



Wouldn't like this rabble on one of my flights...Bet they've never flown first class..

Hi everyone,

Apologies for the long newsletter. It was looking a bit thin so I wrote loads of stuff, then lots of articles poured in the last few days..

Well, by popular demand, Geoff Dennis becomes this month's 6 packer. Thanks to Beth for the photo. Lots in the newsletter this month, some new features, some old favourites. One new feature is "Member Focus". Not as you may first think, Brian Layton sat in the bath with +2.50 glasses and a mirror to see round his gut, but an in depth interview with one of our own.

This month, checking through my emails, I see Jonathan Mulcahy popped his head above the parapet so will be the subject of this months "tribute".



Now, I've noticed that fear of retribution / misrepresentation is causing angst. Whenever I ask Richard how he is, he says, "I'm not sure, I'll ask my lawyer...." So I think it's only fair to point out the "one-hit-rule". Trevor, Richard and now Jonathan have immunity from further newsletter abuse. Sadly, this cannot be extended to Bob. It would be folly to loose such a rich seam of comedy material this early in the year..

Happy March.

Cheers.

Dave

Contents

Great Bentley Half Marathon	3
Chiltern XC results – Wing 12 th Feb	3
Watford Half results and reports.....	5
Winslow 10K.....	7
The Wadsworth Trog.....	7
Club Coaching	9
Gauntlet Trophy 2010.....	10
Photo corner – Watford Half	12
Dave’s diary – not much about running.....	13
Hong Kong report: Kevin Buckingham.....	13
Rumours And Gossip Section.....	14
Member Focus	15
Other clubs what we are in	17
Which? Group to run with.....	18
Photo corner – Caption competition	19
Blast from the Past.....	20
TRC Calendar.....	21
TRC Things organised every year and other stuff	22
Hardwick Results.....	23
Colouring page for Triathletes.....	25
Off Road Championship – Results table.....	26
Maria’s Kristal Borl.....	27

Hardcopy available from Amazon. Just logon to:

www.amazon.co.uk/gullible

Great Bentley Half Marathon

When:- Sunday 6th Feb

Who:- Liz Daniel, the only Tring Runner completed the course in 1:51: 00

Race report:- "It was flat"

Thanks Liz.

Chiltern XC results – Wing 12th Feb

Hello all,

Another fantastic turn out on Saturday for the final match of the Chiltern League Cross Country season (Round 5), this time held at the Cottesloe School, Wing.

As you might have already seen (first hand or from Trevor Larks fine photos) this course proved to be perhaps the most challenging yet, with more mud than you could shake a stick at! Luckily the the sun shined on us, the tent stayed upright as did I think all our runners(although I did hear a murmur from someone that it might be fun to see a few fallers in the mud!!) and there was some celebratory eating and drinking at the end of the day. Thanks very much to Richard and Shirley White, and Maria for supplying some bubbles and to those of you who also brought along an array of yummy cakes to share, all much appreciated!

We again saw some splendid individual performances, notably Ross Langley who finished 7th place in the Men's Senior/Junior/Vet's Div 2 race, followed by Greg O'Callaghan in 10th place and Nigel Bunn in 14th place. In the Ladies Senior/Vet's Div 2 race, Mary Ward flew home in 7th position with Alison Harding coming home in 12th place and Eli Tweed close behind in 14th place.

I have trawled my way through the myriad of placings on the Chiltern League website and hopefully have come up with the correct interpretation of the results!

Wing - Division 2 Round 5 12th February

Men's Senior/Junior/Vets

Team Result = Tring 1st place

Division Result= Tring 1st place

Vet's Men's Race

Tring 2nd place

Division Result 1st place

Senior/Vet's Ladies Race

Team Result= Tring 2nd place

Division Result= Tring 4th place

Vet's Ladies

Tring 3rd place

Division Result 5th place



TOTAL OVERALL SCORE after 5 Rounds 1st Place = Tring

DIVISION RESULT 1st Place = Tring

Male Overall = Tring 1st place
Division = Tring 1st place

Female Overall = Tring 3rd place
Division = Tring 6th place

Amongst those Overall scores, both our Men's Senior and Vet's Teams finished in 1st place.

Individual Placings:

Kevin Harding = 1st Male Vets Over 50
Nigel Bunn = 3rd Male Vets 40
Ross Langley = 3rd Senior Men
Alison Harding = 3rd Lady Vets Over 45
Kirsty Barnett = 2nd Senior Ladies
Rachel Lark = 3rd Senior Ladies

So there we have it! The individual results for Wing are attached, or else visit the Chiltern League website at: <http://www.chilterncl.co.uk/cl201025c.htm>.

Congratulations to all concerned and another big thanks to everyone who has run/ supported us throughout the season and have helped us on our way to Division 1. With your help we might just retain our position next time around...well maybe!!

Regards
Jane

Results: Chiltern League Cross Country 5th Round Wing 12th February 2011

Senior/Junior/Veteran Men

7 Ross Langley 37.27 M
10 Greg O'Callaghan 38.18 M
14 Nigel Bunn 38.39 M40
18 Kevin Harding 40.23 M50
22 Mark Hadaway 40.33 M
26 Michael Burgess 41.08 M40
38 Simon Barnett 42.47 M
45 Trevor Lark 43.56 M40
51 Clive Cohen 44.40 M50
53 John Manning 44.55 M50
59 Rob Brown 45.39 M50
68 Jonathan Smith 46.43 M
81 David Sawyer 51.53 M40
89 Brian Layton 55.09 M50
95 Richard White 57.09 M50

Senior/Veteran Ladies

7 Mary Ward 28.56 F35
12 Alison Harding 30.26 F45
14 Eli Tweed 30.35 F
17 Kirsty Barnett 30.49F
24 Rachel Lark 32.43F
27 Ruth Rutt 34.13 F45
29 Jane Porteous 34.53 F45
30 Alice Ely 36.04 F
32 Maria Cook 36.44 F45
34 Carol MacDonald 37.13 F

Watford Half results and reports

Road Champs by Michaela Colwell Another great turnout!

The second month into the 2011 Road Race Champs and there was another fine turnout from Tring for the Watford Half Marathon.

This event has grown significantly in the last few years and the infrastructure surrounding it has grown too. Gone are the days of leaving your bag under a tree in Cassiobury Park and searching for it at the end ('now which tree was it?'). The baggage hold, large gazebos for changing, stage for prize giving and masses of toilets have turned it into quite a big gig - almost 2000 runners finished this year.

Forgetting about the before and after though, the race remained the same. Hilly and scenic, there was a lovely moment at about 2 miles when you left the town, took a deep breath of the fresh air and really started to enjoy the race. The hills were challenging but for every tough up there was a fab down. A test of mental endurance for me on the last 3 miles - winding in and out of the housing estates and then the infamous last mile in the park where you can see the finish for what seems like forever before you actually get there!

Well done to all our runners for making it to the Finish!

The Results

Below are the results for Watford along with the percentage data for the race. In a few more weeks we will be able to reveal the first set of competition rankings!

Name	Race in 2011	Distance	Time	*%
Tom Griffin	Watford	H-Mar	01:35:01	79.25%
Luke Delderfield	Watford	H-Mar	01:16:21	77.56%
John Manning	Watford	H-Mar	01:34:11	75.60%
Ross Langley	Watford	H-Mar	01:19:28	74.52%
Trevor Lark	Watford	H-Mar	01:32:17	73.16%
Michaela Colwell	Watford	H-Mar	01:38:57	72.01%
Mary Ward	Watford	H-Mar	01:38:02	71.91%
Greg O'Callaghan	Watford	H-Mar	01:25:44	70.84%
Peter Alford	Watford	H-Mar	01:47:00	68.40%
Verna Burgess	Watford	H-Mar	01:49:33	67.40%
Tony Hill	Watford	H-Mar	01:51:32	66.24%
Kim Reed	Watford	H-Mar	01:52:45	65.48%
Howard Clark	Watford	H-Mar	01:40:33	62.82%
Rachel Lark	Watford	H-Mar	01:47:22	61.32%
Dave Jones	Watford	H-Mar	01:58:09	57.14%
Frances Mills	Watford	H-Mar	02:13:02	56.89%
William Harvey	Watford	H-Mar	01:57:16	55.66%
Clair Black	Watford	H-Mar	02:07:47	53.71%
Geoff Dennis	Watford	H-Mar	02:31:54	52.07%
Laura Roberts	Watford	H-Mar	02:11:50	51.68%
Heidi Baker	Watford	H-Mar	02:11:59	50.98%

*Age grading percentages based on our world record standards and not those provided by other race results services.

Action for March!

Looking for more races? Why not try

- Sandy 10 (3rd April) Postal closing date 28th March
- Silverstone 10k (4th May) Closing date 27th April. Start on the Starting Grid!
- Marlow 5 (8th May)
- Prestwood 10k (15th May)
- Wycombe 10k and Half Marathon (17th July)

Dates for the diary but entries not yet open

- Risborough 10k (3rd July)
- Waddesdon 5k (20th July)

And finally.....

***IF YOU'RE RUNNING AT THE WEEKEND IN THE BERKHAMSTED HALF -
RUN WELL AND ENJOY THE FANTASTIC DOWNHILL FINISH!***

Dave's report

Well, it was a frosty reception for me, being the first club event after last newsletter although Trevor to his great credit said "I see you're wearing lycra Dave". I ran with William who advised me to find a fast paced ponytail and lycra clad bottom to get a PB. William explained, "Didn't work in the 90's but I got to know David Seaman pretty well." Anyway, true to form I, (officially Peter Hamson – so it's his fault)– bugged off after 2 miles to chat with Mary from Amersham who said, out of the 12 runs she does each year, the TRC Ridgeway is her favourite because of friendly efficient organisation, beautiful route and especially the brilliant designs on the T-shirt. Nice to hear and totally unprompted. Anyway, a couple of miles later I was chatting to Mary about the Medoc when this runt butted in talking about the Paris marathon. Unbelievably, Mary then turned her attention to him and ignored me completely, leaving me not unlike William 3 miles earlier, a gooseberry. What really hurt was that the guy had a beard, usurped by bearded guy, it's a new low for me, but at least it cheered William up as he shot past grinning and beat me to the finish.

Dave

Trevor's report:-

Below are the results of this mornings Watford half.

Factions from within Tring RC desperate to stop Ross having a whitewash of victories secretly drafted in Luke Delderfield from Southampton RC for the race with the offer (or threat) of a personal invitation to glimpse DJ (this week disguised as Peter Hamson) in his lycra if he didn't come up with the goods. It clearly done the trick as Luke was finished and probably safely back home in Southampton long before DJ crossed the finish.

Disregarding Luke who was probably as unaware of his allegiances to Tring as we were, it was another deservedly praiseworthy effort from Ross to come home in 31st from a huge field of almost 2000 finishers. Tom Griffin had the highest Tring category finish at 4th in the MV60's despite complaining of hitting a bad patch at the 5 mile mark. Tom, when I get to your age I will be happy not to go through a bad patch just getting to the start line. Tom also decided to have his 60somethingth birthday today (or yesterday) in a cunning move to improve his age grading. Happy Birthday again Tom.

Mary Ward I believe finished first of the Tring ladies, but she does not feature in the results – my best guess is that she might have ran under the name of Andy Ward going by where Michaela reported she was passed by her? John, Mary, Michaela, Peter (Alford), Tony and me all had top 20 finishers within their respective categories, Tom had the best age graded position of all Tring runners, and there were at least 2 PB's - from each of the Larks.

Trevor.

Winslow 10K

Ace reporter on scene: Jane Mitchell sends this bulletin:-

Thanks to Len having a foot injury (or so he claimed!) I thought I'd have a go at another 10k. Helen and I met Mark there who was proudly (?) running for Tring RC for the first time but sadly didn't have a vest to prove it, and Geoff Dennis. It was a lovely 'local' race and although the start was slightly chaotic it was a gently undulating route around country lanes.

Mark sped off so we didn't see him till the end. After a week skiing and on/off knee problems I was dying after 8k so Helen cruised past me effortlessly as I faced the uphill finish. Geoff was a little way behind us and entertained us with his impressive sprint finish. Results below:

41 230 Mark Travers Tring Running Club MV40 43 : 21
165 3 Helen Vaughan Tring Running Club FV45 54 : 18
170 4 Jane Mitchell Tring Running Club MV50 54 : 43
206 140 Geoff Dennis Tring Running Club MV60 59 : 13

Thanks

Jane

The Wadsworth Trog

I was chatting to a friend of mine after the Box Hill Race and mentioned that I was intending to run the Wadsworth Trog. He wrinkled his face: "You really like the horrible races don't you, Rick?"

I did the Trog a good few years ago when I was young(er) and fitter and didn't remember it as being particularly awful. On mature reflection, though, I see why he said that.

It doesn't really have a lot going for it. It has an unbelievably convoluted line with absolutely nothing aesthetic about it. Whoever created the race just seemed to look for the most miserable, boggy stretches of moor and draw the longest possible line across each patch and then join these up. It starts and finishes at bleak a hamlet beneath the moors and above the crowded narrow, main Calderdale Valley. I don't really find this area of Yorkshire attractive, the old buildings still linger on from the Industrial Revolution, it does feel dark and satanic. The moorlands above the valleys are baleful, featureless and lifeless, their only purpose seemingly to provide the water that powered the great mills. Maybe once there was life but it was all sucked away.

After a mile and a bit of running we were back passing the start line, having run down a road, crossed a stream and in my case fallen elbow deep in a bog that seemed to act as a natural cesspit collecting all the effluent from the surrounding woodlands and fields, and then re-climbed the 500' we had descended. Soaked and coated in foul smelling slime I then set off for the next 19 miles.

We visited a trig point on a point little higher than any other and then, totally gratuitously plunged down the hillside to the next checkpoint before scrabbling back up onto the moor again about 500m from the trig. As we ploughed across the moor on a faint trod, the morning mists drifted away and some weak, wintery sunshine emerged bringing out a bit of colour and even some warmth. After an hour or so we (or at least I, the leaders were long gone) reached a drinks station. Friendly marshalls, a choice of flavours, a fine view across a landscape of stone walls and sheep meadows and the prospect of a good long climb on firmer ground. It was five months since I've run on the hills in anger. Yes it was pretty horrible but just wonderful to be out and moving through the landscape. After the climb the route took us back onto the moor to follow a fence line. There was a sort of path, easier, but only just, than the surrounding heather. I was losing ground on the people in front but watching my shadow bobble along beside me I was full of contentment. I wasn't exactly running but I wasn't walking, you sort of lurch along over this terrain. At every step you go ankle deep in peat and moss and are accompanied by the swish and squelch and suck as the saturated ground grabs at your shoes.

The half way point was the ruins of Withins, Bronte's Wuthering Heights. The lack of hard training miles was beginning to tell. My knees and all the bits attached to them were hurting but I was on the way back and there were still plenty of people behind me. I passed back through the drinks station and ground up the side of the valley to checkpoint 11, that had originally been checkpoint 3 on the way out. From here there were 6kms of strength sapping moor before the final descent and last climb. The first three went by but then the tank ran dry, the brain stopped working and I lost my way both metaphorically and literally. I tripped over in the heather and found sitting down to be rather comfortable so stayed there a while until the damp starting seeping through my clothes. Hauling myself up I spotted a bright orange vest. It had been about 200m behind me and now was about 300m in front but it showed me the right way to go. Descending to the last checkpoint on a bridge in a wood there was a final obstacle. The flags led us through a field of bulls. Where was Michael Burgess when you need him? The ground was so churned up I was quite happy to walk slowly past the beasts before getting back to a jog.

"Only about 600m to go", said the Marshall. "Yeah but about 200m of height gain". muttered the guy next to me. My loss of will on the moors cost me the four hour barrier but the days of glory and times are gone now. It was a pleasure to hobble round the cricket pitch to the two ladies holding stop watches and then come to a stop and be able to reflect on a proper day out.

RESULTS

1 James Logue	2.48.25
59 Rick Ansell	4.02.15

132 finished

Club Coaching

Three members from the Club have been approved to attend England Athletic coaching courses and Verna Burgess and Eli Tweed attended Leader in Running Fitness (LiRF) courses at the end of February. The third member, Clive Cohen, will do so shortly.

Once CRB checks have been completed and licenses issued, Verna, Eli and Clive will be able to lead running sessions with the aim to encourage participation, especially from those new to the sport. They also hope to develop sessions in the lead up to the Fun Run and Ridgeway, both organised by the Club, with the aim to encourage new Club members.

Verna says, “The course exceeded my expectations and got us running a session within an hour of arrival. It also finally made clear the advice on stretching! eg No static stretching before a run but do a progressive warm up with mobilisation stretches instead. Post run stretches should be limited to 10-15 seconds to realign muscle fibres. Longer stretches of 30 seconds plus (range of movement) are best done in a yoga or pilates environment.”

Eli also found the course excellent and says, “The Leadership in Running Fitness course was very intensive but it was a good balance of class room theory, interactive group discussions and practical sessions. We learnt loads including the importance of making sessions fun, how to create training plans, and how to cater for mixed level groups. They also gave some obvious but important pointers about footwear and about taking a mobile and some ID with you when going running on your own.”

She adds “ I met a lady on the course who only started running 6 months ago through a Learn to Run course, who was now aiming to *lead* a Learn to Run course - she was hooked and wanted to help others get into running. This was my motivation for attending the course too - to try to encourage others to get the running bug!”

If you have any questions about the Club coaching initiative, please speak to Eli, Clive or Verna.

Gauntlet Trophy 2010

The Gauntlet Trophy (or Forrest Gump as it used to be known) is awarded to the runner who has done the highest number of competitive miles in the year. 2010 was the sixth year of the competition. The first five years were won by Brian Layton. In 2009 Brian won with 1029 miles. In 2010 Brian ran even further to win with an amazing 1140 miles. By comparison my own mileage was 692 miles and John Manning registered 353 miles.

Hopefully 2011 will see a few more entries and perhaps even someone to seriously challenge Brian. Congratulations Brian.

Brian Layton's Total

<i>Event</i>	<i>Date</i>	<i>Mileage</i>
Winter Tanners (LDWA)	24 Jan	30
Charnwood Hills	7 Feb	13
Punchbowl Marathon (LDWA)	14 Feb	30
Hardwick X - stream	21 Feb	6
Not For Nothing 50 (LDWA)	27 Feb	50
The Grizzly	7-Mar	20
Sevenoaks Circular (LDWA)	21 Mar	30
Charnwood Marathon (LDWA)	27-Mar	27
Wylie Valley Kanter	28 Mar	25
Highlander Mountain Marathon	10-11 Apr	28.5
New Forest Marathon	18 Apr	26
Dorset Giant	24-25 Apr	62.5
Farthingstone Foot Festival	15 May	26
Raid O'Bivwak Mountain Marathon	23-23 May	31.5
Heart of Scotland LDWA 100	29-30 May	104
LAMM	12-13 Jun	29.5
Herts Hobble	27 Jun	26
Heart of the Weald	11 Jul	26
Fairlands Valley Challenge	18 Jul	26
Dartmoor Mountain Marathon	24-25 Jul	44.5
Herts Stroller	14-15 Aug	54
Dorset Doddle (LDWA)	22 Aug	32
TRA Ridgeway Challenge	28-29 Aug	85
Across Wales Walk	4 Sep	45
Alpine KIMM	11-12 Sep	27.5
Mourne Mountain Marathon	18-19 Sep	29
RAB Mountain Marathon	25-26 Sep	26
Chiltern League – Oxford	9 Oct	6
UKA British Fell and Relay Champs	17 Oct	9
Beachy Head Marathon	23 Oct	26
Original Mountain Marathon (OMM)	30-31 Oct	47
Brenda Barlow Handicap	7 Nov	9.5
Chiltern League – Watford	13 Nov	6
Steppingly Step (LDWA)	14 Nov	26
Dirt Half Challenge	20 Nov	13
Gatliff Marathon	28 Nov	31.5
Chiltern League – Stowe	4 Dec	6
TOTAL		1140

Peter Hamson's Total

<i>Event</i>	<i>Date</i>	<i>Mileage</i>
Stansted Stagger (LDWA)	3-Jan	26
Winter Tanner's Marathon (LDWA)	24-Jan	30
Watford Half Marathon	7-Feb	13.1
Puncbowl Marathon (LDWA)	14-Feb	30
Hardwick XC	21-Feb	6
Pick & Mix (LDWA)	7-Mar	31
Wuthering Hike	13-Mar	32
Edale Skyline	21-Mar	21
Oxon 40 (LDWA)	1-May	40
Fellsman	8-May	61
Scotland - LDWA 100	29-30 May	104
Summer Tanner's Marathon (LDWA)	4-July	30
Fairlands Valley Marathon	18-July	26
Swiss Alpine Marathon – Davos	31-July	49
Long Tour of Bradwell	8-Aug	32
Herts Stroller (LDWA)	14-Aug	54
Dorset Duddle	22-Aug	32
High Peak 40	18-Sep	40
Beachy Head Marathon	23-Oct	26
Brenda Barlow Handicap	7-Nov	9.5
TOTAL		692.6

John Manning's Total

<i>Event</i>	<i>Date</i>	<i>Mileage</i>
Chiltern League XC, Shuttleworth	16-Jan	6
Edale Skyline	21-Mar	21
3 Peaks Trial, Abergavenny	27-Mar	17
Aldbury 5	18-Apr	5
Dorset Giant, Weymouth	24-Apr	62
Pednor 5	03-May	5
St Albans 10k	09-May	6
Charndon 5k	18-May	3
Parkrun Milton Keynes	22-May	3
Dymock half marathon	30-May	13
Coombe Hill	06-Jun	4
Thame 10k	27-Jun	6
Saunders Lakeland Mountain Marathon	03-Jul	27
Parkrun Milton Keynes	21-Aug	3
Chalfont St Giles 10k	04-Sep	6
Dunstable 20	12-Sep	20
Parkrun Forest of Dean	18-Sep	3
Chilterns 3 Peaks	19-Sep	18
Black Mountains Fell Race	25-Sep	17
Long Mynd 50	02-Oct	50
UKA FRA relays, Lomond Hills	17-Oct	5
Beachy Head marathon	23-Oct	26
Brenda Barlow club handicap	07-Nov	10
Chiltern League XC, Watford	13-Nov	6
Herberts Hole, Chesham	21-Nov	6
Chiltern League, Stowe	04-Dec	5
Total		353

Peter Hamson

Photo corner – Watford Half



(Comments courtesy of Trevor /Dave)



EU H&S ruling - Older competitors must display their perceived age

Michaela hopes no one will spot she just got out of the car.



Old photos of Geoff had him with a first name of Richard. Must have changed it by deed pole, don't know why.

Dave's diary – not much about running...

So, I haven't been down the club much this month, thought it was safer ☺. Newsletter was looking a bit thin so thought I'd tell you what's been happening this end.

My old Espace has died so I'm driving my daughter's Polo now, with a CD player that stops every pothole (quite frequently these days.) Anyway, went to Halfords and chose a new one. "How much to fit?" I asked. "£9.99" was the reply so with memories of wire cutters / unnatural body positions under the dash and stanley knives lopping off finger tips, I thought this was a bargain.

Queueing up at the till, a lady in front paid £6.99 for "L" plates. Crikey, I thought, I got them for 64p from Wilkinson's – you wouldn't find me getting ripped off like that. Anyway, the Halfords "engineer" followed me out to the car with a bulky toolkit and his cup of tea. I opened the door and said "Shall I get off to MacDonalds for half an hour while you're fitting it?" "Probably not necessary," he said as he put down toolbox and tea, reached in, fingernail either side of old unit, slipped it out, disconnected aerial and connector, took new one out of box, plugged in aerial and connector and slotted it into the hole. 20 seconds.....

"Is that it for £9.99?" I asked.

"Yep."

"What did you bring the toolbox out for?"

"Put my tea on", he said and picked up the cup and had a slurp...

Hong Kong report: Kevin Buckingham

Hello all. Well it's been a traumatic time. I knew I should have gone by air but fancied travelling by boat the old fashioned way. Unfortunately, the boat got shipwrecked and the first thing I knew, I was lying in the beach with little people running all over me trying to tie me down with thin cotton threads that were ropes to them. I broke free and they started firing arrows at me which were like tiny pins, annoying, but apparently a local tradition called

“accupuncture”. Eventually, they realised I was not a threat and was adopted by the people becoming somewhat of a favourite of the local Taipan. But then they wanted me to help invade Taiwan so I had to flee court.....

Currently living on Lantau and working on looking less noticeable.

p.s. they can't understand my accent either.....



Editors note: I hope no-one sends this picture to all the hash clubs in Hong Kong...

Rumours And Gossip Section

Not a rumour, but a date for your diary: The Hardings are holding an April Fool's day event at their home in Finch Road, Berko to raise funds for their daughter Bryony's World Challenge. Details to follow.....

So, I was driving through Ivinghoe on my way to Aylesbury this week and came up behind a black Mondeo with no-one driving! I thought somebody must have left the handbrake off so when it came to a halt on the slight incline near the canal bridge, I leapt out and ran to the drivers door, only to see Bob's little face peering out. Apparently, Anna (Mitten) had borrowed his booster seat to go to the cinema.....

Rumours in the committee show that they are rally missing David Heron. The proceeds from the "swear box" used to buy at least one round each meeting and the "storm out and resign box" used to buy a plate of sandwiches on a regular basis.....

Letter received:-

"I don't know why scottish people have got a reputation for being loud and abrasive. I always receive comments on my polite and constructive manner. Then again, I'm welsh....."

Latest committee idea for club motto "The Shiers are Triers, but at TRC, we succeed....." Catchy.....

Member Focus

This month's member focus is on Jonathan Mulcahy. I think Jonathan's aggressive email to me was triggered by an incident a few weeks ago in the shower at the club. I forget who I was chatting to, but I said "Not sure why I'm having a shower. I was only running with Jonathan, so I didn't get a sweat on." To which our current chair called out from the changing room, "He's still here, you know." So I do feel a little guilty...and there....it's gone...



Many will remember Jonathan for his three years as club chairman, or as he preferred to be called, "Chairperson" in deference to his habit of cross dressing at committee meetings. Indeed, old minutes from that time reveals the occasional comment from Rick "You look good in a twin set Jonathan", and Tony Ruberry, "I'd have it." There's also notes from Kirsty hand written in the margin commenting on her gag reflex being as strong as ever.

I remember my first time running with the club. Jonathan introduced me. I was chatting with Kim, and mentioned that I wasn't aware of a steam train in the locality. Kim explained that the "chuff chuff, woop!" noise was actually Jonathan's asthma which did cause him distress but also gave him a bit part on Radio 4s adaption of the Railway Children.

More recently, I attended Jonathan's surprise 60th birthday which was a surprise to him as he's only 57. Time hasn't been kind and he has put on weight, to the extent that his kids now call him Jabba. His mass has reached the critical point where he now has his own gravitational pull and in the course of laying on the settee during a test match, the coffee table has been known to move 3 cm closer to him.

The Parkinsons has been a problem for him too but he always sees the positive in things, amongst the confusion. For instance, when he has a stand up wee now, he doesn't know if he's coming or going.....

Jonathan is one of the few club members who actually has a pace named after him. For newer members, "running a Mulcahy" defines a gentle speed, half way between "stop" and the pace of Geoff Dennis struggling up the big hill on the Berko, wearing wellies.

Jonathan kindly agreed to an interview, the transcript is below.

Dave: Jonathan. 60 yrs old is quite a significant milestone. Has it affected you in any way?

JM: Yes Dave. It's made me re-evaluate things. Thinking about my life. I've started looking inside myself.

Dave: What does Mrs Mulcahy think?

JM: Oh. She wishes she'd never bought me an endoscope and she now wears 2 pairs of pants to bed.

Dave: And how is the running going?

JM: I've got a bad foot but hope to be back soon.

Dave: Any other hobbies.

JM: Ah yes. I've taken up fishing in the canal. Quite successful actually. I use liquorice as bait.

Dave: What kind of fish do you catch?

JM: All sorts.

Dave: I see you have fish in the house. Is that your goldfish or the kids?

JM: Ah, that's mine but unfortunately, it's got epilepsy. I'll show you

Dave: It looks fine to me.

JM: I haven't taken it out yet...

Lets all wish him well for the future....

Other clubs what we are in

Community Choir:

So, hadn't been running for a while, thought I'd better join a club of some sort and ended up part of the local Community Choir... Biggest difference is the announcements. Rather than "Breakfast run from the Monument!" or "Cheese and Wine party," or "Brewery Trip!", we get, "Betty, the alto won't be with us this week, fell down the church steps and broke her hip." Or "Dennis, the lead Tenor has had a mini stroke so if you want to sign the card..." Or most sadly, "I think you'll remember Doris, the Soprano. Unfortunately collapsed and died last Tuesday coming out of Tesco. With an added cruel twist of fate, she'd just bought a bag for life...."

Dave

Wednesday nights - who are those people?

For those running club members who pride themselves on being extremely observant, you will have noticed that something else is going on every Wednesday evening adjacent to the car park.

Hidden behind green screens, from whence emanate grunts and moans, one could be forgiven for thinking this is a ritualistic sacrifice of local flesh. Indeed, rumours abound that this is the place where everyone tries to take advantage, and where balls are often smashed! Closer inspection, however, reveals athletic individuals (OK, I know, they're not as athletic as us runners!) playing the little known game of 'tennis'.

Tring Tennis Club has six very high standard floodlit courts, over 350 members (adults and juniors), a resident Head Coach and caters for the full range of playing abilities.

Want to give it a go? You can and it's free!

Two Fun Days are organised for Sunday afternoons 17th April and Sunday 26th June for anyone and everyone to come along. Free coaching, fun tennis games for the young, Cardio Tennis sessions (exercise classes – lot of fun), speed gun and BBQ. Come alone or bring the family.

If you do decide to join, the full adult membership is just £135 per annum. That's around half the fee of other tennis clubs in the area!

Want to know more? Ask me or visit the website www.tringtenniscub.co.uk

Go on, create a racquet!

Nigel Kippax

Tennis Club Chairman

07768 723043

Which? Group to run with....

Our intrepid reporter ventured out on a Saturday morning to compare the Tri v Nigel offers at the Monument, and came back with the following:

Tri group do start promptly at 09:00. They won't wait even if you're just putting your shoes on, so beware. Having said that, the following week, Jim wasn't running due to some age related niggle, (but did turn up on his bike, Tracy had obviously given him a shopping list based on the items in his wicker basket) Anyway, they didn't start off till 09:02!!! This group is quite fast and do hills as well, which I never recommend. There are a variety of abilities though, and Bob keeps up with "*intelligent route deviations*" which has resulted in his Tri nickname of Short Cut Bob, which incidentally is a Cut above his TRC nickname. Funny that.... Recommended for those who are competitive and in training for a race, or even a triathlon....

Nigel's group hang around for 10 minutes in case someone else turns up and eventually gravitate towards randomly heading off about 09:10. Then we spot a car and stop, saying, "hang on, that might be Doris, she said she might come along." 5 minutes more acting like a heat sink and we're off. Beware running with Nigel. Always run on his left side. He "de-phlegms" to his right and if wearing webbed trainers, you may end up a bit sticky. Having said this, my athlete's foot seems to have cleared up since so it must have a mystical quality.....I enjoyed this run, because you can have a natter on the way round. Had a really good chat with Lenny, who it turns out fixes lifts. He even sorts out Stannah Stair lifts. Must pass on his details to Jonathan Mulcahy; he can't be far off needing one. Now, if we can just get Jonathan a plastic pants supplier too, it's going to save him a fortune..... Recommended for the more social runner or one with athlete's foot where Mycil has failed. Note: stay in your car and keep warm till they start off.

Best bit about both groups is the Bacon roll and tea tradition afterwards...

Photo corner – Caption competition



E.g.:-

“Dave had advised Brian against the vindaloo for breakfast....”

“I think it was the third from left that stole my handbag”



Over to you.....

Blast from the Past



Well, we did get a response to a plea for identification. Steve Pearce sent the reply below, during work hours from his office at London Councils. Looks like there is room for some more cuts in local government spending....

"Dear Editor

You asked how many were recognisable from the blast from the past photo in last month's newsletter.

Well, I can recognise me (but only just) as the slim, fit-looking chap with hair in the back row. Then there's an even slimmer-looking Mike Gaunt, in the days when he could run; and Mike Perry, who was one of the club's best-ever runners, and Dave Shoesmith, who wasn't. And Neil Archbold, the guy who had a cortisone injection just to get through the Berko 5, and Neil Marshall, standing directly behind Bob Ford so as to make sure he was fully in the picture. And Geoff Heppell, who last time I checked was one of only a few thousand people who had run every Great North Run. In the front are Mike Mitchell, esteemed member of the 100 Marathon club, and Geoff Dennis of course, and Jenny Dunn, and Bob Blade. And two others I can't remember.

The pic was taken in the King's Arms after either the 1989 or 1991 London Marathon (can't read the date on the T-shirts, think it's all a bit fuzzy owing to the copious amounts of really good beer). Happy memories.

*Steve Pearce
Life member"*

TRC Calendar

Tring Running Club Calendar		
January		
	Brewery Trip	
	Chiltern League Cross Country	
	Herts County Cross Country Championships	
February		
	Chiltern League Cross Country	
March		
April		
	Presentation evening (evening of London Marathon)	Sun 17 Apr
May		
	Invitation evening - other clubs visit TRC	
	Wednesday night Pub Run	
	Easter/end May bank holiday weekend trip	W/e 28-30 May
June		
	Rick's Wednesday night Relays	Weds 8 June
	Club relay event - Ridgeway Relay	
	Tring Midsummer Fun Run	Weds 22 June
July		
	Wendover Woods club race	Weds 13 July
August		
	Summer Hash	
September		
October		
	TRC Ridgeway Run	
	Fell Running Association British relays - club teams	Sat 15 Oct
	Ian Hodgson Lake District Mountain relay - club teams	
	Chiltern League Cross Country	
November		
	Brenda Barlow Club Handicap race	
	Chiltern League Cross Country	
	Annual General Meeting	
December		
	Christmas Dinner	
	Christmas Hash	
	Chiltern League Cross Country	
	Calderdale Way (Yorkshire) relay - club teams	

Why not print this out and put it on the wall in you lounge?
 Matching colours versions available from our website. (Well Magnolia anyway)

TRC Things organised every year and other stuff

"Following last month's appeal for volunteers to fill vacant slots, we are delighted that several have come forward. Thanks in particular to Shirley White who will be taking on oversight of our webpages and to Jane Mitchell and Helen Page who will be dealing with entries and results for the Fun Run and Ridgeway Run respectively.

If you would like to use your skills and enthusiasm to help in any other areas to make the club function, please have a word with any member of the committee." *John Manning*

Event	Detail	Organiser	Comment
Club events			
Tring Midsummer Fun Run			June
	Race director	John Manning	
	Entries and results	Jane Mitchell	
	Marshals	Frances Mills	
	Other tasks		Everyone needed!
Ridgeway Run			October
	Race director	Peter Hamson	
	Entries and results	Helen Page	
	Marshals	John Manning	
	Other tasks		Everyone needed!
Invitation evening		Kirsty Barnett	May
Racing			
Chiltern Cross Country League			5 winter meetings
	Mens captain	Nigel Lacey	
	Womens captain	Jane Porteous	
Club Championships			
	RRC	Michaela Colwell	Geoff Roser stato
	ORC	John Manning	
	Brenda Barlow	Nigel Lacey/Peter Hamson	
	Beacon award	Committee	
	Gauntlet	Peter Hamson	
Club relay			
	Ridgeway Relay	David Sawyer	June
Fell relays			
	FRA British Relays	Rick Ansell	October
	Ian Hodgson Relay	Kevin Harding	October
	Calderdale Way Relay	Steve Long	December
Wendover Woods club race		Clive Cohen	July
Training			
Marathon training			Jan-April
	Sunday mornings	Kim Reed/Nigel Lacey	
Wednesday nights winter road			Winter
	Intervals, reps	Eli Tweed +volunteers	

	etc		
'New to running' coaching		Verna Burgess, Eli Tweed, Clive Cohen	
Saturday morning at Monument		Nigel Kippax	9am for 1hr
Club Services			
Newsletter		Dave Jones	
Website		Shirley White	
Google Group		Steve Long	
Forum administrator		Vacant	
Kit stock and sales		Nicki Burgess	
Press relations		Maria Cook	
Social			
Breakfast runs		Maria Cook+volunteers	
Brewery Trip		Richard White	January
Club weekend trip		Nigel Lacey	Lakes?
Club dinners		Maria Cook+volunteers	
Christmas Hash		Vacant	December
Rick's Relays		Rick Ansell	?July
Weds night Pub Run		Vacant	?May/June
Presentation evening		Kirsty Barnett	April
Committee			
Chair		Tony Hill	
Vice-chair		John Manning	
Secretary		Kirsty Barnett	
Treasurer		Richard White	
Membership secretary		Michaela Colwell	
Mens captain		Nigel Lacey	
Womens captain		Jane Porteous	
Member		Verna Burgess	
Member		Maria Cook	
Member		Peter Hamson	

Hardwick Results

The second race in the club's Off Road Championship was the Hardwick X-stream on Sunday 20 February.

Conditions were perfect. Grey skies, a chill wind and knee-deep mud with the suction power of a thousand Dysons. And that's before the four stream crossings that give the race its name.

The week before had seen heavy rain so the stream that meanders across the course was in full flood. Each crossing is deeper than the last, until the fourth which requires a slide down a steep bank into the freezing waist-high stream and then a rope-assisted clamber up the other side to get out. This has to be one of the best cross country courses and the only race where the joining instructions advise getting your tetanus jab up to date!

There is some great video at www.bearbrookjoggers.co.uk.

Twenty intrepid runners from TRC enjoyed a lovely morning playing hippopotami. Congratulations to the ladies team (Sarah Hill, Alison Harding, Kirsty Barnett and Alice Ely) who won the ladies

team competition. Apparently no ladies team other than Bearbrook has won the trophy before so double congratulations to us.

The strength of the club's entry from the men is shown by us coming second and fourth in the mens team competition (2nd team, Ross Langley, Greg O'Callaghan, Nigel Bunn, Kevin Harding. 4th team, Alan Whelan, Mark Hadaway, Rick Ansell and Simon Barnett).

Ross Langley was 5th overall. Sarah Hill was third lady overall and Alison Harding was second FV45. If there had been a team prize for MV50s, we would have cleaned up - Tring men V50s were the first four home with Kevin Harding as the first MV50 followed by Rick Ansell, John Manning and Trevor Lark.

Hardwick X-stream 20 February 2011

307 ran

	Position	time
Men		
Ross Langley	5	37.42
Greg O'Callaghan	11	39.25
Nigel Bunn	12	39.52
Kevin Harding	15	41.04
Alan Whelan	18	41.57
Mark Hadaway	19	42.13
Rick Ansell	25	42.47
Simon Barnett	27	43.06
John Manning	47	45.2
Trevor Lark	48	45.26
Tom Sawyer	80	49.07
David Sawyer	108	51.52
Peter Alford	139	53.49
Brian Layton	142	54.24

Women

Sarah Hill	59	46.24
Alison Harding	91	50.14
Kirsty Barnett	98	51.15
Alice Ely	188	59.04
Cathy Court	227	62.19
Caroll Macdonald	264	68.06

Colouring page for Triathletes

(Next week, the cycle stage)



Off Road Championship – Results table

Off Road Championship standings after 2 races

	Vet	BxHI	Xstm	Alb5	CHill	WW	Am5	CSG	BHd	Hho	Hcap	CCC	Total
Men													
Ross Langley		25	25										50
Greg O'Callaghan		24	24										48
Nigel Bunn		23	23										46
Alan Whelan		21	21										42
Rick Ansell	V	17	19										36
Trevor Lark	V	18	16										34
John Manning	V	16	17										33
Brian Layton	V	14	12										26
Chris Egan		22											22
Kevin Harding	V		22										22
Michael Burgess		20											20
Mark Hadaway			20										20
Nick Williams		19											19
Simon Barnett			18										18
Clive Cohen	V	15											15
Tom Sawyer			15										15
David Sawyer			14										14
Peter Alford	V		13										13
Women													
Sarah Hill			25										25
Alison Harding	V		24										24
Kirsty Barnett			23										23
Alice Ely			22										22
Cathy Court	V		21										21
Carol Macdonald			20										20

Maria's Kristal Borl



Kristal Borl

She will tell all!

Hellooo Moon Children! Let me introduce myself, Kristal Borl at your psychic service! (Full name is a bit of a mouthful, Kristal Kryslar Sunbeam Borl so we won't use that, that's only for weddings, funerals and council tax forms).

You of course remember Marge, who you will know from old for her words of wisdom and advice on all things running in your super running club magazine. Well she has gone into retirement and married her old beau Basil from Bearbook Joggers whom I am sure you also remember. Deaf old git he was eh? Anyway, Marge handed over

the mantle of the problem page last month to the rather gorgeous Dr Feelgood who is doing a truly splendid job of providing a stupendously high level of service to you needy speedsters. An interesting tiddly bit of information is that Marge is my second cousin twice removed - but twice she has returned, tiddle tee hee my joke of course, love her to bits. Lots of bits hopefully ooh look at me! No I absolutely adore her, honest.

Marge really was quite insistent that I contribute my vast talent. "Kristal my possum, TRC members need you, give them hope where there is despair, give them optimism where there is misery, give them anticipation where there is impending doom, give them...well...stuff...". So here I am, ready to star-gaze and input a little light into your miserable running lives.

Of course I predicted Marge and Basil's wedding... one eerie afternoon walking the local hills, I looked up towards the sky and saw two ancients etched in the clouds in a ghostly crooked shape, hand in hand and I instantly knew what it meant. Then Brian Layton and Mike Gaunt staggered out of the mist and down Ivinghoe Beacon. So it wasn't that. No, my star-gazers, it was the night when the Full Moon was shining brightly, a true Beacon of the Night, with a story to tell all of its own. I parked up my Vespa and walked into the pub, and there they were looking all lovey-dovey. I knew in an instant! The Full Moon at Cholesbury has always been a special place for them ever since Basil performed one after imbibing a large number of double Dubonnets. Nasty. He never did find his long johns after that but I did spot a badger trotting off into the woods looking rather pleased with his new bedding.

Anyway, the purpose of my being here is to answer your questions about all things astrological and psychic...little glimpses of the future coupled with worldly counsel, so here is a small selection from my newly bulging postbag.

Dear Kristal

I'm running the Berko half and after that a couple of other races the following weekends and I want to know how I can improve my chances. Can you help me?

Yours sincerely

Walter Bottle

Dear Walter

Absolutely! On the day, deadlock Ross Langley in his car otherwise he will win. Swallow the key. Maintain a diet of hard boiled eggs until your races are complete.

Best

Kristal

Dear Kristal

I'm a Capricorn. Can you tell me how I'm going to perform in the Aldbury 5?

Yours sincerely

Beattie Broadband

Dear Beattie

You are going to fall over the first stile and get your shorts all nasty and muddy. Not very mountain-goat-like I'm afraid. You will then stagger to the Valiant Trooper and get bladdered on grapefruit Bacardi Breezers. The next bit I'm hesitant about mentioning but it involves the stocks by the pond and a couple of gullible ducks. Your choice.

Best

Kristal

Dear Kristal

My favourite lucky running shoes seem to be letting me down recently. Do you think they are possessed by an evil spirit? Or owned by the devil?

Yours sincerely

Bob L Hatt

Dear Bob

Ooh dear that is bad news. I will book you in for a house visit as it does sound like they need a ritual cleansing with my psychic dust and I will teach you a mantra which will resonate with your soul and bring a goodly life-force back to your shoes. I'll be round later. No need to tell me where you live because I know of course!

Best

Kristal

Dear Kristal

Amazing - I didn't realise that flour from a hash and shouting "on on" was a psychic treatment for possessed shoes. But I must say it worked a treat! Thanks Kristal you're a star – literally!

Yours sincerely again

Bob L Hatt

Dear Kristal

I've had a recurring nightmare where I'm locked in a small space and I end up eating a vanilla air freshener in order to survive. Please can you interpret my terrifying dream?

Yours sincerely

Ross Langley

Dear Ross

I can understand your anxiety. I'm gazing into my crystal ball as I write and it clouds over...I look into the heavens and they cloud over... This is one question I cannot answer or explain for which I am beating my (ample) chest in frustration, but what I will say is pack some extra marmite sandwiches and a blanket when you next compete in a race in a small Hertfordshire market town...a few miles south east...I'm seeing a B ...the letter B...oh it's gone.

Best

Kristal.

Well my astral pals, that's all we have time for this month , but a last word or two for Tring Runners – the lucky colour for the month is Pimple Red and the lucky food item is a Pink Wafer Biscuit.

Bye bye, see some of you in Tesco next Monday lunchtime at 12:15 and if you have a Y in your name, mind that loose floorboard!

Kristal xx

Maria Cook.