



Handy Cross Runners
Newsletter

The Bulletin

August 2013

Apologies again for not producing a Bulletin since April, no complaints about contributions this time as both Alun Jones and Terry have sent in articles while I have bored everyone with my own holiday experiences in Spain and Suffolk to fill the pages.

Following a wet and miserable spring, we have enjoyed a lovely summer with temperatures here higher than in Spain when I was there on holiday. The fine weather has produced some excellent performances from some of our members, particularly in marathons where Emma Russo, Soraya Bux and Helen Moseley all achieved pb's at Brighton, Pete Summers in London and Gareth Morris in Manchester while Terry Eves was first in his age group at Milton Keynes.

However a marathon isn't long enough for some people, so Pete Summers ran from London to Brighton (100k) in eleven hours finishing in ninth place while Emma ran 52k along the Ridgeway in five and a half hours, finishing at the stone circle in Avebury.

Over shorter distances Angie Peerless finished second in her age category in the Prague half marathon and Craig Atkins and Darren Wakefield both achieved pb's at 10k. In other 10k's at Bledlow, Thame, Chalgrove and Prestwood Rob Pettingell, Penny Cutler, Mike Hollis and Dan Charleston were all first in their age categories, while Gareth Morris finished third in the Marlow FM 10k.

Congratulations

To Hannah who was married to Paul on the 3rd August and to Tora who got engaged recently.

Also to the Wycombe Rye parkrun on their first anniversary on 3rd August. The occasion was marked by cake and cookies afterwards and the presentation of certificates to Helen, Jo, Linda and James before the start, while Frank came 2nd in the race.

Well done to Sam Amend and her volunteers for achieving so much in this first year, with twice as many runners taking part now as in the first few events. We have also recruited a number of new members through parkrun and encourage our beginners to target the run as they improve.

Summer 5k Series

The weather for the first 5k at Wargrave was even worse than the first pub run but it didn't put off our members, forty five HCR's finished out of 225. The weather improved eventually and over 250 of us took part in the series.

Great performances by Margaret Moody who was first in her age group in all four races she completed while Frank Fulcher was first in his age group in all his races. Alun Jones was first or second in his age group in four races and Gareth Morris finished in the top ten in all his events. Mike Hollis was first, second and third MV60 on three occasions while for our Juniors, Tom Astles finished first and third in two races and Robert James was fourth in three. Other good performances were made by Penny Cutler, Steve Roberts and Howard Taylor. One consolation for the rest of us was that an 80 year old ran at Burnham! Naturally he was first in his age group so maybe there's hope for us all.

New Members

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

Tracy Clarke, Iain Clarke, Lesley Donaldson, Ed Headford, Paul Joel, Colin Meads, David Moist, Egle Petrauskaite, Nicola Reeves, Peter Rose, Keith Round, Seba Smiley, Katie Twitchen and Stephanie Williams.

Martin Dean (Editor)

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: mj.dean31@btinternet.com



Club Kit

Linda still has some hoodies if you want to be ready early for next winter! She also has plenty of our latest design of vests, shorts and tee shirts.

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

London Marathon

I had my place booked on the coach and was looking forward to an enjoyable day watching the London Marathon and cheering on our club members who would be running.

Then, with only four weeks to go, Mike circulated an email about a spare number being available. As it was an over 60's number and as I have completed nine London's in the past twenty years, this opportunity to do it for the tenth (and definitely last-time) could not be missed and besides, no one else seemed to want the number.

Fortunately I had completed some Sunday morning runs with Tel's Belles but I hadn't done any serious marathon training, so I was anxious about taking it on, but consoled myself with the thought that, if necessary, I could always walk round.

The day was warm and sunny but not too hot and I set off from the back of the Green Start determined to run as slowly as possible, but soon got dragged along at ten minute mile pace.

The Cutty Sark looked magnificent, last time I ran past it was a burnt out shell and The Handy Cross flag was very prominent on the opposite side of the road.

I was wearing my Games Maker top from last years Olympics and received lots of recognition from the crowd, which was very encouraging.

Our club flag was again easily spotted on the Isle of Dogs and I felt fine as I 'high fived' our members there.

Shortly afterwards the ten minute miles began to take their toll and I walked for a brief time, then carried on running, but by twenty miles I was reduced to walking for a minute and running for two.

I was passed by the five hour pacemaker (another Games Maker) as well as four camels, Bagpuss and Mr Tickle and was now reduced to running for one minute and walking for one.

Along the Embankment there was a large crowd of Games Makers all in their uniforms and they gave me a big cheer!

By Birdcage walk I was now running for one minute and walking for two, but managed a creditable jog between Buckingham Palace and the finishing line and finished in my slowest time ever.

Well done to all our runners, especially to Emma who had run the Brighton Marathon only a week earlier. Lucy managed to finish and avoided being sick until we arrived back at the Judo Club!

I did say this was a great opportunity to complete my tenth (and last) London Marathon so naturally just a week after I entered the ballot for next year!

Our Results

Pete Summers 2:42:26(PB)

Frank Fulcher 2:50:46

Penny Cutler 3:36:53

Emma Russo 3:56:24

Leah Griffin 4:08:50

Terry Donaldson 4:45:04

Frances Claire Brown 4:53:12

Mark Dewey 4:53:12

Martin Dean 5:26:10

Lucy Couturier 6:10:07

Lesley Donaldson 6:24:17

Le Tour de Suffolk (Or Not the Three Ferries Trip)

Six of us set out on a Thursday afternoon in June to drive to Bury St Edmunds, from where we were to cycle across to Southwold, then head down the coast, using three different ferries to cross the rivers that flow slowly into the sea along this deeply indented coast, finally returning via Needham Market over the following two days. We had problems with booking accommodation as there were six of us and it was difficult to find three double rooms, so we had to have two rooms with a single and double bed in each every night. This led to negotiations about who was going to share the double bed and I'm glad to say I managed to avoid it on all three nights.

On the first evening we ate at a local pub where they were holding their annual vintage car rally, which brought back memories of driving before seat belts and breathalysers. Indeed some of the cars were older than us (we had a collective age of nearly four hundred years!)

After an excellent Full English Breakfast, five of us set out after Trevor Free had mended a puncture, the first time he's had a puncture before starting a ride. Only five of us were riding because Mike Hickman was suffering from his usual knee problems and had decided not to slow us all down by cycling. This worked out well as Mike was able to carry our luggage in his car, leaving us unencumbered by saddle bags and panniers and we didn't have to put up with his company all day either!

The weather was dry (unusual at this time) but windy and we found Suffolk was much more undu-

lating than we had expected. After passing through lots of seemingly unpopulated villages we were becoming desperate for elevenses, but there were no pubs, no cafes, not even a Tesco Express. Eventually we cycled into Eye where we enjoyed a late morning's coffee and cake break.

After leaving Eye we seemed unable to get away from Bungay, which appeared to be signposted as five miles away however far we cycled. Trevor told us repeatedly about the Bungay Black Dog (a race apparently) which Liz had told him about.

Yet more seemingly deserted villages followed, all with the same name now; St Cross South Elmham, St Margaret South Elmham, St Peter South Elmham, St Michael South Elmham, St Nicolas South Elmham, St James South Elmham and even All Saints South Elmham! I thought I was hallucinating due to lack of food, it being well past my lunchtime, when Chris Busby sustained a puncture.

Just then someone asked, "Oo's tha' lit'le ol' buy, cumin' on deyn the leyne?" and sure enough Mike Hickman appeared cycling towards us with good news of a garden centre and café nearby. However before we reached the garden centre we actually found a pub that was open, so we had our lunch there.

During the afternoon the skies darkened and we arrived in Southwold in the pouring rain. This was very disappointing as this picturesque little seaside town wasn't looking at its best in this weather. We ventured along the prom (see picture) which is famous for the small brass plaques fitted all along the rails which you can buy and have your name commemorated for ever, or until the engraving wears away over the years.

Having exhausted the pleasures of the prom, Chris, Mike and Trevor decided to sample the delights of a pub in Southwold while Graham, Tom and myself wanted to change into dry clothes, so we split up at this point.

We had hoped to stay in Southwold but couldn't find any accommodation, so had to cross the River Blyth to the small village of Walberswick where we were staying in a pub.





This was to be the first ferry crossing and Mike had already used it earlier in the day. Now these aren't Roll-on Roll-off type cross channel ferries, but actually a small rowing boat, but by the time we got there the ferryman had gone home and we had to walk half a mile upstream to find a bridge and then back again on the other side.

Having arrived at the pub we realised that we couldn't have a change of clothing anyway as all our dry kit was in Mike's car. Eventually Mike and the others turned up and we moved into a very pleasant old pub which provided an excellent Full English in the morning.

Going through the village of Dunwich (most of which has gradually disappeared into the sea) the next morning, we passed Mike's parked car, but no sign of the owner till he caught us debating the direction just outside the Minsmere Waterfowl Conservation Site. We opted for a short off-road route to avoid a longer diversion and luckily avoided any punctures until five miles later.

We were headed for our next ferry crossing just beyond Orford and found it after skidding down a sandy track and struggling along a densely overgrown path to find no sign of a boat. We looked on from the bank as Tom forlornly rattled the tin can down by the pier, intended to attract the attention of the ferryman, but given the howling gale that was blowing and the fact that the nearest house was half a mile away, we didn't hold out much hope!

So we woefully retraced our steps, having missed elevenses again, back to Orford for lunch. The missing ferry caused us to re-plan our route, meaning we wouldn't be able to cross the third ferry (it would probably have been closed anyway) and looked for a diversion around Ipswich.

We now had a lot of time to make up so it was heads down and bums up for a few miles, slowing down only to try and herd some young swans off the road that were causing traffic chaos. In order to avoid the (flat) main road into Needham Market, we followed a cycle route up hill and along a farm track, leading to more punctures, before arriving at our hotel where Mike had already bagged the best room.

While exploring the town (not a big job as it only consisted of one long street) Mike had found the perfect woman, she had a good figure, was very attractive and best of all, wouldn't answer back, not really surprising as she was a wooden statue. Mike's wanderings had been noted by the local population, who confronted him in the bar about staring into their shops earlier, but fortunately they hadn't contacted the police.

After yet another Full English we cycled out of Needham Market, then cycled back in again, then out again and in again before passing our hotel, hoping not to be recognised, as we finally found the right road out of town. No elevenses again today but it wasn't far back to Bury St Edmunds where we parted after lunch, vowing not to have another Full English for a very long time!

Thursday Evening Pub Run

The first of this year's pub runs was from the Red Lion at Bradenham and attracted about forty runners and walkers and two dogs including the pub's dog Buster who joined the walk.

Unfortunately Tracey, on her first run with the club, twisted her ankle on some rough ground and had to be rescued from the Rose and Crown.

The evening was damp and cold and I was rather worried on returning to the smell of barbecued meat in the garden, expecting to be outside in the cold. But it was ok as the garden was only being used for cooking and the food was eaten in the cosy interior of the pub.

The next run from Radnage was also wet underfoot and I missed the next two (at Watlington and Cookham) due to being on holiday.

However the latest one from the Bull and Butcher at Turville was one of the best ever. On one of the hottest days of the year we could sit in the garden afterwards and enjoy our food and drinks in the warm and in one of the loveliest villages around. The staff were very laid back about the food, taking orders without payment and trusting our honesty to pay afterwards. I think they were going to hold Mike Hollis hostage in case everyone didn't pay up! (Which is ok as he can afford to pay for everyone.)

We have two more pub runs before the nights draw in; from The Chequers at Wheeler End on the 22 August and The Lions at Bledlow on 5 September. Many thanks to Trevor and his helpers for organising these events.

Further Dates For 2013

31st October: Halloween Run (fancy dress optional)

8th December: Our Cross Country Race

11th December: Ladies Christmas Dinner

20th December: Annual HX Disco at Club



Marlow 5

We were very fortunate with the weather again this year, it was sunny in the morning and all finished and packed away before it rained in the afternoon.

It was an early start at six o'clock in Higginson Park (ok I admit I wasn't there till seven as there's only one six on my clock and that's in the evening). Such an early start meant forgoing breakfast, so the absence of Big Al's Burger Van this year was extremely disappointing and we had to repair to a High Street coffee shop (famous for its tax affairs) for our early morning fix.

However much work had been done before the day by the Race Committee and we had a good turnout on Saturday afternoon to prepare the goody bags.

I was at my favourite marshalling point where the runners pass three times. We didn't have too many traffic problems this year, although Seamus had to very strictly advise one driver to pull in as he was driving straight towards the lead car approaching from the opposite direction.

Well done to Ellen's Beginner's Group from Instron, if beginners can progress that quickly to five miles, there's hope for all of us.

Thanks to everyone who helped in any way and congratulations to the Committee members for all the hard work that goes into such a successful event, they can relax now till the Wycombe Half/10k!

Our Results

Steve Roberts 29:40
David-Rees Hall 31:24
Mark Dewey 32:19
Craig Atkins 37:44
Steven Battanti 39:56
Yvette Rogers 41:06
Ziggy Hill 45:19
Christine Frith 47:24
Padma Woods 60:57
Mark Woods 60:59

Wycombe Half Marathon

Another glorious day for our next race. After the runners had left the Rye the Fun Runners were kept on the line champing at the bit while Pete kept assuring them that the lead cyclist would appear at any second! Eventually he told them, "Just run towards the trees" and set them off.

The winner for the fourth time was Olympic marathon man Anuradha Cooray in 1:08:56, eight minutes ahead of the second finisher. At the other end of the field Mayor Trevor Snaith took nearly three hours and forty minutes, carrying a collecting bucket and stopping to talk to everyone round the course.

Our Results

Gareth Morris 1:28:22

Paul Joel 2:12:45

The future of the Marlow 5 and Wycombe Half/10k looks assured as Sally is taking over the role of Course Director from Dave Riddington while Steve Battenti and Charlotte Ing have joined the race committee. Michael Clare and Paul Dineen will be taking an even more active part in the races.

Measured Mile

To commemorate the 2012 London Olympics, Mike, with the cooperation of Wycombe District Council, has established an accurately measured mile course in an anti clockwise direction round the Dyke Boating Lake on the Rye starting and finishing near the boathouse. The start and finish points are marked.





Picos De Europa

Having enjoyed trips with Collett's Mountain Holidays in the past (see previous Bulletins) in the Dolomites and the Pyrenees, I was delighted to see they had extended their enterprise to the Picos De Europa, which is a range of mountains in northern Spain just inland from the Bay of Biscay (or Gulf of Cantabria as they call it locally). Not to bore people again with the basis of a Collett's holiday I will just say that they allow a tremendous amount of freedom combined with organised walks and advice.

I decided to travel by the overnight car ferry from Portsmouth to Santander, which meant I could take as much luggage as I wanted including my mountain bike. The journey from Santander took about an hour and a half, ending with an eight mile long drive through a narrow gorge, before arriving at the hotel near the small and pretty town of Potes.

The next day I joined the other walkers for a long drive around the mountains to the end of a very narrow gorge. This is only accessible by foot via a narrow path cut into the side and in places tunnelling through the gorge, about fifty metres above the river valley and built to service a narrow and fast flowing canal, which feeds a hydro-electric power station at the far end. We walked almost to the end, then turned round and walked back again!

I alternated walking days with cycling ones but had a catastrophic puncture on the first trip which meant I had to find a bike shop for a replacement inner tube. Fortunately there was one in Potes but unfortunately they didn't have a new tube. However they did have a second hand one (with one small patch) which I could have for two Euros!

Before the puncture I had visited a monastery half way up a mountain which possessed not just a splinter from The True Cross **but the whole left arm!** My next bike ride also involved a visit to another monastery, also halfway up a mountain, a favourite location seemingly. There was a visiting English couple here and a friendly man came with a huge key to unlock the church and show us all the treasures and architectural features. Unfortunately he only spoke Spanish so we didn't benefit much from this visit. Cycling down the mountain I had yet another catastrophic puncture and hoped the bike shop had been re-stocked with new inner tubes.

Not wishing to tempt fate again on the bike, I went for a walk in the mountains the next day. We quickly gained about a thousand metres by using a cable car and walked round the plateau at the top, surrounded by towering snow-covered peaks and looking out for eagles.

We walked back down to the valley passing herds of cows with bells clanging continuously round their necks. They were guarded by large and dangerous looking dogs to prevent attacks by wolves and brown bears.

For my last bike trip I decided to drive to the coast then cycle along to a small town called Comillas which contains many Art Nouveau houses including a summer house (Il Capriccio, see picture) designed by Gaudi, the architect of the still unfinished cathedral in Barcelona. Gaudi also designed the gateway in the picture which has a wide entrance for vehicles, a narrow entrance for pedestrians and a hole for birds to fly through!

This area is famous for its cider which is brewed flat and only gains fizziness by pouring from a height. The bottle is held above the head and poured into a glass held at knee level. I thought this would be worth seeing, so went into a bar and asked for cider. The bottle came out of the fridge and was corked like wine. The barman removed the cork with a corkscrew and then, instead of pouring it from a great height as I expected, he beckoned me to follow him out into the street.

On the wall opposite was a wooden frame with metal fittings which I had seen earlier and wondered what it was for. I soon found out when he fitted the bottle in a cradle near the top and inserted a plastic tube into the bottle. The glass fitted into a ring near the bottom at a shallow angle and a rubber bellows at the top was pumped, sucking the cider up and pouring it from a spout to splash into the glass a metre or more below. Having demonstrated the principle, the barman left me to pump my drink out a few splashes at a time, with a lot of the cider running down the outside of the glass or missing it altogether!

My last day involved a leisurely drive back along the coast to Santander and a long wait for the ferry. Fortunately I found a bar to watch the Tour de France then boarded the ship for a lovely cruise across a smooth sea with nothing to do except eat, sleep, drink and watch out for whales and dolphins (I didn't see any) from the upper decks.



Il Capriccio



Gaudi's Gateway



Before the first puncture

View along the coast





Raising money for charity – Penn Seven

The last newsletter mentioned that the club's Marlow 5, Wycombe Half Marathon and Wycombe 10k races last year raised a total of £4,000 for charities. As someone who has been a member of the organising committee for the Penn Seven for a few years now, I found it interesting to compare with the amounts raised by the Penn Seven and its associated Fun Run.

This year was a better year for us, after a rather disappointing 2012. We had the highest number of entrants for the Penn Seven for several years, at 420 runners. However entries for the Fun Run continued the downward trend we have seen recently, at 570. Numbers seem to depend very much on the weather, and this year continued a trend of less than great weather – windy and showery, although nothing like as bad as 2012's lashing rain! And that meant that we did OK this year on the sideshows, barbecue and the beer tent. We do not know yet what the total amount raised this year will be, as we are still sorting out some of our bills, and are waiting for sponsorship money to come in, but we are reasonably confident of making £10,000. By comparison, 2012 (only) managed £9,500, the first time for several years that we have not been in five figures.

So why does the Penn Seven raise so much more than the club's events? After all, entry numbers for the Penn Seven are far lower than that for the club's events, and the entry fees are lower (£10 for affiliated, £12 for unaffiliated). Whilst there are larger numbers in the Fun Run, the entry fees are pretty low (a maximum of £7 for adults, £4 for children). The difference appears to be in costs:

- Penn Seven does not use chip timing – we do produce proper results, but it's all done manually, with a stopwatch. And for the Fun Run, we only time the first few dozen finishers. We have looked at chip timing but, with quotes around £5 per runner, we decided to stick with the old-fashioned approach.
- The medals provided are pretty cheap and cheerful.
- There are no goody bags, just a sports drink for each finisher.
- No prizes, just mementoes for the winner.

There may also be a difference in philosophy. The club's races are designed as running events, organised by runners, for runners, with fund-raising as a by-product. The Penn Seven was conceived as a charity fund-raising device, and the races were purely a

means to an end. Most of the organisers are non-runners, so the event is perhaps not as professional as some events, but most runners do seem to enjoy it. And there is always a great atmosphere on Tylers Green Common, where the Start and Finish are, even last year in the rain!

This year saw the 30th running of the Penn Seven or its predecessor the Penn Half Marathon. Over that time, some £250,000 has been raised for a variety of good causes. This year's charities, for example, were the Thomas Ball Children's Cancer Fund and Iain Rennie Hospice at Home, both local and very worthwhile causes.

I am retiring from the Organising Committee this Summer, after five years. The Committee would really welcome a couple of runners to provide a bit of technical advice and input. If you are interested in helping this very worthwhile local fundraising group, please drop me a line at pennseven@live.co.uk

Meanwhile do please also run the Penn Seven in future years. We are always glad to see a good number of Handy Cross Runners taking part and welcome your support. We have not fixed the date of the 2014 race yet, but it will be around the middle of June, probably Father's Day (which I know clashed with the Ridgeway Relay) or the Sunday after.

Alun Jones

Our finishers:

Howard Taylor 0:48:10

Mike Hollis 0:51:24 (3rd MSV)

Emma Russo 0:52:54 (3rd FV)

Margaret Moody 0:53:03 (1st FSV)

Charlotte Ing 0:55:01

Peter Astles 0:57:13

Karen Letham 0:57:42

Jacqueline Ing 0:57:48

Darren Wakefield 1:00:15

Julie Bowler 1:01:19

Claire Ponsford 1:02:07

Hannah Platt 1:02:30

Paul Joel 1:03:11

Fran Brown 1:05:38

Robert James 1:09:31

Hélène Galsworthy 1:10:39

Lynn Ing 1:14:33



Tel's Trivia

(Could it really only happen to me?)

I returned from my recent holiday at Disneyworld in Florida with my grandson and great-grandkids with memories enough to last a lifetime. The most vivid and abiding memory however, is of the incident that occurred on the outbound flight shortly after take-off.

I had just been served with a cup of steaming hot coffee when disaster struck as the hostess slipped and knocked the contents into my lap. I leapt up, clattering the meal tray onto the floor. My gritted teeth, watering eyes and barely muffled scream of anguish conveyed just how much I was suffering. Struggling to make amends and in a complete panic at being responsible for this potentially life-changing catastrophe, she was ineffectively dabbing a tea-towel all around the affected area but embarrassingly making a huge effort to avoid the actual trouser area where most of the coffee had landed.

She declined my offer allowing her to inspect the damage when I retired to the loo (*she probably thought it was a lot of fuss over such a little thing. Ed.*) but said she would make an entry in the in-flight captain's log. Adding insult to injury, I was forced to spend the rest of the flight in an XXL Virgin jumpsuit, just to identify who had been the victim of this calamity! Memories are made of this.

I was sitting on the prom at Bournemouth recovering from a run and reflecting on my misfortune and a cruel twist of fate, having turned up twenty four hours late for a hot date with Sue Neale at the aptly named Groyne 13 when I noticed a rather attractive lady approaching. "Excuse me," She breathed, "are you on your own?" Though never having previously encountered one I had heard of cougars, older women who go after younger men solely for their bodies and I deduced that she had been understandably attracted by my youthful good looks and gently perspiring pecs.

I realized instantly that my life was at a cross-roads and the answer I gave could determine my whole future, but alas my mouth dried up and I found myself unable to speak! Probably just as well for she continued, "Only my husband and I have bought this pack of three Magnums and we'll never be able to manage the third one so we were wondering if you would like it?"

The Losers!

When sneaky Craig Atkins moved to Bracknell, he promised that when Ascot Races was on he would invite us over for a BBQ at his place. So, as I was going to Ascot last week I reminded him of this and he shamefacedly admitted that, "Yes" he was going to the races and "Yes" he was having a barby 'cos his mates from up north were coming down, but we would probably bump into each other on the day.

We texted each other a couple of times during the races bemoaning our luck but made no arrangements to meet up. After the first five races things had gone so badly that I was forced to go to an ATM for a much-needed cash injection which entailed battling through an unyielding phalanx of disgruntled punters. Finally arriving at the head of the queue for the battery of ATMs I found that I was wearing contact lenses, great for distance vision but there was no way I could focus on the instructions of how to insert my card.

Eventually I decided despairingly I had no alternative but to seek help. But from whom? Race-tracks are by definition notoriously attended by chancers and ne'er-do-wells, so who on earth could I trust with my bank card at a cash machine? The capacity of the Ascot grandstand is about 12,000 so what are the chances of my asking help from the person at the adjacent ATM only to find, in mutual astonishment, it was none other than Craig Atkins experiencing a similar run of bad luck! Coincidence, as they say, is God's way of staying anonymous.

Terry Eves

Words fail me, apart from thanks Terry!

I was recently on a demo in London by deaf people. As we marched on Westminster we were all chanting,

"What do we want?"

"Hearing aids!"

"When do we want them?"

"Hearing aids!"



Results

Brill Hilly 10k

Ann Palmer 1:04:57

St Albans Half Marathon

Steven Battenti 1:49:23

Lucie Carter 1:54:15

Prague Half Marathon

Angie Peerless 1:54:31

(2nd in category)

John Peerless 1:56:30

Brighton Marathon

Emma Russo 3:36:45 (PB)

Soraya Bux 3:47:26 (PB)

James Lawson 3:57:55

Gareth Imms 4:10:37

Laura Cornwell 4:12:36

Rachel Cullen-Heighway 4:14:26

Helen Moseley 4:45:58 (PB)

Aldbury 5

Steve Roberts 34:50

Brendon Gilbert 35:57

Manchester Marathon

Gareth Morris 3:09:52 (pb)

Shakespeare Marathon

Manfred McKenzie 3:55:11

Bracknell Half Marathon

Conrad Miles 1:27:34

Dan Charleston 1:27:49

Danesfield Dash 10k

James Alchin

Paul Dineen 43:15

Sunderland 10k

Rachael Cullen-Heighway 48:12

Bledlow Ridge Offroad 10k

Robert Pettingell 43:14

(1st in age category)

Julian Hucks 44:35

Howard Taylor 45:31

Donna Bolton 1:05:54

Darinka Reilly 1:07:45

Richard Stone 1:14:36

Shinfield 10k

Dan Charleston 39:33

Milton Keynes Marathon

Terry Eves 4:23:31

(1st in age category)

Chalgrove 10k

Mike Hollis 45:53

Pednor 5

Paul Dineen 33:19

Soraya Bux 38:52

Des Mannion 40:29

Oxford Town & Gown 10k

Gareth Morris 37:49

Prestwood 10k

Dan Charleston 40:15 (1st v60)

Margaret Moody

Mike Hollis 46:19

Sally White 46:27

Charlotte Ing 48:08

Jacqueline Ing 51:22

Lynn Ing 65:22

Seaford Half marathon

Darren Wakefield 2:15:46

Aldridge 10k

Leah Griffin 47:39

Chiltern Chase 10k

Mike Hollis 45:30

(1st in age category)

Cat Batson 48:29

Marlow FM 10k

Gareth Morris 38:20 (3rd)

James Allchin 41:35

Cat Batson 48:55

Damaris Daniels 49:27

Paul Dineen 41:26

Darren Wakefield 52:48

Egle Petrauskaite 55:12

**Watford Open 3000 m**

Frank Fulcher 9:46.84 (4th)
 Gareth Morris 10:10.46
 Steve Roberts 10:19.38

Bupa London 10k

Steven Battenti 49:53

Wargrave 10k

Frank Fulcher 35:51
 Gareth Morris 37:50
 Steve Roberts 37:53
 Ellen Fulcher 46:20

London to Brighton 100k trail race

Pete Summers 11:06:14 (9th)

Egdon 10k

Craig Atkins 48:39 (pb)

Thame 10k

Dan Charleston 41:01
 Penny Cutler 45:49 (1st FV45)
 Soraya Bux 49:15

Princess Risborough 10k

Gareth Morris 38:15
 Paul Dineen 41:33
 Mike Hollis 46:42
 Peter Astles 51:00
 Soraya Bux 51:38
 Howard Taylor 51:39
 Ann Palmer 63:48

Tadley 10k

Darren Wakefield 54:58

Newbury to Avebury Ridgeway leg (52k)

Emma Russo 5:30

Dinton Pastures 10k

Craig Atkins 48:07 (pb)

Dorney Dash

Brendon Gilbert 38:40
 James Alchin 39:47
 Howard Taylor 42:52
 Damaris Daniels 48:27
 Rachael Cullen-Heighway 48:52
 Jacqueline Ing 49:11
 Stephen Batham 49:38
 Darren Wakefield 52:30 (pb)
 Jessica Barrell 56:25

Ridgeway Relay**Handy Cross Runners A - 10:55:53 (10th)**

Leg 1 James Allchin 1:15:40 (19th)
 Leg 2 Penny Cutler 52:27 (18th)
 Leg 3 Gareth Imms 1:20:37 (30th)
 Leg 4 Sally White 43:35 (16th)
 Leg 5 Mike Hollis 1:21:11 (24th)
 Leg 6 Frank Fulcher 1:05:20 (6th)
 Leg 7 Gareth Morris 1:01:57 (7th)
 Leg 8 Dave Hall 57:35 (12th)
 Leg 9 Howard Taylor 1:17:23 (18th)
 Leg 10 Trevor Hunter 1:00:08 (4th)

Handy Cross Runners B - 13:06:22 (36th)

Jim Foy 1:30:54 (39th)
 Jo White 59:59 (31st)
 Nick Martin 1:35:11 (40th)
 Margaret Moody 44:18 (20th)
 Phil Hutchby 1:38:42 (39th)
 Diana Charles 1:38:58 (40th)
 Ellen Fulcher 1:12:39 (26th)
 Steve Batham 1:11:56 (26th)
 Vlad Nebolsin 1:14:55 (12th)
 Craig Atkins 1:18:50 (35th)



Tuesday Night Training Programme

July 23 rd	Hill session (Monkton Farm). 8 – 10 x long & 4 x short.
July 30 th	Paarlauf session 10 – 12 x 300m. (John Lewis field).
August 6 th	10 – 12 x 400m (200m recovery).
August 13 th	“Poobin” Fartlek session 5 – 6 circuits of field.
August 20 th	6 -8 x 600m (200m recovery). (John Lewis field).
August 27 th	300/600/900/1200/900/600/300m (200m recovery) (John Lewis field).
September 3 rd	3 x 1 mile around Cressex Road/Marlow Road/Rupert Avenue circuit. (Recover back to start point).
September 10 th	The Gerry Grosse Trophy 5k Handicap Race.
September 17 th	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down).
September 24 th	Relay session on Dave Nash Estate (in teams of 3). 2 x 10 laps per team.

Keeping the dream alive