



# Thame Talk

Thame Runners  
Founded 1983

**25<sup>th</sup> Anniversary Special Edition**  
**A club history - where it began.....**

Headquarters - Thame Leisure Centre, Mondays and Wednesdays @ 7pm  
Sundays @ 8 am

*Gala Dinner*  
*At the Oxfordshire Golf Club*  
*Saturday 17<sup>th</sup> May 2008*

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Early Memories of Thame Runners.

Ron Rumens

*"My first memories were running with Andy Atherton & Graham Barnby in the Summer and Autumn of 1982.*

*At some point in November/December, they had met Leo Smale & David Laver, who were keen to get up a team of 6 for the Abingdon marathon.*

*Leo Smale advertised in the Thame Gazette and held a run on New Year's day 1983, which I was unable to attend".*



Dave Flower

*"I saw the advert in the Thame Gazette, and duly attended at the Thame Sports & Arts Centre at 9:00 where I met a dozen or so other people.*

*I went to drop off my track suit in the car, and turned round to see everybody disappearing up the road, except Ron Clanfield, who waited for me, and assured me we would soon catch up.*

*After Ron had a further conversation with a friend, we were then five minutes behind the group. We caught up, but I nearly died in the process, and decided I would probably not run again. I was sadly mistaken. Here I am after 25 years, still running (or almost)"*

Over the next few months, we ran regularly every Sunday morning and later, we started to meet on a Wednesday evening.

We used to meet on Wednesday evenings at 7.00pm, and to the best of my memory, we always ran round Shabbington, setting off up Oxford road, a prospect which became unimaginable in the last few years before the cycle track was installed. On Sunday mornings, we initially met at 9.00, and ran out to Towersey, or round Shabbington, but we were always back in time for the Archers, of which Leo was a great fan.

As we progressed, a group used to set off at 8.00 and run round Adwell & Sydenham, which was a 17mile route.

The 9.00 starters ran out through Towersey, and when the groups met, the 9.00 people would run in with the 8.00 starters.  
Up to the time the groups met, they would always stick together.

Almost immediately, we started entering races. The first race we can remember entering was an 8mile fun run in the grounds of Blenheim Palace.  
Also in the early days, we ran in the Thame Road Race, an established race (organised by Richard Andrews) round 2 laps of Moreton, which was part of the Thame Festival of Sport. We were competing for the Derek Hurrell Cup. (Derek Hurrell had been a Thame Town Councillor, and was very interested in sport)

In those early days, our wives & families usually came along to support us at races. Norma Laver had kindly screen printed some cotton running vests, and had also made a banner, which the children used to hold up and cheer as we ran past.

Most of the races were local, and we used to meet at the Sports & Arts Centre, from where we would share cars. Favourites which spring to mind are Henley ½ Marathon, Sonning Common ½ Marathon, Burnham Beeches ½ Marathon and at Christmas, the Bicester 10K.

In 1983, the Thame Boys Brigade organised a trip to the Cook Islands, and needed to raise funds.

At this time, running was really enjoying a boom nationally and charity events were fashionable (the Henley ½ marathon was for Lifeboats and the Sonning Common was the school PTA) and the Boys Brigade committee came up with the idea of a charity race.

Robert Harding was involved with the Boys Brigade, and was also running with the embryonic Thame Runners.

The first "Thame 10K" was born from the organisation of the Thame Road Race, officially measured, marshalled & organised by Boy's Brigade parents and Thame Runners.

As far as can be remembered, Leo arranged the official Amateur Athletic part, Ron Clanfield arranged sponsorship etc. with Angus, Robert Harding organised entries, Gary Lazaruk organised the Marshalling and Huw Bishop drove the time car. The town Council donated the Thame Town Council Cup for the winner, and the Derek Hurrell Cup was awarded to the first Thame resident.

The official formation of Thame Runners was on 8<sup>th</sup> August 1984, at a general meeting when a committee was formed comprising:- Andy Atherton, Tony Ferris, Dave Flower, Dave Laver & Leo Smale, and subscriptions (£2.50) and club colours (gold vest & blue shorts) were agreed.

At a meeting in November 1984, 23 members were recorded.

By 1987, the membership stood at 56

**HISTORY OF THAME RUNNERS – THE CONTINUING STORY**  
**JANUARY 1988 – DECEMBER 1993**

The club had come a long way in its first five years. Even back in 1988 the Thame 10k. was increasing in popularity year on year. The race wasn't beset by traffic problems as Sunday trading wasn't the phenomenon that it is today. How on earth did we survive without the shops being open on the Sabbath? At least life was lived at a much more leisurely pace back then.....ah the memories.

Thame Runners' membership in those heady days was hovering around the 50-60 mark and on Thame 10k. day in June 1988 I increased the numbers by one, having just moved to Chinnor from High Wycombe just a couple of months earlier. The race was in progress as I approached a small recruiting tent for the club and was met by Thame's answer to the Beverley Sisters in the shape of Lyn Cornwall, Sue Graham and Olive Patchett. The ladies were very welcoming and only too pleased to give me all the information I needed to know about the mighty Thame Runners and relieve me of my £2.50 membership fee.

On the following Wednesday I turned up as a nervous newcomer but was soon made to feel part of the set up by founding father, Leo Smale, Ron Clanfield and El Tone, Tony Ferris. Dave Hartwell was also part of the welcoming group in those days but was obviously the "Billy Whizz" of the club prior to his defection to the big boys at Oxford City A.C. The following Sunday I had a run round Shabbington with just Dave Haenlein for company as other members were away at some race or other. Some things never change.

Club publicity back in 1988 consisted of a quarterly newsletter of one side of an A4 piece of paper which informed members of the latest goings on. Our current 28 page "Thame Talk" and Pete White's monthly e-newsletter were many years away. At that time we had our only lady chairman to date. Glenda Young presided over a committee which included Sue Graham as Secretary, John Brown was entrusted with the club's purse, with John Lock, Laurie Unsworth and Dave Hartwell as able lieutenants. The Christmas social appeared to be a genteel affair at Ickford Village Hall, before we descended to the boozy pub crawl of recent years. It's great fun though! Even in 1989 the committee was imploring members to wear reflective gear on the Wednesday winter route, even though the traffic back then consisted of an occasional Reliant Robin trundling down Cromwell Avenue or the dull beam from a cyclist making his way home down the by-pass. No BOC juggernaut trying to launch us into the boundary walls of Lea Park or the constant stream of cars that we endure on every part of the route nowadays.

The London Marathon continued to be the holy grail of much of the membership and in 1990 we had eleven runners in the annual charge from Blackheath to Westminster Bridge. At that time the repatriation point was the Jubilee Gardens behind the former County Hall, now an art gallery, which was Ken Livingstone's power base as leader of the GLC. This area is now dominated by the London Eye and various souvenir and food outlets. The increase in those taking part in subsequent years made this area unviable and the current finish in the Mall now provides adequate room for the weary finishers lurching towards Horseguards Parade. Lyn Cornwall, Frances Pont, Mark Edwards, Leo Smale, Mel Walker, Ron Rumens, Dave Hartwell, David Haenlein, John Brown, Bob Harding and Pete James wore the club colours with distinction. Action man Ron Rumens had only returned the day before from a gruelling cycle ride from Lands End to John O'Groats, now that's dedication. Unfortunately Ron had to retire at 14 miles which was hardly surprising.

Did you know that the Monday evening training sessions originally started as a ladies night? Nowadays the Monday outings have gone from strength to strength, with a mixed attendance and have become even more popular than the Wednesday gallops which tend to attract the more competitive element that exists within the ranks. The summer SWET runs were still many moons

away, but the innovator behind these pub/run sorties, Graham Turner, returned to the club in 1990. Graham had just recovered from a serious motorbike accident which had threatened to bring his blossoming running career to an abrupt end.

A certain Rod Lavers was appointed "publicity officer" back in 1990 and it's fair to say that in those days we enjoyed a good relationship with the Thame "Guts-ache" as it became universally known. Our race reports were regularly published alongside the latest results from Thame United Football Club and Chinnor Rugby Club. Sadly, as the years progressed, the local rag decided that pigeon racing, darts, slug squashing and watching paint dry had become more newsworthy sports events to their readers and the club became more and more sidelined. This was a great pity as an increasing number of members were entering local races such as half marathons at Berkhamsted, Banbury, Bracknell and the White Horse, plus the perennial Maidenhead Easter 10 mile road race. Our fading presence in the local paper was the catalyst for a more in depth newsletter which duly arrived in October 1991. The "Thame Runner" was produced by Thame's answer to Edmund Hillary, Ralph Ingham-Johnson, in a 4 page quarterly review of news from club members plus a comprehensive list of results from recent events. The layout also consisted of a notice-board section and a list of newcomers. New additions in the first issue included Maggie Evans, Stewart Freeman and a certain Duncan Cooper who went on to represent the club with great distinction in the ensuing years. Duncan's ultra slim frame and incredibly long legs carried him to many race victories in a Thame vest before his move to the South Coast ended his association with the club, although Duncan did return for the Thame 10k. in 2005 and still recorded a top ten finish.

At this time we also attempted to build a database of all our members with the introduction of the Runner-file, a questionnaire that required everybody to fill in all their race P.B.'s and record their favourite events and other running tips which may be of use to their colleagues. Sadly this produced a poor response and the idea was abandoned, also prompting a quote from one of the club's grandees that runners were mainly "private and unsociable individuals." Do you think he was right?

So many runners have passed through the doors of Thame Leisure Centre, to become members of Thame Runners. Some have stayed for many months and years; others have been like passing ships in the night and disappeared without trace. A conservative estimate to the present day would probably put the number between 300 and 400. Many have left their mark in one way or another. In 1991 an American girl, Sharon Murphy, left the club to return to Sacramento, California. In her time with Thame Runners, Sharon came up with many away routes in and around Princes Risborough that we still use today. She also produced hand drawn maps of these runs which were especially useful for directionally challenged individuals. Some of these doodlings still survive in the club archive.

During 1992 and with increasing attendance from Thame Runners at local events and some further afield, the committee decided to initiate a club championship to add a little spice and friendly competition between the members. The inaugural campaign ran between September 1992 and August 1993. Over the years the championship has changed in many ways, introducing new innovations to motivate more and more people to take part. In that first year there were no divisions, just a complete free for all in 12 events, eight of which still survive to this day. An incredible 28 club members took part with the aforementioned Duncan Cooper triumphing well before the final race, the Bearbrook 10k. in August '93. Fifteen years later and the club championship is still a major feature of the club's year.

In summing up, the years between 1988-1993 was a period of consolidation. Leo's fledgling creation was a by-product of the running boom created by the first London Marathon in 1981. Thame Runners survived by retaining a friendly and welcoming attitude to runners of all abilities, and helping them to achieve their running goals. We have steadily broadened our horizons. The club championship provided the springboard to our membership of the Chiltern Cross Country League and a number of overseas visits in years to come.

Apart from Andy Atherton, who left the club in 1992, a number of original members still remain, surely a testament to a successful outfit. Happy 25<sup>th</sup> birthday Thame Runners.

## Brief overview of Thame Runners : January 1993 – December 1997

This 5 year period saw some significant changes in the club. The committee changed over this period, with the chairmanship being handed from John Lock to Ralph Ingham-Johnson and then Mark Emmett taking over the reins as head honcho. Meanwhile, Sue Graham's long stint serving as club secretary was passed over to a namesake, Graham Turner while the key to club's safe was entrusted to our resident banker Neil Richards after Ron Rumens's stewardship. The club's newsletter, "Thame Runner" was accompanied by a sister publication, "Thame Talk" which Rod Laver set up in 1995 and is still going strong today. Thame Runner fizzled out in 1996 and probably not a bad thing either – by the end, it was resembling more a copy of The Lancet with the sick bay reports taking up too much copy (example: Thame Runner 1994 reports the forced early retirement of Dave Flowers! Like Mark Twain, reports of Dave's retirement were greatly exaggerated)

Besides spearheading a new and livelier club newsletter, Rod was also the driving force behind entering Thame Runners into the Chiltern Cross Country League – a competition we first entered way back in 1995, finishing 9<sup>th</sup> of 18 clubs in Division Two in that first year.

### 1993

The year started with the club's 10<sup>th</sup> anniversary dinner, held at the Churchill Arms in Long Crendon with an excellent turn out. One of the club's founding members, Leo Smale gave an amusing and lively account of the club's early days and first 10 years.

This year was the last year of Angus Fire sponsoring the Thame 10km with Reg Koster being thrown (no conned, into being thrown) into the deep end by Ron Rumens in taking over the race directorship of this event. Some 300 runners finished the 10K event in this year with car parking (would you believe it) on the pig field opposite the Sports Centre.

### 1994

Thame Runners publicised what it believed where the club records at the time and these were:

| Event    | Men                   | Vets                    |
|----------|-----------------------|-------------------------|
| 10k      | Duncan Cooper 31.37   | Bob Graham 37.20        |
| 10M      | Duncan Cooper 52.47   | Tony Ferris ?           |
| ½ M      | Duncan Cooper 69.42   | Tony Ferris ?           |
| Marathon | Dave Hartwell 2.38.18 | Tony Ferris 2.54.14     |
|          | Ladies                | Ladies Vets             |
| 10k      | Sally White 38.48     | Celia Greenwood 45.05   |
| 10M      | Sally White 65.39     | Liz Bailey 1.29.36      |
| ½ M      | Sally White 1.24.16   | Celia Greenwood 1.38.31 |
| Marathon | Olive Patchet 3.35.04 | Olive Patchett 3.35.04  |

Duncan Cooper was Thame's top male runner at the time and regularly winning races such as Sonning Common, Berkhamstead, Icknield Way, and Henley ½ marathons as well as Tetsworth 10k Olive's club record of 1994 was both senior ladies and vet ladies Marathon record while Tony Ferris's 2.54 London Marathon for a 50 year old was blistering. Sally White was our top lady runner at the time but she moved from Thame towards High Wycombe where she joined Chiltern Harriers. Our summer BBQ, previously in the woods in front of TLC where they now have those new houses, was held this year at the Royal Oak pub in Moreton, now also a house. CPM took over the sponsorship of the Thame 10km in 1994 and they have never looked back since. New members joining Thame in 1994 included newbie Diarmuid MacDougall who soon became notorious for getting lost and turning up late.

### 1995

Thame Runners annual dinner was held in Greyhound Walk in January 1995 and we crowned our club champions for 1994: Division 1 Graham Turner, Division 2 Tony Ferris Division 3 Andy Patchett with Andy also taking overall club championship award. I think this was our first club championship awards night.

In those days, I note we bravely organised a new year's day 3 mile jog for all local residents hell-bent on starting their good intentions albeit with a hangover. Steve Parrett organised Thursday night sessions which included hill reps, fartlek and other drills.

Duncan Cooper had a great year, setting the new club Marathon record at 2.35.19 and winning both the Wycombe ½ Marathon and Thame 10km in 31.25. Olive's Marathon record was broken by Celia Greenwood with her 3.30.28 London time.

### 1996

The annual club dinner moved to the Seven Stars in Dinton, where Olive Patchett was crowned club champion for 1995. Rod Lavers took over the Race Directorship of the Icknield ½ Marathon and 10km, a task which he performed with perfection every year until handing over this year.

The club embarked on a race abroad with 8 brave souls flying over to Amsterdam for the Canal Run in June 1996. I note from Thame Talk that the Moreton Double Loop club handicap was held then in December with only 10 runners doing the 6 mile classic in the cold. Leo Smale moved to the USA this year and a northern Alf Tupper chap named Pete Young joined.

The club improved its position in the Chiltern Cross Country and finished a creditable 5<sup>th</sup>.

### 1997

Once again the Seven Stars hosted the club dinner with Mark Emmett wearing his crown as winner of both Division 1 and overall Club Champion. Steve Benjamin took the honours for Division 2 while Graham Turner was the club's first XC champ. The CPM Thame 10km had 435 entries and 90 in the children's fun run, moving this event from a steady 300 entries to over 500 in total. With Sally White having changed her yellow and blue running vest for the green of Chiltern Harriers, Michelle Butler was Thame's fastest lady but this about the time of a start of tremendous growth both in terms of numbers and percentage of the club membership of the ladies. Celia Greenwood was always up there along with Olive Patchett, and up and coming ladies included Nikki Hayward and new girl Barbara Orth.

#### Sample times from races in this period:

**Wycombe ½ M 1994:** Simon Johnson 1.20; Rod Lavers 1.21, Diarmuid McDougall 1.24, Graham Turner 1.26, Gary Walford 1.26, Reg Koster 1.29, Tony Ferris 1.30, Mark Emmett 1.32, Rob Proberts 1.38, Celia Greenwood 1.40, Olive Patchett 1.46, Marie Pennell 1.53, Andy Patchett 1.58, Ernie Styles 2.10 John Brown 2.11

**Marlow ½ 1997:** Neil Richards 1.25; Iain Millar 1.26; Graham Turner 1.29; Mark Emmett 1.30; Paddy Lyttle 1.30; Reg Gale 1.34; Arthur Airey 1.37; Steve Benjamin 1.38; Ron Holland 1.40; Michelle Butler 1.42; Ron Rumens 1.46; Celia Greenwood 1.47; Nikki Hayward 1.47; Barbara Orth 1.48; Chris Fallon 1.48

### **Brief Overview of Thame Runners: January 1998 – December 2002**

Club growth from around 50-60 members to closer to the 100 mark by the end of this 5 year period. Sustained performance in the Chiltern League, increasing entries at the CPM Thame 10km, and new introductions like the SWET runs and club website. Read on.

#### **1998**

The year started with the annual dinner at The Racquets hall in Thame. Arthur Airey captured the Division 2 trophy as well as overall Club Champion, with Neil Richards taking the Division 1 title. A Golden Boot trophy was awarded to Rod Lavers for outstanding services to the club. In March a group of 8 runners with 10 supporters travelled to BallyCotton Ireland for the BallyCotton 10 mile race, where Graham Turner was fastest back in 62.34, incredible considering the amount of Guinness consumed on the eve of the race.

New members to the club included Jan Lavers, Sue and Chris Fallon and a new lad called Lars Orth. Other new members include the unforgettable Rycote College student Sam Woods and Mikael "The Viking" Holopainen. Celia Greenwood bade farewell as she moved Bristol ways. Thame Runners finished 7<sup>th</sup> in their third season of Chiltern League XC.

The summer BBQ continued to be held at different venues every year and this year it was held at The Bell in Chearsley. A popular but gruelling local race was held for the last time, the Elizabeth Cullum "marathon" across a tough 27 mile course in the Chilterns where runners ran in pairs. Michelle Butler and Nikki Hayward pipping the duo of Ron Rumens and Mark Emmett by around 20 minutes in a 5 hour plus endurance marathon.

#### **1999**

The annual dinner returned to the Seven Stars in Dinton for the last time, with Arthur Airey lifting the overall trophy for the second year in a row. Mikael Holopainen lifted the XC trophy, which in those days was awarded to the winner in the pub after the last XC race of the season. The committee decided to put the annual dinner for future years back to March so that the winner of the XC race could also get his/her moment of glory in front of the assembled party.

One of the exciting new introductions which started in 1999 included the SWETS (summer Wednesday evening training sessions) which was the brainchild of Graham Turner who proposed a series of runs starting a finishing at local pubs in the area, giving us a chance to run off-road in new and interesting trails while finishing these socially over a beer.

Another first in 1999 was the start of Thame Runners very own website, which debuted on the world wide web later in the year courtesy of Dieter Orth. Since the launch of the website, the importance of the club's notice board in the TLC hallway has diminished as club member's have access to our electronic notice board, recently updated by Jon Hiscox and Andy Byerley.

The overseas excursions continued with Pete Young leading a party to Antibes in the south of France in April for daily training runs and the Nice 10km road race. No less than 9 club members ventured into darkest Wales in August to Race the Train in Tywyn where only Neil Richards, the Dinton dynamo, managed to beat the locomotive. Meanwhile Olive Patchett continued her Indian summer of running with first lady home in the Seabank marathon for the second year in a row. The club took part in the SEAA 6 stage relay and finished down the rankings, however, by then the majority of the runners were MV40s and had we entered this category, our achievement would have been much higher up the pegging order.

Jan Laver took over as Kit manager and we had a whole new line up of t-shirts, sweatshirts etc to accompany the yellow race vest. A new girl from Crendon joined who would have great impact on the club: Carol Plater.

#### **2000**

The millennium started with the move to March for the annual dinner and this time the venue was Bernhard Hall in Cuddington where Pete White was crowned overall Club Champion and



Division 2 winner. Neil Richards took Division 1 while Pete Young took the XC trophy. Nikki Hayward retained the ladies silverware which she took the year before. The overseas tours continued, although this time much closer to home. Four runners caught the ferry to the Isle of Wight for a weekend's Fell Running races in Ventnor. New members this year included Cliff and Patsy Baker. Pete White took over as Race Director of the CPM Thame 10km for 2000 and whilst doing a fantastic job, decided that one year would be enough.

#### **2001**

The 2001 year started with a January bash at Murphy's Craic, the venue behind the Abingdon Arms. Winners of club championship awards for 2000 were Pete White (division 1), Carol Plater (Ladies) and Rod Lavers (division 2).

Reg Koster and Mark Emmett do back-hand deal concocted on a Chiltern training run, where Mark agrees to take over as Race Director of the CPM Thame 10km in return for Reg taking over the vacant chairman position at Thame Runners.

This year was the final year of the Fox 4 series, an extremely popular series of 4 races in the villages around Bicester (10km, 5M, 5Km, 10M) of which 3 were on a Wednesday evening in July. A series that is sorely missed.

This year saw the continued surge of the ladies, who were putting the men to shame both in terms of numbers and performance at the Chiltern XC league. After 3 races of the 01-02 season, the Vet ladies team were on top of the league while the men languished in 9<sup>th</sup> position.

#### **2002**

The annual dinner returned for a second year to Murhpy's Craic, where Pete White completed a hat-trick of titles, winning Division 1. Patsy Baker ran away with Division 2. The club introduced a new trophy: The Thame Runners Special Award, which would be given annually to a person who had contributed to the club over many years and/or performed extremely well in their age group. The first and worthy winner of this award was Dave Flower.

Carol Plater took on the position of membership secretary and single-handedly did the meet, greet, introduce to others and sign up /collect subs to propel the club membership to dizzy heights. Meanwhile Ron Rumens was still working his magic as social secretary for the committee.

In the XC, the overall club finished 8<sup>th</sup> while the Vet Ladies took third place.

New members in 2002 included Steph Cook, Jo Rogers and Steve Graham. Another new face, never to be forgotten, was Mike Wespel-Rose AKA Super Mario.

As the year drew to a close, preparations were in place for the club to celebrate 20 years at the Spread Eagle in early 2003.

#### **Sample results**

**Wycombe ½ Marathon 1998:** Rod Lavers 1.25, Iain Millar 1.29, Phil Rizza 1.31, Tony Ferris 1.31, Arthur Airey 1.32, Steve Benjamin 1.35, Michelle Butler 1.39, Nikki Hayward 1.43, Celia Greenwood 1.43, Barbara Orth 1.44

**Eynsham 10km 2000:** Pete White 37.59, Neil Richards 38.47, Darren Jolliffe 39.24, Rod Lavers 39.33, Reg Koster 39.50, Tony Ferris 40.55, Roy Calcutt 42.37, Nikki Hayward 45.02, Cliff Baker 45.02, Arthur Airey 48.30, Patsy Baker 50.39, Carol Plater 50.39

**Penn 7M 2002:** Rod Lavers 46, Neil Richards 47, Reg Koster 47, Steve Graham 48, Mark Emmett 49, Steve Benjamin 52, Cliff Baker 52, Patsy Baker 53, Barbara Orth 53, Carol Plater 60, Dave Flower 61, Jan Laver 62, Shelley Bennet 65, Jo Rogers 71

**Notes:** Phil Rizza was a great runner but through injury forced to hang up his shoes. Tony Ferris and his vast array of record times migrated to Spain while Iain Millar sadly passed away.

### **Brief Overview of Thame Runners: January 2003 – December 2007**

Through the enthusiasm of Carol, the club hit the 100 member mark in this period. While we had noted the significant increase in numbers and in particular the ladies, at one point it did look as if the leading guard of the club was getting older (and slower). However, welcome new youth and speed joined in the shape of Jon Hiscox, Andy Gray, Andy Byerley, Lars Orth, and Richard Slater while some of the old boys got second wind, notably Rod Lavers.

The club Wednesday training night sessions have continued to be the speed sessions and the SWETS have broadened the appeal to all club members in the summers months. Monday training nights have got a distinct and almost separate following, but growing in numbers. Sadly, the Sunday morning runs – at one point a single longer run for all members of all abilities – have reduced in numbers as many have formed splinter groups with their own weekend training regime, times, and groups.

#### **2003**

The club's 20<sup>th</sup> anniversary celebration was a fantastic event at the Spread Eagle hotel in Thame, with over 100 people attending a formal meal followed by Who's Got the Dog band getting everyone on the floor. 2002 club championship winners picking up silverware included Graham Turner (Division 1), Steve Graham (Division 2) and Patsy Baker picking up Ladies and Overall Club Champion. Ron Rumens rightly received the Club Special Award for many years service to the club alongside committed running ability.

New members in 2003 include Simon Millington and Howard Papworth. The club had another new addition in 2005 – the Colorado 5, our new club tent kindly donated by the 10km committee. It's been put to good use in XC, 10km, and member holidays since then.

Another new introduction in 2003 was the first club Invitation Evening at the end of the summer where we invited local clubs and local non-attached runners to try one of 3 routes from TLC followed by food and drink after. This has remained a popular event since 2003 and always brings in a few new members into the ranks.

Thame Talk reached edition 25 and another tradition, annual BBQ at the Orths after the Thame 10Km, also came into force.

Andy Pace took over the club secretary job from Graham Turner. The ladies organized an away weekend in Newton Abbott for a Ladies 10km in September, while in the XC we finished 6<sup>th</sup> thanks to good performances from James Rebbitt and Mike Wespel-Rose, who sadly returned to New Zealand.

Another new event was introduced: The Ridgeway Relay – a 90 mile event for 10 runners. In our first year, Thame Runners A finished 17<sup>th</sup> while the B team finished 27<sup>th</sup>. The A team could have done better had it not been for certain person getting lost! Finally, the Thame 10km surged ahead with over 600 entries and 477 finishers.

#### **2004**

The club's annual dinner returned to a more modest affair at the Thame Barns, where Rod Lavers picked up Division 1 and Club Special Awards. Diarmuid was Division 2 winner while Barbara Orth was the Ladies winner.

In the Ridgeway Relay, our second year's experience and improved navigational skills moved us up to 6<sup>th</sup> place with the B team holding onto 27<sup>th</sup> place.

The Thame 10km climbed to over 700 entries with 620 finishing the event - some 150 more than in 2003.

The list of new members in Thame Talk 2004 jumps out – no less than 31 members joining the club in a 6 month period.

## 2005

A second year at Thame Barns where Patsy decorated the place to perfection. A few changes in the committee - Lars Orth takes over the treasurer's after Neil's spell nearly as long as Alan Greenspan's. A new vest was designed and ordered, and this has been well received by the club since the introduction by Jan Lavers and Sue Fallon.

As with so many years, the annual commitment to the London marathon was a steady 8 to 12 runners per year. In the Ridgeway, we dropped to 7<sup>th</sup> and 30<sup>th</sup> respectively for the A and B teams. The CPM Thame 10km had a welcome visit from Thame's twin town Montesson, who came with a contingent to take part in the run. It is hoped we may get a team to visit them in 2008. The overseas trips resumed with a Thame Runners team going to Connemara near Galway, Ireland with 5 taking part in the ½ marathon, 1 in the marathon and 1 in the ultra-marathon.

## 2006

The annual club awards turned to The Lambert Arms where Lars Orth took XC, Division 2 and overall club champion, Neil Richards Division 1, Steph Cook the Ladies, and Barbara Orth the Ladies XC. Reg Koster got the Club Special Award and the club handicap award, newly named in memory of Steve Hawes, was received by Darren Readman.

A new look committee with Rod Lavers taking over the job as chairman, with Steph Cook as secretary and Steve Graham the membership secretary.

The club finished a creditable 5<sup>th</sup> in the Chiltern XC league with the ladies veterans 3<sup>rd</sup>.

Connemara 2 saw no less than 14 runners take part in the range of events. A group of stalwarts including Carol, Patsy, and Shelley embarked on some impressive marathon and ultra distance events around the country. Meanwhile in the Ridgeway, we improved on 2005 with a 6<sup>th</sup> and 26<sup>th</sup> position for the A and B teams.

New members joining in 2006 included Jon Hiscox, Andy Gray, Melanie Law and Debbie Misseldine, while we said good-bye to Andy Pace and club mascot Jester.

## 2007

The 25<sup>th</sup> year of the club returned to the Lambert Arms for a lower key but intimate dinner where Dieter Orth received the Club Special Award for his significant improvement in running as well as contribution to the club across a range of areas.

Pete White took up the position of social secretary and now sends out the regular club updates by email, including the reminder of the now traditional December pub crawl round Thame. Simon and Janice Millington are now in charge of the club kit.

The Ridgeway entered its 5<sup>th</sup> year of Thame Runners participation with a sound 6<sup>th</sup> and 33<sup>rd</sup> place. Meanwhile, the CPM Thame 10km hit new records with over 900 entrants and 766 finishers.

## Sample Times

**Maidenhead 10M 2003:** Diarmuid MacDougall 1.03, Andy Pace 1.03, Rod Lavers, 1.07, Reg Gale 1.10, Mark Emmett, 1.11, Steve Graham 1.13, Barbara Orth 1.16, Arthur Airey 1.17, Patsy Baker 1.19, Gayle Parnham 1.24, Cliff Baker 1.26, Dieter Orth 1.29

**Chardon 5km 2005** Lars Orth 16.50, Rod Lavers 18.29, Richard Slater 19.05, Pete White 19.05, Nick Rogers 19.17, Simon Millington 20.12, Mark Emmett 20.37, Matthew Whitmore 21.13, Barbara Orth 21.34, Darren Readman 21.48, Dieter Orth 23.02, Jo Rogers 26.25

# THAME RUNNERS



NEWSLETTER NO.17 JUNE 1989.

Hello Runners! Some news items to bring you up to date with the club happenings.

Welcome to new members Russell Hewer and Andy Patchett (Olive got you at it too eh?)

Congratulations to London Marathon runners who all completed the course, with many raising money for charities. Well done to you all.

## Thame 10K Road Race

Sunday 25th June, 10.30 am. Yes, it has come round again! Doesn't time fly when you are having fun? Please support this event, by running, marshalling or generally helping out. Volunteers (apart from entrants!) please contact Ron Rumens, Race Director on Thame 2573, or just turn up as early as you can on the morning of the race, extra bodies are always useful at the last minute! N.B. YOU CAN STILL ENTER ON THE DAY!

SAFETY ON CLUB RUNS - particularly Shabbington route; please be mindful of other road users and run in single file to avoid any nasty accidents.

THAME CARNIVAL - Saturday 1st July - theme this year is Nursery Rhymes. A suggestion has been made for an entry for Thame Runners in the parade of a Ginger Bread Man (run, run as fast as you can!!) Any other ideas?

RUNNING KIT. Additional items are newly available in club colours. Tee shirts, tracksters etc, emblazoned with Thame Runners Logo. See noticeboard for details of these very reasonably priced items or contact Laurie Unsworth on Ickford 462.

BARBEQUE AND SUMMER HANDICAP RACE (A Mid-Summer Night's Dream?) NO: REALITY!! Wednesday 12th July 1989. Handicap 7.15 prompt approximately 4 miles. We plan to have the barbeque food ready to eat by 8.15 (best laid plans of mice and men?). This is open to runners, families and friends, in the sunken garden at Lord Williams Upper School, Oxford Road. This is situated next to the Sports and Arts Centre on Thame side. This will be subsidised by club funds but a nominal charge will be made towards food of £1 per adult (children free). To help with catering numbers we MUST have a reply slip returned by July 2nd (see attached).

We supply the food: you bring your own drinks, and friends for what we hope will be an enjoyable evening, weather permitting!

MEMBERSHIP. A gentle nudge that some runners are no longer paid up members! If you wish to continue with the benefits that the club can offer please can you cough up promptly!

See the notice board for any forthcoming events: Dave Hartwell still does a sterling job of keeping this up to date for us.



STAY FIT, KEEP IN SHAPE  
AND ENJOY YOUR RUNNING.

SEE YOU ALL AT THE 10K  
AND AT THE BARBEQUE