

4/97



Handy Cross Joggers Bulletin

EDITORIAL

It has been some time since the last Bulletin appeared, so some of the articles in this one may be a little ancient by the time you read this !

However back to recent events, the Sunday League Cross Country event on Sunday 3rd March held by Handy Cross Joggers at Bradenham was a great success, with many complimentary comments received from the visiting clubs (as well as a few grumbles about the number of hills involved) . This event showed what the club can achieve and everyone involved can be proud of their effort . Particular thanks are due to Peter Eddington, who found a suitable course and then organised the event . I joined Peter and others when he measured the course and helped on the day, which provided me with an insight into all the hard work involved in putting on these events . We all tend to turn up and participate in cross country runs without fully appreciating all the work involved in organising and running them and then clearing up afterwards . Incidentally Peter, how did you manage to find so many hills in such a short course ?

The AGM on Tuesday 1st April, was very well attended . While most of the Club Officials agreed to continue in their current capacities, some of their responsibilities will now be shared among other non-committee members . Hopefully this will relieve some of the pressure the committee members have undoubtedly suffered and will enable other members a taste of responsibility for organising events . A list of Club Officials and their responsibilities are produced in the notes of the Annual General Meeting .

The Flora London Marathon on Sunday 13th April was completed by twenty two club members, four of whom; Des Mannion, Colin Jones, Liz Davey and Steve Green, were running a marathon for the first time . Five others achieved PB's and Vernon Martin completed his 17th London Marathon, he has run it every year since the event started in 1981, while the evergreen Jack Sharp, at the age of 76, finished in the creditable time of just under 6 hours . Alan Chilton, who now runs for Hounslow Athletic Club, achieved a personal best time of 2 hours 20 minutes and 7 seconds and finished among the fifty top international runners in a race in which the winner broke the course record .

Club members featured in four of the six photographs published in the Bucks Free Press, giving the club a very high profile . Can we keep up this level of publicity, or are we only to feature in the press following the big events ? If people inform me of their achievements so that I can pass them on to the paper, we may be able to sustain this press attention .

The complete list of Handy Cross Joggers who completed the marathon with their times are produced on later pages .

The Marlow 5 took place two weeks after London and was a very successful and enjoyable event . The winner was Mike Airey in a time of 26 minutes 22 seconds, followed by Dave Ashton in 26 minutes 37 seconds with Richard Shipway in third position in 26 minutes 41 seconds . The first lady home was Maria Bradley in a time of 28 minutes 33 seconds followed by Lisa Hollick in 29 minutes 10 seconds and Sara Lynds in 30 minutes 4 seconds . The prize for the highest placed athletics team went to Hillingdon Athletic Club while Chelton Chasers won the competition for company sponsored teams . Roger Wilkes once again organised this event and should be congratulated for all his hard work . Once again the club showed what can be achieved when the occasion demands, with most of the membership contributing to the smooth running of the event by marshalling or helping at the start and finish .

On the previous day, three runners from Handy Cross took part in an entirely different race, the Compton 40 mile Downland Challenge . The recent rain made the route over the Berkshire and Oxfordshire Downs and along the Ridgeway, both wet and muddy . The fastest runner representing Handy Cross was Rod Palmer in 6 hours and one minute (finishing 24th overall) followed by Mike Stone in 6 hours 22 minutes and Mike Hickman in 6 hours 33 minutes .

On the social side, the annual dinner was a most enjoyable occasion, with an excellent meal followed by a disco which everyone enjoyed . Mike Stone was seen on the dance floor, very admirable as he was running in the Compton 40 on the following day ! Thanks are due to Rose Priest for organising the evening and to all her helpers . I am unable to provide any further comments as my memory is a little hazy about the latter part of the evening, but if anyone kept a clearer head than me, perhaps they could let me know of any scandalous behaviour for inclusion in the next bulletin .

A list of the 5k Summer Season events and their dates appears on a later page, as does the Wednesday evening training programme, held on the track at the Sports Centre . Other notable dates are Margaret Moody's barbecue on Saturday 21st June and the Chiltern Marathon on Sunday 14th September .

Finally if you have any letters, articles, news, gossip (true or manufactured) etc. that you think may be of interest, please let me know for the next issue of the Bulletin . The only item of gossip I am aware of is that Adrian returned from a holiday in Majorca with Sandra with badly bruised ribs ! Apparently he fell on a rock while mountaineering (or so Sandra tells me) .

Martin Dean
01494 530511

HANDY CROSS JOGGERS

MINUTES OF ANNUAL GENERAL MEETING

1st APRIL 1997

Alex opened the meeting by welcoming everybody and thanking them for attending. He referred to the agenda, that had been redistributed to all, which would form the basis and structure of the meeting and the various accompanying reports.

Item 1 - Apologies for absence

Apologies were received from:

Paula Parkin
Alison Unitt
Trevor Hart
Jenny Hart
Sandra Bremner
Adrian Reynolds

Item 2 - Minutes of 1996 AGM

Alex notified the meeting that Chris Gentry, the club secretary, was unfortunately ill and that the minutes of the 1996 AGM were therefore not available as no other committee member had a copy. It was not known whether even Chris had a copy as he only took over the role of Secretary at the last AGM and would not have taken the minutes. It was agreed that the minutes be accepted and that a copy (if available) would be annexed to these minutes for distribution.

Item 3 - Chairman's Report

Alex reported that Vernon had resigned from the club for personal reasons and requested that members be circumspect in their questioning of Vernon as to why he had resigned. Alex reminded members that Vernon was our President and he was one of the founder members of the club. He also said that without Vernon the club would not be were it is today and that his resignation would lead to a number of tasks needing to be carried out by other members if they were to continue. Alex said that consideration would be given to making Vernon an honorary life member of the club for his contribution over the years.

Alex reported that the club had again had a successful year, in particular the 5k series, annual dinner, coaching sessions and our own cross country organised for the first time at Bradenham had all proved very popular.

Alex reminded the membership that it was their club not the committee's and that if they wanted to continue with most of the activities previously carried out then assistance was required. Alex put up a list of the main activities of all the committee members and who currently carried them out.

Item 4 - Treasurers Report

Duncan gave his first report as to the state of the club finances. He explained that it had been a very difficult year for him but that he was now getting to grips with it all. He explained how the balance sheet had been worked out stating that the club balances had effectively diminished over the course of the year due mainly to the falling levels of membership, however the effect of this had been somewhat offset as a result of profits being made on the 5k series, cross country and the annual dinner/ raffles etc. Notwithstanding the above and in order to retain a reasonable level of working balances within the club it was recommended to the membership that there was a need to increase the fees for the forthcoming year from £8 to £10. this was subsequently agreed unanimously.

Item 5 - Events Secretary's Report

Peter gave his report based upon his written report distributed before the meeting further copy attached.

Item 6 - Cross Country Secretary's Report

This item was unavailable at the meeting due to Vernon's retirement although Alex gave a brief resume of the clubs performance in the Chiltern League and the obligations to be undertaken by anybody wishing to take on this role in the future.

Item 7 - Committee Elections

The existing committee were re-elected unopposed and are as follows:

Chairman	Alex Johnson
Secretary	Chris Gentry
Treasurer	Duncan Kennerson
Events	Peter Edington
Social	Rose Priest
Membership	John Bradbury

Club members agreed to take on responsibility either in whole or in part for the following activities:

Kit	Dave Nash
Wycombe half	Alex Johnson, Chris Gentry, Dave Riddington
Sports Council	Alex Johnson
Bucks AA	Margaret Moody, Gerry Grosse, Chris Busby
Marlow 5	Roger Wilkes
5k series	Peter Edington, Stephan Naunko, Richard Stone
Today's XC	Peter Edington, Sandra Bremner, Nick Martin
Chiltern XC	John Dooey, Mike Hickman
Coaching	Alex Johnson, Mike Hickman, Ray Elliott
Barnett Trophy	Ray Elliott
Magazine	Martin Dean

Item 8 - Any other business

The question of marshalling of our events was raised again and a motion put down that every club member should only run one race and should marshal the other two in relation to the 5k, Marlow 5 and Wycombe half.

A great level of discussion took place over the issue with some very valid points being raised. The motion was defeated upon voting which still leaves the difficulty the club finds itself in, in trying to obtain sufficient marshals for each of the races it is responsible for organising.

The state of the showers was raised and it was agreed that the best way forward would be for each aggrieved person to raise the issue with John O'Brien direct as only limited success was being achieved through Alex's efforts.

Rod Palmer volunteered to take on the role of organising this years Pathfinders challenge for Marlow Striders and ourselves.

Events Secretary - Peter Edington

I was rather taken aback at the last committee meeting to receive a formal complaint, raised through the membership, that I had not been doing my job properly as particular events in which the individual wished to partake were not available. Previously I have also been aware of other moans and groans that there were not too many details of forthcoming races available on club nights but I did not realise that it was quite as serious as that.

Perhaps it is time I stood aside and let someone else take over, perhaps my enthusiasm has waned over the last five years, perhaps I am not as committed to the club as I once was. If someone with fresh ideas or views wishes to take over then I would only be too happy to stand aside and let them have a go. I would be more than willing to give them any help they needed.

On a lighter note this year has again been fairly successful with our club taking part in a variety of events most notably being the 5k summer series. This has again been organised for this year but as yet I do not know who will be managing the events and co-ordinating our event. The costs have been kept down again with a rate of £3 for the series or £1 per race.

The Today's runner cross country league has not been as well supported this year as anticipated. It is quite a disappointment to me, as it was with a great deal of pressure from the membership, that we became involved in the first place. It took two years before we even decided to enter and then a further year to conduct negotiations with the organisers to get in and now in the third season only a few runners can be bothered to turn up each time.

Our event, however turned out to be a great success with the runners from the other clubs in the division. On the day we received numerous congratulations for a good course and superb after race refreshments. I would like to express my thanks to all those who helped on the day but especially to Rose, Margaret and Stephan for their efforts both on the day and prior. A good number of you saw the way and spirit in which these races are run and therefore I urge you to try some of the other clubs races next year which they put on for us. As I have said previously they are just like a winter 5k, only a bit longer and sometimes slightly more muddy.

I should like to record my appreciation of Roger Wilkes in this report for his efforts on behalf of the club, not only did he organise the Handy Cross Marlow 5 almost single handed but he has measured the Wycombe half course for us and our cross country event in the most difficult of conditions. In fact it was so muddy his back wheel locked up and slid along for vast sections of the course. It was a good job the front wheel is used for measuring as the course may be more like nine miles instead of nine kilometres.

You maybe aware that I have been involved in the production of the club magazine over the last few years, however this has again proved difficult to sustain due to reliance being placed on the same individuals to produce contributions. My standard joke has been done to death and I think everybody has now got it. We need some new blood or fresh ideas in this area too.

Finally I should like to wish you all good luck over the forthcoming year in all the events in which you compete and I hope many more p.b.s will be recorded.

HANDY CROSS JOGGERS

ACCOUNTS 1996/97

Balance sheet for the year ending 13th March 1997

Balance	2082.66	Balance c/f	1613.82
Kit	282.05	Kit	1159.82
Dinner	1575.45	Dinner	1185.52
Subscriptions	1789.00	Subscriptions	1268.00
London Coach	185.21	London Coach	279.00
5k	185.00	5k	46.61
Cross Country	217.00	Cross Country	64.29
Other Social	80.00	Other Social	285.30
Donations	77.00	Bulletin	71.17
Interest	60.05	Affiliations	85.00
		Kelkheim	140.00
		Administration	51.26
		Other	100.20
		Cash to hand	138.29
		Reconilation	45.14
	-----		-----
	6533.42		6533.42
	-----		-----

GOLDEN PAGES DUBLIN MARATHON

Being in possession of a few Air Miles which were due to expire at the end of the year, I decided to take advantage of a free flight and run the Dublin Marathon . Apart from this there are many reasons to participate in this event; the Guinness, the friendliness of the people, the Guinness, the famous Dublin night-life, the Guinness, the history , the Guinness, the culture and of course the Guinness . The event is held on a Monday, which appears rather Irish at first sight, but the last Monday in October is a Bank Holiday in Ireland and the race could not be held on a Sunday due to the number of Roman Catholic churches along the route .

I arrived on Saturday afternoon and went directly to Registration, which was a small scale but friendly operation and then went on a bus tour of the city . These tours use an open top bus, which follows a circular route, stopping at ten places of interest where passengers can hop-off and then hop-on to a later bus to continue their journey . The bus driver provides an entertaining and humorous commentary on the sights of Dublin and even bursts into song when there is nothing to talk about . I rode on three such buses and the driver of each one had definitely kissed the Blarney Stone . An example of their sense of humour is their descriptions of some statues recently erected on the streets . One is of a woman lying in a fountain, representing the spirit of the River Liffey, another is of the famous Molly Malone pushing her wheel barrow, while a third is of two women shoppers sitting next to their heavy bags of shopping . These are irreverently known to the drivers as "the Floozy in the Jacuzzi", "the Tart with the Cart" and "the Hags with the Bags" . One stop-off point on the tour is the Guinness brewery, where visitors are given a free sample at the end of a guided tour . The bus suddenly becomes full of very happy people at this stop !

On Sunday morning, along with other runners from my hotel, I took part in the International Breakfast Run, which was surprisingly well attended . A two mile jog through the streets in the company of runners from all over the world was followed by an excellent continental style breakfast with musical entertainment and a glass of Irish Coffee . This was followed by a coach tour of the course accompanied by a top Irish marathon runner to point out the landmarks . The route of the Dublin marathon is very complicated, involving running along sixty eight different streets, but it was well marshalled with plenty of vocal support at all the road junctions .

The race starts at 9 o'clock in Dublin's main thoroughfare O'Connell Street, outside the famous GPO building, the scene of the unsuccessful Easter rising in 1916 . Fortunately this was only just around the corner from my hotel, for the morning was cold and windy with the threat of rain later . At the start I met another Handy Cross Jogger, Jock McClean, but we soon became separated as the race headed out towards the Dublin suburbs . After a short, sharp hill at five miles, the route winds back towards the City centre before a steady climb to the halfway point out in the southern suburbs . From here the course is mostly downhill until crossing the Liffey and then running back into the City along the banks of the river . Fortunately the loop through Phoenix Park, involving a steep climb at twenty two miles, has now been changed so that the run in back to the finish in O'Connell Street is now nearly flat . After the finish I returned to my hotel for a well deserved Guinness and a sleep before the post race party at the popular Break for the Border night-club, where more of the black beer was consumed .

I would strongly recommend Dublin to anyone wishing to run in an Autumn marathon . It is much easier to train for than a spring marathon, the field is relatively small and the city is very friendly with plenty of entertainment . It would make an ideal long weekend trip for a party of runners or non-runners alike .

Martin Dean

5K SERIES

This year's 5k summer series has now been agreed, so please put the following dates in your diaries. The format is the same as in previous years with the host club providing food and refreshments following their event for the other five clubs. The cost has again been kept down to £3.00 for the whole series or £1.00 per race.

Wednesday	14th May 1997	Wargrave	7.30pm
Tuesday	27th May 1997	Burnham	7.30pm
Tuesday	10th June 1997	Marlow	7.30pm
Wednesday	25th June 1997	Maidenhead	7.30pm
Wednesday	9th July 1997	Datchet	7.30pm
Tuesday	22nd July 1997	Handy Cross	7.30pm

The 5k series is the most popular event in our racing calendar with nearly all club members taking part. If you have not taken part before, why not give it a go this year, you may enjoy it.

WEDNESDAY TRAINING PROGRAMME, UP TO 6-8-97.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 6-45 p.m..

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY STRETCHING EXERCISES.

- 16-4-97 1 each x 400/800/1200/1600/1200/800/400M (Pyramid session),(400M jog recovery).
- 23-4-97 5,000M Time Trial.
- 30-4-97 12 x 400M @ 90% effort, (90 sec's jog recovery).
- 7-5-97 6 x 800M @ 90% effort, (2 min. jog recovery).
- 14-5-97 NO TRACK SESSION - WARGRAVE 5K.
- 21-5-97 3 x 1600M handicap, (4 mins. jog recovery).
- 28-5-97 I AM ON HOLIDAY - Suggest you do a Fartlek session of around 45 mins, taking turns to lead at a pace, distance, and recovery of each person's choice.
- 4-6-97 5 x 5 min's @ 90% effort, (3 min. jog recovery).
- 11-6-97 4 x 6 min's @ 85% effort, (3 min's jog recovery).
- 18-6-97 400M Relay, (each person to run 12 laps, teams will be decided on the night).
- 25-6-97 NO TRACK SESSION - MAIDENHEAD 5K.
- 2-7-97 4 x 1600M @ 85% effort. (3 min. jog recovery).
- 9-7-97 NO TRACK SESSION - DATCHET 5K.
- 16-7-97 2 x 1600M @ 80% effort (3 min. jog rec.), 2 x 800M @ 85% effort (2 min. jog rec.), 2 x 400M @ 90% effort (90 sec's jog rec.).
- 23-7-97 5 x 1200M (2 laps @ .85% effort, 3rd lap faster), (3 min. jog recovery).
- 30-7-97 I AM ON HOLIDAY AGAIN! I will arrange a session nearer to this time if people want me to, otherwise take a break or do your own thing.
- 6-8-97 I AM STILL ON HOLIDAY. "

MIKE HICKMAN

CHILTERN CROSS COUNTRY LEAGUE DIV 2 RESULTS

Gade Valley 12 October

Adrian Reynolds	61
John Dooley	10
Roger Wilkes	91
John Hudson	104
David Woolley	107
Alex Thomason	132
Trevor Hart	141
Team Result	12
Vet Team	6

Little Chalfont 26 October

Peter Smith	4
John Dooley	13
Ralph Chesswas	27
Adrian Reynolds	51
Roger Wilkes	88
David Woolley	91
John Hudson	107
Alfred Benjamin	130
Trevor Hart	148
Team Result	9
Vet Team	4
Sandra Bremner	10
Margaret Moody	21

BARNETT TROPHY 96 (5 MILES) 24 NOVEMBER

		HANDICAP	TIME	ACTUAL TIME
1	Ron Newman	17.30	48.16	30.46
2	Nigel Lloyd	17.30	49.11	31.41
3	David Nash	8.45	49.40	40.55
4	John Bradbury	15.00	50.05	35.05
5	Jim Chilton	16.15	50.11	33.56
6	Brian Sinclair	8.45	50.25	41.40
7	Mike Stone	16.15	50.35	34.20
8	Des Mannion	15.00	51.00	36.00
9	Margaret Moody	13.45	51.08	37.23
10	Eric Buckle	21.00	51.56	30.56
11	Mike Hickman	15.00	52.15	37.15
12	Pat Carter	7.30	52.34	45.04
13	Jack Sharp	00.00	53.28	53.28
14	Rose Priest	6.15	54.47	48.32
15	Rob Churchward	13.45	61.31	47.46

LONDON MARATHON RESULTS

Ron Newman	3 hours 12 minutes	
Rod Palmer	3 hours 12 minutes	Personal Best Time
Mike Stone	3 hours 12 minutes	
Roger Wilkes	3 hours 12 minutes	
Terry Eves	3 hours 14 minutes	Personal Best Time
Martin Dean	3 hours 21 minutes	Personal Best Time
Nick Martin	3 hours 21 minutes	Personal Best Time
Mike Hickman	3 hours 25 minutes	
Nigel Lloyd	3 hours 30 minutes	
Bill Hudson	3 hours 35 minutes	Personal Best Time
Leslie Irwin	3 hours 36 minutes	
Des Mannion	3 hours 38 minutes	First Marathon
Margaret Moody	3 hours 43 minutes	
Rod McLean	4 hours 07 minutes	
Pam Wilkes	4 hours 08 minutes	
Colin Jones	4 hours 14 minutes	First Marathon
Vernon Martin	4 hours 15 minutes	
Liz Davey	4 hours 30 minutes	First Marathon
Pat Carter	4 hours 33 minutes	
Steve Green	4 hours 38 minutes	First Marathon
Tony Fewell	4 hours 49 minutes	
Jack Sharp	5 hours 55 minutes	

