



# Tring Running Club Newsletter July 2011

This month's image:-  
Gareth makes an announcement of  
"Free beer in the bar" over the  
tannoy at the Fun Run.

**Our website address is [www.tringrunningclub.org.uk](http://www.tringrunningclub.org.uk)**

**We meet at Tring Cricket Club Wednesday nights 7:30. Don't come if you're a crap runner. Nobody will want to wait around while you catch up. (Only joking ☺ we've got a few crap runners of which I'm one.)**

Other clubs that you might want to dabble in when you get bored of just running:-

**South Herts Hash House Harriers [www.sh4.co.uk](http://www.sh4.co.uk)**  
**Shire's Triers (Triathlon Club) [www.shirestriers.co.uk](http://www.shirestriers.co.uk)**  
**Samaritans [www.samaritans.org](http://www.samaritans.org)**  
**Is the rafting club still going? What's their website?**

Hi everyone,

Well a brilliant few weeks for the club. Awesome job by John on the Fun Run and a tear in the eye for many at seeing our club doing itself so proud, or in my case, for trying to jump over the chain link fence and misjudging it. And then the pub run to Cholesbury. Magnificent. Don't you just love the summer? Thanks to all contributors this month. Hope you enjoy it.

Cheers

*Dave*

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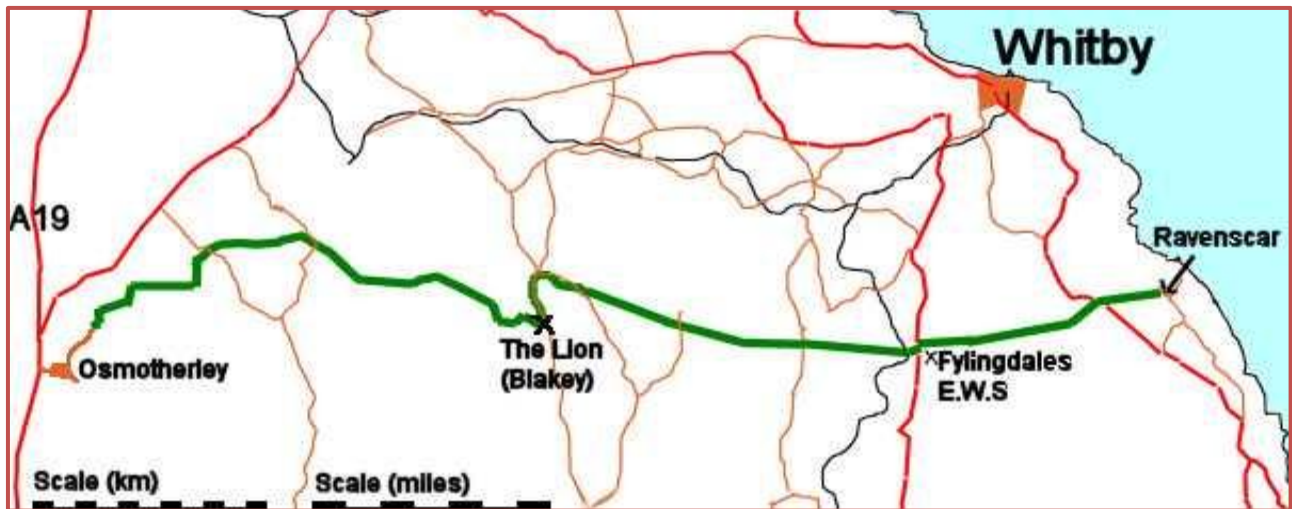
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## Apology

In last month's newsletter, the editor wrongly accused Liz Daniel of being an "Essex Girl". Liz has asked me to correct this and informs me that she is more "Suffolk Borders". Watch her on a Wednesday night after a few Bacardi Breezers and make up your own mind.....

## Suggested expedition. Why don't you do it?

The idea behind this new section is to share experiences and give other people a chance to copy your adventures. Well actually, that was the idea of the Bunga bunga party but it never took off...



Anyway, I'll kick off this month's but if anyone out there can do one for next month, I'd be delighted. The format is self explanatory (except to Triathletes but hey, sod `em).

**What:** A glorious 40 miles off road track, ideally a two day adventure, A to B, stopping at a pub overnight. A to B means 2 teams starting from each end works best.

**Web:** [www.lykewake.org](http://www.lykewake.org)

**Where:** The Lyke Wake Walk is a complete crossing of the North Yorkshire Moors from Osmotherley to Ravenscar (near Whitby).

**Who:** Ideally 6 -10 people split into two groups

**When:** Any time of year

**Why:** Because it's there... and the pub is great.

**Which way:** Doesn't matter/both.

**Whither:** Eh?

So, our group comprised a rich assortment of down and outs including Jonathan Mulcahay, Brian Nicholson, Brian Layton, Nigel Kippax, John Shelton, Nick Dimblebey, Pete Wade, Duncan Smith and me. We set off in 2



cars from Tring, went to Whitby for fish and chips in the evening and spent the first overnight in Ravenscar. Rambos camped out in a local campsite whereas the wimps booked a B&B. Then in the morning, group "A" drove a short way to the East start and set off. Group "B" drove to the halfway pub, put the tent up and carried on to the West start point at Osmotherley. (This worked really well because the Osmotherley to Lion pub in Blakey leg is shorter so we all ended the first day about the same time.) Again, Rambos camped in pub field, Wimps stayed in hotel B&B. Next day, having remembered to SWAP CAR KEYS, Group "A" carried on to the West point, at which time they jumped in Group "B"'s car, drove to the pub, packed away the tent and drove to Ravenscar to meet Group "B" who had walked to Ravenscar from the pub. It all actually worked out brilliantly. We all met up at the end of the second day and drove back, tired and subdued, but jubilant. The Lyke Wake walk can be done as a single long hard slog but you'd have to be a saddo to do that on your own. Brian Layton did that the year after.

### **Highlights:**

Brian Nicholson stepping into a muddy puddle that happened to be 2 feet deep.

Group "A" found burger van 20 minutes after set off and spent an hour sipping tea.

Group "B" spotted landmark but on Dave's suggestion to ignore compasses and head for it was reprimanded by Brian L saying "People die making decisions like that"



Jonathan Mulcahay sacked as Group "A" navigator when it was found he had the map upside down.

Strangely, the fastest runners in each group (Nick Dimblebey & Nigel Kippax) turned out to be the (annoyingly) slowest walkers.

Best highlight for me, an evening in the Lion Pub in Blakey, after a long days trek.

## Congratulations!

Following a *'lovely but far too expensive'* weekend in Paris, it's congratulations to Anne and Nigel who are now planning to get married. Ahhh! You see what Tring running club can do for you! No date has been set for the big day, but we all know that it will have to be flexible to fit around the weekly running schedule!

This is clearly an excellent excuse for a few beers, and one not to be passed over. As such, the next breakfast run on Saturday 9<sup>th</sup> July will be a 'breakfast; lunch and dinner run'. According to Nigel, "we'll get the BBQ going, make friends with Tring brewery and invite everyone (families included) to join us at any time during the day". Sounds like Buckland's answer to the much loved Devon beer run. Just as long as Nigel doesn't forget the editor's bacon and eggs at 09:30!



## Ladies beware

### Ladies Beware

It has come to our attention that a senior member of the running club is grooming young ladies. He will look you up and down and ask if you would like to spend an evening and night with him. It is not what you might think, it is worse. He wants you to join him running the Ridgeway, so ladies beware!

Anon

## St Albans Half Marathon

On a drizzly but reasonably warm Sunday 12<sup>th</sup> June the St. Albans half marathon got under way.

The organisers proudly announced 2400+ entrants which was great news for this well organised charity fund-raising event. With a reputation for being a hot event there are bundles of water stations en-route though the cooler conditions this year gave these marshals a much easier time and the competitors more oomph - the winning time broke the course record by over 4 minutes.

10 Tring runners (unless I missed some in the results) proudly fluffed out the ranks of 'also-rans':

Trevor lark	1.36.02	179 <sup>th</sup>
Howard Clark	1.39.59	301
Simon Jessop	1.43.50	433
Rachel Lark	1.51.04	720
Len Vaughan	1.52.25	766
Kim Reed	1.56.01	909
Elizabeth Daniel	1.58.52	1020
Helen Vaughan	2.02.22	1150
Sofie Cole	2.14.24	1555
Frances Mills	2.15.48	1587

1940 listed finishers. 14 still noted as being on the course – so don't panic if you spot any giant snails or lost deep-sea divers around St. Albans over the next few weeks!

Trevor.

## princes risborough 10k - 03/07/11

just the results i'm afraid as i dont have the necessary creative writing skills to produce an amusing tale about a group of female tring runners accompanied by a lone male tring runner taking on the undulating princes risborough 10k route in near perfect weather conditions. **(Editors Note: That'll do for me, but try to find the Shift key next time.. (Blooming kids and they're textspeak.....)**

### female race - 79 ran

maria cook	00:50:25	21st
jane porteous	00:52:25	24th
elizabeth daniels	00:52:33	26th
clare willett	00:58:19	53rd
frances mills	00:61:00	65th
beth dennis	00:64:02	70th

### male race - 166 ran

mark travers	00:45:47	65 <sup>th</sup>
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## Who's that member?

New game here for the newsletter. I have secretly asked a member a number of intimate questions. From their reply, you need to work out who that person is. First correct response gets a Blue Peter badge....

1. Favourite run : A circular route around Frithsden and Potten End. It is quite tough but on a sunny summer day makes me feel like I am in the south of France.
2. Best running moment: Getting a PB in the London marathon in 2008
3. Worst running moment :Any time when I am injured
4. Road or off road :Off road always and forever
5. Tent or hotel :Tent - fresh coffee and a view over the fells, idyllic!
6. What famous person most resembles you?: Julia Bradbury without the sexy behind (or the income!)
7. Beer or Wine : A nice chilled chardonnay (in a tent!)
8. Favourite restaurant: Manna, Primrose Hill
9. Favourite place: Anywhere with family
10. Who or what would you cross the road to avoid: A butcher's shop
11. Who or what drives you mad: Slow computers, laziness, litter, dog poo. smoking - this list seems very long so I'd better stop
12. What's best about TRC: General - the genuine fellowship with like minded people and specific the Lake District or Brecon trips.

Who Am I?

## Femoroacetabular impingement (and vests)

### **Vest update:**

As you will already be aware and thanks to Maria's efforts we now have a new TRC vest - Hurrah! Since my work accident :( and subsequent hip injury last September, I have not really come to club - and will not attend for some weeks yet so Paul Cowen has kindly agreed to take over the distribution and sales of the new vests with immediate effect - many thanks Paul. It makes more sense for it to be someone who can commit to be at the club regularly on a Wednesday evening.

For anyone who somehow possibly might just have escaped hearing about my injury - could there be anyone left I ask myself as its has completely taken over my conversation and indeed my life this last 10 months?!! I have a femoroacetabular impingement of the cam variety don't you know!!!! Anyway.... at the risk of boring you all to death with what that is, suffice it to say, you don't want one as it meant surgery, 4 weeks of none weight bearing - and lots of really boring exercises! The long shot of that means its buggers up your running as the physio said No so I won't be doing any distance for another month or so though I am now up to a whole 6 mins, yippee!

Anyway for anyone who is still reading at this point and hasn't already switched off following the rambling of a mad woman, there is a purpose to this article ! That's is to flag up for those of you

who, for nostalgic reasons, or just cos you're tight and don't wish to fork out for a new one, I have a handful of the old vests still available at a mere £5 a pop.

Stock levels are as follows:

Mens XS x 2

Mens XL x 1 (reserved for someone who'd asked me about one, who I then couldn't remember who that was - clearly have been suffering from old age as well as a hip injury and he has a new one now that I have remembered who it was!!!)

UNISEX trousers x 1

Ladies XS x 1

Ladies S x 1

Ladies M x 1

Ladies L x 5

My contacts are **Nikki Burgess mobile - +44 7780 704651 and email**

[nikki.burgess.uk@gmail.com](mailto:nikki.burgess.uk@gmail.com) should you wish to purchase one now before I return the unsold items to the committee to be cast aside forever more.....

I'll look forward to seeing you all when I finally return properly to club and of course to showing you my scares should you be even remotely interested! Until then, happy running to my TRC buddies - enjoy!

Nikki Burgess

## Coombe Hill

The full results from Coombe Hill are in the link <http://www.coombehillrun.org.uk/CHResults2011.pdf>

16 club members took part in a field of 242. Ross Langley was 4th overall and Kevin Harding was first MV50.

The latest positions in the ORC are in the excel file below.

It is pleasing to see some new entrants in the ORC from their run at Coombe Hill - Helen and Len Vaughan, Mark Travers, Colin Jeffs and Ashley Horton. Good luck to them for the rest of the series.

There is still all to play for - although Ross and Sarah look to have strong leads, we have only done 4 races in the 11 race series. Who knows what will happen? Remember, persistence is what pays off in the ORC!

All best

John

## Off Road Champignon chips (Just to prove John is a Fun Guy)

	Ve t	BxH l	Xst m	Alb 5	CHil l	W W	Am 5	CS G	BH d	Hh o	Hca p	CC C	Tota l
Men													
Ross Langley		25	25	25	25								100
Alan Whelan		21	21	22	22								86
John Manning	V	16	17	20	20								73
Greg O'Callaghan		24	24		21								69
Simon Barnett			18	24	24								66
Rick Ansell	V	17	19	18									54
Nigel Bunn		23	23										46
Chris Egan		22		23									45
Kevin Harding	V		22		23								45
Brian Layton	V	14	12		16								42
Trevor Lark	V	18	16										34
Robert Brown				21									21
Michael Burgess		20											20
Mark Hadaway			20										20
Nick Williams		19											19
Paul Cowan				19									19
Ashley Horton					19								19
Colin Jeffs					18								18
Simon Jessop				17									17
Mark Travers					17								17
Richard White				16									16
Clive Cohen	V	15											15
Tom Sawyer			15										15
Tom Hallett				15									15
Len Vaughan					15								15
David Sawyer			14										14
Geoff Dennis				14									14
Peter Alford	V		13										13
Nigel Kippax				13									13
Ian Verchere				12									12
Women													
Sarah Hill			25	25	25								75
Kirsty Barnett			23	24	23								70
Alison Harding	V		24		24								48
Jane Porteous	V			22	22								44
Alice Ely			22	21									43
Rachel Lark				23									23
Cathy Court	V		21										21
HelenVaughan	V				21								21
Carol Macdonald			20										20
Ann [Stratch]				20									20
Shirley White				19									19

# Otmoor V St Albans. Mills Masterclass

**(Thank you to Frances for this article.)**

As many of us are immersed - albeit at second hand - exams

Compare and contrast the Otmoor Challenge with the St Albans Half Marathon

	<b>Otmoor</b>	<b>St Albans</b>
Date	4 <sup>th</sup> June 2pm	14 <sup>th</sup> June 10am
Location	Horton-cum-Studley, Oxon	St Albans (der!)
Ambience	Throw back to 1950's picture postcard England, complete with small fete and brass band	Bang up to date, 5k fun run, children's races, half marathon for walkers, massage - it's all go!
Distance	Half marathon	Half marathon
Terrain	Multi Terrain	Road
Conditions	V hot and windy	Cool and wet
Runners	324	1975
Starter	Think Leslie Phillips	Think Smashy and Nicey
Start	"Would you mind awfully moving towards the start line?"	20 minute delay standing in rain whilst "Health and safety problem on the course" resolved.
Course	Lovely countryside including Otmoor nature reserve. Footpaths narrow and rough, plenty of stiles. Hard to overtake (not a problem for all of us!!). Pretty flat	Quickly out into the countryside , pleasant tree lined country lanes, surprisingly hilly
Marshalls	Few and far between but jolly nice when encountered - straightforward course and expert use of stripy tape ensured that no-one got lost	Zillions of v cold, wet and enthusiastic marshalls giving great support
Water stations	Enough including the occasional DIY station - huge bottle of water placed by a stile with accompanying plastic cups - @	More than you've ever seen before - one every mile?
Results	Peter Alford 1.54.18 Kim Reed 2.03.00 Frances Mills 2.22.12	Trevor Lark 1.35.19 Howard Clarke 1.37.35 Simon Jessop 1.42.01 Len Vaughn 1.50.17 PB Rachel Lark 1.50.20 Kim Reed 1.53.36 Liz Daniel 1.56.44 Helen Vaughn 2.00.13 Sophie Cole 2.12.28 Frances Mills 2.13.22

Conclusion - two very different but equally enjoyable events. Otmoor wins on this occasion on the strength of the weather and novelty value.

# Famous member

Congratulations to Mike Burgess on being a record leg holder. Not sure how many legs he can hold at one time but it's impressive...

**Greensand Ridge Relay Results History - Leg Records**

Home  
[What is orienteering?](#)  
[About the club](#)

**Leg Records**  
Leg records shown here cover the period since the race route was reversed in 1999.

**Leg Four - Millbrook Car Park to Deadman's Hill (5.8m)**

Name	Club	Yr	Time	Name	Club	Yr	Time
M16 Dale Witheridge	A&FF	03	44:20	W16			
M20 Joe Harris	SMOC	06	42:33	W20			
M21 Paul Farmer	A&FF	11	34:05	W21 S Atkinson-Frost	A&FF	04	40:37
M40 Martin McPheat	MKAC	02	36:36	W35 Astrid McKeown	NHRR	08	38:12
M50 Michael Burgess	TRC	11	38:28	W45 Linda Skinner	GCJ	99	46:43
M60 Kelvin Smith	MMKAC	11	43:18	W55 Patricia Godfrey	A&FF		68:26
M70 Jim McKellar	MMKAC	10	63:10	W65			

**Leg Five - Deadman's Hill to Deadman's Cross (5.2m)**

Name	Club	Yr	Time	Name	Club	Yr	Time
M16				W16			
M20				W20 Amy Witheridge	A&FF	02	45:03

**Greensand Pages**  
[Greensand Home](#)  
[Route Description](#)

At the other end of the spectrum, I've been asked what it feels like to come last in a race and see the marshals packing up as you start your final lap as mentioned in last month's newsletter. Well here I am. It's lonely out there I can tell you. Does it make me want to try harder and get fitter? Nope, sod it. No more races for me.....



# South Downs Marathon

This is my story about the South Downs Marathon by Sandra Mogan

I have run various legs of the relay at this event and thought the only way to see the whole route would be to do the marathon, after all what could be harder than Pitstone Hill with Nigel's group?

Many of my long runs consisted of meeting with Tring on a Saturday morning at Ashridge for a sharp 6 miler then plodding the long way home while everyone else tipped up to the cafe for tea and bacon sarnies...oh joy!



I was lucky enough to be chauffeured down to the race by Marathon Mark Travers for whom this was a wee jog in the country but I must say he was a very calming influence and his central locking on the car was I presume his way of preventing me from leaping out onto the A3 pre race (I like to think this because personally I refuse to believe the rumours and hey who doesn't have a carpet in the back of their car!)

The weather was perfect, a cool and sunny day with a light breeze. So 9.20am came and off we went in the first wave of marathoners. I hadn't run this stage of the relays so the first 7 miles were all new to me and wow what a beautiful place to run. Through the woods to start then up onto the South Downs Way where the view was spectacular. It wasn't long before the second wave of runners started to pass including a team being dragged along by huskies, I was tempted to ask if they had forgotten the sleds but they looked very

hungry (the dogs not the runners). The miles whizzed by very quickly and the fact that there were relay changeover points with so many supporters made the race a lot easier psychologically. The last stage was pretty hard and I started to get cramp so I had to walk, run but all the runners were very encouraging and we all helped each along.

The final 2 miles was through Queen Elizabeth country park and this was probably the hardest bit because you felt like you were so near yet so far from home and had to pass picnickers with their barbecues alight and Pimms in hand!

The finish is the most welcoming I have run with a short downhill into the finishing funnel with flags and balloons to pull you home with everyone cheering, the sense of achievement when I crossed the line was the best ever. My time of 5:25:46 was better than I hoped and Mark just pipped me with 4:22:40 - almost the same as his previous South Downs, a great day all round!

After a professional picnic to refuel, Mark and I headed home. No central locking this time and I like to think this was because 'mission accomplished' and not because there were no showers available post race!

Big thank you to Marathon Mark for his encouragement and giving me the confidence to 'go for it'.

I can highly recommend this marathon and the relay event, it is extremely well organised with excellent marshalling points, plenty of water and energy drinks/gels....so next year I'll see you all at the start after all what can be harder than 26.2 miles of 'Tring' running?

# Road Champs Data Up to 30<sup>th</sup> June 2011

Michaela reports:-

It's been a busy few weeks in the Road Race calendar. Our runners have been all over competing in the:

- Prestwood, Richmond & Thame 10ks
- Hastings & Marlow 5 milers
- St Albans Half Marathon
- Charndon 5k
- Halsted & Paris Marathons

Below are some of the reports from our intrepid runners/reporters (mostly Trevor!) followed by the up to date Road Champs Leader Board and the individual runners and race results. Thanks once again to Geoff for compiling.

*Thame 10k – Trevor*

14 (or maybe more – apologies if I have missed you out) Tringites fried and sizzled themselves through Thame and into its flat outskirts on an east – west course that was unforgiving in the heat.

Conditions initially looked more promising with a bit of early morning mist and cloud, but as soon as everyone was called to the start enclosure for a 5 minute game of sardines this dispersed.

Anyone who did not look dehydrated or burnt at the finish appeared to get dubious praise as they approached the line. As the Tring contingent was almost exclusively from the various wrinklies categories our good name was never likely to be questioned.

For those who did not feel suitably tenderised at the end there was a very welcome free massage.

835 people finished the race.

*St Albans Half – Trevor*

On a drizzly but reasonably warm Sunday 12<sup>th</sup> June the St. Albans half marathon got under way.

The organisers proudly announced 2400+ entrants which was great news for this well organised charity fund-raising event. With a reputation for being a hot event there are bundles of water stations en-route though the cooler conditions this year gave these marshals a much easier time and the competitors more oomph - the winning time broke the course record by over 4 minutes.

10 Tring runners took part.

*Halsted Marathon – Liz*

A nice sunny day (perhaps a bit too hot?). The race was very well organised and there were a good number of runners (about 800) and supporters that made a bit of atmosphere.

Well done to Liz who ran a 9 minute pb! Congratulations to Matt and David who also ran.

*Marlow 5 – Geoff Head*

A large field of 1350 turned out for this short race round the streets of Marlow. It is mainly dead flat so good for PB potential, not that any of the Tring contingent troubled any PBs as far as I know, probably due to the warm, sunny conditions (that's my excuse and I'm sticking to it)..... Jane troubled her PB so congrats to her as well!

This years' competition is getting really exciting. Keep running everyone and don't forget to let myself and Geoff know your results!

*Hot Action coming up!*

Don't miss

- Risborough 10k on Sunday! (3<sup>rd</sup> July)
- Stopsley Striders Ladies 5k (10<sup>th</sup> July)
- Wycombe 10k and Half Marathon (17<sup>th</sup> July)
- Waddesdon 5k (20<sup>th</sup> July)
- Blisworth Friday 5 (5<sup>th</sup> August)
- Bearbrook 10k (14<sup>th</sup> August)
- Great North Run (18<sup>th</sup> Sept)
- Garden City 10m (25<sup>th</sup> Sept)



Road Race Champs – The Leader Board

Well done to those runners who have joined the rankings this month by completing the 4 races over 3 different distances.

**Road data as at 15 June 2011**

Name	Percentage	Position
Tom Griffin	80.76%	1
John Manning	77.01%	2
Trevor Lark	73.87%	3
Michaela Colwell	71.53%	4
Greg O'Callaghan	70.02%	5
Liz Daniel	66.61%	6
Maria Cook	65.86%	7
Kim Reed	65.37%	8
Richard White	61.78%	9
Rachel Lark	61.53%	10
Geoff Dennis	61.27%	11
Frances Mills	56.98%	12
William Harvey	54.78%	14

No change yet with Tom still at the top. But it's close!

A special mention to Maria for some great race performances and also for being one of the few club runners to achieve over 70% in a race this month!

Road Race Champs - The Data

Name	Race in 2011	Distance	Time	%
William Harvey	Shakespeare	Mar	04:15:00	53.25%
William Harvey	Berko	H-Mar	01:56:15	56.14%
William Harvey	Watford	H-Mar	01:57:16	55.66%
William Harvey	Fred Hughes	10m	01:30:58	54.05%
Verna Burgess	Watford	H-Mar	01:49:33	67.40%
Trevor Lark	Berko	H-Mar	01:30:43	74.43%
Trevor Lark	Watford	H-Mar	01:32:17	73.16%
Trevor Lark	St Albans	H-Mar	01:35:19	70.83%
Trevor Lark	Pednor	5m	00:35:33	69.15%

Trevor Lark	Fred Hughes	10m	01:09:30	73.12%
Trevor Lark	Thame	10km	00:41:22	74.78%
Tony Hill	Watford	H-Mar	01:51:32	66.24%
Tony Hill	Marlow	5m	00:39:15	68.15%
Tony Hill	Fred Hughes	10m	01:23:07	66.77%
Tom Hallett	Berko	H-Mar	02:07:00	47.82%
Tom Griffin	Paris	Mar	03:35:00	73.40%
Tom Griffin	Berko	H-Mar	01:31:03	82.70%
Tom Griffin	Watford	H-Mar	01:35:01	79.25%
Tom Griffin	Marlow	5m	00:33:43	80.77%
Tom Griffin	Fred Hughes	10m	01:10:23	80.32%
Sofie Cole	Berko	H-Mar	01:53:55	62.55%
Sofie Cole	St Albans	H-Mar	02:12:28	53.79%
Sofie Cole	Prestwood	10km	00:51:12	63.31%
Simon Jessop	St Albans	H-Mar	01:42:01	61.43%
	Gran			
Shirley White	Canaria	10km	01:03:12	56.25%
Samantha Lane	Fred Hughes	10m	01:27:04	59.95%
Sam Williamson	Fred Hughes	10m	01:14:27	66.58%
Ross Langley	London	Mar	02:55:10	71.31%
Ross Langley	Watford	H-Mar	01:19:28	74.52%
Ross Langley	Fred Hughes	10m	01:01:49	71.80%
	Gran			
Richard White	Canaria	H-Mar	02:09:14	55.09%
Richard White	Sandy	10m	01:19:19	67.49%
Richard White	Prestwood	10km	00:49:26	65.78%
Richard White	Thame	10km	00:55:21	58.75%
Rachel Lark	Berko	H-Mar	01:47:12	61.41%
Rachel Lark	Watford	H-Mar	01:47:22	61.32%
Rachel Lark	St Albans	H-Mar	01:50:20	59.67%
Rachel Lark	Pednor	5m	00:39:10	61.79%
Rachel Lark	Fred Hughes	10m	01:22:12	60.44%
Rachel Lark	Thame	10km	00:49:15	61.59%
Peter Alford	London	Mar	04:11:12	60.97%
Peter Alford	Watford	H-Mar	01:47:00	68.40%
Peter Alford	Thame	10km	00:49:23	67.57%
Paul Terrett	Berko	H-Mar	01:48:38	61.11%
Paul Terrett	Fred Hughes	10m	01:25:52	58.19%
Paul Cowan	Berko	H-Mar	01:36:38	68.11%
Nigel Millwood	Berko	H-Mar	01:40:50	59.44%
Nigel Millwood	Fred Hughes	10m	01:17:16	58.46%
Nigel Kippax	Berko	H-Mar	01:48:40	63.79%
Nick Pierpoint	Fred Hughes	10m	01:21:55	63.09%
Michaela Colwell	London	Mar	03:34:31	69.19%
Michaela Colwell	Watford	H-Mar	01:38:57	72.01%
Michaela Colwell	Fred Hughes	10m	01:14:10	71.60%
Michaela Colwell	Sandy	10m	01:14:36	71.18%
Michaela Colwell	Prestwood	10km	00:45:26	71.35%
Max Ansell	Berko	5m	0:35:50	#N/A
Mattew				
Armstrong	Halstead	Mar	03:38:56	57.29%
Mattew				
Armstrong	Berko	H-Mar	01:33:47	64.30%

Mary Ward	Watford	H-Mar	01:38:02	71.91%
Mark Travers	Pednor	5m	00:39:00	61.54%
Mark Travers	Winslow	10km	00:43:21	69.67%
Mark Travers	Thame	10km	00:46:22	65.13%
Mark Hadaway	Berko	H-Mar	01:25:28	69.38%
	Gran			
Maria Cook	Canaria	H-Mar	02:13:35	55.96%
Maria Cook	Hastings	5m	00:39:09	68.92%
Maria Cook	Chardon	5km	00:23:16	70.92%
Maria Cook	Thame	10km	00:50:01	67.64%
Maria Cook	Richmond	10km	00:50:26	53.37%
Luke Delderfield	London	Mar	02:46:22	75.09%
Luke Delderfield	Berko	H-Mar	01:14:58	78.99%
Luke Delderfield	Watford	H-Mar	01:16:21	77.56%
Liz Daniel	Halstead	Mar	04:14:02	61.36%
Liz Daniel	Berko	H-Mar	01:48:20	69.00%
	Great			
Liz Daniel	Bentley	H-Mar	01:51:00	67.34%
Liz Daniel	St Albans	H-Mar	01:56:44	64.03%
Liz Daniel	Pednor	5m	00:46:36	57.90%
Liz Daniel	Fred Hughes	10m	01:24:54	65.27%
Liz Daniel	Thame	10km	00:52:12	64.81%
Len Vaughan	St Albans	H-Mar	01:50:17	62.29%
Len Vaughan	Berko	H-Mar	01:50:28	62.19%
Laura Roberts	Watford	H-Mar	02:11:50	51.68%
Kirsty Barnett	London	Mar	03:33:45	64.59%
Kim Reed	London	Mar	03:59:49	64.19%
Kim Reed	Watford	H-Mar	01:52:45	65.48%
Kim Reed	St Albans	H-Mar	01:53:36	64.99%
Kim Reed	Berko	H-Mar	01:58:01	62.56%
Kim Reed	Fred Hughes	10m	01:21:59	66.80%
Julie Moffat	Thame	10km	00:58:01	55.39%
Jon Scullard	Berko	H-Mar	01:29:53	69.16%
John Shelton	Berko	5m	00:49:10	53.46%
John Shelton	Pednor	5m	00:52:00	50.54%
John Shelton	Marlow	5m	00:54:20	48.37%
John Shelton	Prestwood	10km	01:05:50	50.25%
John Manning	Watford	H-Mar	01:34:11	75.60%
John Manning	Marlow	5m	00:33:27	77.23%
John Manning	Pednor	5m	00:34:18	75.32%
John Manning	Chardon	5km	00:19:33	79.88%
Janet Reeve	Berko	5m	00:46:09	59.91%
Jane Porteous	Berko	H-Mar	01:58:47	63.72%
Jane Porteous	Thame	10km	00:53:15	64.32%
Jane Mitchell	Marlow	5m	00:41:41	61.50%
Jane Mitchell	Berko	5m	00:42:43	60.01%
	Gran			
Jane Mitchell	Canaria	10km	00:53:31	60.04%
Jane Mitchell	Winslow	10km	00:54:43	58.73%
Ian Verchere	Pednor	5m	00:52:07	58.20%
Howard Clark	Berko	H-Mar	01:37:30	64.79%
Howard Clark	St Albans	H-Mar	01:37:35	64.73%
Howard Clark	Watford	H-Mar	01:40:33	62.82%

Helen Vaughan	St Albans	H-Mar	02:00:13	65.42%
Helen Vaughan	Berko	H-Mar	02:00:48	65.11%
Helen Vaughan	Winslow	10km	00:54:18	65.47%
Helen Page	Fred Hughes	10m	01:23:55	62.20%
Heidi Baker	Berko	H-Mar	02:08:28	52.37%
Heidi Baker	Watford	H-Mar	02:11:59	50.98%
Greg				
O'Callaghan	London	Mar	03:14:23	64.85%
Greg				
O'Callaghan	Berko	H-Mar	01:23:32	72.71%
Greg				
O'Callaghan	Watford	H-Mar	01:25:44	70.84%
Greg				
O'Callaghan	Pednor	5m	00:31:01	71.68%
Geoff Roser	Marlow	5m	00:47:16	58.15%
Geoff Roser	Pednor	5m	00:48:42	56.43%
Geoff Roser	Berko	5m	00:49:55	55.06%
Geoff Roser	Prestwood	10km	00:59:18	58.32%
Geoff Roser	Thame	10km	01:03:40	54.32%
Geoff Head	Berko	H-Mar	01:44:55	63.81%
Geoff Head	Marlow	5m	00:41:41	58.50%
	Gran			
Geoff Head	Canaria	10km	00:53:31	57.33%
Geoff Dennis	Berko	H-Mar	02:20:10	56.43%
Geoff Dennis	Watford	H-Mar	02:31:54	52.07%
Geoff Dennis	Pednor	5m	00:44:16	64.42%
Geoff Dennis	Prestwood	10km	00:56:27	63.60%
Geoff Dennis	Winslow	10km	00:59:13	60.62%
Frances Mills	Shakespeare	Mar	04:57:08	53.12%
Frances Mills	London	Mar	05:16:27	49.88%
Frances Mills	Berko	H-Mar	02:09:56	58.25%
Frances Mills	Watford	H-Mar	02:13:02	56.89%
Frances Mills	St Albans	H-Mar	02:13:22	56.75%
Frances Mills	Fred Hughes	10m	01:38:33	56.93%
Frances Mills	Thame	10km	01:01:18	55.87%
Eli Tweed	Berko	H-Mar	01:43:07	63.92%
Eli Tweed	Fred Hughes	10m	01:15:40	65.73%
David Heron	London	Mar	04:59:49	50.10%
Dave Jones	Watford	H-Mar	01:58:09	57.14%
Dave Jones	Fred Hughes	10m	0.064178	54.99%
Clara Willett	Thame	10km	00:57:50	54.32%
Clair Black	Watford	H-Mar	02:07:47	53.71%
Cathy Court	Berko	5m	00:42:13	62.50%
Cathy Court	Fred Hughes	10m	01:31:25	59.25%
Cathy Court	Thame	10km	00:57:19	57.69%
Carol				
MacDonald	Berko	H-Mar	02:00:05	57.15%
Carol	Gran			
MacDonald	Canaria	H-Mar	02:12:36	51.76%
Andrew Hill	Berko	H-Mar	01:33:48	63.22%
Amy Goss	Berko	H-Mar	01:49:28	69.14%
Amy Goss	Pednor	5m	00:39:08	69.80%

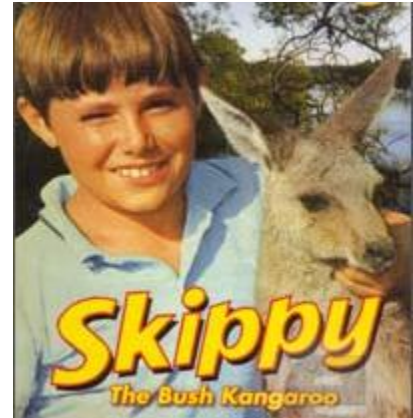
## Who I'd like to run with

*Who I'd like to run with by Sandra Mogan*

I would like to run with 'Skippy', he is fast so my running will improve. He could also carry my water, gels, mobile phone, lunch, spare socks, extra top in case it got cold, waterproof in case it rained and sun tan lotion in case it was sunny (unlikely).

But most of all if I fell into a ravine he could summon help and give them the exact grid reference for my helicopter rescue by William, Duke of Cambridge!

Otherwise Carol will have to do!



## An irrelevant article by Dave nothing to do with running.

An article I wrote a while ago about giving blood before I became old and cynical.... It's a bit "Carry On" style – probably suited to the older club members. Is that right Tony? (either of them...)

Val seemed as happy as ever as she breezed into the office that morning, but as I turned to say hello, some sixth sense told me to return to the laptop and pretend I was concentrating hard. My premonition proved valid as she turned to Julie, sat opposite and said, "There's a Blood Donor van at the Town Hall. Who's coming along?"

The way the blood drained from Julie's face, you'd have guessed she'd just given some. "Ooooh," said Julie, "I would do but I've got to meet my Mum this lunchtime to look for a new tea cosy."

"No problem," explained Val, "the boss has said we can go during the day and we won't get any time knocked off"

Julie began to wilt and I started to grin. It didn't last for long though as Val started looking for new recruits. I refused saying I felt too weak. The last time I gave blood, I felt my cheeks being sucked in by the pressure and I fell off my motorbike on the way home. (That sounded more convincing than the truth; my fear of any needle not being used to sew a button on.) Neena smiled broadly from behind a stack of computer output and declared that she was too light to give blood. The weight limit has apparently just lowered from 8 stone to 7 stone 12 lbs and Neena had recently

gone on a diet to lose those extra 2 lbs just to make sure. I was extra nervous of this weight change, as it now meant I should be able to give double quantities.

So, Julie was the only other volunteer. Val had already given so much blood that she had a gold badge, two letters from the Queen and a sweatshirt saying "I've given my pinta, how about you?" so she was totally unconcerned about the impending bloodletting.

Julie looked nervous so I told her all about the needle being about the same calibre as a garden hosepipe and how they sometimes have to get Red Adair to cap the hole in your arm when they eventually take the needle out. I thought it was all in fun, but as the time approached, I felt quite guilty, so much so, that I ending up going with them.

There was lots of nervous laughter as we wandered across town. I was shaking my arms, limbering up like an athlete about to make a third and final attempt at 2.4m on the high jump. Val was rabbiting on about a new recipe she had found for mango and prune crumble but Julie and I were deep in concentration, trying to get the right mental attitude towards the challenge ahead, and desperately thinking of an excuse why we shouldn't go through with it.

Walking through the door of the town hall, there was a big poster listing all the diseases which forbade you from donating blood. I scanned the list hopefully, looking for the chance to fall at this first hurdle but amongst the long list of diseases, athletes foot wasn't mentioned once.

We all filled in a form, looked up, and instinctively clapped each others hands in the air, looking like a combination of the Three Musketeers and the Dallas Cowboys.

It was all getting close now and I volunteered to go first, more out of fear of watching the others than bravery. Stepping up to the first table, a doctor asked my various questions about recent travels. Had I only been to Nigeria rather than the Isle of Wight for my holidays, I would again have had a valid excuse to cop out. The process at this table was a finger prick of blood dropped into what looked like a jar of fairy liquid. Either that or Dr Spock had just given a large ad hoc sample. The way they actually got the blob of blood was with a little gun with a disposable needle attached. Totally painless I was pleased to find out although I did still look away as the doctor was doing it, pretending I had spotted an interesting poster on the far wall.

Having been bar-coded, I was shown through to a camp bed set out amongst 10 others in the hall. My nurse looked very pleasant and I was pleased to see that when she smiled, she had normal teeth so at least I wouldn't be donating through my neck. I was about her 130th patient that week, she was my first blood-taker this decade which seemed a bit one sided so I wasn't surprised that her conversation came so easy and I mumbled incoherently, not unlike on trips to the dentist. "Which arm would you like the needle in?" she asked. Forcing myself out of semi-consciousness for a second, I pointed across the hall and said "Val's."

Feeling more confident at this, I asked if I'd be able to play the piano in the evening. "No problem," she answered, already expecting my reply of, "that's good, I couldn't play it this morning." How they much hate the same old gags but the sympathy shines through I think as they realise that it's just the desperate call of a terrified patient. I was looking for a poster to concentrate on when she suddenly got up and said, "right, that's all connected. I'm taking 450ml."

I looked down astonished to find the needle all in place without me realising and as she gave me an old pushbike handle to hold, I began to feel relaxed for the first time. I looked down at the black rubber bike handle in my hand and gave a Charles Bronson type pump on it as if I was at Muscle Beach L.A. Unfortunately it was quite stiff and I could only squeeze it a bit.

Apparently, they will only leave you attached for 12 minutes and hope that you will be able to give your 450ml donation by then. With all that time to go, I laid back and thought about breakfast. I began to wish I hadn't had that Black Pudding but then thought it would all balance out.

I was surprised at all the debris left over from preparing my arm for the needle. There was a lot of sterilising pads and about the same amount of polystyrene waste as you'd get from a kiddies party at MacDonalds.

I looked round. 5 minutes gone and 250ml donated. Over halfway. Then, to my horror, I saw Val get up and walk towards the recovery bay. How could she have given it so quick? Did they use petrol pipe? I looked across at Julie, pumping away at the old bike handle, only to see that she was almost 100ml ahead as well and they both started after me. Horrified at the thought of being beaten by both of them, I started pumping at the bike handle myself. Luckily I've been building up my strength with a "Grip Machine" I keep in the car. I think it's for professional squash players but I just use it at the traffic lights to impress any lady drivers that may be around; and it stops me picking my nose.

Anyway, pumping away with all my strength, I saw the level in the bag creep up and within a minute I'd given the other 200ml taking me into second place. I gave a gratifying smile to Julie and set off to the recovery area, my arm feeling as if someone had tied a concrete curb stone round the wrist.

The recovery area is a line of beds where you should just lay for ten minutes to recuperate. Now, there's very few occasions where you find yourself lying next to a lady from the office or from anywhere for that matter. Val was next to me and glanced across smiling. I took a drag from an imaginary cigarette and said "How was it for you?"

"Fine, it's always over quickly with me," she replied

I didn't comment on that one. 10 minutes later it was tea and biscuits with the Women's Voluntary Service. Whatever happened to the good old fashioned teapot,

stained brown with use and slopping around, scolding anyone who dare go near? We just had those instant one person tea bags which actually tasted OK but it's the principle. I'd timed my getting up to coincide with the opening of a new packet of Tea-time biscuits so managed to scoff the chocolate bourbons, much to the disgust of Julie who was next in line.

So, all over very quickly, virtually painless, and most importantly a good service to the community. It's just a pity I fell off my bike on the way home and needed it back again. (Not really)

## Blast from the past

A random page from an old TJC newsletter.  
September 1994 this time

# TRING JC NEWS

September 1994

## COMING SOON... CURRY AND CAJUN DANCING

Summer may be over but there's plenty to look forward to over the coming weeks. Details of Saturday's breakfast run and the following Friday's curry night can be found over the page, along with news of our autumn highlight, the Cajun Dancenight on October 22nd.

The Cajun night is costing a fair bit to stage, so please bring along some friends to make sure the evening is profitable as well as successful. Tickets are £6 each and are available from tonight from Sue Pearce.

Entries to our annual Ridgeway Run on October 16th are coming in fast, and at this stage it looks as if we will once again reach our 500 limit. All the necessary permits and permissions have been obtained, although the police have mentioned a couple of points: we will need more marshalls (Steve Pearce will be doing the press-ganging over the next couple of weeks), and no-one connected with the run (that's marshals and helpers as well as runners) will be allowed to park in the permanent car park in front of the football ground.

## Marathon Mike still on top...

Mike Mitchell still leads the club championship over Mike Perry. Twenty-four of us have now completed the required four races over three different distances to register a score, and with the busy autumn period of road races coming up, many others will be included in the table next month. The current positions are set out below. Everyone's best performance so far this year is listed on the centre pages.

Mike Mitchell	81.37%
Mike Perry	80.00%
Clive Cohen	75.67%
Rob Hickling	74.55%
Richard Collison	72.81%
Mike Gaunt	72.44%
Phil McHugh	71.59%
Roy Bride	71.16%
Tony Hill	68.83%
Erica Clapp	68.68%
Dave Shoesmith	67.60%
Steve Pearce	67.00%
Tony Ruberry	66.96%
Geoff Dennis	66.44%
Brian Nicholson	64.51%
Jenny Dunn	64.22%
Alison Wells	64.05%
Janet Hill	62.92%
Geoff Wood	61.48%
Anne Pashley	60.98%
Antonia Blake	60.90%
Tony Smith	59.95%
Mike Quincey	58.17%
Paul Stevenson	54.80%

## SLMM 2011 – Chapel Stile 2-3 July

Last weekend a few members of the Club took part in the Saunders Lakeland Mountain Marathon.

The event entails navigating between control points on the fells in the fastest time possible over a two day period with a remote overnight camp.

Different courses are available offering greater distance and ascent to competitors.

The weather was very hot both days causing a fairly high dropout rate during the weekend (85 teams retired at the overnight camp) – however it was glorious in the hills even if you needed lots of fluid.

On the Saturday morning the Tring runners were split by varying start times so had little chance of socialising. Overnight camp saw us all together swapping stories of the day on the hill and wondering how much more food Simon had in his bag.

Myself and Harry made the chasing start on day 2 and were second team off. We expected an easier day as the course was advertised as 14km and 550m of climb. The actual course description on the Sunday morning was 16.1km and 951m of climb - something I only told Harry at the end - although he did keep mentioning that he thought there were more hills than yesterday. Despite Harry's severe blisters we managed to catch and overtake the leading pair in the first third of the course. We made good time in the middle of the course due to some local knowledge around Martcrag moor and a fast descent into the Langdale valley. Eventually we came home 15 minutes ahead of the next competitor after a very tiring day.

I have not spoken to Brian but he got a huge round of applause when he finished at the mid-way camp.

### WANSFELL (115 starters)

1st	Alan Whelan & Harry Whelan	(1st)	07:10:35
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### HARTFEL FELL (115 Starters)

68th	Peter McDaid & Alice Ely	(64th)	12:42:25
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72nd	Michael Burgess & Verna Burgess	(65th)	12:56:51
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### CARROCK FELL (107 Starters)

22nd	Simon Barnett & Kirsty Barnett	(24th)	13:59:19
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54th	John Manning & Matthew Gregory	(46th)	16:43:10
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### KLETS (32 starters)

Brian Layton.

Cheers,

Alan Whelan