

# Tring Runner

May 2009



Many thanks to everyone who's contributed to May's Tring Runner . .

**Club Runs:**

**Every Wednesday**

7:30 pm Running from Tring Cricket Club

This month there's an excellent report from Steve Long from the Three Peaks Race in Yorkshire . .

Sunday May 10<sup>th</sup> – **Aldbury Challenge**  
Off Road Championship Event

Sam Williamson tells us about the first of April's Whippendell Woods Time Trials . .

Wednesday 20<sup>th</sup> May – **Club Invitation Evening**

The finishing times and places from the Shakespeare and London Marathons are in . .

Sunday 7<sup>th</sup> June – **Coombe Hill Race**  
Off Road Championship Event

And I've scoured the internet . . some of it anyway . . for road race results . .

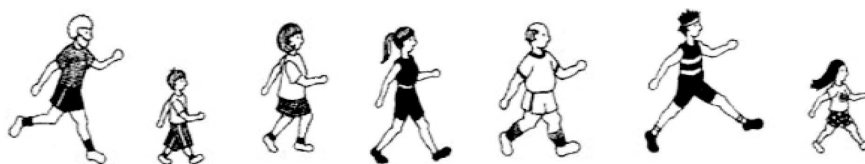
Wednesday 10<sup>th</sup> June – **Club Pub Run**  
Cholesbury – down & back up, or just up, then some refreshment

Don't forget to send me your results whenever you take part in a race, and better still, write a report too . .

Wednesday June 17<sup>th</sup> - **Tring Fun Run**

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Another date for your Diary . .



**Tring Fun Run Wednesday 17<sup>th</sup> June**

## Three Peaks Race, 25<sup>th</sup> April, from Steve Long

The Yorkshire Three Peaks race is run over is a traditional route from Horton-in-Ribblesdale taking in Pen-y-Ghent, Whernside, and Ingleborough, three of the biggest hills in the Yorkshire Dales. 24 miles with 4500ft ascent.

### Team Tring

The club has made a good showing - myself, Rick and family, Simon with Kirsty for support, Henry, Alan. Kirsty has generously offered to support all of us providing the timing works out around Simon's run. I should include Andy Sutton of MK in the group, because this year he is supporting Alan and Henry's Bob Graham and is attempting the Paddy Buckley with Simon.

### Justified

I'm almost put off by the level of organisation at this race, which is untypical for a fell race. Part of the attraction of fell races for me is the low-key organisation. However the Three Peaks race has great prestige and the organisers make every effort to live up to that, with typical Yorkshire pride. It is entirely justified.

### Sterling work

From the start we wind through the village on the road and turn up a stony bridlepath. It's somewhat congested, but this eases as we climb. The climb of Pen-y-Ghent is almost entirely runnable, but it can be hard to hold a good line given the number of runners on the path. The descent is back down the way we came, initially on a grassy trod off the path to avoid the rest of the field climbing, then back down the path. A number of runners pass me here and I'm happy to let them go – it's early days yet. We turn off to head towards Ribblehead and Kirsty is there at the turn to pass me a drink, doing sterling work as team-Tring supporter.

<b>Pen-y-Ghent</b>	Total	Split	Position/689	Commentary
Steve	00:37:00	00:37:00	97	Excellent packing by the Tring boys,
Andy	00:39:11	00:39:11	184	excluding myself there are 49 seconds
Simon	00:39:18	00:39:18	188	covering the bunch. It's too early in the race
Henry	00:39:30	00:39:30	197	for position to mean anything. 689 starters.
Rick	00:39:32	00:39:32	199	Watch how the field size reduces at each
Alan	00:40:00	00:40:00	225	checkpoint. There are time limits at
				Ribblehead and Hill Inn only.

### Be a Bingley runner

The race now heads up the valley for Ribblehead and the foot of Whernside. It's a long flattish section and I'm not sure how to pace it. I chat to a couple of runners and ask their target times to find out if I'm about right. The last one I talk to is a Bingley runner who is hoping for 4 hours. I have 3:45 in mind and think I should be trying harder, so I speed up. In hindsight his pace was quicker than 4 hours. By the way, if you want support on the course, be a Bingley runner! He was getting cheered on all the time, and turned down more food and drink in those 10 minutes than I was offered on the whole course! I'm not jealous (honest!). Good on the big northern clubs like Bingley for having a club spirit that gets so many supporters out on the course.

<b>Ribblehead</b>	Total	Split	Position/681	Commentary
Steve	01:33:05	00:56:05	84	+13 You can still throw a blanket over the Tring
Henry	01:39:02	00:59:32	163	+34 team at Ribblehead, 82 seconds covering the
Alan	01:39:09	00:59:09	166	+59 bunch. Alan's +59 is the most places gained
Simon	01:40:07	01:00:49	179	+9 by a Tring runner in the race. Will he pay for
Andy	01:40:17	01:01:06	180	+4 this effort later?
Rick	01:40:24	01:00:52	184	+15 Cut-off at Ribblehead is 2 hours 10.

## The reddest Roclites

Whernside is easily the toughest climb on the course, although the build-up effect will kick in before Ingleborough and that will feel tougher although it's actually more runnable. The field closes up on the climb and I find myself racing a Halifax Harrier in the smallest lightest reddest Roclites imaginable. With shoes like that you have to deliver! He did deliver and beat me to the top, but it's still early to be racing individuals. I'm offered a jelly baby by an unknown supporter just before the final bank – a welcome mini-boost. It's very steep close to the top and an all-fours technique is tempting.

<b>Whernside</b>	Total	Split	Position/653	Commentary
Steve	02:08:08	00:35:03	72 +12	Henry and Simon make strong climbs. Alan is
Henry	02:16:52	00:37:50	137 +26	starting to suffer with cramp, and will battle
Simon	02:17:36	00:37:29	143 +36	it for the rest of the course. Look at Rick
Rick	02:19:39	00:39:15	166 +18	moving up the Tring order. Rick has a lot of
Alan	02:20:54	00:41:45	181 -15	experience on the course and knows better
Andy	02:22:38	00:42:21	214 -34	than anybody the perils of a fast start here. It is still early.

## Hobbling

Here is where the Three Peaks race starts to weave its spell on unwary runners. Most runners start to suffer with cramp after the severe climb. Many who don't will cramp up on the descent. On the ridge I pass one runner stretching a tight calf muscle, and others hobbling. Cramp is tugging at my right calf too, but I press on, hoping it will fade. I pass Mr Reddest Roclites, then get caught up in a fast bunch descending. They know some good grassy trods away from the path and it's worth staying with them, although I'm fighting cramp from time to time. With the help of the bunch I get down Whernside pretty quickly, however I have run it like it was a short up-and-down race, and will pay for the exertion later. No. Sooner.

<b>Hill Inn</b>	Total	Split	Position/652	Commentary
Steve	02:27:36	00:19:28	53 +19	I have descended much too fast. Henry, Rick,
Henry	02:39:04	00:22:12	131 +6	Simon and Alan are pretty much maintaining
Simon	02:42:05	00:24:29	151 -8	race position, but Rick is inexorably gaining
Rick	02:43:35	00:23:56	164 +2	on Simon. Andy is playing it very safe on the
Alan	02:45:49	00:24:55	187 -6	descent.
Andy	02:50:04	00:27:26	248 -34	Cut-off at Hill Inn is 3 hours 30.

## Do they mean me?

Just after Hill Inn some teenage girls are looking up runners' names in the programme and calling it in support. I don't cotton on too quickly. "Well done Steve, keep going!" I look around for the runner they appear to know – nobody there. Oh – they mean me! I wave, belatedly.

## Going backwards

Ingleborough, the big one, or it just feels like it. The climb of Ingleborough is eased by flagstones and duck boards, and the higher path is improved by boulder steps, but it's still tough. I was feeling good at Ribbleshead, now I'm feeling heavy legged and semi-bonked. I know it's the effect of over-cooking it on Whernside. I eat some food and drink some Nuun. Kirsty is there part way up the climb, offering encouragement and jelly babies. But I have food in my hand and turn down the jelly baby offer - foolishly, I decide later. Further on a lady offers me Kendal mint cake, which I do accept. The climb of Ingleborough is a fight against tired legs, failing balance and stronger runners coming from behind. I'm only passed by a couple, but it feels like I'm going backwards.

<b>Ingleborough</b>	Total	Split	Position/615	Commentary
Steve	03:03:13	00:35:37	54 -1	The Three Peaks race is starting to bite. I
Henry	03:15:13	00:36:09	106 +25	have lost a place, but Henry, Simon and Rick
Simon	03:21:12	00:39:07	135 +16	have paced it better. Rick is still catching
Rick	03:22:00	00:38:25	137 +27	Simon although doesn't realise it until he
Andy	03:34:12	00:44:08	249 -1	meets Kirsty on the climb. Andy manages to
Alan	03:37:24	00:51:35	278 -91	pass Alan who is having a particularly bad time on the climb.

### Unthinkable

Rick's words from before the race echo in my ears - "Ingleborough is only 19 miles, you have 5 miles from there and need to feel strong at the top." However, at the top I have no idea how I am going to run all the way back to Horton. It's a gradually sloping path, often very rough underfoot, and sometimes slightly uphill. Apart from the first half mile it doesn't feel like a descent. I wish I had accepted some of Kirsty's jelly babies. I stumble down the rocks to pick up the main path. One runner zooms past. Ha! He has not been trying hard enough! I hear other footsteps behind for a long way, but don't look round, just try to find the most runnable lines to stay ahead. It would be very easy to stop and walk, but at the same time unthinkable. I pass a few bonked or cramped runners. The footsteps behind fade. There are still supporters spread along the course, clapping and shouting encouragement. Close to the end a lady calls "not far now!" I reply - "it just feels like it!"

### Lush Grass

After Ingleborough I was really hoping for a sub 3:45 finish. The race marquee in the field below comes into view, and I have 13 minutes to get there - can it be done? My confidence increases as I get closer. Finally across the road and into the finish field: there is a crowd lining the run-in and the commentator is telling everybody my name – better try and look good then, even if I don't feel good. But the lush grass is wonderful to run on after the rocky path and I manage to pick up my running style from shuffle to jog. I am always amazed to be applauded at a finish, after all I have done nothing special, but it does make a nice way to end a race. I do come in under my target and I'm very happy with this.

<b>Finish</b>	Total	Split	Position/615	Commentary
Steve	03:40:15	00:37:02	50 +4	Henry has the best run-in of the team: it has
Henry	03:51:09	00:35:56	83 +23	to feel good gaining that many places on this
Rick	04:01:31	00:39:31	132 +5	section of the course! Rick finally passes
Simon	04:02:52	00:41:40	140 -5	Simon, and Alan limps home doing the
Andy	04:18:23	00:44:11	247 +2	Ingleborough Shuffle without losing many
Alan	04:24:40	00:47:16	283 -5	places. Rob Jebb (Bingley) won in 2:54:53. 615 finishers.

### Three Peaks Magic

The race is a grand day out in the Yorkshire Dales on a classic course with fine hills. Make no mistake the Three Peaks race is a big deal - more than a race, an institution. Perhaps the London Marathon of fell running. The Three Peaks Race does have a magic all of its own: The hills are grand and the climbs are big because you rise from the valley each time. The distance is easily far enough to matter. The amount of flat and track running does not spoil the race. The support is amazing. This is one race that everybody should experience at least once.



Steve also provided these 2 great shots of Andy and Rick (above) and Simon, Rick and Andy on Pen-y-Ghent. These and 3 other photos can be found at [www.richk.co.uk/TringPhotoIndexMain.htm](http://www.richk.co.uk/TringPhotoIndexMain.htm)



## Shakespeare Marathon, Sunday 26 April

Congratulations to Jonathan Smith, who opted for the difficult option of this two lapper at Stratford, which in contrast to the marathon held further south on the same day can be a long and lonely road, especially on the second lap when the half marathoners have disappeared and the hills seem twice as steep as the first time.

Jonathan was extremely pleased to knock 6 minutes of his pb and finish in 3.25.12, in 129<sup>th</sup> position out of the 865 finishers. Another 1,820 completed the Half Marathon. That's 116 **more** Marathon runners than in 2008 when the race was 2 weeks after London, instead of the on the same day as this year.

## London Marathon, Sunday 26 April

Congratulations also of course to our London Marathoners, especially the first-timers\*, who endured tropical conditions, immense crowds and lots of noise on their journey around the capitol.

\*apologies if others were also running the distance for the first time, the three labelled thus are the only ones I know of, and also, apologies if anyone recorded a pb without telling me!! Next year, of course, thanks to the new sponsor, everyone will be a virgin marathoner . .

3101 Jon Court	3:23:00	13468 Nigel Millwood	4:12:27
3336 Michaela Colwell	3:24:38	13646 Louise Berry	4:13:07
4085 Ian Hodgson	3:29:34 (1st)	13786 Dave Jones	4:13:37
6312 Colin Rees	3:42:38	17219 Kim Reed	4:27:03
6394 Martin Arnold	3:43:02	21632 Julie Moffat	4:43:55 (1st)
8024 Andrew Hill	3:51:00	28245 Della Allen	4:07:27
10036 Darren Hogg	3:58:25	28449 Damian Hart	5:16:11 (1st)
11407 Elise Aitchison	4:03:59	35247 completed the event	



a few race results

*Sunday 5 April*

Kingston Breakfast Run - 16 miles

1390 Clara Willett 2.31.38

1919 completed the race  
plus 1532 in the 8 mile race

Oakley 20

151 Tom Griffin 2.33.13  
159 Michaela Colwell 2.33.46  
218 Colin Rees 2.39.32  
426 Geoff Head 2.57.10  
441 Darren Hogg 2.57.59  
493 Tony Hill 3.03.44

789 completed the race

White Horse Half

234 Anna Scarth 1.48.19

486 completed the race

*Friday 10 April*

Maidenhead 10

85 Paul Allen 1.01.51  
1003 Della Allen 1.36.56

1152 completed the race

*Saturday 11 April*

Compton Downland 40 mile Challenge

63 David Sawyer 8.02.05

*Sunday 19 April*

Flitwick 10k

33 Paul Allen 37.13  
205 Colin Jeffs 45.14  
465 Kev Buckingham 52.33  
621 Della Allen 57.58

820 completed the race

*Monday 4 May*

Watford 10k

8 Paul Allen 36:28 2<sup>nd</sup> Vet

930 completed the race

Pednor 5m - Men

6 Ross Langley 28:47  
34 Robert Brown 32:42 1<sup>st</sup> MV50  
37 Paul Cowan 32:49  
38 Trevor Lark 33:09  
42 John Manning 33:30  
45 Jonathan Smith 33:45  
84 Nigel Kippax 36:46  
124 Geoff Dennis 44:23  
128 Nigel Lacey 44:51  
135 John Shelton 46:49  
137 Geoff Roser 47:11  
144 Ian Verchere 52:07

147 men completed the race

Ladies

27 Maria Cook 40:03  
30 Jane Porteous 40:41  
43 Beth Dennis 46:55  
44 Gill Heron 47:14

63 ladies completed the race

Although everybody raced together,  
Chiltern Harriers have published the  
results separately, as above.

## **Breakfast Run, Saturday 4<sup>th</sup> April, from Maria Cook**

Many thanks to David Heron and Tony Hill for planning a great route out from Tring Garden Centre for our latest breakfast run. Around 15 of us gaily tripped around the villages of Marsworth, Pitstone and Ivinghoe and ended up at the Garden Centre Cafe for a very welcome breakfast. It was noted that the "Big Boy" breakfast was eagerly seized upon by several runners of the male variety. Can't think why...

Thanks to all who turned up, will keep you posted as to the next brekkie run, probably May sometime.

## **Intercounties Fell Running Championships**

Kevin Harding is keen to raise a team for this event, and if anyone is interested in running in the Inter Counties Fell Running Championships on the 23rd May 2009 details are at

[www.race-results.co.uk/results/2009/](http://www.race-results.co.uk/results/2009/)

As far as Kevin knows, Hertfordshire has never entered a team so to do so could be a first. The race is for a team of 4 with 3 to score, and at the moment there are 2 runners from Watford also interested in running so it should be possible to get a team out. The inter regional entry specifies that navigational ability is required, but the Hutton Roof web site says that the route is flagged so don't let that put you off.

Please let Kevin know if you are interested

## **from Peter Hamson . . August Bank Holiday Weekend - The Other Ridgeway Race**

Over the August Bank Holiday (Sat 29<sup>th</sup> – Sun 30<sup>th</sup>) 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.

## **From Nikki Burgess . . CLUB VESTS!!**

Don't forget that if you wish to buy a Club Vest, Nikki hopes to be at club with a selection of sizes most Wednesdays, but should anyone need to get hold of one outside of that, they can contact her via the Google group or via her personal mobile on 07780 704651 or personal email [nikki\\_burgess@hotmail.co.uk](mailto: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.

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

## Whippendell Woods Monthly Time Trial – from Sam Williamson

The weather turned out to be much better than forecast – probably a little warm for some – but the course was firm and dry.

Nice to see some new faces along this month – hoping all four of the Harding family will run in the future – and Mark has promised to bring slightly fresher legs along to the next one!

I must apologise to Alison as I falsely declared a new female course record – I had, of course forgotten Danielle Sanderson’s blistering 27:03 in January – she is intending to make an appearance later in the year. However, it was still a very creditable time and something for the other ladies to aspire to perhaps?

Having said that, the men’s record was broken – albeit by only 5 seconds – and I still hold the ‘fastest lap’ record...although I’m sure a race fit Kevin H could get ‘round in 22 something...

Would be nice to see some more Tringite’s make the long journey south for the next one ☺

			24-Jan	28-Feb	04-Apr	
Name	M/F	S/V	Finish	Finish	Lap 1	Finish
Sam Williamson	M	V	26.02	24.36		
Sarah Williamson	F	V	35.15	33.41	16.20	34.11
Angela Cory	F	V	36.39			
Danielle Sanderson	F	V	27.03			
Victoria Hudson	F	S	36.15			
Sarah Dorey	F	V	42.10	40.09	20.20	40.38
Natalie Homan	F	V	46.53	44.48	22.07	46.16
Steve Rouse	F	S	28.18			
Unette Spencer	F	V	39.33			
Andrew Kelly	M	S	26.56	27.01		
Paul Harrington	M	S		29.35		
Michelle Ashwell	F	V		37.34	17.45	36.45
Paul Illing	M	V		27.46	13.24	27.09
Kate Gibbs	F	V		44.48		
Ian Downey	M	S		35.02		
Kevin Harding	M	V			12.13	24.31
Alison Harding	F	V			14.45	29.45
Michael Williams	M	S			15.25	32.28
Mark Ashwell	M	V			15.13	32.54
Luke Silvertown	M	S			17.13	36.31

## Result of Bell Loop Time Trial 1 April 2009, from David Heron

### Position on times

Position	Name	Time	Age Graded %	
			based on RM	based on TRC club championship
1	Ian Hodgson	32:47	67.78%	69.34%
2	Jonathan Smith	33:17	64.91%	66.30%
3	Jon Hill	34:46	64.38%	65.87%
4	Martin Arnold	34:47	64.82%	66.89%
5	Colin Jeffs	36:46	59.17%	60.92%
6	Sophie Cole	39:40	62.85%	64.12%
7	Maria Cook	40:10	64.76%	65.68%
8	Bob Ford	43:06	55.62%	57.04%
9	Geoff Dennis	45:15	60.90%	61.84%
10	Kim Reed	45:59	55.60%	56.80%
11	Beth Dennis	46:51	63.63%	67.45%
12	Gill Heron	47:42	57.60%	59.47%

### Position on Age Grading

					Actual position
1	Ian Hodgson	32:47	67.78%	69.34%	1
2	Beth Dennis	46:51	63.63%	67.45%	11
3	Martin Arnold	34:47	64.82%	66.89%	4
4	Jonathan Smith	33:17	64.91%	66.30%	2
5	Jon Hill	34:46	64.38%	65.87%	3
6	Maria Cook	40:10	64.76%	65.68%	7
7	Sophie Cole	39:40	62.85%	64.12%	6
8	Geoff Dennis	45:15	60.90%	61.84%	9
9	Colin Jeffs	36:46	59.17%	60.92%	5
10	Gill Heron	47:42	57.60%	59.47%	12
11	Bob Ford	43:06	55.62%	57.04%	8
12	Kim Reed	45:59	55.60%	56.80%	10

**Deadline 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](mailto:mail@richk.co.uk)

by Sunday evening 31st May please

## **TRING RUNNING CLUB**

### **MINUTES of a Meeting dated 1<sup>st</sup> April 2009 at 21:15**

**Venue:** Tring Park CC Pavilion

**Present:** John Manning, David Heron, Richard White, Maria Cook, Verna Burgess, Nigel Lacy, Rich Kennington, Tony Hill

**Apologies:** Kirsty Barnett, Jane Porteous, Peter Hamson

#### **1. Review of actions from last meeting**

Draft proposal on coaching within TRC written by TH - Done

Notification to Herts AARC of our interest in fell running by DH - Done

Torch monitor required - the search is on - Pending

New Gauntlet shield purchased by KB - Done

#### **2. Coaching - more thoughts**

VB argued that there was no place for means-tested funding of coaching courses so that the new proposal from the Committee becomes:

- TRC can benefit from coaching
- The primary test for club funding should be return of value to the club
- The level of financial support will be determined by the committee on a case-by-case basis

#### **3. Managing the Google group**

DH is 'cleansing' the Google group to include only active members

Some discussion on holding email addresses and telephone numbers in this group

Further discussion in agenda for next committee meeting - ACTION David

#### **4. Trophies & Presentation evening**

Responsibilities for Presentation evening agreed as follows:

- Food - MC & KG
- Prizes & Trophies - JM & KG
- Photographer - RK
- Use of room - TH (Subsequently confirmed booking although cricket match on that day won't finish until 1900)

#### **5. Responsibilities**

Several jobs not defined in our constitution

Further discussion planned in next several months. DH to act as catalyst

#### **6. Fun Run update**

Meeting with Dacorum Safety Group held on 13th March - possible concerns over Mix 96 involvement. Further investigation needed. ACTION Tony

Entry form now complete - available after Easter

Posters dispatched to 20 local schools through sports coordinators in Tring & Berkhamsted

#### **7. Any other business**

RK asked if he could photograph Ridgeway Run and offer pictures for sale

- RK to discuss with Rick Ansell, Race Director - ACTION Rich
- RK to then discuss with TH - ACTION Rich
- TH to then discuss with Rick - ACTION Tony (NB Words on entry form)

Meeting closed at 22:13

## Fell Running Calendar

<b>Date</b>	<b>Race</b>	<b>Miles/feet</b>	<b>Where</b>	<b>Who's going</b>
2/5	Great Lakeland 3 day	80/lots	Lakes	Rick
2/5	Coniston	9/3,500	Lakes	Steve
4/5	Coiners	7/1,100	South Pennines	Steve
16/5	Old County Tops	37/10,000	Lakes	Henry still needs a partner
16/5	Fairfield	9/3,000	Lakes	Rick, Michael, Kevin
23/5	Hutton Roof Crag	7/1,300	Yorkshire Dales	Kevin, Rick. Inter-counties fell champs.
30/5	Duddon Valley	18/6,000	Lakes	Henry
5-6/6	Lowe Alpine MM	Various	Scottish Highlands, venue undisclosed	Kevin, Nigel B, Mark+Louise, Brian
6/6	Welsh 1,000m	22/8,000	Snowdonia	Rick, Henry, Steve, Alan
27/6	Henry and Alans' Bob Graham Round attempt	66/27,000	Lakes	Supporters needed – talk to Henry or Alan.
4-5/7	Saunders MM	Various	Lakes, venue undisclosed	<u>Klets</u> : Rick, Nigel B, Brian <u>Scafell</u> : Steve+Michael <u>Carrock</u> : Simon+Kirsty <u>Harter</u> : Mandy+Louise, Verna+Jane, Alison+Bryony. Hope I haven't missed anybody.
12/7	Lyke Wake race	40	North York Moors	Rick
19/7	Kentmere	12/3,300	Lakes	Rick
25-26/7	Simon's Paddy Buckley Round attempt	61/28,000	Snowdonia	Supporters needed – talk to Simon.
Looking ahead at races that usually have good club attendance.				
16/8	Brecon Beacons	19/4,500	Brecon Beacons	Not one we go to in numbers, but a good intro to long fell races.
13/9	Lakeland Mountain Trial	M:16/7,000 W:12/5,000 S: 10/3,500	Lakes, venue undisclosed	Mens, Womens and Short courses. Add 25% to straight line length for likely distance run.
27-28/9	Rab MM	Various	Northern England, venue undisclosed	Usual MM courses
27/9	Black Mountains	19/6,000	Black Mountains	Also a good intro to long fell races – ask John Manning!
4/10	Ian Hodgson Relay	Various	Lakes (Patterdale)	Legs 5 to 10 miles
17/10	FRA Relay	Various	Lakes (Lamplugh)	Legs 4 to 8 miles
24-25/10	OMM	Various	Wales, venue undisclosed	Usual MM courses
13/12	Calderdale Relay	Various	South Pennines	Legs 5 to 11 miles
31/1/2010	Pennine Bridleway Relay	Various	South Pennines	Legs 5 to 12 miles. Possibly a Tring entry next year?

## Racing Ahead

### May

Sat	9 <sup>th</sup>	10.00	<u>Chinnor Charity Run</u>	13.1m or 10k	
Sun	10 <sup>th</sup>	09.30	<u>Marlow 5</u>	5m	
Sun	10 <sup>th</sup>	10.00	<u>St Albans 10k</u>	10k	
Sun	10 <sup>th</sup>	11.00	<u>Aldbury XC Challenge</u>	5.3m	<b>OFFROAD CHAMPS</b>
Sat	16 <sup>th</sup>	09.00/10.30	<u>Marlborough Downs Challenge</u>	20m/33m	
Sat	16 <sup>th</sup>	11.00	<u>White Peak Half &amp; Marathon</u>	13.1m or 26.2m	(Entries closed)
Sun	17 <sup>th</sup>	09.30	<u>Oxford Town &amp; Gown 10k</u>	10k	
Sun	17 <sup>th</sup>	10.30	<u>Windermere Marathon</u>	26.2m	
Sun	17 <sup>th</sup>	11.00	<u>Prestwood 10k</u>	10k	
Wed	20 <sup>th</sup>	19.30	<b>Tring RC Invitation Evening</b>		
Sun	24 <sup>th</sup>	10.00	<u>Wokingham ½m (rearranged)</u>	13.1m	(Entries closed)
Sun	31 <sup>st</sup>	10.30	<u>Wallingford 10k Thames Run</u>	10k	

### June

Sat	6 <sup>th</sup>	14.00	<u>Otmoor Challenge</u>	13m	
Sun	7 <sup>th</sup>	09.30	<u>Whipsnade Zoo 10k</u>	10k	
Sun	7 <sup>th</sup>	10.00	<u>Chiltern 10k</u>	10k	
Sun	7 <sup>th</sup>	11.00	<u>Coombe Hill Run</u>	3.75m	<b>OFFROAD CHAMPS</b>
Wed	10 <sup>th</sup>	19.30	<b>Club Pub Run Cholesbury</b>		
Sun	14 <sup>th</sup>	10.00	<u>St Albans Half</u>	13.1m	
Wed	17 <sup>th</sup>	18.00-19.30	<b>Tring Fun Run</b>	Various	
Sat	20 <sup>th</sup>	12.16	<u>Midsummer Dream 2009</u>	19m off road, not a race	
Sun	28 <sup>th</sup>	09.30	<u>Thame 10k</u>	10k	
Sun	28 <sup>th</sup>	10.00	<u>Borehamwood Half</u>	13.1m	

### July

Fri	3 <sup>rd</sup>	19.30	<u>Cranfield 5</u>	5m	
Sat	4 <sup>th</sup>	14.00	<u>Compton Canter</u>	10k Trails	
Sun	5 <sup>th</sup>	09.30	<u>Princes Risborough 10k</u>	10k	
Sat	11 <sup>th</sup>	09.30	<u>Adderbury Half</u>	13.1m, 10k Trails	
Wed	15	19.30	<u>Waddesden Manor 5k</u>	5k	
Sun	19 <sup>th</sup>	09.30	<u>Wycombe 10k</u>	10k	
Sun	19 <sup>th</sup>	09.30	<u>Wycombe Half</u>	13.1m	
Sun	19 <sup>th</sup>	10.30	<u>Fairlands Valley Challenge</u>	12m, 18m or 26.2m	
Sun	26 <sup>th</sup>	10.00	<u>NSPCC MK Half</u>	13.1m	
Sun	26 <sup>th</sup>	10.00	<u>Down Tow Up Flow Thames ½</u>	13.1m	

## Looking Ahead

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

#### Sunday 11 October

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