

# The Bulletin



**Alex Johnson 1946 - 2004**

**Chairman of Handy Cross Runners 1992 - 2004**

## Alex Johnson

The terrible shock of Alex's sudden death has left us all numb. During his twelve years as chairman he achieved so much for us, including moving to our current premises, the renaming of the club, entering the cross country leagues and the 5k Summer series, to name but a few. Under his guidance the club benefited from his training as a coach and his massaging skills were much sought after. His popular Tuesday night training sessions were always well attended, the list goes on. It was typical of Alex that he always shared the credit for these achievements with the rest of the committee members.

Outside the club he was also very busy as the deputy chairman of the Wycombe and Marlow Sports Council, he chaired the Wycombe Half Marathon Committee for several years and provided commentaries for this and the Marlow 5 each year and he also wrote a weekly column of training tips for the Bucks Free Press before the Wycombe Half. All of which helped raise the profile of Handy Cross Runners.

In spite of all these commitments, he was always very interested in everyone's achievements, from the fastest to the slowest, from the newest runner to the most senior member and he always mentioned their results at the Tuesday night club gathering. He was truly the 'Public Face of Handy Cross Runners'.

That was the Alex we knew and loved, but at his funeral we were shown two other sides of his life, his commitment to both his work and his family. His senior manager at IBM spoke glowingly of the Alex they knew and read several tributes from his former colleagues. Alex worked for IBM from the age of fifteen and had never taken a days sick leave in all that time. As we would have expected, he was very popular with everyone he worked with.

Pete Edington gave his tribute on behalf of the club (reproduced on the next page) and Alex's eldest son Gary gave a very moving speech in memory of his father, showing us

aspects of the third side of his life, his family, which he never neglected in spite of his dedication to both the club and IBM.

His very moving funeral concluded with (and what else could it be?) but the song 'Keeping the Dream Alive'

Our condolences to Beryl, Gary, Lee and Nicola. We will all miss him so much.

Martin Dean

01494 530511  
martin@martinjdean.sol.co.uk

## Alex

Why did you have to leave us?  
You left the other day.  
So suddenly you left us,  
You've gone so far away.

We wanted you, we're missing you,  
We're at an all time low.  
You've broken all our hearts now,  
Why did you have to go?

You meant so very much to us,  
Tell us, was there a reason why?  
We miss you all around us,  
But you didn't say Goodbye.

Selfish thoughts we have to keep you,  
You've passed on to greater things.  
Now there's no pain, you'll run again,  
On high, with golden wings.

So Dear Friend, shine down on us,  
That your spirit will survive.  
To help us do what you did best,  
And 'Keep the Dream Alive'.

Pat

## Tribute to Alex Johnson

I am extremely honoured and humbled to be able to say a few words on behalf of Handy Cross Runners in tribute to our friend Alex. It is a testimony to the high regard in which Alex was held in the running community that so many runners have turned up today, not only from Handy Cross but many of the other local running clubs, to remember Alex and pay tribute to him.

Alex was not only the chairman of Handy Cross Runners but also the inspiration behind it. He gave an enormous amount of time to the club with the support of Beryl and his family. It was his drive and enthusiasm, which has taken the club from being a minor jogging club to one of the premier clubs in the area. He was instrumental in the move of the club from the Crèche to the Judo Centre; giving it a proper home and enabling it to grow to the size it is now. Alex was always prepared to go the "extra mile" in every thing he did for the club and for its members. He introduced various awards to encourage runners and in particular was very proud of the chairman's award, which he presented each year at the annual dinner. The annual dinner was also where Alex took great pleasure in putting on a cabaret. This usually involved Alex, Mike, Steph and myself dressing up and performing some form of dance routine. Alex as you would expect, usually arranged for a special CD to be cut, arranged all the costumes, put together the routine and then got us all together to practice. There are many members and others for whom Alex has written personalised training plans in his own time for them to train for a particular race. He also wrote a weekly column in the Bucks Free Press to assist runners in their training for the Wycombe half marathon.

It was Alex's enthusiasm that saved the Wycombe half marathon when it appeared to be foundering a few years ago by involving the club in the running of the race. Not only did he do the race day commentary for this race and the Marlow 5, but was unceasing in his efforts in promoting it and obtaining sponsorship from local companies to ensure its continued success. However he will be most remembered as the voice and face of the Wycombe half marathon. I can recall one particular year when he was commentating and it seemed that every number

we tapped into the computer threw up some unpronounceable Eastern European name.

I feel very privileged to have known Alex and count him as a friend. He would do anything for anyone nothing was too much trouble for Alex. He was truly a great guy who touched the lives of everyone he came into contact with and will be very sorely missed. He was quick witted and had a great sense of humour. I recall a number of years ago running towards Flackwell Heath with him when a tractor with a trailer full of clippings went by and as quick as a flash Alex said "I wish I could afford to send my grass away to be cut"

I can also recall the days when Alex was a competitive runner before his hip operations and we did the Prestwood Pairs race together. We were doing really well and closing down the leaders with our superior map reading skills, when all of a sudden in Alex's words he had "a blow out in his plimsoll." We then knocked on some complete stranger's door to persuade him to give us some plasters in double quick time so that we could carry on.

After Alex's competitive running days were over he turned his attentions to becoming a qualified coach, not only so that he could help elite runners but so that he could help everybody who wanted to improve. He was particularly proud of the numbers who came to his Tuesday night training sessions and would often tell me that he had over forty runners there. I know he gained a great deal of pleasure from the numbers who turned up and I know that the runners who did these sessions gained from them and also enjoyed them immensely.

Not content with that, such was his love of running and things connected with it, that he decided to do a sports massage class and as I understand it, such was his personality that he almost took over the class towards the end. Again Alex's enthusiasm for life and everything he did meant that there was a great demand for him as a masseur after he qualified.

They say that no one is irreplaceable but truly in Alex's case he is. I would like to say on behalf of Handy Cross Runners to Alex in his own words that we will "keep the dream alive."

## Club AGM

The AGM seemed very strange without Alex's presence after his twelve years as club chairman. However there was a very impressive turnout of more than forty members, who unanimously voted for Peter Edington to become the new chairman.

Congratulations to Pete and the best of luck in taking on this responsibility. It is up to all of us to give him as much help and support as we can.

Mike Hickman has taken on Pete's previous role as Runs Secretary, while the rest of the committee was re-elected, these are: Chris Gentry (Secretary), Duncan Kennerson (Treasurer), Debbie Ridout (Social Secretary) and John Bradbury (Membership Secretary).

Pete reported that the club now has over one hundred and forty members and has had a successful year, particularly in once again retaining the Highworth Half Marathon trophy. We finished 5th in the Chiltern League cross country series and won the event at Slough outright. However we still need more ladies for the team.

Duncan was pleased to report on the healthy state of the accounts (see balance sheet on last page) and was pleased to announce that there would be no increase in subs this year! It is now time to renew those subscriptions and a form has been enclosed with this Bulletin. Please help make John's job easier by returning the completed form and money (£33 member, £51 joint) to him as soon as possible. We are hoping to provide everyone with a membership card this year.

Debbie reported that following February's tragic event, there was some discussion as to whether we should have an annual dinner and dance this year. We will be informed when a decision has been made. Please let Debbie or any of her social committee know of any social events you would like the club to put on please.

We are hoping to have some permanent reminder of Alex at the Judo Club in the future, but in the meantime a special commemorative medal in

his memory is being struck for this year's Marlow 5. Beryl has graciously agreed to start the race this year, an event with which Alex will always be closely associated.

An appeal was made for more members to undertake a coaching course as the club is now rather short of qualified coaches. Nigel Cairns offered the benefit of his experience, particularly in training for ultra events.

## Communications

Pete would like to publish his list of members email addresses in the next Bulletin for everyone's benefit. However if you do not want your address publicised in this way, please let him know.

## Chris Gentry, who he?

Following Chris's admission in the last Bulletin that many members probably have no idea who he is, I thought it would be a good idea to reproduce his picture here for everyone's benefit. However it may be a little out of date!



Chris is the one on the left!



Handy Cross Runners the forefront of the Highworth Half Marathon start. On the extreme left is Roger Porter, to his left Frank Fulcher, on the extreme right is Benjie with John Peerless next to him and on their right, Sally White and John Dooey. Well done everyone who ran and helped retain the trophy. As Pete pointed out at the AGM, we are the only winners of this event in this century!

### London Marathon

**G**ood luck to all our runners in the London Marathon. Apologies to anyone I have missed:

Debbie Brown, Mike Blowing, Elaine Brewster, Julie Dean, Russell Fenn, Helen Hammond, Mike Hickman, Nick Martin, Ron Newan, Alison Packman, Dave Redhouse and Linda Weedon.

The Bucks Free Press is eager to hear from local runners doing this years London Marathon, so if you would like a mention, contact Mike Flynn on 01494 755094, fax him on 01494 534015 or send an email to [mflynn@london.newsquest.co.uk](mailto:mflynn@london.newsquest.co.uk) and don't forget to mention Handy Cross Runners!

### Quiz Night

**T**he Quiz Night at Sands village hall was another great success with Des Mannion's team gaining revenge for last years narrow defeat by the Drifters. However the Drifters cannot be too disappointed as they have won all our previous quizzes.

Once again, thanks to Ian Murdoch and his helpers for a really enjoyable evening.

### The 5K Series

**Y**es it's that time of year already! See this years dates on page 15.

## Our Generation

**A**ccording to today's regulators and bureaucrats, those of us who were kids in the 60's, 70's and early 80's probably shouldn't have survived, because....

Our baby cots were covered with brightly coloured lead-based paint, which was promptly chewed and licked. We had no childproof lids on medicine bottles, or latches on doors or cabinets and it was fine to play with pans.

When we rode our bikes, we wore no helmets, just flip-flops and fluorescent 'clackers' on our wheels (I think you will find they known as spokey dokeys, - some old git wrote this).

As children, we would ride in cars with no seat belts or airbags - riding in the passenger seat was a treat. We drank water from a garden hose and not from a bottle and it tasted the same.

We ate chips, bread and butter pudding and drank fizzy pop with sugar in it, but we were never overweight because we were always outside playing. We shared one drink with four friends, from one bottle or can and no one actually died from this.

We would spend hours building go-carts out of scraps and then went top speed down the hill, only to find out we forgot the brakes. After running into stinging nettles a few times, we learned to solve the problem.

We would leave home in the morning and could play all day, as long as we were back before it got dark. No one was able to reach us and no one minded.

We did not have Play stations or X-Boxes, no video games at all. No ninety nine channels on TV, no videotape movies, no surround sound, no mobile phones, no personal computers, no internet chat rooms. We had friends and went outside to find them.

We played elastics and street rounders, and sometimes that ball really hurt. We fell out

of trees, got cut and broke bones but there were no lawsuits. We had full on fist fights but no prosecution followed from other parents.

We played knock-down- ginger and were afraid of the owners catching us. We walked to friend's homes. We also, believe it or not, WALKED to school, we didn't rely on mummy or daddy to drive us to school which was just round the corner.

We made up games with sticks and tennis balls. We rode bikes in packs of seven and wore our coats by only the hood. The idea of a parent bailing us out if we broke the law was unheard of, they actually sided with the law.

This generation has produced some of the best risk-takers and problem solvers and inventors ever. The past fifty years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all. And you're one of them. Congratulations!

Pass this on to others who have had the luck to grow up as real kids, before lawyers and government regulated our lives, for our own good.

For those of you who aren't old enough, thought you might like to read about us.

*Thanks to Sue Walker for this article*

## More Results

Roger Porter and Trevor Hunter were the only Bucks representative at the inter country and AAA half marathon champs at Ackworth. Trevor finished in 45th place with a time of 1:15:59 and Roger in 83rd place with a time of 1:21:22.

Alison Mcquater and Helen & Ian Murdoch completed the Exeter duathlon (a 600 Metre Swim and a 5K run) with Alison managing to win 2nd place in the F40-49 category.

Congratulations to Alison Mcquater for not only achieving a new personal best time of 41:32 but also securing 2nd place over the Regents Park 10K grand prix series.



### **The Tough Guy Team**

I said last year I would never do it again, but the sight of the normally immaculately turned out Helen and Alison, emerging from under the water, covered in mud and with pond weed hanging from their hair, made it all worthwhile!

Congratulations to Lucy who only learnt to swim shortly before the event.

Congratulations also to Nick on completing his third winter Tough Guy.

Anyone fancy doing the summer one in July or even next winter's?

It's worth watching the video before you commit yourself!

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## *Sports Massage.*

In addition to offering treatment at the club or in people's own homes, I now have a clinic in operation at my house. I am happy to use whichever is most convenient to you the client.

The cost to club members is £20.00 per session lasting at least an hour.

I am available from 3:00pm daily. If you would like to book a massage, either see me in person at the club, or phone me on 01494 525474 (Home) 07947 309923 (Mobile). Alternatively you can e-mail me at [mike-hick@btinternet.com](mailto:mike-hick@btinternet.com)

*Mike Hickman.*



**SKITTLES**  
**AT**  
**THE YEW TREE**  
**FARNHAM COMMON**  
**BUFFET INCLUDED**

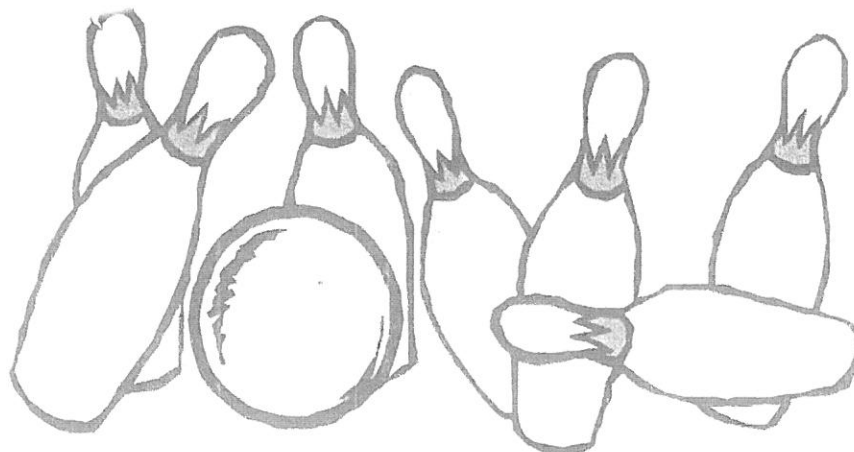
**£ 10 PER HEAD**

Choice of a 5 or 8 mile run first

**May 6 th 2004**

**FROM 7 pm.**

See Helen, Mike, Lucy or Debbie.



## MARLBOROUGH RUNNING CLUB

### FIFTEENTH ANNUAL RIDGEWAY RELAY CHALLENGE

DATE: SUNDAY 20th JUNE 2004

START: 7.30 AM, AT IVINGHOE  
BEACON, BUCKINGHAMSHIRE

#### INVITATION

Greetings, it's that time of year when a  
Runners thoughts turn to running.

You are invited to enter your running club for the  
fifteenth running of the annual Ridgeway Relay  
Challenge from Ivinghoe Beacon to Marlborough.

Entry is by invitation only.

The basic event remains unaltered from previous  
years. It is still teams of ten; All male teams must  
include at least 2 ladies. Ladies Teams may include up  
to 2 male runners. Veterans' teams must consist of  
runners over the age of 50

All teams will be provided with running numbers,  
which must be worn.

Individual competitors may run more than one leg,  
but must run complete legs and all changeovers must  
take place at the designated locations.

Clubs may enter more than one team.

All runners/clubs are responsible for undertaking  
their own navigational research, support and first  
aid, and must make their own travel arrangements to  
and from each checkpoint.

All participants are responsible for their own safety  
and take part on the express understanding that the  
organisers accept no responsibility for any  
loss or injury howsoever caused.

*Nick Martin has entered three teams for this popu-  
lar and very enjoyable event, so let's have lots of  
names to Nick asap to widen your choice of which leg  
to run (although they're all equally hard!)*

#### A Message from Sue Neale

**O**n hearing the tragic news of Alex's death I  
found comfort from visiting the Handycross Runners  
website. It has messages in it's Guest Book' from  
Alex and several pictures which are both entertain-  
ing and heartening.

It then struck me how lucky we are to have an  
expert like Trevor to keep this site up to date. It is  
clearly laid out...even I managed to find what I was  
looking for, and full of written and photographic re-  
cords of the events we have been involved in. So I  
just wanted to say THANK YOU TREV and keep up  
the good work!!

#### A Message from G. Shakes

**B**ack in 2003 a group of Handycross Ladies went  
to a pub for a pie and a pint. They were Gill, Sue,  
Helen, Allison, Karen, Ellen and Sally. As ladies do, we  
got chatting about men....Handycross men in fact.

And after a drink or two, we found ourselves  
talking in riddles, or more precisely poetic verse. The  
result was a masterpiece by....G. Shakes!! (The first  
letters of each of our names, Geddit?!?) If you are  
confused, look at the last bulletin.

*Thanks for clearing up the mystery Sue, however  
I suspected most of these culprits when they turned  
up at the quiz night and chose the team name 'Poets  
Corner'!*

*Incidentally it has been pointed out that the  
verse referring to Nick Martin (I think)*

*"Midlife crisis on the Ridgeway  
Hair dye, sports car, keep the years at bay."*

*could equally apply to one of our lady members. And I  
always thought she was a natural blonde!*

# Results

## Highworth Half Marathon

**C**ongratulations to our team at the Highworth half marathon as we retained the trophy for the fifth year in a row with our highest ever score.

Trevor Hunter finished 2nd, just 10 secs behind the winner, but 90 secs faster than he had ever done at Highworth before in 1:14:10, Roger Porter finished a superb 3rd in 1:18, Frank Fulcher took 16 mins (Yes 16 mins!) off his PB, with a time of 1:21, also excellent runs by John Dooley (1:22) and Sally White (1:26) wrapped up the team prize

Also excellent runs by John Peerless, Benji, Michael Hollis, Pete Edington, Trevor Free, Des Mannion, Margaret Moody, Sean Ryan, Mike Hickman and Stef Naunko (back after his long illness) helped reduce the other clubs total, a superb team effort.

## Cross Country

Congratulations to our team that won the Datchet Chiltern League cross country at Slough in January. Trevor, Phil and Roger finished in 2nd, 3rd and 4th places, supported by Frank, Dave Bosley, Dave Lancaster, Benjie and John Peerless with Alison McQuater, Margaret Moody and Angie McLoughlin representing the ladies.

Congratulations to Phil Stephens, first Vet 40, Trevor Hunter, 2nd Senior, Roger Porter, 3rd Vet 40 and Alison McQuater 3rd lady Vet 35 over the whole series.

Alison was also first lady vet 35 in the last race of the season at Wing

Margaret Moody and Roger Porter took part in the Bucks cross country championships, with Roger finishing in 20th place.

## Highworth Half Marathon

Trevor Hunter in 1:14:10

Roger Porter in 1:18:03

Frank Fulcher in 1:21:16

John Dooley in 1:22:42

Sally White in 1:26:50

John Peerless in 1:26:51

Benji in 1:27:41

Michael Hollis in 1:30:31

Pete Edington in 1:34:05

Trevor Free in 1:34:05

Des Mannion in 1:39:50

Margaret Moody in 1:40:34

Sean Ryan in 1:40:34

Mike Hickman in 1:47:30

Stef Naunko in 1:49:52

## Bramley 10 & 20

10

Mike Hollis in 1.08

Debbie Jones in 1.15

Liz Davey in 1.22

Alison & Helen in 1.32

20

Trevor Hunter in 1.56

Sally White in 2.20

Alex Richmond in 2.20

Margaret Moody in 2.33

Trevor Free in 2.33

Nick Martin in 2.47

Russell Fenn in 2.57

Mike Hickman in 2.57

Lucy Couturier in 3.13

Julie Dean in 3.57

### **Wokingham Half Marathon**

8th Trevor Hunter 1:14:27  
106th John Dooley 1:25:10  
226th Mike Hollis 1:29:41  
370th Trevor Free 1:34:37  
473rd Margaret Moody 1:37:34  
505th Peter Astles 1:38:30  
565th Des Mannion 1:40:14  
606th Jock Maclean 1:41:25  
793rd Mike Hickman 1:45:33  
953rd Liz Davey 1:49:50  
1023rd Russell Fenn 1:51:17  
1377th Linda Weedon 2:01:03  
1385th Rose Priest 2:01:19  
1489th Pat Bromley 2:05:49  
1656th Deborah Brown 2:16:15  
1707th Stella Gwilliam 2:23:25  
1709th Laura Gwilliam 2:23:31

### **The Grizzly**

Trevor Free in 2.45  
Dave Leighton in 2.51  
Debbie Jones in 3.04  
Nick Martin in 3.05  
Paul Palmer in 3.06  
Mike Stone in 3.06  
Mike Hickman in 3.09  
Pete Astles in 3.11  
Mike Blowing in 3.46  
Lucy Couturier in 3.56

### **Goring 10K**

Ellen Haynes & Sue Neale in 51 minutes

### **Bourton on the Water 10K**

Rose Priest, Pat Carter & Stella  
Gwilliam all in 54.57?

### **Fred Hughes 10 (St Albans)**

Tina Stevenson in 1.25.17 (pb)  
Lynda Fletcher in 1.37.58 (pb)

### **Watford Half Marathon**

Trevor Free in 1.34.30  
Julie Dean in 2.15.01 (pb)

### **Berkhampstead Half Marathon**

Trevor Free in 1.36.45  
Des Mannion in 1.39.59

### **Fleet Half Marathon**

Alison Mcquater in 1.33 (pb)

### **Reading Half Marathon**

Frank Fulcher in 1.26.52

### **Compton 20**

Rod Palmer in 3.18  
Julie & Martin Dean in 4.27

Tuesday Night Training Programme.

- April 6<sup>th</sup> Pyramid session. 2 x 100m, 2 x 200m, 2 x 300m, 2 x 200m, 2 x 100m (Equal length recoveries).
- April 13<sup>th</sup> 6 x 200m @ 85% effort, 4 x 200m @ 100% effort (200m walk/jog recovery).
- April 20<sup>th</sup> 8 x 400m (200m walk jog recovery).
- April 27<sup>th</sup> Time Trial. 2 laps of Cressex circuit.
- May 4<sup>th</sup> 6 x 600m (200m walk/jog recovery).
- May 11<sup>th</sup> 8 x 100m @ 85% effort (2 min's rest), 4 x 100m @ 100% effort (2 min's rest), 6 x 100m @ 85% effort. (100m walk/jog recoveries).
- May 18<sup>th</sup> Hill session (Monkton Farm). 6 x Short followed by 4 x long.
- May 25<sup>th</sup> Fartlek session. 3 laps of Cressex circuit (Clockwise).
- June 1<sup>st</sup> No session. Burnham 5k (Provisional date).
- June 8<sup>th</sup> Relay session on grass. 12 x 200m.
- June 15<sup>th</sup> No session. Marlow 5k.
- June 22<sup>nd</sup> 8 x 300m, picking up pace on final 50m. (300m jog recovery).
- June 29<sup>th</sup> Parlauf session on grass, 8 x 400m.

Keeping the dream alive.

WEDNESDAY TRAINING PROGRAMME UP TO 30-6-04.

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

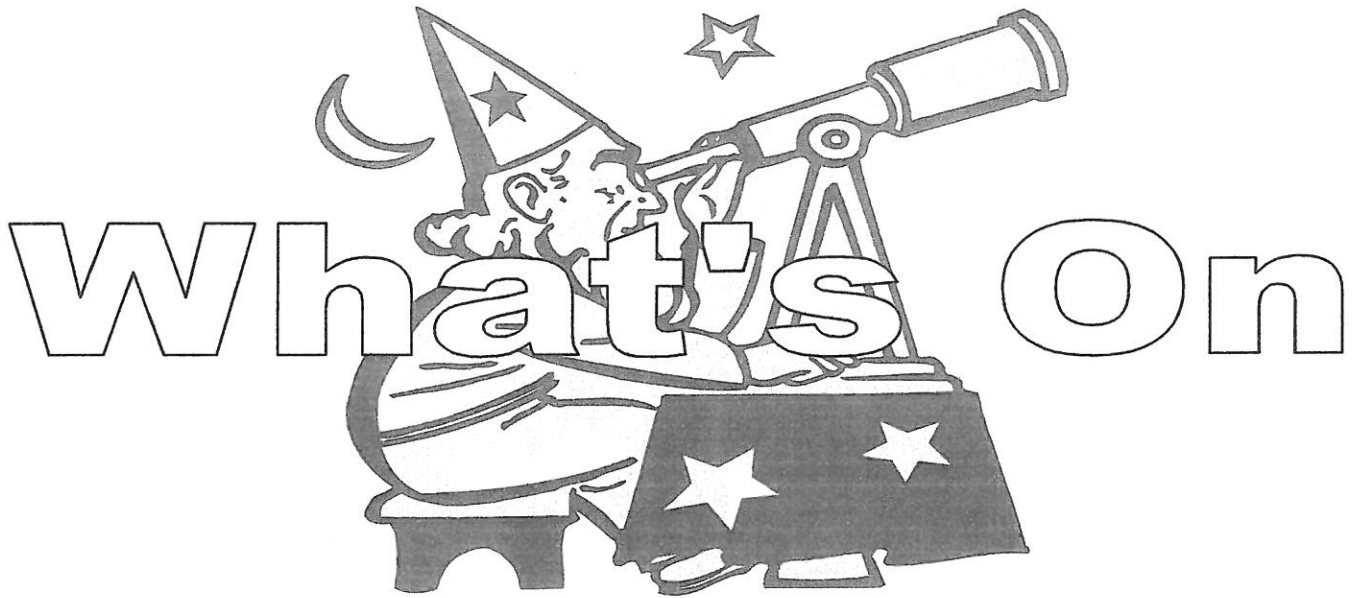
ALL SESSIONS START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/COOL DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 7/4/04 4 x 1600m (400m jog recovery).
- 14/4/04 16 x 200m (200m walk/jog recovery).
- 21/4/04 **FOR THOSE WHO RAN LONDON, REST.** Others 13 x 400m (200m walk/jog recovery).
- 28/4/04 5k Time Trial. (Please wear a stopwatch).
- 5/5/04 6 x 800m (400m walk/jog recovery).
- 12/5/04 **NO SESSION, WARGRAVE 5k.**
- 19/5/04 "Downers" 2 x 1600/800/400/200m (200m walk/jog recovery) 400m jog between sets.
- 26/5/04 Relay session. 2 x 10 x 200m (per person) in teams of 3. (400m jog recovery between sets). Carried forward from March.
- 2/6/04 400m Relay session in teams of 3. (1<sup>st</sup> runner runs his/her effort lap. As 2<sup>nd</sup> runner takes over, 1<sup>st</sup> runner begins his/her recovery. When 2<sup>nd</sup> runner finishes, the 3<sup>rd</sup> runner takes over and the 2<sup>nd</sup> begins his/her recovery. The 1<sup>st</sup> runner must complete his/her recovery before the 3<sup>rd</sup> runner completes their effort lap. Continue until each person has run 12 efforts). Carried forward from March.
- 9/6/04 "Parlauf" session. 6 x 800m (Same as we did in December). Carried forward from March.
- 16/6/04 5 x 1000m (400m jog recovery).
- 23/6/04 4 x 1200m (400m jog recovery).
- 30/6/04 **NO SESSION, MAIDENHEAD 5k.**

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

Telephone 01494 525474 or 07947 309923 (Mobile). e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)



### 5k Summer Series 2004

Wargrave	Wed 12th May
Burnham	Tues 1st June (half term)
Marlow	Tues 15th June
Maidenhead	Wed 30th June
Handy X	Tues 13th July
Datchet	Tues 20th July

Start time: 7.30pm for each race.

Accurate, measured course

Members - £3.00 for series, £1 per race for guests

Friday 9th April	Monday 3rd May	Sunday 9th May
Maidenhead Easter 10		Pednor 5
		Marlow 5
Sunday 18 <sup>th</sup> April	Tuesday 4th May	Sunday 6th May
London Marathon	Silverstone 10K	Wycombe Race for Life 5K
		Prestwood 10K
Sunday 25 <sup>th</sup> April	Thursday 6th May	
Shakespeare Marathon & Half	Skittles Evening	Saturday 5th June
		Otmor Half Marathon
Bracknell Half Marathon	Saturday 8th May	
Marwell Zoo 10K	Chinnor Half Marathon	Sunday 11th July
	Oxon Walks 20 & 40	Wycombe Half Marathon



ACCOUNTS 2003 - 2004  
Balance Sheet for Year Ending 31<sup>st</sup> March 2004

**DEBITS**

Balance C/F	1255.49
Kit	978.66
Dinner & Dance 03	1917.15
London Coach	365.00
Tax	0.69
Judo Club Subs	2086.05
Christmas Dance	180.00
Cross Country	52.98
Bulletin	347.76
BAA	10.00
SEAA	180.00
Postage & Stationary	97.80
Trophies & Engraving	64.70
Flowers	165.14
Club Runs	340.00

**8041.42**

**CREDITS**

Balance B/F	581.07
Kit	679.96
Dinner & Dance 03	1785.00
London Coach Raffle 03	54.00
Tax Refund	0.69
Interest	2.78
Subs	3602.00
Christmas raffle	113.00
Cross Country	52.36
Donations	92.00
Wycombe Half Marathon	60.00
5K	176.45
Quiz Night	211.72
London Coach 04	365.50
Alex Johnson Charities	260.00
Cash in hand	4.89

**8041.42**

  
Club Treasurer

Club Chairman