



Bulletin

Editorial

Since my outburst in the last Bulletin, I have had several e-mails insisting that I am doing a grand job and should continue. I rather suspect no one else wants to do it, but thanks for the messages anyway.

The club AGM last month marked the tenth anniversary of Alex Johnson's election as Chairman. Congratulations to Alex and long may he continue to serve us. See later pages for a brief history of Alex's reign and a report on the AGM.

Congratulations to Phil Stephens for finishing third male veteran in the Chiltern League Division 2 Cross-country series this winter.

On later pages you will find the date of the club's annual Dinner & Dance and also a menu. Once more this very enjoyable event will be held at Adams Park (home of the Mighty Blues!) and it would be wonderful to see all the members (plus partners) come to this excellent evening. If you've been before, you will know how good it is, if you haven't, then don't miss it this year!

Martin Dean

April 2002

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In This Issue

A new schedule for Alex's Tuesday night Sessions and Mike's Wednesday Track Programme, the dates for this year's 5K series, a postcard from Australia, dates for the summer 5K series, menu for the annual dinner & dance, race results, reports, jokes (one) and lots more!

May Meander



And yes, it really will be in May, on Sunday the 5th to be precise.

Nick Martin tells me that it will be completely different from previous Meanders. No map reading skills will be needed, as there will be no maps.

It's designed for all abilities, speed is not needed but a bit of luck would be helpful!

Long Live Chairman Alex



As you will have read in the editorial Alex has been our Chairman now for ten years. When he took over, the club had one hundred and twenty members, about the same as now, but without Alex's dedication and enthusiasm, I wonder if that would still have been the case.

When he became Chairman, several members wanted to make changes to the image of the club and Alex used his considerable persuasive skills to improve the club spirit and allow a range of ideas to bear fruit, including the move from Handy Cross to the Judo Club.

Under his leadership we have become involved in the 5K summer series and the Sunday cross country series. We have changed our colours (twice) and the name from Joggers to Runners. We have developed our public image with notices, leaflets and a Web site and become organisers of the Wycombe Half Marathon.

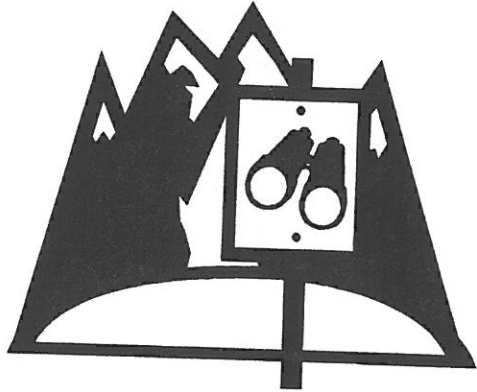
His personal interest in Coaching has benefited the club, with the change to structured training each Tuesday along with regular time trials and his latest interest in Sports Massage is also of great benefit to the members.

We should also not forget his involvement in our social activities and his initiative in putting forward the Chairman's annual award.

While Alex would be the first to say he has only been able to achieve changes through the committee and members, it is his leadership, encouragement and vision that have played a major part in shaping the club's direction over the last ten years.

Many thanks to Gerry Grosse for providing this article - Ed.

Ridgeway Relay



Nick Martin has once more entered two teams of ten for this popular event and is now looking for runners to fill them!

If you don't want to run but would like to come along and enjoy the atmosphere of this special event, he would appreciate some help in ferrying runners back to their cars and it would also help the runners if they received some support and drinks along the route, which can be a lonely and thirsty one.

Let's wish the ladies team well as they return to (hopefully) take the title for the third year in succession.

The Ridgeway Relay will be on Sunday 16th June starting at Ivinghoe (early) and finishing in Marlborough (late).

Tough Guys (and Gal)

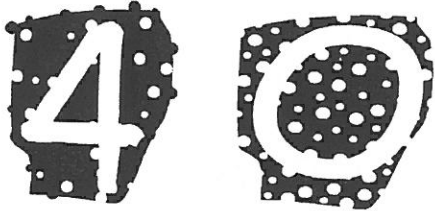
Debbie Ridout, Nick Martin and Clive Girling took part in the Tough Guy Challenge on the last Sunday in January.

This consists of a fearsome cross-country run that makes Parliament Hill Fields look like a doddle, followed by an Army assault course with mud up to (and in Debbie's case above) the neck, submersion in freezing cold water, clambering through narrow pipes, scrambling up nets and crossing rope bridges amongst other delights, plus lots more mud, and all lasting for over three hours!

They tell me it was a wonderful experience and they all loved it. I think I'll pass on that one having seen the video but I am full of admiration for them, well done the three of you!



Compton 40



It was with some trepidation that I started the Compton 40 having never run further than twenty-six miles in a race before. But we all think when finishing our first half-marathon that we could never run twice that distance, but most do. Similarly after I had run the twenty mile course two years ago, I didn't think I could do twice the distance, but we all need new challenges don't we?

The course is a in a 'figure of eight' centred around Compton, which means competitors running the twenty mile course accompany those doing the forty on the first leg out to Streatley, then back to Compton where they either finish or carry on for another twenty, this time going out towards Harwell and the Berkshire Downs.

At this point the race became rather lonely, as only eighty of the three hundred and fifty starters were left. However the countryside is more open where it crosses the Downs and

runners to be caught and (hopefully) passed, can be seen for some time in the distance.

Each of the checkpoints, at roughly five-mile intervals, provided food, drink and nourishment in the form of Marmite Sandwiches, biscuits, chocolate and bananas, which kept me going to the next one.

Although less hilly than the first twenty, there is a long uphill slog to the Ridgeway and most of the tracks are extremely muddy and rutted due to heavy use by horses, four-wheel drive vehicles and motorbikes.

Fortunately the legs kept going and I eventually finished in seven hours and twenty minutes, long after the twenty milers had showered, eaten and gone home.

At the prize giving ceremony it emerged that a marshal had sent some of the front runners in the wrong direction and the first two ladies sportingly agreed to share the first prize. The organiser claimed this was a triumph for the laidback attitude of Trail Runners, compared to the more serious road competitions.

Asked afterwards if I would do it again, I replied that I wouldn't do it again tomorrow or the next day, but next year, who knows?

Blood Brothers



Twenty-one Handy Cross Runners enjoyed a trip to the Wycombe Swan to see this very emotional and moving musical and enjoyed an excellent performance.

Because there were so many of us, we not only obtained a generous discount on the ticket prices but also received one free ticket, the cost of which has been donated to club funds.

If you have any suggestions for further theatre visits, please let me know. At the moment the Wycombe Swan programme looks a bit bleak, but one big production which offers good discounts is *Seven Brides for Seven Brothers* in May. Future trips further afield could include The Mill at Sonning, the open air Shakespeare production at Beaconsfield in June, where you can bring a picnic and really

enjoy the atmosphere (don't groan, Shakespeare is very watch able, especially out of doors) and possibly a trip to London to see *Mamma Mia* (a real treat for Abba fans!) Let me know if you would be interested in any of these suggestions.

Handy Cross Runners AGM

This years AGM was held in a rather cramped room downstairs in the Judo Centre.

It was a particularly significant event in the Club's history, as it marked the tenth anniversary of Alex being elected Chairman. To commemorate the occasion Gerry Grosse (the previous chairman) presented Alex with a glass fruit bowl on behalf of the members as a tribute for all the hard work, dedication and enthusiasm Alex has shown over the last ten years.

Along with the rest of the committee, Alex was re-elected for another year.

Margaret Moody proposed that the club becomes affiliated to the organization that promotes track events, so members will be able to compete on the track in future under club colours.

The members approved a proposed increase in membership fees of £2 per year, a small price to pay for the benefits we receive.

The Grizzly



At last I've done the Grizzly and it fulfilled all my expectations. The first year I entered I was dragged off on holiday to Majorca on the day of the race (shame) and the next year was cancelled due to the Foot and Mouth restrictions. Then when it was re-arranged in the autumn, I was injured and missed it again.

But at last, along with the two Mike's, Peter, Clive and Tim, I enjoyed the pasta party and evening entertainment in the holiday camp, but awoke next day to a bleak looking Seaton with a howling gale blowing from the sea.

Rod, Nick and Trevor, who had travelled down in the morning and Mike Stone who had travelled from Monmouth, joined us on the start line. Apparently Roger Wilkes was there as well.

The race started with an early taste of what was to come by going along the beach before heading back along the esplanade then uphill and out of town.

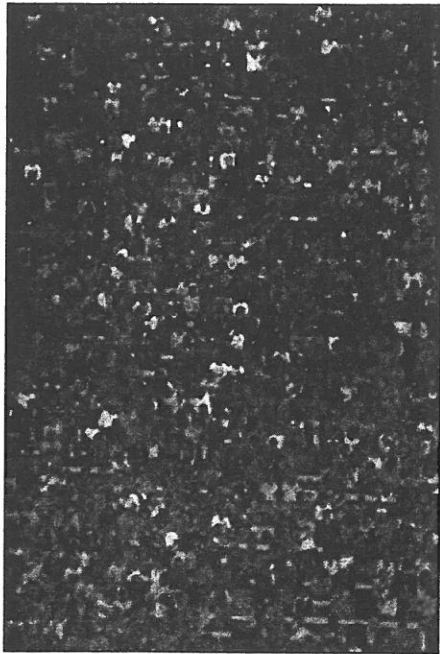
A series of tracks up and down hills led us on to the windswept cliffs where there was a severe danger of losing ones number (not to mention ones life) before descending to sea level at Branscombe Mouth.

Heading back inland brought us to the infamous bog where I sank up to my knees in thick, black mud and had to be hauled out by half a dozen other runners. At the Fountain Head pub we were cheered on by Debbie and Mary before emerging once again on the cliff tops. Then it was down again for a long stretch of beach before climbing up the cliffs yet again.

The route back to Seaton followed more cliff paths before finally descending to the town where yet another stretch of beach was thrown in before the finish. The Devon Fire Brigade provided showers, in the form of a swift hose down with cold water at very high pressure, then it was back to the holiday camp for a hot bath (well mine was, but the later arrivals complained that I'd used all the hot water). There's a moral there somewhere.

The evening's entertainment was a typical holiday camp cabaret, but it was very enjoyable and finished off an unforgettable experience.

London Marathon 2002



What do you do if you can't run in the London Marathon?

Well you can be lazy and watch it on TV, travel up at a reasonable hour later in the day, or you can get up at the crack of dawn and accompany the runners on the coach to Blackheath, then walk round the course providing support and encouragement.

Alex and Mike travelled on the coach and administered massages to runners at the start, during and after the race, which was very commendable.

Although we only had twelve runners competing this year, a large proportion of them were doing their first marathon, which is very gratifying for us old hands who weren't running, as we can freely

offer advice, knowing we don't have to do it this year.

We had two husband and wife 'teams', Susan & Russell Fenn (both first timers) and Ann & Paul Palmer (Ann was also running her first marathon) The other first timers were Gill Brooks (sorry Gill but I don't know your finishing time) Mark Hermson, who raised over £700 for St Mary's Hospital A & E Dept. and Lucy Couturier who ran dressed as a ladybird and raised over £500 for the Family Holiday Association.

Watching the race tempts people into deciding to enter next year and I think we persuaded Alison and Sue that they could do it, their only problem now is what fancy dress outfit to wear!

London Marathon Club Results

Nick Martin in 3.14

Jock McClean in 3.18 (PB)

John Saunders in 3.24

Paul Palmer in 3.29

Ron Newman in 3.38

Mark Hermson in 3.56

Russell Fenn in 4.25

Helen Murdock in 4.37

Susan Fenn in 4.55

Lucy Couturier in 5.15

Ann Palmer in 5.50

Excuses, Excuses



I've heard some feeble excuses for not running in a cross-country before, but Phil and John sank to a new low when they set out for Parliament Hill Fields and got lost!

I know London is a big place, but it doesn't have that much space to hold a nine mile long cross-country race for over a thousand runners.

Admittedly the weather that day was atrocious, but isn't that part of the fun?

My excuse for not running? I had to watch Wycombe Wanderers play; well we all have to make sacrifices!

(I was less surprised that they had got lost when Phil admitted last week that he thought the Stratford Marathon was in east London!)

Only Kidding

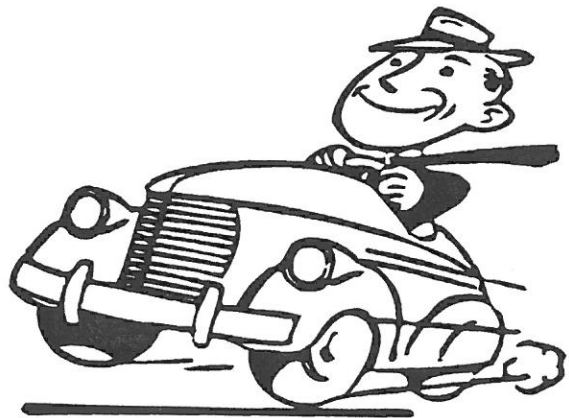
I received a telephone call from my boss while I was in the car to tell me I had been promoted, which caused me to swerve violently.

Five minutes later he rang to say I had been promoted again, causing me to swerve once more.

Then he rang again to say I was now the Managing Director, causing me to skid off the road and into a tree.

When a policeman asked me what had happened, I could only say that I must have careered off the road!

(Well, I thought it was funny)



Results

Compton 20

Paul Palmer in 2.41.29
Nick Martin in 2.51.11
Trevor Free in 2.51.24
Jock MacClean in 2.53.14
Rod Palmer in 3.15.15
Debbie Ridout in 3.27.54
Clive Girling in 3.27.54
Mike Hickman in 3.38.33

Bramley 10

Debbie Jones in 1.11.49

Bramley 20

Paul Palmer in 2.19.05
Trevor Free in 2.23.56
Mike Hickman in 2.57.18
Russell Fenn in 3.02.40
Susan Fenn in 3.07.28
Helen Murdock in 3.10.46
Ann Palmer in 3.48.13

Maidenhead 10

Trevor Hunter in 57.30
John Peerless in 1.01.44
Pete Edington in 1.02.30
Nick Martin in 1.05.36 (PB)
Trevor Free in 1.06.00
Benjie Benjamin in 1.08.47
Martin Dean in 1.09.51
Debbie Jones in 1.13.13
Alan Songhurst in 1.18.30
Sue Neale in 1.20.25
Debbie Ridout in 1.20.30
Susan Fenn in 1.22.11
Russell Fenn in 1.24.05
Mike Hickman in 1.24.28
Angie McLoughlan in 1.25.33
Vernon Martin in 1.32.00
Dave Nash in 1.34.45
Rose Priest in 1.41.58

Bourton 10K

Trevor Hunter in 33.41 (PB)
Mark Hoad in 41.38
Gill Brooks in 51.32

The Grizzly

Nick Martin in 2.40.55

Trevor Free in 2.41.24

Martin Dean in 2.47.03

Tim Jefferson in 2.49.30

Clive Girling in 2.59.24

Rod Palmer in 3.18.18

Mike Hickman in 3.24.30

Mike Blowing in 3.26.18

Peter Astles in 3.32.40

Watford Half Marathon

Nick Martin in 1.30.59

Trevor Free in 1.32.46

John Peerless in 1.32.47

Susan Fenn in 1.50.10

Russell Fenn in 1.55.04

Debbie Ridout in 2.00.55

Dave Nash in 2.09.09

Katie Palmer in 2.14.53 (PB)

Rod Palmer in 2.14.54

Claire Jackson in 2.30.34

Hillingdon 5

Alison Alexander & Sue Walker in
51.34 (PB)

Dates for your Diary

Summer 5K Series

Wednesday 15 May	Wargrave
Tuesday 28 May	Marlow
Wednesday 5 June	Burnham
Tuesday 18 June	Handy Cross
Wednesday 3 July	Maidenhead
Tuesday 16 July	Datchet

Other Events

Sunday 5 May	May Meander
Monday 6 May	Pednor 5
Saturday 11 May	Icknield Way $\frac{1}{2}$ + 10K
Sunday 19 May	Marlow 5
Saturday 1 June	Otmoor Challenge
Sunday 9 June	Wargrave 10K
Sunday 16 June	Ridgeway Relay & Penn 7
Saturday 22 June	Datchet 10K
Saturday 29 June	Annual Dinner & Dance
Sunday 30 June	Thame 10K
Sunday 14 July	Wycombe Half Marathon

Handy Cross Runners Tuesday Club Session

- April 9** Hill Session 6 full and 4 short
- April 16** 5 x 200 m 85% 2 mins rest / 5 x 200m full effort 2 mins rest 5 x 200 m 85%
- April 23** 2 x 400m / 2 x 600m / 2x 400m / 2x 600m Jog recovery on 400s 2min rest on 600s
- April 30** Time Trial over 10k approx
- May 7** 6 x 300m interspersed with 6 x 200m easy incline
- May 14** 1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs (remember there is a 5k race @ Wargrave on the 15th)
- May 21** 8 x 400 full speed up incline / 8 x 200m easy recovery
- May 28** There is a 5k race @ Marlow today therefore no session planned
- June 4** Time Trial over 5k Approx
- June 11** 8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%

All sessions will commence with a warm-up and stretch, and warm down

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners

PS Don't forget mike Hickman's sessions on the track each Wednesday evening

WEDNESDAY TRAINING PROGRAMME UP TO 26-6-02.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities should enjoy and benefit from these sessions.

ALL SESSIONS START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/COOL DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 3-4-02 "Downers" 2 x 1600/800/400/200m (200m walk/jog recovery). 400m jog between sets.
- 10-4-02 2 x 8 x 200m (200m jog recovery). 4 min's rest between sets.
- 17-4-02 FOR THOSE WHO RAN LONDON, REST. Others, 12 x 400m (200m jog recovery).
- 24-4-02 7 x 800m (200m walk/jog recovery).
- 1-5-02 5k Time Trial.
- 8-5-02 Pyramid session 400/800/1200/1600/1200/800/400m (200m walk/jog recovery - 400m after 1200 & 1600m).
- 15-5-02 NO SESSION. WARGRAVE 5k.
- 22-5-02 5 x 5 minute efforts (2 min's jog recovery).
- 29-5-02 4 x 7 minute efforts (2 min's jog recovery).
- 5-6-02 "Uppers" 2 x 1 min./2 min's/4 min's/8 min's
- 12-6-02 2 x 10 laps of sprinting straights and jogging bends (400m jog between sets)
- 19-6-02 Relay session 2 x 10 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 26-6-02 Parlauf session 12 x 400m.

Mike Hickman,
01494 525474
e-mail mikehick@btinternet.com

Handy Cross Runners



DINNER & DANCE

AT

ADAMS PARK

ON

SSATURDAY 29TH JUNE 2002

7PM - 12 MIDNIGHT

MENU

£25.00

STUFFED FIELD MUSHROOMS

Large flat Mushrooms filled with Garlic Butter, topped with Grilled Cheese. Served on a bed of mixed leaves

CREAM OF ASPARAGUS

Topped with fresh Croutons and Parsley



CLASSIC ROAST BARON OF BEEF

Served with Yorkshire Puddings and gravy

PROVENCALE NUT WELLINGTON

PAN FRIED HALIBUT FILLETS

Served with a light Tomato and Basil Sauce

All served with market vegetables and a choice of potatoes



FRESH TROPICAL FRUIT SALAD

Flavoured with a Malibu Syrup

PEACH SCHNAPPER TORTE

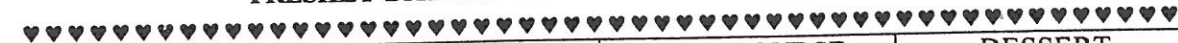
Crunchy Brandy Snap base with Peach & Brandy Cheesecake Filling

A SELECTION OF ENGLISH CHEESES

With Celery Crudités & Black Grapes



FRESHLY BREWED COFFEE with CREAM AND MINTS



<u>NAME</u>	<u>STARTER</u>	<u>MAINCOURSE</u>	<u>DESSERT</u>

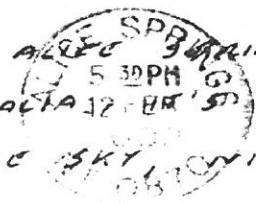
A deposit of £10.00 per person is required by 1st May 2002 with the remainder by the 1st June 2002. Please hand deposits and menu choices to DEBBIE RIDOUT.

ALAN GATES POSTCARD FROM AUSTRALIA

The Central Australia Collection (12-2-2002)
 Photograph by Craig Lamotte CA02

G'DAY ALL.

IT'S MID-DAY IN ALICE SPRINGS, CENTRAL AUSTRALIA. 30°C, CLEAR BLUE SKY, NICE BREEZE. HOW'S THINGS IN HIGH WYCOMBE? BEEN IN 02 3 WEEKS NOW. SEEN MELBOURNE (NICE, LAID BACK CITY), CANBERRA (NATION'S CAPITAL), STONEY (AMAZING HARBOUR) AND BLUE MOUNTAINS (MUCH RAIN, BUT VERY BEAUTIFUL). OFF ON 3-DAY TOUR INCLUDING KINGS CANYON AND AYERS ROCK TOMORROW. THEN A WEEK IN CAIRNS, THEN OFF TO NEW ZEALAND.



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This photograph was taken with respect for the cultural values of the Aboriginal traditional owners of Uluru and Kata Tjuta. It has been endorsed by the Traditional community of Uluru.

ALL AT H.X RUNNERS,
c/o MIKE HICKMAN,
74 GERALDS ROAD,
HIGH WYCOMBE,
 HP13 6BW
 ENGLAND.

Alan G.



9 320056 000016 >

The world's largest monolith, Uluru (Ayers Rock), is owned by the Traditional Aboriginal inhabitants.
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