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*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

The trouble with this running lark is that it is very time consuming and doesn't give you much chance to do other things - such as preparing this Newsletter. Well that is my excuse for the delay in the appearance of this issue which should have come out at the beginning of March, if you are reading this before the 1st April, I will have done better than I imagined I would. In a way my disappointment over the delay in producing this epic is tempered by the knowledge that the reason for it lies with the fact that since Christmas, apart from one slight hiccup, the illnesses which seem to have dogged me with amazing regularity over the past 18 months or so appear, touch wood, to have disappeared and I am experiencing my longest period of uninterrupted training for some time.

Unfortunately my apparent return to health seems to have co-incided with a few health problems for other club members, the latest of which befell Margaret Moody in the recent Hillingdon ½ marathon. Whether it was dehydration as was originally thought or something else that caused the problem I don't know but I am certainly glad to hear that she didn't have to spend to long in hospital. Margaret hasn't been the only Jogger to have seen the inside of a hospital recently because as I write this club Treasurer Ian Mallen is, I understand, still in recovering from a back operation and I am sure all our good wishes go to Ian for a speedy recovery. The other Jogger to have spent a few days on the ward chatting up the nurses was Brian Sinclair but thankfully he seems to have made a complete recovery. Let us hope that this run of bad luck ends soon.

See you all next time.

Chris Gentry

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CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Alan Edwards
Vice-Chairman	-	Kevin Duffy
Secretary	-	Allyson Unitt
Events Secretary	-	Alex Johnson
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

RACE RESULTS/REPORTS



Trophy Cross Country, High Wycombe - 30th December

Wycombe Phoenix must be heartily sick of us when it comes to cross country running because not only did we make up about a third of the field in this event but we picked up no less than 11 medals. The lucky Joggers who won these were all of the ladies taking part, Esme Thomson, Eila Mansfield, Pam Wilkes, and Vivien White, as well as Alan Chilton, Dave Woolley, Roy Williams, Mike Stone, Roger Wilkes and "President" Vernon Martin. The finishing positions of the club runners taking part were:-

Ladies

Esme Thomson	8th	Eila Mansfield	10th
Pam Wilkes	12th	Vivien White	14th

Men

Alan Chilton	4th	Steve Barrow	9th
Derek Sawyer	12th	Dave Woolley	13th
Roy Williams	15th	John Flint	18th
Mike Stone	22nd	Roger Wilkes	23rd
John Bradbury	24th	Alex Johnson	27th
Vernon Martin	30th		

Cliveden Cross Country - 31st December

You can't keep a good man down, so the saying goes, and this certainly applies to club member Alan Chilton who obviously found two races in successive days no problem because he was again the first man home from the club in this 6 mile race. The finishing times for the club runners were:-

Alan Chilton	38th place	Derek Sawyer	41min 05secs
Roy Williams	41min 33secs	Dave Woolley	42min 00secs
John Flint	42min 52secs	Dave Barraclough	43min 30secs
Roger Wilkes	44min 20secs	Bob Carter	44min 30secs
Mike Stone	45min 00secs	John Bradbury	45min 56secs
Alex Johnson	47min 03secs	Eila Mansfield	49min 50secs
Trevor Hart	50min 08secs	Chris Carter	51min 10secs
Pam Wilkes	53min 57secs	Martyn Franzese	55min 00secs
Vivien White	60min 07secs		

Bicester 10k - 31st December

John Gardner decided to see the old year, and indeed the decade, out by taking part in this event and, in cold but windless conditions, was well pleased with his time of 44min 41secs.

Inter-Club Cross Country, Amersham - 13th January

Weatherwise the races at Hervines Park were run in almost spring-like conditions but underfoot it was still very muddy and more than one runner took a tumble in the woods including club members Roger Wilkes and Margaret Moody. However the fall did not deter either runner, especially Margaret as she still managed to be the first club runner home in the ladies race. For the men, Alan Chilton was first home for the club with Steve Barrow being the first vet home. The positions of the club's runners were:-

Men

Alan Chilton	3rd	Steve Barrow	5th
Dave Woolley	15th	Roy Williams	22nd
John Flint	24th	Dave Barraclough	31st
John Bradbury	33rd	Bob Carter	37th
Roger Wilkes	38th	Alex Johnson	42nd
Peter Gallagher	55th	Stephan Naunko	58th
Trevor Hart	70th	Vernon Martin	74th

Ladies

Margaret Moody	6th	Esme Thomson	7th
Eila Mansfield	8th	Pam Wilkes	13th
Vivien White	17th	Lyn Simmons	18th
Jenny Hart	19th		

Southern Vets Cross Country Championships, Romford - 10th February

The lure of cross country running is obviously very strong - how else could you explain the fact that a quintet (that means 5 for those who don't know) made the not inconsiderable journey to take part in these championships held at a very wet and muddy Bedford Park. In the men's race Vernon Martin made light work of the 6 mile course to finish 49th overall and 12th in his age group whilst in the ladies race, over 3 miles, Eila Mansfield was first home for the club followed by Margaret Moody, Esme Thomson, and Pam Wilkes. The performance of the ladies meant that they finished as 2nd team overall - a very good result.

Wokingham Half Marathon - 11th February

For this, the first major half marathon of the year, no less than 27 members of the club took part and, despite the cold, windy and slightly wet conditions, there were notable triumphs for John Flint, making a fine return to form by being the first club runner home, and Hans Wessel who managed a p.b. The full list of club results was:-

John Flint	1hr 18min 10secs	Roy Williams	1hr 24min 14secs
John Bradbury	1hr 24min 24secs	Dave Woolley	1hr 25min 40secs
Roger Wilkes	1hr 27min 00secs	Alex Johnson	1hr 27min 13secs
Ray Matthews	1hr 28min 17secs	Bob Carter	1hr 30min 16secs
Stephan Naunko	1hr 33min 07secs	Peter Gallagher	1hr 35min 40secs
Ron Newman	1hr 35min 50secs	Hans Wessel	1hr 39min
Martyn Franzese	1hr 40min	Eila Mansfield	1hr 40min
Gerry Grosse	1hr 40min 10secs	Keith Hicks	1hr 42min
John Wheeler	1hr 44min 23secs	Derek Skinner	1hr 46min
Brian Sinclair	1hr 47min 48secs	John Gardner	1hr 50min 52secs
Pam Wilkes	1hr 53min 14secs	Vivien White	1hr 59min
Tony Fewell	1hr 59min	Alan Edwards	2hr 05min
Rose Priest	2hr 09min	George Kenna	2hr 10min
Lyn Simmons	2hr 10min		

National Women's Cross Country Championship, Rickmansworth - 17th February

Because the race was comparatively close to home, 6 ladies from the club took part and found themselves up against international stars such as marathon runner Angie Pain. Undaunted the ladies did very well with Esme Thomson leading them home. The finishing positions of the club members were:-

Esme Thomson	351st	Eila Mansfield	362nd
Pam Wilkes	422nd	Vivien White	475th
Jenny Hart	491st	Lyn Simmons	493rd

Lower Earley 5 - 18th February

Well I know that Eric Buckle was the only club runner who took part in this race, but he did do very well to finish 5th and, perhaps even better, considering his lengthy injury problems, was his time of 28min 38secs. Of course Eric probably ran so well because he was worried that his girlfriend Dawn might beat him but, although she didn't, she did well to record a p.b. of 44min 38secs.

Rushmore Half Marathon - 18th February

Also going solo on this particular Sunday was John Gardner who, only a week after the Wokingham race, managed a better time in this event of 1hr 49min 35secs.

Bourton 10k - 25th February

The club's current leading runners, Peter Smith and Alan Chilton, took part in this race and Peter managed to finish in an excellent 6th place with a time of 31min 58secs. Unfortunately Alan's result is not known.

Berkhamstead Half Marathon - 4th March

The dynamic duo of Smith and Chilton teamed up again in this event and remarkably, not least because of the hilly course, they both managed p.b.'s for the distance. Peter was the first of the duo home in 6th place with a time of 1hr 13min 52secs with Alan only a few places behind in 10th place with a time of 1hr 14min 55secs.

Portsmouth Half Marathon - 11th March

A trio from the club made the journey to the south coast to run this race and, in almost ideal conditions, Roger Wilkes stormed round the course to be the first club member home. The full results for the trio were:-

Roger Wilkes	1hr 24min 49secs	Vernon Martin	1hr 41min 25secs
Pam Wilkes	1hr 52min 09secs		

Para's 10, Aldershot - 11th March

Apparently the course for this race had to be altered because of the recent storms but I understand that it was no easier. However this did not deter the runners from the club and Derek Sawyer did very well to finish in 216th place nearly 30 places ahead of Dave Woolley in 243rd place but only a few seconds in time. Unfortunately I do not have the finishing times for club members Dave Robson, Hans Wessel, Martyn Franzese, and Vivien White but the times for the other finishers from the club were:-

Derek Sawyer	67min 12secs	Dave Woolley	67min 57secs
Mike Stone	70min 31secs		

Hillingdon Half Marathon - 18th March

The story of this race is undoubtedly the fact that it was run in very warm conditions which, allied to the poor drinks stations, lead to club member Margaret Moody ending up in hospital suffering from the effects of dehydration. Really, for a race so well established as this one, the organisation on this occasion appears to have been well below standard. Despite this two runners from the club did manage p.b.'s and congratulations must go to Alan Chilton and George Kenna. The name of Lyn Simmons does not appear in the list below and the reason for this is that she very unselfishly accompanied Margaret to hospital - thank you Lyn for that. The results for the other club members taking part were:-

Alan Chilton	1hr 14min 40secs	John Flint	1hr 18min 20secs
Roy Williams	1hr 23min 21secs	Alex Johnson	1hr 25min 50secs
Eric Buckle	1hr 27min 20secs	Roger Wilkes	1hr 27min 30secs
Dave Barraclough	1hr 30min 07secs	Dave Riddington	1hr 30min 42secs
Graham McLachlan	1hr 31min 35secs	Andy Green	1hr 32min
Martyn Franzese	1hr 41min 41secs	Hans Wessel	1hr 47min 01secs
Derek Skinner	1hr 55min	Jenny Hart	1hr 56min
Alan Edwards	2hr 01min	Tony Fewell	2hr 02min
Rose Priest	2hr 05min		

APOLOGY

My normally reliable results source was apparently a little out with the outcome of the Inter-Club Cross Country at Maidenhead on the 18th November, the results of which were printed in the last Newsletter. I am now informed that in fact it was Roy Williams who finished in 39th position and not John Flint. John actually finished in 70th place, the position that was unfortunately accredited to Roy. My humble apologies to both Roy and John and you can rest assured that my source has been severely reprimanded.

THE GENTLE ART OF ROAD RACE MEASUREMENT by Steve Parrett

Have you ever completed a race in record time but suspect that the course was a little short? Have you found that the mile markers are badly placed so that your carefully arranged split times are confusing? Worst of all, have you run extremely well and yet have found that your finishing time is way above your PB?

All of these problems can be caused by poor race measurement; generally because organisers rely on either a car or surveyor's wheel as their method of measurement and both are notoriously inaccurate. In the past few years the AAA have been training volunteers to become proficient in race measurement to ensure that any race that gains a AAA certificate has been measured accurately.

In October I took part in a weekend seminar in Barnet to become a Grade II measurer and I thought that my experiences may be of interest to other Handy Cross Joggers. My lasting impression of the weekend is the amount of care and attention that a measurer needs to devote to the job to produce an accurate measurement - to measure a half marathon course is likely to take me between three and five hours.

So what did I learn? First, I have created a permanent base-line near my home so that the counter fitted to my bicycle is calibrated correctly. My base line is exactly 600 yards long and has been measured using a fifty yard steel tape under a specified pressure tension. Although I have not yet had it checked electronically I am prepared to bet that this line is accurate to within three inches.

On the day of a course measurement I calibrate my bike counter by riding the base-line four times. I then travel to the venue and ride the course twice: first to ensure that the total route is correct and second to ride the shortest possible line through the course and point out the mile or kilometre markers. Clearly it is in my interest to have as many people who are organising the race as possible with me when doing the measurement - they are then able to paint the lines at the mile markers while I remain seated on my bike.

The second ride is the most important part of the process and is one of the major skills that we had to practice at the seminar in Barnet. Although it sounds simple, the art of riding the shortest line takes some mastering. For example, in our first exercise we all measured a 1.5 mile course - the Grade I measurers conducting the seminar had a result of 20-30 yards shorter than most of the trainees, multiplied up this gives a difference of 180-270 yards (or more importantly between 30 and 60 seconds running time) over a half marathon course. Needless to say we were all a lot more skilled at the end of the two days. The biggest problem we encountered was riding up to the crown of a bend on busy roads - indeed at courses where the roads will be closed we were advised that we should have a police escort to ensure that we can ride on both sides of the road without being squashed.

On my return from the race venue I recalibrate my counter by riding the bike over the base line four more times. Then comes the paperwork -

two copies of everything - maps, notes, calculation sheets and course descriptions. This is then sent to the AAA organising secretary and the course is issued with an official measurement certificate. This may seem a lot of bureaucracy but it does at least mean that you can go to a number of road races in the future and, provided you run the shortest line throughout, you can be assured that you have run the exact distance.

I am the only measurer in the Bucks area, and so if anybody is interested in helping share the load get in touch with me on 0844 290786 and I will put your name forward for this year's seminar - all that is needed is a bike and the ability to use a calculator for multiplication and division. The counter is donated on permanent loan by the AAA.

If you run the Maidenhead 10 mile race this coming Good Friday you will be running my first ever official road measurement - here's to your PB!

BUCKS SERIES OF RACES - Chris Gentry

I remember mentioning this series of races last year but I don't know whether any club member actually took part in the required number of races in order to get a position for the event. However the series has also been organised this year and, as I understand it, the only rules are that you have to enter each race yourself and that you have to take part in 5 of the events, one of which has to be one that is marked * in the list printed below. Apparently there is also a team competition with 3 runners to score. If anyone does compete in the series this year, I would be pleased to know how they got on. The series of races are:-

11th March	* Waddesdon 11k *
25th March	* Rex Foulkes 20k *
29th April	Stantonbury 10k
7th May	Pednor 5
9th June	* Naphill 10 *
16th June	* North Marston 12k *
10th July	* Bishopstone 8 *
12th July	Milton Keynes 10k
22nd July	* Wycombe $\frac{1}{2}$ marathon *
15th August	Bearbrook 10k
26th August	Wycombe 5
2nd September	* Aylesbury $\frac{1}{2}$ marathon *
16th September	Amersham 5
30th September	* Milton Keynes $\frac{1}{2}$ marathon *
3rd November	Chesham 5k
24th November	Wolverton 5

BITS & PIECES

It is now getting on for 3 months since the Headquarters of the club was moved to the Judo Centre and, so far, it seems to have worked out well - with the sauna being particularly popular, especially with Graham McLachlan. The Committee is always looking at obtaining improvements at the Centre and if you have any suggestions then pass them onto any Committee member.

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Talking of the sauna, it is understood that Alex's recent announcement regarding the wearing of swim-suits etc in there seems to have had the desired effect and a good job too, because seeing Martyn Franzese with no clothes on is not a pretty sight.

* * * * *

At the last meeting of the Committee it was agreed to suggest to club members who compete in races under someone else's name that they ought to write their own name, address, and a telephone number, that can be rung in the case of an emergency, on the back of the race number. This arose because of Margaret Moody's unfortunate mishap whilst wearing Myrtle Edwards' number.

* * * * *

Whilst discussing the last mentioned item and when it came to the list of things that ought to be written on the backs of numbers, a Committee member, rather facetiously, suggested a runners inside leg measurement - like a shot our erstwhile Secretary, Allyson, volunteered herself and Paula to "measure all male members". The queue is now forming!

* * * * *

The Marlow 5 entry forms are now available and it is hoped that every club member will do their best to encourage as many people as possible to run in the race. John Gardner and Gerry Grosse must take a lot of credit for all the extremely hard work they have put into organising the event and they deserve it to be a great success.

* * * * *

I would like to think that in this Newsletter I can print the results of everyone who takes part in a race but to do this I need the help of each and everyone of you in giving me your results. A little while

ago we experimented by having a sheet available on club nights and Sundays so that people could just jot down the race they had competed in, the date, and their finishing time but unfortunately this appears to have stopped. However I think that it would be a good idea to resurrect this and therefore please keep a look out for the reappearance of the sheet.

Finally, with regard to race results, just recently we have been lucky and managed to get a lot of publicity in the local press (except when Alex beat Eric in the Hillingdon race as has been mentioned to me on more than one occasion) and in order to continue with this it would be appreciated if you could let me have your results as early as possible on Sunday.

CHRISTMAS SELF HANDICAP EVENT - Chris Gentry

In the rush to get the last issue of this Newsletter out before Christmas it was not possible to publish the results of this, one of the most popular of annual club events, which for 1989 was held on Sunday 17th December. As I say, the event is popular amongst club members, and this was proved as 28 took part this time. It appeared that everyone taking part had a good time - certainly I did, not least because I managed to run nearly 1½ minutes faster than I ever thought possible. However, much more impressive than my puny efforts were those the three runners who got closest to their predicted times, Helen Newman, Rose Priest and Keith Hicks, because they all got within 20 seconds - no mean feat! The final positions and plus or minus times of all taking part are as follows and I don't think that there will be many times when you see the name of Alan Chilton coming last!:-

1. Helen Newman	- 0.06	2. Rose Priest	+ 0.11
3. Keith Hicks	- 0.19	4. Dave Riddington	+ 0.21
5. Eila Mansfield	- 0.33	6.= Allyson Unitt	- 0.36
6.= Mike Stone	- 0.36	8. Steve Woolley	+ 0.37
9. George Kenna	+ 0.48	10. Dave Woolley	+ 0.49
11.= Lyn Simmonds	- 0.50	11.= Brian Sinclair	- 0.50
13. John Bradbury	+ 0.52	14. John Flint	+ 0.53
15. Roger Wilkes	+ 0.54	16. Myrtle Edwards	- 1.03
17. Vivien White	+ 1.06	18. Alex Johnson	+ 1.17
19. Chris Gentry	- 1.25	20. Stephan Naunko	+ 1.27
21. Roy Williams	+ 1.28	22. Esme Thomson	- 1.35
23. Derek Skinner	- 1.42	24. John Wheeler	- 1.52
25. Jack Sharp	+ 2.22	26. Pam Wilkes	- 2.46
27. John Gardner	+ 2.47	28. Alan Chilton	+ 2.48

WHAT DOES IT ALL MEAN? by Chris Gentry

Have you ever idled away the odd hour or so studying the forthcoming running events in your copy of "Running" or "Todays Runner" and wondered what the descriptive phrases applied to the races really meant?

Well now, thanks to Vernon Martin and a vets running magazine, all can, as they say, be revealed. For instance, one phrase that will be of special interest to club member John Gardner, after his experience with the Bidford-on-Avon $\frac{1}{2}$ marathon last year, is "mainly flat course" which, of course, should warn you of the two climbs up to 1,500 ft. and my particular favourite "limited showers and changing accommodation" which hides the bad news that there is one toilet for men, one for ladies and a small shed that is usually used to keep the park keeper's mowing machine in allocated "Ladies Only". Here are some of the other common phrases and what they really mean:-

"accurately measured" means that the course is at least 400m short but the organisers want a fast race to attract everybody the following year;

"beautiful scenery" means look out for the last 3 miles as they will crucify you;

"brand new country course" means that you'll have to turn a sharp left hand or right hand every 150 metres and stand a good chance of being wiped out by a car as you drift across the road to take full advantage of the numerous S-bends;

"starting at 3pm in the Grand Arena" simply means that you may be away by half past if the Cowboy and Indian show has finished and if the horses have not messed things up too much;

"finishing in the Grand Arena" means that you'll have to battle through crowds of disinterested gala-goers as you hunt with desperation for the narrow funnel leading to the half hidden tape;

"enthusiastic crowds" refers to the same gala-goers that will force you to weave and bob your way, plastered with ice-cream and sticky fingers, through the last 600m of the ten miler;

"highly organised event" means that the organiser is putting pressure on his committee members to turn up and help this year;

"no late entries" usually means that you can get a run if you pay double the entry price and waive any right to any prize for which you may qualify.

APOLOGY

Oh dear, not another apology? Well unfortunately yes because I managed to omit the name of John Bradbury from the list of finishers I submitted to the newspapers in connection with the Inter-Club Cross Country at Amersham on the 13th January. As you can see from the results in this Newsletter, John managed a very good 33rd place - humble apologies John!

SOCIAL EVENTS



Annual Dinner and Dance

As you probably all know this will be held on Friday 4th May at the High Wycombe British Legion premises in St. Mary Street, High Wycombe from 7.30 p.m. to 1.00 a.m. and the cost is £11.50 per person. Menu's are available and if you haven't booked your place already then you should get a move on! Rose will be pleased to receive your money as quickly as possible.

Trip to Kelkheim

I am not certain whether this should come under the heading of a Social event or a forthcoming running event because, of course, the supposed point of the trip is to take part in the Half Marathon. However after some deliberation, and bearing in mind my experiences the last time such a trip was organised, I decided that it was probably more of a social occasion than a serious running one. Anyway, the point of all of this is that another trip is being organised and anyone interested in going should contact Alex or put their names down on the board on club nights. It is anticipated that the party will leave on the 24th August being the Friday before the August Bank Holiday and will return on either Bank Holiday Monday or Tuesday. The cost won't be known until it is seen how many people are interested in going.

Xmas/New Year Party

No, not the next one but the last one held a few weeks ago. I think that everyone who attended had a good time and certainly Rose Priest put in a lot of hard work to ensure that they did, but unfortunately not many people were there and the event lost money. This has lead the Committee to discuss whether or not to hold the event next year either in its' present format or, in deed, a changed one but no firm decision was made. Therefore, if you have any views on the subject then please let Rose, or any other member of the Committee, know them as quickly as possible. Remember, the event is organised for you, so if you don't like it, here is your chance to change it!