

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, 2nd 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 1st 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 700th 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*

2020

Celine Wilcock

Celine has been a shining example of positivity during her battle with cancer (and beyond), She ran through treatment despite feeling rubbish much of the time, all the while smiling and encouraging others through adversity. She is an inspirational role model and overall legend

- Simon Barnett: *Nominated for his awesome solo unsupported Bob Graham round*
- Rebecca Foxcroft: *Rebecca revived the Bridging Group as the 13s pace group, welcoming a wide range of people with her radiant smile. Rebecca prepares her routes carefully and gives a lot of support and encouragement along the way*
- Nigel Kippax: *During lockdown Nigel created a weekly points and segment challenge which motivated members to keep running further and faster. Nigel's efforts and dedication increased appreciation for the club and its lovely members*
- Carole Page: *Carole ran the Beachy Head marathon - an awesome achievement for her first ever marathon*
- Lucy Welsby: *Through several lockdowns and rule changes, Lucy led the 12s group week in, week out. She is cheerful, supportive and inclusive and engenders a sense of community that has made it easy for members to return after injury*

2021

John Manning

Nominated for his outstanding contribution to the club's 40th anniversary celebrations and for his role as a group leader during a very challenging year with pandemic restrictions. Without John's efforts we would not have celebrated with such energy and enthusiasm culminating in a wonderful event in Tring Park with over 80 TRC members attending. John also co-wrote, collated and edited the book 'Tring Running Club 1981 to 2021', a wonderful legacy for all members, families and friends

- *Mark Innocenti: Nominated for his incredible run in the Centurion 100 mile track race, a truly world class run. He completed the race in 12 hours 34 mins 52 secs which put him in the top 10 on the British all time list. He came second in the race in which the winner set a world record.*
- *Simon Barnett: Nominated for his Charlie Ramsay Round in June 2021. Simon becomes the first club member to complete all three big fell running rounds in Great Britain (Bob Graham, Paddy Buckley and Charlie Ramsay) plus the Rankin Round in Northern Ireland*
- *Lucy Welsby: Nominated for her personal contribution in leading the 12s group, keeping it together through the pandemic. The group has expanded and Lucy has got faster but remained leading the 12s nonetheless.*