

Jogging Along

The Wycombe ½ Marathon

Apathy no longer rules in Wycombe. The huge success of Wycombe's ½ Marathon swept away the reserve and reluctance of its' people to get involved. The massive support was way above the wildest expectations. To get over 800 local entrants was an achievement in itself. Then there were so many people willing to get involved in organisation. And on the day it was refreshing to see so many enthusiastic spectators cheering and clapping. To round it off the generosity of the sponsors and quality of the prizes were second to none.

It was a first rate event, and hopefully the first of many.

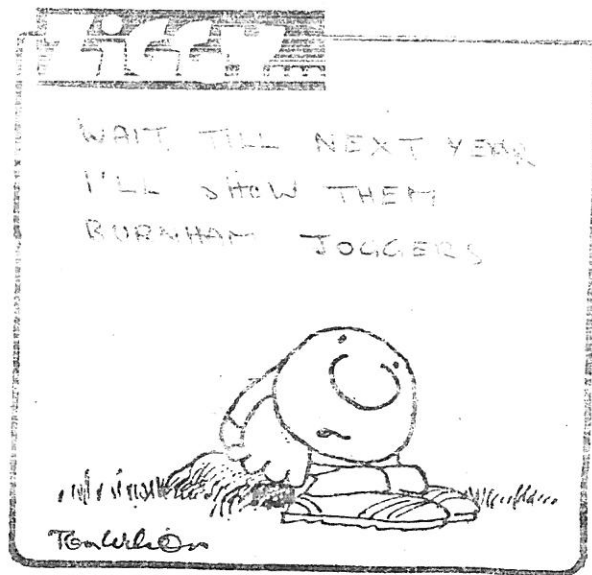
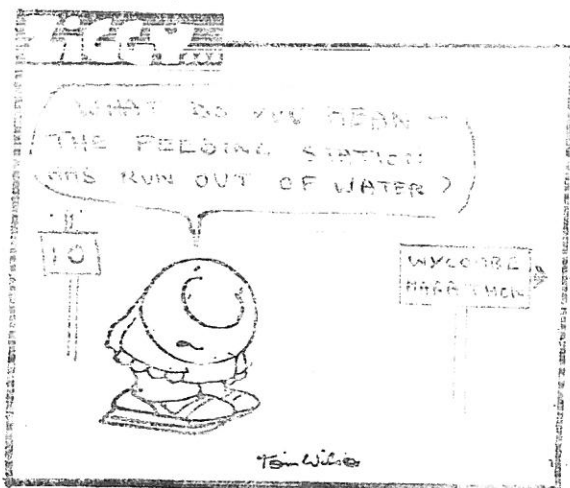
John White - Editor

Message of Thanks From the Organising Committee

Without organisation and marshalls these races cannot take place. To all those people who willingly gave up their time to help with the organisation - Your help was greatly appreciated.

New Member

Handy X Joggers have now been joined by that well known Daily Star personality - ZIGGY.



RESULTS

Wycombe ½ Marathon - July 24th

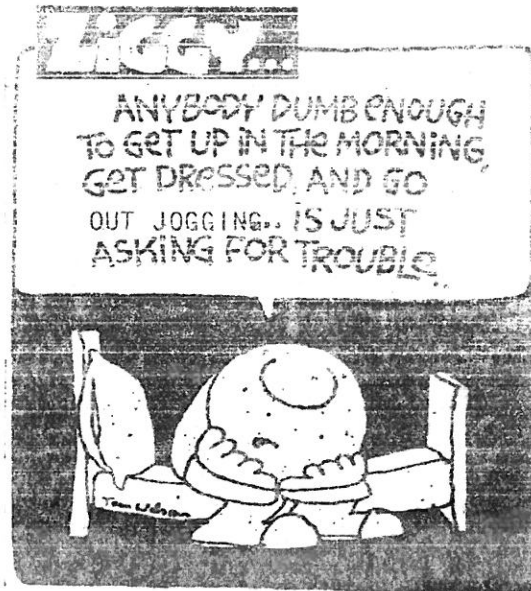
John White 1.21, Brian Bower 1.21, Derek Sawyer 1.27, Paul Blake 1.27, Alan Edwards 1.28, Derek Francis 1.34, Alex Orr 1.35, Christopher Daly 1.35, Dave Larkin 1.41, Jack Sharp 1.46, Malcolm Claxton 1.48, Ray Harris 2.05, M. Ziggy D.N.F.

LADIES Marie Spinks 1.38, Vivian Temperley 1.40, Barbara Hoy 1.44, Eila Mansfield 1.49, Dianne Spicer 1.58, Mandy Youers 2.10, Heather Twine 2.28, Elaine Parry 2.30, Eva Maitland 2.30.

Forthcoming Events

- Aug 29th (Bank Holiday) Oxford Road Races Seperate events for boys, girls, joggers and club athletes.
- Sep 5th Furniture '6' 6 mile road race by Wycombe Phoenix Harriers at Holmer Green.
- Sep 5th Burnham Beeches ½ Marathon
- Sep 12th The Tilehurst '10' 10 mile road race, near Reading. Starts 11am.
- Sep 18th Reading Police '10'
- Sep 19th Amersham 5 mile road race, plus family fun runs. Starts 10am.
- Sep 19th Silverstone Relays Team relay races around the actual Silverstone circuit. Approx 2½ miles
- Sep 26th Hyde Park Fun Runs A great day out for all the family. Fun runs for all age groups.
- Oct 3rd National Veterans Marathon at Stone, Staffs.
- Oct 3rd Avon Ladies 10 mile road race at Barnet (Plenty of free goodies for the ladies).
- Oct 3rd Nias 10 mile road race at Newbury.
- Oct 10th Masters and Maidens Marathon at Guildford - Good Event for beginners at Marathon running.
- Oct 17th Keep Hill Climb Local event to be organised by Handy X Joggers. About 3 miles, but includes the very steep Keep Hill.
- Nov 7th Bracknell 10 mile road race.

For further details and advice on entering any of these events contact the Events Secretary Vernon Martin.



Tips for Beginners

Avoiding Accidents and Injuries

Since joining the Joggers, I've noticed few, if any, newcomers who do not suffer, at some stage, from an injury related to their jogging. Most people start jogging to get fit or keep fit, so it is worth considering how to avoid injuries.

Accidents don't just happen - they are caused. I know this is an over generalisation, but still basically true. There is a chain of causes and effects that lead up to an accident. 'Accident Prone' people are simply unaware of potential dangers that surround them. They are not 'switched on'.

In order to avoid accidents, it is necessary to become aware of potential hazards. It sounds simple; it is simple. But when people first start jogging they are often pre-occupied with how they look, how they feel, how much further to run etc. They are not very aware of potential dangers. It can become a bad habit. So, for beginners I suggest that you make a conscious effort to be aware of all hazards. It is a good habit and will minimise your chances of accidents later.

By the way, in the Wycombe $\frac{1}{2}$, with 200 yards to go a man in front of me tripped over a tree stump and fell flat on his face. When he picked himself up I was 10 yards in front. He wasn't hurt, but he lost a place.

Injuries through stress and strain don't just happen either, they are caused through ignorance, neglect, unawareness or deliberate over enthusiasm. Ignorance is easy to cure - start reading running books and magazines, Neglect is another matter, many runners have the knowledge, but fail to use it - neglecting race preparation - neglecting adequate warm up etc.

Most people are unaware of their style of running. Some joggers look awkward and are probably throwing unnecessary stress and strain on certain joints, leaving them more prone to injury. Becoming aware of how they are running and correcting their style could eliminate some of their problems.

Perhaps it is also worth being aware that different types and styles of shoes put strains on different parts of the body.

In my observation, though, most injuries are caused by over enthusiasm. After a few weeks or months, joggers put themselves under pressure to run further and run faster. This obviously creates stress and strain on muscles and joints that are not yet equipped to cope with the ever increasing work loads. Joggers push and push until inevitably something breaks down, the pain becomes unbearable, and they have to stop running altogether. They then wait impatiently for the pain to go, and then jump straight in with both feet, training even harder to make up for the weeks they've missed. And so it goes on - train-strain-injury, it becomes a vicious circle.

For beginners to avoid injury through stress and strain, my advice is - be patient, be content with a slow, but progressive build up. Give your muscles and joints time to adapt to new conditions. Become aware of how your body is reacting to your training. If you develop any pains, then ease down on your training until the pain eases, then GRADUALLY increase your work load again.

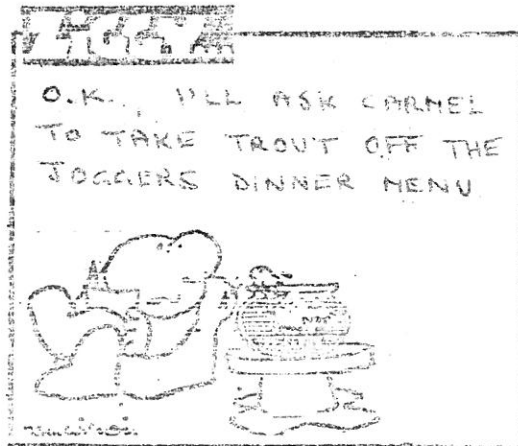
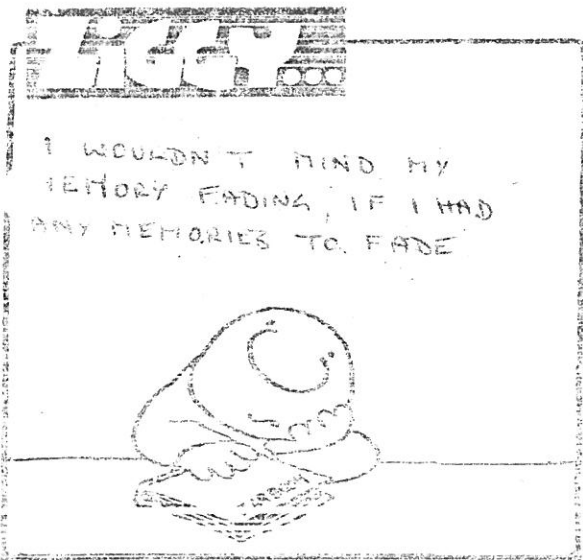
Remember the fable of the tortoise and the hare, the slow, steady plodder gets there in the end, often before the hare.

A Bit on the Side

Aside from jogging, we have the following social events.

Aug 28th - River Cruise
Nov 27th - Skitties Evening

Further details of social events from Carmel.



Apologies

With such large numbers of individual entries in the Wycombe $\frac{1}{2}$ Marathon, it has been difficult to get a complete list of runners and times. This is the best I can do. Apologies to anyone omitted.

Editor.

Notice

The A.G.M. will be held Sept/Oct (details later). Please come along and support the club that supports you. If you have any items for the agenda - please contact Vernon Martin.