



Editor Resigns Shock!

It was with great surprise that we learned recently of the resignation of the editor..... of the Bucks Free Press, Steve Cohen after eighteen years! However the editor of the Bulletin has only managed sixteen years so far and will keep going, unless anyone else wants to see their name regularly on the front page.

The Cross Country Season has finished with Frank winning the first male vet. 40 prize in the Chiltern League. Out of the eleven events in the two leagues, Howard competed in ten and Charlotte in nine while Michelle and Craig represented the club in five races each. Three members of the Astles family ran at Ruislip and three Taylor's at Reading.

The snow and wet weather in the opening months of the year played havoc with the Rye park-runs, which were so wet that Fiona nearly drowned in a puddle and Linda contracted foot rot!

It's supposed to be Spring now but the cold weather doesn't seem to know it, not very nice for people training for the April Marathons. However the light nights are here again and to make the most of them we have the Thursday evening pub runs to look forward to and the summer 5k series, see page four for the dates and venues.

There are lots of other exciting events in the spring and summer starting with the Brighton and London Marathons and followed by: the Danesfield 10k, the Oxon 20/40, the Marlow 5 (although we'll all be marshalling at that one), 10k's at Prestwood, Wallingford, London, Marlow, Wargrave, Dorney, Frieth, Chalgrove, Thame and Princes Risborough as well as our own 10k and Half Marathon in July. Please note that we still need more volunteers to marshal our events, otherwise they may be cancelled.

In June we have the Waddesdon Manor 8k Baby Race, the Penn 7 and a week before, the Ridgeway Relay, a great team event for members of all abilities (see pages four and five for details).

Congratulations

To Charlotte who got married in March and to Frank, who was voted 'Handy Cross Runner of the Year' at the AGM.

New Members

A very warm welcome to all the new members below, don't forget your free T shirt and don't forget to wear it in competitions!

Katie Barnes, Steven Battenti, Allison Cross, Kate Dobey, Shelley Gardiner, Leah Griffin, Jane Haslam, Jules Hudson, Lynn Ing, Robert James, James Lawson, Gareth Morris, Claire Ponsford, Imelda Robinson, Kelly Rose and Lisa Woods.

Club AGM

Our AGM was well attended again this year with nothing controversial to vote about. The existing committee are doing such a fine job that they were all re-elected for another year!

Mike spared us a long report so that we could all leave before the Judo Club closed, but he has summarised it on pages six, seven, eight, nine, ten.....

We changed the method of awarding our 'Runner of the Year' trophy by nominating a number of worthy candidates and allowing the meeting to vote for their choice, which was Frank by a large margin. Des polled one vote even though he wasn't even nominated!

This year the subs will be £43 per single member and £62 for joint membership and are due now!

Martin Dean (Editor)

www.handycrossrunners.co.uk

Phone: 01494 530511

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Club Kit

Linda still has old style vests/shorts for sale at bargain prices as follows:

Ladies vest size 36 (one available)
Mens vest size 38 (four available)
Mens vest size 42 (two available)
Mens vest size 44 (three available)
Mens vest size 48 (one available)

All at £10 each

Shorts various sizes (eight available)

All at £5 each

Sweatshirts XXL (two available)
All at £12 each

Please bring your cheque book if you want to buy anything, cheques made payable to Handy Cross Runners please. Linda will try to get to the club every Tuesday or you can email her at:

lindawedon@kurtmueller.co.uk

Leadership in Running Fitness Course

Following the course I attended in October, I set up two Beginners Groups in the new year, one in Wycombe and one in Burnham, anticipating the same response that Mike had for his groups.

However for the first two weeks no one turned up for either! After three weeks I was about to give up when one runner joined the Wycombe group, ran twice then injured her foot and was advised not to run by her Doctor.

The Burnham group attracted the attention of Burnham Joggers who thought I was trying to poach their runners (I'm not, I just happen to be in Burnham one morning a week with time to spare.) Eventually I received an enquiry from someone in Burnham who was on holiday until March but eventually the group has got going with just two runners.

Ellen and Margaret have had much better success with their Beginners groups at Intron and Flackwell Heath, which are well attended.

Charities

As many of you know, each year we choose two (three this year!) charities to benefit from the Marlow 5, Wycombe Half Marathon and Wycombe 10k races that we organise. For the 2012 races these charities were Wycombe Homeless Connection and Macmillan Cancer Support and, after taking into account all of the race costs and expenses, we were able to donate £2,000 to each of the charities.

Both charities were extremely pleased with the donations but I thought that you might be interested in the projects that Macmillan has said could be helped by the money that we sent. These are:-

£1,910 could pay for ten Macmillan palliative care nurses for a day. They help terminally ill people and their families or carers cope with the diagnosis and support them so they can continue with their normal activities.

£1,826 could help run a small Macmillan information and support centre for a week.

£1,732 could pay for two Macmillan rehabilitation support teams for a day. The teams would consist of around five professionals who would provide a range of rehabilitation support, such as physiotherapy and advice on diet, to help people living with cancer.

£1,474 could operate their phone service for two hours. In this time, cancer support specialists could answer fifty four calls and emails from people who want questions answered, need practical or financial support, or just want to chat.

£1,390 could keep five typical Macmillan information and support centres stocked with all the information resources they need to support people affected by cancer for a month. These resources would include booklets, guides, directories and leaflets.

Therefore when you wonder whether the sacrifice you make in agreeing to marshal or help with organisation of the races is worthwhile, please be assured that it is because it helps us to support very worthwhile causes. In case you weren't aware, the charities we have chosen to support this year are Macmillan Cancer Support, Julian Budd Kids In Sport Trust Limited and Karens Big Smiles.

Chris Gentry



**Your Article/Advert/Picture
Could Appear Here!!!!!!**



Summer 5k Series

These very popular events will be starting again next month (weather permitting!) For new runners all the events (apart from Maidenhead) are held on Tuesday evenings with a 7.30 start. At the finish the host club provides tea, sandwiches and cakes so it is a pleasant social occasion as well as the chance to compete on a regular basis. The courses are mostly flat and usually faster than parkrun 5k's.

Wargrave	14th May
Burnham	28th May
Marlow	11th June
Maidenhead	26th June
Handy Cross	9th July
Datchet	16th July

Participants will need to buy a number for the whole series from Mike Hickman, details of venues will be emailed closer to the day.

Thursday Evening Pub Runs

Another popular event for a summer evening as it gives us the opportunity to explore some different parts of the local countryside and have a sociable drink afterwards. There is usually a choice of two different runs and a walk, all planned to finish at the same time.

9th May	Red Lion at Bradenham
30th May	TBA
20th June	Chequers at Watlington
11th July	Provisional - Crown at Radnage
1st Aug	TBA
22nd Aug	TBA
5th Sept	TBA

Further Dates For 2013

31st October: Halloween Run (fancy dress optional)
11th December: Ladies Christmas Dinner
20th December: Annual HX Disco at Club

The Twenty - Fourth Ridgeway Relay Will Be Held On 16 June 2013

The Ridgeway is one of **England's national trails**, covering 86.5 miles from Ivinghoe Beacon in Buckinghamshire to Overton Hill near Marlborough.

The Ridgeway Relay is a **team relay**, organised by Marlborough Running Club. It is run over ten legs, the legs varying in length from 5.4 miles to 11.0 miles. At least two of the legs must be run by a female runner. For ladies teams, up to two of the legs may be run by a male runner.

The route is scenic, hilly and off-road. Teams are responsible for their own route planning and support on the day and we strongly advise that you recce your leg in advance!

Teams compete for a team trophy on the basis of shortest total time taken to complete the course. Cut-off times are applied on some legs to ensure the race finishes by 8 pm, but teams will not be disqualified for missing the cut-off times, it simply means the next leg is started before the previous runner arrives - hard luck if he or she is running both legs!

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

Handy Cross Runners will be entering two teams, so please have a look at the list on the next page and let me know if you would be interested in taking part and whether you have a preference for a particular leg.

This is open to all club runners. It is a great team event and we usually go out for a meal in the evening.

Please note the 16th June is Father's Day so only commit to this if you are available!! Every year I have too many people who don't realise it is Father's Day and pull out because of that.

Thanks and regards

Ellen

ellen.fulcher@sky.com

**Ridgeway Relay – June 16th 2013**

Stage	Miles	Winners time	Start map ref.	Stage start and stage finish	Team 1	Team 2
1	11.0	07:30	SP 961168	Ivinghoe Beacon to Wendover High Street		
2	6.0	08:36	SP 868078	Wendover High Street to Whiteleaf car park		
3	9.4	09:18	SP 824037	Whiteleaf car park to just past M40 east of Lewknor		
4	5.4	10:19	SU 722968	M40 East of Lewknor to Swyncombe Church		
5	10.1	10:53	SU 683904	Swyncombe Church to pub in South Stoke		
6	10.4	11:55	SU 599835	Pub in South Stoke to car park N. of West Ilsley		
Mass	start	14:00	For teams not at end of leg 6 by 13:00			
7	9.1	12:57	SU 479840	Car park N. of West Ilsley to car park S.W. of Wantage		
8	7.8	13:50	SU 344851	Car park S.W. of Wantage to lane S. of Charlbury Hill.		
Mass	start	16:30				
9	10.7	14:35	SU 238818	Lane S. of Charlbury Hill to Barbury Castle		
Mass	start	17:45				
10	9.4	15:43	SU 156761	Barbury Castle to Marlborough Sports Centre		
finish	89.2	16:41	SU 182692	Marlborough Sports Centre		



Club Coach Report - AGM March 2013

I would like to thank members for their support throughout the past year, especially in attending my Tuesday night training sessions and for their help on Wednesdays in acting as guides to show newer recruits the variety of routes available from the club.

Wednesday has become a very popular evening since moving the sessions from Wycombe Sports Centre to the Judo Club in June last year. So much so that it is now almost as busy as Tuesday evenings. In addition to my Beginners Group there are generally three other groups that people can choose to run with.

The graduates from my previous Beginner's Group progress the length of their runs gradually from 3 miles to 6 when they are then capable of joining a group running at an appropriate pace and distance on any club evening. We have another group that generally like to cover 6 or 7 miles at a fairly sociable pace and a third that have become very capable runners who enjoy running 8 to 10 miles.

The last two groups generally take care of themselves as they have become familiar with the routes, but I would welcome some help from more established club members to shepherd newly graduated runners from my Beginner's Group around routes of gradually increasing distance. I am quite happy to plan the route and distance, I just need someone to show them the way and make sure that no one gets left behind in unfamiliar territory.

Perhaps a few of you could get together to form a rota to help me with this, please let me know if you are willing to help. I have a new group of graduates at the end of every ten week Beginner's course so it is an ongoing process with the Improver's group in turn being absorbed into the next group up.

I often have to correct people who say that Wednesday is Beginner's night. For those who only attend on a Tuesday or Thursday, please think of it as another evening when you can run with others from the club. Conversely, those of you who only run on a Wednesday should try another night and get to meet some others. You will find plenty of good company of equal ability to run with and my Tuesday sessions will help improve your speed.

Introducing new people to running has been a great way of bringing in more members. It has brought about an increased diversity of running ability, a keenness to improve and to encourage others. I feel that the club has become a livelier, more interesting and more enjoyable place due to this increase in numbers. Hopefully, our cross-country teams and marshalling lists will also benefit.

I would like to thank all of you that have represented our club competitively in our team events throughout the year. I hope that you have enjoyed doing so as much as I've enjoyed watching you, although you know I would have rather been taking part myself.

My thanks go to our team captains for organising things and encouraging members to take part. I would also like to thank all those that have helped organise the many social running events that the club put on. In particular, I must mention Trevor Free for co-ordinating the summer Thursday evening and winter Sunday Pub Runs. My thanks also go to Terry Eves and Helen Moseley who, along with others, have been the stalwarts who have been trying to keep the tradition of the Handy Cross Runners Sunday Long Run alive.

Well done all!

I hope that as a club we are offering a wide choice of activities to suit both the social and competitive runner alike. If you have any ideas that could improve what we have to offer or if you would like to organise something different then please let one of the committee know. We do have a 'think tank' of members that meet informally from time to time to generate ideas to make the club a more enjoyable experience. Paul Dineen acts as the spokesman for this group, putting forward suggestions to the committee at our regular meetings. I would like to thank Paul for doing this and everyone who has made a contribution.

I would love to see groups running from the club seven days a week. There is no reason why this couldn't happen and the Directors of the Judo Club have no objection, as long as people spend a little money in the bar afterwards like lots do on Wednesdays (although I haven't been able to wean them off the tea, coffee and soft drinks yet onto the serious stuff from the Rebellion Brewery).



I'm not suggesting that people should all run seven days a week but merely that it would be great for people to have more choice of when to do it and to be able to enjoy the facilities of the club when they do. I feel that the continued success and growth of our club is to be found through offering a wider choice of activities as is practically possible.

We have recently passed the 35th Anniversary of the clubs founding. It is great to see that we are thriving and growing in number. In the words of our late Chairman Alex Johnson, we are "Keeping the Dream Alive."

Cheers!

Mike

Dear friends,

I have finally spent the John Lewis vouchers that you so very kindly gave me at Christmas. I put them towards the purchase of an all singing, all dancing Panasonic VHS/DVD/Hard Disc Recorder. When I have worked out how to operate it properly, I shall be able to transfer my old VHS tapes to DVD and record interesting TV programs whilst I'm out in the evenings to watch at other times. I shall now be spared from having to watch daytime TV and with the DVD's and my laptop computer I'll have plenty of good entertainment wherever I am.

Cheers.

Mike

London Coach

The organiser of our transport to the start of the London Marathon Duncan Kennerson, will be absent from the trip this year as he is going into hospital for an operation. We all send Duncan our best wishes for a speedy recovery and many thanks for organising the coach every year.

Races Old and New

This year's Maidenhead 10 was the sixtieth anniversary of this race, one of the oldest in the country while the Hall Barn 5 at Beaconsfield was run for the first time this year. We had an excellent turnout of twenty one runners at Maidenhead and seven at Beaconsfield.

Sports Massage Therapy – Prevention Is Better Than Cure!

At this time of year, with lots of people training for spring marathons, the demand for my services as a Sports Massage Therapist increases as the distance of the long Sunday run lengthens. Whilst I welcome the extra business, especially now that it's my main income, I would much prefer that people come and see me regularly beforehand, to help prevent injury, rather than expect me to perform miracles after having ignored the warning signs of developing niggles. There is nothing more frustrating than losing time through injury after so much hard work has been put into training.

I recommend treatment at least once a month (weekly if you can afford it) when training hard, in addition to a disciplined stretching regime. This will help to overcome the problem of shortened and tight muscles caused by the highly repetitive movements of endurance running, which can, if left untreated, turn into a major injury crisis.

I charge club members £30 for a treatment session lasting around an hour and a half (£40 others). I won't guarantee that it will be pain free but will say that the level of discomfort is relative to the amount you have neglected to look after your body.

I have an ultrasound machine which I use to treat cases of tendonitis and acute injuries in the early stages when massage is contraindicated.

Please contact me on 07947 309923 or at mikehick@btinternet.com to book treatment.

Mike Hickman MFHT
Sport-in-Touch
Sports and Remedial Massage Therapist
(Qualified 2002)

If you would like to include an article about the skills or services you have to offer other club members then please send it to Martin Dean, Editor.

Thank You!

The Alex Johnson Memorial Trophy Handicap Race 3rd March 2012

This was the seventh running of this race held in memory of our previous chairman Alex Johnson, who sadly died nine years ago at the age of 57 from a heart attack. Twelve runners and one walker took part. The numbers were well down on previous years owing to several other races being held on the same day.

I had estimated times for each person to complete the 8.25 mile course using what I considered to be the most suitable of the recent race results I had to hand and some mathematical tables to normalise the range of distances covered.

Howard Taylor was the first person to finish but the actual winner, after the handicaps had been taken into consideration, was Helen Moseley. Helen had only just set a PB the day before at Wycombe Rye parkrun and I had been feeling guilty, up until the finish, that I had used this time to calculate her estimated time for the race. Helen bettered her time by 4 minutes and 39 seconds. It just goes to show how well she is running at present. Well done Helen!

The full results are listed on the next page in finishing order, with the handicapped positions shown in the column headed "H.Cap pos". The person with the largest minus deficit against my calculated times being the winner.

There were some other great performance from, Laura Cornwell, Sally White, Howard Taylor, Emma Russo, Darren Wakefield, and Amanda Peyton who got under or very close to the times I had estimated for them. Great running folks! Thanks to everyone for taking part and to those who turned out to support them. Mike Hickman



Julia, the sole walker, and her dog set off at 8:30 am



The Winner!



The runners followed after at 9:00 am



Results for All Competitors in finish order

Fin. Pos.	Name	Estimated Time	Actual Time	Time Diff. (+ or -)	H.Cap pos	<u>Min/Mile</u>
1	Howard Taylor	00:58:56	00:58:10	-0:35	4	7:03
2	Sally White	01:01:49	01:00:30	-1:19	3	7:20
3	Emma Russo	01:03:52	01:04:53	+1:01	5	7:52
4	Laura Cornwell	01:13:28	01:11:58	-1:30	2	8:28
5	Darren Wakefield	01:09:48	01:10:59	+1:11	7	8:36
6	Helen Moseley	01:18:30	01:13:51	-4:39	1	8:57
7	Craig Atkins	01:08:29	01:13:51	+5:22	10	8:57
8	Chris Lansdown	01:06:38	01:16:59	+10:21	12	9:20
9	Amanda Peyton	01:16:57	01:18:06	+1:09	6	9:28
10	Martin Dean	01:15:38	01:20:19	+4:51	9	9:44
11	Nick Martin	01:12:15	01:22:02	+9:47	11	9:57
12	Vikki Portwin	01:25:02	01:28:43	+3:41	8	10:45
Walker	Julia Phaff		02:04:52			15:08

Pilates Classes

Pilates is a combination of strength and flexibility. It aims to improve core strength and stability by targeting deep postural muscles to build strength from the inside out. It's an excellent complement to running, as it works to strengthen lesser used muscles, correcting imbalances and improving posture. It's also great for relieving stress and tension held in the body and helps tone you up.

Karen Letham is a qualified, REPs accredited Pilates Instructor who runs a class on Monday evenings in the dance studio at the High Wycombe Judo Centre.

The class will introduce you to the basic principles of Pilates and build up to more advanced exercises throughout the sessions. The classes are held on Monday evenings between 8 - 9 pm and sessions can be booked in 6 weekly blocks. A session would normally cost £8.50 per hour, however Handy Cross Runners are entitled to a discounted rate of £7.50 per session. The sessions are open to all, so if you or any of your friends would be interested in attending please email Karen at kitletham@hotmail.com. Places are limited to 12 people, so classes will be on a first come first served basis.



Results

Woodcote 10k

John Dooley 42:53
Margaret Moody 47:39 (1st FV60)
Ann Palmer 62:36

Watford Half Marathon

Penny Cutler 1:39:44
Trevor Free 1:52:37
Des Mannion 1:56:21
Lesley Donaldson 2:44:09

Wokingham Half Marathon

Gareth Morris 1:23:21
Steve Roberts 1:24:14 (PB)
David Rees Hall 1:28:02 (PB)
Jim Foy 1:43:11
Soraya Bux 1:45:30
Steve Batham 1:44:49
Graig Atkins 1:50:54
Joe White 1:52:33
Bev Nothman 1:52:05
Rachel Highway 1:52:37
Phil Hutchby 1:54:46
Diana Charles 1:58:10
Terry Eves 2:05:37
Helen Moseley 2:14:30

Marlow Duathlon

25th Dave Rees Hall 1:56:19
193rd Ann Palmer 2:52:05

Bramley 20

Frank Fulcher 2:03:47
Pete Summers 2:12:21
Penny Cutler 2:40:51
Leah Griffin 3:01:16

Hardwick Xstream

Brendon Gilbert 40:51
Emma Keys 52:13

Winchester 10k

Ann Palmer 1:05

Goring 10k

Ellen Fulcher 46:28
Frank Fulcher 46:28
Margaret Moody 48:35 (1st V60)

Bideford Half marathon

Dave Rees Hall 1:28:22

Berkhamstead Half Marathon

Mike Hollis 1:38:36
Penny Cutler 1:40:51
Leah Griffin 1:50:02

Beaconsfield Hall Barn 5 mile

Howard Taylor 34:13
Mike Hollis 37:36
Emma Russo 39:05
Charolette Ing 39:44
Margaret Moody 40:26
Jacqueline Ing 41:08
Fred Ashford 47:32

Bath Half marathon

Beverley Nothman 1:44:43 (PB)

Finchley 20

Frank Fulcher 2:03:15
Pete Summers 2:06:43
Soraya Bux 2:53:18
Celia Edwards 3:13:11
Diana Charles 3:13:31

Reading Half marathon

Julian Hucks 1:26:05
Gareth Imms 1:37:34
Karen Letham 1:49:03
Yvette Rogers 2:04:46
Frances Brown 2:07:58
Rachael Cullen-Heighway 2:06:52
Hélène Galsworthy 2:17:17
Fiona O'Donovan 2:17:18

Maidenhead Easter 10

Steve Roberts 1:02:41
David Rees Hall 1:06:25
Dan Charleston 1:06:59
Mark Dewey 1:10:37
Mike Hollis 1:13:31
Gareth Imms 1:13:58
Sally White 1:15:29
Emma Russo 1:15:30
Paul Dineen 1:16:05
Penny Cutler 1:16:17
Margaret Moody 1:16:17 (1st FV60)
Soraya Bux 1:17:31
Stephen Batham 1:19:57
Leah Griffin 1:21:28
Beverley Nothman 1:22:18
Darren Wakefield 1:29:11
Helen Moseley 1:31:22 (PB)
Martin Dean 1:32:28
Frances Brown 1:35:49
Vikki Portwin 1:45:48
Paula Potts 1:59:06



Cross Country Results

Chiltern League Cross Country

Luton

Ladies race:

21st Margaret Moody
27th Charlotte Ing

Men's race:

63rd Gareth Morris
83rd Howard Taylor
118th Steve Batham
122nd Craig Atkins

Wing

Ladies race:

19th Penny Cutler
25th Ellen Fulcher
26th Margaret Moody
35th Charlotte Ing
39th Jacqueline Ing
61st Vikki Portwin

Men's race:

13th Frank Fulcher
37th Brendon Gilbert
74th Nigel Sanderson
91st Howard Taylor
113th Darren Wakefield

At the end of the Chiltern League Cross Country season we finished in 8th position out of nineteen teams in Div. 2 and Frank won the MV40 prize

Thames Valley League Cross Country

Metros

69th Howard Taylor
81st Mark Dewey
110th Tom Astles
136th Charlotte Ing
142nd Peter Astles
162nd Steve Batham
176th Soraya Bux
189th Jackie Ing
226th Fred Ashford
250th Emily Astles
264th Mike Blowing

Reading

77th Mark Dewey
91st Howard Taylor
213th Steve Batham
265th Martin Dean
270th Andre Taylor
262nd Gemma Taylor
276th Fred Ashford

Tadley

74th Howard Taylor
144th Mike Hollis
153rd Charlotte Ing
162nd David Lloyd
243rd Darren Wakefield
266th Martin Dean
282nd Vickki Portwin

Bracknell Forest

13th Steve Roberts
91st Howard Taylor
164th Craig Atkins
172nd Darren Wakefield
175th Jackie Ing
211th Martin Dean

Fifteen teams competed in the Thames Valley League Cross Country and we finished in our customary fifteenth position at the end of the Season

Bucks Cross Country

Championship at Milton Keynes

Ladies race:

15th Ellen Fulcher

Men's race:

13th Frank Fulcher

Fred Ashford who won the M70 category in the over 60 mens race

Cliveden Cross Country

8th Peter Summers (2nd vet)
26th Rob Petingell
52nd Julian Hicks
75th Howard Taylor
138th Emma Keys
176th Mark Dewey
207th Lucy Zaboklicka
257th Craig Atkins
290th Paul Dineen



Tuesday Night Training Programme

April 9 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
April 16 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
April 23 rd	4 – 5 x 1000m on the field (200m recovery)
April 30 th	Poobin Fartlek session on the field
May 7 th	Hill session (Monkton Farm). 8 – 10 x long & 4 x short
May 14 th	NO SESSION Wargrave 5k
May 21 st	Relay session on the field 12-16 x 200m in teams of three
May 28 th	NO SESSION. Burnham 5k
June 4 th	Parlauf session on grass 8 – 12 x 400m
June 11 th	NO SESSION Marlow 5k
June 18 th	8-10 x 3 minutes on grass(1½ minutes in one direction then turn and race back to the start) one minute recovery
June 25 th	6 – 7 x 800m on John Lewis field (200m recovery)

Keeping the dream alive