

Tring Runner

September 2009

Many thanks to everyone who's contributed to this month's Tring Runner . .

Ooh heck, a week later than planned!! Sorry for the delay, folks . . hope you don't mind and hope you think it was worth the wait!!

There aren't many **race results** this month . . this may be because we're all too busy topping up our tans in the heat of the brutal English summer we've just enjoyed (!) or it may be because you're out there racing, but you haven't told me about it . .

So please mail those race results to me at mail@richk.co.uk and then not only will you appear in the newsletter but also you'll register in the Club Road Race Championships . .

Which leads me nicely to the subject of the **Off Road Race Championships** . . elsewhere in this newsletter John Manning discusses the composition of this competition (try saying that after an evening at Tring Brewery) and suggests ways in which it may change . . that's if we, the members, want it to change of course. John's outline has already prompted some debate on the internet, so have another look and join in, and make your feelings known . .

John Manning has been out and about over hill and dale once again – no poetry this time sadly, and **Peter Hamson** has not only been Downland Challenging, he's been Dorset Dodding too . .

Last week saw the reintroduction of the **winter speed sessions and time trials** and the club is looking for more people to lead the group so that the load can be spread amongst us all . .

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

There are a few other new items for you . . one of the most interesting for a "careful" Yorkshireman like me is that the **price of club vests** has come down!!!

Steve Long is busy recruiting teams for a couple of interesting relays . .

And most important of all over the next few weeks, we have our Ridgeway Run coming up on Sunday 11th October . .

As Race Director **Rick Ansell** writes, "This is a major Club promotion and we need as many people as possible to help out on the day. There are a number of jobs that will need doing and the one that requires the greatest person power is the marshalling.

John Manning has kindly agreed to organise marshalls. No doubt many old timers will be signing up for their regular spots. Newer members will find offers of services very gratefully received. Please let John know your availability and if you have any wives/husbands/family members of friends who are at a loose end that Sunday morning bring them along.

For people who can't manage a morning of marshalling, **Dave Jones** is organising the car parking which means an earlier start but an early finish and the third area of help needed is at the finish at the Cricket Club where we'll need help from about 10.30 onwards.

Ask not what your Club can do for you etc. etc...!"

Rich Kenington

The Long Tour of Bradwell 8 August 2009 from John Manning

My curse on fell running weather has lifted! Previously, I have only ever done fell races in weather conditions that have varied from "poor" to "cold" to "appalling" and I still cannot (and probably never will) erase the memory of the Edale Skyline 2007 - the words "atrocious conditions", "blizzard" and "busy mountain rescue" don't do justice to it!

So, to return to the Edale for the Long Tour of Bradwell on a beautiful, sunny, clear summer's day was an unexpected treat. For those who saw me in the showers on a Wednesday night after the event, the sun tan mark across my neck testifies to the glorious weather.

Peter Hamson and I agreed to do this 32 mile, 7000ft climb ultra. With Peter at the wheel, we set off from Tring at 6.15am for the 9 am start in the Peak District of Derbyshire. A diversion off the M1 and roadworks meant that we pulled into race headquarters at 8.50am with the start 400 metres up the road. Check in, collect electronic dibber and maps and we were on the start line with all of 90 seconds to spare. Henceforth, Peter will be known as Justin, as in just-in-time.



The race had a bit of everything and a lot of climb and descent. Cave Dale involved running down the stream bed on very slippery limestone rocks. Then a big climb up to Hollins Cross on one side of Edale valley, descend to Edale itself and an even bigger climb up to Ringing Roger and the top of Kinder. Like a roller coaster ride, we then turned, swept back down into the valley and swooshed up the other side to Lose Hill. I use the terms "swept" and "swooshed" figuratively, you understand.

There were tracks, sheep trods, shoulder-high bracken, marshy stream banks, forests, moorland, old mine workings and fantastic views, not least from Stanage Edge and of the dragonfly-like paragliders launching from Bradwell Edge.



We crossed the dam at Ladybower Reservoir, famously the practice site for the Dambusters assault in WW2. And, would you believe it, as we climbed near the reservoir, a Lancaster bomber came droning over at low level! I could nearly hear the military band strike up and feel the Dunkirk spirit coursing through my veins.

Navigation was a combination of map, description, some taped sections and 18 checkpoints to find along the way. I also deployed the tried-and-tested approach of following someone in front or waiting for someone to come up behind when I wasn't sure of my route choice. Even then, you have to make your own decisions. I ran with a super super vet for part of the way who was accompanied by his border collie— amazingly the dog took no notice of the many sheep and they didn't take any notice of it. Mr Super Vet did however insist on going straight on at one point when I was sure we had to go right. The flutter of tape a few yards down the right-hand track soon told me I was right.



Part of the fun and adventure of these races is finding the checkpoints. Most were obvious but about a third of the field failed to find number 13, number 15 dangled dangerously next to a raging torrent and number 18 was ingeniously hanging beneath a footbridge, necessitating some horizontal contortions to reach it.

The joint winners finished in five and a half hours but they were way ahead of the rest of the field. I managed a sprint finish (again I speak figuratively) to pass a couple of others on the way in through Bradwell village and finished in 7hrs 57 minutes and 32nd position. Justin aka Peter came in at 8 hours 8 minutes and 42nd. You could call him Justbehind.

75, and a dog, ran.

Tring Runner Shows New Skills – from anon

John Shelton revealed new skills at the weekend of the 05/09 when he won 2nd and 3rd prizes for his treacle tart and walnut cake at the world famous Wiggington Garden Show.

Asked if he was considering a career change from computing he said it was food for thought.

Village Show Scandal as Burgess protests – from Robert Brown

At the Chalfont St. Giles Show today, prizes were being awarded for the Multi-Terrain 10k Run. The small contingent from the Tring Running Club - Trevor, Clive, Robert and Michael - held their breath as the names were announced.

The first announcement of a winning time of some 26 minutes, within seconds of Bekele's world track record for the same distance, caused some consternation as to the accuracy of the recording.

Then it came - the first male in the 40 plus category, with a time of some 43 minutes, was someone other than Michael Burgess. But Michael finished in under 40 minutes, and is definitely over 40! As luck would have it, the unlikely winner was not present.

Michael strode over to the organiser, who had to escort him to the computer expert. The computer expert said that Michael looked far too young to be over 40, a charm attack which seemed to work on the previously angry Burgess. But they agreed that he was the rightful winner of the said prize, after all only 2 people were ahead of him, one the heir apparent to the Ethiopian superstar Kenenisa Bekele, and the other equally youthful.

The first time race organiser in her anxiety had snapped the plaque from its holder, but we said that we could supply the super glue from club funds to fix it. Burgess travelled home glowing in the double success - a broken prize and even better, a rejuvenation!

Results elsewhere in the newsletter . .

Downland 30 Mile Challenge from Peter Hamson

This event was one of the easier ultras, being 30 miles along the South Downs Way. I could not persuade any of the other old gits to enter this – they had all seen enough of the South Downs during the recent LDWA 100. In fact it was a pleasant enough course, albeit a bit stony under foot. From the village of Clayton the course rose steeply to a pair of windmills, known as Jack and Jill, then followed the South Downs Way for 15 miles. We then turned round and returned the way we had come. The event had the feel of a proper ultra-distance race with some fast runners at the front finishing in less than four hours. I was happy to finish in 5:17 in 47th place out of 106 finishers.

Dorset's Duddle from Peter Hamson

This is a delightful event organised by the LDWA and following the coast path from Weymouth to Swanage. It requires an early start as you have to present yourself at Swanage by 7:30 in the morning in order to catch a bus to the start at Weymouth, but it is well worth it. It is called a duddle as it is only 32 miles, but the distance does not reflect the severity of the course. It is surprisingly hilly for a southern event with several long and steep ascents and descents with a total ascent of around 7000 feet. There is some fantastic scenery on this event, especially in the vicinity of Durdle Door and Lulworth Cove. The only regret is that we don't really have time to stop and admire the coastal views. The course goes through the Lulworth Ranges Military training area where we are constantly reminded to keep to the path for fear of unexploded shells. The only slightly unpleasant part is the last mile or so where you have to go through the centre of Swanage

and along the Beach road where you are dodging people with prams and kids with ice creams, but finally you arrive at the church hall where you are looked after in true LDWA fashion. You can just slump into a chair while someone brings you food and endless cups of tea and water.

I was happy to complete the course in 6 hours 48 minutes which was considerably faster than I had anticipated. Brian Layton also completed the event. I gather he was struggling over the last few miles but still finished in a very creditable 9 hours 17 minutes.

Fizz at the Club

An experienced physiotherapist called Helen Dalziel will be at the Club on September 9, 16 & 23 from 1830.

Each session is half an hour and costs £20 per session. She would love to see any runners that have injuries or niggles that they need advice on. There will be a sign up sheet on the downstairs notice board at the club.

Please feel to contact Helen directly on her mobile - 07759 875418.

Tring Running Club vests in price slash shocker!! from Nikki Burgess

Get your TRC vests for any Indian summer we may have in September, at the credit crunch busting, all time low price of just **£8.00** while stocks last!

This special offer is to reduce our current stock levels so that we can explore a new line in vests to update our club kit and bring us to the finish lines looking, well, a little **cooler** in our attire at least!!!

Contact Nikki Burgess on 07780 704651, email nikki_burgess@hotmail.co.uk or see Nikki at the club most weeks (EXCLUDING 9 & 23 Sept and 14 & 21 Oct)

Sizes XS, S, M & L in ladies and S, M, L and XL in mens still available!

Fell running in the Black Mountains, September 25th and 26th from Tony Rubery

I am arranging a weekend of fell running in the Black Mountains on behalf of my running club at work. At the moment we have quite a few spare places, and I am keen to fill them if possible. I have booked the bunkhouses attached to the Castle Inn, Pengenfford:

www.thecastleinn.co.uk

Those of you who went on the club trip to the Black Mountains a couple of years back will remember this as the pub close to the RAF centre.

The cost of accommodation is £17 per night which includes breakfast in the pub, and I have the rooms booked for the Friday and Saturday evenings.

Since this is a work club jaunt rather than a Tring jaunt, I think I'll have to say that children can't be included. Sorry and all that. In any case, there aren't cooking facilities in the bunkhouse, so eating is likely to be in the pub, which isn't brilliant for kids really.

If you are interested, or want to know more, please let me know at Tony.Ruberry@btinternet.com

Monday Night Track

David Heron reminds us that there is an opportunity to get some track training and coaching (by Mark Hadaway) on Monday nights at Hemel track at Jarman Park. 8 - 9 pm. £3 payable on the night

It's just started this week and is currently booked through every Monday to 21 December. A few of us did this last year and usually about 16 to 18 attend so a manageable size.

All welcome, if you need any further info please contact David davidgheron@btinternet.com

Calderdale Way Relay, 13 December 2009, from Steve Long

Entries have opened for the Calderdale Way Relay - Sunday 13th December.

Please let me know if you're interested in running. I have some definites from the usual suspects but new faces are always welcome.

For the uninitiated, this is a fell relay of 6 legs each run by pairs, so 12 runners are needed for a team. Calderdale is in the heart of the South Pennines, in West Yorkshire (Halifax area). The course loops around the valley, dipping into side valleys as it goes, and the terrain underfoot can be a real mixture of moorland, fields, woods, lanes and canal towpath. Legs vary in length from 5 to 11 miles, so something for everyone. There is a great atmosphere at the changeovers and on the course, and teams compete strongly not only for the lead but for all places. Tring has held its own at the Calderdale in recent years, and we hope to do well in 2009!

Talk to me at the club for more info (or any of the aforesaid usual suspects). Details will appear here www.halifaxharriers.co.uk in due course.

Pennine Bridleway Relay 31 January 2010

Because the Calderdale is usually over-subscribed, how about the idea of entering the Pennine Bridleway Relay on 31st January, with priority for places going to those who didn't make the cut for Calderdale? I like the idea of entering a mixed team if there are enough ladies interested. 5 legs run in pairs so 10 runners in total - and 5 ladies are needed for a mixed team. I think a Tring mixed team could do well in this race. Details at www.penninebridlewayrelay.co.uk. Entries don't open until 1st November so we have some time to think about it. I'd be willing to organise the team, but equally willing to let somebody else do it!

When you let me know about the Calderdale, please also let me know whether you'd be interested in the Pennine Bridleway Relay as well.

Chiltern League Cross Country Fixtures

Sat 16 Oct	Oxford
Sat 7 Nov	tba
Sat 5 Dec	tba
Sat 16 Jan	Shuttleworth
Sat 13 Feb	Wing

Please put these dates in your diary and try to come along to at least one of them – they're free after all – and help us stay in Division One!!

Recent race results

Bearbrook 10k, Sunday 9 August

10	Paul Allen	35:54
40	Ross Langley	39:27
60	Tom Griffin	40:54 1 st MV60
64	Paul Cowan	41:22
71	Clive Cohen	42:06
78	Greg O'Callaghan	42:18
82	Trevor Lark	42:34
84	Jonathan Smith	42:40
96	Michaela Colwell	43:29
251	Jane Porteous	52:33
267	Liz Daniel	54:04
326	Geoff Dennis	56:45
349	Nikki Burgess	58:27
351	Beth Dennis	58:33
369	Frances Mills	60:29

Burnham Beeches ½ Marathon, Sunday 23 August

164	Tom Griffin	1:36:21 2 nd MV60
856	Kim Reed	2:18:05 Kim and Frances nattered the whole way round
857	Frances Mills	2:18:05 with Kim easing herself back after injury

Chalfont St Giles Show 10k MT, Saturday 5 September

3	Michael Burgess	39.34 1 st MV40
9	Robert Brown	42.38
10	Trevor Lark	43.54
12	Clive Cohen	44.25
127	Geoff Dennis	69.22

Headington 10k, Sunday 6 September

74	John Manning	42.09
226	Liz Daniel	53.01
233	Cathy Court	53.45

Bedfont Lakes parkrun, 5k time trial

Rich Kenington

Saturday 8 August	27.31
Saturday 22 August	27.36
Saturday 29 August	26.58
Saturday 5 September	28.09

The Off-Road Championships – a discussion, from John Manning

Dear members, your views are needed.

The club currently has 4 championships in which members can compete over the course of a year

Road Race
Cross Country
Off-Road
the Gauntlet (for the highest number of competitive miles)

Each has its own set of "rules".

At the 2008 AGM some questions were raised on the composition of the events included in the Off-Road Championship. The committee has considered the purpose and principles behind the championship and has asked me to make proposals for the forthcoming year. Based on these proposals, the committee would welcome views from members.

To remind you of the current "rules";

The club off-road championships are awarded annually and include the following events:

- | | | |
|---------------------------|-----------|------------------------------|
| 1. Box Hill | January | (medium distance, hill race) |
| 2. Hardwick Xstream | February | (medium, cross country) |
| 3. Aldbury 5 | April | (medium, trail) |
| 4. Combe Hill | June | (short, hill) |
| 5. Dunstable 20 | September | (long, trail) |
| 6. Beachy Head | October | (long, trail) |
| 7. Herbert's Hole | November | (medium, cross country) |
| 8. Brenda Barlow Handicap | November | (medium, trail) |
| 9. Cliveden | December | (medium, trail) |

In each event the first man and woman from the club scores 25 points, the second 24 points, the third 23 points and so on down to the 25th who would score 1 point. Of course, if there were more than 25 Tring runners the 26th would score 0 and the 27th (-1) but so far this has never happened (the largest turnout has been 25 in last year's Beachy Head marathon)

The following awards are made:

- 1 The men's and women's club championship. These are awarded to the man and woman with the highest number of points.*
- 2 The men's and women's vets championship. These are awarded to the first man over 50 and the first woman over 45. If the overall champion is also a vet, the vets champion is awarded to the second vet. Ages are taken on the 1st January of the year in question.*
- 3 A small award is also given to anyone who completes all events in the series*

The committee considers the principles behind the championship are as follows:

- to encourage as many members as possible to participate in off- road running
- to recognize persistence in participation (ie the champion may not be the fastest runner but is more likely to be the person who completes most events)
- to include a diverse range of events, spread through the year and taking place within easy reach of Tring (or known to be popular with club members eg Beachy Head)

Proposal

I would propose that the current 9 events be retained. They achieve a diversity of distance and terrain. Subject to identifying suitable additional races, I would propose that we increase the number of races to 11-12 with a view to "filling in" some of the months when none take place currently. The increased number would provide more opportunities to race. It may also make the championship even more competitive and may even introduce an element of tactical choice! I would also propose that, with suitable transitional arrangements, the final event of the championship should be the club handicap race in November each year.

We would welcome members' views on the following questions:

- 1 Do you agree with an increase in the number of events to, say, 11-12?
- 2 Are there any events that members think would make a viable addition to the current list?

There has been some discussion about whether some events should be discounted on the basis that they are not 'marked' races and involve a degree of navigation eg Beachy Head, Dunstable 20. The committee considers that off-road running, particularly for longer distances, often involves some navigation eg by route description or map, and that to exclude such races would limit the diversity of the Off-Road Championship.

Please let any member of the committee know your views or post a message to the TRC Google group. Based on the above proposal and on members' comments, the composition of the 2010 championship events will be decided by the committee by the end of November to allow entry for the events which will take place early in 2010.

Gauntlet (Forrest Gump) Trophy from Peter Hamson

The Gauntlet Trophy (or Forrest Gump as it used to be known) is awarded to the runner who has done the highest number of competitive miles in the year. This will be the fifth year of the competition. The first three years were won by Brian Layton. Last year it was renamed the Gauntlet trophy and Brian again won it with a staggering 1189 miles. This year sees Brian once again way out in front with 604.5 miles in the first six months of the year. By comparison my own mileage was a mere 278.8 miles. There were no other entries.

Brian Layton's Total

Event	Mileage
Chiltern League - Wing	6
Winter Tanners (LDWA)	30
Box Hill	7.5
Charnwood Hills	13
Punchbowl Marathon	30
Chiltern League - Luton	6
Hardwick X - stream	6
Chiltern Kanter – Marshalls (LDWA)	26
New Chew	13.5
The Grizzly	20
The Whittlebury Way	20
Giant's Daughter (LDWA)	30
Charnwood Marathon (LDWA)	26
Coventry Way Challenge (LDWA)	40
Highlander Mountain Marathon	27.5
Wye Forest 50 (LDWA)	52
Great Langdale 3 day	77
Chequers Roundabout (LDWA)	15
Wessex LDWA 100	100
Raid O'Bivwak MM	28.5
LAMM	33.5
<u>TOTAL</u>	604.5

Peter Hamson's Total

Tanner's Marathon (LDWA)	30.0
Box Hill	7.5
Watford Half Marathon	13.1
Punchbowl Marathon (LDWA)	30.0
Wye Forest 50 (LDWA)	52.0
Oxon 40 (LDWA)	40.0
Wessex LDWA 100	100.0
Whipsnade 10K	6.2
<u>TOTAL</u>	278.8

Club Interval Sessions and Time Trials from Tony Hill

One of the most popular and successful innovations at the Club over the last 18 months have been the interval sessions organised on a Wednesday night by David Heron.

Please find below David's suggested sessions for this autumn & winter starting on Wednesday 7th September. However, please note that this programme will only run if we can find volunteers from the Club to manage each session.

Please chat with me at the Club or contact me by email or 'phone (01442 890394) if you can think you can help. Ideally, everyone in the Club would host one of the sessions!

9-Sep-09	4 x Mile Efforts (Station Road)
16-Sep-09	Christchurch Road hill reps 10 -14
23-Sep-09	Grove Park flat 800 m efforts
30-Sep-09	Pyramid session on Grove Park (approx 400, 800,1200,800,400)
7-Oct-09	Ash Rd, Christchurch Icknield way 5 x 800m efforts (varied)
14-Oct-09	8k Time Trial
21-Oct-09	4 x Mile Efforts (Station Road / Grove Park)
28-Oct-09	Christchurch Road hill reps 10 -14
4-Nov-09	Grove Park flat 800 m efforts
11-Nov-09	Ash Rd, Christchurch Icknield way 5 x 800m efforts (varied)
18-Nov-09	Pyramid session on Grove Park (approx 400, 800,1200,800,400)
25-Nov-09	8k Time Trial
2-Dec-09	4 x Mile Efforts (Station Road / Grove Park)
9-Dec-09	Christchurch Road hill reps 10 -14
16-Dec-09	Grove Park flat 800 m efforts
28-Dec-09	Predicta run (Bell loop of course)
30-Dec-09	Presumably not meeting
6-Jan-10	Ash Rd, Christchurch Icknield way 5 x 800m efforts (varied)
13-Jan-10	Pyramid session on Grove Park (approx 400, 800,1200,800,400)
20-Jan-10	8k Time Trial
27-Jan-10	4 x Mile Efforts (Station Road / Grove Park)
3-Feb-10	Christchurch Road hill reps 10 -14
10-Feb-10	Grove Park flat 800 m efforts
17-Feb-10	Ash Rd, Christchurch Icknield way 5 x 800m efforts (varied)
24-Feb-10	Pyramid session on Grove Park (approx 400, 800,1200,800,400)
3-Mar-10	8k Time Trial
10-Mar-10	4 x Mile Efforts (Station Road / Grove Park)
17-Mar-10	Christchurch Road hill reps 10 -14
24-Mar-10	Grove Park flat 800 m efforts
31-Mar-10	Ash Rd, Christchurch Icknield way 5 x 800m efforts (varied)
7-Apr-10	Pyramid session on Grove Park (approx 400, 800,1200,800,400)
14-Apr-10	8k Time Trial

Club Time Trial Wednesday 2 September from David Heron

Brief explanation about age grading for those not familiar.

The 2 sets :

RM is based on racemaster software and is for 8k and age on day.

TRC clubchamp is based on 5M and other "complexities" which takes too long to go into (ie I don't understand).

Approx distance of this route is 4.97, when I measured using Garmin

Position on times

Position Time

based on RM based on TRC club championship

1	HARDING, Kevin	30:58	76.19%	78.09%
2	BURGESS, Michael	31:33	74.20%	76.07%
3	WHELAN, Alan	33:34	67.17%	68.77%
4	COHEN, Clive	34:12	70.67%	72.47%
5	BROWN, Rob	34:12	70.67%	71.88%
6	O'CALLAGHAN, Greg	34:45	61.75%	63.07%
7	HOGG, Darren	36:23	58.58%	59.87%
8	JEFFS, Colin	36:51	59.45%	60.79%
9	COURT, Jon	37:16	67.09%	68.74%
10	WORT, Matt	37:23	57.02%	57.11%
11	COLWELL, Micheala	37:25	67.18%	67.97%
12	HARDING, Alison	38:37	69.18%	70.74%
13	SAWYER, Tom	39:41	53.71%	55.56%
14	ASPELL, Brendan	41:31	54.31%	55.60%
15	MITCHELL, Jane	44:42	56.24%	56.45%
16	HERON, Gill	46:01	59.71%	61.64%
17	MCCLINTOCK, Christine	47:32	49.75%	50.91%
18	DENNIS, Geoff	50:40	54.39%	55.23%
19	BURGESS, Nikki	50:40	50.04%	50.59%

Actual position

Position on Age Grading

1	HARDING, Kevin	30:58	76.19%	78.09%	1
2	BURGESS, Michael	31:33	74.20%	76.07%	2
3	COHEN, Clive	34:12	70.67%	72.47%	4
4	BROWN, Rob	34:12	70.67%	71.88%	5
5	HARDING, Alison	38:37	69.18%	70.74%	12
6	WHELAN, Alan	33:34	67.17%	68.77%	3
7	COURT, Jon	37:16	67.09%	68.74%	9
8	COLWELL, Micheala	37:25	67.18%	67.97%	11
9	O'CALLAGHAN, Greg	34:45	61.75%	63.07%	6
10	HERON, Gill	46:01	59.71%	61.64%	16
11	JEFFS, Colin	36:51	59.45%	60.79%	8
12	HOGG, Darren	36:23	58.58%	59.87%	7
13	WORT, Matt	37:23	57.02%	57.11%	10
14	MITCHELL, Jane	44:42	56.24%	56.45%	15
15	ASPELL, Brendan	41:31	54.31%	55.60%	14
16	SAWYER, Tom	39:41	53.71%	55.56%	13
17	DENNIS, Geoff	50:40	54.39%	55.23%	18
18	MCCLINTOCK, Christine	47:32	49.75%	50.91%	17
19	BURGESS, Nikki	50:40	50.04%	50.59%	19

Sam's Angels' time trials, Whippendell Woods, – from Sam Williamson

Once again we had great weather conditions and some new Tring faces and juniors to welcome along to our monthly gathering. What's more Kevin H was looking lean and mean (when isn't he?).... So, I can happily announce that the course record was broken - by a full 2 seconds (!) – a well paced run from Kevin – I'm sure there's more where that came from.

Next time trial is **Saturday 26th September** which is the day before a number of 'Sam's Angels' run in the Windsor Half Marathon so I guess they'll be taking it easy – all the more reason for some of the fast guys and gals to come and have a go!

			24- Jan	28- Feb	04- Apr	25- Apr	23- May	20- June	18-Jul		22-Aug		
Name	M/F	S/V	Finish	Finish	Finish	Finish	Finish	Finish	Lap 1	Finish	Lap 1	Finish	PB?
Sam Williamson	M	V	26.02	24.36			24.18						
Sarah Williamson	F	V	35.15	33.41	34.11	33.32	33.40	33.46	16.48	34.26	16.25	33.18	Y
Angela Cory	F	V	36.39										
Danielle Sanderson	F	V	27.03										
Victoria Hudson	F	S	36.15				36.53		17.58	37.15			
Sarah Dorey	F	V	42.10	40.09	40.38	41.41	N/A	37.28	18.43	38.57			
Natalie Homan	F	V	46.53	44.48	46.16			43.35	DNF				
Steve Rouse	F	S	28.18										
Unette Spencer	F	V	39.33										
Andrew Kelly	M	S	26.56	27.01			27.45						
Paul Harrington	M	S		29.35									
Michelle Ashwell	F	V		37.34	36.45		36.15	36.27					
Paul Iling	M	V		27.46	27.09	27.05							
Kate Gibbs	F	V		44.48				(21.42)					
Ian Downey	M	S		35.02			33.42		15.47	32.43			
Kevin Harding	M	V			24.31				12.10	24.25	12.01	24.16*	Y
Alison Harding	F	V			29.45		30.15		14.42	29.04	14.47	29.36	N
Michael Williams	M	S			32.28	31.59					15.41	32.11	N
Mark Ashwell	M	V			32.54	29.53	30.08						
Luke Silverton	M	S			36.31	36.20							
Andy Burton	M	S				28.42							
Richard Williams	M	S				28.12							
Sarah Hill	F	S				28.22							
Carla Whittaker	F	S					36.33						
Jane Mitchell	F	V					38.15	35.50			17.23	35.43	Y
Elinor Evans	F	S					N/A						
Karen Denton	F	V					N/A						
Clive Cohen	M	V					29.10	27.25					
Geoff Head	M	V					30.27	29.04					
Maureen Hemley	F	SV						33.31					
Jennifer Barber	F	S						30.28	15.15	30.05	14.57	30.10	N
Matthew Gibbs	M	J						(17.24)					
Eleanor Williamson	F	J						(20.12)	(20.29)	1 lap	(21.08)	1 lap	N
Sam Head	M	J						33.10			15.41	31.18	Y
Mike Stone	M	S							15.26	31.26			
Tom Williamson	M	J							(29.25)	1 lap			
Gill Heron	F	SV									(18.34)	1 lap	Y
David Heron	M	SV									15.31	31.42	Y
Helena Mitchell Green	F	J									(26.17)	1 lap	Y
Curtis Mitchell Green	M	J									(26.17)	1 lap	Y

TRING RUNNING CLUB

Minutes of a Meeting dated 5th August 2009 at 21:15

Venue: Tring CC Pavilion

Present: Tony Hill, Kirsty Barnett, Maria Cook, Rich Kenington, David Heron and, Peter Hamson, John Manning and Richard White

Apologies: Verna Burgess, Jane Porteous and Nigel Lacey

1.0 Minutes of Last Meeting (review actions)

- **Start Finish Banner** – Tony & David to coordinate with Colin. Separate start & finish banner with “supports”. Consider all options.
- **Framed Ridgeway T-Shirts** – TH spoke with CC folks. Reminded Tony that we only have a limited space to display items in the CC. Idea of a photo collage.
- **Gareth & Lindsay** – Propose £100 from Club funds and individual collection. Money will be put together with that collected from the other clubs. Voted 10/11 Yes.

2.0 Ridgeway & Fun Run Sponsor

Solgar vitamin company have sponsored fun run and Ridgeway for many years. They would like to get ‘more for their money’

- Stall at event to market/ sell their product.
- Put information about their products in the mail shot

ACTION: T.Hill to speak with them

3.0 Off-Road Champs

ACTION: J.Manning & K.Barnett to propose option

4.0 TRC & Chiltern League

Anyone can run but only 1st Claim runners can score. Situation is confused after the Chiltern League AGM. Situation needs clarification.

5.0 AOB

- 5.1 Update of Website. The website is not up to date. Ask Alan about situation.
- 5.2 Running Vest – If we are going to change kit we need to encourage the sale of the current vests. Sell old stock at £8. This will make a loss but everyone still need to wear vests for events until the possible change is agreed by the club at the AGM in Nov.

Racing Ahead

September

Sun	13 th	10.30	<u>Dunstable Downs Challenge</u>	20m, ½ mara, trails Off Road Champs
Sun	13 th	10.30	<u>Woburn 10k</u>	10k
Sun	13 th	10.30	<u>Bananaman Man 10k</u>	10k, Milton Keynes
Sat	19 th	14.00	<u>Woodstock 12</u>	12m, Blenheim Park
Sun	20 th	10.00	<u>Medmenham 10m</u>	10m, 3½m, trails
Sun	27 th	11.00	<u>Biddenham River Run</u>	10k,
Sun	27 th	15.00	<u>Manches Moor Park 10k</u>	10k plus Junior races

October

Sun	4 th	10.00	<u>Standalone 10k</u>	10k, Letchworth, roads
Sun	4 th	10.30	Abbots Langley Tough Ten	10k, roads
Sat	10 th	pm	Chiltern League XC	Shotover Hill, Oxford
Sun	11 th	11.00	<u>The Ridgeway Run</u>	All Hands On Deck Please!!
Sun	18 th	09.00	<u>Abingdon Marathon</u>	Event now full
Sun	18 th	10.00	<u>Frieth Hilly 10k</u>	Oxfordshire, multi terrain
Sun	18 th	11.00	<u>Amphill Trophy</u>	approx 8k, cross country
Sat	24 th	09.00	<u>Beachy Head Marathon</u>	Event now full Off Road Champs
Sat	24 th	10.30	<u>Burnham Beeches 10k</u>	Off road
Sun	25 th	10.30	<u>Ricky Road Run</u>	9 miles, road
Sun	25 th	11.00	<u>Candleford Canter 10k</u>	Ladies only, Fringford, Oxfordshire

November

Sun	1 st	09.30	<u>Marlow Half Marathon</u>	road
Sun	1 st	10.10	<u>Stevenage Half Marathon</u>	road
Sat	7 th	pm	Chiltern League XC	location tba
Sun	8 th	all day	<u>Steppingley Step</u>	26, 17, 12 ml from Barton le Clay. LWDA
Sun	15 th	11.00	<u>Autumn Challenge</u>	5m XC, Cassiobury Park, Watford
Sun	15 th	11.00	<u>Herbert's Hole</u>	10k-ish MT, Chesham Off Road Champs
Sat	28 th	14.00	<u>Wolverton 5</u>	road
Sun	29 th	10.30	<u>Eynsham 10k</u>	road

Deadline for the next edition:

Please try to make sure that anything you would like included in the October edition of Tring Runner reaches me by the end of Sunday 4th October.

Many thanks . .