people. I learnt later that a runner friend of mine who is a doctor stopped to ask if she was needed but was told that the runner who had collapsed would be ok.

I'd been running with another friend throughout the race, and we'd chatted with Jan Reeve for much of the time but in the final 3 miles Jan steadily pulled away and we couldn't catch her. We did catch Jane Mitchell in the 12th mile, who was running the distance for the first time and was feeling the pain.

It was great to turn the corner and head towards the finish and see so many friendly Tring faces supporting and/or already finished. In my peripheral vision I could sense there was a blue and white vest behind me, and it was Jane, who'd got a 2nd (or 3rd or 4th?) wind and had caught me up. If the finish line had been a few yards further away she'd have overtaken me and there was nothing I'd have been able to do about it!!

Looking forward to next year and thrashing those hills!!!

Berkhamsted Half Marathon

138	Jonathan Scullard	1:32:56
283	Geoff Head	1:40:44
340	Nigel Millwood	1:43:08
376	Darren Hogg	1:44:48
410	Louise Berry	1:46:05
432	Richard White	1:47:08
466	Elise Aitchison	1:47:20 *
496	Peter Alford	1:49:02
503	Nick Pierpoint	1:49:12
751	Jane Porteous	1:57:57
774	Sophie Cole	1:58:48
778	Nikki Burgess	1:58:13 *
812	Eliz Daniel	2:00:09
837	Kim Reed	2:01:33
880	Jan Reeve	2:02:28 *
896	Rich Kenington	2:03:17 *
897	Jane Mitchell	2:03:18 *
911	Clara Willett	2:05:09
976	Chris Penny	2:08:25
1023	Geoff Dennis	2:11:33
1034	David Rayner	2:12:18
1037	Kev Buckingham	2:12:24
1044	Laura Rayner	2:12:51
1073	Beth Dennis	2:16:06
1129	Frances Mills	2:23:40
1175	Ian Verchere	2:37:35

1191 finishers

*actual time, not official time . .

Berkhamsted 5 Mile 'Fun Run'

19	Paul Cowan	33:11
53	Mary Ward	36:50
213	Gill Heron	48:26
280	Mike Gaunt	54:17
310	Pam Burley	57:02

360 finishers

Marlow Half Marathon

Results omitted from previous TR's

Sun November 2, 2008

613	Kim Reed	1:59:51
624	Jane Porteous	2:01:14
785	Beth Dennis	2:13:23
790	Carol Gray	2:13:34
799	Shona Mullen	2:14:17
800	Frances Mills	2:14:17
865	Geoff Dennis	2:33:38

872 finishers

A big thank you to Cathy, Helle, Edda, Maria and Anna for turning out and supporting us runners, and to Pam and Mike for stopping on after their 5m race to support the ½ marathoners as well. Apologies of course to anybody else who was there who I've forgotten.

Helle got some good photos of many of us finishing the ½ and has kindly sent them to me. They'll be on my website by the end of the week

From Nikki Burgess . . **CLUB VESTS CHANGE HANDS!!**

Tony Ruberry, who has done a terrific job in looking after the club vests, is shortly off travelling. I will therefore be looking after the vests moving forward. I will be at the club with a selection of vests most Wednesday, but should anyone need to get hold of one outside of that, they can contact me via the Google group or via my personal mobile on 07780 704651 or personal email nikki_burgess@hotmail.co.uk

There are currently Mens' vests ranging from size XS, through S, M, L and XL and we have stock in all of them. Ladies are in XS, S, M & L only and again, we have ample stock available (I have 36 vests in total!!!).

There are also just two (one size, small) pairs of tights which are just that, tight fitting!! Apparently they've never been that popular.

Vests retail at £15 and the tights are £20 a pair.

IF ANYONE WANTS THE SHORTER STUFF TRY TRACK ON MONDAY

That's speedwork . . in addition to the excellent sessions David Heron is organising in Tring on clubnights, there is the opportunity to go to Hemel track on Monday evenings.

A few club members have been going since October and David reports that it's good for the interval stuff.

Winston Thomas is the coach in attendance, and the session starts at 8pm for one hour and costs £3 per night pay as you go. They're definitely on until 27 April.

If anyone wants more info talk to David or Gill Heron, Tony Hill, Alan Whelan, Kim Reid, Micheala Colwell or Nikki Burgess, all of whom have been attending.

August Bank Holiday Weekend - The Other Ridgeway Race

from ***Peter Hamson*** . .

Over the August Bank Holiday (Sat 29th – Sun 30th) the Trail Runners Association is holding its annual Ridgeway race from Ivinghoe Beacon to Overton Hill, a distance of 86 miles. The organisers rely on local clubs to man the checkpoints and in the past we have manned either one or both of the first two checkpoints, which are at Wendover and Whiteleaf Hill. In the last two years David and Gill Heron and Geoff and Beth Dennis have taken on this responsibility.

This year we have been asked to man the Whiteleaf Hill checkpoint. I realise it is the Bank Holiday weekend and people have other things planned but if anyone is willing to help please contact me, or in my absence David or Geoff. Also, an extra person will be needed to man a nearby level crossing. It may seem a long way away but the organiser is keen to find someone as soon as possible.

Also, for anyone wishing to participate in the event, the club will be offered one free place in recognition of the club's past contribution to its success.

Maria shines her **Headtorch** on **Tony Hill**

Welcome to our new feature where our intrepid interviewer **Maria Cook** gets the low-down on a TRC member. In our inaugural month our intrepid interviewer's headtorch is shining on our chairman, Tony Hill. Interesting to see that the first and last questions came from Tony!

Tony	Would you like a glass of red wine?
Maria	<i>Yes please!</i>
Maria	<i>How long have you been at TRC?</i>
Tony	Since June 1985, when I moved to Tring. I lived in Grove Park originally, and have been in Dorian Close for the last 4 years, I can see the running club from my house. Only a couple of people have been in club longer than me. When I joined there were about 80 members or so at the time.
Maria	<i>What made you decide to join?</i>
Tony	I had just taken up running properly (i.e. bought running shoes) in 1980 after watching the London Marathon
Maria	<i>Funniest TRC memory?</i>
Tony	<i>Grins.</i> Oh Steve's Pearce's newsletters, particularly the Women's page. Steve and I were constantly in competition with each other. He could run faster than me and he delighted in printing these triumphant letters about how much better he was than me. Then as time went by, he started to put on weight, so he subsequently slowed down and I was also getting faster and beating him in races. This started another round of letters, alluding that my wins were flukey and insisting there would be a great comeback, which there never was, he didn't beat me after that.
Maria	<i>I can imagine how funny that was.</i>
Tony	Yes it was quite a saga really! I do these 100 mile races now, and recently bumped into Steve in Tesco. We got chatting and I told him I did a 100m event in 33 hours and his response was well that's not running that's 3 miles an hour!
Maria	<i>Star sign?</i>
Tony	Pisces
Maria	<i>What celebrity would you most like to drag out on a run with and why?</i>
Tony	Boris Johnson, because although I'm quite left wing I like Boris because he is such a maverick. He goes out on his bike a bit so he can't be too unfit. He's a fascinating guy.
Maria	<i>Flappy shorts or lycra?</i>
Tony	Both, but I prefer flappy.
Maria	<i>Have you got any good race prep tips?</i>
Tony	Eat a lot. I eat lots of carbs of various sorts.
Maria	<i>If you wanted to interview somebody famous from sport – any sport, who would it be and what would you ask them?</i>
Tony	Steve Ovett, because he was such an amazing runner. He was running in the 80s which was the time that I started running seriously. It was everything about him, his elbows, and well, just everything.
Maria	<i>You have had an operation or two – how did it affect you and the way you felt about running and what positives did you gain from the experience?</i>
Tony	I am so glad you asked me about this, I really wanted to talk about it. This was back in 2007, I had heart problems (I now have a pacemaker) and kidney cancer at the same time and ended up having my left kidney removed. I have learned that people are very embarrassed about cancer and don't like to mention it in conversation. Two weeks ago, I rang someone in the club I knew well who had also suffered from the disease and he said that in his experience also, people don't want to talk about it. They would rather avoid the subject. Of course, if you have something wrong with you or are going through a bad time, you often want to talk. A third of people get cancer so, unfortunately, we should expect a third of our club will get it at some point. Luckily, my cancer was not an aggressive sort and I am incredibly thankful to be able to run again.

<i>Maria</i>	<i>Which came first, the heart or the kidney problem?</i>
Tony	I had no symptoms from the cancer. However, I'd run 400 yards to Station Road and get out of breath. In the process of sorting the heart out, I had a scan and the cancer was discovered.
<i>Maria</i>	<i>I can remember you running with us ladies during your recovery period, that must have been a positive?!</i>
Tony	Yes, I loved it very much. An amazing group!
<i>Maria</i>	<i>Favourite running gadget or item?</i>
Tony	My 20 litre Saloman rucksack, it's great. I used it in the two 100s I've done and I got everything in it. It weighs less than 300g.
<i>Maria</i>	<i>Favourite piece of running clothing?</i>
Tony	Hellys. I buy lots of them.
<i>Maria</i>	<i>Have you run a marathon?</i>
Tony	Yes, my first one was the Milton Keynes marathon in 1980.
<i>Maria</i>	<i>Did you celebrate afterwards?</i>
Tony	No, I was really tired, I went to bed and slept. I was living in Northamptonshire at the time and was training with one of my neighbours, but he stopped and then I didn't put in as much training as I should. It put me off a bit so I didn't do another one until 2000 when I ran the London Marathon for Mencap, in memory of my brother who died in 1987. I raised £4k and got round in 3.40. .
<i>Maria</i>	<i>Favourite race?</i>
Tony	The two 100s that I have done, Northumberland in 2006, Yorkshire in 2008, and I'm hoping to do Hampshire in 2009. Northumberland, when you are out in the moors with no sign of habitation and then the sun rises, is magical. It was a fantastic experience. And going round with Peter Hamson and Brian Layton, amazing, I loved that. I plan my running year around the 100, I love it.
<i>Maria</i>	<i>Least favourite race?</i>
Tony	85m Ridgeway, I loved the first half, the second half I hated. Goring to Wiltshire, was just long desolate tracks and half made up roads. Never going to do that again.
<i>Maria</i>	<i>If you dressed up to run the London marathon, what would you go as?</i>
Tony	Something that I could run in as a team, like a Rhino! I like joint endeavours, you help and look out for each other.
<i>Maria</i>	<i>Any road running going on or planned?</i>
Tony	In the autumn I'm planning to do a road marathon with David Heron.
<i>Maria</i>	<i>Who is your running hero/heroine and why?</i>
Tony	Steve Ovett, as per my earlier answer.
<i>Maria</i>	<i>Best/worst running moments?</i>
Tony	<i>Grins.</i> Oh my best moment was when Mike Gaunt said to me years ago that you might beat me at short distances but you will never beat me at a marathon! I overtook him in London with half a mile to go! Worst moment was in 2006, at the Fred Hughes in St Albans, I'd run a mile, and literally the lights went out, as if someone had turned off a switch. I found out later that I had a heart condition, my heart was missing beats, and I had a pacemaker fitted 1.5 years later.
<i>Maria</i>	<i>That must have been a very scary thing to happen, how did it feel?</i>
Tony	It was scary. My body just stopped working, I had nothing left, I literally couldn't move.
<i>Maria</i>	<i>Favourite tippie?</i>
Tony	Red wine.
<i>Maria</i>	<i>What is your indulgence?</i>
Tony	Running
<i>Maria</i>	<i>Who would you make PM of Great Britain and why? This can be a serious or funny answer!</i>
Tony	John Stuart Mill, a Victorian philosopher. He said in a liberal democracy, you can do anything you want providing you don't cause harm to another person. There was a

	famous case where the government of the time did a review of pornography, there was a lot of discussion. The central question was does porn harm anyone? In a case where a woman freely consented and she was of sound mind, Mill would argue there was no harm. Using the same principle he would argue that if homosexual men get involved in sado-masochism, for instance, if a group of men get together and for sexual gratification injure one another, is there any harm? Mill would argue that being consenting adults they can do what they want. Another example is boxing, two adult men of sound mind can box although they might injure each other. The point is to minimise the effect of the state on the individual. The principles are still used today on complex issues as to how far the state should be involved in our lives.
<i>Maria</i>	<i>Phew quite a deep answer, you chose the serious option then.</i>
<i>Tony</i>	<i>Yes, but I was impressed by him. I enjoy philosophy.</i>
<i>Maria</i>	<i>Can you do the Macarena?</i>
<i>Tony</i>	<i>Laughs. No!</i>
<i>Maria</i>	<i>What about the future, we're talking about running now.</i>
<i>Tony</i>	<i>Definitely another 100, I love the build up. I've done two, but I'm also humble enough to think that I won't necessarily do three. I used to have a busy job and travel a lot and now I'm retired I have the opportunity to go running whenever I like. It's just great to run to the café in Wendover Woods to meet friends for lunch and run back again.</i>
<i>Maria</i>	<i>What did you used to do before you retired?</i>
<i>Tony</i>	<i>I ran a software company called Micro Focus, We would help companies with legacy systems. It was based in Newbury and working there was a very rewarding experience. I loved the excitement of being CEO, the challenges. We floated it on the stock market back in 2005. It was an incredibly exciting time. I retired in 2006.</i>
<i>Maria</i>	<i>You look very relaxed.</i>
<i>Tony</i>	<i>I was very fortunate really. Now I'm doing an MSc in pure maths, I already have three degrees in maths but I absolutely love it.</i>
<i>Maria</i>	<i>You are a clever boy!</i>
<i>Tony</i>	<i>I don't know about that but I really enjoy studying.</i>
<i>Maria</i>	<i>What are you doing tomorrow?</i>
<i>Tony</i>	<i>Studying fractals – and going for a run of course.</i>
<i>Maria</i>	<i>Well that's it, thank you so much Tony, it's been incredibly interesting talking to you.</i>
<i>Tony</i>	<i>Thank you too, it's been a great experience.</i>
<i>Tony</i>	<i>Shall we have another glass of wine?</i>
<i>Maria</i>	<i>Yes!</i>

Thanks Maria, for a great idea, and for a great interview, and thank you too Tony, for being so frank and open (wanders off to find out what fractals are!!)

Can't wait to see who Maria intrepidly snares in the Beam of her Headtorch next month!!

Looking Ahead:

The 28th 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 . .

Marathon Training

The annual Tring RC 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.

Regular visitors to these pages will know that for many years, Mike Blake has done a fantastic job providing back up for those taking part in the training runs. Each Sunday he 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 words of encouragement.

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. 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 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
March		
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)

Ask Marge



Greetings one and all! I am quite positive that my little hibernating flock is in need of Marge's wise words of wisdom during these cold winter months and I do hope you are all wrapping up all cosy and warm in those woolly vests and fleece lined thongs. In times gone by, my lambs, chilly citizens used to sew their goosepimple bodies into their clothes and not change them all winter! Can you believe that? Also, can someone remind JB that laudable as is his upholding and celebration of traditional British culture, it is totally and utterly inappropriate to staple himself into his Damarts for the duration of the winter months.

I am sure, dear readers that you are as shocked as I, which is very shocked indeed. I mean for goodness sake, he should have eschewed the stapler and staples for a more traditional bone needle and finely woven cat gut. Tuh!

I was jerked out of my disgust at JB's modern interpretation of clothing prison by the ringing of my mobile. I jabbed at it in desperation, thinking I must change the ringtone, but I didn't want to hurt my dear friend Basil's feelings who had kindly downloaded it for me as a gift but Puff Daddy was beginning to get on my nerves. A well-aimed forefinger stopped PD in his tracks mid-rap.

"Marge is that you?" the familiar voice of Basil from Bearbrook bellowed down the line.

"Of course it's me Basil, no one else answers this phone". A high pitched shriek informed me that he had just upped his hearing aid volume from "loud" to "bleed".

"Can you come to the front door old girl, I can't quite grab your knocker"

"What? Why not, you could last Monday, what's wrong with you...?" I asked quizzically.

"Too high" he moaned "My arms, my arms". I sighed and went out into the hall to open the front door. Basil staggered in looking near death and collapsed on my maroon velveteen pouffe.

"This had better be good Basil" I said "you're looking worse than Michael Jackson, which in fact, probably means you are dead. Are you dead?" I peered down at the lifeless figure strewn across my pouffe and stuck my Max Factor Crème Puff compact in front of his cracked lips. A stifled groan misted the mirror which indeed indicated that life was still present.

"They nearly killed me Marge". Mild hysteria rose in his throat and his adams apple bobbed up and down like a bobbing apple in an apple bobbing bowl. Try saying that when you've had a Dubonnet or two.

"Oh for goodness sake Basil, who are "they"? I calmed him down by pressing my lavender soaked hanky to his forehead and sweaty upper lip "tell Marge my dumpling" I soothed. I then realised it wasn't my lavender soaked hanky but the one I had used just five minutes before to wipe the kitchen floor. Really must sort out getting a little stitch or two as ladies of my maturity often leak a smidge.

"The wife organised something for me to celebrate our 61st anniversary" he croaked "she told me Marge, she - she - she told me it was for Jim. Now you know Marge how much I admire Sir Jimmy Saville, marathon runner extraordinaire and I heard on the grapevine that an "An Evening with our Jim" was happening up at the village hall in Lower Bulge". Basil sat up after a struggle and leant against my large chest for support. "I went up to the hall on Wednesday with my autograph book"

he whimpered "and when I went in I was accosted by an ancient dressed in trackies and headband...but it wasn't Jim...and then, oh Marge..." Basil tailed off in despair.

"Basil, Wednesday is circuits at the village hall, you went to the OAP gym class you great big buffoon!" I rolled my eyes at the ceiling and resolved to get him institutionalised.

"But Marge, the wife said there was going to be an important person there, almost royalty you know she said. Hang on let me think, ooh yes a Mr Kit Trainer, in fact he is a Sir!" So he is very important Marge don't you think?

I sighed. "Sir Kit Trainer...Basil, just stay on that pouffe whilst I get the gun out of the ottoman. Not that there's much chance of you moving even a nose hair".

Honestly, my fluffpots, I don't know why I bother. Anyway, strangely enough, your questions and concerns this week are on the fascinating subject of cross training.

Dear Marge

I heard that it is very important to include some cross training in one's regime. So I decided to take up fishing and spent several happy Sundays hauling in shopping trolleys and sticklebacks out of the Grand Union. Once I caught a large unidentifiable object but it struggled and I had to let it go – it was very exciting! Anyway, in the next race I ran, I felt rubbish and came last. Why oh why did that happen?

Thicko of Tring

Dear Thicko

That's what spending hours sitting crushed up on a collapsible stool fiddling with your rod does for you. Makes you all stiff and totally unprepared. However, I do think you may have had a good time at Herbert's Hole.

Yours advisedly

Marge

Dear Marge

I have had a nasty Achilles injury for a while now so I decided to take up swimming until it was better. However, when I go for my regular Sunday swim in the Grand Union, there is some amateur idiot there with a big rod who insists on dragging out shopping trolleys and generally getting in my way. One Sunday he caught onto my trunks and I nearly ended up on the end of his rod, I had to really struggle to retain my dignity and I was lucky he let me go. What should I do?

Brainless of Berko

Dear Brainless

I suggest you swallow your dignity and go commando when swimming but just be aware that sticklebacks are very fond of worms. And watch out for pike, they have teeth.

Yours knowledgeably

Marge

Dear Marge

My running is becoming a bit boring, but I can't really afford to take up another sport to do some cross training. Do you have any advice?

Eager of Tring

Dear Eager

I suggest you take yourself off to the Grand Union on a Sunday. You will find a pile of shopping trolleys just off the path. Trot them back to Tesco and reclaim the pound coin in each one and you will soon have enough money to take up whatever sport you choose. Try showjumping. There really is nothing like having a large cob between your legs.

Yours helpfully

Marge

That's all my lambs so until next time, keep on running! And don't forget to email me on ask_marge@yahoo.com with your running queries, I will answer every one.

Breakfast Run, Saturday 21 February . . *this from Berko Girl Clara Willett . .*

As a Berkhamsted girl born and bred I was keen to run on my home turf. So another of our very own social hostess Maria's brekkie runs seemed an excellent opportunity. Meeting by Waitrose (as a true Berkhamstedian, our leader, Nigel Kippax had tipped us off as to the free car park on the other side of the canal, by the Tennis Courts), we trotted off towards the station. Assuming (making things up in my own head as usual!) that we would trundle along the canal towpath; a route I have frequented on several occasions, I had turned out in my not so muddy trainers! But no, Nigel led the dozen or so of us under the railway bridge, up Bridgewater Road and through a cheeky cut through that although it bypassed Castle Hill (a 30% gradient surely!!) it left us all a little breathless upon reaching the top. Now, it being around 8.15 a.m. I was tempted to call in to my parents house, but no, we continued up Castle Hill, past the 'grace and favour villa' of the joint Unite President, Mr Derek Simpson, and through to the open fields.

With cooing delight we greeted the rather cute, but disgruntled looking llamas in the first field. My subsequent Google search and confirmation from my Mother (otherwise fondly known in our family as 'the oracle') leads me to confirm that they were in fact alpacas. We continued through several fields. At this point I felt quite sure I would bump into My Dad, walking his rather portly labrador and smoking a cigar (how would this go down with my fellow runners?!) But no such luck and we continued our romp, passing through a nature reserve.

By this time I was a little disorientated (and a touch embarrassed what with this being my home patch!) and when we re-grouped the consensus was that we were "somewhere near the common". That was sufficient information for me and so we scampered through the wood. The recent snowfall had left the ground quite soft and there were some sticky moments as we all managed to step a little too far into the mud. Less than lady-like language was heard ringing through the wooded glade!

But the squelching beneath our feet did not dampen our spirits. The weather couldn't have been better with blue sky and sun rays to encourage us on. Many of us announced that Spring was definitely on it's way (hoorah!). Other topics of conversation that came up were:

- who was running the Berko half marathon
- what we would eat for breakfast
- the delights and pitfalls of wearing high heels shoes
- men
- what we had eaten before running
- broken limbs and their effect on running
- what time we would eat breakfast
- conservatory estimates
- mud
- feeling hungry
- the best time to buy tickets for the Rex
- men
- breakfast

Well, I enjoyed these conversations – trust me, you'll rarely get a conversation about the economic downturn from me on a run!!

What broke our stride and our fascinating (!!) conversation was the carpet of snowdrops that we came across. Nature never fails to raise a smile. And it wasn't long again before we saw several deer parade before us. It would seem the glorious morning has brought us all out.

We were now on our return to Berkhamsted and breakfast was definitely on our minds. A few minor injuries from the brambles (first aid was not required) did not slow our stride. We came across a rather smart house and glanced into the garden – were they real alsatians or just statues? Rather fine statues. This prompted Nigel to pose a riddle of what to do if you happen to acquire a silent guard dog (answers in next month's newsletter)?

We did eventually end up on the Grand Union towpath on our way back into Berkhamsted (more wildlife) and even after being sent on a red herring in the wrong direction to Café Rouge (in no way a suitable fodder stop – pah to croissants), we made it to the Olive Tree cafe. The breakfast here certainly didn't disappoint. We could have challenged the chefs to prepare a meze spread (Mediterranean is their speciality), but most of us opted for the full English (and some good veggie variations). At £5 for a good plateful; all seem sated after our run.

Even as a home run it was a fantastic way to spend a Saturday morning. A good crowd and 5.2 (or was it 5.7) miles of lovely Hertfordshire countryside. Thanks to Nigel for hosting a wonderful and invigorating scamper and to Maria for sourcing another fine venue to re-fuel!

Don't forget the next Breakfast Run on Saturday 4th April . .

don't know where . .

do know when . .

it'll be at 8am!!

TRING RUNNING CLUB

Minutes of Committee Meeting dated 4 February 2009 at 21:15

Venue: Tring CC Pavilion

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

Apologies: John Manning, Verna Burgess.

1.0 Minutes of Last Meeting (review actions)

Tent – Websites out of stock waiting for 2009 stock.

Off-Road Champs – Begin putting proposal together over next couple of months.

2.0 Manning Checkpoint for August Ridgeway Run

Yes – Email for help closer to the time. 2/3 people required, two locations as need to man the crossing as well.

3.0 Herts AARC

A number of questions raised. Where does Tring RC fit in? They have lots of cash in the bank. Review minutes from their meeting for next month.

4.0 Fun Run Update

A meeting with Ian Rennie has been held, agreement that Tring will run the event and IR will do the fundraising. Jo Neal suggested simplifying the entry form to separate the entry form and sponsorship form.

- Room and Field booked
- Permit obtained from UKA
- Permission to use towpath
- Dacorum Safety Group
- Risk Assessment for Fun Run needs updating
- Police / Mayor / Anglers notified

Open Issues. Race Master to be used for the event. Heidi Ellis Sports Coordinator has now left Tring School will be replaced. JH & TH will target the 10 main schools in the area, attend assembly's to advertise the event, get children interested.

5.0 AOB.

i. TSF

- TSF is Tring Sports Forum
- It is chaired by the Tring Mayor and includes representation from all the major sports Clubs in Tring (Football, Hockey, Squash, Tennis)
- and we are welcome to attend. (In fact last year, in September, I did attend one meeting)
- The Ilex Trust is a Tring based charity set up about six years ago.
- The TSF is promoting the 'Vision' planned for Tring as described in the Gazette a few weeks ago.

ii. Member Spotlight

ACTION: Going forward new item for newsletter, brief interview with members - Maria

iii. Trophies

ACTION: Need to be collected in to be engraved for the presentation evening.

iv. Sponsoring of EA Courses

ACTION: Add to agenda for next meeting for discussion, develop guidelines.

v. Subs – coming in quite well.

Racing Ahead

March

Sun	8 th	10.30	<u>MK Half</u>	13.1m	
Sun	8 th	11.00	<u>Herts Vets XC Champs</u>	5-6m	
Sun	15 th	09.30	<u>Finchley 20</u>	20m	
Sun	15 th	12.00	<u>Silverstone Half</u>	13.1m	
Sun	15 th	11.30	<u>Fleet Half</u>	13.1m	(Entries closed)
Sun	22 nd		Mothering Sunday		
Sun	22 nd	10.00	<u>Water of Life Half, Marlow</u>	13.1m	(Entries closed)
Sun	29 th		British Summer Time begins		clocks Forward
Sun	29 th	10.05	<u>Reading Half</u>	13.1m	(Entries closed)
Sun	29 th	10.30	<u>Edale Skyline</u>	21M/4500'	(Entries closed)
Sun	29 th	10.30	<u>Sandy 10</u>	10m	

April

Wed	1 st		Felpersham Marathon	26.2m	
Sun	5 th	10.00	<u>Bedford Harriers Oakley 20</u>	20m	
Sun	5 th	10.00	<u>White Horse Half</u>	13.1m	
Fri	10 th	09.30	<u>Maidenhead Easter 10</u>	10m	(Good Friday)
Sat	11 th	09.00	<u>Compton Downland Challenge</u>	20m or 40m	
Sat	25 th	10.00	<u>3 Peaks Race</u>		(Probably entries closed)
Sun	26 th	09.30	<u>Shakespeare Half and Full</u>	13.1m or 26.2m	
Sun	26 th	09.45	<u>London Marathon</u>	26.2m	(Entries closed)

May

Mon	4 th	11.30	<u>Watford 10k</u>	10k	
Mon	4 th	19.00	<u>Pednor 5</u>	5m	
Tue	5 th	19.30	<u>Silverstone 10k</u>	10k	
Sun	10 th	09.30	<u>Marlow 5</u>	5m	
Sun	10 th	10.00	<u>St Albans 10k</u>	10k	
Sun	10 th	11.00	Aldbury XC Challenge	5.3m	OFFROAD CHAMPS
Sat	16 th	09.00/10.30	<u>Marlborough Downs Challenge</u>	20m/33m	
Sat	16 th	11.00	<u>White Peak Marathon</u>	26.2m	
Sun	17 th	09.30	<u>Oxford Town & Gown 10k</u>	10k	
Sun	17 th	10.30	<u>Windermere Marathon</u>	26.2m	
Sun	17 th	11.00	<u>Prestwood 10k</u>	10k	
Wed	20 th	19.30	Tring RC Invitation Evening		
Sun	24 th	10.00	<u>Wokingham ½m (rearranged)</u>	13.1m	(Entries closed)
Sun	31 st	10.30	<u>Wallingford 10k Thames Run</u>	10k	

June

Sat	6 th	14.00	<u>Otmoor Challenge</u>	13m	
Sun	7 th	09.30	<u>Whipsnade Zoo 10k</u>	10k	
Sun	7 th	10.00	<u>Chiltern 10k</u>	10k	
Sun	7 th	11.00	Coombe Hill Run	3.75m	OFFROAD CHAMPS
Wed	10 th	19.30	Club Pub Run Cholesbury		
Wed	17 th	18.00-19.30	Tring Fun Run	Various	