



Tring Runner



June 2011

Hi everyone,

Well, another fun packed volume to line your budgies cage with. Special thanks to Helen and Len for a lovely article on “best reason to miss club night” and to Trevor for a follow on to “chased by animals”. He even supplied the graphics. Thank you Trevor. Clive, bless his cotton socks, knocked out the Fun Run article with only 8 hours warning. Good man!

Going to print, I’m still hoping for a couple of articles to come through. Like a black pudding factory, we always welcome new blood so if you want to drop me a line about “Who’d I’d like to run with” or any other topic really, I’ll be pleased to hear from you.

Cheers

Dave

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Halstead Marathon

I thought Halstead was a good run. Very well organised (almost as good as the Ridgeway), a nice quiet route and fairly flat (although there was one bizarre comment on RW from someone complaining about how hilly it was – they obviously need to try running around here!), lots of water stations and a pretty good bag at the end. I'd definitely recommend it and will probably go again next year.

Matt Armstrong 3.38.56

Liz (Essex Girl) Daniel 4.14.02

Nigel – thank you very much for all those Sunday mornings.

Matt Armstrong

Coaching Update

The coaching strategy that is being developed by the Club is starting to make real progress and we wanted to let you know what is happening.

Verna, Eli and Clive (shortly) have attended the Leader in Running Fitness course and have a coaching license to lead running groups. Fundamentally this ensures that we are insured to lead groups, as well as giving us a really useful grounding in leading a group (what many of us do anyhow!).

Our next steps on the coaching are:

Step 1 – Set up a Start to Run course

It has always been a niggle that we have the fantastic Midsummer Fun Run inspiring people to get running but as a Club we could only offer them a run if they could already run 10km or go out for an hour. This year it will be different! We aim to have a sign up desk at the Fun Run for a start to run course taking people from nothing to 5km in 6 weeks. We will run this on a Wednesday evening in the summer after the main groups have left. It will also have a theoretical slot covering running related topics such as shoes, nutrition, stretching and races. The cost will be £15.00, open to anyone over 18 years old.

Would you like to help?

It would be great to have the support of the Club in the following ways for the Start to Run course:

- Be part of the group on one or more weeks so that participants can get to know what it is like being part of a Club, especially a friendly one like Tring.
- Lead one of the theoretical sessions so that we can take advantage of the expertise that exists within the Club (you do not need to be a coach to do this)
- If the demand exists be willing to support /mentor any of the group during the week to ensure they keep running !
- Offer IT skills to help us produce a nice looking flier, registration form and course information.

Step 2 – Continue with the bridging group

The Start to Run course will take people up to a 5km standard which again is not sufficient for them to confidently join one of the regular Wednesday night groups. For this reason we would like to offer a bridging group gradually building them up to running for an hour or between 4-6 miles.

You may have noticed that this has already been happening on a Wednesday night with a fairly even split between existing Club members and new runners trying it out. All of the new runners are interested in joining the Club and say very positive things about their running experience with us.

Would you like to help?

It would be great to have the support of the Club for the bridging group:

- Could you lead the group occasionally ? This will allow others to have a week off and get a longer run in and catch up with other club members .
- Could you run with the group occasionally again to give new runners the experience of being part of Tring RC and to meet as many Club members as possible.

Step 3 – offer coaching for more experienced Club members

Now that the coaching door has been opened there is a huge range of opportunities to explore that we may or may not want to take further as a Club. However , we are keen that the coaching should not just be focussed at new runners and that there are existing Club members who may like some more specialist training . The winter on road session seem to support this assumption. Verna, Clive and Eli are not trained to offer this but now we have started down a coaching pathway as a Club we can:

- Join in with one of the local Sports Networks or another Club and use their skills/resources to offer the coaching
- Recruit a Flying Coach from England Athletics to train coaches in a specified technical area which is then passed on to the runners

How you can help us in coaching for more experienced Club members :

- This is simply by letting us know what you would like to see coaching in . Is there a group of you who wants to get faster at half marathons or get under 50 minutes in a 10k? Please let Verna, Eli or Clive know and we can research where we can get that coaching from.

Step 4 – keep the coaching strategy active

All of the above is not a one off activity – we want to keep coaching as part of what the Club does to get people running and then running better (if that is what they want). We can only do this if there are Club members willing to help (see above) and train as coaches. The Club is willing to meet the costs of coaching, up to a level agreed by the committee, and all the income received from any coaching activities will be fed straight back to the Club, hopefully meeting a substantial proportion of any costs incurred.

How you can help :

- Please let us know if you are interested in completing the Leader in Running Fitness Course or other endurance based athletics qualification under England Athletics.

In summary, you can help the coaching strategy by all (!) or any of the following:

- Supporting the Start of Run course
- Supporting the bridging group
- Giving ideas for specialist coaching
- Training as a coach

If you have any queries about coaching, please speak to Verna, Eli or Clive.

Verna Burgess
9th May 2011

Call for help

I'm not sure how many of you have seen Verna's planned "girls only" bike events but they have just realised that if anyone gets a puncture, they're stuck. If you are a man and can help, please contact Verna directly to offer your services.

Shakespeare Marathon

Hi All,

William and I had a good day at the Shakespeare Marathon yesterday - great organisation, lovely countryside and a welcome breeze blowing the blossom off the trees and cow parsley so it was like running through confetti.....

William Harvey - 4.15.00 (a fantastic PB)

Frances Mills - 4.57.08 (London was just a practice run (!))

Frances Mills

Jane troubled her PB so congrats to her as well.....

Geoff

Chased by animals... by Trevor Lark

I feel I need to add my bit to the 'Chased by animals' thread as 2 recent experiences border a little on the unusual.

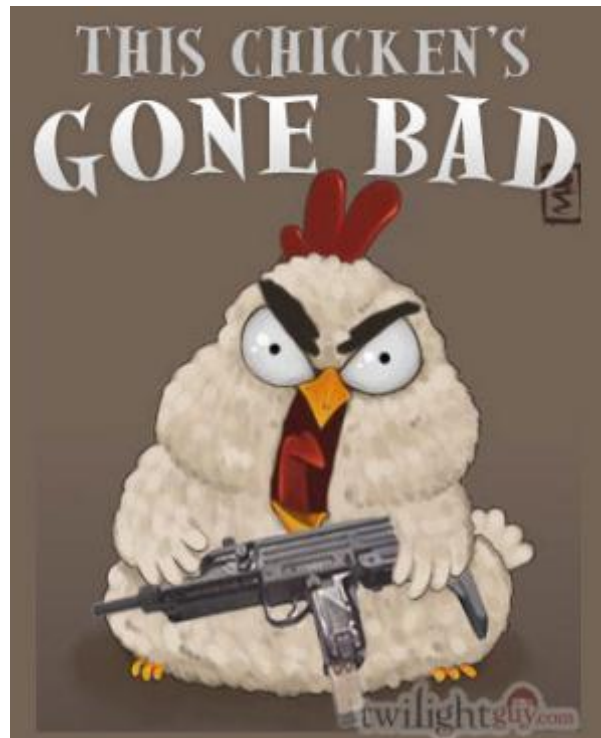
Near Durham recently, running along a lane trying to find a local castle (people will steal anything up there) I happened into what I suspected to be a private lane. Whilst figuring out where to go next I heard the deep bark of a large dog and the yap, yap of a small dog approaching from the vicinity of a property at the end of the lane. The deep bark didn't bother me as I sensed it belonged to a cumbersome large breed - the kind that's worse than its bite. But the yap, yapper sounded like one of those small, swift moving, brainless ankle-snappers that defy all kicks and commands to bugger off under the wheels of some passing car. Sure enough as the creatures approached into the range of my blurry vision I spied a Labrador and a JACK RUSSELL. I hastily decided where I needed to run next (away) but then stayed as something was not right with the scene. The Jack Russell for all its enthusiasm to have a piece of me was sadly lacking in the breeds usual speed.

By the time it eventually arrived I was on first name terms and negotiating walkies arrangements with duke (the Labrador). The Jack Russell transpired to have 3 legs, having learned already that the promise of tasty treats under moving vehicles was an evil human lie, and had determined that one of my legs (once removed) would be of a suitable size to replace its own missing limb. As I ambled away from the demented yapping of the Jack Russell seemingly daring me 'come on if you think your big enough' but making precious little ground in my direction I couldn't help but think of the scene from Monty Python's Holy Grail - 'it's only a flesh wound'.



Stuck between a cock and a herd place?

Even more recently when running home from work one afternoon I passed through a little business development converted from farm buildings. I sensed something striking my shoe as I ran and looked back to see a small chicken chasing me. I ran faster but it kept up, pecking away relentlessly at my shoe. Then it started to overtake me so fearing I might stand on it I stopped. So did the chicken. Quickly glancing around to see if some prankster had a remote control revealed nothing. The chicken had by now stepped a safe distance away, muttering a host of chicken obscenities and blocking my path. I double checked my footwear, they weren't Nike's? Could the Jack Russell have got a contract out on me this quickly? Time to have a closer look at this 'chicken'. I bent over to pat it (as you might when making friends with a dog) little realising that to the chicken this was exactly the same movement as he/she had seen the farmer set out to make upon its decreasing circle of friends about 2 hours before dinner on an all too regular basis. Much like the Jack Russell this creature had learned from man's ulterior motives and promptly took hold of a beak full of finger. I withdrew my hand rather quickly, now adorned with an angry chicken but at the same time clearing my route ahead. I ran on now minus attachment – but with the chicken back in hot pursuit and pecking at my heels once more! 50 yards further on the grass got longer, which I guessed would impede the chicken, and as I reached a stile I looked back to see the chicken had finally given up and was stood clucking noisily in my direction. Giving it 'the finger' and calling back to insult its bravado (though in hindsight to any onlooker my pointing and calling 'chicken' may have made me appear some over-enthusiastic twitcher) I hopped over the stile into the adjoining field then turned to be faced with approaching and curious cows – bugger.



Trevor.



Marlow 5 Sunday 8 May 2011

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).

Congratulations to Tom for his second place in the mens V60.

John Manning	Marlow	5m	00:33:27	77.23%
Tom Griffin	Marlow	5m	00:33:43	80.77%
Geoff Head	Marlow	5m	00:41:41	58.50%
Jane Mitchell	Marlow	5m	00:41:41	61.50%
Geoff Roser	Marlow	5m	00:47:16	58.15%
John Shelton	Marlow	5m	00:54:20	48.37%
Tony Hill	Marlow	5m	00:39:15	68.15%

Oxon 20/40 Saturday 30 April 2011

This is an LDWA event of either 20 or 40 miles in a circular route north from Henley on Thames.

The Chiltern Hills countryside was magnificent, with the beech woods full of bluebells and the blue skies full of red kites. The sun shone all day. What better way to spend a day.

The last 3 miles of both routes followed a long downhill, curving valley back to Henley and the lavish spread of food at the finish was just right to refuel.

Peter Hamson's wife, Wendy, deserves a medal. She completed the 20 mile route and then waited for Peter to finish the 40 miler. With Peter's current injury, he was walking all the way so I was pleased to see that Wendy had a very thick novel.

20 miles (217 completed)

Colin Rees	33rd	5hr 34 mins
Tony Hill	33th	5hr 34 mins

40 miles (98 completed)

John Manning	8th	8hr 13mins
Peter Hamson	80th	11hr 53mins

All best
John



TRC

Member Focus – Maria Cook

This month's member focus is on Maria, and it's for a very special reason. Tony Hill forgot to include the Beacon Award on the Awards List in last month's newsletter and diplomacy dictated a spotlight be placed on Maria's award this month, so what better way than through the Member Focus.

Surprisingly, Maria actually liked the idea and even offered to come over and be interviewed, foolishly thinking that an hour talking about the potential article might actually influence what goes in it.....

Maria offered the image opposite as her official photo often used in her website *leatherbatgirl.com* which, on last check had hits from both Mike Gaunt and Tony Ruberry who insisted they simply mistyped into Google. (They were going for *latherbatgirl.com* which Maria tells us has a subscription.)



Now, Maria was awarded the Beacon Award. Not sure if it was an AV vote but I remember all the nominees being very deserving and me having much angst before eventually voting for myself (which apparently nobody else did.) Looking at the literature, the Beacon award is a beautiful silver plate (now on eBay) won last year by Mike Blake. It's for outstanding achievement in running or for contribution to the club. I guess Maria got it for contribution.

So what have these contributions been?

1. Club vests. Wonderful new modern fabric with a fantastic slimming design. Mind you, Mulcahy was bought one and still looks like a water retaining, pregnant hippo. Never has lycra worked so hard.....
2. Christmas Dinner Dance organisation. A first for the club and everyone agreed, a fantastic success. Wonderful venue, meals, drinks and frivolities for only £39.50. (Incidentally the same as 1 yrs subscription to *latherbatgirl.com*.)
3. Social events throughout the year, from cheese and wine parties to breakfast runs to curries etc etc. Maria has been

brilliant at getting these events off the ground and making them a success.

4. Press releases. Maria has also been responsible for getting all our results and articles in the local paper, and for getting super injunctions on some of the more embarrassing activities the committee has been up to. (Watermelons are now banned from committee meetings.)

No wonder Maria is so worthy as a Beacon award winner. Thanks Maria. Now to the interview. (Yes, we did actually do one.)

Dave: When did you join TRC?

Maria: About 15 yrs ago I was getting my hair done in Hemel. I was in my running gear (?) and the hairdresser, David Miller, asked if I'd like to join.

Dave: What was it like then?

Maria: The clubhouse was a wooden shack in the carpark of the current Cricket Club grounds and men and women had to take it in turns to shower. Geoff Roser was never sure when to join in with his soap on a rope. The new clubhouse was built about a year later.

Dave: Who ran with you first?

Maria: My first run was with Tracey Sinton. I could only run about $\frac{3}{4}$ mile at that stage, but it was a really nice welcome to the club.

Dave: Then your first competitive race?

Maria: A Berko 5 miler. I took about 40 minutes. At that stage I thought I'd never run a whole marathon, then you see older members carrying too much weight, waddling along like a duck, (*Editor's note: I think I know who she's talking about...*) and they run marathons so I thought I could too. I trained for the Paris in 1998 but then couldn't do it at the last moment as I realised the shops were open and Karen Millen was having a sale. Finally, in October, I ran the Dublin with Tracey and got round in 4hrs 17mins, just 2 years after joining the club. And I've run lots since.

Dave: What's your favourite marathon?

Maria: Rome. Wonderful sights coming in and out of the city. Absolutely glorious and I'd recommend it to anyone.

Dave: Fastest marathon?

Maria: London 3:54 (no Tracey)

Dave: Least favourite?

Maria: Prague. Thought it would be wonderful but it's mainly running up and down dual carriageways.

Dave: What's been your favourite club event?

Maria: The 2010 Club Christmas Dinner Dance at Pendley Manor. It was a wonderful evening. Fantastic company, lovely atmosphere and nice to dress up posh for once.

Dave: What events are coming up?

Maria: I've always enjoyed meals at Da Vinci's so will be organising another one there and hoping to sort out a trip to Frithsden Vineyard. There's lots of Breakfast runs coming up which I really recommend to new members as they're great fun, sociable and you get the rest on the day to recover.

Dave: Didn't you used to travel with work abroad?

Maria: Yes. I really love the Botanical gardens in Singapore and in South Germany, running along the river (*Editor's note: Me and Maria couldn't work out if it was the Danube or Rhine. Any ideas?*) and all the lovely castles there.

Dave: So what are your future plans?

Maria: Well I was really looking forward to the Brecon weekend but couldn't make it. (*Editor's note: Maria was running badly recently and put this down to mid-life issues, fitness and general old girl things, but with the simple removal of an organ, now has a second lease of life and is running better than ever.*) I ran the Hastings 5 miler in 39 minutes last weekend and am really looking forward to doing lots of races and competing for the club in the Cross Country. Things are looking up!

Dave: Thanks Maria. By the way, I might write some other stuff instead, as this has been a bit boring. (*Editor's note: Sorry, ran out of time.*)

Tring Runner misses World Championships by a whisker

It's surprising really. These Shiers Triers, out every week dunking themselves in quarry pits, hurtling round the streets on velos and occasionally doing the proper thing and running. But when it comes to competition, it's the runners who take it on. Thus your dynamic editor entered the ITU Beijing World Championship qualifier at Dartford, the Bridge Triathlon, missing out on representing GB in his age group by a handful of places. Not surprisingly, our age group 50-70 male was last out. Was there any shame in having 5 tired and bored canoers escorting me in so they could get back in time for their lunch? Or having the highways lorry follow me round the last lap collecting the cones. (Some on the traffic jammed Eastenders thought I was titled—they kept shouting "Get a move on, you Count"). Or the marshall on the run route packing up and saying "You'll remember the way next lap won't you?". No, no shame at all. It's the closest I've ever been to World Championship Qualification but just felt a little naughty doing a triathlon when I have such purest running credentials. Bit like having a cheese sandwich at the Ivy, or putting a bike rack on a Lambo...

Bar brawl

You know the feeling. Exhaustion, hunger and a desperate need to get some energy back into the system. Your intrepid editor has been working hard and researched greatly (had a chat with Alison during the breakfast run) to bring you conclusive results and recommendations. Now it's over to you guys for the field trials....

Bar 1:- Pret Bar

INGREDIENTS	200 g (7 oz) unsalted butter 80 g (2¾ oz) golden syrup 40 g (1½ oz) clear honey 100 g (3½ oz) soft brown sugar ¼ tsp salt 90 g (3¼ oz) dried apple rings, roughly chopped 80 g (2¾ oz) dried apricots, roughly chopped 1 orange, zest only 25 g (1 oz) mixed candied peel 75 g (2½ oz) pumpkin seeds (pepitas) 30 g (1 oz) sesame seeds 350 g (12 oz) rolled oats 40 g (1½ oz) sultanas (golden raisins) 65 g (2¼ oz) dried cranberries 5 g (½ oz) poppy seeds 35 g (1¼ oz) sunflower seeds 70 g (2½ oz) dried coconut flakes	
PREHEAT THE OVEN to 170°C (325°F/Gas 3). Grease a 23 cm (9 in) square baking tray. Melt the butter, golden syrup and honey in a saucepan over low heat. Mix all the other ingredients together in a large bowl. Add the melted butter mixture and stir everything together until well distributed.	Put into the prepared baking tray, pat down and level with the back of a dampened wooden spoon (prevents sticking) and bake for 20 minutes, or until just beginning to brown on top. Allow to cool slightly before cutting into slices or squares. The texture will harden when completely cold.	

And the challenger, a peanut choc supremo bar:-

Peanut Butter Squares

100 g butter
250 ml white sugar (or 200 ml white sugar and 50 ml icing sugar)
2-3 large spoonfuls peanut butter – be generous (smooth or chunky) – if you decide to use more peanut butter, cut down a little on the butter
1 egg, lightly beaten
450 ml finely crushed digestive biscuits (about 2/3 to 3/4 of a package)
150 g bar of chocolate
1 tbs milk or cream

- Melt butter in a saucepan over medium heat.
- Stir in sugar, peanut butter, and egg and stir over heat almost continuously until just ready to bubble.
- Remove from heat and stir in digestive biscuits.
- Pack into a square or rectangular baking pan and refrigerate.
- Melt chocolate and stir in milk or cream so when cooled, chocolate does not become too hard.
- Spread chocolate on top of peanut butter squares.
- Reading to cut in about an hour.

Personally I recommend a hybrid, the Pret Bar topped with chocolate. Let us know how you get on....

Best excuse to miss Club Night

CROSS CHANNEL BALLOON FLIGHT 07 APRIL 2011

51 Balloons took to the skies on the morning of Thursday 07 April 2011 having been on standby on and off since October 2010. We started our preparation in earnest late afternoon on Wednesday 6th April. As part of our safety precautions we were to wear wet suits, in the unlikely event of ditching in the water. At this time of year with the sea being as it's coldest after a long cold winter, we would only have about 12 minutes survival time so a wet suit was imperative. We collected our wet suits and life jackets from the nice people at Scubaducks Dive Centre in Aylesbury and once we were satisfied that everything fitted, we were on our way straight down to Kent, grabbing a bag of fish and chips on route.



We arrived at our Hotel at approximately 11.00pm. Getting our priorities in order, we announced our arrival, grabbed our room keys and headed to the nearest pub for a quick night cap and finally got into bed at midnight.

We arrived early next morning at the launch site, Lydden Hill Race circuit, which was packed with balloons when we got there. Balloons were laid out in preparation for the flight and after a pilot briefing confirming the weather details and some safety tips, a 'lead balloon' was sent off to radio back the track. We were airborne by 07.10am along with all the other balloons. Both Len and myself are pilots and shared the flying. I did the take off and the flying across the channel and Len took over once we were in France, leaving me to navigate. It was just the two of us in the basket and the rest of the space was taken up with our fuel tanks and essential rations (yum, yum!) for later.

Lydden Hill is situated approximately 7 miles from the coast, so plenty of opportunity to abort the flight, if we felt unhappy about anything. We wore our wet suits from the outset. Having practised putting them on previously, it was clear that in any emergency we would **not** get them on in a hurry in the confined space of a



balloon basket. The fit is very snug and you pull them on from the feet end first and unroll up your body, a bit like donning a pair of tights. (I'm hoping that only the girls amongst us know exactly what I mean by that!?). They weren't the most comfortable thing to be wearing whilst flying but the warmth from them throughout the flight was lovely and tasty.

At the launch site, the surface speed in the bottom of the valley was fairly light, but those on the top of the hill were knocked around a bit with some local gusting. On take off we rounded out at 300 feet above the ground and clocked 32 miles per hour on the GPS!! This proved to be local to the launch site. Once we were clear of Dover we dropped our height a bit and the speed then reduced to 28 miles per hour!! We crossed the channel in about 1 hour 15 minutes. Once we hit landfall in France we decided to fly on as it was such a lovely day. We continued on and finally landed at 09.55am just south of St Omer.

We had a 'sporting' landing, in what was now, fairly thermic conditions (great for gliders, but not ideal for balloons), approximately 10 knots forward and 15 knots down, eek!!! Nothing was damaged, no one was hurt and the only incident was the loss of my glasses which flew

off the top of my head on impact, shot under the basket and vaporised, never to be seen again. To put this into perspective, you would expect a typical flight to be approximately 5 knots on the surface with an upper speed of about 12 knots. The first thing we did was peel out of our wet suits and put on some fresh clothes that we'd brought in the basket. Then, after packing away, true Brit style, we sat in the sunshine with a couple of hot cross buns and a hip flask. We made contact with the crew who were still in the UK at this point and then when our hip flask ran dry, we walked into town and found ourselves a bar to continue our celebration.

We had a brilliant day, the sun was shining and all the balloons got across without incident and we finally arrived back in Wilstone at 09.30pm that night, exhausted but elated.

Helen & Len Vaughan

The Midsummer Fun Run

a look back at where it all started

Our esteemed editor has asked me to knock up a brief article explaining the background to the Fun Run. Well, I've just returned from another great TRC weekend in the Brecons, feeling a bit trip weary but energised by tour bus sounds from DJ Tee Roobs. So here goes.

Going back to my stint as club chair over ten years ago, the club was pootling along very nicely indeed, membership steadily increasing year-on-year, a healthy cross section of running types, an established annual round of activity – Ridgeway Run, Brenda Barlow, Chiltern League, invitation evening and good participation in a variety of races ranging from London to pub runs.

Still it felt like something was missing. Remember, these were the days of pre-history – the internet had barely taken off – the club didn't have a web site, we were not well known outside running circles and, I'd contend, barely known in the town. For instance, the Ridgeway Run of around 500 participants plus supporters is a significant event for a town the size of Tring but unless you get held up in traffic on Grove Road you'd probably not know of it. It felt like we needed to put TRC on the Tring Map, have a focal point event that got our name in the local community, but above all, did something that connected us to, and put something into, the local community. Taking us outside our "*running world comfort zone*", I guess at the end of the day it was about promoting and "*sharing the love*" (of running) to the uninitiated.

So this was the seed of thinking behind the Fun Run. But like most great ideas, it is not an original idea and needed a spark. Well, one Easter I was in Bourges, central France – yes Bourges I'm putting you on the map – skimming the local equivalent of the Gazette checking out local entertainment possibilities, I came across an advert for La Foulée – a series of runs for adults and les enfants over 6 distances from 5k down to 400m. Such things no doubt existed in England at the time but I wasn't aware of them. Clearly the concept had 'jambes' but did it have 'legs'?

One of my core principles is 'know a man who does' so on my return to England those experts, 'realisateur' Rob Brown (the inaugural Race Director) and Colin Rees were enlisted. I think it fair to say we were united in a shared belief in what was, by then, the out of favour clarion call of 'Sport for All' and in 2001 the first Tring Midsummer Fun Run was shaped and born. Since then with minor modifications to the original format it has gone from strength to strength, numbers increasing every year and growing into something approaching a running carnival for all. For me seeing the near stampede at the start of the youngest age groups runs has for me become a great annual buzz.

The aim was and remains all about encouraging sporting participation for both adults and children. To give non running adults the chance to try a local low key run, and amongst the many activities kids get to try these days, to give them a running opportunity and one parents need not flinch at the cost of.

One point I'd like to make is the Fun Run was never conceived as a money making enterprise or revenue stream for TRC or indeed our charity of choice. The link with Iain Rennie Hospice at Home (IRHH) came down the line. If there was any surplus to be made from the run then we thought it should go to a local charity and so we made the connection

with IRHH. I can say the aim 'remains all about encouraging participation' as I'm led to believe the committee recently declined sponsorship of the medal ribbons for a substantial sum that would have gone straight to IRHH. Personally I might have 'taken the money' but on reflection I'm really pleased the commercialisation of the event has been resisted or maybe I'm naive here and other matters came into play.

If you've stuck with me this far I'll finish with a special thanks to our line of distinguished race directors Rob, Dave, Tony and John and here's to a great 2011 Midsummer Run.

Clive

Who I'd most like to run with

Richard White sent in the following:- "The person I'd most like to run with is my lovely wife Shirley. She's my wife, my best friend and soul mate and I wouldn't want to run with anyone else."



Coincidentally, Shirley also wrote in:- "I'd like to run with Bradd Pitt. He's young, handsome and doesn't fall over things in Singapore."

