

Bulletin



It's just over a year now since we tragically lost Alex and although we still miss him, I'm sure he would be pleased to see the healthy state of the club he left behind, still *"Keeping the Dream Alive"*

One of Alex's dreams was for the club to take over the running of the Wycombe Half Marathon, which is now looking a distinct possibility for next year.

Good luck to everyone doing the London Marathon and if you haven't booked a place on the coach yet, there are still a few seats left. A bargain at only £8.50 (see Duncan).

Don't forget the Dinner and Dance at Flackwell Heath Golf Club on June 11th, see the menu and booking form on page 7.

Summer is now just around the corner and to prove it we have the dates for the 5K series on page 16.

It's also that time of the year when the annual subscriptions are due! Enclosed with

this Bulletin is a renewal form and you will be pleased to note there is no increase from last year! Single membership costs £33 (of which £15 is for the Judo Club) while joint membership is only £51. However if you haven't paid before the end of April, it will cost you an extra £5! Please forward forms and money to Stephan Naunko, who is the new Membership Secretary, but if you are renewing by post, send to John Bradbury.

In the last edition we said a sad goodbye to Alison Packman and now her sister Helen (they do everything together) is also leaving to join her in Ireland. Good luck Helen and keep in contact.

Finally a big thank you to all the people who contributed towards this edition of the Bulletin. Hopefully this will encourage more of you to put pen to paper, as it's your articles that make it more interesting.

Martin Dean 01494 530511

martin@martinjdean.sol.co.uk

Quiz Night

Another very successful quiz night was organised by Ian Murdoch with sixteen teams competing.

The surprise winners were Spar Beebies, as they had a team of only five (and one of those was Mike Blowing!)

The excellent fish'n'chip supper was supplied by club member Clodagh Ball, travelling all the way from Radlett.

Many thanks to Ian and helpers Helen, Debbie and Mike.

New Members

A very warm welcome to the following new members:

Martyn Brewster, Lydia Davis, Russell Dean,
Emma Earnshaw, Celia Edwards, Neil Enskat,
Judy Gross, Phil Hutchby, Karen Jenkins,
Sheridan McKay, Lucy McGee, Margo Palmer,
Darinka Reilly, Clare Sepede and Steve
Woodley

Don't forget as a new member you are entitled to a free t shirt, see Dave Nash.

Apologies

My comments in the last Bulletin about the funeral party at the start of the Christmas Disco upset some readers, for which I offer my sincere apologies, no offence was intended.

Chiltern League Cross Country

In the final Chiltern League Division 2 race at Wing, Dave Bosley completed a successful series by finishing in first place in front of team mates Trevor Hunter in 2nd place, Phil Stephens in 19th, Dave Lancaster in 34th, Aidan O'Donnell in 49th, John Peerless in 59th and Martin Dean in 81st place.

Michelle Margot finished in 2nd place in the ladies race followed by Margaret Moody in 15th, Debbie Jones in 18th and Angie McLoughlin in 31st place.

In the final results for the whole series, Trevor Hunter won the trophy for 1st Div 2 Senior Male with Dave Bosley 2nd and also 1st Male Vet 40, Phil Stephens was 4th Senior Male and 3rd Male Vet 40 and Dave Lancaster finished 7th Senior Male.

For the ladies Margaret Moody finished 10th overall and 3rd Lady Vet with Angie McLoughlin 10th Lady Vet.

The club finished the series in 5th place of division 2.

Thames Valley Cross Country League

Unfortunately we were a lot less successful in this league, starting the season in 8th place, but due to poor or sometimes non-existent turnouts, we quickly slumped to last place.

I don't know if this is a reflection of the low number of members running on Sunday mornings currently, but for a club with over 150 runners this is a poor performance, let's hope we can improve next season.

Happy New Year
to you all from Sue Neale

I do like to deliver a message! Remember the last ones?? Avoid the NHS at all costs and be grateful for small mercies. Well, in this article I want to share PMA with you and it's nothing to do with female hormones!!

A couple of weeks before Christmas I went to Physio. I am now an honored member of the 'Lower Limb' group and attend twice weekly. On this occasion I met Alan. He is about 60 and was a self-employed joiner until Jan '04 when he was the victim of a drink-driver. He fractured his leg and pelvis and has been unable to work or drive since but what keeps him going is....PMA.

Whilst in hospital (3 months) Alan met an American lady who was visiting her father in the next-door bed. She got chatting to Alan and told him that life is about looking on the bright side and maintaining a Positive Mental Attitude.

Alan shared this with me as I was feeling particularly ANGRY on finding out that the 18 year old, responsible for my present limitations, was high on cannabis at the time of our collision. Alan and I shared gory details from our respective stories for a while but the PMA keeps coming back into my mind.

If I could just share a few examples with you...

....I'm in the hospital gym and my Physio comes across and says, "OK Sue, lets have a go at jogging today!" There are about 10 fellow 'Lower Limb' members and we've all been there for about half an hour working through our respective exercise schedules. It's not very exciting....that was...until today when the in-house entertainment is laid on in the form

of me...trying to 'jog' up and down the space in the middle of the gym.

NEGATIVE: I look like a baby taking its first steps - arms and legs flailing uselessly!

PMA : I have just jogged for the first time in 3 months...it can only get better!

...I'm in another physio session and I have a new exercise program. One exercise is to sit astride a gym bench (remember the ones at school with nobbles on the ends?) and using only my feet, I must slide my derriere from one end to the other and back. No problemo! I slid 4 steps forwards and then reversed to slide back expecting to feel the nobbles warning me of the end of the bench.



There were none and the next thing I know I have slid off the end and landed with a bump - to a round of applause I might add!

NEGATIVE: Gross embarrassment...can I look these people in the eye again?

PMA : I got up, unaided, and moved on. Some of my fellow group members would have been stuck down there until help arrived.

And another...

NEGATIVE: I haven't been able to drive since the accident.

PMA : Steve was 'duty driver' wherever we went over Christmas while I happily got sozzled!

Over Christmas we went to Cornwall for a few days. Those who know Padstow will know that there is a 5-mile cycle ride called the 'Camel Trail'. I desperately wanted to join the rest of my family on the ride but was anxious as to whether my joints would handle it.

NEGATIVE: I can't do it.

PMA : Where there's a will (and a strong husband!) there's a way!! (See photo on previous page)

In the busy world in which we live it is easy to get bogged down with circumstance. We often take the good things in life for granted instead of appreciating them. Today, at work, we stopped everything at 12 noon to be silent for 3 minutes in honor of those who died in the Tsunami disaster.

..... I rest my case.

Thanks Sue, that was very inspiring!

Highworth Half Marathon (By Sally White)

Down to Highworth Handy Cross Runners did
go

To regain the title and bring back the
Trophy to show
Although just five were required to compete
We needed all members to help with this
feat

After deciding the teams and going to the
start

In our vest & shorts we all looked the part
Then off we all set to run the 13 miles
At this moment our faces all full of smiles

The challenge was a mighty feat
For many other club runners we had to beat
Up and down hills we all did race
Often with a strong gusty wind in our face

By the time every one had finished
All the smiles from faces had diminished
For certain it looked like we must have lost
With Bourton having many men home to our
cost

But to our delight we did regained the title
This due to our lady being ahead of her
Bourton rival
And thanks to the rest of Handy Cross who
ran
It lowered the place of this Bourton woman

So well done to all Handy Cross who raced
No matter where you might have been
placed

By just turning up and running you know
Our club came home with the trophy to show

*Thanks to Sally for this poem from heaven
See all the results on page eleven*



Can you believe Ellen's forty? Here's the proof!



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More Jokes

(These are from Sue Walker's sister)

Who was the first person to look at a cow and say, "I think I'll squeeze these pink dangly things here and drink whatever comes out"?

Who was the first person to say, "See that chicken there... I'm gonna eat the next thing that comes outta its bum"?

Why do toasters always have a setting so high that could burn the toast to a horrible crisp, which no decent human being would eat?

Why is there a light in the fridge but not in the freezer?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If quizzes are quizzical, what are tests?

If corn oil is made from corn and vegetable oil is made from vegetables, then what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Do illiterate people get the full effect of Alphabet Soup?

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Did you ever notice that when you blow in a dog's face, he gets mad, but when you take him on a car ride, he sticks his head out of the window?

Does pushing the lift button more than once make it arrive faster?

DINNER & DANCE

AT

FLACKWELL HEATH GOLF CLUB

ON

SATURDAY 11TH JUNE 2005

7.30PM - 12 MIDNIGHT

MENU

£25.00

PAN FRIED SCALLOPS AND OYSTER MUSHROOMS
WITH CHAMPAGNE SAUCE

FANNED MELON WITH ORANGE AND GRAPEFRUIT COMPOTE

♥♥♥

SUPREME OF CHICKEN
IN A LIGHT CHAMPAGNE SAUCE SERVED WITH GAUFRETTE POTATOES

GRILLED STEAK OF GREEN HALIBUT
SERVED WITH A LEMON BUTTER SAUCE

MUSHROOM STROGANOFF
SERVED WITH A TIMBALE OF SAFFRON RICE

♥♥♥

FRESH FRUIT SALAD

CHOCOLATE PROFITEROLES

♥♥♥

FRESHLY BREWED COFFEE WITH MINTS

A DEPOSIT OF £10.00 PER PERSON IS REQUIRED BY 1ST MAY 2005 WITH THE REMAINDER
BY THE 24TH MAY 2005. PLEASE HAND DEPOSITS AND MENU CHOICES TO DEBBIE RIDOUT
01494 - 862314 OR MIKE HICKMAN 01494 - 525474.

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

GRIZZLY 2005

(By Mary Kirman)

The Prequel:

Last year we did not make the Grizzly owing to an unfortunate mix-up over holiday dates (totally Tim's fault, not mine). However, we received a full account just a couple of days after the event in an e-mail from Sharon Leighton. We read with horror all the gory details about the dreadful weather and terrible conditions you experienced. So I just thought I'd let you know what we got up to on that Sunday March 14th 2004, and that we were of course with you in spirit if not in body.

We woke up in our friend's apartment in Los Gatos, a suburb of San Jose, on the first full day of our holiday. The sun was shining brightly in the clear blue Californian sky, and Tim had the pleasure of a scenic run along a trail around a lake behind our friend's home. Once he was back and showered, we drove to a diner a couple of miles away where we met up with a couple of Tim's other ex-colleagues and enjoyed a HUGE all-American brunch, with a constant flow of fresh orange juice and coffee.

Then we strolled in the eighty degree heat through the local farmers' market, before driving south for a walk around a forest of 300 foot tall redwood trees. Beautiful, and we were glad of the shade they provided! We carried on south again through fields of artichokes for a look at the beach at pretty, old-fashioned Carmel, home of Clint Eastwood and Doris Day.

Then we drove north again to Monterey for a wander around the shops and restaurants at the marina, watching the sun sparkling on the sea. We ended the day with a lovely meal and some excellent Californian wine, in a restaurant built out over the sea, watching the waves lap onto the shore in the moonlight.

(Alright, that's enough! Ed)

Hmmmm...maybe booking the flight on the wrong day wasn't such a terrible mistake after all.....

Anyway, on to 2005:

As you will all know by now, Dave Leighton was the star performer for Handy Cross, finishing (on the day after his birthday) in 2 hours, 48 minutes and 20 seconds. In true "Runners World" magazine style, I thought it would be helpful to everyone to focus on Dave's pre-race preparation, so that maybe you can adapt his winning formula to help you in future years. Dave clearly considers his body to be a temple, and is dedicated to nourishing it in advance of a race with the best possible combination of diet and exercise to ensure that he starts in peak condition. So exactly how was this achieved?

Friday night

- Roasted peanuts, Bombay mix and a couple of glasses of strong scrumpy in our flat overlooking the harbour.
- Two pints of Guinness (while the rest of us had one) in the Royal Clarence, where Dave was immediately recognised by the landlord (matching hairstyles) and greeted as a long lost friend. This could be due to the fact that he knew that Dave's preparation was going to significantly increase his weekend takings.
- Poppadums, chicken tikka and chicken Madras in the Rajpoot restaurant, where Dave bravely overcame the risks of reducing his planned Guinness intake (they don't serve it) and had a pint of lager instead. Meanwhile Sharon and I ordered a bottle of wine. This was presented with a flourish, approved and then poured. Unfortunately nothing came out because the waiter had forgotten to remove the cork.

Saturday

- An early morning walk in order to purchase The Sun, because Dave recognises that mental stimulation is as important as physical conditioning.
- Two Irish recipe Richmond sausages, two slices of smoked bacon, one fried egg sunny side up, two slices of toast and one cup of tea. We were made aware of this stage in Dave's preparations by the accompanying aromas drifting up two floors and into our flat.
- A mid morning walk in order to visit the bookies.
- A late morning walk around the shops with Sharon, Tim and me, during which we managed surreptitiously to purchase a chocolate cake, some glittery birthday candles, and a Purple Ronnie birthday card with a poem about a Champion Farter on the front. For some reason Sharon seemed to think this was quite appropriate.
- A walk over the cliffs to Beer during which Dave was able to see the lovely scenery for the first time, instead of it whizzing by in a flash. It also helped that he was wearing his glasses.
- An enormous-beer battered cod, chunky chips and mushy peas, all washed down with two pints of Guinness at the Anchor Inn in Beer. It was here that we encountered Gandalf - tall and distinguished, with long white hair, and dressed in a cardigan embroidered with magical symbols. It must have been one of his spells that gave wings to Dave's feet the next day, and cursed Tim with cramp at 18 miles out.
- An hours sleep for some reason.
- Several pints of Guinness in the Royal Clarence while watching Manchester United

play Southampton. We do not have the precise figures because none of the rest of us could take the pace, and left him to it. He is some athlete! It would be interesting to carry out further research into whether the burst of feelgood adrenaline occasioned by Manchester United's 4-0 victory assisted in Dave's success the next day.

- Chicken fillets with new potatoes in the Ship Inn at Axmouth. Unfortunately Dave had to undergo a serious interruption to his training schedule here and only consume one pint of Guinness, because both of the bar staff were new that day, and were also operating a new till system, or rather not operating it. It just seemed too much like hard work, even for superfit Dave, to attempt to buy another pint.
- A couple of pints of Guinness in the holiday camp bar, plus three pieces of the birthday chocolate cake - because someone had to finish it.

Sunday

- Two sausages (Irish ones again), two fried eggs on toast and one cup of tea.
- Warm up.
- Two bananas.

So there you have it, a true story of personal dedication to reaching the peak of fitness before a gruelling race. However, I'm delighted to report that Dave felt able to relax his iron control after the race on Sunday, and to indulge himself with all the food and drink he wanted in order to celebrate both his birthday and his race success properly. Not only that, but for those of you privileged enough to see it (if not, Debbie Jones has it on video with a health and safety warning attached) he had enough energy to take to the floor at the holiday camp that night to dance the Macarena with a group of rather bemused young girls!

As for the race itself, all I can say is that following on from the above, as your loyal spectators and supporters, we need Dave to go slower or the rest of you to adopt his training regime and go faster! Trying to get back to see Dave cross the line means that we can't stay out and about around the course for as long as we would like in order to cheer on everybody we know, and despite our best efforts we still managed to miss him finishing by 10 minutes.

Timing is of the essence, so at the start, after we had seen what looked like Gandalf's older, fatter brother jog last of all along the promenade while everyone else was disappearing up the hill, we sprinted (well, sort of) to the car and headed out of town to our first viewpoint at Branscombe Mouth. Unfortunately we got stopped on the road above Beer to wait for the runners, which rather scuppered our cunning plan of driving through the leaders and managing to move Dave and Tim up a few places.

It also made us too late to see Dave go through on the beach there, but we did arrive in time (just) to cheer on Tim, then saw Mike Hickman and Mike Blowing come through looking remarkably cheerful. When we spotted another familiar red and white vest heading for us, we dutifully yelled "Go Handy Cross!" only to get a rather odd look. Lucy, those two demented females hopping up and down by the steel band and shouting manically at you were us!

And so to a road crossing 10 miles out, the one where the marshals had jokingly put the mile sign upside down to confuse you. Ho, ho! I dumped the car across a field gateway, only to have to run back and move it when a tractor and trailer appeared. During this interlude Dave came through so I missed him, but Sharon was there to offer wifely support. We

saw Tim too, who wanted to know how far ahead Dave was. I just had time to shout "No chance, mate!" before he too was out of sight.

Sorry, but we couldn't wait there any longer if we were going to catch Dave at the next possible place, which was our old favourite, the Fountain Head. In between watching runners go by, we witnessed some exciting argy bargy between the marshal supervising the road crossing, and a variety of irate locals being held up for up to 20 minutes in their cars.

Fortified by the scrumpy and the folk music, we whiled away a pleasant 45 minutes or so before Sharon finished her pint and we headed back to Seaton. Maybe if she'd only had a half we would have seen Dave finish, but such is life.

You may remember that two years ago Sharon and I were contemplating hiring a tandem for our Grizzly watching exploits, in order to avoid the hold-ups on the road, and of course to take better advantage of the various watering holes en route. Sadly, we are not convinced that this would be too successful, given the amount of hills to be negotiated and our level of fitness (zero), so we are now contemplating hijacking the local Shopmobility scheme for a couple of those electronic buggies. A well-aimed walking stick or two would also knock off a few more front runners

Well done to everyone, we had a great time, and see you next year!

Thanks Mary for another brilliant article!

(For those of you who don't remember Tim and Mary, they moved to Wiltshire a few years ago and Tim now runs with the Dorset Dawdlers. What a wonderful name!)



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Broombar Lane
Great Missenden
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Reference: HW/1459/1/NP

Date: 2 March 05

Dear Mr Edington

HANDY CROSS RUNNERS' DONATION

On behalf of the Station at RAF High Wycombe, I would like to take this opportunity to thank you for your kind donation to the RAF Benevolent Fund.

As I am sure you are aware, the RAF Benevolent Fund exists for the relief of distress or need, among past and present members of the RAF including widows, children and other dependants. It is an extremely worthy cause and your donation will be much appreciated.

Thank you once again for your kind donation and I would like to wish you every success with any future running event.

N WARDLE
Flying Officer
for
Officer Commanding

Annual General Meeting

Pete was able to report that we now have over 150 members (which means we'll get an extra London number).

He is hoping to organise a number of runs from different venues during the summer.

Duncan reported that the club is in a very healthy financial position.

The committee members were all re-elected apart from John Bradbury who resigned as Membership Secretary, a job he has

done for over ten years now. Stephan Naunko will take on this role.

Ridgeway Relay

Nick Martin is hoping to enter three teams again this year and would like to see at least one team win!

Congratulations

Seamus and Jenny on the birth of their son, six weeks early on the 6th of February.

Results

Highworth Half

The winning team, for the 6th year in succession:

Trevor Hunter in 1.17
Dan Charleston in 1.23
Pete Smith in 1.25
John Dooley in 1.26
Danny Fox in 1.29
Sally White in 1.31

Supported by:

Sean Ryan in 1.33
Peter Astles in 1.38
Trevor Free in 1.39
James Bateman in 1.39
Margaret Moody in 1.40
Mike Hickman in 1.40
Des Mannion in 1.43
James Cunnane in 1.52
Mike Blowing in 1.53
Karen Jenkins in 1.56
Micky Middleton in 1.56

Bramley 20

Margaret Moody in 2:33 (pb)
Rod Palmer in 2:41
Trevor Free in 2:41
Karen Jenkins in 3:00
Lucy Couturier in 3:05 (pb)
Micky Middleton in 3:13
Myrl Richardson in 3:29
Linda Weedon in 3:40
Davina Crampton in 3:49

Bramley 10

Liz Davey in 1:30
Helen Murdoch in 1:30

Hardwick 10K (Cross-country)

Michelle Margot in 44.35
(first lady)

South of England Cross Country Championship (Parliament Hill)

Julia Downes in 8th position

Wokingham Half Marathon

Lydia Davis in 1:28 (PB)
Ron Newman in 1:33
Trevor Free in 1:34
Margaret Moody in 1:36
(1st Lady V50)
Peter Edington in 1:37
Penny Cutler in 1:39
Debbie Jones in 1:40
Alan Wheeler in 1:43
Terry Eves in 1:47
Karen Miller in 1:47 (PB)
Liz Davey in 1:49
Lucy Couturier in 1:57 (PB)
Helen Murdoch in 2:01
Linda Weedon in 2:01
Patricia Bromley in 2:05
Jacqueline Harding in 2:06
Stella Gwilliam in 2:10
Rose Priest in 2:21
Paula Potts in 2:21
Debbie Brown in 2:23
Alison Alexander in 2:24
Sue Walker in 2:29
Susan Cordery in 2:30
Sylvia Pearson in 2:32

**Reading Half
Marathon**

Frank Fulcher in 1:18 (PB)
Dan Charleston in 1:26
Samantha Amend in 1:30
Ron Newman in 1:38
Ray Ramon in 1:39
Chris Lansdown in 1:44
Myrl Richardson in 2:03
Davina Crampton in 2:09

**Berkhampstead Half
Marathon**

John Peerless in 1.33

Goring 10k

Mike Hollis in 42.42
Angie McLoughlin in 51.23

**Reebok Challenge 4K
cross country**

Dave Bosley in 15.13
(2ndMV)

Woburn 10K

Chris Lansdown in 44.41
(pb)

**Chalfont St Giles
Multi-Terrain 10K**

Terry Eves in 53.48
(1st MV60)
Kevin Duffy in 55.40
Keith Hicks in 58.49
Jackie Harding in 60.36
Martyn Franzese in 61.21

The Grizzly

Dave Leighton in 2:48
Tim Jefferson in 3:08
Trevor Free in 3:09
Debbie Jones in 3:28
Nick Martin in 3:28
Mike Hickman in 3:28
Peter Astles in 3:37
Mike Blowing in 4:01
Mike Stone in 4:12
Lucy Couturier in 4:21

cub run

Ann Palmer in 2:11

**Hastings Half
Marathon**

Trevor Hunter in 1:17
John Peerless in 1:31
Angie McLoughlin in 2:02

**Maidenhead Easter
10**

Trevor Hunter in 56.13
(5th place)
Frank Fulcher in 58.36 (pb)
(23rd place)
Rob Pettingell in 1.05
Samantha Amend in 1.08
John Peerless in 1.06
Dan Charleston in 1.09
Mike Hollis in 1.09
Trevor Free in 1.10
Margaret Moody in 1.12
(2nd FV50)
Peter Astles in 1.13 (pb)
Debbie Jones in 1.14
Mike Hickman in 1.15
Des Mannion in 1.15
Nick Martin in 1.17
Chris Lansdown in 1.17 (pb)
Debbie Ridout in 1.20
Mike Blowing in 1.23
Lucy Couturier in 1.26
Angie McLoughlin in 1.27
Jackie Harding in 1.30
Helen Murdoch in 1.34

The men's team of Trevor,
Frank and Rob finished 4th
out of 37

The ladies team of Marga-
ret, Debbie Jones and Deb-
bie Ridout finished 8th
out of 17

Tuesday Night Training Programme

- April 5th 8 x 200m @ 85% effort, 4 x 200m @ 100% effort (200m walk/jog recovery) Blenheim Way
- April 12th Paarlauf session on M40 estate 10 x 300m
- April 19th 8 x 400m (200m walk/jog recovery) Blenheim Way
- April 26th Bleep Test on grass, to check your fitness level
- May 3rd 6 x 600m Oak Crescent (200m recovery)
- May 10th Whistle Fartlek session on grass totalling 25 minutes of effort
- May 17th NO SESSION. Wargrave 5k
- May 24th Hill session (Monkton Farm) 6 x long & 4 x short
- May 31st NO SESSION. Burnham 5k
- June 7th Paarlauf session on grass 10 x 400m (200m out then back)
- June 14th NO SESSION Marlow 5k
- June 21st 5 x 800m (200m walk/jog recovery)
- June 28th NO SESSION Maidenhead 5k

Keeping the dream alive.

Wednesday Night Training Programme

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.

- 6/4/05 2 x 10 laps of sprinting straights and jogging bends. (400m jog between sets)
- 13/4/05 Relay session. 2 x 10 x 200m (per person) in teams of 3. (400m jog recovery between sets)
- 20/4/05 13 x 400m (200m walk/jog recovery)
- 27/4/05 9 x 600m (200m walk/jog recovery)
- 4/5/05 7 x 800m (200m walk/jog recovery)
- 11/5/05 6 x 1000m (200m walk jog recovery)
- 18/5/05 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 25/5/05 5 x 1200m (200m walk/jog recovery)
- 1/6/05 Paarlauf session. 10 x 400m
- 8/6/05 4 x 1600m (200m walk/jog recovery)
- 15/6/05 6 x 800m Differentials. 1st lap of each at 5k pace, 2nd at hard effort. (200m walk/jog recovery)
- 22/6/05 3 x 2000m (200m walk/jog recovery)
- 29/6/05 "Downer" 1600/1200/800/400 (200m walk/jog recovery)

Mike Hickman

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

Telephone 01494 525474 or 07947 309923 (Mobile).

e-mail mikehick@btinternet.com

What's On?

Sunday 10th April

Benson 10K

Sunday 17th April

London Marathon

Sunday 24th April

Shakespeare Half & Marathon

Bracknell Half Marathon

Sunday 1st May

Neolithic Marathon

Tuesday 3rd May

Silverstone 10K

Saturday 7th May

The Oxon Walks 40/20

Sunday 8th May

Marlow 5

Saturday 14th May

Chinnor Half Marathon
(And Trevor Hunter's birthday)

Saturday 28th May

Chilterns Landmark 100

Saturday 11th June

Annual Dinner & Dance

Sunday 19th June

The Ridgeway Relay

Sunday 26th June

Hertfordshire Hobble

Saturday 2nd July

Dorney Dash (10K)

Summer 5K Series

(All on Tuesday evenings at 7.00)

17th May - Wargrave

31st May - Burnham

14th June - Marlow

28th June - Maidenhead

12th July - Handy X

19th July - Datchet