

## 11. The Beacon Award

### *Going that extra mile*

The award was introduced in 2009 to recognise 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 recognised 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 shortlist is put to the vote. The list below shows 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 newcomers and demonstrates vast determination in her running*

2011

#### **Verna Burgess**

*Initiating and organising 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 organising 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 3hrs 14mins 37secs 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*

2019 (awarded in 2021 due to 2020 pandemic)

**Luke Delderfield**

*Luke has consistently performed highly. In 2019 he won the Beachy Head Marathon and the Country to Capital Ultra and supported the club at Chiltern League Cross Country by finishing at the front of the field. 'Couldn't be a nicer bloke' tweeted a fellow competitor at Beachy Head*

- Simon Barnett: *In 2019 he took part in the 'toughest mountain race in the world' – the Dragon's Back. Over 5 days, competitors cross Wales from north to south, 315km with 15,500m of climb often on wild, trackless routes. Simon finished in 26th position among an international field, a truly stunning performance*

- Shirley White: *Shirley is an inspirational runner who leads from the back to ensure no one is left behind. Always cheerful and kind, she seizes the opportunity to make running a fun experience for herself and others*
- Clive Cohen: *Came second in his age category in the XC season and consistently finishes in the upper echelons for his age category. His contribution to club events lives on as the brainchild of the TRC Midsummer Fun Run and Wendover Woods race*
- Celine Wilcock: *For running through life and being an extraordinary force of positivity. She set a new PB in the 2019 Brighton Marathon*
- Tom Sawyer: *Tom competed in New Zealand in the Tarawera Ultra, finishing in 14th place in the 102km class. He has flown the flag for TRC down under and written a brilliantly inspiring blog of his phenomenal events*
- Tony Hill: *For being a Tring Running Club member for 35 years*