



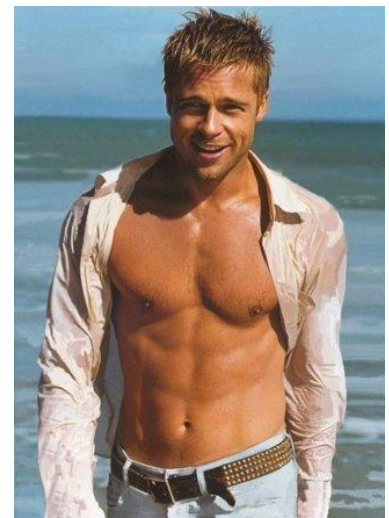
Well,

Thanks very much to Rich for all his hard work producing such a professional newsletter all this time. I think his professionalism will become **more** apparent each month.... For a start, how do I change the Month and Year at the top? No idea...

Anyhows, let me introduce myself – Dave Jones. I haven't been down the club for ages. I'm sure most people will have forgotten what I look like so here's a snap from my holidays to remember me by. The chest waxing was painful, but I think it was worth it....

Dave

p.s. Please don't believe most of what's in this newsletter and for those I have offended, I apologise in advance.



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## **Christmas Run Report –**

*Twas the 22<sup>nd</sup> of December with snow on the ground.  
We met at the club, there were runners all around.  
All dressed for the cold many members did come,  
But looking around, wise men, there were none.*

*We headed for Tring Park with a spring in our stride,  
With a feeling of goodwill and a feeling of pride.  
The white of the snow merged with the grey of the mist  
We set off at a pace to get back and get merry.*

*As we went through the forest and the headlights they shone,  
I stopped to tie my shoelaces, looked up and they'd gone.  
I gave out a moan and raced up the track.  
My headlight gave out and the forest went black.*

*Should I retrace my steps to back where we started?  
But wait, a familiar smell, had the Chairman just farted?  
I took a big breath, ran on and followed the scent  
But alas in the cold, the power was soon spent.*

*And now I was lost, stumbling deep in the wood  
Tripping over roots, getting bogged in the mud.  
But then Kim's voice, what a relief, I could hug her,  
She said "Did you get lost you silly old fool"*

*And so the return to the warmth of the club  
I'd forgotten my wallet so Whitey gave me sub.  
A pint of fine ale in the company of friends  
What a wonderful way that 2010 ends...*

*Anon*

## **Cheese and Wine Social Event Friday 14th January**

A lot of you may remember that last January Tony Ruberry and family kindly hosted an absolutely marvellous Cheese and Wine party which was really well attended and much enjoyed.

Tony has offered to host Cheese and Wine Take 2 which is just brilliant. Here are the details:

Date: Friday 14th January 2011

Time: 19:30

Location: chez Tony et Helen, Tring . . if you've lost the Google group e-mail that included Tony's address please contact Maria for details [mariacook01@gmail.com](mailto:mariacook01@gmail.com)

Format and pricing: £15 to include 3 glasses of wine, substantial nibbles in the form of various dips, breads and cheeses and selection of scrumptious desserts.

Extra wine at £1.50 a glass.

Soft drinks also available as an alternative for drivers.

The wine is very good quality wine (which Tony sources from Waitrose) so the connoisseurs amongst you will probably want to do a bit of sniffing and slurping and comparing of notes.

Non-connoisseurs can just glug it down if wished.

The cheeses will be carefully chosen from a variety of countries to match the wines (or vice versa, not sure!). Tony has a keen nose, discerning taste and we are in for a treat to be sure. Last time the cheeses were delicious and no doubt they will be again.

Food will be prepared by Tony, Helen, his wife, and Nix his daughter, all of whom put Nigella, Delia and Gordon to shame.

Please let Maria know if you would like to come along.

As there is wine and food to buy and various preparation tasks, please let me know by Friday 7th January.

Please do not bring any wine or food along - you are being catered for!

More Google group e-mails will be along to remind you.

Big thanks to Tony, Helen and Nix for hosting.

### **29<sup>th</sup> December Hash report**

“Tony and Peter are a pair of amateurs at laying Hashes, so don’t expect too much.” Such was the rallying call to the many assembled brethren in the cold car park of the Rose and Crown in Hawridge at 11am on the Wednesday after Christmas. Young, old and even Geoff Dennis turned out despite the cold air hanging like a wet dressing gown on Boxing Day. And what a treat was in store. By far the most efficient and well set Hash I’ve been on this year, the projected finish time of 12:30 was hit with a precision of one of those tools that are very precise (like a precision tool.) Challenged by the snow and laying a trail of flour, our Hares had a dilemma. The suggested colours of green, brown and red were all dismissed due to grass, mud and the likelihood of someone falling over and bleeding everywhere.... So, yellow flour (and occasional yellow snow) guided our way. My one chance time leading the pack suffered a devastating blow when I came across a “First 4 go to the back” fish hook sign. Just as the other 3 arrived and we were set to rub it out, the 5<sup>th</sup> person turned up, could count, and relished the sight of his disgruntled contemporaries trudging back down the hill mumbling under their breath. At 12:28 the welcome sight of the pub rose through the mist like a Phoenix and a pint of Tring Brewery Ridgeway bitter was soon being dribbled in a very level headed way, down both sides of my chin. Geoff Roser’s “Highlight of the event”:- the barmaid’s leopard print leggings. Lovely grub, lovely morning, lovely hash. Thank you Peter and Tony – you’re the best.

### **Fell Running Report**

*Note: The editor has used his editorial capacity here, as he is the editor.....*

Drove for ages, ran up a hill. It was really hard. Someone overtook me. Had a niggle but kept going. Found 2 jellybabies in my headband. Lifesaver! Got second wind. Ran back down the hill. Blah blah blah. Overtook the guy who overtook me. Came 7<sup>th</sup>. Recommend to everyone.

*Generic skinny fit guy*

## **Tringileaks** *by Julian Assange's gay cousin Bak P Assage*

The committee have been looking at things afresh for the New Year but a mole has revealed some interesting ideas being put forward. As it's getting colder and people are running slower, even jogging, and many are out with their pooches on a more regular basis, would this be the time to rename the club "Tring Joggers and Doggers"? Don't forget you heard it here first. ANON

Has anyone else since this Youtube video clip [http://www.youtube.com/watch?v=5\\_sfnQDr1-o](http://www.youtube.com/watch?v=5_sfnQDr1-o) and who else like me would be happy to pay money to have Bob Ford and Jonathan Mulcahy re-enact it round the clubhouse sometime? ANON again. Okay it was me but hey... not much has come in yet.

### **Tring Brewery Trip 27<sup>th</sup> Jan 2011**

This will be our first visit to their new premises (next door as it happens) although the format will remain the same as in previous years, namely:

- 1) We meet at the brewery at 7.30pm
- 2) We drink beer; we tour the brewery; we eat fish and chips; we drink some more beer; we hope someone will give us a lift home.
- 3) Cost is probably £17 each (to be confirmed) including drinks and food.

Hi - Happy New Year.

You'll be pleased to know that I am now ready to receive your money for the brewery trip. Cost is £17 per person and you can pay me on any wednesday evening, including this one; cheques preferred (payable to tring running club).

We've got quite a good turn out so far, so if you'd like to come and your name isn't on the list below then please e-mail ASAP. richard.white@arup.com

#### Attendees

Richard White + 1  
Shirley White + 1  
Michaela Colwell + 1  
Nick Pierpoint + 1  
David Sawyer + 1  
Carol Macdonald  
Tony Ruberry + 1  
Nigel Lacey  
Nigel Kippax  
Nick Williams  
Helen Page + 1  
Helen and Len Vaughan  
Mike and Pam Gaunt  
Trevor Lark

### **Marathon Training**

With Christmas once again behind us it is time to start thinking about the Tring RC Marathon Training Programme.

For many years Mike Blake has done a fantastic job as back up and motivator for the Tring Marathoners. As some of you know both John and Mike in recent months have been unwell and this year have stepped down from the role, however the good news is Nigel Lacey has kindly agreed to act as the back up man!

A further change is that the runs will each week start at the **Cricket Club** we are hoping on our return the club will be open and we will have access to the showers. Refreshments will probably not be available so you may want to consider bringing along a flask. I am sure we will take it in turns to bring the biscuits or a lovely cake if you can bake!

In order to allow Nigel some Sunday morning lie in's whenever there is a local race this has been incorporated into the programme and no training run will be held.

The Tring Park Cricket Club we will meet at **8.00am**. The schedule will be published in the next newsletter

<b>Date</b>	<b>Miles</b>	<b>Event</b>
<b>January</b>		
9	10	Club Run
16	12	Club Run
23	<b>Race 10 Miles</b>	Fred Hughes 10 St Albans
30	12	Club Run or * Gade Valley Harriers 12m Training Run
<b>February</b>		
06	<b>Race 13.1</b>	Watford $\frac{1}{2}$ Marathon
13	16	Club Run
20	17	Club Run
27	19	Club Run or * Gade Valley Harriers 17m Training Run
<b>March</b>		
06	<b>Race 13.1</b>	Berkhamsted $\frac{1}{2}$ Marathon

13	19	Club Run
20	20	Club Run
27	21	*Gade Valley Harriers 20m *Nigel cannot offer support this week.Any volunteers?
<b>April</b>		
03	23	Club Run
10	15	Club Run
17	<b>Race 26.2</b>	London Marathon Optional!

## 2011 Off-road Championship Events . .

The races listed below have been selected for 2011's Club Off-road Championship - the June/July event will be confirmed as soon as possible. If events are cancelled the Championship is determined using the scores from the events that have been completed.

22 January	Box Hill	medium distance, hill race
20 February	Hardwick Xtreme	medium, cross country
? April	Aldbury 5	medium, trail
5 June	Coombe Hill	short, hill race
June/July	Event tba	off road
? September	Chalfont 10k	medium, trail
? September	Amersham 5	short, trail
22 October	Beachy Head Marathon	long, trail
? November	Brenda Barlow	medium, trail, club handicap
? November	Herbert's Hole	medium, cross country
? December	Cliveden Cross Country	medium, trail

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## Racing Ahead

**every Month, every Saturday**

09.00	<a href="#">Milton Keynes parkrun</a>	5k	Willen Lakes (LA Fitness) MK15 ODS
09.00	<a href="#">Black Park parkrun</a>	5k	Black Park Country Park SL3 6DS

and also in [48 other parks](#) across the UK, plus 3 in Denmark

**January**

Sun 9th	10.30	<a href="#">Goring, Woodcote &amp; District 10K</a>	10k	road
Sun 9th		County XC Championships		Cross Country
Sun 15th	08.30	<a href="#">Country to Capital</a>	45m	trail, lots of it
Sat 15th	pm	Chiltern League XC		Luton
Sat 22nd	11.00	<a href="#">the 30th Box Hill Fell Race</a>	7.5m	Box Hill, 1700 ft climb, Club Off-road Championship
Sun 23rd	09.30	<a href="#">Fred Hughes 10</a>	10m	St Albans, fills up fast
Sun 30th	09.30	<a href="#">Gade Valley Harriers 12m</a>	12m	Excellent London Marathon training run

### February

Sun 6th	10.30	<a href="#">Watford Half Marathon</a>	13.1m	road, couple of hills
Sat 12th	pm	Chiltern League XC		Wing
Sun 13th	10.00	<a href="#">Wokingham Half Marathon</a>	13.1m	road, lousy parking
Sun 20th	11.00	<a href="#">Hardwick X-Stream</a>	6.2m	Cross Country, Club Off-road Championship
Sun 20th	10.30	<a href="#">Bramley 10 or 20</a>	10/20	popular pre-Spring marathon event - road
Sun 27th	09.00	<a href="#">Roding Valley Half Marathon</a>	13.1m	road
Sun 27th	09.30	<a href="#">Gade Valley Harriers 17m</a>	17m	Excellent London Marathon training run
Sun 27th	10.30	<a href="#">Lions Club of Winslow 10k</a>	10m	St Albans, fills up fast

### March

Sun 6th	10.00	<a href="#">Berkhamsted Half Marathon</a>	13.1m	road, plus 5m "fun" run at 10.30
Sun 6th	11.00	<a href="#">Goring 10k</a>	10k	road
Sun 6th	12.00	<a href="#">Silverstone Half Marathon</a>	13.1m	Whizz around the racetrack
Sun 13th	09.00	<a href="#">Bedford Clanger</a>	26m	circular, around Bedford, navigation required +16m
Sun 13th	09.30	<a href="#">Finchley 20</a>	20m	road
Sun 13th	10.25	<a href="#">MK Festival of Running</a>	13.1m	road - Half + 10k (10.10) + 5k (10.05)
Sat 19th	14.00	<a href="#">Orion 15</a>	15m	Cross Country, Chingford
Sun 20th	10.00	<a href="#">Reading Half Marathon</a>	17m	road
Sun 20th	10.00	<a href="#">Water of Life Half Marathon</a>	13.1m	Bisham Abbey - also 10k
Sun 20th	10.30	<a href="#">Fleet Half Marathon</a>	13.1m	30th Anniversary - road
Sun 20th	10.30	<a href="#">Banbury 15</a>	15m	Undulating roads
Sun 27th	09.30	<a href="#">Gade Valley Harriers 20m</a>	20m	Excellent London Marathon training run
Sun 27th	10.00	<a href="#">Oakley 20</a>	20m	popular pre-Spring marathon event - road

## Road Running Championships (RRC)

The Road Running Championships for 2011 have begun and whilst you start to plan your race diary for this year, I thought it would be worth reminding everyone of how the competition works and how you can be involved.

### The Background

- The RRCs run from the 1<sup>st</sup> January to the 31<sup>st</sup> December
- There are four prizes to be awarded
  - Best Male
  - Best Female
  - Most Improved Runner - Male
  - Most Improved Runner - Female
- Athletes compete on an equal basis regardless of gender or age

### How do I compete?

- An athlete needs to complete at least four road races

- In order to qualify, these need to be of three different distances and may be 5k, 5 miles, 10k, 10 miles and half/full marathon
- If more than four races are run, the best four over the three different distances will be used
- Official results need to be sent to the Newsletter Editor for reporting in the monthly newsletter
- Reporting of these results is traditionally done by the first runner home in any race

How are the results calculated?

- For each race that is run, Geoff Roser, the keeper of the RRC spread sheet, will calculate a percentage score
- This score is based upon a runner's race time compared with the standard time for someone of the same age and gender and is based on world age record times
- Up to date data and cumulative rankings will be published periodically throughout the year

What is the 'Most Improved Runner' Award?

- When a runner has achieved an overall average percentage in the Road Race Champs this can be compared to the equivalent calculation from the previous year
- The 'Most Improved Runner' is a highly sought after award and is presented to the male and female athletes whose overall percentages have shown the greatest increase from the previous to the current year
- For those not fortunate enough to win the 'Most Improved Runner' award, the percentage difference still provides an interesting measure of an athlete's individual performance for the year

Races for 2011

Please see below a compilation of some of the road races that athletes in the Club have done in the past, all of which we can enter for 2011 and start accruing those precious times for the Champs!

***Action for January!***  
***It's not too late to get your entries in for the Fred Hughes 10m on 23<sup>rd</sup> January (closing date 14<sup>th</sup> January).***  
***Entries are also open for the Berkhamsted Half Marathon on 6<sup>th</sup> March (closing date 21<sup>st</sup> February).***

**Road Running Championships – Just Some of the Races for the Year!**

<i>Month/Race Name</i>	<i>Distance</i>	<i>Date</i>
<b><i>January</i></b>		
Tadworth	10m	02/01/2011
Nigel Barge	10k	08/01/2011
Goring, Woodcote & District	10k	09/01/2011
Fred Hughes	10m	23/01/2011
<b><i>February</i></b>		
Watford	Half Marathon	06/02/2011
Great Bentley	Half Marathon	06/02/2011
Wokingham	Half Marathon	13/02/2011
Wokingham	Half Marathon	13/02/2011

Bramley	10	20/02/2011
Winslow Lions	10k	27/03/2011
<b>March</b>		
Goring	10k	06/03/2011
Berkhamsted	Half Marathon	06/03/2011
Silverstone	Half Marathon	06/03/2011
Bath	Half Marathon	06/03/2011
Milton Keynes	Half Marathon	13/03/2011
Duchy	Marathon	13/03/2011
Reading	Half Marathon	20/03/2011
Fleet	Half Marathon	20/03/2011
Hastings	Half Marathon	20/03/2011
Wilmslow	10k	27/03/2011
<b>April</b>		
Sandy	10m	03/04/2011
Flitwick	10k	10/04/2011
White Horse	Half Marathon	10/04/2011
Lochaber	Marathon	10/04/2011
London	Marathon	17/04/2011
Balmoral	10k	23/04/2011
<b>May</b>		
North Dorset Villages	Marathon	01/05/2011
Watford	10k	02/05/2011
Silverstone	10k	04/05/2011
Marlow	5m	08/05/2011
Sheffield	Half Marathon	08/05/2011
Halsted & Essex	Marathon	08/05/2011
Shakespeare	Marathon	08/05/2011
Prestwood	10k	15/05/2011
Bristol	Half Marathon	15/05/2011
Charndon	5k	17/05/2011
Windermere	Marathon	22/05/2011
Edinburgh	Marathon	22/05/2011
Hatfield Broad Oak	10k	30/05/2011
Hatfield	10k	30/05/2011
St Albans	10k	May
Wheathampstead	10k	May
Pednor	5m	May
<b>June</b>		
Didcot	5m	11/06/2010
Wallingford	10k	05/06/2011
Banbury	5m	07/06/2011
St Albans	Half Marathon	12/06/2011
Oxford Town & Gown	10k	15/06/2011
Bellahouston	5k	19/06/2011

Thame	10k	June
Whipsnade Zoo	10k	June
Chiltern	10k	June
Waddesdon	5k	June
Borehamwood	Half Marathon	June
Colworth	Half Marathon	June

### ***July***

British	10k	10/07/2011
Wycombe	10k	17/07/2011
Princes Risborough	10k	July
Stopsley	5k	July
Cranfield	5m	July
Wycombe	Half Marathon	July
Adderbury	Half Marathon	July

### ***August***

Bearbrook	10k	August
Blisworth	5m	August
Burnham Beeches	Half Marathon	August

### ***September***

Woburn	10k	11/09/2011
Great North Run	Half Marathon	18/09/2011
Windsor	Half Marathon	25/09/2011
Headington	10k	September
Leighton Buzzard	10m	September
Garden City	10m	September

### ***October***

Cardiff	Half Marathon	16/10/2011
Cardiff	Marathon	16/10/2011
Dublin	Marathon	31/10/2011
Legoland	10k	October
Birmingham	Half Marathon	October
Henley	Half Marathon	October
Abingdon	Marathon	October
Snowdonia	Marathon	October

### ***November***

Luton	Marathon	20/11/2011
Candleford Canter	10k	November
Brighton	10k	November
Guy Fawkes	10m	November
Marlow	Half Marathon	November
Stevenage	Half Marathon	November

### ***December***

Andy Reading	10k	December
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Pednor	10m	December
Aylesbury Boxing Day	5k	December
Perivale	5m	December
Wolverton	5m	December
Bedford	Half Marathon	December

### ***Others***

Serpentine	5k	Monthly (Fri)
Park Runs	5k	Weekly (Sat)

## **The Off Road Running Championship (ORC) 2011**

The Off Road Running Championship for 2011 begins on 22 January with the Box Hill Fell Race. Here is a brief reminder of the format of the Championship and how you can take part

### Background

- The ORC runs from the 1<sup>st</sup> January to the 31<sup>st</sup> December
- The ORC features a variety of local races (plus Beachy Head) all of which are predominantly off-road. The races range from short (the Coombe Hill race at Wendover is less than 4 miles) to marathon distance at Beachy Head. Most races are about 10k. The full list for 2011 is below
- There are four trophies to be awarded
  - Highest scoring female
  - Highest scoring male
  - Highest scoring male Vet (age over 50 on 1 January)
  - Highest scoring female Vet (age over 45 on 1 January)

### How do I compete?

- Enter the races and accumulate points
- In each race the first Tring runner home gets 25 points (25 points for first male and 25 for first female). The second gets 24 points, third 23 points and so on
- Points are added together for all races completed
- If a Vet has the most points overall, he or she wins the ORC championship and the Vet with the second highest points wins the Vets trophy
- If events are cancelled, we simply use scoring from the completed events to determine championship

### I'm not a fast runner. What chance do I have of winning a trophy?

- This championship rewards persistence! The more races you do, the greater chance you have of winning points and a trophy. Experience shows it does not necessarily go to the swiftest runner
- Race results and cumulative rankings will be published periodically throughout the year

### Races for 2011

***Action for January!***

***Entries for Box Hill appear to be open still. Visit South London Orienteering (SLOW) [www.sloweb.org.uk](http://www.sloweb.org.uk).***

***Entries are also open for Hardwick Xstream. This is a great event, guaranteed muddy! Visit [www.bearbrookjoggers.co.uk](http://www.bearbrookjoggers.co.uk)***

***Watch out for Beachy Head entries opening in February- it fills up fast***

The full list of races for 2011 is below

**Off Road Running Championships 2011**

<i>Month/Race Name</i>	<i>Distance</i>	<i>Date</i>
<b><i>January</i></b>		
Box Hill Fell Race, Dorking	7.5m, hilly	22/01/2011
<b><i>February</i></b>		
Hardwick Xstream, Aylesbury	6m, cross country,	20/02/2011
<b><i>April</i></b>		
Aldbury 5	5m	April
<b><i>June</i></b>		
Coombe Hill, Wendover	6k, hilly	05/06/2011
<b><i>July</i></b>		
TBC, possible new event		Early July
<b><i>September</i></b>		
Amersham 5	5m	September
Chalfont St Giles 10k	10k	September
<b><i>October</i></b>		
Beachy Head, Eastbourne	Marathon, hilly	22/10/2011
<b><i>November</i></b>		
Herberts Hole, Chesham	10k	November
Brenda Barlow Club Handicap	15k	November
<b><i>December</i></b>		
Cliveden Cross Country	6m	December

## 2010 Ladies off-road final results

	Box Hill	Hardwick	Aldbury	Comb Hill	Chalfont 10K	Amersham 5	Beachy Head	Brenda Barlow	Herbert's Hole	Cliveden (cancelled)	Total	Position
Kirsty Barnett	24	24	24	25		25		21	23		166	1
Jane Mitchell			22	23	25	23	23		20		136	2
Sarah Hill		25						25	25		75	3
Alison Harding	25						25				50	4
Mary Ward				24				23			47	5
Alice Ely		23	23								46	6
Kim Reed							24		21		45	7
Jane Porteous							22		22		44	8
Eli Tweed								20	24		44	9
Helen Vaughan				22				16			38	10
Beth Dennis				19					18		37	11
Louise Berry			25								25	12
Rachel Lark						24					24	13
Mandy Bonthron								24			24	14
Amy Pitch	23										23	15
Rachel Lark								22			22	16
Jane Martin						22					22	17
Frances Mills							21				21	18
Hazel Vaughan				21							21	19
Sarah Dennis				20							20	20
Helen Page								19			19	21
Cathy Court									19		19	22
Carol MacDonald								18			18	23
Pam Gaunt									17		17	24
Shirley White								17			17	25
Helen Rognaldson								15			15	26
Heidi Baker								14			14	27
Laura Roberts								13			13	28

## 2010 Mens off road results

	Box Hill	Hardwick	Aldbury	Combe Hill	Chalfont 10K	Amersham 5	Beachy Head	Brenda Barlow	Herbert's Hole	Cliveden (cancelled)	Total	Position
Simon Barnett	20	23	23	23	25	24	22	22	22		204	1
Ross Langley	25	25	25	25		25		25	25		175	2
Geoff Head	18	19	18	18	23	22	12	14	18		162	3
Greg O'Callaghan	21	24	24	21			24		23		137	4
John Manning			19	20	24		21	20	20		124	5
Colin Jeffs	17	20	17	19			16				89	6
Trevor Lark	19	21	21			23					84	7
Peter Alford							17	15	17		49	8
Paul Allen								24	24		48	9
Peter Hamson		18					19	10			47	10
Nick Williams							23	23			46	11
Chris Egan			22	22							44	12
Brian Layton		17					13	9			39	13
Clive Cohen							20	19			39	14
Tony Hill							15	8	15		38	15
Richard White			12				14	11			37	16
Paul Cowan			20					17			37	17
Geoff Dennis				16				4	13		33	18
John Shelton						20			12		32	19
Nigel Kippax			14					13			27	20
Kevin Buckingham	15						11				26	21
Kevin Harding							25				25	22
Nigel Bunn	24										24	23
Alan Whelan				24							24	24
William Harvey							10		14		24	25
Sam Williamson	23										23	26
Len Vaughan				17				6			23	27
Mark Hadaway		22									22	28
Michael Burgess	22										22	29
Geoff Roser						21					21	30
Rob Brown								21			21	31
Andrew Hill									21		21	32
Tom Griffin									19		19	33
Tony Ruberry							18				18	34
Nick Pierpoint			11					7			18	35
Matthew Armstrong								18			18	36
David Heron	16										16	37
Peter McDaid		16									16	38
Simon Jessop			16								16	39
Howard Clark								16			16	40
Darren Hogg									16		16	41
Ian Stone			15								15	42
Paul Chamney			13								13	43
Mike Gaunt								3	10		13	44
David Sawyer								12			12	45
Ian Verchere									11		11	46
Bob Ford								5			5	47

## Off Road Championships 2010

Unfortunately, the final event of the off-road championships, which was due to take place at Cliveden was cancelled. However, this would have made no difference to the eventual winners as Kirsty and Simon Barnett had a large enough lead to win whatever the outcome at Cliveden.

Congratulations to the championship winners:-

*Kirsty and Simon Barnett.*

Also, congratulations to Ross Langley who was first Tring finisher in all seven of the events he took part in – he just didn't take part in quite enough. Also, well done to Geoff Head for taking part in all nine events.

There is also a vet's award for the first man over 50 and first lady over 45. These go to John Manning and Alison Harding.

Congratulations to the vet's winners:-

*John Manning and Alison Harding.*

## CLUB COACHING

Over the past few months the Committee has been discussing the option of promoting coaching within the Club. How far the coaching initiative will go is yet to be decided but initially the Club has decided to sponsor 3 places on the Leader in Running Fitness (LiRF) run by England Athletics. This has the initial aim to support new runners;

- coming direct to the Club
- coming to the Club through the running events we promote, notably the Fun Run.

This is a day course and is the minimum level of qualification needed to deliver fun and safe sessions to multi ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress to higher coaching awards.

The course is held at a variety of locations countrywide. Further information can be found on the EA link below.

[www.englandathletics.org](http://www.englandathletics.org)

The two nearest courses are Lee Valley on 12th February 2011 and Hatfield on 20th February 2011. The cost is £90.00.

Any Club member can apply for the course provided their membership is up to date and Tring is their first claim club. They would also have to agree to put in a minimum one hour of coaching for every £10.00 of sponsorship paid by the Club. The Club would pay 50% of the course fees up front and the remainder on completion of the coaching. No travel, childcare or subsistence payments will be made. Before Leaders licenses are issued upon completion of the course, EA require a CRB check which is free for leaders practising on a voluntary basis.

If you are interested in attending one of the courses please let me know as soon as possible but by **Wednesday 19th January 2011** at the very latest. If more than three members are interested names will be drawn out the hat.

Verna Burgess

## Race results and reports

### Serpentine New Year's Day 10k

Name Cat Cat Pos Club Run Time Chip Time

Jane Martin

FV45 22 Tring RC 1:08:16.6 1:07:36.9

### THE PEAK O TRIAL

This is a low key "mountain" orienteering event organised in and from a pub in the back streets of Glossop. A number of controls (7 this year) are sited in the surrounding hills of the Peak District and competitors are invited to visit them all in as short a time as possible. The nominal distance was 8 miles with 2,000' of climb. Just about enough to shake down the turkey and build a thirst for New Year's Eve.

I have family in Sheffield so the event makes a good excuse to visit them without having to spend too long there. It was to be my first run out on the hills since knee surgery. How would it go?

Last year we ran in thick snow. This year the snows had pretty much gone, though most things were still pretty frozen. This included things like streams and tussocks. Most paths became streams in the thaw so we found ourselves skating about on ice or tripping and stumbling on the tussocks. The only things that weren't frozen were the major bogs so we fell into these as normal. My feet alternated between totally numb (OK) and excruciatingly cold (not so good). Progress was hard won. The winning time was 35 minutes slower than the organiser anticipated.

There was a good choice of route and order of controls, though for most people the main choice seemed to be clockwise or anti. I was pleased to find that my ultimate choice as to which order to take the controls in was shared by most. I have to say, though, that it wasn't the order I intended to do when I set off. I kept changing my mind. One navigation error cost me 500 m which took an age to recover, trying to make my way up a narrow gully on a partially frozen stream.

The knee hurt from time to time and I felt pretty stiff and generally geriatric but I was pleased to still be able to stride out on the final few hundred meters of road and even more pleased to tuck into the fine pea and ham soup on offer back in the pub afterwards.

#### RESULTS

1 Juilan Minshull 1.47

9 Rick Ansell 2.22

54 started

32 found all the controls

### Hell Down South

I recently took part in a race which took participants into the "bog of doom". It was another one of Verna's great ideas to keep me busy and out of her way.

Having said that I did rather enjoy myself and came 44th out of; I'm not certain but the bloke on the tannoy said, 2,500. This was the Hell Down South event at Longmoor Army Camp near Liphook on 28th November 2010.

By being relatively early at each stage I managed to avoid all the long queues where many folk seemed to be looking forlorn and very cold and at the end wet and very cold.

Anyway all was pretty easy for the first 6 miles, a bit like the Oxford cross country but with more ascents and descents and we could just run over the frozen mud. Then came the bog of doom. This bog of doom was a channel of black oozy slime about 80 metres in length. As we approached, there was no way of avoiding it other than retiring from the race, were barrel fires, much smoke and a 10 foot devil although I think it was really a man on stilts. On entry there was no teetering on the brink or mincing into the water. It was a sheer drop up to the chest encouraged by hundreds of screaming supporters. It wasn't the easiest 80 metres I have negotiated as there were submerged roots and branches along the way. This nearly caused even more discomfort when wading through the oozy slime with only my head above water I tripped but I managed to arrest my fall. By the look of people at the end of the race others weren't so fortunate.

Another 2 miles were fine and then more water. Here it was simply wading chest height, imagine going through that body of water at the old cement works at the bottom of Pitstone Hill. Did you see how I said simply, others would make more of the dangers of getting cramp, having a heart attack and drowning on Sunday morning, not me though. There was a sting in the tail of course, we had to wade back across again, rather gratuitous I thought. It was here that I was hit by a chunk of ice which was painful, due to the cold - it was minus 6 but at least there was no wind. Still I didn't complain as from this article you can see that I'm not one to moan about adversities that other people put me through.

So thanks a bunch to Nigel Millwood for the place and Verna for the opportunity. Brilliant!

Michael Burgess

## Bedford Half Marathon

Eli Tweed	Bedford	H-Mar	1.44.50
Kevin Buckingham	Bedford	H-Mar	1.52.59
Nick Pierpoint	Bedford	H-Mar	1.46.40
Paul Allen	Bedford	Half	1.20.40
Rachel Lark	Bedford	H-Mar	1.50.34
Sofie Cole	Bedford	H-Mar	1.51.02
Tony Hill	Bedford	H-Mar	1.47.10
Trevor Lark	Bedford	H-Mar	1.50.28

### Road Running Championships 2010 – The Results!

We are pleased to announce the results of the 2010 Road Race Championships as follows:

**Best Male: Paul Allen 80.66%**

**Best Female: Michaela Colwell 71.84%**

**Most Improved Male: Richard White 5.34% (From 65.34% in 2009 to 70.68% in 2010)**

**Most Improved Female: Kim Reed 7.15% (From 57.35% in 2009 to 64.50% in 2010)**

Congratulations to our winners and to all those athletes who have taken part in the 2010 Club Road Champs.

Please see below a summary of the final rankings .

#### Road Champs Rankings for 2010

Name	Percentage	Position
Paul Allen	80.66%	1
John Manning	77.54%	2
Ross Langley	74.12%	3
Michaela Colwell	71.84%	4
Richard White	70.68%	5
Trevor Lark	69.69%	6
Greg O'Callaghan	68.93%	7
Tony Hill	67.56%	8
Beth Dennis	67.45%	9
Liz Daniel	66.02%	10
Jane Porteous	64.64%	11
Kim Reed	64.50%	12
Jonathan Smith	63.58%	13
Eli Tweed	62.55%	14
Nick Pierpoint	62.29%	15
David Heron	60.54%	16
Geoff Dennis	59.19%	17
Nigel Millwood	57.73%	18
Frances Mills	54.71%	19

#### Most Improved Runners 2010

Name	Pcent	Year	Pcent	Year	Improvement%
Kim Reed	64.50%	10	57.35%	9	7.15
Richard White	70.68%	10	65.34%	9	5.34
Liz Daniel	66.02%	10	61.54%	9	4.48
Ross Langley	74.12%	10	71.08%	9	3.04
Tony Hill	67.56%	10	65.57%	9	1.99
John Manning	77.54%	10	76.34%	9	1.2
Nigel Millwood	57.73%	10	56.88%	9	0.56

*Big thanks to Geoff Roser for his hard work in maintaining the database.*