

Oh no. What's he going to say this week...



Hi everyone,

Well, it's been another busy month. Maria tells me the Bunga Bunga party tickets are going well. 43 sold but only 2 to female members of the club. Their details are available for a price....

Wonderful news from Eli below, so make the most of those time trials before they stop. What percentage would a -0.5 yr old get for a 40 minute five miler? Geoff Dennis missed out on getting an accurate timing for his 5 miler when his Dairy Diray fell out of his pocket coming down the High St on day 3.

We've got lots of articles again. Thank you to all the contributors (knowing and unknowing) But the main thrust, if I may use that term, this month is the Member Focus. John Boielle is one of our longest standing members – must get him a chair – and to celebrate his continuing brilliant contribution to the club, his Member Focus section has become a supplement in its own right! Now, I think anyone who has run the Brenda Barlow or done Marathon training will look at the supplement and think “Wish I'd written something now,” so, the attached is only a draft. Please consider a small note / photo to include in the final copy next month. Something like:

John,  
Thanks for organising the Brenda Barlow and all those Sunday Morning Marathon Run tea and biscuits. See you down the club soon for a beer.  
Cheers  
Dave



*Dave*

## Message from Eli Tweed

My husband (Mark) and I are expecting our first baby! It is due in early October. We're thrilled to bits and very excited. I've worked out that it's already run about 200 miles in it's first 14 weeks of existence!

Congratulations from all of us! Wonderful news.



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# Running Recipes

So they we were after Nigel's Saturday morning jaunt from the Monument, tucking in to bacon sandwiches and mugs of tea at the Monument café. What better 11:00 am post-run snack can there be? And so the discussion continued, or perhaps I should say monologue as no-one was listening and it mainly took place in my head. What would I look forward to if I was a veggie? Anyway, I thought I'd better ask Verna the Vegan ...

## What do vegans eat?

Having been a vegetarian for 30 years and vegan for 18 years I am rather used to this question! It is usually followed by follow on's such as what do you do for protein (*tofu, avocado, pulses, soya and seeds*), do you have to take iron supplements (*no not even needed when pregnant x 3*) and how can you not eat chocolate (*only milk chocolate contains dairy products and lots of high quality dark chocolate is vegan so I am well able to indulge*).

During the Watford Half, I passed Dave Jones our editor at about mile 4 and he tells me he then had the pleasure of running with a vegetarian runner for a fair few miles. It obviously reinvigorated his brain cells and he remembered that as well as Tring being my first claim club, I am a second claim member of Vegan Runners. Dave asked me about vegan post race grub so I agreed to pass on a couple of recipes. High carb and cruelty free – nourishing the body and mind!

### Potato and Sweetcorn soup.

1 x tbs oil  
1 x onion chopped  
1 x garlic clove crushed  
3 x diced medium potatoes  
2 x large handfuls of frozen sweetcorn  
1 litre veg stock  
100ml soya milk

Heat oil in a large pan and sauté onion, potatoes and garlic for about 5 minutes over a medium heat. Add sweetcorn and stock and bring to the boil. Simmer gently for about 20 minutes until potatoes are cooked. Remove 2/3 ladles of soup and put on one side. Puree the remainder of soup in the saucepan with a hand blender until smooth. If too thick, thin with soya milk. Return the un-pureed portion back to the pan and stir. Serve hot with crusty bread.



### Raspberry and Banana Cake

10oz x plain flour  
2 tsp x baking powder  
3 x bananas, chopped  
7oz x brown sugar  
5 fl oz soya milk  
4oz x vegan marg, melted (eg Pure brand is in all supermarkets)  
1 x large handful frozen raspberries

- Sift flour and baking powder together.
- Put bananas, sugar and soya milk in a large jug and whizz with a hand blender until smooth.
- Make a well in the flour and pour in banana mix, plus melted margarine. Stir well and add frozen raspberries.

This mix can be split between 2 x 7” round cake tins, 1 x 9” square tin (line any tins with baking parchment) or 12 muffin cases. Cook in a med/hot oven (about 180) for 20- 25 minutes. Cakes should feel firm when cooked.  
Cool on a rack.

I hope you enjoy these recipes as much as my family does. By the way my times do not reflect the elite side of vegan running but Anna Finn ran 10 marathons in 10 days in 2010 and was the youngest female member of the 100 Marathon Club, Helen Fines is regularly winning fell races and Fiona Oakes beat many elite runners at last year’s Great North Run, all members of Vegan Runners.

## **Verna Burgess**

Thanks Verna. Now over to Nigel Kippax for the carnivore’s suggestions:-

### **How to cook your red meat**

Aggression; competitiveness; beating the opposition. Now aren't those the true values of a Tring Runner? Enough of the healthy eating options. Don't succumb to the veggie arguments, we need to maintain our raw animal instincts ...go for the Ashridge Bacon Sandwich every Saturday morning!!

Ask yourself, when was the last time you heard Richard White discussing the finer points of a warm sunny day, the song of the birds or the smell of the spring flowers? Nah! Red meat and testosterone!

Cooked to perfection (with or without the fat cut off) with options of additional sausage and egg (bit messy when the yoke squirts all over your face) these fine examples of British cooking are available from the Ashridge cafe.

The Saturday 9am group (that's the 12 months a year group, not to be confused with the winter only part timers) feed on bacon sarnies every week. Remember, even the most dedicated Veggie can be swayed by the smell of cooking bacon!

On the other hand, they also do a fine line in toasted tea cakes and wonderful white chocolate cookies!!

## **Nigel K**

**Mike Gaunt:-** *Typical post run meal preparation – Go to Marks & Spencers in Tring and buy some thick crust meat pies, call into Tring Brewery for a polybin of Ridgeway Bitter, put your elasticated waist shell suit on and watch the test match.....*

Thanks Nigel & Mike. Meanwhile, the Jones’s eating habits are illustrated below – Josh had run round the garden so needed the fix... I did actually write a carnivore’s perfect Sunday, post-run lunch which started off with “Jump on your quad bike, pick up a chain saw, and chase Daisy the



cow out of the buttercup strewn meadow into the local abattoir....” but even I started feeling squeamish after a bit, so that’s been abandoned and I’m going to try Verna’s recipes instead.....

**Dave**



## Oakley 20

Hi all,

just to say that 5 runners from the Club did the Oakley 20 mile on Sunday, an undulating course with a couple of hills.

Start was at 10am and the weather was cool but warmed up at midday , good for running, well organised run with drink stations every 3 mile.

<b>Results</b>	Postn	age group	Time
Ross Langley	28	9- 0-34	2.12 hrs
Tom Griffin	182	2-60-64	2.35
Kim Reed	467	13-45-49	2.58 (PB)
Tony Hill	478	7-60-64	2.59 (PB)
Francis Mills	742	42-45-49	3.38

Well done to Ross , this must mean a result in the London marathon of under 3hrs , if not questions will be asked.

Well done to all with PB's as quite a 'testing' course.

Be Well  
Tom Griffin

## Tring Running Club Ridgeway Relay 2011

After a gap of several years, we have decided to re-introduce the Ridgeway Relay. We will start from Avebury Stone circles at around 5.00am on Sunday 10th July, with the aim of finishing at Ivinghoe Beacon in the early evening of the same day. Each leg will be run by at least two people, and will be around 6-7 miles long.

This is a great opportunity to see parts of our Ridgeway that you may not have seen, while flying the Tring Running Club flag (maybe in your new running vest?) Please be warned however, you may get a burning desire to join a few of us and run the whole thing in one go on 27th August.

I have started taking names of people interested in taking part, if you would like to participate or would like more information please see me at the club or call me on 07779 149282.

David Sawyer

# Road Champs

## Berkhamsted

An impressive 33 road runners turned out for the Berkhamsted Half Marathon and 5 mile race on Sunday the 6<sup>th</sup> of March. Not to mention the other club members who attended in official capacities as marshals and organisers!

Recovering from an injury that I picked up at the Watford Half, I was disappointed not to be there but pleased that my number was put to good use by Luke who finished amazingly high up in the rankings! Special mentions of congratulations go to:

- Tom, for achieving greater than 80% in a Half Marathon!
- Liz, for her first pb at half marathon for 6 years!
- Len, for knocking 6 minutes off his pb half marathon time
- And both Cathy (5 miles) and Luke (Half) for their pbs!

Please see the results below and the corresponding age graded percentages.

Name	Race in 2011	Distance	Time	*%
Tom Griffin	Berko	H-Mar	01:31:03	82.70%
Luke Delderfield	Berko	H-Mar	01:14:58	78.99%
Trevor Lark	Berko	H-Mar	01:30:43	74.43%
Greg O'Callaghan	Berko	H-Mar	01:23:32	72.71%
Mark Hadaway	Berko	H-Mar	01:25:28	69.38%
Jon Scullard	Berko	H-Mar	01:29:53	69.16%
Liz Daniel	Berko	H-Mar	01:48:20	69.00%
Helen Vaughan	Berko	H-Mar	02:00:48	65.11%
Howard Clark	Berko	H-Mar	01:37:30	64.79%
Matthew Armstrong	Berko	H-Mar	01:33:47	64.30%
Eli Tweed	Berko	H-Mar	01:43:07	63.92%
Geoff Head	Berko	H-Mar	01:44:55	63.81%
Nigel Kippax	Berko	H-Mar	01:48:40	63.79%
Jane Porteous	Berko	H-Mar	01:58:47	63.72%
Andrew Hill	Berko	H-Mar	01:33:48	63.22%
Kim Reed	Berko	H-Mar	01:58:01	62.56%
Sofie Cole	Berko	H-Mar	01:53:55	62.55%
Len Vaughan	Berko	H-Mar	01:50:28	62.19%
Rachel Lark	Berko	H-Mar	01:47:12	61.41%
Paul Terrett	Berko	H-Mar	01:48:38	61.11%
Nigel Millwood	Berko	H-Mar	01:40:50	59.44%
Frances Mills	Berko	H-Mar	02:09:56	58.25%
Carol MacDonald	Berko	H-Mar	02:00:05	57.15%
Geoff Dennis	Berko	H-Mar	02:20:10	56.43%
William Harvey	Berko	H-Mar	01:56:15	56.14%
Heidi Baker	Berko	H-Mar	02:08:28	52.37%
Tom Hallett	Berko	H-Mar	02:07:00	47.82%
Cathy Court	Berko	5M	00:42:13	62.50%
Jane Mitchell	Berko	5M	00:42:43	60.01%
Janet Reeve	Berko	5M	00:46:09	59.91%
Geoff Roser	Berko	5M	00:49:55	55.06%
John Shelton	Berko	5M	00:49:10	53.46%

*Results Elsewhere*

Helen Vaughan	Wilmslow	10k	00.54.14	65.14%
Michaela Colwell	Sandy	10m	01.14.36	71.18%
Richard White	Sandy	10m	01.19.19	67.49%

***Action for April!***

- Maidenhead Easter 10 (Good Friday 22<sup>nd</sup> April). Closing date 15<sup>th</sup> April
- Silverstone 10k (4<sup>th</sup> May) Closing date 27<sup>th</sup> April.
- Marlow 5 (8<sup>th</sup> May)
- Prestwood 10k (15<sup>th</sup> May)
- Wycombe 10k and Half Marathon (17<sup>th</sup> July)

***BEST OF LUCK TO THOSE OF US RUNNING THE BRIGHTON AND LONDON MARATHONS!***

## Chased by animals

This topic came to me on my regular 7:30 am run over the Beacon. On the way back home, running down Tring Rd along the mesh fence by the old RAF base, a rabbit habitually popped out by a large tree just the other side of the fence. For 3 mornings in a row, as I came alongside, he would leap out, flip his fluffy white tail in the air and accelerate away along the other side of the fence, making me look like the proverbial tortoise. After a few more mornings, I got the feeling he was waiting for me with the pure intention of inducing humiliation. This was confirmed when I noticed he'd used some twigs to set up a little finish line a few fence panels down and as he burst through, chest out, (and I'm not sure of the opposable thumb status of a rabbit) he definitely gave me the finger and did the "L" for loser on his forehead as he shot off to do what rabbits do. (Jammy devils....) I got to thinking of other instances when animals involve us in races, or chase us, and so this article was born.

I know Mike Gaunt had an unpleasant incident just after a training run when he was attacked by a tortoise. Almost canine in its attention, it was trying to mate with his leg and despite racing off at top speed, Mike wasn't able to shake the beast off. It wasn't until he got home and put his glasses on that he realised it wasn't actually a tortoise but a stray meat pie that had fallen out of his carrier bag and lodged in the turn-ups of his corduroy trousers.

Duncan Smith, who ran with us for a year or so, got chased by Badgers. It was dusk and he was running towards Ashridge College from the Monument. He recalls that as he got into the darkest part of the run, ahead he saw two pairs of red eyes low down. He couldn't make out the form but was quite startled by the brightness of the eyes, and the way they were focussed on him. Closer and more nervously he ran and was actually relieved when he made out their badger form. But, his relief was premature as, when he came level with them, they turned towards him and started chasing him towards the college, snapping at his heels. Now, he has never told the ending to that story but I think he may have let it slip one time when we were in the car. He hit a badger that came out from the bushes and it gave a small whine as it went over the bonnet. "I think you've \*\*\*\*ed that badger" I said. "Nah, don't think so," he replied, "mine squealed a lot more than that..."

Then I remembered Mike Burgess was chased and attacked by a dog while out running. The dog knocked him over and caused some injury. Luckily the Chihuahua had woolly boots on, otherwise the scratch injuries may have caused more than bruising. His recollection is below.

Mike Burgess recalls: True to say that I have no problems with cattle, as per Rick's comment in his last fell race article "where's Michael when you need him" I was with a group of runners once where we entered a grass keep field with a bull and some cows in it, the others wanted to go back or at worst run around the outside of the field, I ran right up to the bull, a Charolaise as I recall and slapped it across the head – you should have seen the panic on the other runners faces.

Anyway – with the dog, I do recall one Boxing Day, out for a run. I saw a man and his dog ahead of me, one of those "ridgeback things" so I gave them a wide berth and having passed them, the dog must have thought himself to be a lion on the trail of a wildebeest on the Serengeti. The dog pounced on me from behind, which I took to be rather sneaky. I fell down with the weight of the dog whilst it started to eat my shoulder. By this time I was like the wildebeest who, having just escaped from the lion, had fallen into the river and promptly been attacked by the prehistoric, foul breathed and bacteria slobbering crocodile, rolling over and over until like Tarzan I fought the beast off. The owner, having grabbed the snarling and, more than likely, rabid dog got the full force of my adrenaline fuelled anger. It's a pity the bloke didn't give his name and address for me to follow up on my threats. Anyway, I then spent the rest of the day in A&E waiting for a tetanus injection. Still it wasn't all bad. This mishap prevented me and Verna travelling to Wellingborough to spend Christmas quality time with her mother.

# Colouring competition - results

David Heron sent this one in...



but the winner is Captain Fantastic and the chatterettes  
You can't tell from the photo but it's embroidered ...



# Tri puzzle page

Word search competition: See if you can pick out Triathlon related words and phrases....

X	X	X	X	X	X	X	X	X	X	X	X
X	X	X	S	W	I	M	M	I	N	G	X
C	Y	C	L	I	N	G	X	X	X	X	X
X	X	X	X	R	U	N	N	I	N	G	X
W	E	A	R	I	N	G	X	X	X	X	X
X	X	X	X	G	I	R	L	Y	X	X	X
X	X	O	U	T	F	I	T	S	X	X	X
&	x	S	U	N	G	L	A	S	S	E	S
X	X	X	X	X	X	X	X	X	X	X	X

Don't they know how stupid they look....Hang on- That's me!



# London Marathon Club Places

The Committee recently considered the following item and it was approved unanimously and it will apply for the London Marathon in 2012 onwards.

## Introduction

*The Club is awarded annually 2-3 places for the London Marathon. These are traditionally awarded by ballot in December to those Club members who have been rejected in the postal ballot and have been able to demonstrate this fact. Typically, 10 plus members have been in the Club ballot for places each year.*

*However, the London Marathon has now moved over to a system of on line ballot entry and it is quite possible for Club members to miss the chance to make an entry because:*

- *They are working and not able to access the on line system at the appropriate time*
- *The system is overloaded and crashes or it is simply not possible to get on line and make an application*
- *The time constraints on when to make an application change and members simply “miss the boat”.*

*The outcome of this is that there will be Club members who are excluded from the chance of a Club marathon place because they cannot prove rejection through the ballot. The current system also does not allow members to decide to do the marathon at the last minute, possibly having recovered from injury or deciding for very personal reasons to give it a go.*

## Proposal

*It is proposed that the London Marathon places are open to all Club members subject to the following conditions:*

- *The member indicates their wish to be included in writing to the TRC Secretary by a certain date*
- *They are a first claim member of TRC with an up to date subscription and have been so for a minimum of 12 months as at 1<sup>st</sup> December e.g. a member joining in May 2011 would not be eligible for a Club marathon place until December 2012 and a person joining in November 2010 would be eligible in December 2011.*
- *They have not been in receipt of a Club place in the last 3 years*
- *In the event that not enough members meet these requirements as to the places available then the requirement not to have had a Club place in the last three years would be waived.*

*This new allocation of places recognises the fact that a marathon place is a serious benefit of Club membership and commitment to the Club is required to be shown i.e. 12 months membership . Also it makes note of the fact that as many different Club members should be offered the chance to compete and goes some way to minimise the chance of multiple entries by a lucky Club member.*

**Passed by the Committee on 2<sup>nd</sup> March 2011.**

# Photo Caption Competition



Caption, from Rob Brown—  
men's XC team:

“Dammit I’ve got mud on my  
nice new shorts” – man second  
from right.

Meanwhile, only Brian shows  
his former profession of being in  
a footballer’s wall.



On Mar 19 2011, A Ashwell wrote:

To the editor of the March newsletter.

“I was browsing through your newsletter and saw on page  
20 a photo entitled Blast from the Past. I used to run with  
Watford Harriers back in the 1980s and recognise the  
three chaps in the back row:

Colin Taylor - far right with beard

John O'Sullivan - head obscured by Colin

Steve Bell - 3rd from right

I've no idea when or where it was taken. I hope that this  
helps. Do I win a prize?” (Ed note:- No... but thanks.)

Best regards, Andy Ashwell long Marston

And a note came through from Caron and Gareth

identifying Richard Collison in the photo. Is that everyone now?

Clive Cohen recommends the following, saying:

“Dave - I'd rate this one of the best local off roaders, get it in that diary!”

I'm not sure if it's a road race or an off-roader..... Dave

Dear runner,

The date has been set for the Watlington Xc 10k Summer Run - Sunday 3rd July.

Attached is the entry form which you can send in or sign up as usual at Runners World.

Hope to see you there (it's only a fiver and remember signing up in advance really helps us with the  
organization).

You can find out more, look at last years results and photo's and download another form at

[www.watlingtonxc10k.com](http://www.watlingtonxc10k.com)

If you can't run but would like to volunteer to marshall, please let me know!

Cheers

Gus

## The Bell Loop. A New member's info pack



By Jonathan Mulcahy

**Last Wednesday I ran the Bell Loop (without getting the bus, and in a record time - for me anyway - of 6 hours 42 minutes) and later in the Club House someone asked me what the Bell Loop was. And so I decided to pen the following history - by way of explanation for all new members - of the Bell Loop, what it is, what it means, and *how long it is*.....**

I joined Tring Running Club in 1992, when it was known as Tring Jogging Club.

In those days, it was a very different club from today. There were no runners for a start. Members used to limp and shuffle aimlessly about the back streets of Tring, and then meet in the “bar” of the old Clubhouse, to compare injuries and moan about varicose veins.

You must understand 1992 was before the advent of internet; before mobiles, before email and GPRS and Sat Nav. There were no heart rate monitors, no multi functional watches to record splits or times, no times, in fact, and certainly no running shoes, other than a pair of Hitec Silver Shadows and, for the more well off and showy, perhaps a pair of Dunlop Green Flash. Off road running hadn't been invented, because there were no head torches (other than those used by miners lit by candle, which were to prove impractical for joggers).



The old clubhouse itself was a dank, dark, Dickensian workhouse of a place, with a wasps nest in the so called “bar area”, and a decidedly suspicious green ceiling. So decrepit were the showers it was obligatory to shower well at home after using them. Listeria, salmonella and rickets were rife throughout the club, and regular inspections

for nits were made by the Club Nurse, at least that's what Tony Hill told me, but I think perhaps he just liked dressing up

### ***Club Nurse Tony Hill pictured in 1993***

The most popular route, on those dim and distant Wednesday evenings, appeared to be as follows: the A41 (this was before the new A41, of course, and the only traffic we would encounter would be the cow herd crossing the road from the clubhouse to the field opposite where the "new" Tesco's is now situated), Cow Lane, Station Road and, eventually, the exciting and wonderful destination of... Tring Station.

Having reached the station, and after a brief moan and comparison of varicose veins, we would then jog back down Station Road, up Cow Lane, and back down the A41. Those reckless enough to demand more were encouraged to complete a lap of the cricket field, before returning to the club house for a lukewarm shower and a dusty warm bottle of Rodwell's ginger beer.



Conversations in the Club in those days were limited to as to who might be "running the Kodak", or perhaps the Tring 10k (which turned out to be 2 laps of the aforementioned hallowed A41, cow lane, station road circuit) or perhaps doing "The Chinnor" another 10k, remarkable by the bewildering provision of a spice rack to any victors. This was later surpassed by those completing "The Windsor", whereby the prize was an ashtray.

As exciting as all this was, the transformation of my Wednesday nights wasn't fully complete until after a few weeks I realised that a certain group, Nicholson, Pearce, Boielle, Williams, Hill (T), Hill (J) and Hill (R), were jogging somewhere different; somewhere *new*. They returned hot flushed and excited, with stories of discovering a hinterland, places beyond even Tring itself. "We've been to Aston Clinton!" they would exclaim, "and we've run the Bell Loop!" "It's exactly 8 miles" said John Boielle, then a sprightly 82 year old, and brandishing a bottle of Rodwell's Ginger beer aloft, "I should know, I've measured it!"

And so it was the Bell Loop came into being, and The Bell Loop it was so named, and the following week we all jogged it.

Let me take all aspiring new members through the route, because completion of The Bell Loop is no modest undertaking. To approach the Bell Loop with any degree of light heartedness is to underestimate it. Please, *respect* the Bell Loop, for it will not respect you. Hardy members, those who have completed mountain marathons, other less worthy circuits such as Mont Blanc, Snowdon, Crib Goch and the like, have all been caught out by The Loop (as it is now colloquially known) and survived to regret it....I recall Mike Gaunt returning from the vigil one evening, red faced and gasping for breath (and that was just the stairs) "The Loop takes no prisoners," he spluttered, before collapsing into Nurse Hill's lap and downing a bottle of Rodwell's warm dusty ginger beer by way of comfort....

The route starts by one leaving the clubhouse and collapsing into an immediate heap by virtue of tripping over the potholes in the car park. Having picked oneself up, and completely ignoring any attempts at being mown down by those Tennis Club members leaving in their cars, cross the road. This can take anywhere up to 45 minutes, traffic being what it is today, and all this with no cow herd in sight. If you reach the “new” Tesco’s (est. 1993), turn around, because you are going the wrong way. The route leads through the Town Centre, where again, agility, dexterity and skill is needed to traverse those small rectangular bricks that constitute the pavement and road, because someone, somewhere, decided they would *look nice*.

Leaving Tring, and with a courteous and mindful nod to the Cemetery on your right,



### *The Cemetery at Tring*

head out to your first destination, the bus stop before the roundabout. Now **be advised**, I have wasted many a tortuous hour here waiting for a bus to complete the circuit and I can readily tell you *no such bus exists*. I think they packed up coming through Tring shortly after the second world war. Having drawn breath, admired a varicose vein or two, please make for the vast illuminated roundabout ahead (it looks like Heathrow Airport

and cannot be mistaken) and then head down the old A41. Please, please, under no circumstances go down the **new A41**, for who amongst us knows where that leads and what may lay beyond?...*Aylesbury* perhaps, whatever that is...stick to the old A41, and this will bring you to the summit of **Tring Hill**.

In 1994, the invention by Petzl – manufacturers of the salted Jewish biscuit snack – of the head torch, later surpassed by the provision of a Rob Hill Mark One special (I still have one if anyone wants to look at one of these worthy and historic items) proved to be one of the most innovative running aids of all time. In truth, it opened up new vistas, new horizons, and quickly became singularly responsible for enabling Tring Joggers to be able to make it down Tring Hill without getting killed, at a stroke. For here, upon Tring Hill, it is dark, and dangerous. And when I say Dark, I mean Dark Dark....and do not get too far ahead of yourself for you will shortly reach the 2 mile point of the Bell Loop, **The Crow’s Nest** (I know it is 2 miles because John Boielle has measured it).



### *2 miles in and It's The Crow's Nest*

Pausing to catch breathe and keeping the **Crow’s Nest** on your right, and at some distance, for whilst I have never dined there, I do know of joggers who have popped in to use the loo, *and never returned*, continue ploughing downhill, arms stretched ahead groping through the dark (for even with a headtorch it is still dark), and, alternatively skipping over the oh so narrow kerb and under the oh so overhanging branches, make towards the wooden Bus Shelter (2.5 miles, I know, because John Boielle has measured

it). As with the first bus stop, waste no time stopping there, unless for protection from any adverse weather Tring Hill may throw at us.

At the bottom of the hill, and after what seems like an eternity but is really only Aston Clinton, you will arrive at The Rising Sun public house. This is 3 miles (yes, John Boielle measured it) and is a famous Tring Joggers Landmark, although now it's "a Thai" and only remarkable for some interesting and yet vaguely pornographic topiary surrounding it.

Heading straight on, pausing only to snigger at the aforementioned topiary, keep going until at last you will reach **The Bell Public House**. Revered in the sixties for being a pub notable for attendance by such luminaries as Liz Taylor, Richard Burton, and Oliver Reed, and those other sixties hell raisers, Beth and Geoff Dennis, do not stop, for the Loop *is not over*. Infact, the loop hasn't even looped, so to speak, for that doesn't even start until one has almost but not quite reached what for some represents the finest Petrol Station in Aston Clinton, the Total garage.



*Another Perfect Vista en route – The Total Garage, Aston Clinton*

There is nothing remarkable about the Total Garage, other than, as John Boielle once told me whilst taking a break from measuring distances, it used to sell roast chickens on a rotisary for just three pounds. But it is a useful reminder to turn a sharp right down Brooke Street and head round the back of Aston Clinton for what is - all too soon for some and not soon ebloodynough for others - the return journey.

And now, simply, retrace your steps...past The Bell and back up the hill...yes, it really is as exciting, and as simple, as that. Perhaps it's that simplicity that lends the Loop the hallowed reverence it has. The late, great John Alexander, once told me as we were finishing a run somewhere that on the return journey, with the full comforting knowledge of 8 miles (I know because John Boielle measured it) under the belt, 8 miles "in the bank" no less, to look out for an old milepost just before the "new" Tesco's. The milepost reads "Watford 16 miles", and is a timely, yet somehow dispiriting reminder, to all of you training for your first marathon, that completion of the Loop means you still have to run into Watford Town Centre, and then a little bit further...!



And that concludes The Bell Loop! Well Done – you have completed not just 8 miles (we now all know this because John Boielle has measured it) but also a rite of passage. Infact, can one really call oneself a Tring Runner if one hasn't completed the Bell Loop? Surely not....!

*Jonathan Mulcahy*

# Kristal Borl

*She will tell all!*



Hellooo my angels!

What a busy week I have had rummaging through my postbag and I can say I have read all your letters, faxes, texts, emails and psychic thought transferences which took a while I can tell you. Exhausted, I said to myself “Kristal you need a treat” so having quickly consulted my crystal ball for counsel, off I went shopping to find myself a nice little something or other in M&S, but nothing too expensive today! So I wandered into my fave outlet, Mystic and Spirits, getting my kaftan caught yet again in the revolving door, revealing my football socks and my best red satin thong which I then realised I had on back to front. Can’t begin to tell you dear readers how embarrassed I

was, as I was in Watford but had inadvertently put on my West Ham socks. Every week that door seems to get me – t’uh. Anyway, having reassembled my garb I made my way to the fashion department – perhaps a nice new turban I thought to myself. Or some more of those jangly bangles. Hunting along the rails I was approached by the sales assistant. “We knew you were coming ” she said “so I took the opportunity to book our stylist for you, it’s a new service”. “A stylist?” I said “Like Cheryl Cole has on X-Factor?”. “Exactly like that. Here she comes now, do meet Astra”. A stick with fake tan and botoxed lips sashayed towards me. Can sticks sashay? “It feels spiritually good to meet you Kristal” cooed the stick. The lips didn’t move. “My name is Astra, Astra Estate and I’m here to help you find your style, bring out your inner psychic beauty and enhance your, er um, personality”.

“But I only wanted a new turban” I protested “do I need a stylist for that?”

Five minutes later I had purchased 3 new kaftans with matching turbans, a dozen new jangly bangles and a rather nice hand-knitted crystal ball cover made out of unicorn hair. I had been using a tea cosy but Astra said that was SO eighties and unicorn was SO in this season.

On the way home on the train I sat reading my fave celeb mag, ‘Hello is Anybody There’ and wondered why I had not foreseen the expense of my shopping spree. Was I losing my touch? I stepped into the house feeling most concerned. I removed the tea cosy on my crystal ball to replace it with my lovely new cover and noticed some strange splodges on the glass...tea – it was tea! No wonder my day didn’t turnout as expected, I had been Ty-Phooled. Anyway, onto your spiritual running dilemmas before I get it wrong again!

Dear Kristal

I am sure I have a poltergeist type spirit in my house. I regularly wake up in the morning to find my running shoes dangling from my lounge lamp, my kit scattered around the patio and a trail of toast throughout the house. I have also heard unexplained banging noises. Can you advise as I’m pretty terrified.

Yours sincerely

Tom R. Toe

Dear Tom

Absolutely! You’ve obviously forgotten I’m your neighbour dearie. Quit the drunken post-run parties and I’ll stop banging on the wall.

Best

Kristal.

Dear Kristal

I ‘m a Virgo and am running the London Marathon in a couple of weeks. How will I do?

Yours sincerely

Tanya Hide

Dear Tanya

A Virgo running the Virgin London Marathon? Oooh it doesn't get any more auspicious than that! However the stars say to remember to take precautions, you don't want to regret it in the morning.

Best

Kristal.

Dear Kristal

I desperately need to know how to get my speed up as I seem to be getting slower and slower. Do I need an astral tonic or something?

Yours sincerely

Ed Torch

Dear Ed

Ooh poor you! I am consulting my crystal ball but something is filling it up...a strange large blobby shape... Ah yes I can see you need my special mystic advice. Join FateWatchers. It's like WeightWatchers but you see what happens to you if you don't diet. Nasty.

Best

Kristal.

Well that's all we've got time for this week my mystic maties, just a few last words to say that the lucky colour this month for TRC members is varicose vein purple and the lucky food item is a packet of pickled onion flavour Monster Munch.

So toodle pip, you don't know it but I'll be seeing a few of you outside the bookies next week, and if your house number is between 10 and 20, mind that loose paving just outside your front door!

Happy running!

**Kristal xx**

## **Aldbury Triathlon in aid of Cancer Research**

### 2011 Aldbury Triathlon - Saturday September 3rd

I hope you are all able to enter this years event - our third year. I am sure you will all be looking to beat your times from last year. For those who entered as a team last year - how about going for the whole thing individually this year ?

Please invite your friends - we have plenty of space - it would be great to get 150 people. We made the driveway bigger just to make more room for the bikes !!

Email: [will.jackson-moore@uk.pwc.com](mailto:will.jackson-moore@uk.pwc.com)  
or [willjm@btinternet.com](mailto:willjm@btinternet.com)

## Dave's Diary – Nothing to do with running

Nigel Kippax is probably aware of the feeling. Someone does a crap tennis shot that lollops high and slow over the net. You've got time for tea and biscuits before getting into place and hammering it over for a wonderful winning shot. But..... you end up with too much time and completely muff the shot.

Such was my experience in the office last week when I was wandering off to practice my squash. Looking cool, squash bag in one hand, the other hand in my trouser pocket, like a LA Beach Bum on his way to muscle beach. "Where you going Dave?" asked one of the women in the office. "Playing squash," I answered. "Who you playing against?" "No-one. I'm just hitting it down the wall to practice my backhand." And this is when it happened. That golden opportunity, the open goal, the black ball left over the pocket.

"So are you playing with yourself?" was the next question.

You're not often fed a line like that in the office and with a captive audience, you start mentally flicking through responses like an electronic cardex system:-

"No, I'm just getting a hankie out of my pocket"

"Well, Pam's been away on business the last few days"

"Yeah, my wide mouthed frog has got a sore throat"

"Nope, I'm trying to set a new record for ferrets down the trousers"

"Did my expression give it away?"

(Space left for you to add your own)

So what magical repartee did I enthuse?

Like I said at the start, sometimes, the opportunity is too much, time too long and you just mess it up.

The lame response from me was, "No, no, I'm just , um, bye.." and I walked out of the office.

Just as the door was closing behind me, I heard one of the women say, "I think he **was**....."

## Off Road Championship Races

Updated this month by John Manning:-  
Off Road Championship 2011

1. Box Hill Fell Race 22 January (medium distance, hill race)
2. Hardwick Xstream 20 February (medium , cross country)
3. Aldbury 5 10 April (medium, trail)
4. Coombe Hill 5 June (short, hill race)
5. Wendover Woods club race 13 July (medium, trail, hilly)
6. Chalfont St Giles 10k 3 September (medium, trail)
7. Amersham 5 Late September (short, trail)
8. Beachy Head 22 October (marathon and hilly, trail)
9. Herbert's Hole November (medium, trail)
10. Brenda Barlow November (medium, trail)
11. Cliveden Cross Country Late December (medium, trail) –  
will probably be cancelled

## Member Focus – John Boielle

I've only been in the club about 8 years but in that short time, there are some people who you realise are the heart of the club. John Boielle is one such person and I was sad to hear he hadn't been well so Jonathan Mulcahy and I popped round to see him. We were delighted to meet good old John, chatty and alert as ever and with his leg much improved and indeed his eye sight improving; it was like a scene from Cocoon. John was born way back in 1934 but Jonathan commented how, that day, he looked the same as he did 20 years ago, when he also looked about 77 years old.....I explained to John that I'd like to make him April's Member Focus and we were rewarded with a rich tapestry of his childhood experiences and adult journey. This is beautifully described in an article by Ian Verchere in the supplement, but please excuse me some repetition and made up stuff here.

So John was actually born in Jersey, but moved over to the mainland at a very early age. His mother knitted amazingly vivid coloured jumpers which he wore. He was very young so his English wasn't great, and with the strange accents, whenever anybody asked him a question, he assumed he was asking where he was from. One fashion designer saw him one day and asked the name of the incredible jumper he was wearing, and so it was that John was responsible for the term "jersey" becoming another word for jumpers. That's not all he was responsible for. He was in Jersey when the Germans invaded, having been taken on holiday by his Grandparents, who assumed Jersey would be safe. John therefore spent the rest of the war in Jersey while his parents were in England. Lucky them... John can be thanked for his part in the war effort, as many German factories were requested to swap production from arms and ammunitions, to ear plugs and "**Diese ist eine keine John Boielle zone**" signs. John was expelled from his school in Jersey for filling in the prefects log, (for reporting late comers and shift change notes) with scandalous gossip about some of the teachers and their unusual habits....

Anyway, please follow the story in the supplement that accompanies this newsletter and raise a glass to a true character and immense contributor to Tring Running / Jogging Club.

Thank you John Boielle. You're a star.

