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# ON COURSE

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APRIL 1989

ISSUE 7

affiliated to the  
A.A.A. and W.A.A.A



*The Newsletter of Handy  
Cross Joggers*

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## EDITOR'S RAMBLINGS

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As I write this there are only a couple of days to go before the Reading Half Marathon and, for those taking part in it, possibly more importantly only three weeks to go before the London Marathon. Obviously for those taking part in the London there is not long to go but, from what I have seen, most of the club runners who are competing have been training very hard for the big day and I am sure that their efforts will be rewarded in personal bests in the race. Above all, whatever their results, I hope that all of the runners and supporters enjoy the day.

Talking of the marathon I understand that Vernon has prepared a sheet on which all of you who are taking part are asked to put your names in order that I can pass this information on to the press. As mentioned last time, if you are being sponsored for a large amount of money or if you doing anything out of the ordinary on the day, then please let me know, again so that I can tell the press.

It was nice, a couple of days ago, to take part in the first club evening since the clocks changed. This extra daylight enabled us to forsake the normal town runs, so beloved of winter evenings, and to venture further afield - Flackwell Heath for some and Wooburn Green for others. I was one of those who did the Wooburn Green "10" and although I found the pace a little too hot to handle it was certainly more pleasant to run in daylight rather than darkness.

Finally this time, I have to report that I have, as yet, had no response to my suggestion of a new members pack. I am still prepared to produce one if it is thought a good idea, so I await your comments.

Chris Gentry

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### CLUB OFFICIALS

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Chairman	-	Hans Wessel
Vice-Chairman	-	Alan Edwards
Secretary	-	Esme Thomson
Events Secretary	-	Vernon Martin
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	Derek Sawyer
Membership Secretary (Women)	-	Esme Thomson
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

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## RACE RESULTS/REPORTS

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### Watford Half Marathon - 5th February

Four runners from the club took part in this event, the first major half marathon of the season, but unfortunately I have only got the finishing times of two of them. These times were:-

Roger Wilkes            1hr 26min                      Eileen Smith            1hr 27min

### Wokingham Half Marathon - 19th February

Unlike previous years when this race has often been run in cold weather, this year the weather was kinder and this seemed to suit the large number of runners from the club who took part. John Flint was the first club member home with newcomer Ian Haddock recording a personal best for the distance. The full list of club finishers was:-

John Flint	1hr 17min 05secs	Roy Williams	1hr 18min 32secs
John Hawryszcuk	1hr 19min 22secs	Eric Buckle	1hr 22min 52secs
Dave Barraclough	1hr 24min 23secs	Bob Carter	1hr 25min 26secs
Dave Woolley	1hr 26min 20secs	Ray Matthews	1hr 26min 28secs
Ian Haddock	1hr 30min	Graham McLachlan	1hr 31min 40secs
Kevin Duffy	1hr 31min 50secs	Peter Gallagher	1hr 34min 23secs
Martin Franzese	1hr 35min 01secs	Gerry Grosse	1hr 36min 45secs
Alan Van Der Pant	1hr 37min 15secs	Brian Sinclair	1hr 41min 54secs
John Gardner	1hr 51min 41secs	Derek Skinner	1hr 55min
Lyn Simmons	2hr 01min 30secs		

### Lincoln 9 Miles - 19th February

Whilst most of the club runners were at Wokingham, Alex Johnson made the longer journey to take part in this event and it appears that the journey was worthwhile as Alex finished 309th out of about 3,500 runners in a very good time of 57min.

### Malta Half Marathon - 19th February

Making an even longer journey than Alex were four of the ladies who travelled to warmer climes to run in this race. The warm weather and the undulating course did not deter the adventurous quartet and they were the second ladies team home. Individually their finishing times were:-

Rose Priest	1hr 56min 23secs	Vivien White	2hr 04min 14secs
Paula Parkin	2hr 09min 49secs	Allyson Unitt	2hr 10min 10secs

(It is understood that Allyson put her below par performance down to being kept awake the night before the race by someone snoring!)

### Fleet and Crookham Open Cross Country Meeting - 26th February

Despite the heavy rain of the previous days both club members who took part in this event, Derek Sawyer and Vernon Martin, found this course reasonable dry. They both managed to complete the full 3 circuits making a total of 6 miles with Derek finishing in 42nd position in 38min 13secs and Vernon finishing in 91st position in 43min 01secs.

### Bourton 10k - 26th February

Peter Smith, who has just joined the club as his first claim club, took part in this event and did remarkably well. Not only did he finish 22nd out of 700 finishers but he also recorded a personal best for the distance of 33min 07secs.

### Para's 10, Aldershot - 5th March

Despite having competed for the club the previous day in the Chiltern Cross Country League, Derek Sawyer decided that one cross country per weekend was not enough and so therefore he took part in this race, one of the toughest around. Four other club members took part in the race and their finishing times were as follows:-

B. Palmer	69min 46secs	Derek Sawyer	71min 55secs
Dave Robson	73min 23secs	Philip Holt	83min 09secs
Richard Lunnon	86min 56secs		

### Trophy Cross Country, High Wycombe - 11th March

Desperate for their weekly "fix" of cross country, several club members made the trek up to Keep Hill to take part in this event organised by Wycombe Phoenix and pride of place must go to the ladies team who finished first in their race. Not only that but Margaret Moody was the first vet home. The full list of club finishers and their positions was:-

#### Women

Margaret Moody	3rd	Eila Mansfield	5th
Claire Carter	8th	Lyn Simmons	9th
Vivien White	10th	Rose Priest	11th

#### Men

Roy Williams	11th	Dave Woolley	15th
Benjy Benjamin	18th	Mike Stone	20th
Bob Carter	21st	John Bradbury	29th

### Camberley Half Marathon - 12th March

Gerry Grosse and Alan Van Der Pant journeyed to Surrey to take part in this event and both reported that the race was well organised and well worth considering competing in next time. Although not running together, both Gerry and Alan managed to finish in exactly the same time, 1hr 38min 01secs.

### Portsmouth Half Marathon - 12th March

The trip to the south coast turned out to be a triumph for club member Roger Wilkes because, over a flat course which takes in the sea front, he managed a personal best for the distance. This was a well deserved reward for all the hard training Roger has put in recently. Roger's

wife, Pam, also took part as did Vernon Martin and their times were as follows:-

Roger Wilkes	1hr 24min 20secs	Vernon Martin	1hr 40min 18secs
Pam Wilkes	2hrs.		

### Hillingdon Half Marathon - 19th March

O.K., so is there anyone out there who does not know that Eric Buckle set a personal best in this race? There is? Well, he did. However he was still not the first club runner home, that honour fell to John Flint, and also two other club members set personal bests in the race, Ian Haddock and Graham McLachlan. Probably more important than all this however was the fact that 12 of the 14 club runners taking part finished in under 1½ hours (it would have been 13 and of 14 if Bob Carter hadn't felt the need to visit a building site) thus showing the improving standards in the club. The club results were as follows:-

John Flint	1hr 17min 05secs	Eric Buckle	1hr 17min 45secs
John Hawryszczuk	1hr 18min	Roy Williams	1hr 19min 03secs
Dave Woolley	1hr 22min 58secs	Dave Riddington	1hr 23min 36secs
Mike Stone	1hr 24min	Jim Chilton	1hr 24min 36secs
John Bradbury	1hr 26min 34secs	Alex Johnson	1hr 27min 04secs
Ian Haddock	1hr 27min 50secs	Graham McLachlan	1hr 29min 09secs
Bob Carter	1hr 32min	Chris Gentry	1hr 32min 08secs

### Fleet Half Marathon - 19th March

Whilst a number of club runners were setting their personal bests at Hillingdon, Lyn Simmons was doing likewise at Fleet. It is understood that there were a number of club runners taking part but the only results I have are as follows:-

Ian Mallen	1hr 28min	Rose Priest	1hr 53min 23secs
Lyn Simmons	2hr 01min 04secs	Vivien White	2hr 03min 03secs

### Chiltern Kanter - 19th March

This apparently was a very muddy 25 mile cross country race with check points to find. There were 170 competitors including club members Dave Welfare and Chris Wood who did very well to finish 5th in a time of 5hr 10min.

### Maidenhead 10 Miles - 24th March (Good Friday)

There was yet another good turn out from the club for this event and the unluckiest runner must be John Flint who, although being the first club runner home, missed the magic hour by a mere 7 seconds - not such a "Good" Friday for John! The club results were:-

John Flint	60min 07secs	Roy Williams	61min 20secs
Dave Woolley	61min 58secs	Bob Carter	64min 05secs
Roger Wilkes	64min 10secs	John Bradbury	66min 06secs
Irene Smith	68min 02secs	Trevor Hart	68min 30secs
Vernon Martin	73min 41secs	Gerry Grosse	74min 03secs
Hans Wessel	74min 30secs	David Plato	79min 15secs
Pamela Wilkes	81min 10secs	John Gardner	81min 16secs
Jenny Hart	86min 20secs	Peter Gould	93min 10secs
Allyson Unitt	97min 55secs	Paula Parkin	98min 15secs

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## CHILTERN CROSS COUNTRY LEAGUE REVIEW - Chris Gentry

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So what do you think of when cross country running is mentioned? Well if you are anything like me your thoughts will turn to muddy or frozen fields or footpaths, courses that take you through woods, and cold bleak winter days. What I never anticipated, when I decided to compete for the club in the Chiltern Cross Country League, were courses that took you through streams and rivers and mild, almost spring-like, days in January and February. However that is what the club's runners have found this season and I have got to say that, personally, I have enjoyed it even though I haven't done as well as I had hoped due to being somewhat unfit.

Anyway, here is my personal review of the season and perhaps I should mention that the full list of club runners who have competed in the league, together with their positions in the five league races, is set out at the end and not under the individual race reports.

### Watford - 8th October, 1988

This was the first race in the league and involved a comparatively short journey to Cassiobury Park in Watford. It was here that we first came across the sadistic minds of the people who set cross country courses, because this course, after leaving the park via two bridges, one over a river and the other over the canal, took us round some muddy woodland before returning to the park via, you would have thought, the same two bridges. However you would have been wrong! Because after negotiating the bridge over the canal, and just before recrossing the bridge over the river, we were actually directed through the river! Now it must be said that the river was only about 8 feet wide and a couple of feet deep and it was quite close to the end of the race so it wasn't a great problem, but still the question must be asked - why was it necessary to go through the river rather than across the bridge?

That said the race was a fair test of cross country running with plenty of mud, undulating woodland, and some parkland. The men's course was nearly 5½ miles with the ladies course being slightly shorter (but no less difficult). However the conditions held no fears for Peter Smith and Margaret Moody who were the first club runners home in their respective races and thus took early leads in the race to become the first holder of the trophy to be awarded to the runner with the best three results in league matches. Other good performances were from Jim Chilton who was the fourth club runner home, despite being handicapped by not having any cross country spikes, and John Hawryszczuk who was seventh club runner, despite only having just returning from a non-running holiday.

Very pleasing was the fact that 15 men and 3 ladies from the club took part and this number probably exceeded all expectations.

### High Wycombe - 22nd October, 1988

I remember saying to Vernon (Martin) as I was changing after the Watford race that at least we would know the course at Wycombe because many of us had taken part in the inter-club or trophy meetings in the past. This optimism was short lived as Vernon mentioned that he had heard that the course would be reverting to the one that had been used several



years earlier, starting and finishing in the field at the top of Keep Hill instead of on the Rye. Vernon turned out to be correct and, instead of holding an advantage over runners from other clubs who did not know the course, we were left in the same boat - thank you Wycombe Phoenix!

Another thing we had to "thank" Phoenix for was their objection to Dave Woolley and Bob Carter scoring for us because they had competed for Phoenix in the League in previous years - this was particularly unfortunate for Dave as he was our first runner home in this race. In my opinion this objection was extremely petty and unbecoming of a club like Phoenix but in any event they were the ultimate losers because both Dave and Bob resigned from them so that they could compete for us in the remaining league fixtures.

Again, in this race, it was pleasing that we had 13 competitors in the men's race, which entailed running two laps of the course, whilst in the ladies race, over one lap, four of our ladies took part.

#### Wing, Nr Leighton Buzzard - 7th January, 1989

Despite the fact that there had been a gap of over two months between the Wycombe race and this one, in the intervening period most of the keen cross country runners in the club had competed in either the Inter Club meeting at Maidenhead Thicket, or the Berks, Bucks and Oxon Championships at Wantage, or the Bucks Championships at Aston Clinton and Milton Keynes, or the Cliveden 10k, thus keeping themselves fit for the remaining three league fixtures.

After the relatively normal course at Wycombe, the Wing course turned out to be another one with water to negotiate. However, unlike Watford, this was a stream which was a natural part of the course - the only unfortunate thing was that we had to negotiate it three times and the steep bank on the other side ended up extremely slippery and muddy. The course started in the playing fields adjacent to Wing School and, after a circuit of these fields, went out on a small loop of the main course (including one crossing of the stream) followed by two larger loops of the course, which loops included not only the stream but also a kind of hurdle-cum-gate which, like the bank of the stream, became very slippery with the mud from runners shoes. The course was undulating and extremely muddy which led to Phil Stephens having one of his shoes sucked off. This unfortunate occurrence led to Phil finishing further down the field than he should have.

On this occasion 15 men and 4 ladies made the journey to compete thus keeping up the good turnout from the club.

#### Luton - 4th February, 1989

A month later saw the penultimate League race and this involved a trip down (or should it be up!) the M1 to a very windy Luton. Talk about differing surfaces on which had to run during the season! For the previous three races we had to contend with very muddy conditions but here we were presented with firm conditions underfoot which, if it assisted no-one else, certainly helped John Flint who was our only regular competitor still running without spikes. Unfortunately the help we got from the firm ground was somewhat dissipated by the extremely strong wind and the hilly course. In fact on one part of the course we had to run along the ridge of a hill and the wind was so strong that it nearly blew us off.

For this race we again had 15 men taking part over the 6 mile course but unfortunately only two ladies arrived in time for the start of their race run over 3 miles. Four more of our ladies turned up just after their race had begun, having got lost on the way - something they won't live down in a hurry! However the highlight of the day was the first appearance of Benjy Benjamin's new cross country spikes which dazzled everyone and which probably contributed towards his best ever result over the country. He was our 6th runner home and in the process he took a number of notable "scalps".

#### Northwood - 4th March, 1989

Unfortunately my first hand experience of this event is nil as the illnesses that have dogged me since last year surfaced again and I was forced to miss the race. This was very disappointing from my point of view, having taken part in the other four, but from the reports I have received perhaps I was lucky to miss out on this one. I say this because the heavy rain of the previous days had apparently turned the course into a mudbath which led to Vernon Martin, amongst others, taking a rather nasty tumble.

Despite the weather, for the fourth time we had 15 men racing over their 5½ mile course and, this time, no less than 6 ladies competing over their 3 mile course. Peter Smith, cleared to run for the club prior to the Luton race, and Margaret Moody kept their records of not having been beaten by anyone else from the club during the season and it is pleasing to be able to report that Eila Mansfield picked up the Chiltern League Division 2 Super Vet Trophy - a well deserved success for this most consistent of runners.

#### Conclusion

So, for the men, the end of their first season of Chiltern League racing and, for the ladies, the end of their second season. All in all I think it is extremely encouraging that in their respective sections the men finished in 7th position (one place ahead of Wycombe Phoenix!) and the ladies finished 8th and, on behalf of the club, I would like to thank the 22 men and 6 ladies who turned out to compete in all or some of the races during the season. Let's hope that next season the experience gained this time round will hold us in good stead so that we can do even better next time. Finally, for those of you who didn't take part this time why not give it a try next season - I think that you will enjoy it.

#### RESULTS

	<u>Watford</u>	<u>Wycombe</u>	<u>Wing</u>	<u>Luton</u>	<u>Northwood</u>
<u>Ladies</u>					
Margaret Moody	33	28	11	17	16
Eila Mansfield	40	34	16	25	19
Myrtle Edwards	61	-	41	-	49
Rose Priest	-	56	39	-	46
Lyn Simmons	-	57	-	-	35
Vivien White	-	-	-	-	40
<u>Men</u>					
Peter Smith	5	-	-	13	13



	<u>Watford</u>	<u>Wycombe</u>	<u>Wing</u>	<u>Luton</u>	<u>Northwood</u>
Dave Woolley	45	49	-	77	69
Phil Stephens	69	56	106	125	51
Jim Chilton	78	90	112	-	83
Roy Williams	84	94	85	64	48
John Flint	85	106	120	85	142
John Hawryszczuk	88	78	81	-	-
Mike Stone	93	108	102	102	88
Chris Gentry	94	151	166	128	-
Derek Sawyer	113	148	189	132	132
John Bradbury	156	-	-	-	137
John Wheeler	216	-	224	188	155
Peter Gallagher	222	-	-	163	-
Robert Farrier	224	-	-	-	-
Alan Edwards	225	218	247	215	-
Bob Carter	-	130	130	90	112
Benjy Benjamin	-	170	-	100	95
Graham McLachlan	-	179	-	-	-
Dave Barraclough	-	-	123	-	73
Dave Riddington	-	-	178	120	130
Vernon Martin	-	-	236	201	172
Richard Lunnon	-	-	240	-	-

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YOU'VE GOT TO LAUGH - HAVEN'T YOU!

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"All the way to the corner and back? Wow!"

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## SOCIAL EVENTS

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### Annual Dinner/Dance

There are only a few more weeks to go before this, the highlight of the year from the social point of view, takes place on **Saturday 29th April, 1989** and I know that Rose Priest would be grateful if all of you that have booked places could let her have the balance of your money as quickly as possible.

Nothing has been said as yet, but the normal order of things is that if you have run the London Marathon you should wear your medal at the dinner.

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### THE BIG BIATHLON - Derek Sawyer

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Well the not so big biathlon as only 140 turned up to take part in this event which took place at Swindon on the 19th March. It consisted of a 4 mile run followed by a 20 mile bike ride and finished with a 1 mile run but how do you tackle an event like this? What do you wear? Do you change your shirt? Do you change your shoes?

In the end I decide on licra cycle shorts, Handy Cross sweatshirt over a Helly Hanson and light running shoes, which mean I have to change my bike pedals to ones with a flat surface. Just before the start I decide to run in cycle mitts and eye protectors so that all I have to do at the transition is put on the crash helmet and jump on the bike.

In the race I started gently but soon speeded up and started passing people. I found it very warm because most of the time we were sheltered from the wind. At the finish of the run a quick look at the watch showed that it had taken only just over 25 minutes so on with the crash helmet, grab the bike and run to the exit (no riding in the transition area), shouting my number to the timekeeper. Out on the bike course it is open dual carriageway and very windy. All those I passed on the run come back past and I'm struggling. It seems I've ridden for hours so I look at the watch and see that I've only been on the bike for 33 minutes but where is the turn round? It can't be yet because I haven't seen the leaders going back on the other side of the dual carriageway. Eventually the leaders go flying past in the other direction and I start to get fed up as more people pass me. The turn at last and it's like a rocket has been fitted, with the wind pushing me along and I even pass three riders. However it doesn't last long because I come to a hill and then turn the corner into a headwind again. Another headwind? But wasn't it a headwind when I went the other way?

Anyway I finish the bike ride in 1hr 05min and try to run the last mile but my legs won't work. Just when they do it's the finish. My last mile took 6min 34secs and my total time for the event is 1hr 36min 58secs for 66th place.

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## RUNNING EVENTS

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I set out below details of a few races that have come to my attention since I published the main list of forthcoming running events in the last issue:-

### May

13th (Saturday)	Icknield Way (Chinnor) ½ marathon & 10k	10 a.m.
27th (Saturday)	Leighton Buzzard 10	3 p.m.
29th (Monday)	Chesham Race In The Park	11 a.m.

### June

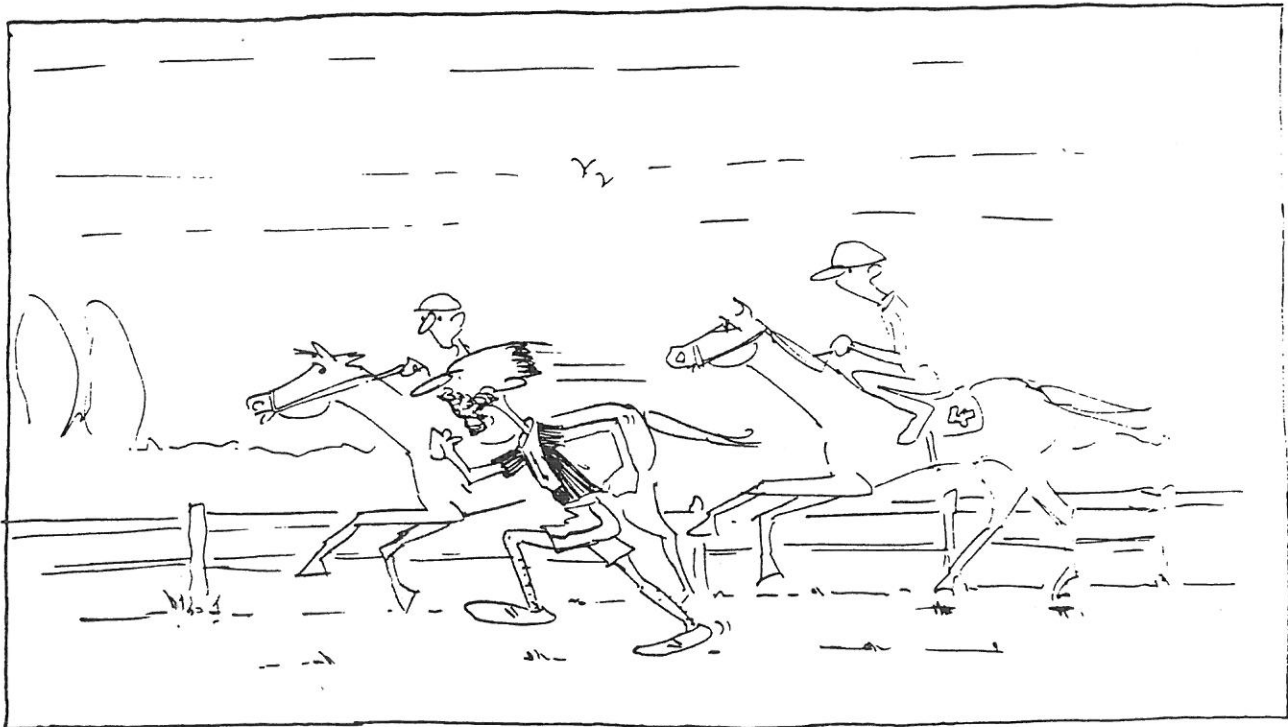
4th	Fleet General Portfolio 10k	11.30 a.m.
	Woodley Carnival 15k	10 a.m.
	Warwick University 10	11 a.m.

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### CARTOON

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This cartoon was drawn by a workmate of Derek Sawyer and shows Derek (with the beard and running shorts in case you were wondering) running in the Fleet and Crookham cross country recently. The event took place at Tweseldown Racecourse (hence the horses).

