



TRING RUNNING CLUB



TRC "Best Breakfast Run of 2011" as voted for by Nigel and Anne



So what is Brian doing exactly? Is there Russian music playing? Did someone sneak some laxative into his tea?... And it's the first time Bob has blocked somebody in a picture since he went to see the Krankies..... Nigel thinks he's posing for a Primark catalogue..... Geoff Dennis looks more like Robinson Crusoe every day and, with the dog on the lead, a *gay* Robinson Crusoe..... Jonathan Mulcahy at the back has come straight off the set of "Dawn of the Dead" where he's a zombie extra... any more comments for next month?

Tring Running Club Newsletter September 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

Hi everyone,

Well, it's been a *Where's Wally?* month for me, being spotted in random places by even more random club members. And it's also been the month I've finally got old. Have you been on that spaceship slide at Waterworld where you go down a chute and end up in a big saucer? You go round and round before eventually slipping down the funnel in the middle to drop into the Cocoon like pool below. Well, I think I've done that, age wise, never to return to the young fun slides above. From now on, my only pleasure is knowing that, out of my current acquaintances, I'm one of the only one with my own hip. It's time for someone to open the gate and for me to move into the pasture, a lush meadow where sad old men can reminisce

about the old days and scratch where it itches. And what has brought me to this inevitable conclusion? The following.....

First, an email from Clive Cohen asking if I was at Reading Music Festival as Xav had seen me there. “Yes I was. He didn’t say hello..” Well, to be honest, explained Clive, it wouldn’t have done his street cred much good associating with a tramp who looks like he’s selling the big issue and is on a “care in the community outing”. What could he mean? Then I saw the photo:



Fair cop Xav. Just keep moving.....

Next was an email from Mike Burgess, “Why were you walking along the road at Butlers Cross on Saturday morning?” Well, I decided I wanted to see Kim and Tony doing the Ridgeway, by walking the other way from Princes Risborough so, Pam and I, Harvey map and GPS in hand, set off at 10 a.m. Well, we got lost, a lot.... Twice we came across a crossroads in the path which had the Ridgeway going left or right. “I thought we were on the Ridgeway...” said Pam. “And me. Which way do we go now?” And then a good mile along the road from Ellesborough to Butlers Cross confirmed I’d lost my intuitive spatial awareness (and my glasses which I left on a wall.)

I had an example of multi-generational sliding scale senility 2 weeks ago. My son Josh was off to Amsterdam for a holiday. His Grandad, my Dad said, “Don’t go taking drugs. You’ll end up dead, like that singer Mary Whitehouse.” “No Dad,” I corrected him, “It’s *Amy* Whitehouse.” “No Dad,” says Josh, “It’s Amy Winehouse.”

I joined a local community choir a while ago, (Can’t remember if I mentioned this in a previous newsletter. Apologies if I’m repeating myself.); lots of lovely people albeit of a different generation. Makes a difference from the TRC announcements “Breakfast Run Saturday – Fell running over half term.” The last choir announcement was “Do you remember Erik from the Baritone section? Well he dropped dead coming out of Tesco’s last week just after he’d done his shopping. Tragedy was, he’d just bought a bag for life....”

My jokes have become more lame. I ran with the new person last week, Radka, from Prague. I was chatting a lot on the way round, and whimsically wondered, in Hash terms, if we’d see a Czech Back this week.... Now, I don’t like to be ageist but that pun is wearing a cardigan and sucking a Wethers Original, or in short, it just sucks. It feels like I’ve reached into the kitchen drawer for a razor sharp “knife of wit” and pulled out one of those silicone spatulas you use to get the last remaining muffin mixture out of the pyrex bowl.

I was filling up with petrol on Thursday. Looking round, I saw an old bald git on the CCTV. Then I noticed I was the only one on the forecourt, and, raising my hand, confirmed it was me....

Went to a great party on Friday. Forgot the host was a veggie and, halfway through the night, went back for nibbles and saw a big bowl of Ardennes paté with a thick goose fat topping. Got a hunk of bread and slapped some paté on..... Have you ever tried bread with trifle /chocolate tirmassu? As I bit in, and people turned, I thought, “I’d better pretend I meant to do that,” so I put a bit more on and wandered out of the room..

And lastly, I’ve changed my “Who I’d like to run with”. Out goes Cameron Diaz, in comes Kevin Harding. I don’t know why but I ended up in a fast

group. It was Whitey’s idea. I blame him. Kevin, bless his heart, realising I was out of my depth, shepherded me along, quite happy to listen to me drivel on, as we went along the flat and then, when we were going uphill and I was rendered a wheezing wreck, regaled me with stories on Mountain Runs in Austria and Haematomas the size of grapefruits. And he showed me shortcuts across fields. Anyway, 20 minutes in, I realised that I wasn’t going to keep the pace up, not with a full colostomy bag anyway. “I’ve got to go back” I explained. “Tell you what,” said Kevin, “You run along this road and we do a loop through the woods and might catch up with you.” So off I toddled along the road for about 15 minutes, down to my normal 10 minute miling and doing my Jane Fonda Pilates stretches along the way. Suddenly, appearing from the path on my left, Kevin appeared like Billy Whizz way in front of the other runners. “Dave! This way” he said and guided me back down the road into the fold for a pleasant jog back to the clubhouse. Thank you Kevin. I appreciated it. You’re my new favourite running Buddy, but don’t worry, it’s only an annual duty.....

So there you have it. I’m officially an old git now. I’m off to buy some slippers.....

Cheers *Dave*

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Nigel and Anne's breakfast run

It was really nice. Thank you. Sorry I forgot to put it in last months newsletter.

Burnham Beeches

Frances reports:-

Select group of Tring Runners at Burnham Beeches on Sunday - lovely and suprisingly undulating double circuit through the.....beeches.

Great time by William! And Kim's last run before running the Ridgeway.

William Harvey 1.50.29

Kim Reed 1.57.56

Jane Porteous 2.04.56

Frances Mills 2.19.54

Bearbrook 10k

Frances again:- Hi All,

Some great runs at the Bearbrook 10k on Sunday 14th including two from Father/Child combo's. Well done to Amber Jessop and John Harvey!

Greg O'Callaghan 39.19

Terry Hatter 43.24

John Manning 43.28

Peter Alford 47.05

Claire Smith 47.20

Maria Cook 47.27

Tony Hill 50.45

Liz Daniel 50.52

Len Vaughn 53.00

Helen Vaughn 54.06

Kim Reed 54.46

Cathy Court 54.54

John Harvey 58.58

William Harvey 58.58

Geoff Roser 60.20

Amber Jessop 60.59

Simon Jessop 60.59

Frances Mills 61.14

Jane Martin 64.43

Frances

Michael Burgess – Ridgeway Marshall

(I've cut and pasted this from an email exchange with Mike – thought it was worth a wider audience – Dave)
I was supposed to be marshalling at White Leaf Cross but Verna thought that there was too many of us there and me, Peter Hamson and my boy Nathan were relegated to go further along the route to help marshal people across the railway crossing. I suspect this was a plot to have more chocolate for themselves. Anyway, we following the detailed instructions from Nigel on wearing hi-viz yellow

jackets and how to ensure the safety of the runners, would you believe it, not one train passed us by. More than 4 hours and not 1 train, surely a track missed by Beeching and his boys. Still Nathan and Peter seemed to enjoy themselves with Peter catching hips and haws in his coffee mug and that were thrown by Nathan. Still better as boredom really started to hit was seeing Nathan and Peter “tight rope” walking along the track to see who would be first to fall to their doom.

Joke I heard from the Edinburgh Festival – Two people playing chess, one player says “shall we make this more interesting”? the other player replies “OK let’s play something else”. Second joke:- Did you also hear about the bloke who had to change his old computer password for one with 8 characters so picked snow white and the 7 dwarfs....

Denham Open Water Novice Swimming Course - 8th August

It was just an email from Carol on the Tring google group which invited open water novices to have a go in a safe environment so I thought I would give it a go. As soon as I mentioned it to Carol at the Wine tasting evening at Frithsden (no I had not been drinking too much wine), Richard also decided to have a go even though he is terrified of sharks or any fish that might attack you in a gravel pit. He had actually googled pike attack before we went and found several articles confirming his fears, although none had occurred in Denham Lake where the course was located.

So we arrived at Denham Water Ski Lake on a cool August evening, ready for a 6.30pm start. We were joined by Helen and Len but unfortunately Len had been bitten by a dog along the canal while running the week previous so was unable to swim. Its amazing what people will do to avoid a swim! Carol was there organizing the event and Sandra was also helping to spot anyone who was having difficulties; she had already been for a swim.

In the clubhouse there were about 12 quite nervous people who mostly have never swum in open water before. Some people were worried about sharks and Weils disease but mainly just the thought of not being able to see through the water and not being unable to touch the bottom or sides of the lake. There was a 20 min talk to ease our nerves and to advise us of the correct technique, and lots of tips to help your triathlon performance. (I think they assumed that would be our next challenge)

Then it was time to get changed and as we emerged from the changing rooms it was pouring with rain, not a good start but we were about to get wetter so it didn’t really matter. We were able to borrow wetsuits and were given help getting them on as it was not easy to squeeze my size 14 body into the tight fitting wetsuit. Probably harder than the swimming! After some warm up exercises we were allowed to enter the water. Previously Richard had emailed Carol to ask what we needed to wear on our feet and the reply had been don’t worry you won’t be able to touch the bottom so we were not expecting the next bit. So in bare feet we had to wade out and after about a yard the gravel beach changed to thick soft mud which oozed up between your toes and up your leg. This was probably the worst bit. The water was actually not cold at all, someone said it was 21 degrees, and the wetsuit kept you quite warm even after you opened the neck and let the water run into the wetsuit. The wetsuit also gave you much more buoyancy and we were able to float quite easily. After some more preparation exercises to help with breathing we were allowed to have a swim.



This all went very well and everyone managed to swim out to the nearby buoys. We then practiced sighting, to make sure you are going the right way (very important), turning round buoys which Carol expertly demonstrated, and mass starts (not too good if you are a slow starter like me). Richard and Helen looked very professional and we all enjoyed ourselves. Then as it was about to get dark it was time to get out with a mass start and then a race to the shore. I wasn’t last but not far off.

Thanks to Carol for organizing this event. We all had a great time.

Pharmalink Maidenhead Half Marathon

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

My First Ultra by Kim Reed

Fairlands Valley Challenge 17th July 2011 Stevenage

One day Tony said to Kim "Do you want to do an Ultra?" "Yes said Kim "that sounds like fun!"

On the day of the race Tony picked Kim up with two other friends Tom and Peter and off they all set, Tony used Tom as his sat nav as previous experience had taught him not too rely on it!

On arriving at the venue Tom, Kim Tom and Peter saw David, Geoff, Brian and Mark. "What a great turn out "said Tony. All 8 signed up for the ultra and each received their 5 pages of narrative. Tony gave everyone a present a plastic wallet to put the instructions in. "Thank You" they all said.

At 8.45am off they all set running like rabbits scattering over the fields.

After 17 miles the runners were strung out. After crossing a wet field and have their socks and feet soaked Tony said "We have gone wrong" "Oh no" they all cried and re traced their steps getting wet socks again!

"It was the cows" said Tony they were hiding the bridge (big cows- small bridge)

Back on track on they charged, Peter fell behind "Go on" he cried leave me "I will be fine I may even cut back and just do the 26 mile route."

Tom gave put some rations at 20+ plus miles (dextrose tablets.) All on a sugar high the last check point came into view. Would there be any bread pudding left wondered Tony or would Brian have eaten it all by the time we got there.

The last check point visited 6 miles to go!

"We can do this" they said fuelled on melted mars bar and orange squash!

There was 1/2 mile to go and the heavens opened. Rain was running in rivers down the road and down their faces blinking through wet faces oh how they laughed!

"Nearly home only 200 yards to go " come the shouts from the crowds of at least at two or three. They rounded yet another corner to cries of nearly there! only 200 yards to go! oh no we must be going backwards they all thought but then was the finish line or a more accurately a chap sat on a chair with a clip board came into view

They all congratulated each other on a job well done."Hope Peter makes it" Tony said. "Shall we go back for him ?" asked Tom." No he will be fine" said Tony "just hope he is not too long and that injured ankle allows him to keep moving as we cannot leave till he gets back!"

Tony ,Tom and Kim walked back to the hall, just then Brian appeared "Well done" he said "Did you get wet?" "Yes" they said "absolutely soaked!"

"I was in the toilet when that rain started "said Brian "heard it though!" he added!

A quick change and then a burger,banana and a cup of tea for all.

The prize for finishing a baseball cap -Blue for Boys ,Pink for Girls. "Not sure I will ever wear it "said Kim , "Tom can wear his with his large green hoodie he got from a previous race he will look great!"said Tony

"What a great day" said Kim as they made their way home for tea it made even more enjoyable by the company of fantastic friends.

Results

Brian Layton 5:49

Geoff Head 5:56

David Sawyer 5:56

Tom Griffin 6:10

Kim Reed 6:10

Tony Hill 6:10

Peter Hansom 6:35

Mark Travers 7:25

Thanks Kim, really looking forward to that Ridgeway article now. - Dave

Club Wonderwomen

So it's not just in GCSE's and longevity that the women are kicking our butts. Just a couple of recent results have shown that the Tring Running Club women are showing the guys how to win. Mitten recently did a great triathlon, beating Graham by quite a margin. Graham puts this down to an attack of cramp. Mitten puts it down to her superb bike ride; taking the stabilisers off has allowed her to corner much more quickly. And Kim, the first Tring lady to finish the Ridgeway. Incredible achievement and in only 23 hrs. Meanwhile, Geoff Head (aka Richard) dropped out after 14 miles (was it cramp again? Not sure) Well done ladies! (OK Brian, your 17hr Ridgeway performance was brilliant too, but you weren't wearing heels, until you got home....) And it's not a new phenomenon either. It wasn't long ago that Shirley showed Richard a clean pair of heels on a pub run down the canal. Although this may say more about getting Richard out of a pub than Shirley's new found speed. And then there was an informal marathon training run I remember when I went back early to get the kettle on. A good 30 minutes later, Michaela breezed in looking fresh as a daisy, our very own "club Reese Witherspoon", closely followed by Kevin Buckingham looking like he'd been roasted on gas mark 8 for 45 minutes and turned at regular intervals. I wasn't sure whether to call a paramedic or go through his wallet. So, I can see this being a regular feature. Ladies, send me your achievements and what bloke you beat in the process.....

Start to Run

Over the summer, the Club has taken a huge step into the unknown and started a running course, teaching beginners how to run. We called it "Start to Run" and Verna Burgess, Clive Cohen and Eli Tweed have been the key members involved. We have all been on a steep learning curve as we took our first practical steps in implementing the theory we learnt on the Leadership in Running Fitness course. Could it really be as simple as the "warm them up, take them out, bring them back and cool them down" instructions we were given?

We welcomed 6 ladies onto the course and started on 20th July with 10 minutes of walk/run. Alongside the practical running sessions, we also covered running theory on various topics such as shoes, nutrition, hydration and races/Club membership. The aim of running 3 miles by week 6 seemed very daunting to everyone. However, they turned up every week with smiles on their faces and having done their running homework exceeded our expectations each week.

The course finished on 24th August with the group (now runners!) completing the Midsummer Fun Run route. The icing on the cake was the fact that 4 members of the group also ran the Milton Keynes Park Run on 27th August 2011, and completed it without stopping in around 35 minutes. Joining us at the Park Run as the TRC support team were Michael, Stephen, Nathan and Zack Burgess, Mark Travers and Kevin and Alison Harding.



What have we learnt from the course? The obvious point is that we can take a complete beginner and help them to run 5 k within 6 weeks. They must be prepared to run 2 homework sessions each week too and take on board the running advice in the theory sessions. One of the best parts of the course was seeing our runners appear each week with new kit and shoes as they listened and learnt from each weekly topic. We also learnt how important the group was to motivate and encourage the participants to reach their goals. They all reported the homework was much harder than the weekly group sessions as

they were generally running on their own.

As a Club, Start to Run means we are accessible to everyone in the community and we can genuinely welcome anyone of any running ability. We already have a waiting list for the next course and are currently talking about how to get it planned and underway.

For our new runners the bridging group beckons and with it a pathway into any group in the Club. For Clive, Eli and Verna further opportunities to coach the new groups lie ahead as well as facilitating more technical coaching of existing Club members. Several Club members have enquired about coaching and if this is of interest to you, please speak to Verna or Clive. It is worth noting that any income generated for the Club under Start to Run is reinvested for further coaching initiatives. All the coaching done by Club members is entirely voluntary.

All in all, the step in the unknown could not have gone better and to apply a running metaphor I think we can say we achieved a sub 3 hour marathon.

Verna, Eli and Clive

Ridgeway email trail

Well done to Brian L, Tony H and Kim R for finishing the 87 miles of the Ridgeway. After starting at midday on Saturday Brian finished at 06.21 Sunday and Tony and Kim at 09.12. Truly amazing!

Geoff Roser

They did indeed do well although times quoted by Geoff were the times at the last checkpoint, not the finish. In fact Brian finished at 7:48 (giving him a time of 19:48) , Kim at 10:58 and Tony at 10:59 (giving times of 22:58 and 22:59) Still exceptional times - Brian breaking 20 hours is truly remarkable - I think that will be a club record that will stand for many years

Peter

The definitive article on lights..

Steve, hope you don't mind me reproducing this. We must get down the pub sometime.....

Wattage doesn't mean much these days it depends on the technology e.g. LEDs produce much more light than a halogen lamp of the same wattage. The unit "Lumen" is generally what the industry uses to describe the brightness of head torches.

There are a couple of good options open to you - one is the LED Lenser used extensively in John and Trevor's group, and the other is the Magicshine as used across many groups. If you are looking for a head torch that allows you to run safely and confidently off road in the dark, then you really need to discard most other torches as being not bright enough or not good value for money.

The LED Lenser H7 has an output of about 160 lumens for a price of about £35 http://www.outdoorgb.com/p/H7_3_Watt_Cree_Headtorch/ This beats all Petzls etc into a cocked hat either on performance or on price. There is the slightly brighter H14 version at 200 lumens but I've not found any good prices

for it. The Magicshine MJ808 has an output of about 900 lumens and is really what you need for fast running over rough ground. Price is £90
<http://www.brightbikelights.com/>

This beats all comparable high performance lamps into a cocked hat on price. There are brighter lights but you'll need a second mortgage to afford them. For comparison, the benchmark in head torches used to be the 20W halogen, giving in the order of 350 lumens, but the beam is slightly yellow and even the Lenser H7 at half the output comes close to the same performance because the LEDs produce a whiter light. It depends on beam size as well. Lumens is a unit of output, but if half the output is going into the sky it doesn't do you much good.

The Lenser can be focussed to give the beam width you prefer. The Magicshine can't be focussed, but the light output is pretty extraordinary anyway, and it happens the light spread is pretty good as well. There is a brighter central area in the beam that makes the ground seem almost as bright as day (but not really!) and a less bright outer area for peripheral vision. You generally need a reasonably wide spread because you can feel like you have tunnel vision running with a narrow beam with a sudden cut off. Personally I have been using a 20W halogen for a number of years and plan to change to the Magicshine this autumn, as the performance makes my 20W halogen seem dim, and the price is so good compared to e.g. the Lupine range of head torches that offer similar brightness at 2 or 3 times the price. If you can afford the Magicshine it is in my view the beset one to go for. If not, the Lenser H7 is a really good entry level lamp.

Cheers, Steve

The Housman Hundred

**The Long Distance Walkers Association 100 mile challenge event
28 -29 May 2011**

by John Manning

At 35 miles, leaving Knighton and starting an 800 ft climb back onto the Offa's Dyke Path, we meet a couple of trekkers coming the other way. She, sheepish and mousy-looking; he, the strong, bearded type. For aficionados of 1970s TV drama you would know them immediately – Candice-Marie and Keith from Mike Leigh's comedy drama, "Nuts in May".

Which says it all really– to attempt a non-stop 100 mile run/walk in late Spring over the extremely rolling hills of Shropshire and the Welsh Marches – Nuts in May indeed!

Getting there

It's two years since my first 100 and the memory of injured ankles and blistered feet, as well as the euphoria of finishing, remains strong.

The preparation this time involved 5 ultras between January and April culminating in the 100km Wellington Boot in Somerset. It was after one of the earlier ultras, the Winter Tanners in Surrey, in the car with Tom Griffin and Tony Hill that my daughter Holly called to announce her engagement. So it was apposite (or mad depending on your point of view) that, on the evening before the Housman, Liz and I found ourselves in Wimbledon with Holly buying her wedding dress.

It took us an eternity to break free from the London traffic and we eventually arrived at Ross on Wye, Herefordshire, at 11.30pm. My plan of a relaxed evening before the big push lay in tatters. Fortunately, I had already packed (and repacked and repacked) my kit and half-way bag for the Housman.

The next morning it's an 8am departure for the Housman HQ, a school near Ludlow where the registration hall is a congested mass of walkers/runners. The atmosphere is a mix of pre-match nerves and tension with a healthy dollop of apprehension and trepidation all washed down with lashings of bonhomie and camaraderie. Across the crowded room I spot the Tring contingent of Tony, Tom and Peter Hamson but not Brian Layton.

Tom and I have already agreed to keep together as much as possible and Tony is pairing up with an old work colleague of mine, Phil Bryant. Peter is unsure how far he will get with an injured ankle. The start is 800 yards away in the woods where Tom finds Tony Lewington, a Worcestershire walker, who is also to join us for the duration. Good move that – Tony L knows a lot of the route.

At 10am, after the usual inaudible announcements through a loud hailer, we are off. There is no chance of a “too fast start” on this 100. We aren't near the front and the path is narrow and uphill through forest so we join the long procession. It later turns out that Brian virtually led the 500-strong field for the first leg so he was probably bagging his place at the start line from an early hour.

After 30 minutes it starts to rain. 97 miles to go and soaked, it doesn't look good! In fact the downpour doesn't last and the breeze quickly dries us off.

Checkpoints

Checkpoints are one of the many delights of an LDWA 100 and on this one there are 13 of them, roughly every 8 miles, each run by volunteers from different LDWA regional groups. Many of the volunteers have tested the route by walking it a few weeks previously so that they can then marshal on the event itself. This year, David Heron did the marshals' walk.

Checkpoints are, literally, the lifeline that gets you through to the end. Each has its own ambience and culinary speciality, from cakes and cream teas at the Devon and Cornwall, to the famous oatcakes with melted cheese at the Staffordshire. The people who run them are like guardian angels, tending to your every need, bringing you food and drink, basically making sure you are OK before you set off on the next leg. Into this category of saintliness, we can now induct David.

Our local LDWA group is the Beds, Bucks and Northants and they had the honour of hosting the first checkpoint reached after about two hours. Of course, as the event progresses, the field spreads out but BBN had the full force of several hundred people arriving within 30 minutes of each other. And there with his customary welcoming smile and a handful of Jaffa Cakes was BBN marshal, Saint David.

Nutrition

Talking of Jaffa Cakes, many ask “what is the nutrition strategy for a 100?”. My strategy is “little and often” so I take on food and drink at every checkpoint. That's no problem during day one but

becomes more challenging at 4am the next morning. For me, among the highlights of this year's wandering feast are:

Marmite and iceberg lettuce sandwich
Beans on toast with cheese
Fresh strawberries
Custard with tinned peaches
Rice pudding with mandarins
Carrot cake
Banana and custard
Chocolate raisins
Quiche
Jelly babies
Hot, sweet tea
Coconut slice
Bacon and egg

And that was just at checkpoint 3!!

The land of lost content?

The Housman of the title is the poet AE Housman of "A Shropshire Lad" fame. He wrote of the blue remembered hills and described them as "the happy highways where I went". He was right. There are hills galore and the highways where we went are mainly the Mortimer Trail, Offa's Dyke Path and the Shropshire Way.

Whilst a map is provided, there is no need to consult it as navigation is by route description (RD). This itself is a marvel to behold. Just think of the dedication and effort involved in lovingly describing every step, stile, twist and turn of a hundred mile off-road route. The concentration needed to follow the RD for 30-40 hours is one of the reasons you can never get bored on a 100 and is probably why time passes without you noticing.

On this one, they even add helpful comments to summarise each leg. For example:

Leg 6 - "Now you must walk the mean paths of the notorious switchback section of the Offa's Dyke Path"

Leg 8 - "With a new day dawning, this leg will bring joy to your soul with wide views far into Wales"

Leg 9 - "Navigation is straightforward until you reach Cothercott Hill. Here be featureless pasture and limited sight lines due to the convex slope of the hill"

And the classic LDWA description that would challenge even the Bletchley Park code breakers:

" Turn Lt then in 20m at fork of Trks take middle one of three to go thru forestry until after sharp bend to Lt with Trk Jct keep AH on Trk that ascends steep hillside then at hill top turn Rt on path to exit forest"

It's quintessential English and Welsh countryside. Green fields, moorland, pastures, farms. Meadows brim with golden buttercup and the woods with bluebells and foxglove. The rivers and streams are crystal clear. For long stretches we enjoy the warmth of the sun. There is the antiquity of hill forts and old Offa's Dyke and the novelty of flipping to and fro across the England/Wales border. Ah, you can't beat it, at least so long as you can see it.

Crepuscular creeping

There is something magic about the night time section of the 100. Firstly, it comes as a shock to discover how short the hours of darkness really are. By checkpoint 5 at 43 miles, four of us have fallen into the same pace and we stay together for the rest of the event – me, Tom, Tony Lewington and Jon Bateman.

It's 9pm as we leave with head torches donned. Despite the gathering gloom, navigation is made easier by the glowsticks dangling from the boughs of overhanging pine trees, like madly early Christmas decorations. Running isn't recommended in the dark so the pace slows. At midnight we pass through the village of Bishops Castle, looking in enviously at the cosy, lit rooms of cottages. It's eerily quiet, except for the diners still at tables in the local restaurant – do those seats and that food look inviting!

Just before 1am and after 55 miles we are at the breakfast stop, perhaps a little ahead of time. It's like a sauna in there with overhead heaters blasting out enough heat to power the whole of Shropshire. Apart from the cooked breakfast on offer, the real treat here is the halfway bag. Tom and I repair to the only place to change, the gent's loo, which gets progressively more crowded. At one point I'm hopping on one leg and washing my other foot in the tiny hand basin. But it's bliss to pull on new socks and a fresh shirt.

By 1.30am we are back on the trail for a long, 11 mile leg taking us over the rocky tors of Stiperstones. As we start to descend towards the northernmost checkpoint around 4am, the skylarks are singing and the faint glow of the new day is already showing. A cuckoo calls incessantly. "Night" has lasted only about six hours and we have covered another 22 miles. Only 35 to go.

A new day dawns

Fortified by the saints of Staffordshire LDWA and their gooey oatcakes, we head off again. The promise of that "faint glow" is quickly dispelled as rain and blustery wind set in. By 7.30am we are ascending the 1200ft to the top of the Long Mynd, the summit of which lowers under a cloak of mist and cloud. "Fine panoramic views" says the RD – yeah, right, if you could see through the cloud.

Another of the pleasures of a 100 is the conversation with your fellow travellers. Perhaps because of the absence of views, on this stretch we chat about the most diverse range of topics imaginable – human evolution, civil engineering, Copacabana, medical negligence law, the Bob Graham Round, NHS reform and Tom's Perigord surprise (ask him!).

Here's another memorable exchange. The Champions League Final has happened, Man U v Barcelona.

Tom to another runner: "Must find out what the score is"

Other runner, disinterestedly: "Who's playing"

Tom, astonished: "You must have been on another planet if you don't know"

Other runner: "No, I live in Cumbria"

It's 10am, the sun is out again and, after 24 hours on the move, I'm pleasantly surprised to find us at 83 miles. Time really does pass without notice. Unfortunately, distance seems to lengthen. Just 18 miles to go. How hard can that be? It's only the same as a couple of Wednesday night club runs. But with the pace now at 3mph and the temptation to stay longer at checkpoints, there are still several hours to go.

The end is nigh

The penultimate leg is the only one which is flat but that is merely to lull us into a false sense of security before the last leg. With mocking cruelty, the RD says “*I would like to advise you that the end is in sight but it is not. There is a hill blocking the view*”. And, after 97 miles, skirting round the side or tunneling through the middle are not options open to us. Climb the hill is what we must do. Even worse, the descent on the other side is down a steep, stony track, which plays havoc with knees, quads and blistered feet.

But none of that is going to get in the way of the buzz of seeing the finish back at the school where we started some thirty hours earlier. There is a playing field between us and the finish line and, for all our talk of “not pushing it”, “it’s not a race”, “the time doesn’t matter”, adrenaline takes over and the four of us break into a reasonable impression of a sprint finish.

Some people are on the pitch, they think it’s all over – IT IS NOW!

Distance - 101 miles

Ascent/descent – 16,500ft

523 started

375 finished

25th - Tom Griffin, John Manning – 29hrs 53mins

58th - Tony Hill – 31hrs 49 mins

168th - Brian Layton – 37hrs 12mins

Peter Hamson – retired at 73 miles – 28hrs

Tried out Park Running?

Have you discovered park runs yet? I had not and as doing one at Milton Keynes was the culmination of the Start to Run course I felt obliged to check them out beforehand.

Park runs take place every Saturday morning AT 9.00AM at locations all over the country . They are a 5k route and they are entirely FREE. Unfortunately we are in a bit of a black spot and our nearest are either Bushey and the aforementioned Milton Keynes, which are a bit of a trek, requiring leaving the house at 7.30am. However, I did have a cunning plan which involved camping nearby and a 5 minute walk to the start instead! (This cunning plan only makes sense when you realise I had two 10 year olds with me and tickets for Gullivers theme park). For those not camping nearby there is lots of parking adjacent to Willen Lake which is all pay and display.

Doing a park run does require a little planning beforehand. You must register for a barcode on line and set up a user profile(www.parkrun.com) . This really is very easy and the system has been faultless every time I have used it. You then print off the bar code and you must present it after the run to be scanned (or no time will be registered). I have laminated mine to make it more durable.

During the registration process you can also sign up to a weekly on line newsletter. There are also lots of extras you can do on line such as recording PB targets but I have not looked into these.

So having really no idea what to expect I found myself at the start with a large group of runners. Lots were wearing park run t-shirts declaring themselves to be veterans of 10 or even 50 runs. There seemed to be an even mix of fast and social runners and later I found out that 198 were running that morning. Even better there were lots of children – the park runs rules allow for 11 years and over to run on their own and younger if they are accompanied.

There was no real start line and we shuffled to the start area near the events arena. The run has a real community feel – notices were given and volunteers thanked. We were reminded that it was only 7 days to try again if a PB was missed and so asked not ignore anyone in distress as had happened the week before. Information about future runs was given including a pacing event for getting a PB the following week.

There was no horn to start but dead on 9.00am we were off. The route goes straight past Gullivers theme park and picks up the canal. After about 1.5k it turns right and skirts the peace pagoda and the edge of Willen Lake all the way back to the start. The route is marked and my split second euphoria of doing 7 min miles was quickly dispelled when I realised it was km and NOT mile marking! The route felt surprisingly rural and it entirely flat apart from a small section of zig zag pathway up after the canal. MK planners have a total separation of pedestrians and cars and so they are no roads to cross and hence it is very safe. Marshalls were at key points to direct the runners. A steady drizzle and headwind made the last two km round the lake a bit tiresome but we were soon back. More volunteers hand out a coded position number which you then queue up (not for long) to be scanned, along with your personal barcode. Then it was all over and time to head back to the campsite.

The results are sent out by email and I found out i was 100/198 and first FV 45-49 in 26.46. Also in the email, it was nice to be welcomed to my first park run and even better to be sent a £15.00 shoe voucher to be used at Sweatshop. I can see that these park runs could be addictive and i will certainly try and do this one regularly. It is worth noting that park runs only exist because of the volunteers and there is strong encouragement to volunteer on a regular basis.

Verna Burgess

Who am I – mystery club member

1. Favourite run

Almost anywhere in the mountains

2. Best running moment

Giggling uncontrollably for about five minutes after running faster than I thought I possibly could down a hill in the Lakes - a natural high! I was at my fittest then.

3. Worst running moment

Almost any run I do at the moment - I am not at all fit at the moment!

4. Road or off road

Off road

5. Tent or hotel

Hotel

6. What famous person most resembles you?

I've been told Owen from Vicar of Dibley looks like me can't see it myself. And if so, any resemblance is purely physical - I don't go to the mountains for the sheep!

7. Beer or Wine

Both

8. Favourite restaurant

Any with decent food and drink and good company

9. Favourite place

Somewhere in the Lake District, but I'm not sure exactly where

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

The newsletter editor!

11. Who or what drives you mad

How long do you want this newsletter to be? Management bullshit comes high on the list nowadays!

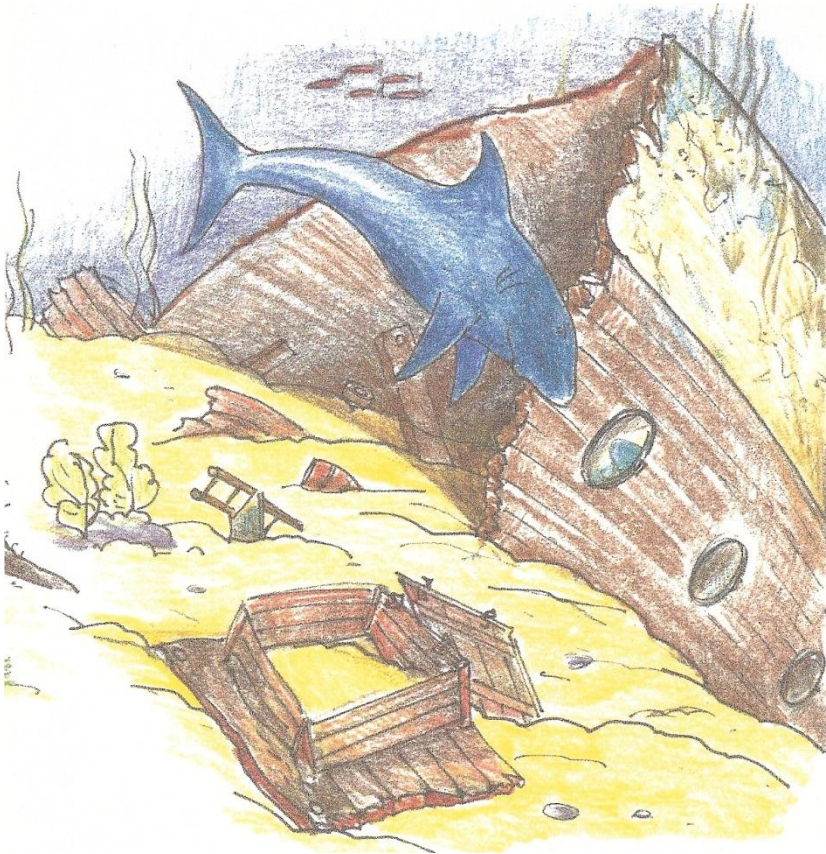
12. What's best about TRC

The weekends away, especially in the Lakes, are to be treasured. Some of the meals where 30+ of us have sat down together to eat a veritable feast have been marvellous occasions.

Who Am I?

Snorkel Reef: Malcolm's sore throat

Malc the clam grimaced as he swallowed. His throat hurt but as he was the doctor on the reef he didn't want to tell anybody. If Shambles the shark or Oliver the octopus found out that he couldn't cure his own sore throat, they would lose all faith in his ability to cure them.



Delia the Dolphin had just been to visit Malc about a migraine and Herman had been to collect some ointment for a lump on his head but Malc didn't think they had noticed. He looked in his medical books again but they couldn't explain his symptoms. He knew he should know, and he vaguely remembered his second cousin Clem, having the same problem, but he couldn't remember what happened in the end.

Malc had tried gargling with antiseptic, applying a seaweed poultice and had even worn a scarf for several days but the irritation was still there.

As he was coughing gently, Torvill the turtle appeared at the cave. "Hey, Malc," said Torvill. "That doesn't sound too good old buddy. You should go and see a doctor."

"But I am the doctor," explained Clam, sad that his secret had been discovered.

"Oh, yes! I forgot," said Torvill. "Lets have a look then. Say Aaaaah."

Malc opened his huge mouth and croaked as Torvill peered in. "Yep, just as I thought," said Torvill.

"What?" asked Malc expectantly.

"It's so dark in there, I can't see a thing," explained Torvill. "But don't

worry, I'll get the rest of the gang and we'll have you cured in no time."

"Wait, Torvill!" croaked Malc, but it was too late and Torvill had swum off towards the reef.

Shortly afterwards, a convoy of reef dwellers descended on Malc's cave.

"Malcolm, you look dreadful my poor dear. I've brought you a kelp lasagne to make you feel better," said Shambles handing over a pyrex dish.

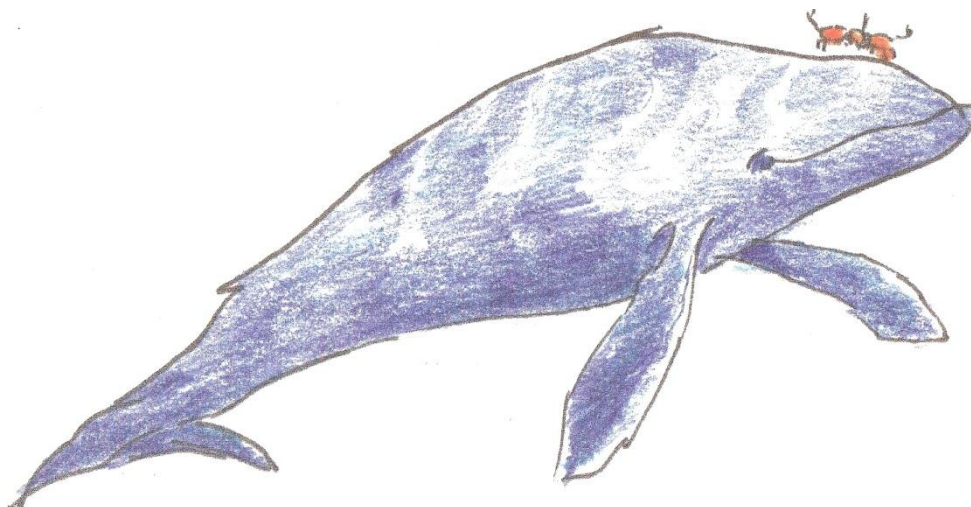
"Open your mouth old chap and we'll see what's wrong," said Oliver the octopus and Malc obliged.

Snookie and Snorkel peered into the chasm. Snookie began to tickle Malc's tonsils and as they were laughing something glistened at the back of Malc's throat. "Well I'll be," said Snookie. "If I can cure you, Malc, can I keep what's causing the problem?"

"Yeg, Gnu Gnan," said Malc, finding it very hard to talk with so many things in his mouth.

"Right," said Snookie appearing from his mouth. "Please try to have a few more sore throats so I can make myself a whole necklace." And with that, Snookie showed everyone a beautiful round pearl. Malc then remembered about his cousin Clem and about how a piece of sand had lodged in his throat and, after many weeks had turned into a beautiful pearl, just the same as the one Snookie had found in his throat.

"You should be okay now Malc," said Shambles. "Why don't you rest a while and see if you can make some matching earrings."



Road Champs Data Up to 25th August 2011 – Michaela

All this talk of head torches means we must be getting into the final few months of the year in which to obtain those last minute times for the Tring Running Club Road Championships. Recent races for our runners have included the Bearbrook 10k and Burnham Beeches Half and some fine performances are making it a close and exciting competition at the top of the leader board!

A reminder of the rules for new members – it's not too late to compete! You just need to complete 4 races of 3 different distances (5k, 5m, 10k, 10m, Half or Full Marathon) to qualify! There are races coming up so why not give it a go?



Road Race Champs – The Leader Board

Congratulations to Tom who continues to top the leader board and to Maria whose fine form is making my position look increasingly perilous!

Road data as at 25 August 2011

| Name | Percentage |
|------------------|------------|
| Tom Griffin | 81.36% |
| John Manning | 78.48% |
| Trevor Lark | 73.87% |
| Greg O'Callaghan | 71.60% |
| Michaela Colwell | 71.53% |
| Maria Cook | 70.69% |
| Mark Travers | 68.74% |
| Peter Alford | 67.07% |
| 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% |

Don't forget to let myself or Geoff know if you have been racing recently.

Below are the individual race performances to date:

| Name | Race in 2011 | Distance | Time | % |
|--------------------|-------------------|--------------|-----------------|---------------|
| <u>Amy Goss</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:49:28</u> | <u>69.14%</u> |
| <u>Amy Goss</u> | <u>Pednor</u> | <u>5m</u> | <u>00:39:08</u> | <u>69.80%</u> |
| <u>Andrew Hill</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:33:48</u> | <u>63.22%</u> |
| <u>Beth Dennis</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:30:11</u> | <u>65.88%</u> |
| <u>Beth Dennis</u> | <u>Princes</u> | | | |
| <u>Beth Dennis</u> | <u>Risborough</u> | <u>10km</u> | <u>01:04:02</u> | <u>63.66%</u> |

| | | | | |
|----------------------|---------------------|--------------|-----------------|---------------|
| <u>Carol</u> | | | | |
| <u>MacDonald</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:00:05</u> | <u>57.15%</u> |
| <u>Carol</u> | | | | |
| <u>MacDonald</u> | <u>Gran Canaria</u> | <u>H-Mar</u> | <u>02:12:36</u> | <u>51.76%</u> |
| <u>Cathy Court</u> | <u>Berko</u> | <u>5m</u> | <u>00:42:13</u> | <u>62.50%</u> |
| <u>Cathy Court</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:25:37</u> | <u>62.98%</u> |
| <u>Cathy Court</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:31:25</u> | <u>59.25%</u> |
| <u>Cathy Court</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:54:54</u> | <u>60.23%</u> |
| <u>Cathy Court</u> | <u>Thame</u> | <u>10km</u> | <u>00:57:19</u> | <u>57.69%</u> |
| <u>Clair Black</u> | <u>Watford</u> | <u>H-Mar</u> | <u>02:07:47</u> | <u>53.71%</u> |
| <u>Claire Smith</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:47:20</u> | <u>64.72%</u> |
| <u>Clara Willett</u> | <u>Thame</u> | <u>10km</u> | <u>00:57:50</u> | <u>54.32%</u> |
| | <u>Princes</u> | | | |
| <u>Clara Willett</u> | <u>Risborough</u> | <u>10km</u> | <u>00:58:19</u> | <u>53.87%</u> |
| <u>Dave Jones</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:58:09</u> | <u>57.14%</u> |
| <u>Dave Jones</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>0.064178</u> | <u>54.99%</u> |
| <u>David Heron</u> | <u>London</u> | <u>Mar</u> | <u>04:59:49</u> | <u>50.10%</u> |
| <u>Eli Tweed</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:43:07</u> | <u>63.92%</u> |
| <u>Eli Tweed</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:15:40</u> | <u>65.73%</u> |
| <u>Frances Mills</u> | <u>Shakespeare</u> | <u>Mar</u> | <u>04:57:08</u> | <u>53.12%</u> |
| <u>Frances Mills</u> | <u>London</u> | <u>Mar</u> | <u>05:16:27</u> | <u>49.88%</u> |
| <u>Frances Mills</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:09:56</u> | <u>58.25%</u> |
| <u>Frances Mills</u> | <u>Watford</u> | <u>H-Mar</u> | <u>02:13:02</u> | <u>56.89%</u> |
| <u>Frances Mills</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>02:13:22</u> | <u>56.75%</u> |
| | <u>Burnham</u> | | | |
| <u>Frances Mills</u> | <u>Beeches</u> | <u>H-Mar</u> | <u>02:19:54</u> | <u>54.10%</u> |
| <u>Frances Mills</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:38:33</u> | <u>56.93%</u> |
| | <u>Princes</u> | | | |
| <u>Frances Mills</u> | <u>Risborough</u> | <u>10km</u> | <u>01:01:00</u> | <u>56.15%</u> |
| <u>Frances Mills</u> | <u>Bearbrook</u> | <u>10km</u> | <u>01:01:14</u> | <u>55.93%</u> |
| <u>Frances Mills</u> | <u>Thame</u> | <u>10km</u> | <u>01:01:18</u> | <u>55.87%</u> |
| <u>Geoff Dennis</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:20:10</u> | <u>56.43%</u> |
| <u>Geoff Dennis</u> | <u>Watford</u> | <u>H-Mar</u> | <u>02:31:54</u> | <u>52.07%</u> |
| <u>Geoff Dennis</u> | <u>Pednor</u> | <u>5m</u> | <u>00:44:16</u> | <u>64.42%</u> |
| <u>Geoff Dennis</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:27:43</u> | <u>62.18%</u> |
| <u>Geoff Dennis</u> | <u>Prestwood</u> | <u>10km</u> | <u>00:56:27</u> | <u>63.60%</u> |
| <u>Geoff Dennis</u> | <u>Winslow</u> | <u>10km</u> | <u>00:59:13</u> | <u>60.62%</u> |
| <u>Geoff Head</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:44:55</u> | <u>63.81%</u> |
| <u>Geoff Head</u> | <u>Marlow</u> | <u>5m</u> | <u>00:41:41</u> | <u>58.50%</u> |
| <u>Geoff Head</u> | <u>Gran Canaria</u> | <u>10km</u> | <u>00:53:31</u> | <u>57.33%</u> |
| <u>Geoff Roser</u> | <u>Marlow</u> | <u>5m</u> | <u>00:47:16</u> | <u>58.15%</u> |
| <u>Geoff Roser</u> | <u>Pednor</u> | <u>5m</u> | <u>00:48:42</u> | <u>56.43%</u> |
| <u>Geoff Roser</u> | <u>Berko</u> | <u>5m</u> | <u>00:49:55</u> | <u>55.06%</u> |
| <u>Geoff Roser</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:28:41</u> | <u>57.93%</u> |
| <u>Geoff Roser</u> | <u>Prestwood</u> | <u>10km</u> | <u>00:59:18</u> | <u>58.32%</u> |
| <u>Geoff Roser</u> | <u>Bearbrook</u> | <u>10km</u> | <u>01:00:20</u> | <u>57.32%</u> |
| <u>Geoff Roser</u> | <u>Thame</u> | <u>10km</u> | <u>01:03:40</u> | <u>54.32%</u> |
| <u>Greg</u> | | | | |
| <u>O'Callaghan</u> | <u>London</u> | <u>Mar</u> | <u>03:14:23</u> | <u>64.85%</u> |
| <u>Greg</u> | | | | |
| <u>O'Callaghan</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:23:32</u> | <u>72.71%</u> |
| <u>Greg</u> | | | | |
| <u>O'Callaghan</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:25:44</u> | <u>70.84%</u> |

| | | | | |
|----------------------|---------------------|--------------|-----------------|---------------|
| <u>Greg</u> | | | | |
| <u>O'Callaghan</u> | <u>Pednor</u> | <u>5m</u> | <u>00:31:01</u> | <u>71.68%</u> |
| <u>Greg</u> | | | | |
| <u>O'Callaghan</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:39:19</u> | <u>71.17%</u> |
| <u>Heidi Baker</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:08:28</u> | <u>52.37%</u> |
| <u>Heidi Baker</u> | <u>Watford</u> | <u>H-Mar</u> | <u>02:11:59</u> | <u>50.98%</u> |
| <u>Helen Page</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:23:55</u> | <u>62.20%</u> |
| <u>Helen Vaughan</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>02:00:13</u> | <u>65.42%</u> |
| <u>Helen Vaughan</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:00:48</u> | <u>65.11%</u> |
| <u>Helen Vaughan</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:25:52</u> | <u>67.07%</u> |
| <u>Helen Vaughan</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:54:06</u> | <u>65.71%</u> |
| <u>Helen Vaughan</u> | <u>Winslow</u> | <u>10km</u> | <u>00:54:18</u> | <u>65.47%</u> |
| <u>Howard Clark</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:37:30</u> | <u>64.79%</u> |
| <u>Howard Clark</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:37:35</u> | <u>64.73%</u> |
| <u>Howard Clark</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:40:33</u> | <u>62.82%</u> |
| <u>Ian Verchere</u> | <u>Pednor</u> | <u>5m</u> | <u>00:52:07</u> | <u>58.20%</u> |
| <u>Ian Verchere</u> | <u>Bearbrook</u> | <u>10km</u> | <u>01:08:42</u> | <u>55.58%</u> |
| <u>Jane Martin</u> | <u>Bearbrook</u> | <u>10km</u> | <u>01:04:43</u> | <u>51.09%</u> |
| <u>Jane Mitchell</u> | <u>Marlow</u> | <u>5m</u> | <u>00:41:41</u> | <u>61.50%</u> |
| <u>Jane Mitchell</u> | <u>Berko</u> | <u>5m</u> | <u>00:42:43</u> | <u>60.01%</u> |
| <u>Jane Mitchell</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:24:40</u> | <u>63.51%</u> |
| <u>Jane Mitchell</u> | <u>Gran Canaria</u> | <u>10km</u> | <u>00:53:31</u> | <u>60.04%</u> |
| <u>Jane Mitchell</u> | <u>Winslow</u> | <u>10km</u> | <u>00:54:43</u> | <u>58.73%</u> |
| <u>Jane Porteous</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:58:47</u> | <u>63.72%</u> |
| | <u>Burnham</u> | | | |
| <u>Jane Porteous</u> | <u>Beeches</u> | <u>H-Mar</u> | <u>02:04:56</u> | <u>60.58%</u> |
| <u>Jane Porteous</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:24:28</u> | <u>68.26%</u> |
| | <u>Princes</u> | | | |
| <u>Jane Porteous</u> | <u>Risborough</u> | <u>10km</u> | <u>00:52:25</u> | <u>65.34%</u> |
| <u>Jane Porteous</u> | <u>Thame</u> | <u>10km</u> | <u>00:53:15</u> | <u>64.32%</u> |
| <u>Janet Reeve</u> | <u>Berko</u> | <u>5m</u> | <u>00:46:09</u> | <u>59.91%</u> |
| <u>John Manning</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:34:11</u> | <u>75.60%</u> |
| <u>John Manning</u> | <u>Marlow</u> | <u>5m</u> | <u>00:33:27</u> | <u>77.23%</u> |
| <u>John Manning</u> | <u>Pednor</u> | <u>5m</u> | <u>00:34:18</u> | <u>75.32%</u> |
| <u>John Manning</u> | <u>Chardon</u> | <u>5km</u> | <u>00:19:33</u> | <u>79.88%</u> |
| <u>John Manning</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:19:43</u> | <u>79.21%</u> |
| <u>John Manning</u> | <u>Thame</u> | <u>10km</u> | <u>00:41:54</u> | <u>77.61%</u> |
| <u>John Manning</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:43:28</u> | <u>74.81%</u> |
| <u>John Shelton</u> | <u>Berko</u> | <u>5m</u> | <u>00:49:10</u> | <u>53.46%</u> |
| <u>John Shelton</u> | <u>Pednor</u> | <u>5m</u> | <u>00:52:00</u> | <u>50.54%</u> |
| <u>John Shelton</u> | <u>Marlow</u> | <u>5m</u> | <u>00:54:20</u> | <u>48.37%</u> |
| <u>John Shelton</u> | <u>Prestwood</u> | <u>10km</u> | <u>01:05:50</u> | <u>50.25%</u> |
| <u>Jon Scullard</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:29:53</u> | <u>69.16%</u> |
| <u>Julie Moffat</u> | <u>Thame</u> | <u>10km</u> | <u>00:58:01</u> | <u>55.39%</u> |
| <u>Kim Reed</u> | <u>London</u> | <u>Mar</u> | <u>03:59:49</u> | <u>64.19%</u> |
| <u>Kim Reed</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:52:45</u> | <u>65.48%</u> |
| <u>Kim Reed</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:53:36</u> | <u>64.99%</u> |
| | <u>Burnham</u> | | | |
| <u>Kim Reed</u> | <u>Beeches</u> | <u>H-Mar</u> | <u>01:57:56</u> | <u>62.61%</u> |
| <u>Kim Reed</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:58:01</u> | <u>62.56%</u> |
| <u>Kim Reed</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:28:25</u> | <u>57.36%</u> |
| <u>Kim Reed</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:21:59</u> | <u>66.80%</u> |
| <u>Kim Reed</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:54:46</u> | <u>61.05%</u> |

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|-------------------------|----------------------|--------------|-----------------|---------------|
| <u>Kirsty Barnett</u> | <u>London</u> | <u>Mar</u> | <u>03:33:45</u> | <u>64.59%</u> |
| <u>Laura Roberts</u> | <u>Watford</u> | <u>H-Mar</u> | <u>02:11:50</u> | <u>51.68%</u> |
| <u>Len Vaughan</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:50:17</u> | <u>62.29%</u> |
| <u>Len Vaughan</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:50:28</u> | <u>62.19%</u> |
| <u>Len Vaughan</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:53:00</u> | <u>63.84%</u> |
| <u>Liz Daniel</u> | <u>Halstead</u> | <u>Mar</u> | <u>04:14:02</u> | <u>61.36%</u> |
| <u>Liz Daniel</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:48:20</u> | <u>69.00%</u> |
| <u>Liz Daniel</u> | <u>Great Bentley</u> | <u>H-Mar</u> | <u>01:51:00</u> | <u>67.34%</u> |
| <u>Liz Daniel</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:56:44</u> | <u>64.03%</u> |
| <u>Liz Daniel</u> | <u>Pednor</u> | <u>5m</u> | <u>00:46:36</u> | <u>57.90%</u> |
| <u>Liz Daniel</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:25:15</u> | <u>65.35%</u> |
| <u>Liz Daniel</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:24:54</u> | <u>65.27%</u> |
| <u>Liz Daniel</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:50:52</u> | <u>66.51%</u> |
| <u>Liz Daniel</u> | <u>Thame</u> | <u>10km</u> | <u>00:52:12</u> | <u>64.81%</u> |
| | <u>Princes</u> | | | |
| <u>Liz Daniel</u> | <u>Risborough</u> | <u>10km</u> | <u>00:52:33</u> | <u>64.38%</u> |
| <u>Luke Delderfield</u> | <u>London</u> | <u>Mar</u> | <u>02:46:22</u> | <u>75.09%</u> |
| <u>Luke Delderfield</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:14:58</u> | <u>78.99%</u> |
| <u>Luke Delderfield</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:16:21</u> | <u>77.56%</u> |
| <u>Maria Cook</u> | <u>Gran Canaria</u> | <u>H-Mar</u> | <u>02:13:35</u> | <u>55.96%</u> |
| <u>Maria Cook</u> | <u>Hastings</u> | <u>5m</u> | <u>00:39:09</u> | <u>68.92%</u> |
| <u>Maria Cook</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:23:06</u> | <u>71.43%</u> |
| <u>Maria Cook</u> | <u>Chardon</u> | <u>5km</u> | <u>00:23:16</u> | <u>70.92%</u> |
| <u>Maria Cook</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:47:20</u> | <u>71.48%</u> |
| <u>Maria Cook</u> | <u>Thame</u> | <u>10km</u> | <u>00:50:01</u> | <u>67.64%</u> |
| | <u>Princes</u> | | | |
| <u>Maria Cook</u> | <u>Risborough</u> | <u>10km</u> | <u>00:50:25</u> | <u>67.11%</u> |
| <u>Maria Cook</u> | <u>Richmond</u> | <u>10km</u> | <u>00:50:26</u> | <u>67.09%</u> |
| <u>Mark Hadaway</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:25:28</u> | <u>69.38%</u> |
| <u>Mark Travers</u> | <u>North Dorest</u> | <u>Mar</u> | <u>03:43:03</u> | <u>61.42%</u> |
| <u>Mark Travers</u> | <u>Taunton</u> | <u>Mar</u> | <u>03:50:16</u> | <u>59.50%</u> |
| <u>Mark Travers</u> | <u>Isle of Man</u> | <u>Mar</u> | <u>03:50:41</u> | <u>59.39%</u> |
| <u>Mark Travers</u> | <u>Orpington</u> | <u>Mar</u> | <u>03:52:03</u> | <u>59.04%</u> |
| <u>Mark Travers</u> | <u>Wellingboro</u> | <u>5m</u> | <u>00:35:52</u> | <u>66.91%</u> |
| <u>Mark Travers</u> | <u>Pednor</u> | <u>5m</u> | <u>00:39:00</u> | <u>61.54%</u> |
| <u>Mark Travers</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:22:22</u> | <u>64.83%</u> |
| <u>Mark Travers</u> | <u>Zoom</u> | <u>10m</u> | <u>01:13:38</u> | <u>67.32%</u> |
| <u>Mark Travers</u> | <u>Salisbury</u> | <u>10m</u> | <u>01:13:39</u> | <u>67.30%</u> |
| <u>Mark Travers</u> | <u>Thornborough</u> | <u>10m</u> | <u>01:25:30</u> | <u>57.97%</u> |
| <u>Mark Travers</u> | <u>Thorney</u> | <u>10km</u> | <u>00:42:48</u> | <u>70.56%</u> |
| <u>Mark Travers</u> | <u>Chichester</u> | <u>10km</u> | <u>00:43:02</u> | <u>70.18%</u> |
| <u>Mark Travers</u> | <u>Winslow</u> | <u>10km</u> | <u>00:43:21</u> | <u>69.67%</u> |
| <u>Mark Travers</u> | <u>Maxi Fuel</u> | <u>10km</u> | <u>00:43:29</u> | <u>69.45%</u> |
| <u>Mark Travers</u> | <u>Hatfield</u> | <u>10km</u> | <u>00:44:58</u> | <u>67.16%</u> |
| <u>Mark Travers</u> | <u>Underwood</u> | <u>10km</u> | <u>00:45:22</u> | <u>66.57%</u> |
| | <u>Princes</u> | | | |
| <u>Mark Travers</u> | <u>Risborough</u> | <u>10km</u> | <u>00:45:47</u> | <u>65.96%</u> |
| <u>Mark Travers</u> | <u>Thame</u> | <u>10km</u> | <u>00:46:22</u> | <u>65.13%</u> |
| <u>Mary Ward</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:38:02</u> | <u>71.91%</u> |
| <u>Matteu</u> | | | | |
| <u>Armstrong</u> | <u>Halstead</u> | <u>Mar</u> | <u>03:38:56</u> | <u>57.29%</u> |
| <u>Matteu</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:33:47</u> | <u>64.30%</u> |

Armstrong

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|-------------------------|---------------------|--------------|-----------------|---------------|
| <u>Max Ansell</u> | <u>Berko</u> | <u>5m</u> | <u>0:35:50</u> | <u>#N/A</u> |
| <u>Michaela Colwell</u> | <u>London</u> | <u>Mar</u> | <u>03:34:31</u> | <u>69.19%</u> |
| <u>Michaela Colwell</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:38:57</u> | <u>72.01%</u> |
| <u>Michaela Colwell</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:14:10</u> | <u>71.60%</u> |
| <u>Michaela Colwell</u> | <u>Sandy</u> | <u>10m</u> | <u>01:14:36</u> | <u>71.18%</u> |
| <u>Michaela Colwell</u> | <u>Prestwood</u> | <u>10km</u> | <u>00:45:26</u> | <u>71.35%</u> |
| <u>Nick Pierpoint</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:21:55</u> | <u>63.09%</u> |
| <u>Nigel Kippax</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:48:40</u> | <u>63.79%</u> |
| <u>Nigel Millwood</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:40:50</u> | <u>59.44%</u> |
| <u>Nigel Millwood</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:17:16</u> | <u>58.46%</u> |
| <u>Paul Cowan</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:36:38</u> | <u>68.11%</u> |
| <u>Paul Terrett</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:48:38</u> | <u>61.11%</u> |
| <u>Paul Terrett</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:25:52</u> | <u>58.19%</u> |
| <u>Peter Alford</u> | <u>London</u> | <u>Mar</u> | <u>04:11:12</u> | <u>60.97%</u> |
| <u>Peter Alford</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:47:00</u> | <u>68.40%</u> |
| <u>Peter Alford</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:47:05</u> | <u>70.87%</u> |
| <u>Peter Alford</u> | <u>Thame</u> | <u>10km</u> | <u>00:49:23</u> | <u>67.57%</u> |
| <u>Rachel Lark</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:47:12</u> | <u>61.41%</u> |
| <u>Rachel Lark</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:47:22</u> | <u>61.32%</u> |
| <u>Rachel Lark</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:50:20</u> | <u>59.67%</u> |
| <u>Rachel Lark</u> | <u>Pednor</u> | <u>5m</u> | <u>00:39:10</u> | <u>61.79%</u> |
| <u>Rachel Lark</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:22:12</u> | <u>60.44%</u> |
| <u>Rachel Lark</u> | <u>Thame</u> | <u>10km</u> | <u>00:49:15</u> | <u>61.59%</u> |
| <u>Richard White</u> | <u>Gran Canaria</u> | <u>H-Mar</u> | <u>02:09:14</u> | <u>55.09%</u> |
| <u>Richard White</u> | <u>Sandy</u> | <u>10m</u> | <u>01:19:19</u> | <u>67.49%</u> |
| <u>Richard White</u> | <u>Prestwood</u> | <u>10km</u> | <u>00:49:26</u> | <u>65.78%</u> |
| <u>Richard White</u> | <u>Thame</u> | <u>10km</u> | <u>00:55:21</u> | <u>58.75%</u> |
| <u>Ross Langley</u> | <u>London</u> | <u>Mar</u> | <u>02:55:10</u> | <u>71.31%</u> |
| <u>Ross Langley</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:19:28</u> | <u>74.52%</u> |
| <u>Ross Langley</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:01:49</u> | <u>71.80%</u> |
| <u>Sam Williamson</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:14:27</u> | <u>66.58%</u> |
| <u>Samantha Lane</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:27:04</u> | <u>59.95%</u> |
| <u>Shirley White</u> | <u>Gran Canaria</u> | <u>10km</u> | <u>01:03:12</u> | <u>56.25%</u> |
| <u>Simon Jessop</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:42:01</u> | <u>61.43%</u> |
| <u>Simon Jessop</u> | <u>Bearbrook</u> | <u>10km</u> | <u>01:01:07</u> | <u>47.18%</u> |
| <u>Sofie Cole</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:53:55</u> | <u>62.55%</u> |
| <u>Sofie Cole</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>02:12:28</u> | <u>53.79%</u> |
| <u>Sofie Cole</u> | <u>Prestwood</u> | <u>10km</u> | <u>00:51:12</u> | <u>63.31%</u> |
| <u>Tom Griffin</u> | <u>Paris</u> | <u>Mar</u> | <u>03:35:00</u> | <u>73.40%</u> |
| <u>Tom Griffin</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:31:03</u> | <u>82.70%</u> |
| <u>Tom Griffin</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:35:01</u> | <u>79.25%</u> |
| <u>Tom Griffin</u> | <u>Marlow</u> | <u>5m</u> | <u>00:33:43</u> | <u>80.77%</u> |
| <u>Tom Griffin</u> | <u>Waddesdon</u> | <u>5km</u> | <u>00:20:10</u> | <u>81.65%</u> |
| <u>Tom Griffin</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:10:23</u> | <u>80.32%</u> |
| <u>Tom Hallett</u> | <u>Berko</u> | <u>H-Mar</u> | <u>02:07:00</u> | <u>47.82%</u> |
| <u>Tony Hill</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:51:32</u> | <u>66.24%</u> |
| <u>Tony Hill</u> | <u>Marlow</u> | <u>5m</u> | <u>00:39:15</u> | <u>68.15%</u> |
| <u>Tony Hill</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:23:07</u> | <u>66.77%</u> |
| <u>Tony Hill</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:50:45</u> | <u>66.34%</u> |
| <u>Trevor Lark</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:30:43</u> | <u>74.43%</u> |

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|-----------------------|--------------------|--------------|-----------------|---------------|
| <u>Trevor Lark</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:32:17</u> | <u>73.16%</u> |
| <u>Trevor Lark</u> | <u>St Albans</u> | <u>H-Mar</u> | <u>01:35:19</u> | <u>70.83%</u> |
| <u>Trevor Lark</u> | <u>Pednor</u> | <u>5m</u> | <u>00:35:33</u> | <u>69.15%</u> |
| <u>Trevor Lark</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:09:30</u> | <u>73.12%</u> |
| <u>Trevor Lark</u> | <u>Thame</u> | <u>10km</u> | <u>00:41:22</u> | <u>74.78%</u> |
| <u>Verna Burgess</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:49:33</u> | <u>67.40%</u> |
| <u>William Harvey</u> | <u>Shakespeare</u> | <u>Mar</u> | <u>04:15:00</u> | <u>53.25%</u> |
| | <u>Burnham</u> | | | |
| <u>William Harvey</u> | <u>Beeches</u> | <u>H-Mar</u> | <u>01:50:29</u> | <u>59.07%</u> |
| <u>William Harvey</u> | <u>Berko</u> | <u>H-Mar</u> | <u>01:56:15</u> | <u>56.14%</u> |
| <u>William Harvey</u> | <u>Watford</u> | <u>H-Mar</u> | <u>01:57:16</u> | <u>55.66%</u> |
| <u>William Harvey</u> | <u>Fred Hughes</u> | <u>10m</u> | <u>01:30:58</u> | <u>54.05%</u> |
| <u>William Harvey</u> | <u>Bearbrook</u> | <u>10km</u> | <u>00:59:06</u> | <u>50.71%</u> |