

TRC History

Chapter ....

## **Going that extra mile The Beacon Award for Outstanding Achievement**

The award was introduced in 2009 to recognize a club member for outstanding achievement in a calendar year. The achievement needs to be linked to running but it doesn't have to be a physical achievement.

Over the years, the club has recognized both the depth of talent and members' dedication to the values of the club. All categories of running – road, trail, fell, endurance – have been reflected in nominations as well as the commitment of individuals to nurturing and supporting other runners and club activities.

Club members make nominations and then a short list is put to the vote. The list below show the winners in bold together with the other nominees and a summary of the respective citations.

2009

### **Mike Blake**

*Unstinting support for marathon training*

- Maria Cook *Works tirelessly to promote and encourage participation in the social side of the club*
- Frances Mills *Great example and encouragement, especially for women in club*

2010

### **Maria Cook**

*Promoter of social side of club and gaining profile for club in press. Steered design of new club vest*

- Verna Burgess *Ambassador for the club, encouraging new members*
- Kevin Harding *Excellent fell season, 2<sup>nd</sup> in V50 British Fell Running championships*
- Frances Mills *Nurtures new comers and demonstrates vast determination in her running*

2011

### **Verna Burgess**

*Initiating and organizing Start to Run and setting up Bridging Group*

- Kim Reed *For embracing the rigours of ultra events and completing 87 mile Ridgeway*
- Mark Travers *Perseverance in completing a series of A to Z marathons*

2012

**Tony Hill**

*Generosity of support and encouragement for club members, and particularly those in ill-health*

- Michael Burgess *Displayed spirit and motivation in completing the Bob Graham Round*
- Judi Hopcroft *For volunteering 'beyond the call of duty'*
- Ross Langley *Inspirational leadership and captaincy of cross country team*
- Kim Reed *Achievement in ultra events including first TRC lady to complete 100 mile event*

2013

**Nigel Lacey**

*Volunteering to support club events especially on Bob Graham Round, XC and marathon training*

- Tom Griffin *For consistent 1<sup>st</sup> place performance in road races in his age category*
- Judi Hopcroft *For developing new software and managing entries for Fun Run and Ridgeway; endless enthusiasm and support of bridging group runners*
- Brian Layton *For planning all eight Saunders Lakeland Mountain Marathon routes over several months plus consistent physical achievement in distance running*

2014

**Andy Evans**

*For initiating and setting up Tring parkrun*

- Judi Hopcroft *For volunteering on back room issues (website/entry systems) and supporting others with her enthusiasm*
- Brian Layton *Triple consecutive crossings of Wales; persistent and consistent long distance runner*
- Steve Long *Organiser, over several years, of Greensand Relay teams*
- Frances Mills *Epitomises TRC values – supports others and has fun*
- Kim Reed *For mental fortitude and stamina in ultra events*

2015

**Judi Hopcroft**

*Volunteering endeavours, running ambition, dedication to the club and positivity; competed in every ORC event and did Beachy Head as her first marathon*

- Lynda Hembury *Top flight age category achievements*
- Brian Layton *Quadruple consecutive crossings of Wales in 72 hours*
- Steve Long *For achievement in organizing TRC teams for Greensand, Calderdale, FRA and Ian Hodgson Relays; Googlemeister*

- John Manning *Developed Tring Boundary Trail as TRC's contribution to Tring's 700<sup>th</sup> anniversary*
- Mary Ward *Leadership as Ladies captain in Div 1 of XC league; record turnout of women at XC leading to club being inaugural winners of the Dennis Orme Trophy for participation in Chiltern League*

2016

### **Andy Collings**

*For ultra distance completions, especially 100km round Tring Park to raise funds for parkrun safety kit*

- Michael Burgess *For grit and determination in completing Joss Naylor Lakeland Challenge for V50 category*
- Lynda Hembury *Most highly ranked TRC member ever; in top 10 in UK in her age category*
- Steve Long *Brings together TRC teams in relay events with meticulous planning and coordinator for club's ORC*
- Kim Reed *First ever TRC female Centurion (100 miles in 24 hours) and FV50 National Trail Running champion*

2017

### **Lynda Hembury**

*World class yet modest athlete; Chester Marathon in 3:14:37 means she holds UK record time for FV60 athlete and in top 10 in world*

- Simon Barnett *Over two weeks in the Lake District, completed all 214 Wainwrights, 326 miles and 115,000 feet ascent then went on to successful completion of Paddy Buckley Round in Wales, the first TRC member to achieve it*
- Howard Clark *For initiating and leading Wintervals on Wednesdays in such a welcoming and inclusive way*

2018

### **Kim Reed**

*For stamina and endurance in ultra events. In the space of 5 months, Kim completed the 156 mile Marathon des Sables, the 100 mile LDWA Cinque Ports Challenge and the 86 mile Ridgeway Trail Race. The only woman in the club to have completed any of these events*

- Tom Sawyer *On only his second attempt, won the Ridgeway Trail Race in 13hrs 22 mins, to become the UK Trail Running Champion. His time was a club record*

