

## Invitation Evening 2026

### RE: Invite to Tring Running Club's Annual Invitation Evening – 13<sup>th</sup> May 2026

Dear Club Secretary,

Tring Running Club is hosting its annual invitational evening on Wednesday 13<sup>th</sup> May and we would love for your members to join us for a social run.

Starting from our clubhouse in Tring, runners will join suitable and sociable pace groups and be led on off-road routes with bluebells likely to feature, before returning to the clubhouse for a spot of refreshment (should they wish).

We will be meeting at the Clubhouse (full address below) with runs starting at 19:00. We expect most groups to be back from 20:00-20:30. The Clubhouse bar will be open for anyone wishing to stay for a drink afterwards.

Parking is available in Tring (details attached). There are toilets and changing facilities available at the Clubhouse. Bags can be dropped at the Clubhouse but unfortunately, we cannot take responsibility for them.

#### **Pace groups**

There will be the following pace groups to choose from, however, this is a social run so no one will be left behind:

**13s:** Running 13-mins per mile pace, off-road for 3 miles.

**12s:** Running 12-mins per mile, off-road for 5 miles. Road half marathon in 2hrs 20mins.

**11s:** Running between 10.5-11.5 mins per mile, off-road, for 6 or 7 miles. Road half marathon at 2:10.

**10s:** Running 10-10.5 mins per mile, off-road, for 7 or 8 miles. Road half marathon in around 1:55.

**9s:** Running 9-10 mins per mile, off-road, sustained for 8 miles. Road half marathon in around 1:45 - 1:50.

**8s:** Running 8-8.5 mins per mile, off-road, for around 9 miles. Road half marathon in around 1:35.

**7s:** Running 7-mins per mile, off-road, sustained for 10 to 12 miles. Road half marathon in 1:25 or faster.

**Please let me know by email if your club will attend and, if possible, give an indication of numbers.**

*Unfortunately, Tring Running Club cannot accept any liability for injuries or accidents during the event.*

We look forward to seeing you there! Do get in touch if you have any questions.

Best wishes,

Helen Page  
Tring Running Club

**Start/finish**

Clubhouse address: Tring Park Cricket Club, London Rd, Tring HP23 6HA (opposite Tesco)

Google maps: <https://maps.app.goo.gl/tva6VK7MSdxsG2XR6>

What3Words: ///ruffling.thrashing.sponsors

**Getting there**

By car: Parking available in Tring car parks- please be mindful of local residents and car share where possible.

We recommend parking at The Forge Carpark (5 minute walk to the clubhouse & free parking after 6pm).

Google maps: <https://maps.app.goo.gl/jPFveF8SFnSaHbJd7>

What3Words: ///forest.concluded.science

Public transport: The Clubhouse is approximately 1.6 miles from Tring Station via the main road (with pavement & cycle path). Taxis are also available to/from the station.

**What to bring**

Trail shoes are recommended, especially if conditions are muddy.

It should be light enough for most groups to run without head torches, but these are also recommended, just in case. Do remember to bring a mobile phone as well in case of emergency.

You may like to bring a water bottle, snack for afterwards and dry clothing.