



Tring Running Club Newsletter

August 2011

Our website address is www.tringrunningclub.org.uk
We meet at Tring Cricket Club Wednesday nights 7:30.
South Herts Hash House Harriers www.sh4.co.uk
Shire's Triers (Triathlon Club) www.shirestriers.co.uk

Hi everyone,

Well, I told you it was going to be sparse.... Thank goodness for Verna and David who have provided 3 excellent articles. The rest I'm afraid is pants. I've scanned some stuff from the archives as that was a lazy way to pad it out and the kiddies story really is a kiddies story. Please don't read it looking for adult jokes or clever allegorical pertinence. But if you've got young kids, I hope they enjoy it. ☺

Cheers *Dave*

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Saunders second time around

I was a “second time” Saunders entrant this year having last had a go for the first time in 2009 with Jane Porteous. In 2009, my careful preparation involved practice weekends in the Peak District with Jane, Mandy and Louise and a navigation course in Wales. We weighed our kit and thought about the smallest detail. This year I had not had a free weekend since January and packed the night before! As long as my bag was lighter than Michael’s I was happy.

We drove up to the start camp on Friday evening which was in Chapel Stile. In 2009 the start camp site was at Coniston and very busy so we took the precaution of having Alan Whelan put our tent up for us. As we arrived at 11pm in the gathering gloom we wondered where in the acres of fields we might find our green, virtually invisible tent! We eventually found it and were able to get a few hours sleep in it.

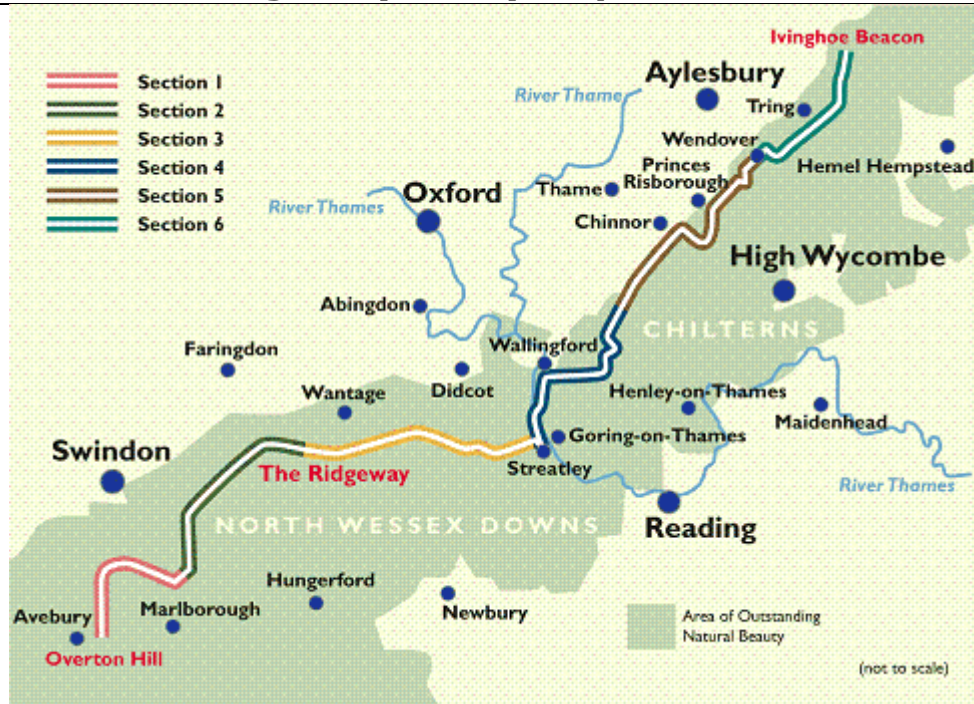
Our start time was at 9.41am so we had an easy morning sorting kit and making sure our beer order was logged and paid for at the overnight camp. Right on time we were dibbed through the start and onto the first checkpoint. As our Editor is rather dismissive of fell runners efforts I will offer little on the actual terrain. We were doing Harter Fell and as expected there were lots of ups and downs. The weather was warm and sunny and so visibility was fantastic and it was great to be out in the hills. Day 1 passed quickly and we were soon at the top of the fell overlooking the overnight camp. For me the descent off Nab Craggs was horrible. It was one step at a time and hang on for dear life, literally. If Michael had not been there, there is no way I would have contemplated this descent. Safely down, we had to run to an official crossing point away from the camp and double back along a track for a mile or so. This was a nice run in and we eventually got there around 4.30pm. It was then time to relax and eat some of the food we had been carrying around for the day. I always find it fascinating to see the range of culinary delights that meet the requirements of being light, edible and able to be cooked and eaten in one pan. Getting the order of preparation right is essential. Do not have angel delight dessert before needing to boil water for tea!

I was happy to snooze in the sun for an hour or so and an amiable evening passed very quickly between the Tring cohort with a highlight being the huge cheer and applause given to Brian by the whole campsite as he ran in around 8.30pm.

Day 2 started a bit earlier with Alan and Harry Whelan setting off at 7am in the chasing start. They were in second place in the Wansfell class and eventually won it easily. We were dibbed out at 8.30am and so were off again to find our first checkpoint. We had a steady second day and the expected ups and downs continued although they did get harder and harder as the checkpoints were ticked off. One of the last checkpoints was up yet another steep hill to Lingmell and was very tough. It was then a final run down the fell following the markers all the way. We got in around 3pm. Overall we were well down the second half of the field but for me it was mission accomplished as we found all the checkpoints and had a time for both days (I had missed one checkpoint in 2009). We finished the day by congratulating Alan and Harry on their win and grabbing a meal from Wilfs. It was then a drive home to start another week contemplating a training plan to prevent my severe DOMS the next time and to get some fell shoes (trail shoes REALLY do not cut it in the hills).

Verna Burgess

Ridgeway Relay Report 2011



I need to start this report with an apology. Due to the Wigginton Festival being held on the day before supplying cheap beer, I didn't get to bed as early as I intended, and overslept! Instead of being on the road at 03.30, I woke up at 03.55, and after a mad dash to meet Howard and his friend Ian, we finally made it to the starting point at Overton Hill at around 06.15, instead of the planned time of 05.00.



Just to prove we were there

As you will see later, this had certain consequences.....

Due to the early start and the distance from home, the first few legs attracted less interest than the later ones, (strange, that!) so Overton Hill to Goring was run by two teams, Howard Clark and Ian Swift, and Tom Sawyer and me. Howard and Ian took the first leg, on an overcast but warm and muggy morning.



The morning wore on, the weather getting warmer and warmer, as we made our way past Barbury Castle, Liddington Fort, the Uffington White Horse, and then across the A34 on the undulating North Wessex Downs. The terrain is very different from the Chiltern end of the Ridgeway, you can see for miles across the fields, with very few signs of habitation. I don't know about Howard and Ian, but Tom and I didn't make much conversation. If Tom has any sense, he was probably formulating his excuses for missing this event next year. He's not really a morning person.



Why am I here again?

Each team ran a total of around 22 miles over four legs, Ian putting in a particularly credible performance as he's more used to shorter faster distances. Goring eventually arrived, and we handed the baton over to Geoff and Beth Dennis.

Geoff and Beth took the leg from Goring to North Stoke (Geoff told me that he'd had to have a lay off from running, so was easing himself back in by running 12 miles on the Saturday and six on the Sunday! What an inspiration they both are, whenever a club event is planned they are the first to get involved. Good luck to them both on their move to Gloucestershire.) They then handed over to Tony Hill and Colin Rees for a double leg from North Stoke to Kingston Blount. Colin wasn't feeling great after the first leg (you try running with Tony and see how you feel), so Tony ran the second leg alone, making up a lot of time, and apparently arriving looking more hot and sweaty than usual. Well done Tony, now you know how we lesser mortals feel.

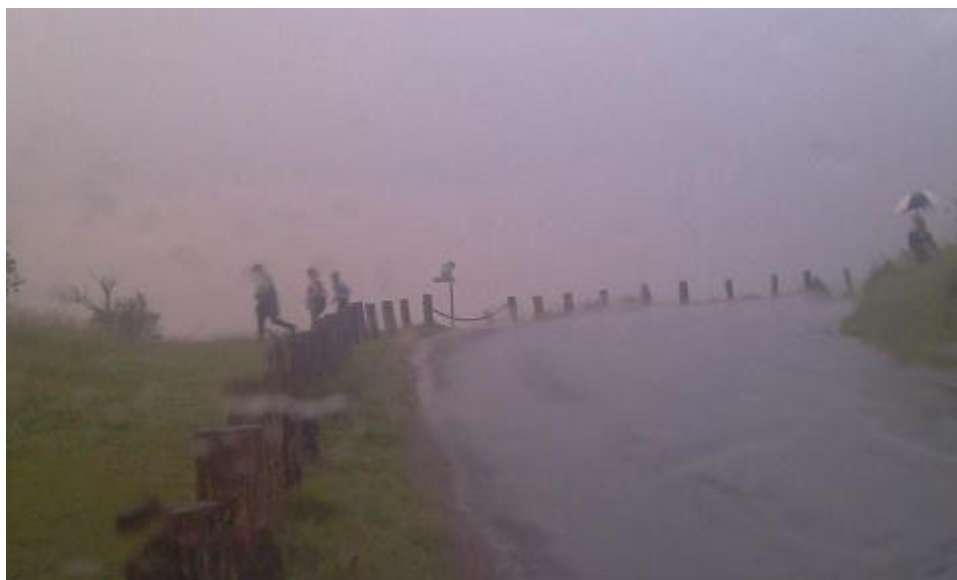
The next runners up were Mike Burgess and Geoff Head, planning to run from Kingston Blount to Wendover, meeting up with Nigel Kippax at Princes Risborough. Unfortunately however, I received a plaintive call from Geoff telling me he'd had a fall near Chequers, and was feeling a little secondhand. Knowing his advanced age, I was aware that a fall could be serious, visions of broken hips and zimmer frames flashed through my mind as I speeded to the gates of Chequers to collect him. Fortunately he was fine, he'd just got bored so he's staged a fall to get a lift to the finish.

By this time we had Mike Burgess, Jane Mitchell and Liz Daniel sprinting through Wendover Woods on their way to Hastoe, where Mike stopped to allow Verna to join the other two for the push to Pitstone Hill. They left Hastoe on time, (we'd managed to make up for the late start) without Rick and Max Ansell who arrived 15 minutes later. 'Do you want me to drive you to Tring to meet up with the others, Rick?' 'No thanks, we'll catch them up.' Bold words, Rick!



Rick running too fast for the available technology

We were now in the closing stages. Having had perfect, dry conditions all day the rain now started, and developed into one of the most extreme cloudbursts I've ever seen. Geoff and I sat in my car watching the runners appear over Pitstone Hill, and we reluctantly decided that as it was slippery and he'd already had one fall we couldn't risk him joining them for the last mile or so. It wasn't safe for me to leave him on his own in my car, in case he fiddled with the handbrake, so we stayed in the car with the heater on and cheered the runners from there. Mark Travers is made of sterner stuff and joined the bedraggled group as they happily and joyously ran past us and on to the beacon.



The view of the relay from inside a dry car

Well, here our story ends. The relay finished pretty much on our original schedule, having taken around 14 hours to cover 87 miles. Of course, if I hadn't overslept we'd have finished over an hour earlier in the dry! Sorry.

Thanks to all the runners who took part, and we hope to see a few more next time we stage it. Oh, yes, there will be a next time, Howard is already planning it!



Just get the picture taken, fool!

Sore Legs – normal or not for runners?

I suffer often from sore quads after long races and I thought an article on it in the recent Fellrunner magazine (summer 2011) was a good mix of understanding the science and practical advice. Thanks to Dr Eva Goes for permission to reproduce the article (which I have abridged).

First of all it seems that I am not alone in my affliction. We can all suffer from muscle pain that causes us to shuffle around and come down the stairs one at a time. It makes quality training impossible and for me takes the glow off having completed an endurance event. The technical term used is delayed onset muscle soreness or DOMS.

The pain is due to inflammation around the muscle cells that have been injured due to vigorous exercise. They are leaking intracellular proteins because their membranes have been damaged. It is usually caused by eccentric actions, for example contracting your muscles when they are lengthened such as quads during downhill running. However, it can occur after any type of exercise, more so if you are tired. As well as pain you can also suffer from loss of strength, stiffness and swelling. All symptoms will vary in the individual and reduce at their own pace, independently. For example pain can be gone but you will still be weaker and stiffer than normal.

The approach to DOMS is twofold – promoting repairs and reducing inflammation.

Promoting repairs

Cooling down – I think we are quite good at cooling down after a run at Tring (better than warming up anyhow). There is always a group of runners stretching out from around 8.45pm on a Wednesday night. Why is this important for DOMS? If you stop suddenly after an intense effort, your heart rate slows down abruptly and blood pools in the small vessels and veins still dilated by the exercise, creating tiredness and soreness. Around 10-15 minutes of easy exercise will help you avoid this and allow your blood to continue to clear waste products and start bringing oxygen and nutrients for repair.

Nutrition – studies have shown that a carb/protein recovery drink in a ratio of 4:1 is helpful especially if taken within 20 minutes of exercise. In effect protein synthesis is increased and protein degradation slowed down. There are branded products on the market but studies have shown skimmed chocolate milk is one of the best recovery drinks as well as cereal with low fat milk.

Reducing inflammation

Massage – most experts agree that this does not have any effect on muscle strength, inflammation or repair but it reduces pain and aids relaxation which is good

Stretching – again it is generally agreed that this will not prevent soreness or muscle weakness but can give short term relief once you feel sore

Ice baths – these are popular as in theory they could prevent the inflammatory reaction from causing further damage but studies do not back this up. Indeed symptoms have been observed to be accentuated by the technique.

Pharmacy counter – anti inflammatory drugs can reduce pain in the short term but delay recovery and regeneration. Supplements (anti-oxidants) are highly individualised in their delivery and it is safer not to take them.

Compression – widely used to increase performance and speed up recovery. The former is not certain but after effort they will help prevent venous blood pooling and decrease swelling of the ankles and lower legs. They can therefore reduce pain and inflammation especially if you suffer from venous insufficiency, as most of us do.

So in summary what can we do? Planning ahead and cooling down properly and having a good recovery drink immediately after the effort are good to promote protein synthesis. Compression garments will minimise inflammatory responses.

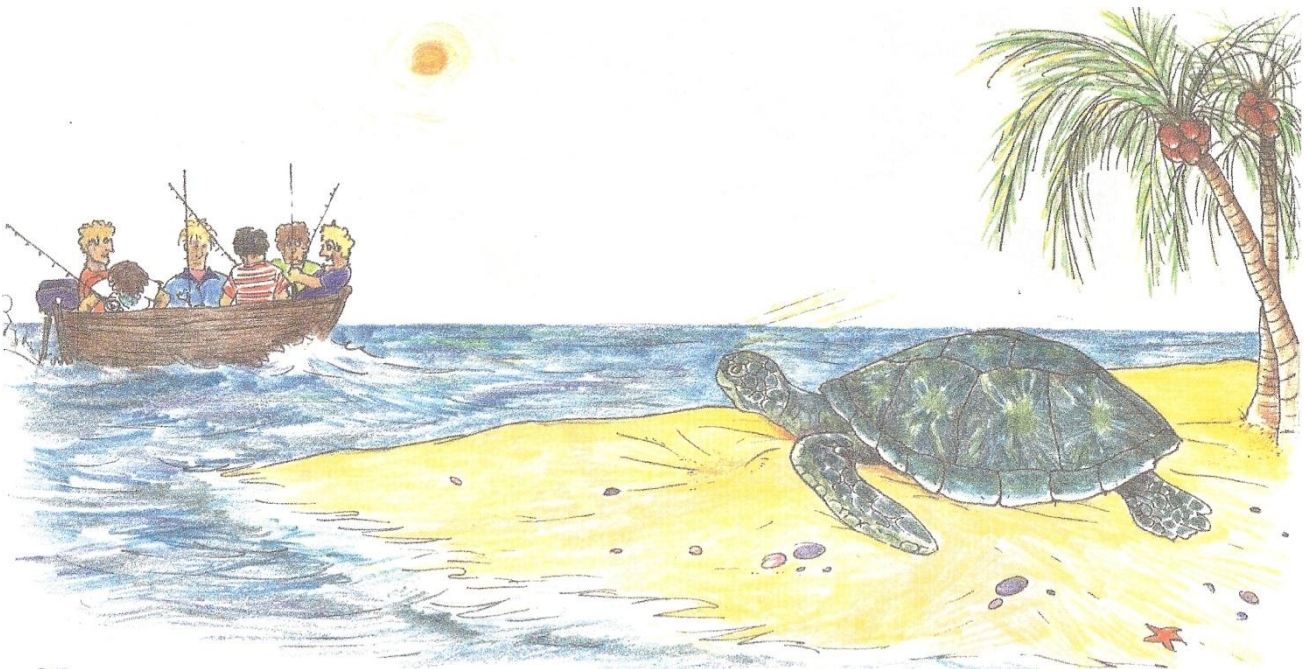
As you are shuffling around, remember too that as muscles recover they become stronger and better adapted to the effort. So at least there is some payback for the discomfort! I am also encouraged by the advice that little or no soreness does not always mean a better recovery. The loss of muscle strength is a better measure of injury and repairs so even if you never get sore, you could benefit from the advice on how to avoid DOMS.

Verna Burgess

Fishing Fun at Snorkel Reef

Torvill the turtle was lying on the beach scooping up sand onto his nose and watching it blow away in the wind. He regarded this as his exercise for the day and was looking forward to a snooze when he had finished.

Then, on the horizon he saw a little boat chugging towards Snorkel Reef. It bobbed gently from side to side as the waves slapped against the wood planks of the boat. There were seven men on the boat holding fishing rods, all looking very happy, all except for one fisherman who looked green and was sat very quietly at the back of the boat. When the boat was right over the top of Snorkel Reef, an anchor plopped into the water, the engine stopped and everyone draped their rods over the side of the boat. Everyone that is, except for Mr. Green who looked very unhappy and kept leaning over the side of the boat.



Down below, Herman the hermit crab was sneaking along the seabed. "Nobody around for once," he thought as he shuffled towards a tasty piece of kelp. Clonk! Before he knew what had happened, the anchor from the boat landed right on his head and gave him a fearful bump. "Oh no, not again," he said as he stumbled back to his cave to get some ointment.

Meanwhile, on the surface, Torvill thought he'd better warn his friends about these intruders, so he slipped gently into the water and paddled with his strong arms down towards the reef. He saw Herman peeking out of his cave rubbing ointment on a large lump on his head. "Hey, Herman pal, what have you been doing? Be careful buddy. There's a boat up there full of fisherman," said Torvill.

"Thank you Torvill," said Herman, "Impeccable timing as always," he continued as he turned and crawled deep into his cave.

Soon, Torvill had warned all his friends about the fishermen above and what had happened to Herman. After a brief discussion they decided to enjoy themselves at the fishermen's expense.

Snorkel and Snookie the crabs had great fun hanging on to one of the hooks and pulling with all their might. The fisherman would reel them in quickly, but when they got to the surface, they would let go and sink back down to the bottom. Snookie said it was like a combination of upside-down Bungie jumping and parachuting.



Shambles the shark took the opportunity to clean up his garden and loaded all the rubbish from the area, (an old boot and a tyre), onto a hook. When he had put everything on, he gave the line a sharp tug and the fisherman pulled the rubbish up into the boat.

Oliver the Octopus was testing his strength. He gathered up four of the fishing lines, one in each hand and used his other four hands to hold onto a rock. Then, he gave the lines a tug and tried to hold on. The four fisherman above all pulled as hard as they could but Oliver was even stronger and held onto the rock for some while before letting them go, all at once. When he let them go, they twanged back to the surface and Oliver could see the boat rock as the fisherman all fell backwards over themselves. Mr Green, who was leaning over the side of the boat, let out a shriek and fell into the water.

At that same moment, Shambles the shark noticed another piece of rubbish in

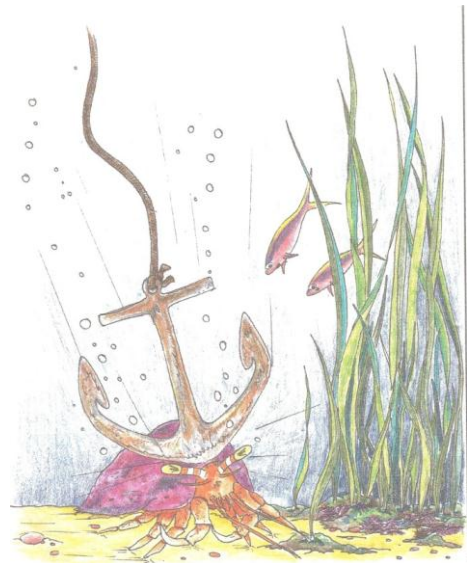
his garden, so picked it up in his mouth and swam towards the fisherman who had fallen into the water. Shambles opened his mouth as he approached the fisherman so he would take the rubbish, but Mr Green swam in the opposite direction, and swam much faster than Shambles thought fisherman could swim. Mr Green reached the boat and clambered hurriedly into the boat. "How rude!" thought Shambles, "he didn't even smile politely or say hello."

Just then, Wallis the whale approached. "Ah! Fishermen eh? I remember when this same boat came round here; about five years ago now. We had great fun teasing them. They were in such a muddle that one of the fisherman dropped his pipe and tobacco over the side but they sailed off before we could give it back."

"Have you still got the pipe, Wallis?" asked Snookie.

"Yes, I have actually. Why do you ask?" answered Wallis .

Up on the boat, the fishermen were getting despondent. "Last time we came here we never caught anything either. Those fish are too clever. In fact last time I lost my pipe. Just lit it too, I had," explained Fred, one of the fishermen.



"Yes, I think it's sausages for tea again tonight. No fresh fish for us. Fancy another sandwich, Fred?" asked another.:

"Please don't talk about food," said Mr. Green who couldn't help overhearing their conversation. "Especially those cold baked bean sandwiches you've been eating all day."

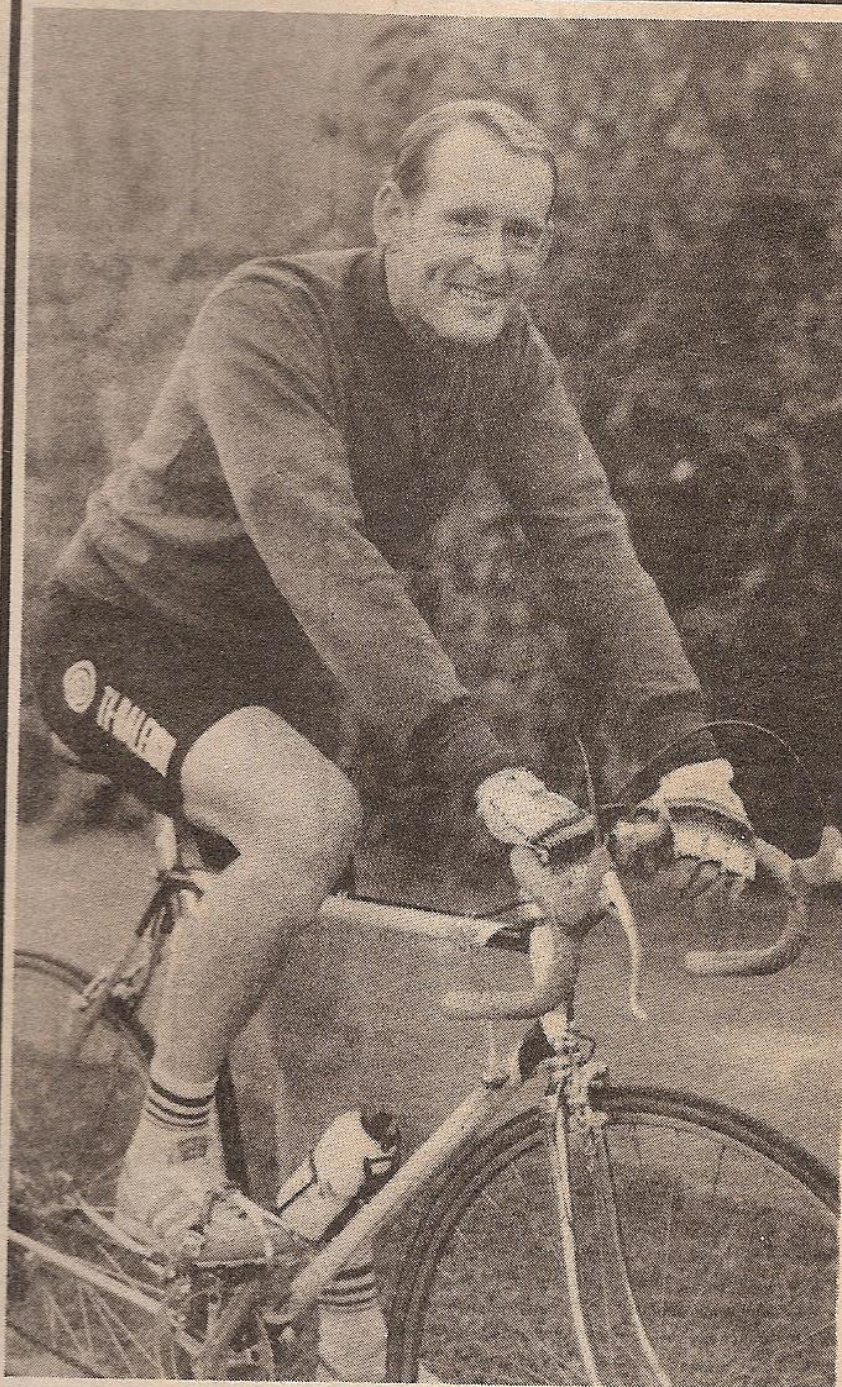
"You'll be all right after a few more trips. Don't you worry yourself," said Fred as he reached over and took a sandwich.

Just then, Fred's line twitched and he turned in excitement to reel it in. When he had, he couldn't believe his eyes. There, on the end of his line was his pipe, and it was alight! He took a few puffs from the pipe and declared it to be "perfect."

"Well I'll be!" he said. "They're never going to believe this back in the pub when I tell them."

And they never did.

Triathlon how it should be done.



TRIATH-LEN!

Tring Jogging Club's Len Couzens competed in his first Triathlon on Saturday, and proved himself worthy of the tough tests demanded by the event.

It took Len just four hours to complete the half-mile swim, 35-mile bike ride and 16½-mile run — a time which put him in the first 100 of the 160 competitors at Dorking.

3rd Ridgeway – apparently we went round Aldbury



SUN SHINES ON JOGGERS

TRING Jogging Club's third Ridgeway Run was blessed by bright sunshine on Sunday and proved a great success.

The 250 runners started at Pendley Manor, ran through Aldbury and over the Ridgeway, before finishing at the Rugby Club in Cow Lane.

The nine-mile-long run is one third of a

marathon. First home was Paul Savage in 46.16 minutes and the first woman was Watford Harriers' Sharon O'Sullivan in 59.59.

Everyone who finished the race was given a free tee shirt donated by General Nutrition of Potten End.

Other prizes were given by Grassroots and Piggotts Greengrocers of Tring.

● Joggers are pictured by Aldbury village pond.

Off Road Championship 2011

	Ve t	BxH l	Xst m	Alb 5	CHil l	W W	CS G	Sh d	Bhd	Hh o	Hca p	CC C	Tota l
Men													
Ross Langley		25	25	25	25	25							125
Alan Whelan		21	21	22	22	22							108
Greg O'Callaghan		24	24		21	23							92
John													
Manning	V	16	17	20	20	18							91
Simon Barnett			18	24	24	24							90
Rick Ansell	V	17	19	18		17							71
Trevor Lark	V	18	16			19							53
Brian Layton	V	14	12		16	5							47
Nigel Bunn		23	23										46
Chris Egan		22		23									45
Kevin													
Harding	V		22		23								45
Michael Burgess		20				21							41
Paul Cowan				19		15							34
Tom Sawyer			15			16							31
Simon Jessop				17		12							29
Colin Jeffs					18	9							27
Nigel Kippax				13		13							26
Ashley Horton					19	6							25
Tom Hallett				15		8							23
Mark Travers					17	5							22
Robert Brown				21									21
David Sawyer			14			7							21
Mark Hadaway			20										20
Len Vaughan	V				15	5							20
Steve Long						20							20
Nick													
Williams		19											19
Geoff Dennis	V			14		5							19
Richard													
White	V			16									16
Clive Cohen	V	15											15
Tom Griffin	V					14							14
Peter Alford	V		13										13
Ian Verchere	V			12									12
Nigel Millwood						11							11
Howard Clarke						10							10
Max Ansell						5							5
Bob Ford						5							5
Tony Hill	V					5							5

Tring Running
Club

Off Road Championship 2011

	Ve t	BxH l	Xst m	Alb 5	CHil l	W W	CS G	Sh d	BH d	Hh o	Hca p	CC C	Tota l
Women													
Sarah Hill			25	25	25	25							100
Alison Harding	V		24		24	24							72
Kirsty Barnett			23	24	23								70
Alice Ely			22	21		16							59
Jane Porteous	V			22	22								44
Rachel Lark				23		21							44
Helen Vaughan	V				21	14							35
Ann Strach				20		13							33
Shirley White				19		12							31
Mary Ward						23							23
Hilary Warrell						22							22
Cathy Court	V		21										21
Carol Macdonald			20										20
Anna Scarth						20							20
Verna Burgess						19							19
Jane Mitchell						18							18
Liz Daniel						17							17
Terri Ainger						15							15
Beth Dennis						10							10
Jane Martin						9							9