



You Didn't Know?

You Cannot Be Serious!!

This **Sunday** it's our **Big Day!**

It's the **Ridgeway Run**, you know, the race we hold every year that's so popular we sold out of entries over 2 weeks early . .

And you are helping, aren't you? On **Sunday**, I mean. Yes, of course you are . . but if you're not (we all forget things now and again after all) and you're around this weekend and have a few hours to spare on Sunday morning, please let John Manning or Peter Hamson know, and they'll find you something to do. And you won't regret it, helping out at a race and watching everyone take part, instead of joining in, is **great fun!**

Also this weekend, on **Saturday**, the **Cross Country** season starts with the first **Chiltern League** match of the season over at **Oxford**. Cross Country's **great fun too**, so if you've never tried it before, come along and give it a go. Nigel Lacey, the Men's Team Captain, will be e-mailing everyone with more details this week . .

Friday 10th December

It's Tring Running Club's first ever Christmas Dinner Dance . . organised by Maria our Wonderful Social Secretary, with a little help from Carol McDonald . . would be great if this event took off and became a regular (well, annual) feature of our Social Calendar . .

Those of you who like to print this before reading it may not want to print pages 20-24, as they feature last year's Road Race Championship Scores . . have a look before you press Control 'P' . .

Contents

Christmas Dinner Dance	p 2
Norway ½ Marathon	p 3
Tintern Trot & Off Road Champs	p 4
Mountain Marathoning	p 5
Swiss Alpine Marathon	p 7
Race Results	p 9
Head Torches	p 10
Reports	p 10
London to Paris by Bike	p 13
parkrun corner	p 14
Committee Meeting Minutes	p 15
Racing Ahead	p 18
Road Race Champs explained	p 19
2009 Road Race Champs Results	p 20



Tring Running Club Christmas Dinner
Dance
Friday 10th December 2010
Pendley Manor, Tring

Duo of Galia & Ogen Melon
Winter Berry Compote (v)
Roast Norfolk Turkey or Feta Cheese Strudel (Veg Option)
Sage & Onion Stuffing, Chipolata, Cranberry Sauce
Roasted Root Vegetables, Brussel Sprouts & Roast Gravy

Chocolate Yule Log
White Chocolate Orange Sauce (v)
Coffee or Tea & Mini Mince Pies

Includes Half Bottle of House Wine per person,
Christmas Table Decorations and
Entertainment via the Resident DJ

£39.50 per person



Please contact Maria for details mariacook01@gmail.com

Suleskar – Norway (1/2) Marathon 29th May

Nick Pierpoint 1:58:54 PW 26/42

The Suleskar marathon is regarded as the toughest in Norway! It is an A-B event in the Rogoland plateau area about 60 km from Stavanger in SW Norway. The course starts at 1500ft climbing steadily over the first 13 miles to about 3600ft. For this reason we opted for the half marathon! The half marathon takes an undulating route with about 1000ft of ascent/decent for the first 11m miles followed by 1800ft decent in the last couple of miles.

This is a low key event - not unexpected as there were only 42 runners in the half marathon and slightly less in the marathon. My colleague had registered and paid in advance via the post office, apparently this is the system in Norway.

We set off on the two hour drive (70 mile) from balmy Stavanger though some superb scenery climbing all the time to the cross country ski resort of Sirdal (1600ft), where it was sunny and distinctly fresher than the coast. Having collected our race numbers and as we waited for the coach to take us the start (or 21km point) the decision was what kit to wear? – Would I run in a long sleeved top and joggers – I certainly needed gloves. The temperature at the start was about 4 deg C at 3400ft, however at the finish after the steep decent it was a splendid 17 deg C. Beautiful.

Our charabanc arrived 30 minutes before the start – there was even a portaloos for those that needed it – reflecting Scandinavian organisation and sensibilities. Half a dozen of the marathon runners swept through our starting line to loud cheers of encouragement as we waited for our official start time of 14:00 hrs. After the first mile or so the small field soon spread out as each runner settled to their own pace. The partially snow covered undulating terrain looked fantastic as the weather brightened. And as it did so, the single track metalled road became a little busier with the occasional car or touring motor bike sweeping past.



Typical scenery the road traverses from L to R



Low key feeding station

The feeding stations had drinks (there was an awful sweet lemon coloured 'Isotonic' drink which made me feel ill – I stuck to water at the next station, there was also fruit and chocolate. The people along the way were cheerful and gave loads of encouragement. Typically Scandinavian they were well prepared for all weathers – much like these runners – all very well turned out – and colour coordinated. Apparently the road had only been opened the previous week to traffic after the winter snow. The rolling topography is amazing and reminds me of Wester Ross in Scotland.

My time was 1:58:54 a PW position 26 out of 42 - second Brit – there were only two of us! Sadly there no cafe or bar nearby where we could retire to and soak up the scenery and bask in the satisfaction of having done the run. However, back at Phil's house in Stavanger the Talisker ensured we rounded off a fabulous day in style. The following day the cloud base was 300ft – how

lucky we were. The plan is to return next year for the full marathon - I wonder if that is the Talisker talking?



Typical terrain



Nick & Phil at the finish line

Tintern Trot - 6+ miles July 1st

Nick Pierpoint 55:12 116/176

This gem of an off road event is organised by Chepstow Harriers starting in the shadows of Tintern Abbey in the Wye valley. Luckily that afternoon I had a meeting in Usk with some of our consultants at work!

The race crosses the Wye on an old railway bridge and then follows the river downstream for about a mile, along the course of the old railway line. It then climbs up through the woods (about 600ft) to reach Offa's Dyke path, going north along the path for a mile or so. At the 3 way post the route drops down into the valley, and then turns left back along the lane to rejoin the outward route and back to finish at the same point as the start on the Welsh side of the border! The reward at the finish was a free pint!

2010 Off-road Championship Events . .

The races listed below were selected for this year's Club Off-road Championship - unfortunately the events at Chinnor and Bradenham were cancelled after they'd been chosen . .

23 January	Box Hill	medium distance, hill race
21 February	Hardwick Xtreme	medium, cross country
18 April	Aldbury 5	medium, trail
May	<i>Chinnor Half/10k</i>	<i>medium, trail, some road</i>
6 June	Coombe Hill	short, hill race
June	<i>Bradenham</i>	<i>medium, trail</i>
4 September	Chalfont 10k	medium, trail
19 September	Amersham 5	short, trail
23 October	Beachy Head Marathon	long, trail
21 November	Herbert's Hole	medium, cross country
7 November	Brenda Barlow	medium, trail, club handicap
28 December	Cliveden Cross Country	medium, trail

Paul and John Go Mountain Marathonning – Again! 3-4 July 2010

from *John Manning*

(Glossary at end)

Two years after our baptism of fire or, more accurately, water at the Saunders Lakeland Mountain Marathon around Helvellyn in 2008, Paul Cowan and I made our way to the ominously named Wet Sleddale in the east of the Lake District, for a second attempt at compasses, bearings and long days on the fells.

The SLMM is a two day event requiring route choice, navigation and carrying all the kit needed for an overnight stay at the midway camp. We camped the night before in Paul's magnificent, two-room mansion tent knowing that the next night would be spent in the postage stamp sized Laser tent.

Day One – the nice one!

Saturday dawned bright and breezy and stayed that way all day. We had an 8.44am start so our first cunning plan of following Simon and Kirsty hit an early blip since they were due to start 15 minutes after us. We were full of confidence all the same, having brushed up on our map marking skills. The deal on the SLMM is that, as you start, you are given the grid references and a brief description of each control point (sheepfold, crag, cairn etc) and mark up the map accordingly. You then head off in the confident knowledge of where you are going and what you are looking for.

Control one – "Bield". What the ---- is a bield*??

The bield turned out to be an easy find so off to checkpoint two. On the way we met Rick coming in the opposite direction (he was on the longer and different Klets course). Rick said "Nothing's working – neither body nor mind". But, so early in the day, we didn't feel we needed to call in mountain rescue for him and we went our separate ways. Paul and I felt well in control of our destiny. There was a clear track for us to follow and plenty of other teams making their way along it.

After about ten minutes, we realised a potential oversight – on the map, in the direction we should have been going, there was no track. Schoolboy error. We left the procession and struck off to the valley side to spot that we should have been in the bottom of the valley, several hundred feet below and about $\frac{3}{4}$ of a mile back. Damn!

Soon we were wading through the river and back on the right route. And so the day progressed. Our route planning was pretty good but we had trouble finding the control near the "Fenced Tarn" and had to double back, losing time.

Eventually, we approached the obligatory, final steep descent to the overnight camp. It was a magnificent sight to see hundreds of brightly coloured tents dotted across the valley floor at Longsleddale. Less magnificent was our discovery, due to our relatively late arrival, that the beer supply had just run out.

Still, the stream was flowing fast so we enjoyed fresh, clear Lakeland water with our feast of Cup-a-Soup, pasta and chocolate. We also enjoyed the company of our fellow Tring RC competitors, Rick Ansell, Simon and Kirsty Barnett, Brian Layton and Alice Ely.

With our wrong turn on leg 2 and overshoot on leg 4, Paul and I were well down the field at the end of day 1. The original cunning plan would have worked if we had just waited for Kirsty and Simon to start and stalked them to the end. They had finished two hours before us and were in a very impressive 4th place out of 98 teams.

However, as we retired for a night's rest, we were satisfied with our day's efforts – 22km covered in about 6 and a half hours, a full 4 hours quicker than our disastrous first day in 2008.

Day 2 – the wet one!

The clag* was down and it was clear from the first control grid reference that the previous day's precipitous descent presaged today's first steep ascent – 400 metres of climb in less than one kilometre of distance. On my reckoning that is less than a 45 degree incline but I can assure you that in places it was near vertical! It took Paul and me 31 minutes to get to the top – lung busting stuff.

By then the rain and lashing wind had set in with a vengeance - horizontal rain and gale force wind. With negligible visibility, navigation would be the key to the day and, on this, we did well. We used the compass most of the time to run on bearings and were virtually spot on at the controls. In view of the conditions, we opted for the longer route along the path down Harter Fell. What took us 78 minutes to reach control 3 was knocked off in 42 minutes by Simon and Kirsty following the direct route.

Tussocks, bracken, peat groughs* and what looked like bobsleigh runs through the long, trodden grassy stretches all featured in the terrain. Some of it runnable, much of it only to be taken at a brisk walking (or stumbling) pace. The weather didn't really improve all day but our navigation held up and we finished the 18km course in 5 hours, about half way up the field.

Paul's tent was just about standing at the finish campsite but the wind was so strong that one side was flattened. We also discovered later that Simon and Kirsty had repegged it when they got back before us otherwise it may have been somewhere in Scotland. Thanks K and S.

A very welcome meal from Wilf's followed and then, having just dried out from the day, we got drenched in the driving rain as we struck camp and headed South. Good job, well done, even though we say it ourselves.

Results

Klets course

Rick Ansell 12.45.21 20/33

Brian Layton Over ran on time

Carrock course

Kirsty and Simon Barnett 8.32.37 9/98

Paul Cowan and John Manning 11.39.24 69/98

Harter course

Alice Ely and Peter McDaid 10.44.40 82/121

Glossary

- Bield – "A place of shelter" (basically, a pile of stones)
- Clag – "The process or product of clagging; an encumbrance (in Lakeland terminology, it also seems to mean an abundance of low hanging cloud)
- Grough – "A natural channel or fissure in a peat moor; a peat hag"
- Hag – "the vertical margin of a peat-cutting"

Swiss Alpine Marathon - Davos 31st July from *Peter Hamson*

I first considered running the Swiss Alpine Marathon about twenty years ago and finally this year my daughter and son in law also said they were interested so we decided to include it in a family holiday. Davos is a small town in the east of Switzerland and with its neighbour, Klosters, is best known amongst Brits for being the favourite skiing destination for Prince Charles and his family.

The Swiss Alpine Marathon is not just a single race as there are actually seven different events all run at the same time over different parts of the same course. I had opted for the longest of the events – a 78.5K race with 2260 metres of ascent and descent. The first half of the route was basically undulating or downhill, the second half was over mountainous terrain, rising to an altitude of 2632 metres, before following a narrow and, in parts, exposed mountain path called the Panorama Trail then descending back down to Davos. My daughter and son in law had opted for a 42.2K race described as the highest high altitude marathon in Europe. This was similar to the second half of the 78K event except after reaching the first high point it dropped down into the valley and up again rather than following the Panorama trail. This route was less exposed but added an extra descent and ascent.

I arrived in Switzerland with my wife two days before the race and on the day after our arrival we decided to go up a cable car which would take us to the same altitude as I would reach in the race. It was a dismal looking day and within a few minutes of leaving the hotel we were back to pick up extra fleeces and rainwear. By the time we reached the top cable car station we were in thick cloud, the temperature registered zero degrees and it was snowing hard with about two inches of fresh snow on the ground. My wife kept asking me if I was sure I wanted to do the run and I assured her I did, but perhaps not as convincingly as I would have liked. We quickly returned down and once down I looked back up expecting to see nothing but low cloud. But it was not low cloud – miraculously it had started to clear and there were patches of blue sky appearing. We went to meet my daughter and son in law off the next train and by the time they arrived the sun was shining and they were wondering why we were wearing so much wet weather gear. We went to register for the race and there we were assured the weather forecast for the next day was fine and sunny. Perfect for running.



For my race there were two start times – a 6 o'clock start for those who had predicted a finishing time of over 11 hours and an 8 o'clock start for those predicting less than 11 hours. I had predicted 11.5 hours so was allocated to the early start. The closing time for the finish was 8 o'clock in the evening which gave the early starters a time limit of 14 hours which I felt confident of being able to do. In the morning it was still dark as I made my way to the start. It was cold – there was frost on the cars. But I assumed it would warm up so I just wore shorts and teeshirt and a thin top which I could tie round my waist. Also, I sent a bag to the half way point with some extra clothing in case it looked like being bad on the mountain. I was surprised to see how many people were wearing road shoes.

As I went up to the start there was the usual atmosphere of nervousness of expectation. There were probably about 500 runners on the early start. As this was the 'slow' start I had assumed I would be near the front but this was not the case. As soon as the gun went there was a massive charge and I found myself well back in the field. We started with a circuit of Davos and we very soon reached the 5K marker. I noticed my time for 5K was about 30 minutes which I thought was much too fast and I had to force myself to slow down. The first half of the race was the easy half – I found there was a bit too much road and it was rather flat, I was beginning to understand why so many runners were wearing road shoes. The half way point was at a village called Bergun. This was also the start of the 42K race and the runners for this race were already lining the streets and cheering us on. I got a special cheer from my daughter and son in law, who would be starting their race in just under an hour's time.

I got to the half way point in just over 4 and a half hours, which was about half an hour faster than I expected and I was glad to get it over with as I was looking forward to the mountain section. We were soon on a mountain track with a 1600 metre climb ahead of us. Virtually everyone was walking at this stage. The views were spectacular. The forecast had been right and we were treated to a clear blue sky without a cloud in sight – how very different from the day before. It was not long before a few runners started coming past. These were the 8 o'clock starters on the 78K or the leading runners on the 42K. I automatically said well done to the first one and he thanked me – he was obviously English. I later found he was the well known local runner Huw Lobb, who eventually won the 42K race.



My son in law soon came past running an excellent race. Unfortunately, he was to take a tumble on the descent and although he managed to continue to the finish he had lost a few places. As we approached the top of the climb we could see the course was lined with cheering spectators who inspired us to keep going. Unlike the spectators at the London marathon who have just walked from the nearest tube station these spectators had, like us, had to climb up from the valley. Once over the top it was a steep descent, then a high level traverse along the Panorama trail. This was probably the best part of the course – true mountain running on an exposed path. The only problem was the path was often too narrow to allow overtaking. We had to keep stopping to allow faster runners to pass.

Finally, another steep descent down to the valley, then a long steady run down the valley and back into the town of Davos. Again, the streets were lined with spectators cheering us all the way to the Davos Sports Centre. The stadium was packed with people who were cheering and I managed to sprint the last 200 metres to the finishing line. My time was 10hrs 31 mins, almost an hour faster than my predicted time. I finished in 792 place out of 1234 men and 17th man over 60 out of 70 finishers in that age group. The winner of the 79K race finished in 5hr 49mins.

So it was a brilliant event and one I would recommend. Travel to Davos is easy and the race entry fee includes a free rail ticket from anywhere within the Swiss border so the easiest way is to fly to Zurich. Also included in the entry you also get a Regio Card that allows you unlimited free travel on the trains as far as St Moritz for the duration of the event.

For more details of the event visit www.swissalpine.ch and www.davos.ch

Le Grand Raid Pyrenees - Friday 27th – Saturday 28th August 2010

from ***Henry Keighley-Elstob***

Description of race: an ultra race, much along the same lines as the Ultra Trail Mont Blanc.

Distance: 160km and 10,000 metres of ascent in the French Pyrenees (the hardest bloody event of my life!)

Terrain: rocky, narrow paths, for the most part

Position: 95th out of 654 starters

Time: 36 hours, 19 minutes, 56 seconds

Apologies to ***Nikki Burgess*** for having omitted this last time around . .

Great North Manchester 10k on **Sunday 16 May** in 52:40 something (49 I think) which is heading back in the right direction for me!

My PB at this distance is around 50 mins so I was quite happy with that time as there were 36,000 runners (though spilt across 5 start times!!)

Head Torches

from *Steve Long*

It's getting to that time of year again - depressingly the evenings are drawing in and we are working out when the head torch will have to come out of mothballs for the long winter night running season.

Some of you will know that I have made head torches for club members in the past, following in the footsteps of Rob Hill. They use 20W halogen lamps and have a good strong beam, and a rechargeable battery pack that is good for about 1 hour 45 mins. I sold them for about £120 including battery pack and charger, and price-wise there was little to challenge them in value for money terms for equivalent performance. I still believe that the good light levels those torches give are only a little above the entry level for safe night running in the woods.

LED based head torches were always going to catch up at some point. In terms of brightness they caught up a while ago but they were, and still can be, quite expensive. For example the Lupine Tesla, giving only a little more light than a 20W halogen, costs in the order of £200.

Anyway, I'll cut to the chase - there is a new light available giving around 900 lumens (compares to about 500 lumens for 20W halogen), and it costs £90 including battery, charger, and postage. Given this, I have decided to stop offering the 20W halogen head torches, although I'll still support any that I made in the past, and even the ones Rob made (fix broken cable, fit new connectors etc).

The light I mention is made by a British company called Bright Bike Lights and is called Magicshine MJ808. Website is <http://www.brightbikelights.com/>. Battery pack is Lithium-ion and is claimed to last about 3 hours on high power and there are also 2 other lower power settings. I can't give a personal recommendation for these lights, but they do get good reviews. I'm planning to buy one this autumn, so perhaps I'll write a review once I've used it a few times.

Some advice to newer members considering buying a head torch for the winter - you get what you pay for. You are wasting your money on anything less than a £50 to £60 headtorch - low power LED torches like the Petzl Tikka might be fine for finding your way round a campsite at night but really don't cut it when running off road. If you get a basic Tikka or similar you will soon want to buy a brighter lamp. I would consider the Tikka XP to the absolute minimum when running off road, and the brighter the lamp the better. What price is your personal safety? A good head torch also makes off road night running a much more enjoyable experience.

Dunstable 20/Marathon Challenge 12 September from *John Manning*

20 mile Challenge

John Manning	16th	2'49'01"
Clive Cohen	18th	2'53'02"

107 ran

Marathon Challenge

Peter Alford	12th	4'27'42"
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36 ran

As ever, this great run, right on our doorstep, was a pleasure from start to end. The weather was Goldilocks-like (not too hot, not too cold) and the scenery is a marvel. There is no marking to speak of on the routes so a good recce or previous experience is valuable if you don't want to keep reading the directions. There is always an element of unpredictability to the run.

Will the farmer have ploughed the field? If so, which way (it's easier to run along the line of the plough than across the top of the ploughed ridges)? How many flints will have collected in the bottom of the Little Gaddesden/Nettleden valley path?

This year, Clive and I were confronted with a loose and agitated horse in a narrow track with a distraught yard-hand/rider in hot pursuit. I've done this 5 or 6 times now and it never ceases to live up to expectations. Well done to Peter in taking on the marathon version in its first running - he now holds the club record for the run!

Chalfont St Giles multi-terrain 10k - 4 September from *John Manning*

Simon Barnett	5th	44'37"
John Manning	8th	46'46"
Geoff Head	11th	47'27"
Jane Mitchell	75th	62'18"

110 ran

This was a counter in the club's off road championship. It is a testing course through woods, fields and over tracks with a couple of decent hills. The £15 entry fee looks a bit steep but arrangements on the day confirmed why. There was a very good technical tee shirt for all and the race worked with chip timing! Hard to see why chips were needed given numbers but it certainly eases the strain on the organisers. As soon as you crossed the line you could go to the big LCD screen parked in the back of the van and review your time and position.

Headington 10k - 5th September from *Liz Daniel*

Time = 49 mins 04 secs...a PB!!!

In the list of results there is one other Tring runner (but I did not see/know him)

Stephen Thomas at 1 hour 14 mins

Ipswich Half Marathon - 29th August from *Liz Daniel*

Time = 1 hour 52 mins 35 secs

but I (and quite a few others) got disqualified - not for inappropriate behaviour on the course you understand - but for wearing an ipod (I think this is going to be more and more of a problem as more races are saying you should not wear them).

Bearbrook 10k - 8th August

Congratulations to Us at the Bearbrook 10k

Tring Running Club's men performed heroically on Sunday 8th to win the Bearbrook 10k team award for the first time in the event's 27 year history. Unfortunately by the time of the presentation only Greg was still at Aylesbury Rugby Club and he looked a little bemused to be awarded the silver trophy on his own, and even more so when the Race Director chased after him with 16 assorted tins of beer. Congratulations to Greg, Ross, Paul and Mark, with my apologies to Paul for having alerted Ross to the fact that he had Paul right on his heels at 8.5k.

Our ladies were almost as heroic, finishing in 3rd place, with Eli and Kim, and newcomers Terri and Annabelle, packing well to push local rivals Vale of Aylesbury into 4th place even though the latter had 2 runners amongst the first 10 finishers.

These 8 were ably assisted by the other Tring runners of course, and to have 9 finishers in the ladies' race would bode well for the forthcoming cross country season, if only we could get them out onto the mud!! It's Glorious, girls, honest!!



5 little maids from Tring are we . .

JaneM, Liz, Nikki, Kim and Frances prepare for the 10k

16	Ross Langley	36.13	
17	Paul Allen	36.17	
27	Mark Hadaway	37.59	
56	Greg O'Callaghan	40.31	
101	Wedge Smith	43.34	
129	Nig Millwood	44.38	
152	Eli Tweed	45.52	
157	Colin Jeffs	46.15	
208	Peter Alford	48.17	
236	Annabel Smith	49.26	
251	Kim Reed	49.54	pb
253	Terri Ainger	49.55	
276	Len Vaughan	51.11	
283	Liz Daniel	51.34	
333	Helen Vaughan	53.22	
417	Nikki Burgess	58.11	
421	Carol MacDonald	58.33	pb
444	Jane Martin	59.34	
463	Frances Mills	61.23	
510	completed the race		

from *James Ford* . .

London to Paris by bike



Me outside Baden Powell House
London



At the First Night stop



Arrived at Paris!!!!!!!!!!!!!!

Over three and a half days I have cycled from London to Paris, I started from Baden Powell House, Kensington on Sunday 15th August, we stopped in Caterham and looked at the cars and then had a bite to eat, where my dad broke his tooth, I thought great he will be moaning for the rest of the trip!!, a few Nurofen and luckily he stopped complaining, a few hours later we stopped for lunch in the village of Ditchling and we checked the map and I didn't have to go up the hill after all, it was 68 miles down to the port of Newhaven where we stopped in a Premier Inn for the night we also had the worst pizza of my life but I was so hungry I didn't care.

We got up at 6.30 on Monday morning to go on the Seven Sisters ferry crossing to Dieppe, there were lots of other cyclists but I was the only one going to Paris, the crossing was four hours so we got to Dieppe at 1.00pm and I had time for two breakfasts and we still had to cycle 44 miles to the Chambre d' Hote (B&B) in Forges les Eaux.

To get there we went along a cycle path called L'Avenue Verte which was a dis-used railway that used to be the mainline from London to Paris, this was a great wide track and traffic free, we spotted a red squirrel and it ran along in front of us for ages, which was great. The B&B we stayed in also had gypsy vans in the garden to stay in which looked great fun. We had to cycle into town to get dinner which I didn't need after being on the bike for so long.

Tuesday morning saw it lightly raining so we decided to put on our waterproofs and five minutes later it started to chuck it downs this slowed our progress. We then had a quick lunch break very French McDonalds! but it was dry and we warmed up in the end and carried on, when we got to Cergy a suburb of Paris, we spent a lot of time on tired cycling

legs looking for our hotel, (this was our longest day 71 miles) once we found it we had a good buffet meal in the hotel next door.

The final day in the saddle Wednesday - we had a short lay in and then it was off to the centre of Paris we had breakfast in a bar on the outskirts of Paris, we went in speaking pigeon French and got nowhere, then we realised it was a Portuguese café!!, it was the final push into the city centre, we went over the River Seine twice and the past the Arc de Triumph and down the Champs Elyse. Where our support (my Mum and my godfathers wife Ali) they were on the wrong side of the road so we had to turn around on one of the busiest roads in the world, which wasn't that bad because there are traffic lights and crossings so when the lights were red we turned round went along one of the crossings and met our support.

After the 208 miles from London to Paris we had a few days in Paris, including an open top bus ride. After that Mum, Dad and I went on to Alpe D'Huez where I did mountain biking and used my road bike again to cycle up the 21 hairpin bends that lead to Alpe D'Duez which is 1850 metres high, in 1hour 38minutes just like the Tour de France but a bit slower!!. A great time to be remembered forever,

Thanks to everyone who helped and sponsored me.

parkrun corner

Tring runners at parkruns across the UK

2 Oct	Jane Martin	Black Park, Slough	120/145	31.07
2 Oct	Rich Kenington	Hyde Park, Leeds	253/275	34.29
18 Sept	Jane Martin	Black Park, Slough	130/177	28.42
4 Sept	Wedge Smith	Willen Lake, MK	18/124	21.17
14 Aug	John Manning	Willen Lake, MK	15/109	20.14
14 Aug	Jane Martin	Black Park, Slough	101/131	30.12
14 Aug	Rich Kenington	Bedfont Lks, Hounslow	171/177	39.39
7 Aug	Jane Martin	Black Park, Slough	112/155	30.05
31 July	Rich Kenington	East Park, Hull	92/114	34.36
24 July	Rich Kenington	Willen Lake, MK	132/132	45.32
17 July	Jane Martin	Black Park, Slough	138/197	30.18
3 July	Jane Martin	Black Park, Slough	155/194	30.59

TRING RUNNING CLUB

MINUTES of a Meeting dated 2nd June 2010 at 21:15

Venue: Tring CC Pavilion

Present: Tony Hill, Kirsty Barnett, Rich Kenington, Nigel Lacey, Maria Cook, Richard White, and Jane Porteous

Apologies: Michaela Colwell, Verna Burgess, Peter Hamson and John Manning.

1. Minutes of previous meeting Kirsty & Tony

Equipment Shed- Measure up and find an appropriate shed Action: Tony & John
Trophy – Text for “The Beacon” Award Action: Kirsty

2. Invitation Evening Tony & Kirsty

Another good invitation evening About 100 people attended, food for 80 cost £240, took £185 on the night, so a £55 subsidy was required. Many thanks to those who led and helped to shepherd a group around. Next year we need to have a fifth group to fill a gap between the middle groups and the slower group, for both size and speed!

3. Fun Run update Tony (for John)

We have over 60 club volunteers for the event;

*Final meeting with IRHH on 8 June.

*I have ordered some new kit - signs, stopwatches, Start feather flag, Finish banner, hi-vis bibs for road marshals, yellow plastic bibs for field marshals

*I measured the courses for the kids races

*All licences/permits are in place and first aid is booked

*Entries were coming in fast last week and I expect the rate to continue this.

* Maria is seeking to get something in Gazette ahead of the event (and I hope asking that a photographer comes along)

*I have visited 8 schools and done talks in assembly, with help at two from Verna and Michaela, for which thanks

*7 schools will be setting up stalls for the event - mainly to entertain kids (games, cakes, face painting etc); usual ice cream and burger van also attending

*the vintage fire engine is out of action but we might still have a vintage hand-operated fire pump

*I'm expecting Sambuka on the night - Bob Garland seems to think he will get enough band members together

* The Mayor of Tring, Councillor Roxanne Ransley, has agreed to come along

*I've spoken to Peter Haine for pavilion committee, to Darrel Bodimeade as groundsman and to Sandy Warren for bar etc: they are Ok for all arrangements

*As you know, Graham Poll can't be with us this year. For this year, we will have Mayor, previous race directors, and perhaps some kids' races' winners blowing the horn to start races

4. Publication of results from Club championships Peter

Next meeting

5. Web-site access Rich

Not a simple job to add access, more investigation required to find out how difficult it will be. Action RK

6. Old trophies from 1990s Tony (for John)

Give to those people who won them last at next year's presentation evening!!

7. Club vests Maria

Michelle difficult to get hold of. Latest design to be shared with committee for feedback and comments.

8. AOB

Food option for Wednesday night – small scale, see how goes. Will email the club when 4wk trial will commence.

TRING RUNNING CLUB

MINUTES of a Meeting dated 4th August 2010 at 21:15

Venue: Tring CC Pavilion

Present: Tony Hill, Kirsty Barnett, Rich Kenington, Nigel Lacey, Maria Cook, Richard White, and Jane Porteous

Apologies: Michaela Colwell, Verna Burgess, Peter Hamson and John Manning.

1. Minutes of previous meeting Kirsty & Tony

Equipment Shed- Measure up and find an appropriate shed Action: Tony & John
Trophy – Text for "The Beacon" Award Action: Kirsty

2. Fun Run 2011

Date for 2011, Wednesday 22nd June

3. Membership of Google Group

Discussion about the fact that we offer new members access to the group and then take them off after a month if they don't join. This creates a lot of work for both Michaela and Steve to keep the Google Group up to date. Going forward people will only be added when they join. Access to the Google Group should be seen as a perk of being a member.

4. Web-site access Rich

Figured out how to do it, just need to find opportunity to implement it. Action RK

5. New Membership System

Agenda item for next meeting

6. AOB

Ridgeway Relay – Teams from Vale of Aylesbury and Bearbrook entered a team, why do Tring RC not enter a team. Next race Sunday June 5th 2011. Action Verna to send email to club to gauge interest.

Off-Road Championship – Races to be added to the website Action RK

EA Affiliated members = 100. # required for London Marathon Club entry.

Coaching, Add to agenda for next meeting. Opportunity to offer Level 2 running and fitness qualification to club members. More for next meeting Action VB

Tring's Eco Fair

ECOnomise and save ~ energy,
money, the world!

Why throw it away?

Saturday 16th October

10am ~ 4pm

**Victoria Hall,
Akeman Street,
Tring**

ALL welcome!

FREE entry

FREE refreshments

Drive simulator – test your skills!

Paper making

Free face painting

Energy saving: heat pumps,

controls, wood burning stoves

Recycling information and games

Grow your own

Local food, products, crafts

Local schools' displays, fashion, Mo-Tring

And lots more...



Organised by Tring in Transition www.tringintransition.org.uk Sponsored by The Akeman.

Tring in Transition is non-religious, non-political, non-profit.

We are supported by: The Chilterns Conservation Board, Tring Town Council, Tring Together, Centre for Sustainable Energy, Dacorum Borough Council and Hertfordshire Community Foundation.

Racing Ahead

October

Every Sat	09.00	<u>Milton Keynes parkrun</u>	5k	Willen Lakes (LA Fitness) MK15 ODS
Every Sat	09.00	<u>Black Park parkrun</u>	5k	Black Park Country Park SL3 6DS
Sat 9th	pm	Chiltern League XC		Oxford
Sun 10th	10.10	<u>Ridgeway Run</u>	16k	Tring Park Cricket Club, mostly off road
Sun 17th	10.00	<u>Frieth Hilly 10k</u>	10k	Frieth
Sun 17th	09.00	<u>Abingdon Marathon</u>	26.2m	Abingdon, road, FULL
Sun 17th	10.30	<u>Blenheim 10k</u>	10k	Blenheim Palace
Sun 31st	11.00	<u>Candleford Canter Ladies 10k</u>	10k	Fringford, road, No chaps
Sun 31st	8 pm	<u>Halloween 5k Night Run</u>	5k	Dark, Scary, Trail . .

November

Every Sat	09.00	<u>Milton Keynes parkrun</u>	5k	Willen Lakes (LA Fitness) MK15 ODS
Every Sat	09.00	<u>Black Park parkrun</u>	5k	Black Park Country Park SL3 6DS
Sun 7th		Brenda Barlow	15k	Club Handicap, Club Off-road Championship
Sun 7th	10.30	<u>Stevenage Half Marathon</u>	13.1	Flatter
Sun 7th	09.30	<u>Marlow Half Marathon</u>	13.1	Hillier and more fun
Sat 13th	pm	Chiltern League XC		Watford
Sun 14th	10.00	<u>Autumn Challenge</u>	5m	XC - Watford
Sun 14th	10.00	<u>Movember MK 10k</u>	10k	Flat
Sun 14th	10.00	<u>Grand Union Canal ½ Mara</u>	13.1	Trail, FULL
Sat 20th	10.00	<u>Dirt ½ Marathon Challenge</u>	13.1	Canal bank, Trail, New Event, Leighton Buzzard
Sun 21st	11.00	<u>Herbert's Hole Challenge</u>	10m	Mixed terrain
Sun 21st	10.00	<u>Rugged Radnage 10k</u>	10k	Mixed terrain - New Event, near Stokenchurch
Sun 28th	10.30	<u>Maylarch Eynsham 10k</u>	10k	Road, near Oxford

December

Every Sat	09.00	<u>Milton Keynes parkrun</u>	5k	Willen Lakes (LA Fitness) MK15 ODS
Every Sat	09.00	<u>Black Park parkrun</u>	5k	Black Park Country Park SL3 6DS
Sat 4th	pm	Chiltern League XC		Stowe
Sun 5th	10.00	<u>Luton Marathon</u>	26.2	3 laps, also relay event, road
Sun 5th	10.00	<u>Perivale 5</u>	5m	road
Sun 5th	10.00	<u>Pednor 10</u>	10m	2 laps of Pednor 5, road
Sun 12th	10.30	<u>Andy Reading 10k</u>	10k	Chesterton, near Bicester, road
Sun 12th	10.00	<u>Bedford Half Marathon</u>	13.1	fast course
Sun 26th		Aylesbury Boxing Day Race	5k	1 large lap of 2k and 2 slightly smaller laps
Tue 28th	11.00	<u>Cliveden Cross Country</u>	6m	Cross Country, Club Off-road Championship

Road Running Championships

I thought it might be worthwhile to set out how the Club's Road Running Championships work. Certainly I don't understand them, so I asked Tony and he pointed me to a piece in a 2008 Newsletter, in which he explained the rules, and what we need to do to qualify.

One thing that's for sure is that the Championships can only take place if we, the members, supply the results of the Road Races we take part in – and the place to send them to is the Newsletter editor – currently me – so they can be in the Newsletter.

That way, Geoff Roser – who currently is the Keeper of the Road Race Championships Spreadsheet – can keep the current year's data up to date.

I appreciate that my Newsletter output has been sporadic this year and wouldn't blame anyone for not submitting something on the basis that it may not be used. But it's a shame that hardly any results have been supplied, for example, none from the London Marathon, nor any other marathon for that matter.

Tony has suggested that the first Tring runner home in any event undertakes to submit the results. Here's what he wrote back in 2008 . .

"For the benefit of newcomers the road running Championships are based on standard race distances of 5k, 5 miles, 10k, 10 miles, half and full marathon. For each race run you receive a percentage score based on your time compared with a standard time for someone of your age and gender. To get a place in the league you must complete at least four races over three different distances. If you do more than four, then the best four over three different distances count.

This year (2008) the standard times have been updated with the latest available standard, so these results are not directly comparable with results from previous years. The standards are based on world records + a set of magic numbers - one magic number for each event and age combination. The magic numbers are loosely based on world age bests. For the men the results are basically similar to those that would have been achieved with the old standard – most scores having been slightly reduced but the overall positions are unlikely to have changed. However, the women's results are slightly more contentious.

The main difference is that women in their late thirties or early forties will typically find their scores have been reduced by between 1% and 2% whereas for older women their score will have substantially increased. This, of course, favours some runners at the expense of others and I am sure will not be popular with everyone."

Below, at last, are the Road Race Championship results from last year, 2009, which I don't think I've published in full up to now . .

Rich

Road data as at 31 December 2009

Position	Name	Percentage
1	Paul Allen	82.30%
2	John Manning	76.34%
3	Tom Griffin	76.25%
4	Michaela Colwell	74.18%
5	Paul Cowan	71.36%
6	Ross Langley	71.08%
7	Peter Hamson	70.41%
8	Trevor Lark	69.91%
9	Beth Dennis	69.22%
10	Tony Hill	65.57%
11	Geoff Head	65.38%
12	Richard White	65.34%
13	Jonathan Smith	65.18%
14	Jane Porteous	64.93%
15	Anna Scarth	63.28%
16	Maria Cook	62.98%
17	Geoff Dennis	62.95%
18	Liz Daniel	61.54%
19	Darren Hogg	59.63%
20	John Shelton	59.50%
21	Kim Reed	57.35%
22	Nigel Millwood	57.17%
23	Della Allen	56.88%
24	Frances Mills	55.32%
25	Julie Moffat	53.32%
26	Pam Burley	51.87%
27	Mike Gaunt	46.55%

Name	Race in 2009	Distance	Time	%
Alan Whelan	Waddesdon Manor	5km	0:18:58	73.55%
Alison Harding	Waddesdon Manor	5km	0:21:25	77.98%
Andrew Hill	London	Mar	3:51:00	54.08%
Anna Scarth	Abingdon	Mar	4:35:24	49.17%
Anna Scarth	Edinburgh	Mar	4:38:23	48.64%
Anna Scarth	Milton Keynes	H-Mar	1:44:14	63.16%
Anna Scarth	Watford	H-Mar	1:48:19	60.78%
Anna Scarth	White Horse	H-Mar	1:48:19	60.78%
Anna Scarth	Waddesdon Manor	5km	0:23:20	63.43%
Anna Scarth	St Albans (Fred Hughes)	10m	1:20:40	61.59%
Anna Scarth	Hatfield Broad Oak	10km	0:46:42	64.95%
Beth Dennis	Marlow	H-Mar	1:58:29	74.10%
Beth Dennis	Berkhamsted	H-Mar	2:14:49	65.13%
Beth Dennis	Milton Keynes	H-Mar	2:20:03	62.69%
Beth Dennis	Pednor	5m	0:46:55	67.35%
Beth Dennis	Waddesdon Manor	5km	0:29:27	65.59%
Beth Dennis	Princes Risborough	10km	0:58:25	67.79%
Beth Dennis	Bearbrook	10km	0:58:33	67.63%
Beth Dennis	Thame	10km	1:00:21	65.62%
Brendan Aspell	Bedford Harriers	10km	0:48:45	59.59%
Cathy Court	Waddesdon Manor	5km	0:25:36	61.78%
Cathy Court	Whipsnade Zoo	10km	0:52:10	62.14%
Cathy Court	Headington	10km	0:53:45	60.31%
Cathy Court	Pednor	10km	1:32:45	34.95%
Clara Willett	Berkhamsted	H-Mar	2:05:09	54.08%
Clara Willett	St Albans	H-Mar	2:06:07	53.67%

Clara Willett	High Wycombe	H-Mar	2:13:25	50.73%
Clive Cohen	Bearbrook	10km	0:42:06	74.07%
Colin Jeffs	Aylesbury	5km	0:22:24	60.42%
Colin Jeffs	Milton Keynes	H-Mar	1:42:32	59.69%
Colin Jeffs	Flitwick	10km	0:45:14	62.34%
Colin Rees	London	Mar	3:42:38	72.35%
Darren Hogg	Belfast	Mar	3:42:00	56.27%
Darren Hogg	London	Mar	3:58:25	52.39%
Darren Hogg	Bedford	H-Mar	1:37:07	61.42%
Darren Hogg	Berkhamsted	H-Mar	1:44:48	56.92%
Darren Hogg	Watford	H-Mar	1:47:53	55.29%
Darren Hogg	Wargrave	10km	0:44:57	60.99%
Darren Hogg	Thame	10km	0:45:50	59.82%
Dave Jones	London	Mar	4:13:37	54.49%
Dave Jones	Whipsnade Zoo	10km	0:49:46	61.19%
David Heron	Aylesbury	5km	0:24:37	62.90%
David Heron	North Dorset Villages	Mar	4:32:41	54.04%
David Heron	Louis Persoons Memorial	Mar	4:43:20	52.01%
David Heron	Caen	Mar	4:48:25	51.10%
David Heron	Flanders	Mar	4:51:40	50.53%
David Heron	British	10km	0:51:02	63.19%
David Rayner	Berkhamsted	H-Mar	2:12:18	52.86%
Della Allen	London	Mar	4:07:27	60.71%
Della Allen	Watford	H-Mar	2:10:58	55.03%
Della Allen	Milton Keynes	H-Mar	2:30:30	47.88%
Della Allen	Maidenhead	10m	1:36:56	55.31%
Della Allen	St Albans (Fred Hughes)	10m	1:43:45	51.68%
Della Allen	Flitwick	10km	0:57:58	56.47%
Eli Tweed	Cardiff	H-Mar	1:52:19	58.61%
Elise Aitchison	London	Mar	4:03:59	57.76%
Elise Aitchison	Berkhamsted	H-Mar	1:47:20	63.48%
Frances Mills	Watford	H-Mar	2:12:21	55.79%
Frances Mills	St Albans	H-Mar	2:14:48	54.77%
Frances Mills	High Wycombe	H-Mar	2:15:06	54.65%
Frances Mills	Burnham Beeches	H-Mar	2:18:05	53.47%
Frances Mills	Berkhamsted	H-Mar	2:23:40	51.39%
Frances Mills	Marlow	H-Mar	2:28:01	49.88%
Frances Mills	St Albans (Fred Hughes)	10m	1:38:46	55.45%
Frances Mills	Bearbrook	10km	1:00:29	55.28%
Frances Mills	Princes Risborough	10km	1:01:07	54.70%
Frances Mills	Thame	10km	1:03:18	52.82%
Geoff Dennis	Berkhamsted	H-Mar	2:10:30	59.41%
Geoff Dennis	Marlow	H-Mar	2:17:59	56.19%
Geoff Dennis	Watford	H-Mar	2:22:21	54.47%
Geoff Dennis	Milton Keynes	H-Mar	2:27:08	52.70%
Geoff Dennis	Pednor	5m	0:44:23	63.05%
Geoff Dennis	Waddesdon Manor	5km	0:26:43	63.32%
Geoff Dennis	St Albans (Fred Hughes)	10m	1:39:13	58.64%
Geoff Dennis	Princes Risborough	10km	0:55:38	63.33%
Geoff Dennis	Wargrave	10km	0:56:45	62.09%
Geoff Dennis	Bearbrook	10km	0:56:45	62.09%
Geoff Dennis	Thame	10km	0:57:52	60.89%
Geoff Head	Edinburgh	Mar	3:55:34	58.16%
Geoff Head	Bedford	H-Mar	1:35:35	68.86%
Geoff Head	Berkhamsted	H-Mar	1:40:44	65.34%
Geoff Head	Waddesdon Manor	5km	0:22:29	64.49%
Geoff Head	St Albans (Fred Hughes)	10m	1:18:52	62.85%
Geoff Roser	Pednor	5m	0:47:11	57.19%

Gill Heron	Pednor	5m	0:47:14	60.06%
Gill Heron	Berkhamsted	5m	0:48:26	58.57%
Gill Heron	Moray	10km	0:56:46	62.62%
Greg O'Callaghan	Bearbrook	10km	0:42:18	65.21%
Ian Hodgson	London	Mar	3:29:34	61.58%
Ian Verchere	Watford	H-Mar	2:34:52	52.71%
Ian Verchere	Berkhamsted	H-Mar	2:37:35	51.80%
Ian Verchere	Pednor	5m	0:52:07	56.60%
Jane Mitchell	Berkhamsted	H-Mar	2:03:18	56.12%
Jane Mitchell	Waddesdon Manor	5km	0:25:57	59.47%
Jane Mitchell	St Albans (Fred Hughes)	10m	1:37:07	53.36%
Jane Porteous	Milton Keynes	H-Mar	1:55:30	63.92%
Jane Porteous	Watford	H-Mar	1:56:10	63.56%
Jane Porteous	Berkhamsted	H-Mar	1:57:57	62.60%
Jane Porteous	Pednor	5m	0:40:41	65.55%
Jane Porteous	Waddesdon Manor	5km	0:24:28	66.62%
Jane Porteous	Bearbrook	10km	0:52:33	63.62%
Janet Reeve	Berkhamsted	H-Mar	2:02:28	61.04%
Jevon O'Neill	Pednor	10km	1:11:08	41.80%
Jim Sinton	Dublin	Mar	2:59:39	74.30%
Jim Sinton	Watford	H-Mar	1:29:06	72.05%
John Manning	Pednor	5m	0:33:30	75.82%
John Manning	Serpentine	5km	0:19:53	77.20%
John Manning	Serpentine	5km	0:20:04	76.50%
John Manning	Waddesdon Manor	5km	0:20:25	75.18%
John Manning	Headington	10km	0:42:09	75.84%
John Manning	British	10km	0:42:40	74.92%
John Shelton	St Albans	H-Mar	2:01:46	58.47%
John Shelton	Marlow	H-Mar	2:11:14	54.25%
John Shelton	Pednor	5m	0:46:59	54.98%
John Shelton	Waddesdon Manor	5km	0:24:56	62.63%
John Shelton	St Albans (Fred Hughes)	10m	1:38:51	54.16%
John Shelton	Princes Risborough	10km	0:52:31	61.92%
John Shelton	Thame	10km	0:59:43	54.45%
Jon Court	London	Mar	3:23:00	72.59%
Jon Scullard	Berkhamsted	H-Mar	1:32:56	65.85%
Jonathan Smith	Shakespeare	Mar	3:25:12	61.12%
Jonathan Smith	Milton Keynes	H-Mar	1:32:27	65.22%
Jonathan Smith	Watford	H-Mar	1:35:35	63.09%
Jonathan Smith	Pednor	5m	0:33:45	65.38%
Jonathan Smith	Waddesdon Manor	5km	0:21:02	63.47%
Jonathan Smith	St Albans (Fred Hughes)	10m	1:09:58	64.98%
Jonathan Smith	Bearbrook	10km	0:42:40	65.12%
Julie Moffat	London	Mar	4:43:55	50.55%
Julie Moffat	High Wycombe	H-Mar	2:11:52	52.48%
Julie Moffat	Waddesdon Manor	5km	0:27:38	55.85%
Julie Moffat	Princes Risborough	10km	0:58:08	54.42%
Kev Buckingham	Berkhamsted	H-Mar	2:12:24	49.71%
Kev Buckingham	Flitwick	10km	0:52:33	57.47%
Kevin Harding	Waddesdon Manor	5km	0:17:49	82.04%
Kim Reed	London	Mar	4:27:03	56.25%
Kim Reed	Berkhamsted	H-Mar	2:01:33	59.29%
Kim Reed	Marlow	H-Mar	2:11:14	54.91%
Kim Reed	Burnham Beeches	H-Mar	2:18:05	52.19%
Kim Reed	St Albans (Fred Hughes)	10m	1:30:56	58.96%
Kim Reed	Thame	10km	1:04:37	50.66%
Laura Rayner	Berkhamsted	H-Mar	2:12:51	60.78%
Liz Daniel	Watford	H-Mar	1:59:16	61.17%

Liz Daniel	Berkhamsted	H-Mar	2:00:09	60.72%
Liz Daniel	Waddesdon Manor	5km	0:26:34	60.73%
Liz Daniel	Headington	10km	0:53:01	62.37%
Liz Daniel	Whipsnade Zoo	10km	0:53:25	61.90%
Liz Daniel	Bearbrook	10km	0:54:04	61.16%
Liz Daniel	Princes Risborough	10km	0:55:01	60.10%
Liz Daniel	Pednor	10km	1:30:46	36.43%
Louise Berry	London	Mar	4:13:07	54.88%
Louise Berry	Berkhamsted	H-Mar	1:46:05	63.42%
Maria Cook	Pednor	5m	0:40:03	65.88%
Maria Cook	Waddesdon Manor	5km	0:25:31	63.23%
Maria Cook	St Albans (Fred Hughes)	10m	1:27:50	61.67%
Maria Cook	Princes Risborough	10km	0:54:04	61.16%
Martin Arnold	London	Mar	3:43:02	59.33%
Mary Ward	Berkhamsted	5m	0:36:50	68.51%
Michaela Colwell	London	Mar	3:24:38	70.87%
Michaela Colwell	Watford	H-Mar	1:32:51	75.19%
Michaela Colwell	High Wycombe	H-Mar	1:36:19	72.49%
Michaela Colwell	St Albans (Fred Hughes)	10m	1:10:06	74.47%
Michaela Colwell	Princes Risborough	10km	0:43:11	73.79%
Michaela Colwell	Bearbrook	10km	0:43:29	73.28%
Michaela Colwell	Thame	10km	0:43:39	73.00%
Michaela Colwell	Pednor	10km	1:11:40	44.47%
Mike Burgess	Waddesdon Manor	5km	0:18:48	77.13%
Mike Gaunt	Watford	H-Mar	2:42:35	44.19%
Mike Gaunt	Berkhamsted	5m	0:54:17	48.02%
Mike Gaunt	Marlow	5m	0:57:04	45.68%
Mike Gaunt	Waddesdon Manor	5km	0:33:46	46.64%
Mike Gaunt	St Albans (Fred Hughes)	10m	1:57:46	45.85%
Mike Gaunt	Thame	10km	1:19:17	41.37%
Nick Pierpoint	Berkhamsted	H-Mar	1:49:12	61.83%
Nick Pierpoint	St Albans	H-Mar	1:50:53	60.89%
Nick Pierpoint	Watford	H-Mar	1:51:30	60.55%
Nigel Kippax	Pednor	5m	0:36:46	67.41%
Nigel Lacey	Pednor	5m	0:44:51	56.63%
Nigel Lacey	Princes Risborough	10km	0:58:36	54.55%
Nigel Millwood	London	Mar	4:12:27	49.48%
Nigel Millwood	Berkhamsted	H-Mar	1:42:50	57.81%
Nigel Millwood	Watford	H-Mar	1:46:43	55.71%
Nigel Millwood	St Albans (Fred Hughes)	10m	1:21:41	54.76%
Nigel Millwood	Hatfield Broad Oak	10km	0:45:10	60.41%
Nikki Burgess	Watford	H-Mar	2:01:34	57.99%
Nikki Burgess	St Albans (Fred Hughes)	10m	1:33:41	56.18%
Nikki Burgess	Bearbrook	10km	0:58:27	54.98%
Nikki Burgess	Berkhamsted	H-Mar	1:58:13	59.64%
Pam Burley	Berkhamsted	5m	0:57:02	53.13%
Pam Burley	Marlow	5m	0:57:47	52.44%
Pam Burley	Waddesdon Manor	5km	0:34:51	53.18%
Pam Burley	Thame	10km	1:17:55	48.75%
Paul Allen	Watford	H-Mar	1:20:11	80.73%
Paul Allen	Milton Keynes	H-Mar	1:24:48	76.34%
Paul Allen	St Albans (Fred Hughes)	10m	0:58:56	82.75%
Paul Allen	Maidenhead	10m	1:01:51	78.85%
Paul Allen	Princes Risborough	10km	0:35:52	82.90%
Paul Allen	Bearbrook	10km	0:35:54	82.82%
Paul Allen	Watford	10km	0:36:28	81.54%
Paul Allen	Flitwick	10km	0:37:13	79.89%
Paul Cowan	Bedford	H-Mar	1:31:55	70.43%

Paul Cowan	Pednor	5m	0:32:49	71.97%
Paul Cowan	Berkhamsted	5m	0:33:11	71.17%
Paul Cowan	Bearbrook	10km	0:41:22	71.88%
Peter Alford	Three Forts	Mar	4:42:14	53.22%
Peter Alford	Berkhamsted	H-Mar	1:49:02	65.90%
Peter Hamson	Aylesbury	5km	0:23:16	69.48%
Peter Hamson	Watford	H-Mar	1:44:11	70.92%
Peter Hamson	Bedford	H-Mar	1:45:22	70.12%
Peter Hamson	Whipsnade Zoo	10km	0:47:21	71.10%
Rich Kennington	Watford	H-Mar	2:02:02	57.31%
Rich Kennington	Berkhamsted	H-Mar	2:03:17	56.73%
Rich Kennington	Whipsnade Zoo	10km	0:54:21	58.82%
Rich Kennington	Serpentine	10km	0:58:26	54.71%
Richard White	Watford	H-Mar	1:42:04	68.52%
Richard White	Berkhamsted	H-Mar	1:47:08	65.28%
Richard White	Bedford	H-Mar	1:48:53	64.23%
Richard White	St Albans (Fred Hughes)	10m	1:17:43	67.66%
Richard White	Princes Risborough	10km	0:53:21	59.92%
Richard White	Pednor	10km	1:20:03	39.93%
Rob Brown	Pednor	5m	0:32:42	75.18%
Robert Pinfield	Watford	H-Mar	1:37:57	65.02%
Robert Pinfield	St Albans (Fred Hughes)	10m	1:12:26	66.24%
Ross Langley	St Albans	H-Mar	1:25:09	69.54%
Ross Langley	Pednor	5m	0:28:47	74.12%
Ross Langley	Waddesdon Manor	5km	0:17:46	72.61%
Ross Langley	Bearbrook	10km	0:39:27	68.06%
Sam Williamson	Pednor	10km	1:02:04	47.91%
Sofie Cole	Berkhamsted	H-Mar	1:58:48	58.77%
Sofie Cole	Bedford	H-Mar	2:00:11	58.09%
Sofie Cole	St Albans	H-Mar	2:07:20	54.83%
Tom Griffin	Flanders	Mar	3:31:21	73.19%
Tom Griffin	Burnham Beeches	H-Mar	1:36:21	76.68%
Tom Griffin	Marlow	H-Mar	1:41:28	72.82%
Tom Griffin	Bearbrook	10km	0:40:54	82.31%
Tony Hill	Anglesey	Mar	4:11:00	60.42%
Tony Hill	Bedford	H-Mar	1:48:30	66.84%
Tony Hill	Marlow	H-Mar	1:56:23	62.31%
Tony Hill	St Albans (Fred Hughes)	10m	1:22:21	66.18%
Tony Hill	Bearbrook	10km	0:49:24	66.97%
Trevor Lark	Marlow	H-Mar	1:42:47	64.59%
Trevor Lark	Pednor	5m	0:33:09	72.95%
Trevor Lark	Bearbrook	10km	0:42:34	71.53%
Trevor Lark	Thame	10km	0:43:09	70.57%
Verna Burgess	Gloucester	H-Mar	1:46:20	67.77%
Verna Burgess	Watford	H-Mar	1:48:31	66.41%