



Congratulations

To Caroline Ward who was married in Yorkshire in January, also to Ellen & Frank and Trevor Free & Alice on their recent engagements and Jennie Shorrocks on the birth of her daughter.

Also to Frank Fulcher and Howard Taylor for achieving pb's in half marathons and to Grace Wilson, Cheryl Sayer and Chris Lansdown for achieving marathon pb's.

Summer 5K Series

Hooray, summer's here at last (well almost) and here are the dates for the summer 5K series! For those who have yet to experience the fun of these races, they are all start at 7.30 in the evening and the guest club provides tea and sandwiches afterwards, there is usually a nearby pub for stronger stuff also (but not recommended for serious runners).

Tuesday 17th May	Wargrave
Tuesday 31st May	Burnham
Tuesday 14th June	Marlow
Wednesday 29th June	Maidenhead
Tuesday 12th July	Handy Cross
Tuesday 19th July	Datchet

If you're not sure how to get to the venues, ask an old hand or car share with someone.

The cost for Club members is £1 per race. Obtain your number beforehand from Mike Hickman to save hassle on the evening. He will gladly supply you with a number for the whole series for only £5! Guests have to pay £3 per race and must be family and friends only of a current club member.

Club kit must be worn by all members.

Club AGM

This years AGM was quite uncontroversial and soon over. Duncan was attending for the last time as club Treasurer and was thanked for all his work on our behalf over the last fifteen years.

It was decided to subsidise next seasons cross-country events, so hopefully more people will be encouraged to enjoy these wonderful experiences and also represent the club for free.

Other changes to the committee were that Ellen has replaced Steph as the Membership Secretary, Lucy is now Social Secretary in place of Debbie and Sally is the new Treasurer. Linda now has sole responsibility for club kit.

The bad news was that Judo Club subscriptions have increased again (we absorbed last years increase) so our subs (due on 1st April) will be £40 for singles and £56 for couples. This is made up by £24 for Judo Club Membership, £5 for EA affiliation and just £11 for running club membership (what a bargain!) **You will find a membership renewal form on the back of this Bulletin.**

New Members

A very warm welcome to the following new members (and don't forget your free t shirt):

Janet Barrow, Julian Hucks, Charlotte and Jacqueline Ing, Emma Russo and Aisha Wadood and the return of Nigel Sanderson.

www.handycrossrunners.co.uk

Phone: 01494 530511

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Marlow 5 and Wycombe Half Marathon & 10K

Please sign up now if you are able to help marshal these races on Sunday the 8th of May and Sunday the 17th of July respectively.

A Message from Gerry Grosse

Gerry ran with us for many years before moving to the West Country several years ago and we compete for the Gerry Grosse 5K Trophy on the track every year. Gerry writes:

Can you pass on my apologies for not attending the AGM? I hope the meeting goes well and best wishes to the club for the coming year. Hope to see you later this year. I ran our local Weston Christmas Cracker 10K in December. The weather had been foul for the previous couple of weeks so training had been hard work, but the day turned out fine.

The race started under the pier where the sand was full of large puddles, so we had wet feet before we got going! One short circuit of wet sand and part of the prom, then back on the sand for 3K and then on to the road for another four, which proved very slippery as the frost remained where the sun hadn't reached. Finally back onto the sand for the last kilometre. My time was 1 hour and 13 seconds, finishing 3rd over 70 vet, 957th out of about 1600.

Happy days. Gerry

Summer Mystery Runs

The first of this years Thursday evening pub runs will be from The Lions at Bledlow on the 28th April. This will be followed by runs from Bradenham Manor and Kingshill in May and one from Hambledon on the 23rd of June, these last three will be followed by a Barbecue. There will be a choice of runs and a walk from each location. Would anyone like to organise runs in July, August and September?

Ridgeway Relay

This years Ridgeway Relay will be held on Sunday the 19th of June and Ellen is looking for people of all abilities to make up at least two teams. For anyone new to the club, this is an annual event which is very popular and enjoyable.

Thirty or more teams of ten run from Ivinghoe Beacon to Marlborough along the 95 mile long ancient Ridgeway in ten stages (by no means equal!) Each team must contain at least two women (or two men if it's a ladies team). It's a great day out for everyone because you will be representing the club as part of a team rather than an individual and if you don't want to run, come and support and help transport the runners from the end of their stage.

If you've never done it before it's a good idea to run (or walk) your stage before the day as it is very easy to take a wrong turning in the race (even though the Ridgeway is well way marked!)

Please let Ellen know if you are interested as soon as possible as organising the teams is a complicated logistical task for her.

Ridgeway Relay (Déjà Vu Again)

Please don't get confused by the subject title above. This is nothing to do with the Ridgeway Relay in June but a 24 hour walking event which is being organised by a recent newcomer to us, Andrew King.

He is thinking of doing this sometime in early July and is asking people to take part in teams of four. If any of you walking enthusiasts (or runners if you can manage the distance) would be interested in taking part, then please contact Andrew at:

andrew.kingwor1@gmail.com

Tora's Christmas Run

Which was postponed due to bad weather, actually took place in April and raised over £1,000 for Karen's Big Smiles charity. Everybody enjoyed the runs and walk and the legendary hospitality at White Pond Farm.



London Marathon

Pete Summers 2:49:32
Julian Hucks 2:58:37
James Woodisse 3:11:08
John Dooley 3:20:44
Mark Steedman 4:06:34
Nick Martin 4:19:08
Emma Russo 4:19:09 (First marathon)
Chris Lansdown 4:32:02(PB)
Laura Cornwell 4:37:29
Grace Wilson 5:02:43(PB)
Hannah Platt 5:04:20(First marathon)
Clare Sepede 5:48:17
Terry Eves 6:07:13
Heather Taylor 7:04:56(First marathon)
Amanda Peyton (time not recorded)

Well it's all over for another year, but what an enjoyable day (for the watchers, not the runners) as it was lovely and warm. Before the start John Dooley was gloomily contemplating finishing his first marathon in more than three hours (wish I could) while Emma Russo, Hannah Platt and Heather Taylor were all nervously contemplating their first marathon ever!

Walking round the course we managed to spot most of our runners, even though Clare Sepede was confusingly wearing a vest with 'Darinka' on the front. Nick Martin was running his second marathon in seven days after completing Rotterdam. Chris Lansdown conquered his cramp problems from previous years and managed a pb, as did Grace Wilson.

Grace's Thoughts On The Day After London

Well I finished it - eventually. I did do a Personal Best but not as well as I would have hoped. At mile twenty the heat finally got it's own back and the cramps started. Every time I tried to stretch it out I would cramp somewhere else - very painful but I wasn't alone. There were hundreds around me suffering the same fate.

Up to that moment I was on line for a four hour and thirty minute finish as I was doing a steady nine to ten minutes per mile and passing lots of people. I was drinking plenty and only had to stop for the loo twice, which took an additional ten minutes.

I want to thank everyone who sponsored me for this and thank you to everyone who supported me on the day, especially my fabby (*flabby? Sorry, couldn't resist that, Ed.*) husband who was really annoyed at the end because he didn't manage to see me once throughout the course and he must have been knackered as well.

I developed a cold and sore throat on the Thursday before (my excuses are lining up) so I thought that would affect me and also I didn't sleep the night before as I had a late cup of coffee with my meal (another excuse) and thought I would be tired. However, I don't think that really was a problem in the end but I was more nervous on the start line than last year.

Today (*Monday*) my ankles are swollen and my quads are completely stiff and walking downstairs is interesting. I don't think I lost any toenails this year but I do have blisters though only on one toe. Again I have said, "Never Again" but the ballot opens on the 26th of April and I will review my feelings then, but I have a deferred entry into the Brighton Marathon next year so I will see how it goes. I think I enjoy the training more than the running! Well thank you all again and thank you for your patience and support over the last few months.

Love Grace

Thanks Grace and well done, you were going well when we saw you at seventeen miles. As Amanda was close to you at that point, I think we can make an educated guess at her undisclosed finishing time.

Brighton Marathon

Congratulations also to Steve Blakeney, Stella Gwilliam and Debbie Harris who completed their first marathons the previous week at Brighton, where Cheryl Sayer also achieved a pb. (See times on page 7)



Results

The Alex Johnson Memorial Trophy Handicap Race Held 27th February 2011.

This was the fifth running of the race and the sun shone down on us in an attempt to bring some warmth to a what was a very cold morning. The event in memory of our previous chairman Alex Johnson who died seven years ago, attracted eighteen runners and three walkers. The walkers set off at 8:15 am and the runners shortly after 9:00am. The runners, who had no idea of the handicap times I had set them, were all started off at the same time.

Some of the competitors had no previous form so I had to lay in wait for each of them at Lane End to check their progress and allow me to compute a completion time so that they would have some idea of how they had done. Because of the lack of form they were excluded from competing for the trophy but I hope that they enjoyed the experience and will return next year after having hopefully taken part in some races.

The 8.25 mile route, supposedly one of Alex's favourites, was completed first by Mike Hollis in 56:20. Mike has been running extremely well lately and it was unfortunate for him that I had used the really good time that he had set the week before at the Bramley 10, to calculate his handicap.

The results are listed on the opposite page in finishing order, with the handicapped positions shown in the column headed 'Handicap Position'. The person with the largest minus deficit against my calculated times being the winner. Debbie Harris was the winner of the trophy by a huge margin. She bettered the time she had set on the last occasion she took part in 2009 by 5 minutes 10 seconds, which shows how well her training for the Brighton Marathon is going.

Well done Debbie! Keep up the good work!

Several of you managed to finish in less than the handicap time I had calculated. I must be getting soft in my old age! Well done to Denise, Lorraine and Sinead for completing in less than the time I had clandestinely set and thanks Pat for keeping Julia company.

Thanks to all of you for taking part and to those who turned out to help and support

Mike Hickman

Finish	Name	Estimated Time	Actual Time	Time Diff (+ or -)	Handicap Position	Min/Mile
1	Mike Holliss	55:40	56:20	+0:40	6	6:50
2	Ellen Haynes	1:03:10	1:00:46	-2:24	3	7:22
3	Margaret Moody	1:03:45	1:00:59	-2:46	2	7:24
4	Sally White	1:04:02	1:05:47	+1:45	9	7:58
5	Debbie Jones	1:08:31	1:06:25	-2:06	4	8:03
6	Chris Lansdown	1:03:39	1:09:49	+6:10	13	8:28
7	Nick Martin	1:10:07	1:14:21	+4:14	11	9:01
8	Grace Wilson	1:16:07	1:14:59	-1:08	5	9:05
9	Martin Dean	1:10:54	1:16:20	+5:26	12	9:15
10	Linda Weedon	1:15:22	1:16:38	+1:16	8	9:17
11	Debbie Ridout	1:15:54	1:19:15	+3:21	10	9:36
12	Amanda Peyton	1:11:46	1:21:43	+9:57	14	9:54
13	Debbie Harris	1:28:06	1:21:54	-6:12	1	9:56
14	Denise Manson	1:38:37	1:35:11	-3:26	N/A	11:32
15	Sinead O'Toole	1:40:36	1:38:45	-1:51	N/A	11:58
16	Lorraine Warman	1:40:36	1:39:18	-1:18	N/A	12:02
17	Pat Bromley	1:27:14	1:43:00	15:46	15	12:29
18	Julia Phaff	1:42:12	1:43:02	+0:50	7	12:29
	Walkers					
	Rose Priest		2:40:40			19:24
	Paula Potts		2:40:40			19:24
	Donna Rice		2:40:40			19:24



CROSS COUNTRY RESULTS

Saturday Cross Country

Wing

Ladies: Ellen Haynes 16th
Margaret Moody 19th

Men's: Frank Fulcher 5th
(1st MV40)
John Dooley 49th
Stephen Blakeney 62nd
Mike Hollis 64th
Nigel Cairns 79th
Mike Hickman 93rd

Sunday Cross Country

Bracknell

Howard Taylor 45th
Mike Holliss 73rd
John Peerless 162nd
Martin Dean 166th
Mike Hickman 167th
Fred Ashford 174th

Metros

Mike Holliss 52nd
Howard Taylor 57th
Ellen Haynes 80th
Nigel Cairns 86th
Margaret Moody 109th
Jean-Baptiste Thiebault 121st
Mike Hickman 123rd
Martin Dean 126th

At the end of the season, in the team competition we finished in 8th position in Div 2 (out of 19) which is a very good result as we lose points because we don't have any juniors. Our vet's men's team were 3rd (out of 15) and our ladies vet's were 7th (out of 13)

In the individual competition, Frank was 1st Male Vet 40 and 6th man overall while Steve was 6th MV40, Howard was 5th MV50 and Mike Hollis was 12th MV50.

Ellen was 4th in the Ladies Vet 45 category and Sarah Roberts was 9th in the same category.

Well done everyone!

Thanks to Mike chivvying up runners for the last Sunday cross country, we finished in 7th place at Metros, but 12th over the whole series

The winners were Mike's adopted club, Sandhurst Joggers followed by; Reading Roadrunners, Bracknell Forest, Thames Valley Triathletes, Datchet Dashers, Shean Shufflers, Burnham Joggers, Finch Coasters & Metros (joint place) Marlow Striders, Tadley, Handy Cross Runners and Maidenhead Athletics Club.

Inter Counties Cross Country Championships (Birmingham)

Frank Fulcher 235th

SEAA Championships (Parliament Hill Fields)

Ladies: Ellen Haynes 236th

Men's: Frank Fulcher 179th
Howard Taylor 597th
Mike Holliss 679th

Hardwick X-Stream

(Cross Country)

Brendon Gilbert 41:47
Emma Keys 56:48
Mike Hickman 59:38

Cliveden 10K

(Black Park Cross Country)

Frank Fulcher 35:00
Howard Taylor 39:02
Ellen Haynes 44:11
Mike Hickman 48:54
Martin Dean 52:48

**Wokingham Half Marathon**

Pete Summers 1:21:21
Steve Roberts 1:26:32
Howard Taylor 1:30:43
Dave Sanderson 1:34:46
James (Seamus) Cunnane 1:37:44
Paul Palmer 1:38:25
Soraya Bux 1:49:34
Jo Cassells 1:51:47
Mike Hickman 1:53:23
Hannah Platt 2:00:22
Grace Wilson 2:03:16
Ann Palmer 2:03:34
Sarah Roberts 2:03:58

**Milton Keynes
Half Marathon**

Emma Russo 1:54:08
(first race)

Milton Keynes 10K

Mike Hollis 42:45 (1st M55)
Ellen Haynes 44:53 (1st F45)

Paris Half Marathon

Jean-Baptiste Thiebaut 1:55:49

Silverstone Half Marathon

Stephen Blakeney 1:32:11
James Price 1:44:39
Soraya Bux 1:53:55

Marlow Duathlon

Jean-Baptiste Thiebaut 2:22:43
Debbie Jones 2:55:52

Finchley 20

Pete Summers 2:13:54
Chris Lansdown 2:58:40

**Grizzly (20 mile multi-
terrain race)**

Mike Hickman 4:30:34
Tim Jefferson 4:49:33

Reading Half Marathon

James Woodisse 1:25:01
Howard Taylor 1:27:20 (pb)
John Dooley 1:28:07
Chris Lansdown 1:58:17
Frances Brown 2:04:22
Hannah Platt 2:02:38

Hastings Half Marathon

Angie Peerless 1:56:42

**Bournemouth Bay Half
Marathon**

Terry Eves 2:01:29

Watford Half Marathon

Frank Fulcher 1:16:25
(2nd Vet 40)
Des Mannion 1:49:45

Goring 10K

Margaret Moody 46:46
(1st in age category)

Kingston Breakfast Run**(16 Mile)**

Pete Summers 1.38.42 (2nd 40+)
John Dooley 1.52.31 (1st 50+)

**Paddock Wood
Half Marathon**

Frank Fulcher 1:15:23 (pb)

Water of Life 10K (Marlow)

Frank Fulcher
Robert Pettingell 39:45 (1st MV40)
Emma Keys 48:42

Water of Life Half Marathon

Joanna Cassells 1:56:10

Rotterdam Marathon

Nick Martin 4:23:18

Brighton Marathon

Steve Blakeney 3:39:02
(1st Marathon)
Jo Smith 3:53:22
Mike Hickman 3:58:21
Cheryl Sayer 4:21:50 (pb)
Stella Gwilliam 5:18:54
(1st Marathon)
Debbie Harris 5:38:46
(1st Marathon)

Pafos 10K (Cyprus)

Fred Ashford 54:35 (1st M70+)

Abingdon Marathon

Debbie Jones time in this race
was published in the last Bulletin
as 4 hrs and 42 mins

This should have been
4 hrs and 42 seconds

Apologies to Debbie

**Black Park Parkrun 5K**

Resumé of Handy Cross Runners performances: 15 January 2011 – 9 April 2011

The order shown below is based on the age graded performance and not time taken for the runs. There were 13 runs in total over the period with weekly attendances now consistently over 200. On the final run of this period, 9th April, there were 276 recorded finishers.

Martin Dean, the newsletter editor, has the most runs with a total of 10. Over the period Margaret Moody scored 91.49% in the Age Graded performance, the only runner at Black Park with over 90%. Her nearest challenger is Margaret Mardall closing in with 88.14%. The highest placed male is Andy Miles with 86.82%.

To check out your own personal age graded percentage over any distance open the following link to a template and complete. <http://www.runningforfitness.org/calc/racepaces/rp>

For the regulars at Black Park remember your results are logged on a weekly basis to produce an ongoing league table. Certificates are awarded on the anniversary. This year it will be 16th July.

Name	Runs	Best time	%	PB?
Margaret Moody	6	21.45	91.49	PB
Alun Jones	1	19.28	79.62	
Howard Taylor	3	19.49	75.61	PB
Angie Peerless	4	24.58	75.30	
Linda Weedon	2	27.34	73.22	
Paul Palmer	3	20.52	71.81	
Grace Wilson	7	26.44	70.32	PB
Martin Dean	10	25.37	65.45	
John Peerless	2	23.20	65.29	
Soraya Bux	4	23.13	63.89	PB
Peter Astles	1	24.22	61.01	
Ann Palmer	7	27.36	58.45	
Vernon Martin	3	38.36	52.20	

An extra "**Wedding Day Parkrun**" will take place on Friday 29th April starting at the later time of 9.30. Café will be open and the popular "Go Ape" tree top experience will be operating. www.goape.co.uk For those interested in a summer evening series of 5k's check out the **Langley Park Summer Series** opposite. Congratulations to all who've run so far. I look forward to seeing more.

A reminder that the runs take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at 9 am and are free to enter. However you must register in advance (once only) to place your name on the data base for results and receive a dedicated race number in the form of a barcode. This is then brought to each event.

Register at www.parkrun.org.uk/black-park. More information including pictures of what your missing can be drawn from that website.



Langley Park 5k Summer Series.

This summer there will be a series of three evening 5k cross country races in Langley Park **starting at 7pm**. The café will remain open until 8pm together with toilets and picnic areas.

The dates are **Wednesdays 11th May, 8th June and 6th July**

How did this all come about?

Langley Park has always been the poor relation to nearby Black Park. It was a deer and shooting estate for the gentry many years ago. It is currently under the stewardship of Bucks County Council Country Parks.

With a National Lottery grant, extended parking facilities with café and toilets, the formation of the volunteer group 'Friends of Langley Park' (FOLP) and support from the country parks ranger service, a series of events to promote further awareness and recreational use of the park has been put in place. I think the phrase 'use it or lose it' fits the situation.

I was approached to consider 5k races in Langley Park, most likely as a result of the popularity of the Black Park runs. Not wishing to commit another weekend I proposed a summer evening series.

My first consideration was to select dates that do not clash with the Thames Valley League summer series of races. I think the proposed dates slot in nicely.

The organising team will be from Black Park parkrun supported by FOLP and other volunteers.

This does not come under the financial umbrella of Parkrun.com so has to find its own funds. Entry fees have been drawn up based on the known and anticipated expenses. They are bargain basement fees so should not be a discouragement to entering.

For more information there is a website -
www.bucksinfo.net/langley-park-races.

Fred

*Entry fee is £4 per race (£6 for non-club runners) each race, £10 for all three (£12)
On the day +£2 but there is a limit of 100 runners. Parking is free (usually £2.50)
Closing date is on the Saturday before each race, online entry on www.fabian4.co.uk*



Tuesday Night Training Programme

April 5 th	10-12 x 400m (Oak Crescent) (200m recovery)
April 12 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
April 19 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
April 26 th	4 – 5 x 1000m (Oak Crescent) (200m recovery)
May 3 rd	Poobin Fartlek session on grass
May 10 th	Hill session (Monkton Farm) 8 – 10 x long & 4 x short
May 17 th	NO SESSION (Wargrave 5k)
May 24 th	Relay session on grass 12-16 x 200m in teams of three
May 31 st	NO SESSION (Burnham 5k)
June 7 th	Parlauf session on grass, 8 – 12 x 400m
June 14 th	NO SESSION (Marlow 5k)
June 21 st	6-8 x 600m on grass (200m recovery)
June 28 th	Fartlek session on grass

Keeping the dream alive