



Especially for our Triathletes this month, a "Where's Wally?" version of our club photo....

Tring Running Club Newsletter

November 2011

Our website address is www.tringrunningclub.org.uk

We meet at Tring Cricket Club Wednesday nights 7:30.

Dear all,

Thanks to the many contributors this week who, due to arm twisting, have given it some variety and bulk. Rich has kindly made up a collage of the Ridgeway and given us some insight into the story behind the pictures. New ladies in the club, if you don't know Rich, he's the one with the camera in the tree outside your bedroom window... I also asked David Sawyer to tell us a bit more about his sports massage services, as winter draws in, I think these will be needed more than ever, perhaps even instead of a run... ☺ Verna and Jane have been brilliant, industrious and professional as always. Do you think we should have a Candleford Chattermag, ladies only newsletter in Jan?

Next month will be the Christmas edition! Please have a think about that article you've been meaning to write and let's have a bumper issue. Already Trevor Lark is working on a Christmas poem, Jonathan M has promised an amusing look at the Beachy Head event, Verna a vegan Christmas recipe and Maria, a Dear Marij Christmas special article. All the "Who am I?" so far have been genuine. Please can someone send me one with a Christmas edge (favourite reindeer?) to carry on the tradition.

Dave

Contents

<i>Who Am I?</i>	3
<i>Club Logo</i>	3
<i>FRA Relays, Kettlewell, 15-Oct-2011</i>	5
<i>“Bring your granddad to the club” week</i>	6
<i>Candleford Canter – Ladies only</i>	6
<i>Herbert’s Hole</i>	7
<i>Eastern Athletic Assoc X Country Champs 2011</i>	7
<i>Chiltern League Cross Country Results</i>	8
<i>Frieth Hilly 10k</i>	10
<i>Spires and Steeples</i>	11
<i>Quote of the month</i>	11
<i>Maidenhead Half</i>	11
<i>Bridging Group – Leader’s letter</i>	13
<i>Bridging Group – new runner’s letter</i>	13
<i>Beachy Head</i>	14
<i>Amphill Trophy Cross Country</i>	15
<i>Connie May – Congratulations Eli!</i>	16
<i>Ridgeway Rich and the Clever Collage</i>	17
<i>Shardeloes 10k</i>	19
<i>Chiltern League Cross Country 2nd Round Watford 12th November 2011</i> . 20	
<i>David Sawyer – Sports Massage</i>	22

Who Am I?

Congratulations to Nigel Kippax for getting last week's person as Anna Scarth. League positions at present are: Jane 1st with 2 correct guesses, Nigel 2nd with 1 correct guess. First to email me the answer for this month could go straight into 2nd = place. It doesn't get more exciting than that...

Favourite run: Out through the Alpine Meadow, through the Golden Valley, back past the Monument overlooking Aldbury

Best running moment: Running up Snowdon leading the Welsh 1,000m Peaks race.

Worst running moment: pretty much every race this year

Road or off road: off

Tent or hotel: tent

famous person: Moses (not Ed)

Beer or wine: beer, a pint of Side Pocket if you're offering

Favourite restaurant: my own dining room

Favourite place: my tent, preferably pitched in a quiet corrie in the Highlands

Who would you cross the road to avoid: Anybody with a questionnaire

What drives you mad: Daily Mail readers

Best about TRC: It's a Southern club with a Northern presence.

Club Logo

Club Logo: To Change or Not to Change. .? That is the question!



What does the image of the bridge over the A41 mean to you? Do you think it reflects the image of Tring Running Club? Indeed is everyone aware that this is what is representing us to the general public? For a long time this (some say iconic, some say standard engineering design) structure has been on our letter heads, club banner etc., but there are mutterings amongst the membership that perhaps it is time for a change. With the recent introduction of our brand new snazzy club vest, is this not the perfect chance to choose a new club logo, maybe something that would tie in with our new strip, and highlight our connections with our town...a zebra certainly springs to my mind!! This is an image already associated with Tring, with both the Rothschild Museum and Tring Chamber of Commerce utilising the eye catching design...and of course there is a giant zebra head in front of the church on the High Street! What does anyone else think? Are you a passionate supporter of concrete creations? Do you prefer your zebras stuffed and safe in the museum? Do you have any other ideas for designs that you think might be a better face for TRC? Maybe you don't see why it should be changed at all. It would be great to hear your views, and we can feed the responses (if any) back to the committee for future cogitation. Over to you...

Well, this was the poser I posted on the TRC forum back in August, and it has been interesting reading the responses from club members since then. We have learnt from Nigel Lacey that the A41 bridge is also known as 'The Prayer Bridge' (although not yet why), and also 'The Ridgeway Bridge' (being on the eponymous trail) and although to some people it suggests a link between the glorious Chiltern countryside and the town, to others it resembles something slightly less iconic: a set of fallopian tubes has been suggested!!!

We have heard alternative ideas for logos ranging from kingfishers and deer, to the Bridgewater Monument (did I hear murmurs of 'phallic symbols'??), the Summer House in Tring Park, zebras trotting over the bridge, the bridge surrounded by trees, even the use of the bridge into Tring Park with its spiral staircase (is there a Bridge Appreciation Society that I don't know of??) and of course some people saying that there is no need for change. If we do decide that rebranding of the club logo is the way to go (and as was pointed out above, this has already happened successfully with the club vests) then a simple design must be the answer. We have had suggestions that perhaps Sam Reed who designed this year's Ridgeway T-shirts might be consulted or even a design competition through Tring School. The latter might further raise the profile of the club within our community and promote running generally. They could either incorporate your ideas or be asked to come up with something even better.

The thread is still live on the forum, so why not log in and add your comments (about this and anything else that interests you). There will be discussion regarding the logo at this year's club AGM and a decision made whether to change it or not.

Happy designing!

Jane Porteous

FRA Relays, Kettlewell, 15-Oct-2011

Another truly enjoyable team trip, and this time to the Yorkshire Dales for the UK Fell running championships. I'll quickly gloss over the result, 52nd out of 182, mainly because of all the places I lost on the last leg, but there were plenty of highlights

- glorious sunshine all day
- a great event field set in an amphitheatre so you could see the action going on all around
- a wonderful vegetarian broth and tea after your run. True Yorkshire hospitality.
- our pair legs of Nigel & Ross, and Simon & Steve having storming runs and running in stride for stride.
- Ross's alphabet quiz to while away the hours of travelling
- not only beating the Edinburgh Uni ladies team, but all Ladies teams

A big thank you to the club for paying the entry fee, and to Alison for standing in for Henry Woos (not my description, but a description I received in text speak) K-E who had to drop out at the last minute due to injury.



Steve and Simon finishing the navigation leg. Synchronised to perfection!

"Bring your granddad to the club" week

Article spotted by Verna while checking out Gujarati vegan recipes.

One-hundred-year-old Fauja Singh has run his way into the record books after setting eight sprint bests in his age category.

The centenarian only had to complete the distances to set the record - nobody his age has posted a timed mark in the past - but did so to claim a host of records.

But Singh is now aiming to go one step further when he runs the upcoming Toronto marathon on Sunday.



He has a personal best of five hours, 40 minutes, set back in 2003, making him the world record holder at the distance for a man aged 90 or over, and is looking to break that record.

Candleford Canter - Ladies only

Hi everyone

Rachel, Anna and I trotted up to the Candleford Canter ladies only race on Sunday, where Anna galloped in with an impressive 46:03, a PB and she was presented with a trophy for being 2nd senior lady! Well done Anna! Rachel also ran well and I trailed in behind the two of them.

The goodie bag included an orchid in a pot and we scoffed the best selection of homemade cake I've seen in a long while. I won a spot prize of "ladies running skirt" which may not ever see the light of day for fear of mockery.

Cheers

Maria.

*7 113 0:46:03 SCARTH, Anna Tring Running Club SF
13 55 0:47:16 LARK, Rachel Tring Running Club SF
18 129 0:48:32 COOK, Maria Tring Running Club F45*

Note from David Sawyer: *We should do a men's only race, the goodie bag could include a Haynes manual for a 1973 Morris Marina. Spot prizes for best pipe smoker, best braces wearer...*

Note from Tom Hallett: *Following on from the discussion about the excellent results at the Candleford Canter, it seems only fair to point out that there is a predominantly male oriented race in a couple of weeks. The Mo Running 10k supports Movember - a month long celebration of the moustache to highlight mens health issues (not the magazine!) and, in particular, prostate cancer. As I understand it, women are certainly allowed to enter the race - but they may have to sport their own moustache. More details and registration here <http://miltonkeynes.mo-running.com/>*

Note from Clive Cohen: *On a historical note dare I say there was a time when many races were indeed men only. For instance the Orion 15, (a classic event of 15 miles around Epping Forest) was first formally staged in 1954 and only admitted women in 1981 (of course the year of the first London).*

On running with skirts Maria may be our very own suffragette reincarnation of Emily Davison intercepting the Kings Horse in the 1913 Derby - or maybe more Suffragette City. (D. Bowie). You didn't do any galloping by any chance Maria?

Can't say I've heard of Candleford or it's Canter - does it really exist? It sounds to me like it's part of the same series as the Cross Camberwick Green and Trumpton Trail!

Herbert's Hole

Chiltern Harriers Athletic Club is holding the 19th running of this event at 11 am on **Sunday 20 November 2011**.

The event has not been changed from last year and is a challenging, multi-terrain course of approximately ten kilometres through picturesque Chiltern countryside. The race starts and finishes in Lowndes Park, Chesham, HP5 1HX.

I hope you can support our club and run in the event again this year. Please ask fellow club members and friends to also enter. Full details and an entry form that can be downloaded are on our club website <http://www.chiltern-harriers.org.uk/herbertshole.html>

Otherwise enter on line on the Runner's World web site <http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=64613&ms=>

Entry fees have not been changed from last year but we are asking you to collect your race numbers on the day at the race start in Lowndes Park. This will save us high postage costs. Please allow a little extra time to collect your number.

Tony Molesworth
Race Director

Eastern Athletic Assoc X Country Champs 2011

Hi everyone,

This one is a bit further afield, but if you are interested in taking part in the Eastern Athletic Cross Country Champs on Sunday 27th November 2011 at The Royal Hospistal School, Holbrook, Suffolk, then please let either Nigel Lacey or myself know.

Senior Men 12000m 1.10pm

Senior Ladies 6000m 2.10pm

6 are needed in team to score for the men and 3 in a team for the women. Entries must be received by the organisers by the 11th November 2011, so please inform us by 9th November at latest.

All the best

Jane

Ladies X Country Captain

Chiltern League Cross Country Results

Wigmore Valley. Luton 8th October 2011

Starting a new season in the top division is always a daunting prospect, but yet again Tring runners took up the gauntlet and turned up to tackle the challenge of retaining our place in the Chiltern League Cross Country Division 1 at Wigmore Valley, Luton.

Sadly I couldn't be there to bolster the numbers in the Ladies team and a few injuries and other problems led to a smaller turnout for the women in this opening match, but five fab females (alliteration...always a winner!) still managed to put in some great performances for us:

Senior/Veteran Ladies

29	MARY WARD	25.53	463	F45	4
34	ALISON HARDING	26.29	461	F45	7
51	MARIA COOK	27.58	464	F45	10
55	ANNA SCARTH	28.21	462	F	29
62	RACHEL LARK	28.52	465	F	31

Well done to them!

Ladies Team Result: Tring 8th/14 Vets. 5th/13

Likewise the men fielded a strong team (the Thrilling Thirteen??... sorry!), and we even had junior participation with young Max Ansell running in the Boys under 13's.

Senior/Junior/Veteran Men

34	LUKE DELDERFIELD	31.01	465	M	19
66	NIGEL BUNN	33.06	469	M40	8
69	GREG O'CALLAGHAN	33.10	468	M	35
73	MICHAEL BURGESS	33.22	467	M50	4
80	ROSS LANGLEY	33.49	461	M	39
82	MARK HADAWAY	33.56	470	M	41
107	CHRIS EGAN	35.21	474	M	48
131	JOHN MANNING	37.11	464	M50	13
136	TERRY HATTER	37.25	473	M	58
144	RICK ANSELL	38.02	463	M50	18
169	MARK TRAVERS	39.44	462	M40	47
189	TOM HALLETT	41.43	471	M	71
190	BRIAN LAYTON	42.08	466	M60	8

Under 13 Boys

54 MAX ANSELL

13.27

461

M13

54

Men's Team result: 8th/14 Vet's: 6th/14 Under 13 Boy's: 9th/10

As an outcome of this combined running talent, we succeeded in coming 9th out of 14 overall in Division 1. And as was pointed out by Trevor Lark (my 'on the spot reporter'):

"To put this into context, in the opening event the last time we were in Division 1 – 2 years ago – we finished 13th of 14 overall, and just about continued that way for the rest of the season. We clearly now have the ability as a team with some very talented individual runners to keep us in Division 1, but it takes 8 men and 4 women to get a none penalised result so never think your efforts are not worthy of putting in an appearance – many of those finishing lower down whose result did not need to be included in the team score would nevertheless have kept us in a similar overall finishing position had we needed to count on them.

And it's free and bond's the club like almost no other competition."

I couldn't have put it better myself Trevor...ta!

So thanks to all those who took part, spread the word to those who are new to the club/Chiltern League Cross Country and hopefully we will see a lot more faces (old and new) at the next fixture on 12 November at Watford.

See you there!

Cheers

Jane (Ladies XC Captain).

Frieth Hilly 10k

A quartet of Tringledites turned out for the fourth annual running of the Frieth Hilly 10k on Sunday 16th October, an under-rated and very well organised multi-terrain event just west of Marlow. After being put through the pre-race blessing by the local vicar everybody was all the keener to get going fearing his popular and applauded speech might take on its own momentum if we appeared too appreciative – he'd already hinted at running out of biblical running-orientated quotes, so short of him arranging next years race to follow the general direction of some bright planetary body, it might be down to an impromptu baptism or confessionary to impart a sense of Christianity on the occasion to his new found flock.

Having won the race for the past 3 years, Chiltern Harriers Eddie



O'Gorman continued his domination of the event with a winning time of 35.58 this year – a clear 90 seconds ahead of 2nd place.

Of the Tring runners Ross Langley was an impressive 3^d overall in his first attempt at this event.

Trevor Lark was 27th overall and 3^d in the MV50 category, with John Manning placing 4th in the same category and also not having ran the course previously.

The lone Tring Female entrant was Rachel Lark who's beat her time of last year by 3 minutes to finish 8th overall female out of the 96 female entrants.

Prizes were awarded for the first 3 in each category, and all of considerable quality – including Seiko watches this year for the



1st in every category, and Buff clothing for all others.

Position Name Surname Time Category

3	Ross	Langley	00:38:02	Male
27	Trevor	Lark	00:42:30	Male Vet 50
39	John	Manning	00:43:58	Male Vet 50
87	Rachel	Lark	00:49:09	Female

286 people completed the event

Trevor.

Spires and Steeples

SPIRES AND STEEPLES OFF ROAD MARATHON CHALLENGE 2011

It was Sunday 16th October and what better way to spend my birthday than running one of my favourite races – the Spires and Steeples Challenge. This is a linear marathon starting from historic Lincoln castle and proceeds in a southerly direction to the pretty market town of Sleaford. On the way it passes parish churches through many pretty and friendly villages and along many miles of flat Lincolnshire quiet lanes, tracks, footpaths and field margins.

This was my third year of running the event and it just keeps on getting better. The cost is a reasonable £12.00 and also for a small charge transport is provided to the start (from the end point of course). The checkpoints are well placed and well stocked with water and food.

I ran most of the race with a couple of very friendly Mablethorpe Runners who startled me initially with their familiarity by saying “Hi Verna where is Tring then?”. I quickly realised this was down to my super new running vest, emblazoned with this personal information!

I enjoyed the race and got round as expected in 4:15 which was much the same as in my two previous years. The final three miles continue to be a major slog for me along a very uneven grass footpath but I was still able to pass several runners reduced to walking this whole stretch.

Michael completed the event for the second time. He whizzed round in a great time of 3.04 despite having got lost and diving through a stream (probably thinking it was the Hardwick cross country race) and finished 4th. Michael said that from the stream crossing at about 8 miles he moved up the field running with a Sleaford runner, who was not only born in Halton but was also stationed there until moving to RAF Lincoln a few years ago – Small world.

We will both be back next year unless Michael spends his £12 on a birthday present for yours truly.

Verna Burgess

Quote of the month

This month, Maria wins the prize with the type of interview technique which ensures that she will never be asked to be in a video again.... If you haven't checked it out already, go to the website:-

http://www.hemeltoday.co.uk/sport/steep_hill_ridden_run_is_race_record_breaker_1_3136507

It's worth it just for the bobble hat... But on to the quote as Maria is interviewed about the Ridgeway Race. “Well, today is the Ridgeway Run. It's an annual event. We have it every year. This year we have about 500 runners. Last year we had 600. We're hoping to have more runners this year.....”

Maidenhead Half

While some of you were getting lost in the woods with Trevor some others were at a rather better organised event - The Pharmalink Maidenhead Half Marathon. This was well marshalled with great support on the route. The start was a mass start with no sections for different finishing times and at the end we got a smart medal, a banana and some water - I was hoping for a tee-shirt and a goody bag! I heard complaints about the bag pick-up but that was about it. A very flat course with a 'scenic' bit as we ran along the Thames and a never-ending final mile around the shopping centre. I know Helen Page got a PB so well done Helen in her first race this year and apologies if anyone else did (Maria?) or to anyone I have missed off the results - do shout! Full results at

<http://www.sportsystems.co.uk/ss/results/Maidenhead%20half%20Marathon/751> (Geoff R - my age grading may be wrong as I took Cathy Courts place)

Jane

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Category</i>	<i>Number</i>	<i>Chip</i>	<i>Grading</i>
395	144.08	Geoff Head	TRING RUNNING CLUB	Mens Vets 50-59	9274	1:43:21	63.3
417	1:44:50	Maria Cook	TRING RUNNING CLUB	Ladies Vets 40-49	681	1:44:28	70.19
440	1:45:29	Mark Travers	TRING RUNNING CLUB	Men Vets 40-49	1358	1:45:25	61.52
519	1:48:03	David Sawyer	TRING RUNNING CLUB	Men Vets 40-49	366	1:47:16	60.06
723	1:53:50	Helen Page	TRING RUNNING CLUB	Ladies Vets 40-49	1015	1:53:05	61.36
776	1:55:17	Kim Reed	TRING RUNNING CLUB	Ladies Vets 40-49	239	1:54:07	62.7
913	1:58:25	Jane Mitchell	TRING RUNNING CLUB	Ladies Vets 40-49	907	1:57:31	61.04
1319	2:12:08	Clara Willett	TRING RUNNING CLUB	Ladies Vets 40-49	634	2:10:54	51.56
1385	2:14:46	Frances Mills	TRING RUNNING CLUB	Ladies Vets 40-49	9263	2:13:35	54.6
1387	2:14:57	Carol Gray	TRING RUNNING CLUB	Ladies Vets 50-59	1170	2:13:45	55.02

Bridging Group – Leader's letter

Dear Newsletter Editor,

I co-led the Bridging group a few weeks ago and would just like to say what a pleasure it was being able to pass on my knowledge and expertise to those who are fairly new to the sport. I worked with Tony Ruberry on that night and between us, we were able to provide a superb run, full of dramatic views, charm, excitement and most of all, the convivial atmosphere that makes Tring Running Club, the best running club around. I'd like to exhort other members to take on this responsibility, not only for the sense of accomplishment and duty that it satiates but also for the sheer pleasure of seeing our new runners with beaming faces and warm hearts. They asked if we were likely to take another Bridging group session and this kind of appreciation and respect only makes the job more worthwhile.

Best regards.

Dave

Bridging Group – new runner's letter

Dear Newsletter Editor,

I don't want to seem ungrateful but I'd like to bring to your attention the total incompetence of some of the recent Bridging Group leaders. Perhaps we have been spoilt with Verna. Correction:- we have been spoilt by Verna, but after her wonderful concern, preparation and professional attitude, moving onto the Keystone Kops we had last week is like coming out of the Ivy restaurant and going straight into MacDonalds. Let me give you an example. At the start of the session, Verna asks us all how we are, if there have been any issues concerning our training and what we'd like to get out of this week's run. Then we do a sensible warm up on the field. Compare this with Tony & Dave who's introduction, warm up and ice-breaking comprised, "This way" and off they went into the dark. Verna carries a full rucksack on CPR, spare torch, drinks, emergency rations and tissues. I believe the bearded one had a fluff coated Werther's Original in the pocket of his shorts but was otherwise unprepared for any incident that might occur. Another week we had Brian Layton. Why do we have to have old men who have a Beer-belly, Beard or Buck-teeth. How about some of the young totty like Ross leading a run occasionally?

On the run, Verna is wonderfully Bambi-esque in her prancing back and forward making sure we're all happy and motivated; never leaving us struggling up hills on our own or making us feel as if we're holding anyone up. Tony and Dave in contrast ran up steep hills and then looked back with a face like they were chewing a wasp, looking at their watches, scratching their bottoms and mumbling about wishing they hadn't bothered getting changed. Verna, during the run will run back and forward through the group to chat to us about general running, our equipment, upcoming events and answering any questions we may have. The men just talked between themselves about Tring Brewery, farting, their own ailments and desperately wanting to retire from work although I understand Dave would need to get a job if he wanted to retire....

At the end of the run, we asked them incredulously if they were planning to take out any more groups with the distinct hope this was a complete one-off. They actually smiled and thought we meant it in a good way. Unbelievable.. Come back Verna. We need you and we appreciate you more than ever now.

Pam.

P.S. Helen was great last week.

Provisional Results as at 23-10-2011

Pos	Bib	Firstname	Lastname	Gender	Cat	Club	Personal Chip Time
12	503	ROSS	LANGLEY	M	MS	TRING RUNNING CLUB	3:27:37.90
19	331	GREGORY	O'CALLAGHAN	M	MS	TRING RUNNING CLUB	3:30:41.15
74	890	ALAN	WHELAN	M		TRING RUNNING CLUB	3:52:21.00
126	1424	MATTHEW	ARMSTRONG	M	MS	TRING	4:00:54.50
127	1011	MARK	HADAWAY	M	MS	TRING RC	4:00:51.20
128	274	SARAH	HILL	F	FS	TRING RUNNING CLUB	4:01:04.90
139	224	RICK	ANSELL	M	MV	TRING RUNNING CLUB	4:02:43.95
147	889	PETER	ALFORD	M	MV	TRING RUNNING CLUB	4:03:22.05
192	177	JOHN	MANNING	M	MV	TRING RUNNING CLUB	4:12:47.35
283	216	BRIAN	LAYTON	M	MV	TRING RUNNING CLUB	4:26:28.45
341	701	TOM	SAWYER	M	MS	TRING RC	4:32:46.35
347	782	HOWARD	CLARK	M	MV	TRING RUNNING CLUB	4:34:08.85
367	397	DAVID	SAWYER	M	MV	TRING RUNNING CLUB	4:36:33.40
378	1615	PETER	HAMSON	M	MV	TRING RC	4:39:50.15
461	197	TONY	HILL	M	MV	TRING RUNNING CLUB	4:49:17.65
503	222	KIM	REED	F	FV	TRING RUNNING CLUB	4:54:35.75
574	244	ALICE	ELY	F	FS	TRING RC	5:01:16.95
582	190	WILLIAM	HARVEY	M	MV	TRING RUNNING CLUB	5:03:14.25
655	440	ELIZABETH	DANIEL	F	FV	TRING RC	5:13:13.90
691	550	SHONA	MULLEN	F	FV	TRING RC	5:17:04.85
761	1701	JONATHAN	MULCAHY	M	MV	TRING RUNNING CLUB	5:29:43.15
765	580	JANE	MITCHELL	F		TRING RUNNING CLUB	5:30:04.00
796	442	GEOFF	HEAD	M		TRING RUNNING CLUB	5:37:08.40
805	638	CAROL	GRAY	F	FV	TRING RUNNING CLUB	5:38:20.10
847	174	SANDRA	MOGAN	F	FV	GADE VALLEY HARRIERS	5:47:03.55
871	173	CAROL	MACDONALD	F	FV	TRING	5:51:53.70
894	252	FRANCES	MILLS	F	FV	TRING RUNNING CLUB	5:53:00.00
981	178	TRACEY	SINTON	F	FV	TRING RUNNING CLUB	6:19:51.25

Ampthill Trophy Cross Country

So just Trevor and me from Tring RC. What a fine day and a brilliant course, thoroughly recommend this one (off road challenge next year?). It was 8km of pure off road delight and due to clement weather you road junkies could have run it in your road shoes. Plenty of uphill and down dale, well organised and marshalled, tea and a bacon butty and very prompt prize giving. WELL DONE TREVOR - 1st mv50. 2 more men and 2 more ladies and we would have had a good go at the team prize - £120 prize money!!!

Alison

Considering there were just the 2 of us we gave a good account of ourselves as Alison finished 10th overall female out of 66 which was good enough for 2nd overall in her FV45 age category. With the strength of female ability we now have at Tring I think we could easily have taken 2nd female team and even challenged for 1st – next year perhaps?

Trevor

Connie May – Congratulations Eli!

Connie May Tweed was born at 12.59pm on Monday 10th October 2011 at Stoke Mandeville 'Midwife Led Birthing Centre'. She weighed 7lbs and 11 oz. Her due date was 2nd October so she was fashionably late, but my worrying about having to be induced turned out to be unnecessary as everything happened completely naturally. Without going in to too much detail the birth was such a positive experience - genuinely! It went exactly how we'd hoped - without medical intervention and using only gas & air and a TENS machine. Labour was only 8 hours in total and the incredible thing was that she was born in a birthing pool - something I'd hoped was going to be possible - and I caught her when she popped up out of the water!! Still can't believe I managed to do that! I will never forget the amazing image of her as a tiny curled up pink baby in my arms the second after she was born. I definitely think that doing antenatal yoga, using hypnotherapy, and being fit from running helped me to have such a great birthing experience. It also helped with the recovery - as the day after it really felt like I'd run a marathon (except I'd got a baby instead of a medal at the end!) but as I was used to the feeling of every muscle in my body aching in the aftermath of races - I knew it wouldn't take long to return to normal.

So Connie is now three weeks old and we are loving all the challenges and rewards of parenthood. We're sleeping a little more than we were in the first couple of weeks too :)

Connie is very sociable and even took meeting my very loud and excited Welsh relatives completely in her stride. For such a tiny person she's made such a massive impact on both our families: My grandma was so excited about the news of her birth that she announced to everyone in ASDA that she was now a Great Grandma!

So the big question is - what is she going to be when she grows up?! Well, I thought at first -a swimmer - as she was born in the water it seemed obvious. However her reaction to her first bath made me rethink this as she nearly screamed the house down! Talking of which, when she does scream her legs seem to work in a piston style fashion, which suggests she might take to riding a bike quite naturally. Mark secretly wants her to ride a bike before she can walk/talk I think! But also we think she is quite long limbed and that her feet might be a little bigger than average - so I'm hoping she'll develop into a runner & that one day we can go running together like I do with my mum! So put her down as TRC's youngest ever member!

Eli



Ridgeway Rich and the Clever Collage

Editor's note: Collage on next page

When Dave asked me to choose some of my photos from the Ridgeway Run, and explain what I like about them, I thought I'd sooner do hill reps than try to explain why one photo appeals to me more than another. But as I thought about it a little more, I decided that maybe I could do what Dave requested after all. You'll see that I've chosen 10 photos and combined them into a montage of the day . . . and here's why those particular photos made it into this newsletter . . .

The Ridgeway Run couldn't happen without it's volunteers and marshals and I could have chosen several different images to represent them. But I chuckle whenever I see this one of the lads at the end of Marshcroft Lane, because when someone saw it in Facebook they suggested it was the local dustmen on strike, manning the picket line. And I like the one below it because if Bob will forgive me, it reminds me of ET cycling home . . .

Top right is a great example of the reactions I get from so many runners, with the long ribbon of colourful lycra stretching all the way back to the farm along Marshcroft Lane . . .

I like the photo on the mid-left because it has that single tree in the foreground, with the Ridgeway rolling along behind it. The runners will get to me before too long, and also in the middle distance are several other people out enjoying the footpath that particular day . . .

This was the fourth year that I've stood half way up Pitstone Hill, and each year the first runner to pass me has been James Buis, and every year he's had a smile on his face . . . the dark smudge just to the left of James is the guy in second position . . .

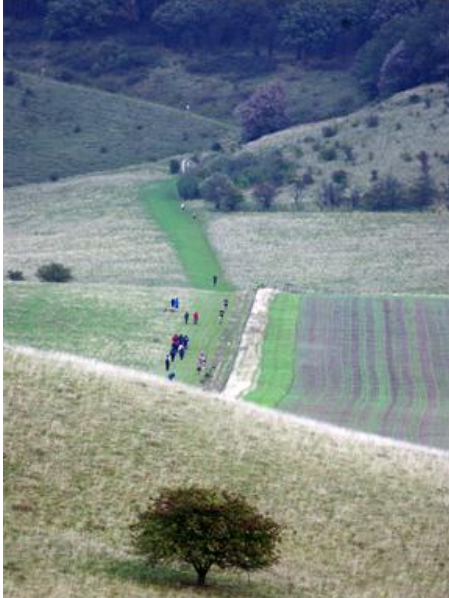
Top left of course are Geoff and Beth, and a happy reminder of their ever-smiling faces which will be much missed . . . the many years that they were a part of Tring Running Club contrasted by one of the club's newest members, Claire, taking part in the Run. I like the splash of colour to the left of Claire, as the body of runners make their way around the course, whilst the two photos together are a reminder that our club continues to grow and evolve . . .

The two ladies in the middle lower photo still had the energy to laugh and share a joke despite being half way up Pitstone Hill, and the ladies in the lower right corner, although worn out after almost 2 hours of running, saw the finish line and went for it, and gave me another image that says much to me about running in general and the Ridgeway Run in particular . . .

And in the middle, the fingerpost, sending us off in all directions yet at the same time bringing the other eight images together . . .

Dave asked me to mention that the photos are for sale as prints or high resolution digital files, with prices starting at £5.00. A montage similar to this would cost a little more but I'll let you select your own set of images. You can find out more by mailing me at photos@richk.co.uk

Rich



Shardeloes 10k

A well established run with an image makeover – what was the Amersham 5 (that you realised was a dubious distance after passing the 5 mile marker to start running up hill AWAY from the finish) has now been extended to a full 10k and has lost none of its charm and (yippee) gained another hill. Conditions were excellent for racing and a smattering of Tringees attended to bolster their off-road championship point totals.

Notable results were:

Both men and women's teams gained second in the team results.

Ian Vechere was 2nd V70 male.

Sarah Hill was 3rd Senior lady.

Rachel improved from 17th last year to 7th overall female.

Well done to everyone.



SHARDELOES 10k - MEN'S RACE – 18TH SEPTEMBER 2011

POS	COMPETITOR	TEAM	CATEGORY	TIME	RACE PLACE
5	LANGLEY, Ross	Tring RC	Senior	39:19	5
12	O'CALLAGHAN, Gregory	Tring RC	Senior	40:56	12
14	WHELAN, Alan	Tring RC	Veteran 40	41:31	14
27	LARK, Trevor	Tring RC	Veteran 50	43:59	27
69	ANSELL, Rick	Tring RC	Veteran 50	50:16	75
119	VERCHERE, Ian	Tring RC	Veteran 70	1:12:14	169

SHARDELOES 10k - WOMEN'S RACE – 18TH SEPTEMBER 2011

POS	COMPETITOR	TEAM	CATEGORY	TIME	RACE PLACE
5	HILL, Sarah	Tring RC	Senior	48:11	56
7	LARK, Rachel	Tring RC	Senior	51:03	79
25	ELY, Alice	Tring RC	Senior	56:30	117
45	MARTIN, Jane	Tring RC	Veteran 45	1:07:40	162

Trevor.



Hi everyone,

A reminder that the 2nd Chiltern League Cross Country match of the season is due to take place on Saturday 12th November, this time at Cassiobury Park, Watford. It's a great local venue and in the past we have enjoyed a high team turnout, so with your help I hope this tradition continues!



I know that we have recently had lots of new members join Tring Running Club and it would be superb to some new faces joining the regulars at these events. Please do come along and contribute to our club's performance in the League... and help keep us up in Division 1!! The more people we field, the better our chances. The races are **FREE** and you will go home with a rosy glow of knowing you have helped TRC work our way up (hopefully) the League table... or maybe just feeling a bit puffed??).

The distances covered are approximately 8-10000m for the Senior Men, and 5500-6000m for Senior Ladies. In the men's race the first 10 score, and in the ladies race it is the first 4, however as has been pointed out many times before, the more runners we can field the more pressure is put on other teams to score. Our main rivals at the moment appear to be Leighton Buzzard, Headington, Gade Valley and Silson so try and overtake a few!

Remember Tring has got to be your first claim club and that you will need a Tring club vest (new or old) other than that, just bring your enthusiasm. Below are the details taken from the Chiltern League website www.chilternccl.co.uk which has all the information about all the events. If you have any questions please don't hesitate to ask either myself or Nigel Lacey (Men's Cross Country Captain).

See you there!

Jane Porteous (Ladies Cross Country Captain)

CHILTERN LEAGUE SATURDAY NOVEMBER 12th 2011

Timetable of events (as standard):

- 11.30 Under 11 girls
- 11.45 Under 11 boys
- 12.00 Under 13 girls
- 12.15 Under 13 boys
- 12.30 Under 15 girls
- 12.45 Under 15 boys
- 13.00 Under 20/17 ladies

13.15 Senior/Veteran ladies

13.40 Under 17 men

14.00 Senior/Junior/Veteran men

Special notes: There are no home football or rugby matches this year but there may still be difficulty parking in the town, please allow extra time to travel to the venue and try and arrive early. The meeting does not have exclusive use of the area for the race and consideration should be taken of other users of the park.

The courses: These are over common park land, woodland and tracks. In the woods care should be taken of tree roots and rutted paths. At present conditions are fairly good. Please note the courses for under 15 boys, under 17's and seniors may be best suited for off road shoes and runners should judge conditions on the day. All runners are advised to bring their own water or drinks with them in case of warm weather.

Toilets: Facilities are limited to a few near the start/finish and about 800m down the park. Additional facilities exist in the underpass by the Town Hall approx. 900m away.

Route to venue: From M25 exit junction 19 for those travelling west or junction 20 for those travelling east then down the A411 Hempstead Road into Watford. From M1 it is best to exit junction 5 then take the ring road into Watford. The best places for parking are the car park in Cassiobury Park or the streets on the Hempstead Road side of the park. The nearest postcode for those with Sat Nav is WD18 7LD.

Public transport: The venue is only a couple of minutes' walk from Watford Metropolitan Line station. It is about 20/25 minutes' walk from Watford Junction station.

Officials: Watford Harriers would be grateful for any help with officiating and course marshalling. Help would be especially welcome from nearby clubs who are not hosting this season. If any club can bring officials along we would be very grateful. If you know in advance that you can bring along officials please contact Vaughan Tayler vaughan.tayler@btinternet.com or Dick Parles (01923 230730 01923 230730) or richard@nbchq.co.uk .

David Sawyer – Sports Massage

Hello everyone,

A lot of recent club members may be unaware of what I do in the evenings, so I have been asked to write a brief description of my sports massage services.

I first became interested in sports massage about five years ago; as my mileage was increasing so were the niggles and strains in my legs and back. I decided that I would look into doing a course, just so that I would understand my own body a bit better, and hopefully recover a little quicker from the long runs. I registered for a weekend introductory course with the London School of Sports Massage, and one Saturday morning I found myself in a room full of people and couches, learning about effleurage and petrissage, not to mention tapotement.

By the end of the weekend I was hooked, and I knew this was something I had to get involved with. I enrolled on a one year course leading to a diploma in Sports Massage, and membership of the Institute of Sports and Remedial Massage. The course was a fascinating mixture of physiology study and practical application, entailing regular attendance on weekend courses, and countless practice massages. I am indebted to a number of TRC members who were kind enough to offer themselves as guinea pigs for my case studies.

I qualified in November 2007 and since then I have treated hundreds of people, with problems ranging from sore calves to stiff necks, to sprained ankles. Being a runner myself I have dealt mostly with 'hips downwards' injuries, however I am also experienced in occupational problems, stiff necks and shoulders caused by the twin modern evils of car driving and PC usage.

So, if you're suffering with a specific problem, or just feel that your muscles could use a good stretch out, by all means get in touch. I am always happy to discuss your problems, and if I feel that it's outside my expertise I will tell you. My rate for TRC members is £25.00 per session, and I work from my house in Wigginton. If you'd like to speak to someone who has had treatment from me please just ask. I can be contacted on 07779 149282 or david.p.sawyer@btinternet.com

And remember, if I'm running behind you staring at your legs I'm only assessing your lateral hip rotators, or the tightness of your ITB, no need to involve the police!

Here's a little muscle quiz to end with. What is the name of the long thin muscle connecting the anterior superior iliac spine and the pes anserinus, and why is it so called?