

Hi everyone,

Well, here we go again. Thank you very much to all the contributors who replied to my desperate appeal for material. This month's newsletter is all the richer for it. Hope to get down the club soon, now the weather's improving and I have a nice tan ☺

Dave

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Road Championship report from Michaela

Road Champs for May

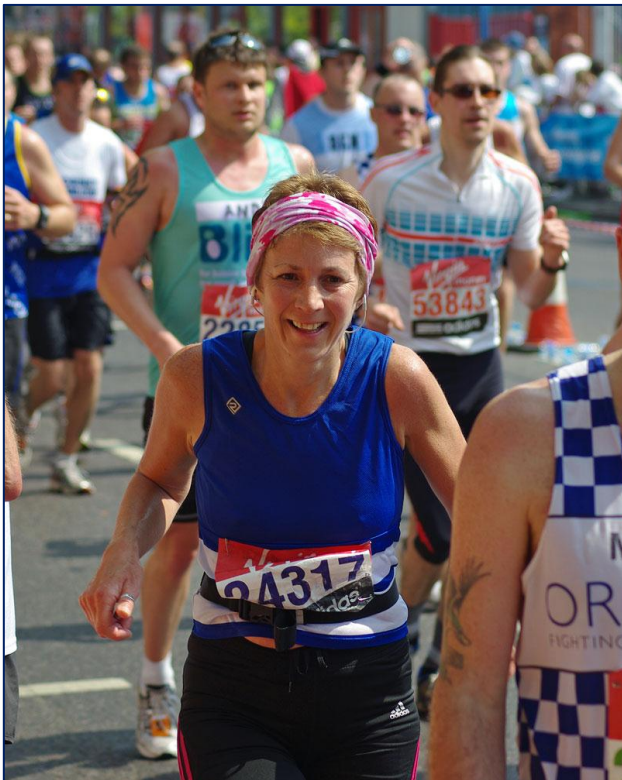
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It's an exciting month in the Tring Running Club calendar! Two races to report on, at two ends of the distance spectrum and the results of which provide our first glimpse of the leaders of the 2011 Road Running Championships!

Virgin London Marathon

We have celebrated the achievements of the Virgin London Marathoners at the Presentation Evening and in the Gazette but we haven't yet seen the Road Champs percentages! As usual, the longer distance has depressed the percentages (well, that's my excuse although it doesn't seem to have affected Luke and Ross!) but here they are and very well done to all of us who took part:

Name	Race in 2011	Distance	Time	%
Luke Delderfield	London	Mar	02:46:22	75.09%
Ross Langley	London	Mar	02:55:10	71.31%
Michaela Colwell	London	Mar	03:34:31	69.19%
Greg O'Callaghan	London	Mar	03:14:23	64.85%
Kirsty Barnett	London	Mar	03:33:45	64.59%
Kim Reed	London	Mar	03:59:49	64.19%
Peter Alford	London	Mar	04:11:12	60.97%
Jeremy Pugh	London	Mar	04:11:31	52.17%
David Heron	London	Mar	04:59:49	50.10%
Frances Mills	London	Mar	05:16:27	49.88%



Editor's notes:-

1. Rich, I hope you don't mind me copying one of your pictures off your website. If so, please contact the committee for our lawyer's details...

2. Kim! Brilliant! Sub 4 on a really hot difficult day. You're a star. Congratulations. You deserve it.

Picture courtesy (hopefully) of our resident David Bailey, Rich Kenington

Pednor 5

A popular event with the club on Bank Holiday Monday evening. Thanks to Geoff for getting these times in so quickly!

Report from John Manning

May Bank Holiday Monday is always the Pednor 5, a 5 mile road race round the lanes behind Chesham. Last year, the evening was cold and dull. It was warmer this year and the sun shone brightly - straight into your face along the first 2 miles and directly behind for the last 2 miles along the ridge. There was a stiff breeze against on the way back. It's a great little race very well organised by Chiltern Harriers. The turn out from Tring was smaller than previous year's. Greg was placed 12th out of 128 in the men's race and Rachel managed a PB. Having done the Oxon 40 miler two days previously, I didn't feel very speedy so conceded defeat to Trevor at the start. He had been digging the garden all weekend and suffered the consequences - either that or he had over indulged on the Royal Wedding festivities!

John Manning (so descriptive...when's he going to start writing novels, sigh!)

Name	Race in 2011	Distance	Time	%
John Manning	Pednor	5M	00:34:18	75.32%
Greg O'Callaghan	Pednor	5M	00:31:01	71.68%
Amy Goss	Pednor	5M	00:39:08	69.80%
Trevor Lark	Pednor	5M	00:35:33	69.15%
Geoff Dennis	Pednor	5M	00:44:16	64.42%
Rachel Lark	Pednor	5M	00:39:10	61.79%
Mark Travers	Pednor	5M	00:39:00	61.54%
Ian Verchere	Pednor	5M	00:52:07	58.20%
Liz Daniel	Pednor	5M	00:46:36	57.90%
Geoff Roser	Pednor	5M	00:48:42	56.43%
John Shelton	Pednor	5M	00:52:00	50.54%



Road Race Champs – The First Results Are In!

Congratulations to the following runners who are the first to complete the required 4 races over 3 different distances to qualify for the 2011 Tring Running Club Road Race Championships!

Pos	Name	%age
1.	Trevor Lark	72.46%
2	Greg O'Callaghan	70.02%
3	Liz Daniel	64.88%
4	Kim Reed	64.76%
5	Rachel Lark	61.24%
6.	Geoff Dennis	58.39%
7.	Frances Mills	55.49%

Special mentions go to:

- Trevor, first male and already exceeding last year's percentage by over 2%!
- Liz, first place on the leader board for the girls!
- Greg, Kim & Francis who are both exceeding their percentages from last year!
- Rachel, for her first appearance in the Road Champs competition and third in the race for the Female prize!

- And Geoff for his year on year consistency – less than a percent in it so far!

Keep road running everyone and don't forget to let Geoff Roser or myself know if you've been busy racing. We look forward to receiving your results and seeing your percentages improve. I'm sure a few more names will be joining the competition soon!

Michaela

Action for May!

It's the sprint season! Perfect for the percentages and a relief if you've been doing those marathon miles.....

- Prestwood 10k (15th May)
- Risborough 10k (3rd July)
- Wycombe 10k and Half Marathon (17th July)
- Waddesdon 5k (20th July)
- Bearbrook 10k (14th August)

Invitation evening Wednesday 18th May

Just a reminder that the Invitation evening this year will be on Wednesday 18th May.

The aim is to have at 6 groups go out. Thank you to those that have volunteered to lead groups and those that were volunteered by me!!

After some discussion about last year and a few folks ending up in the wrong groups, we would like to pitch the runs in the form of half marathon times, which our visitors might relate better to!

So it is currently shaping up like this.

Sub 1hr25 half marathon Steve Long

1hr 25 - 1hr 35 Trevor Lark

1hr 40 - 1hr 50 Alison and Kirsty

1hr50 - 2hrs Nigel Kippax

Over 2hrs Frances Mills

Shorter 4/5 mile beginner run Verna Burgess

Any questions comments please let me know. When the routes have been decided by the leaders can you let me know what direction you will be heading off in and approximately how long the run will be.

Many Thanks

Kirsty

Chased by animals – the thread continues

Ace reporter Helen Vaughan files this tale: -

Following on from your animal encounters theme, I recently got tripped up by two playful puppies on Wilstone Reservoir. I'd managed to survive a whole week of skiing in France without falling and the very day after I got home and went for a run I landed face first in the mud whilst trying to play dodge with the puppies. The dog owners were mortified and helped me up. Luckily, I was unhurt just a bit red (and muddy) in the face! Len of course hadn't even realised I wasn't behind him and carried on running for a short while. I think the silence (no nagging from behind) alerted him that something/someone was missing.

Running Etiquette

I was running over the Beacon, correction; gasping slowly up the Beacon, jogging gratefully down the other side when I came across that dilemma that all us runners face at one point or another. We inevitably overtake walkers out with their dogs / remote controlled planes / imaginary friends called Jeremy and may occasionally surprise them as we go past. Some think they're about to get mugged and tend to shift uncomfortably as you go past. Such was the situation I found myself in yesterday. It was two middle aged ladies with the standard knackered old spaniel dragging it's weary body along 10 metres behind. They were deep in conversation oblivious to the world. I was similarly mentally unprepared for the confrontation as I had a band called "Bullet for my valentine" blasting heavy rock in my headphones at the time, so, I was unable to do my normal gentle, "morning" comment from 20 yards away to make them aware of my presence. 2 problems coincided. First, I didn't see them til too late and I was too close for it to be an innocent noise from afar. Second, I didn't realise how loud my voice would be with the headphones on and all. So, just as I reached them, I shouted out, "**Morning!**" and felt slightly guilty as they both leaped, arms in the air with a shriek that I even heard above the track "Stab me in the heart and order a kebab". I was about to apologise when I noticed a dark patch appear on the pastel blue lycra leggings one of them wore. (Obviously had weak muscles due to multiple offspring.....)

I ran off. What would members suggest is correct etiquette in this situation?

10km – Fastest Male, last winner still member of TRC is **Clive Cohen**

The Original Men and Ladies Cross Country Trophies, the last winners were **Kevin and Alison Harding**.

Other

Present of thanks to **Nigel Lacey** for supporting the Marathon Training.

Off Road Championship

Please Note: The race scheduled for September, the Amersham 5, has now been renamed the Shardeloes 10k. We will still keep it in the championship. It is on Sunday 18 September 2011 at 10.30am. Online entries can be made via Runners World.

Aldbury 5

Third race in the 2011 ORC championship

Sunday 10 April 2011

Once again, the weather was glorious for the Aldbury 5 cross country race. After a long dry spell, the ground was dry and hard.

The field was small with 105 competitors but this makes the Aldbury 5 the relaxed event it is. Tring Running Club made up one fifth of the field with 21 runners.

For the third year in succession Ross Langley, warming up for his first London Marathon, took first place in 32.53, a good minute and a half ahead of the next runner. Simon Barnett was third in 35.17 with Chris Egan and Alan Whelan in 5th and 6th positions.

For the women, Sarah Hill was second woman home in 39.17 and Kirsty Barnett was 4th woman.

Full results are on the club website www.tringrunningclub.org.uk/aldbury10.html

In the ORC championship, Ross is storming ahead but competition for the Men's Vets trophy is intense. However, with 7 or 8 events left to go, there is all to play for in both the men's and women's championships- don't forget, persistence often pays more than performance in the ORC.

Next race, Coombe Hill on 5 June. Entries can be made at www.coombehillrun.org.uk

Current of-road champs positions on the following page. Thanks to John Manning for all his hard work keeping this up to date. (Keeps him busy, actually, it's really like Care in the Community letting him have the responsibility....)

	Vet	BxHI	Xstm	Alb5	CHill	WW	Am5	CSG	BHd	Hho	Hcap	CCC	Total
Men													
Ross Langley		25	25	25									75
Alan Whelan		21	21	22									64
Rick Ansell	V	17	19	18									54
John Manning	V	16	17	20									53
Greg O'Callaghan		24	24										48
Nigel Bunn		23	23										46
Chris Egan		22		23									45
Simon Barnett			18	24									42
Trevor Lark	V	18	16										34
Brian Layton	V	14	12										26
Kevin Harding	V		22										22
Robert Brown				21									21
Michael Burgess		20											20
Mark Hadaway			20										20
Nick Williams		19											19
Paul Cowan				19									19
Simon Jessop				17									17
Richard White	V			16									16
Clive Cohen	V	15											15
Tom Sawyer			15										15
Tom Hallett				15									15
David Sawyer			14										14
Geoff Dennis	V			14									14
Peter Alford	V		13										13
Nigel Kippax				13									13
Ian Verchere	V			12									12
	Vet	BxHI	Xstm	Alb5	CHill	WW	Am5	CSG	BHd	Hho	Hcap	CCC	Total
Women													
Sarah Hill			25	25									50
Kirsty Barnett			23	24									47
Alice Ely			22	21									43
Alison Harding	V		24										24
Rachel Lark				23									23
Jane Porteous				22									22
Cathy Court	V		21										21
Ann Stratch				20									20
Shirley White				19									19
Carol Macdonald			20										20

PARKRUN Results

Jane Martin
parkrun Black Park 5k:

[30/04/2011 95](#) 166 32:28 49.69%
[23/04/2011 93](#) 225 31:40 50.95%
[16/04/2011 92](#) 224 31:31 51.19%
[19/03/2011 88](#) 144 30:06 53.60%
[30/04/2011 95](#) 166 32:28 49.69%
[23/04/2011 93](#) 225 31:40 50.95%
[16/04/2011 92](#) 224 31:31 51.19%
[19/03/2011 88](#) 144 30:06 53.60%

link to website is: <http://www.parkrun.org.uk/black-park/home>

Cheers

Jane

Parking Results

Bay parking

Tescos, Tring 23rd April:- 7 minutes 40 seconds – Maria Cook

Waitrose, Berko 17th April:- 6 minutes 17 seconds – Verna Burgess

And to prove it's not sexist....

Lidl, Aylesbury 15th April:- 8 minutes 3 seconds – Nigel Kippax

(but his Mum did teach him how to drive....)

Next week, Jane attempts parallel parking in the High St Berko with hilarious results – wait, that was last week.....

Watford 10K

It was a glorious day on Monday 2nd May for the Watford 10k and fun runs in Cassiobury Park. We made a family morning of it with Michael running the 10k, Stephen and Nathan the 3k and Zack the 1k. Our late on line entry was dealt with very efficiently and race numbers and chips were waiting for us all at registration. There were even chips for the tiddly 1k runners, plus a weighty medal and free t-shirt to all runners. Our results were as follows:

Michael Burgess	39.07	21/864
Stephen Burgess	11.43	5/66
Nathan Burgess	14.44	39/66
Zack Burgess	5.03	25/191

We were the only Tring Runners as far as I can tell - everyone else must have been saving themselves for Pednor in the evening.

Verna Burgess

Watlington 10k

Dear runner,

The date has been set for the Watlington Xc 10k Summer Run - Sunday 3rd July 2011.

Go online to download the entry form which you can send in or sign up as usual at Runners World, (serach for Watlington XcXk in the events section). We've kept the cost down to £5 again.

Hope to see you there (remember signing up in advance really helps us with the organization).

You can find out more, look at last years results and photo's and download the form at

www.watlingtonxc10k.com

If you can't run but would like to volunteer to marshall, please let me know!

Cheers

Gus

(Editor's note – don't know who Gus is but seems a nice fella)

New Vests from our fashion queen Maria



Hello everyone

On behalf of your committee, please find detailed below information regarding the new Tring vest. We are very pleased with the overall design and quality of this high-tech garment. Please note that your committee made a recent decision at the last committee meeting to have TRING RC printed on the back, not just TRING.

Price:

The new vests will be £25.00.

Manufacturer:

Owayo, a German company.

Styles:

Vest (high neck, wide shoulder straps) or Singlet (low scoop neck, narrow shoulder straps). See .GIF attachment.

Fabric, seams and printing: (wording taken from Owayo web site)

Fabric: R-Tex- 100% Polyester

- Breathable and Super Dry

- Bioactive fibres

- Embedded silver-ions: Repels bacteria and odours, promotes movement of air and moisture, sensitive to skin, will not wash-out, weight: 140g/m².

Seams: The seam work is the next most important component to quality sports apparel. Our products are sewn with a specially developed, German-engineered thread, that meets the highest demands of the sporting industry. An advanced '4 thread-overlock' machine stitch is used to achieve superior strength and stability.

Printing: The printing application is computer controlled to enable millimeter precision and laser sharpness. The technology implemented is a 'thermal sublimated process'. This method binds the colour molecules to the fabric fibres at a molecular level. The fabric stays soft and breathable. The printing will not wash-out, fade or deteriorate.

Printing options:

You can have your name printed on the front, near the shoulder, or on the back or both.

Ordering:

Please see attached spreadsheets. If you have already put your name down, your name will be on one of these spreadsheets, please check. If you would like to order a vest or singlet please let me know. If you did not get an opportunity to try on the two different styles, do try on other people's when they arrive. We will also be ordering a small quantity of unnamed vests/singlets for stock which you can also try.

Deadline:

Please let me know of any changes or additions to order by Sunday evening 17th April. An order will be placed on Monday morning 18th. I will be at the Presentation Evening on Sunday if that helps.

Payment:

Please pay your £25 as soon as possible, Sunday 17th would be good! Pay either myself or Richard White. Cheques made payable to Tring Running Club, or cash.

Lead time:

3-4 weeks from order.

Design:

The zebra design was created by Michelle Hadland, who designs our Ridgeway t-shirts. Michelle used to be a member of TRC but now lives in Shropshire. The decision to select the zebra design was carefully thought through by your committee. We looked at many other ideas, such as the A41 bridge, which has featured on our stationery, plus the kingfisher, which has also featured on our stationery in years gone by. We also looked at trees and a few other ideas. We wanted a design for the club which would epitomise Tring, something that would make us stand out, something future-proof and suitable for a vest. Some of the ideas were too detailed or small so we decided on the zebra print. For those of you who don't know, zebras and Tring are closely linked. Lionel Walter Rothschild, who created the zoological museum, kept zebras in Tring Park (amongst other exotic birds and animals) and was famous for driving a carriage pulled by zebras and once drove them to Buckingham Palace. This has been commemorated in the form of a zebra mosaic which lies in front of the church of St Peter and St Paul in the High Street. We are grateful to Michelle for creating such a unique vest design for us.

Many thanks to Sam Reed (Kim's son) for helping me with the graphic design element.
Any questions, please let me know.

Cheers

Maria.

Breakfast Run – 21st May

Hi everyone!

A brekkie run is organised at the Half Moon pub in Wilstone. Jan, the landlady, is opening especially for us and will be putting on a lovely brekkie.

Date: Saturday 21st May

Time: 08:00 (for the run) 09:00 (for brekkie)

Location: Half Moon pub, 60 Tring Road, Wilstone, Herts, HP23 4PD. See link...

http://maps.google.co.uk/maps?hl=en&biw=1259&bih=622&um=1&ie=UTF-8&cid=0,0,17344900630619576132&fb=1&hq=half+moon&hnear=Wilstone,+Tring,+Hertfordshire&gl=uk&daddr=60+Tring+Road,+Wilstone,+Tring,+Hertfordshire+HP23+4PD&geocode=16238900839377239067,51.818532,-0.689608&ei=HBW_TbjaIYK28QOu5ITMBQ&sa=X&oi=local_result&ct=directions-to&resnum=1&ved=0CBoQngIwAA

Brekkie: Prices TBA but nothing out of the ordinary.

The Run: We will be running the Black Poplar trail which runs from Wilstone, round to the villages of Astrope, Puttenham and Long Marston and back again. There are preprinted leaflets showing the trail which I'll give out on the day so groups can go out at varying speeds if required. The trail is 5 miles and it's easy to add on a mile or two if wished. Mainly off road, plus a couple of quiet lanes. If anyone is injured and wants a nice walk instead, there is a 4 mile marked trail as an option.

For this one I do need an good idea of numbers for Jan so she can cater accordingly so a response would be much appreciated.

Looking forward to seeing lots of you there.

Thanks everyone!

Maria.

Compton Downland Challenge 23rd April

Compton's a funny run, it's always on Easter Saturday so the date can vary by up to a month, and the weather conditions range from Arctic to desert. Two years ago we stood on the start line in a blizzard in hats and gloves and thermal layers, this year at 09.00am the heat was already intense, with not a breath of wind.

Runners can choose to do either a 20 mile or 40 mile course, almost all of it off road, with some testing hills leading up to our old favourite, the Ridgeway to the West of Goring, including a near vertical hill at 10 miles which I defy anyone to run up! The marshalling is excellent, plenty of checkpoints, and finishers receive a technical tee shirt and sausage, beans and chips in the school canteen! And all for £15. The run is organised by Compton Harriers www.comptonharriers.org.uk and is well worth a look. (By the way, Dick Kearn, the main organiser, is the man behind the Grand Union Canal Race www.gucr.co.uk . Well worth a look.)

This extended advert is intended to distract attention away from our results. Tom and I entered the 20 miler, intending to beat a long-standing time of 3.08 set by a friend and rival, Brian Rutt, however the heat really tripped us up and we were nowhere near. At the 1 hour mark we had done 7 miles, ahead of schedule, but the heat was getting worse and we started getting slower. Tom left me at 10 miles aiming for glory, but still only came in 5 minutes ahead of me.

47 3:26:37 SAWYER, Tom Tring Running Club M18
53 3:31:49 SAWYER, David Tring Running Club MV40

The 20 miler was won in 2:20:32, and the 40 miler in 5:25:19!!!!
Oh well, back to the 40 next year.

David Sawyer

Letters section

Thanks for the newsletter Dave.

Thank God a whole edition without any mention of fellrunning. Has Rick died?

R. Unner

Dear newsletter,

Does anyone get those texts from Nigel Kippax saying "Running as usual on Saturday morning"?

Has anyone else texted back, "What, slowly you mean"?

Yours

Amusing contributor

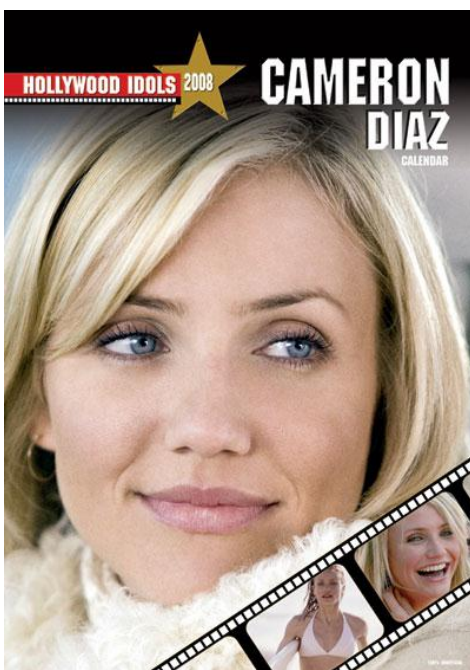
Dear newsletter,

When are you going to start off a letter's section? I have got a cracking anecdote.

Hilarious Club Member

(Editors note: Can't wait for next month then)

Who I'd like to run with



New section this. Please send me your nomination for future newsletters. The idea is that, if you had to run the Berko half marathon but needed inspiration and support from a running partner, who would you choose? As editor, I thought I'd kick it off and with much deliberation, narrowed it down to 2. Richard White or Cameron Diaz. Richard, because he always seems to get injured round about Ashridge College and it's a great feeling overtaking him with the club encouragement call of "See you later sucker!"

But, in the end, I had to plump for Cameron Diaz as I've heard that she is a consistent 9 minute miler with excellent conversational skills and knowledge of socio-political current affairs.....

Tri puzzle

This is a real puzzle – honest – no tricks. Trevor the triathlete was asked to design a tri course and came up with the following

But the organisers asked him to redesign it so that the paths did not cross. (Forget getting from T1 back to cycling etc – you’ve just got to change the existing paths so they do not cross)

No going through blocks, outside walls etc. There is a very simple and elegant solution. IT IS NOT IMPOSSIBLE but really neat. If you get really frustrated, email me and I’ll tell you the solution else it’ll be in next month’s newsletter.

