



Tring Running Club Newsletter

October 2011

Our website address is www.tringrunningclub.org.uk

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

South Herts Hash House Harriers www.sh4.co.uk

Shire's Triers (Triathlon Club) www.shirestriers.co.uk

Near the front of the newsletter is a tribute to Mike Blake written by Tony and John. I was one of the many who benefited from Mike's marathon support every Sunday morning for a couple of years. I'd normally have a bit of banter with him along the way and try to finish his crossword while he was handing out water. He was a really nice guy and was very helpful, not only in that car support but also in his advice and encouragement. We were lucky to have him in the club. Thanks for all your help Mike. You can sit on your cloud and do your crossword in peace now.

Hi everyone,

Good news – I have a London Marathon Place. Something to look forward to! Bad news – I have a London Marathon place. I've got to do some training. Nigel Kippax has one too. I've run a couple of London Marathons with Nigel. These were early on and he'd always pan me in training, then for various reasons mess up on the day. I was kind of the opposite of a lucky charm – chucky larm? Nigel would say “pain in the bum”. Jonathan Mulcahy hasn't got a place apparently, which has meant that Pukka Pies have pulled out of the sponsorship deal. Who else is in?

Now, many of you will have noticed Mrs Newsletter Editor, Pam down the club recently. I know I'm punching above weight there; typical response was by Tony Ruberry – “Your Dave's wife? But your nice.” So Pam's in Verna's bridging group to improve her running. I've had the pleasure of running a couple of these Bridging Group runs too and would like to remind any youngsters out there doing Duke of Edinburgh, that I'm sure listening to Ian Verchere talking about his sailing for an hour would count as their community service.

Pam and I also did the Iain Rennie 18 mile 3 peaks and bumped into William. We discussed who was the fastest runner between us (It's sad really – bit like who's the most intelligent Spice Girl). Anyway, I've checked back through the club records and it's me. And as this is the official Club Newsletter, that is now a fact.

Cheers

Dave

Mike Blake (1936 - 2011)

Mike was born in Winchendon in 1936 and attended the Lord Williams School in Thame. Although he had an undistinguished academic career, he excelled at rugby. He played as flanker and was chosen to represent Oxfordshire at schoolboy level. Based on his county performance, he won two England schoolboy caps playing Wales home and away. After school, Mike worked in the motor trade and also continued with his Rugby. He played for Aylesbury and then Tring. In 1972, he was Tring Rugby Club's player of the year. He was very quick over short sprints and read the game well.

Mike joined TRC in 1982 just one year after it was formed. His own running career ended in 2000 after a (non-running) accident in which he broke his arm and his hip. The TRC Marathon Training group was set up by Len and Maureen Cousens. Mike carried this on from the late 1980s to last year. Many Club members have benefitted from Mike's support on long training runs. Initially, he provided water and encouragement from his bike - and more recently from his van. With John Boeille he hosted the post-training run tea and cake session on many Sundays. Mike was a life member of TRC and the inaugural winner of the Beacon award.

Unfortunately, in the final part of his life Mike experienced rather poor health. However, he will always be fondly remembered for his ready wit and his love of the opposite sex and whisky.

As told to Tony Hill by John Boielle.

PS Mike's funeral is on Thursday 6th October at West Herts Crematorium. Saturday 8th October would have been his 75th birthday.



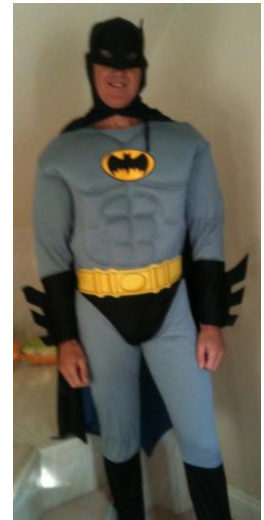
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Wanted - Robin

So, I've been asked by an anonymous member of the club to post this request. Reply to me and I'll pass it on....

Wanted! Have you got a London Marathon place? Do you want to re-enact the Rodney and Delboy classic moment and run through the streets of London with another club member, dressed as Batman and Robin? I'm not sure about crime fighting but thought we could pause for a kebab and a pint along the way, aiming to finish in 4:30 – 5:00 hours. Ideally you'll be short....



A British woman has broken a world record for endurance running, for both men and women. Lizzy Hawker ran 153 miles in 24 hours to take gold at the Commonwealth Mountain and Ultradistance Championships in Llandudno. The 35-year-old, who is already the 100km champion, and who has won several Mountain Marathons, completed 240 loops of the track in the allotted time, three more than the (male) runner-up. "It did hurt – a lot," she said. "But it was great to demonstrate just what women athletes can achieve."

Wonderwomen

(From The Week magazine who must have got it from somewhere else but I'm not sure where....)

Chiltern League Cross Country

Hi everyone,

Just a reminder that the first match of the season kicks off on Saturday 8th October in the Chiltern League Cross Country season.

Please come along and support your club if you can, every runner will contribute to our score...and we need all the legs we can muster!

This first fixture is being held at **Wigmore Valley, Luton** (nb. not at the Stopsley venue as last year and the details are as follows:

The venue is [Wigmore Valley](#). The courses are on grass tracks with some stony track in parts.

The car park for the event is the area to the right of the words "Car Park" on the map. There are adequate toilets, changing and showering facilities as the pavilion which is near the Hotel marked on the map. Please pitch tents in the area between the pavilion and the play park. Refreshments will be available.

Routes to the Park

From the M1 - Leave the M1 at J10 and follow the signs for the airport. Crossing the traffic lights on Airport Way, take the right hand lane, sign posted Hitchin (A505). At the second roundabout (past the GM factory) turn right into Eaton Green Road. Go up the hill and across two roundabouts (second one is a mini roundabout) then after approximately 200 metres turn right (signposted CAR PARK CROSS COUNTRY) into the road to the Recycling Centre. Immediately turning onto this road, turn left into the car park. The start/finish area is across the football pitch.

From Hitchin A505 - Turn left off the A505 into Vauxhall Way, follow the airport signs, at the second roundabout, turn left into Eaton Green Road and follow directions above.

From Bedford A6 - Approaching Luton town centre, turn left into Stockingstone Road (cricket ground in front of you). At the top of Stockinghouse Road filter left onto Hitchin Road. Follow Hitchin Road round to the roundabout and turn left onto Vauxhall Way (to the airport) following instructions from Hitchin above.

Drivers of SUV's/Mini-Buses - There is a height restriction into the car park off Eaton Green Road at the recycling entrance. Please carry on to the next roundabout and turn right up the hill to the entrance to the park on the right at the next roundabout.

Public Transport - Buses 17 and 19 run from Luton Town Centre to near the venue (Asda store) - see [Centrebus](#) web site.

Timetable (as standard)

Note that times are 1 hour earlier than previous seasons

11.30 under 11 girls 1 lap 2km,
11.45 under 11 boys 1 lap 2km,
12.00 under 13 girls 1 lap 3km,
12.15 under 13 boys 1 lap 3km,
12.30 under 15 girls 1.5 laps 3.5km,
12.45 under 15 boys 2 laps 4km,
13.00 under 20/17 ladies 2 laps 4km,
13.15 senior ladies 2 laps 6km,
13.30 under 17 men 2 laps 6km,
14.00 senior men 3 laps 9km.

As a reminder for those of you new to these races, the distances covered are:

Senior Ladies: 5500m - 6000m

Senior Men : 8000m-10000m

Tring RC must be your first claim club and you must run in a TRC vest (new or old style).

The races are FREE!

If you can car share then that always helps with potential parking problems

All details can be found on www.chilterncccl.co.uk/

Ladies, I'd really appreciate having a rough idea of who might be coming (our numbers have fluctuated in past seasons!) but if you just turn up on the day that's fine too. If you can drop me a line that would be great.

Hope to see you there!

Jane (Ladies Captain)

'It's Just A Nice Day Out For Them!'

(An account of the High Peak 40, Sept 2011)

In September 2007, I was persuaded by our then Newsletter Editor, Peter, to enter an ultra- distance race called the High Peak 40 Challenge. As many of you know, I am a road running fan and the closest I usually get to a fell race is the Chiltern Cross Country league a couple of times a year! But there's something about the High Peak 40 that has got me hooked and whilst I haven't pursued the ultra-race circuit I have made the HP 40 a regular fixture in my racing calendar and this year attempted it for my 5th consecutive time.

The HP40 Challenge is a circular route that starts and finishes in the town of Buxton in Derbyshire. The course is run over various terrain (including over 10 miles of road which is lovely!) with over 4500 feet of ascent and takes in the sweet towns of Castleton and Tideswell, as well as a few climbs including Mam Tor and the 'dales'!

Waiting to use the loo pre-start I was getting nervous as the HP40 girls were sharing stories - talking about their latest races (The Fellsman featured a lot!), how they had prepared for this event and just exactly what type of kit they were carrying and what they were sure they would need.

OMG – my preparation had been minimal (well non- existent actually!) and my kit consisted of my mobile phone, a tissue and some jelly babies. I didn't even have a waterproof – and it was raining! I remained calm – this was my 5th time – I'm sure I knew what I was doing!?!

Seeing Rick's friendly face in the hall before registering was a nice surprise and we started together in the rain. It was the last that I saw of Rick all day!

At 8am we set off. Most people in waterproofs with backpacks, me with my Helle and bum bag – a tad apprehensive – I had never run this event in the rain before, was I going to get hypothermia and have to drop out? The first few miles are just a case of getting out of Buxton and up onto the Bonsal Incline to get to the Goyt Valley and the reservoirs. Once up there the wind was blowing a gale and the rain continued, my apprehension was growing by the minute – this was turning into one of those proper fell races! Luckily though, we entered a woody area near the waters and by about mile 5 the rain and wind had stopped and the sun came out!

The next 10 miles were great. A gradual climb, off and on road meant that we were soon at Mam Tor and were able to look across Edale and share the experience with the many friendly walkers that we were passing.

At 21 miles we reached Castleton. A pretty town that I associate with my parents and Sunday cream teas. It is also the gateway to the dreaded CAVEDALE – a steep 2 mile climb on boulders – usually the place I kick a rock and lose a toe nail- ha but not this year! A slow climb, a lot of chundering and a good bit of wind and rain but I was soon beyond and running the fast downhill road section to the 26 mile check point at Tideswell. A flapjack and a friendly chat behind me and I was climbing another dale – this time DEEPPDALE - more wind and rain ensued. I was getting a bit chilly!

Mile 30 and I phoned home. In previous years I have cried, said 'never again' and sounded like demented person by all accounts. Ah, but not this year. The spirit was high. I was wetter than anything, water running everywhere, Garmin 405 peeping like a mad thing (design fault – it hates rain) but I was happy!

Mile 32 and the rain stopped! The sun came out again and it was beautiful. A mile of climb and I was at one of my favourite checkpoints – the one just before the 4 miles of road! The sun was warm now, I was drying off nicely and stretching before me was a wonderful, undulating road! I plugged in my ipod and feeling exhilarated, I just went for it.

The road miles passed easily but I knew I would slow when I reached another one of those dale things – DEEPPDALE 2 this time. A very steep and slippery gully where you spend the down part worrying about falling and the up part worrying about your knees! No photographer there this year though, which was a relief!

At last - the home stretch. One final checkpoint - the one where you get a cup of tea! A last climb up STERNDALE and the Buxton viaduct and the town came into sight.

And so I ran strongly to the Finish!

Each year that I take part in this event I come away with a different experience and memories. From the first time as a team with Peter and Colin in 2007, to fine tuning and running it on my own in under 7 ½ hours in 2009 and to running with my brother last year. This year will be memorable for the sheer joy of being out there and doing it!

As the lady at Checkpoint 6 said to her friend: ‘It’s just a nice day out for them, isn’t it?’

Me with my ‘High Peak 40 25th Anniversary’ mug!!
Michaela x

The Results

<i>Pos</i>	<i>Runner</i>	<i>Time</i>
1	Rob Sellors	5.53.40
50	Rick Ansell	7.43.56
55	Michaela Colwell	7.49.20
200 finished		



Member’s Focus

Thanks to the member who sent this is in. It wasn’t really what we were looking for...



Apparently it’s a 1.6tdci Zetec 5dr in “Panther Black”

Tring Zoological Night

Thanks to Alison for letting us know about this. It really was a fascinating evening. I was in the insect section listening to a “know-it-all” member of the club insisting that he had recorded the sound of a South American hornet in his back garden. The guy in charge of the section was very patient and even dug out an old LP recording of Wasp and Hornet sounds so they could listen and compare. After 20 minutes though, they realised they’d been listening to the B side.

Neutrinos humour

OK, Apparently, the original joke is:

Two Neutrinos walk into a bar and order a couple of beers. The Barman says “No charge”. (I don’t get it either – ask a physicist.)

Now, since the Large Hardon conductor in Cerne has discovered neutrinos going faster than the speed of light, the new joke is:

The barman says “We don’t serve neutrinos in here”. 2 neutrinos walk into a bar. (Still don’t get it but my son Josh says it’s funny.)

Verna's Coaching Update

The Club coaching initiative continues to grow and our second Start to Run course starts on 8th October 2011. We are doing this on a Saturday morning at TPCC at 11.00am and any members are very welcome to come along and keep us company. We are expecting between 12- 15 runners. It will be the same format as the summer course, starting with walk/run and building up to 5k. It will be complemented again with information sessions on shoes, clothing, safety, injury prevention etc. Verna and Clive are the course leaders.

Several of the summer course members have joined the Club and are regulars in the Bridging Group on a Wednesday night. This group is now running with head torches and off road for over 5 miles so Frances can expect an influx very soon! Any club member is very welcome to run with this group if they need an easier week and we would love to have a few more leaders on board too. It is excellent that the efforts sessions have started again and they are a great alternative for any club member trying to get faster and stronger. Verna and Clive would still be keen for any feedback on coaching ideas for our experienced Club runners.

That should do it. Now, I know Dave is a lazy toad and doesn't bother reading through any articles I send in for the newsletter. Apparently, he's so egotistical that he reads through his own bit about 6 times but just cuts and pastes everyone else's without reading them, so this is a message to all club members, without Dave getting a chance to edit it. Personally, I'd like to add to his "Women beating the men" article last month by explaining how I beat him easily at the Watford Half. (It wasn't much of a challenge..) Geoff and Jane also have a tale about how they saw him in the front row of the Waterside Theatre watching the Bootleg Beatles. While everyone else was dancing in the



aisles, the old fart was sat like a pensioner on Brighton Beach. Not sure if he had a blanket over his knee but he may as well have done and we're not sure the person sitting next to him is his wife, Pam, or a private nurse.... We'll take a chance and put photographic proof in.... And William tells me that he suspects Dave will falsely claim to have

beaten him in some races, so a message from William. "I beat him at the Watford, I beat him at the Stratford and I'll beat him wherever he wants." Now, the problem is, we can't issue that challenge as the whole point is to keep this secret from him. If anybody wants to put something in the newsletter that they know Dave would delete / edit, just send it to me and I'll sneak it into the Coaching update every month. Now back to that subject in case he scans the last paragraph accidentally.

Finally, if you are interested in coaching and would like to get more involved, possibly doing some training(which the Club will pay for), please speak to Clive or Verna.

Verna Burgess

Run to the Beat

On 25th September I ran "Run to the Beat"
It was a very hot day and I had hot feet.
A half marathon in London for girls and boys,
But rather than music, it was more just like noise.

No live bands playing on the route
No saxophone players having a toot.
Just DJ spinning discs and stuff
It made me sad, it made me gruff

With light heart, to the music I did flock,
But there were more bands when I did the Medoc.
Famous Radio people apparently were there,
The youngsters gathered round to stare.

Calvin Harris (?) doing his thing
Spinning some discs and showing some bling.
From Radio 1 Annie Mac and Reggie Yates
Annie dances while Reggie master..... 's the music.

But for £35 you'd expect something live
Especially as it was a 1 hour drive
So would I recommend this to a friend?
Well there was a cracking burger van at the end...



LEIGHTON FUN RUNNERS

INVITE THE FEARLESS TO OUR

HEADLESS HALLOWEEN HEAD TORCH RUN!

Tues 25th October running at 7.30 from
the Grand Union at the Three Locks pub
<http://www.grandunionbars.com/threelocks/>

Leighton Rd, Stoke Hammond MK17 9DD

A terrifying 5 miles along towpaths and trails into the haunted woods of
Stockgrove, returning to the pub for drinks afterwards

Please let us know if you're brave enough to join us....

<http://www.leightonfunrunners.org.uk/>
leightonfunrunners@gmail.com

Who am I

Well, amazingly, I had 2 replies to my desperate plea for “Who am I’s”. Thanks to both. I’ve gone for the pretty one this month..... Please send me your guess ASAP. If Jane P wins again (3 times in a row), she gets to keep the trophy, and we haven’t got one yet....

1. Favourite run

Anything flat

2. Best running moment

A certain marathon training running along the canal

3. Worst running moment

17 miles of a marathon with a Scottish ex-club member ;-)

4. Road or off road

Road

5. Tent or hotel

Hotel

6. What famous person most resembles you?

Any one of the smurfs

7. Beer or Wine

Wine

8. Favourite restaurant

Olive Limes

9. Favourite place

My bed

10. Who or what would you cross the road to avoid

Hills!

11. Who or what drives you mad

Other drivers

12. What's best about TRC

Now being able to get food & alcohol after running!

Who Am I?

Kevin has suggested the prize for entering your “Who am I?” details should be an evening out with Tony. Not sure if that will work or not.... In the meantime, please don’t let Jane win “guessing who it is” again. It’s getting embarrassing.....

Ian Hodgson Relay 2011

The Ian Hodgson Relay is for teams of 8 and involves 4 legs run in pairs and traverses some beautiful Lakeland hills and valleys loosely circumnavigating Brotherswater. It is not just a race for Tring, but a whole week end away comprising of Saturday the recce, the evening meal, beer, and quiz, and finally the race. The club has managed to get an entry for the last 4 years, and has had some eventful outings; one year the event centre was flooded resulting in the cancellation of the race, and last year Bone Crusher Barnett put Ross in hospital, and that was just the recce.

This year we tweaked the arrangements to avoid any mishaps. Steve devised an ingenious recce scheme whereby we departed to all four points of the compass; Michael and Steve headed East, and I headed North, but more importantly Ross, who was chaperoned by Alison, headed West, while Simon was sent South on his own.

The quiz teams were master minded by Michael, who believed you needed youth to answer the music questions so it was Michael's Young Guns against Steve's Long in the Tooth team. It turned out to be a good choice as the quiz was on Oscars, BAFTAs, and Brits. The only time our ears picked up was when there was a question on Ennerdale, a beautiful remote valley that is the venue of one of the tougher races in the calendar. "How many suicides, murders, and fatal incidents have there been in Ennerdale since 1973?" The race is hard, but there haven't been any deaths (other than the odd sheep), but it turned out that it was some sort of TV Soap. If you buy me enough beers I might also spill the beans on Desmond Tutu. Needless to say the dinosaurs were trounced by the spring chickens, though both teams were left propping up the bottom of the results table.

Now for the small print (Sorry Dave, but it is a regulatory requirement)

Fell Runners may go up and down, and previous form is no indication of future results. The team came a creditable 23^d out of 68 teams in a time of 4hr 37min 34sec. A slightly faster time from the overs 50s and we would have bettered our best ever position. MVP (most valuable pair) must go to Alan and Simon, not just for Alan's skill in surviving unscathed, but in hauling the team up from 31st to 23^d place. Quote of the day goes to Ross, "He was descending so fast I couldn't have kept up even on skis" on describing the master class he was given by Nigel.

A superb Tring week end, and a big thanks to the team; the runners Alan, Michael, Nigel, Ross, Simon, and Steve, and to the indispensable support of Alison, and Kirsty. Roll on next year.

Kevin

Celebrity Scoop

Ace reporter Dave Jones gets all the best interviews for TRC Newsletter. This week, Rosie Marcel from Holby City is the guest star and gave the following interview:-

Rosie: Why are you stalking me?

Dave: I'm not. I'm a roving reporter for TRC.

Rosie: Just keep away. I've got Mace.

Dave: I'm fine. Ask anyone. Well.. perhaps not anyone..

Rosie: Why have you got your T-shirt tucked in a an odd way?

Dave: I really don't know...

Rosie: What do you want?

Dave: Just a photo for the newsletter

Rosie: And then you promise to leave me alone?

Dave: Yep.

Rosie: OK.



Running a race in Canada - what's different?

I was in Waterloo, Ontario for the last two weeks of September. The local university puts on a race series through the year and I did the 10k Laurier Loop on Sunday 2 October.

Difference No 1

This was the Sunday that the UK was enjoying its warmest October day, 25 degrees plus. By contrast, I was freezing in 5 degrees and wearing hat and gloves to fend off the biting wind.

There were several different races all taking place at once and on the same loop course - a 2.5k, a 5k, a 10k, a 5k relay and a 10k relay - starting and finishing in the university stadium on the all weather track. Chip timing so, as each loop was 2.5k, you get 4 split times for the 10k. There were about 400 taking part in all the races, 112 in the 10k

Difference no 2

As we lined up to start, a young lady sang the Canadian national anthem. Perhaps we should start the Ridgeway Run with God Save the Queen?!

The loop was partly on the street but mainly in Waterloo Park. The four laps made interesting going - there were quite a few walkers so it was more than possible to lap them several times. I had a decent run in 42.33 and the results sheet showed me as second vet 55-59. Worth hanging around for the awards then.

Difference no 3

Sport is very inclusive in Canada, demonstrated by the post-race activity. It seemed that the majority of runners stayed for the awards, somewhat different to the experience here in the UK. There are two reasons for this - one, there was a spot draw for various prizes the main one of which was \$250 in cash! I was standing next to the 12 year old lad who won this. He looked pretty pleased

The second reason for waiting is that awards were given to the first 3 male and female finishers in each race, to the top 3 male and female masters, the top 3 in each age category, to several weight categories, to best "spousal" performance, to best parent and child, best school, etc etc. I counted 75 separate awards each one with the name and finish time read out, medals given and photo taken. It took ages! The added bonus for me was that the first vet 55-59 got the third place "Masters" medal so I got the first vet 55-59 medal.

Afterwards, as I proudly showed my family the embossed medal and the fruits of my athletic excellence, my daughter in law spotted that there were only two vets 55-59 in the race. As she put it, therefore, "you came last".

Laurier Loop 10k, Waterloo Ontario 2 October 2011

112 finishers

15th John Manning 42.33

The Road Champs – A Quick Update!

The races are getting shorter! The Serpentine 5 and the Portsmouth Victory 5m to mention but two!
The leader board for the girls is oh so close now!



Road Race Champs – The Leader Board

Road data as at 25 August 2011

Name	Percentage	Position
Tom Griffin	81.36%	
John Manning	78.48%	
Trevor Lark	73.87%	
Greg		
O'Callaghan	71.60%	
Michaela Colwell	71.53%	
Maria Cook	71.34%	
Mark Travers	68.74%	
Peter Alford	66.95%	
Liz Daniel	67.05%	
Tony Hill	66.88%	
Helen Vaughan	65.92%	
Jane Porteous	65.41%	
Kim Reed	65.37%	
Geoff Dennis	62.70%	
Richard White	61.78%	
Rachel Lark	61.53%	
Jane Mitchell	61.27%	
Cathy Court	61.24%	
Geoff Roser	57.93%	
Frances Mills	57.05%	
William Harvey	55.63%	

The Individual Results

Name	Race in 2011	Distance	Time	%
Amy Goss	Berko	H-Mar	01:49:28	69.14%
Amy Goss	Pednor	5m	00:39:08	69.80%
Andrew Hill	Berko	H-Mar	01:33:48	63.22%
Beth Dennis	Waddesdon	5km	00:30:11	65.88%
Beth Dennis	Princes Risborough	10km	01:04:02	63.66%
Carol Grey	Maidenhead	H-Mar	02:13:45	56.59%
Carol MacDonald	Berko	H-Mar	02:00:05	57.15%
Carol MacDonald	Gran Canaria	H-Mar	02:12:36	51.76%
Cathy Court	Berko	5m	00:42:13	62.50%
Cathy Court	Waddesdon	5km	00:25:37	62.98%
Cathy Court	Fred Hughes	10m	01:31:25	59.25%
Cathy Court	Bearbrook	10km	00:54:54	60.23%
Cathy Court	Thame	10km	00:57:19	57.69%
Clair Black	Watford	H-Mar	02:07:47	53.71%
Claire Smith	Bearbrook	10km	00:47:20	64.72%
Clara Willett	Maidenhead	H-Mar	02:10:54	52.43%

Clara Willett	Thame	10km	00:57:50	54.32%
Clara Willett	Princes Risborough	10km	00:58:19	53.87%
Dave Jones	Watford	H-Mar	01:58:09	57.14%
Dave Jones	Fred Hughes	10m	0.064178	54.99%
David Heron	London	Mar	04:59:49	50.10%
David Sawyer	Maidenhead	H-Mar	01:47:16	61.36%
Eli Tweed	Berko	H-Mar	01:43:07	63.92%
Eli Tweed	Fred Hughes	10m	01:15:40	65.73%
Frances Mills	Shakespeare	Mar	04:57:08	53.12%
Frances Mills	London	Mar	05:16:27	49.88%
Frances Mills	Berko	H-Mar	02:09:56	58.25%
Frances Mills	Watford	H-Mar	02:13:02	56.89%
Frances Mills	St Albans	H-Mar	02:13:22	56.75%
Frances Mills	Maidenhead	H-Mar	02:13:35	56.66%
Frances Mills	Burnham Beeches	H-Mar	02:19:54	54.10%
Frances Mills	Fred Hughes	10m	01:38:33	56.93%
Frances Mills	Princes Risborough	10km	01:01:00	56.15%
Frances Mills	Bearbrook	10km	01:01:14	55.93%
Frances Mills	Thame	10km	01:01:18	55.87%
Geoff Dennis	Berko	H-Mar	02:20:10	56.43%
Geoff Dennis	Watford	H-Mar	02:31:54	52.07%
Geoff Dennis	Pednor	5m	00:44:16	64.42%
Geoff Dennis	Waddesdon	5km	00:27:43	62.18%
Geoff Dennis	Prestwood	10km	00:56:27	63.60%
Geoff Dennis	Winslow	10km	00:59:13	60.62%
Geoff Head	Maidenhead	H-Mar	01:43:21	64.78%
Geoff Head	Berko	H-Mar	01:44:55	63.81%
Geoff Head	Marlow	5m	00:41:41	58.50%
Geoff Head	Gran Canaria	10km	00:53:31	57.33%
Geoff Roser	Marlow	5m	00:47:16	58.15%
Geoff Roser	Pednor	5m	00:48:42	56.43%
Geoff Roser	Berko	5m	00:49:55	55.06%
Geoff Roser	Waddesdon	5km	00:28:41	57.93%
Geoff Roser	Prestwood	10km	00:59:18	58.32%
Geoff Roser	Bearbrook	10km	01:00:20	57.32%
Geoff Roser	Thame	10km	01:03:40	54.32%
Greg O'Callaghan	London	Mar	03:14:23	64.85%
Greg O'Callaghan	Berko	H-Mar	01:23:32	72.71%
Greg O'Callaghan	Watford	H-Mar	01:25:44	70.84%
Greg O'Callaghan	Pednor	5m	00:31:01	71.68%
Greg O'Callaghan	Bearbrook	10km	00:39:19	71.17%
Heidi Baker	Berko	H-Mar	02:08:28	52.37%
Heidi Baker	Watford	H-Mar	02:11:59	50.98%
Helen Page	Maidenhead	H-Mar	01:53:05	61.74%
Helen Page	Fred Hughes	10m	01:23:55	62.20%
Helen Vaughan	St Albans	H-Mar	02:00:13	65.42%
Helen Vaughan	Berko	H-Mar	02:00:48	65.11%
Helen Vaughan	Waddesdon	5km	00:25:52	67.07%
Helen Vaughan	Bearbrook	10km	00:54:06	65.71%
Helen Vaughan	Winslow	10km	00:54:18	65.47%
Howard Clark	Berko	H-Mar	01:37:30	64.79%

Howard Clark	St Albans	H-Mar	01:37:35	64.73%
Howard Clark	Watford	H-Mar	01:40:33	62.82%
Ian Verchere	Pednor	5m	00:52:07	58.20%
Ian Verchere	Bearbrook	10km	01:08:42	55.58%
Jane Martin	Bearbrook	10km	01:04:43	51.09%
Jane Mitchell	Maidenhead	H-Mar	01:57:31	59.99%
Jane Mitchell	Marlow	5m	00:41:41	61.50%
Jane Mitchell	Berko	5m	00:42:43	60.01%
Jane Mitchell	Waddesdon	5km	00:24:40	63.51%
Jane Mitchell	Gran Canaria	10km	00:53:31	60.04%
Jane Mitchell	Winslow	10km	00:54:43	58.73%
Jane Porteous	Berko	H-Mar	01:58:47	63.72%
Jane Porteous	Burnham Beeches	H-Mar	02:04:56	60.58%
Jane Porteous	Waddesdon	5km	00:24:28	68.26%
Jane Porteous	Princes Risborough	10km	00:52:25	65.34%
Jane Porteous	Thame	10km	00:53:15	64.32%
Janet Reeve	Berko	5m	00:46:09	59.91%
John Manning	Watford	H-Mar	01:34:11	75.60%
John Manning	Marlow	5m	00:33:27	77.23%
John Manning	Pednor	5m	00:34:18	75.32%
John Manning	Chardon	5km	00:19:33	79.88%
John Manning	Waddesdon	5km	00:19:43	79.21%
John Manning	Thame	10km	00:41:54	77.61%
John Manning	Bearbrook	10km	00:43:28	74.81%
John Shelton	Berko	5m	00:49:10	53.46%
John Shelton	Pednor	5m	00:52:00	50.54%
John Shelton	Marlow	5m	00:54:20	48.37%
John Shelton	Prestwood	10km	01:05:50	50.25%
Jonathan Smith	Leighton Tough	10m	01:14:31	61.93%
Jon Scullard	Berko	H-Mar	01:29:53	69.16%
Julie Moffat	Thame	10km	00:58:01	55.39%
Kim Reed	London	Mar	03:59:49	64.19%
Kim Reed	Watford	H-Mar	01:52:45	65.48%
Kim Reed	St Albans	H-Mar	01:53:36	64.99%
Kim Reed	Maidenhead	H-Mar	01:54:07	64.70%
Kim Reed	Burnham Beeches	H-Mar	01:57:56	62.61%
Kim Reed	Berko	H-Mar	01:58:01	62.56%
Kim Reed	Waddesdon	5km	00:28:25	57.36%
Kim Reed	Fred Hughes	10m	01:21:59	66.80%
Kim Reed	Bearbrook	10km	00:54:46	61.05%
Kirsty Barnett	London	Mar	03:33:45	64.59%
Laura Roberts	Watford	H-Mar	02:11:50	51.68%
Len Vaughan	St Albans	H-Mar	01:50:17	62.29%
Len Vaughan	Berko	H-Mar	01:50:28	62.19%
Len Vaughan	Bearbrook	10km	00:53:00	63.84%
Liz Daniel	Halstead	Mar	04:14:02	61.36%
Liz Daniel	Berko	H-Mar	01:48:20	69.00%
Liz Daniel	Great Bentley	H-Mar	01:51:00	67.34%
Liz Daniel	St Albans	H-Mar	01:56:44	64.03%
Liz Daniel	Pednor	5m	00:46:36	57.90%
Liz Daniel	Waddesdon	5km	00:25:15	65.35%
Liz Daniel	Fred Hughes	10m	01:24:54	65.27%

Liz Daniel	Bearbrook	10km	00:50:52	66.51%
Liz Daniel	Thame	10km	00:52:12	64.81%
Liz Daniel	Princes Risborough	10km	00:52:33	64.38%
Luke Delderfield	London	Mar	02:46:22	75.09%
Luke Delderfield	Berko	H-Mar	01:14:58	78.99%
Luke Delderfield	Watford	H-Mar	01:16:21	77.56%
Mandy Bonthron	Leighton Tough	10m	01:18:41	70.43%
Maria Cook	Maidenhead	H-Mar	01:44:28	71.55%
Maria Cook	Gran Canaria	H-Mar	02:13:35	55.96%
Maria Cook	Hastings	5m	00:39:09	68.92%
Maria Cook	Portsmouth Victory	5m	00:38:03	70.92%
Maria Cook	Waddesdon	5km	00:23:06	71.43%
Maria Cook	Chardon	5km	00:23:16	70.92%
Maria Cook	Bearbrook	10km	00:47:20	71.48%
Maria Cook	Thame	10km	00:50:01	67.64%
Maria Cook	Princes Risborough	10km	00:50:25	67.11%
Maria Cook	Richmond	10km	00:50:26	67.09%
Mark Hadaway	Berko	H-Mar	01:25:28	69.38%
Mark Travers	North Dorest	Mar	03:43:03	61.42%
Mark Travers	Taunton	Mar	03:50:16	59.50%
Mark Travers	Isle of Man	Mar	03:50:41	59.39%
Mark Travers	Orpington	Mar	03:52:03	59.04%
Mark Travers	New Forest	Mar	03:46:09	60.58%
Mark Travers	Maidenhead	H-Mar	01:45:25	62.43%
Mark Travers	Wellingboro	5m	00:35:52	66.91%
Mark Travers	Pednor	5m	00:39:00	61.54%
Mark Travers	Overton	5m	00:36:03	66.57%
Mark Travers	Portsmouth Victory	5m	00:34:50	68.90%
Mark Travers	Waddesdon	5km	00:22:22	64.83%
Mark Travers	Zoom	10m	01:13:38	67.32%
Mark Travers	Salisbury	10m	01:13:39	67.30%
Mark Travers	Thornborough	10m	01:25:30	57.97%
Mark Travers	Thorney	10km	00:42:48	70.56%
Mark Travers	Chichester	10km	00:43:02	70.18%
Mark Travers	Winslow	10km	00:43:21	69.67%
Mark Travers	Maxi Fuel	10km	00:43:29	69.45%
Mark Travers	Hatfield	10km	00:44:58	67.16%
Mark Travers	Underwood	10km	00:45:22	66.57%
Mark Travers	Princes Risborough	10km	00:45:47	65.96%
Mark Travers	Thame	10km	00:46:22	65.13%
Mary Ward	Watford	H-Mar	01:38:02	71.91%
Mattew Armstrong	Halstead	Mar	03:38:56	57.29%
Mattew Armstrong	Berko	H-Mar	01:33:47	64.30%
Max Ansell	Berko	5m	0:35:50	#N/A
Michaela Colwell	London	Mar	03:34:31	69.19%
Michaela Colwell	Watford	H-Mar	01:38:57	72.01%
Michaela Colwell	Fred Hughes	10m	01:14:10	71.60%
Michaela Colwell	Sandy	10m	01:14:36	71.18%
Michaela Colwell	Prestwood	10km	00:45:26	71.35%
Nick Pierpoint	Fred Hughes	10m	01:21:55	63.09%
Nigel Kippax	Berko	H-Mar	01:48:40	63.79%

Nigel Millwood	Berko	H-Mar	01:40:50	59.44%
Nigel Millwood	Fred Hughes	10m	01:17:16	58.46%
Paul Cowan	Berko	H-Mar	01:36:38	68.11%
Paul Terrett	Berko	H-Mar	01:48:38	61.11%
Paul Terrett	Fred Hughes	10m	01:25:52	58.19%
Peter Alford	London	Mar	04:11:12	60.97%
Peter Alford	Watford	H-Mar	01:47:00	68.40%
Peter Alford	Bearbrook	10km	00:47:05	70.87%
Peter Alford	Thame	10km	00:49:23	67.57%
Rachel Lark	Berko	H-Mar	01:47:12	61.41%
Rachel Lark	Watford	H-Mar	01:47:22	61.32%
Rachel Lark	St Albans	H-Mar	01:50:20	59.67%
Rachel Lark	Pednor	5m	00:39:10	61.79%
Rachel Lark	Fred Hughes	10m	01:22:12	60.44%
Rachel Lark	Leighton Tough	10m	01:21:47	60.75%
Rachel Lark	Thame	10km	00:49:15	61.59%
Richard White	Gran Canaria	H-Mar	02:09:14	55.09%
Richard White	Sandy	10m	01:19:19	67.49%
Richard White	Prestwood	10km	00:49:26	65.78%
Richard White	Thame	10km	00:55:21	58.75%
Ross Langley	London	Mar	02:55:10	71.31%
Ross Langley	Watford	H-Mar	01:19:28	74.52%
Ross Langley	Fred Hughes	10m	01:01:49	71.80%
Sam Williamson	Fred Hughes	10m	01:14:27	66.58%
Samantha Lane	Fred Hughes	10m	01:27:04	59.95%
Shirley White	Gran Canaria	10km	01:03:12	56.25%
Shona Mullen	Maidenhead	H-Mar	02:06:56	59.62%
Simon Jessop	St Albans	H-Mar	01:42:01	61.43%
Simon Jessop	Bearbrook	10km	01:01:07	47.18%
Sofie Cole	Berko	H-Mar	01:53:55	62.55%
Sofie Cole	St Albans	H-Mar	02:12:28	53.79%
Sofie Cole	Prestwood	10km	00:51:12	63.31%
Tom Griffin	Paris	Mar	03:35:00	73.40%
Tom Griffin	Berko	H-Mar	01:31:03	82.70%
Tom Griffin	Watford	H-Mar	01:35:01	79.25%
Tom Griffin	Marlow	5m	00:33:43	80.77%
Tom Griffin	Waddesdon	5km	00:20:10	81.65%
Tom Griffin	Serpentine	5km	00:20:36	79.94%
Tom Griffin	Fred Hughes	10m	01:10:23	80.32%
Tom Hallett	Berko	H-Mar	02:07:00	47.82%
Tony Hill	Watford	H-Mar	01:51:32	66.24%
Tony Hill	Marlow	5m	00:39:15	68.15%
Tony Hill	Fred Hughes	10m	01:23:07	66.77%
Tony Hill	Bearbrook	10km	00:50:45	66.34%
Tony Hill	Serpentine	5km	00:25:24	63.65%
Trevor Lark	Berko	H-Mar	01:30:43	74.43%
Trevor Lark	Watford	H-Mar	01:32:17	73.16%
Trevor Lark	St Albans	H-Mar	01:35:19	70.83%
Trevor Lark	Pednor	5m	00:35:33	69.15%
Trevor Lark	Fred Hughes	10m	01:09:30	73.12%
Trevor Lark	Leighton Tough	10m	01:09:27	73.17%

Trevor Lark	Thame	10km	00:41:22	74.78%
Verna Burgess	Watford	H-Mar	01:49:33	67.40%
William Harvey	Shakespeare	Mar	04:15:00	53.25%
William Harvey	Burnham Beeches	H-Mar	01:50:29	59.07%
William Harvey	Berko	H-Mar	01:56:15	56.14%
William Harvey	Watford	H-Mar	01:57:16	55.66%
William Harvey	Fred Hughes	10m	01:30:58	54.05%
William Harvey	Bearbrook	10km	00:59:06	50.71%

Leighton Tough 10

4 Tringees braved the heat to run Leighton Tough 10 road race today. I believe this is the second year on a revised course for this event which excellently organised, marshalled and was ran over a challenging and scenic back-road rural route, deserving far more than the meagre 100ish entry it attracts - which no doubt it would if it did not clash with the nearby 'Standalone 10k' that absorbs 1000+ competitors. Being more undulating than hilly, the undulations repeatedly occur right up to the last mile, sapping the leg strength. In particular the last climb was particularly bad on such a hot day as it was (or appeared) the longest and steepest and was devoid of all shade. The marshals encouraging shouts of 'it's all downhill from here' probably echoed how most runners already felt about themselves at this point.

Trevor headed home the Tring runners in a PB 10 mile time and also finishing 2nd in the MV50 category.

Mandy was 7th overall female and 1st in the FV45 category.

Rachel was 10th overall female (also doing a 10 mile PB), but actually the first non-veteran female finisher.



Trevor.

Leighton Tough 10 – 2011 Sunday 2 October 2011. 9:00 am **Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Number</i>	<i>Place</i>
19	1:09:27	LARK, Trevor	Tring Running Club	M50	15	19
39	1:14:31	SMITH, Jonathan	Tring Running Club	M40	54	39
53	1:18:41	BONTHRONE, Mandy	Tring Running Club	F45	102	53
64	1:21:47	LARK, Rachel	Tring Running Club	Senior Women	16	64

There were 103 finishers in the All Competitors category.

Storm at Snorkel Reef

One day, the sky was very dark and the wind was very strong. Everyone at Snorkel Reef was frightened.

"It's like being in a washing machine," said Shambles the shark as the water sloshed from side to side. "I just hope the spin cycle is short."

"I think I'll go and lie on the beach before it makes me dizzy," said Torvill the turtle. "I thought it would rock me to sleep but this swell is not swell at all."

"Lucky I've got eight hands to hang on with," said Oliver the octopus as he put all his long tentacles on different rocks and stretched from side to side. "It's just like an aerobics session."

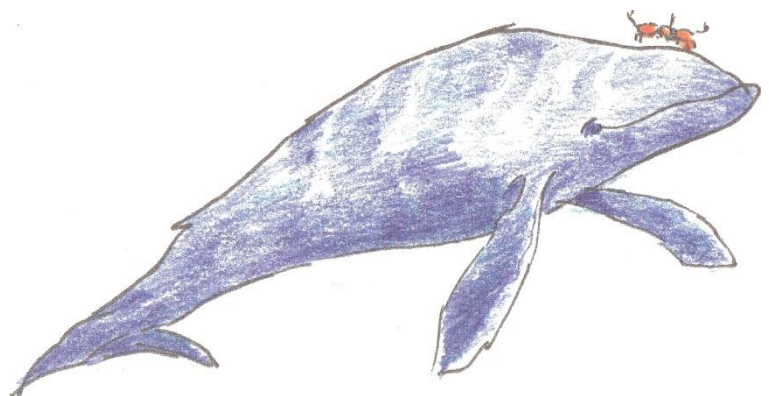
Herman the hermit crab was dodging the rocks that were being thrown about by the current. "Hah! I'm too quick and too clever for these silly little rocks," said Herman, but just then a rock came from behind and knocked him over.

Snorkel and Snookie the crabs thought they were at the fairground. The sea was bowling them over and they zoomed round the reef very fast. "Look, no claws!" said Snorkel as he let go of the rocks and tumbled along the seabed. Suddenly Snorkel disappeared over an outcrop and was being washed away quickly. "Help!" he cried to his sister Snookie.

Snookie went to fetch Wallis the whale. Wallis was telling Shambles about when he swallowed a windsurfer by accident while he was snoring.

"Never mind that, Wallis," said Snookie. "Please help me. Snorkel has been dragged away by the current."

"Oh dear," said Wallis. "Don't worry. I remember a time, only a baby I was, when" and he started telling another story.



"Wallis! What about Snorkel?" said Snookie.

"Don't worry Snookie," said Wallis. "I'll go and get Delia the dolphin to help me search. With her sonar and my experience, we'll soon find your brother."

Delia soon arrived on the scene and was happy to help. Delia was a very clever dolphin. She could whistle a very high pitch tune and listen for an echo. When Snorkel called back, she would be able to find him. She was quite confident that they would find Snorkel and after taking a deep deep breath, Delia and Wallis descended into the deep.

Everyone gathered together to wait for their return. "I hope this storm stops soon," said Shambles. "I've lost two hats already." With that, he adjusted the ribbon on his bonnet to make sure it was on tight.

Just then, the swell became less strong and the storm began to stop. Soon, Delia and Wallis appeared over the rock and everyone screwed up their eyes to see if Snorkel was safe. As Delia and Wallis got nearer, they could see Snorkel sat on Wallis's back. Snorkel looked very relieved. Delia was very pleased with herself and gave a big smile to everyone as they approached.



"Snorkel! You're okay!" said Snookie.

"Yes," said Snorkel. "Delia found me very quickly. It was so good to hear her calling and to see some familiar faces. I was getting quite scared down there. It was very dark and very cold."

"Never mind, Snorkel," said Delia. "You're safe now."

"Yes. Thank you Delia. Thank you Wallis. It was quite an adventure." Then he smiled broadly and said, "that's not all. I found Shambles' hats too!" and brought two brightly coloured hats from behind his back.

Off Road Championship 2011 - results after Shardeloes 10k

The ORC for 2011 is entering its final phase with only 3 events to go, Beachy Head, Herberts Hole and the Brenda Barlow Handicap (the Burnham Joggers webpage makes no mention of a Cliveden Cross Country race in December so it looks like the club's handicap race will be the last of the series this year).

Well done to Ian Verchere and Jane Martin at the Shardeloes 10k. They have gone racing up the league tables.

Ross Langley and Sarah Hill consolidated their positions at the top of the tables but there is all to play for in the mens veterans championship.

Off Road Championship 2011

	Vet	BxHI	Xstm	Alb5	CHill	WW	CSG	Shd	BHd	Hho	Hcap	CCC	Total
Women													
Sarah Hill			25	25	25	25		25					125
Alice Ely			22	21		16		23					82
Alison Harding	V		24		24	24							72
Kirsty Barnett			23	24	23								70
Rachel Lark				23		21		24					68
Mary Ward						23	25						48
Jane Porteous	V			22	22								44
Helen Vaughan	V				21	14							35
Ann Strach				20		13							33
Shirley White	V			19		12							31
Jane Martin						9		22					31
Hilary Warrell	V					22							22
Cathy Court	V		21										21
Carol Macdonald			20										20
Anna Scarth						20							20
Verna Burgess						19							19
Jane Mitchell						18							18
Liz Daniel						17							17
Terri Ainger						15							15
Beth Dennis						10							10

Off Road Championship 2011

	Vet	BxHI	Xstm	Alb5	CHill	WW	CSG	Shd	Bhd	Hho	Hcap	CCC	Total
Men													
Ross Langley		25	25	25	25	25	24	25					174
Alan Whelan		21	21	22	22	22	22	23					153
Greg O'Callaghan		24	24		21	23	23	24					139
John Manning	V	16	17	20	20	18	20						111
Rick Ansell	V	17	19	18		17	19	21					111
Trevor Lark	V	18	16			19	21	22					96
Simon Barnett			18	24	24	24							90
Michael Burgess		20				21	25						66
Brian Layton	V	14	12		16	5							47
Nigel Bunn		23	23										46
Chris Egan		22		23									45
Kevin Harding	V		22		23								45
Paul Cowan				19		15							34
Ian Verchere	V			12				20					32
Tom Sawyer			15			16							31
Simon Jessop				17		12							29
Colin Jeffs					18	9							27
Nigel Kippax				13		13							26
Ashley Horton					19	6							25
Tom Hallett				15		8							23
Mark Travers					17	5							22
Robert Brown				21									21
David Sawyer			14			7							21
Mark Hadaway			20										20
Len Vaughan	V				15	5							20
Steve Long						20							20
Nick Williams		19											19
Geoff Dennis	V			14		5							19
Richard White	V			16									16
Clive Cohen	V	15											15
Tom Griffin	V					14							14
Peter Alford	V		13										13
Nigel Millwood						11							11
Howard Clarke						10							10
Max Ansell						5							5
Bob Ford						5							5
Tony Hill	V					5							5