
ON COURSE



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A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

As any of you who know me, or have run with me, will testify, when out running I am not at all happy about encountering dogs, be they large or small, and I have to admit that the recent publicity given to our canine "friends" attacking people has only confirmed my worst fears - dogs just cannot be trusted! However it is probably not fair to place all the blame on the dogs because their owners are equally, or, in some cases, even more, to blame. How many times, when you have been out running, have you been confronted by dogs being taken for a walk by their owners without being on a lead (either the dog or the owner)? And how many times have these dogs run, barking, up to you with their owners shouting to you not to worry because Fido won't bite? If my experiences over the years are anything to go by the answers to both these questions is "too many times". I just wish that dog owners could understand that it is alright for them to know that their dogs are safe (and that is a mute point when you consider the recent bad publicity for the canine world) but other people are not to know this and the fact that you may have had to stop running to be certain that you are not attacked is just not on.

With the Wycombe Half Marathon now over for another year it is down to the Race Committee to start the preliminary work for next years race - or will there be a race next year? and, if there is, over what distance? These questions have been raised because of the comments that were made in the pages of the "Midweek" after this years race when it was suggested that it was about time for a change. The initial reaction from the members of the Race Committee appears to be in favour of continuing with a half marathon as opposed to a race over a different distance but we will have to wait and see.

Chris Gentry

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CLUB OFFICIALS

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

RACE RESULTS/REPORTS



Pednor 5 mile Race Walk - 29th May

Always prepared to take on something different, six members of the club turned to race walking for this event and Trevor Hart showed his experience by being the first club member home, over 10 minutes in front of the next, who just happened to be his wife Jenny. The full club results were:-

Trevor Hart	48min 11secs	Jenny Hart	58min 34secs
Vernon Martin	58min 36secs	Stephan Naunko	59min 29secs
Alan Edwards	63min 54secs	Rose Priest	68min 27secs

Datchet Dash 10k - 3rd June

A quartet from the club travelled the short distance into Berkshire to take part in this event and it was nice to see the return of Myrtle Edwards to the running scene after her well publicised injury. The club results were:-

John Wheeler	44min 05secs	Jenny Putt	55min 18secs
Jess Wingrove	56min 04secs	Myrtle Edwards	56min 43secs

Woodley Carnival 15k - 4th June

John Gardner was the only member of the club taking part in this event but he obviously enjoyed himself because he set a new personal best for the distance of 67min 34secs.

Naphill 10 - 10th June

The much publicised "rivalry" between Jim Chilton and his son Alan was in evidence again in this race but this time it was Jim who came out on top - not only that but he also managed a personal best for the distance. Another p.b. was set by Eric Buckle but once again he had to settle for being the second club runner home behind John Flint. The full club results were:-

John Flint	61min 42secs	Eric Buckle	62min 18secs
Chris Minall	63min 18secs	Dave Woolley	65min 01secs
Roger Wilkes	65min 59secs	Dave Barraclough	66min 39secs
Jim Chilton	67min 03secs	Alan Chilton	67min 46secs
John Bradbury	68min 27secs	Kevin Duffy	69min 35secs
Benjy Benjamin	70min 18secs	Alex Johnson	71min 22secs
Ian Mallen	75min 58secs	Stephan Naunko	76min 09secs
Robert Farrier	78min 18secs	Neil Fraser	78min 30secs
Brian Sinclair	80min 56secs	Hans Wessel	81min 09secs
David Plato	85min 46secs	Pam Wilkes	88min 49secs
Alan Edwards	91min 51secs	Anthony Wynn	94min 27secs
Vivien White	96min 48secs		

Penn and Tylers Green Half Marathon - 18th June

In temperatures in the 80's the club not only provided a large number of runners for this event but also managed to win the team prize. Not only that but we also had the first male vet, the first female vet and the first super-vet in Chris Minall, Irene Smith and Jack Sharpe respectively - a fine performance by the club in a race which is run over a tough course. In the afternoon Ray Matthews and his son Stephen, aged 9, took part in the fun run over 4 miles and they won the trophy for being the first father and son team home. I think that Stephen should be congratulated for doing so well with such an handicap (sorry Ray!). The full list of club finishers in the half marathon was:-

John Flint	1hr 23min 20secs	Eric Buckle	1hr 23min 45secs
Chris Minall	1hr 25min 08secs	Alan Chilton	1hr 28min 19secs
Roy Williams	1hr 29min 46secs	Benjy Benjamin	1hr 29min 54secs
Jim Chilton	1hr 30min 45secs	Dave Barraclough	1hr 31min 20secs
Roger Wilkes	1hr 32min 15secs	Irene Smith	1hr 33min 41secs
Chris Woods	1hr 35min 44secs	Graham McLachlan	1hr 36min 43secs
Alex Johnson	1hr 37min 00secs	Stephan Naunko	1hr 45min 35secs
John Gardner	1hr 49min 18secs	Jack Sharpe	1hr 57min 35secs
Phillipa Melhuish	2hr 02min	Vernon Martin	2hr 03min 31secs
Rose Priest	2hr 04min 22secs	Vivien White	2hr 08min 33secs

Offa's Dyke 15 miles - 18th June

If "Athletics Weekly" is to be believed club member Steve Barrow was in some danger when he competed in this race because apparently the race doctor advised that the event should be cancelled because of the hot, humid conditions. However the organisers decided to go ahead with the race and out of a field of 564 Steve won the prize for being the first vet home. His time was a very good one of 1hr 42min 12secs.

Bourton-on-the-Water 15 miles - 24th June

Unlike other years, when a number of runners from the club have taken part in this event, this year it was left to John Bradbury to represent us. This he did very well and managed a time of 1hr 48min 32secs which was very good when you consider the tough course the race is run over.

Thame 10k - 25th June

There was another father and son dual in this event between Dave Woolley and his son Steve and again it was youth that overcame experience with Steve being the first club runner home. The club results were:-

Steve Woolley	38min 12secs	Dave Woolley	38min 26secs
John Gardner	43min 51secs	Peter Gallagher	44min 10secs

Amersham Half Marathon - 2nd July

After being beaten so many times by John Flint, Eric Buckle must have been delighted to find that John was not running in this race and he took full advantage of this fact to be the first club runner home (even managing to overcome a bad stitch at 11 miles - oh, the bravery!). Special mention must be made of Stephan Naunko who, after racing well recently, managed a personal best for the distance. The finishers for the club were:-

Eric Buckle	1hr 19min 22secs	Chris Minall	1hr 19min 24secs
Dave Woolley	1hr 24min 50secs	Roger Wilkes	1hr 27min 58secs
Stephan Naunko	1hr 33min 48secs		

Penine Marathon - 2nd July

Benjy Benjamin made his marathon debut in this race and a tough one it turned out to be. As the name of the event suggests the course is very hilly and this, allied with exceptionally warm weather, meant that Benjy's time of 4hr 08min 28secs was an extremely good one.

Wike Womans Own 10k, Welwyn Garden City - 9th July

No less than 10 ladies from the club travelled to Hertfordshire for this race and, in ideal running conditions, half of them returned with personal bests, Margaret Moody, Pam Wilkes, Jenny Hart, Rose Priest, and Caroline Weekes. Not only that but Pam and Jenny both won prizes for being the first in their respective age groups - certainly a very good day for the ladies. The full results for the club were:-

Margaret Moody	43min 19secs	Esme Thomson	43min 52secs
Eila Mansfield	44min 02secs	Marie Spinks	45min 12secs
Pam Wilkes	46min 37secs	Jenny Hart	47min 20secs
Rose Priest	49min 59secs	Caroline Weekes	55min 00secs
Allyson Unitt	55min 00secs	Myrtle Edwards	56min 07secs

COMING SOON!

CLUB AGM

Date THURSDAY 5th OCTOBER

Venue IN THE CRECHE

Time 8. 15 p.m.

More exciting than a run with Jim Chilton !
 More amazing than the p.b's of Eric Buckle !
 Funnier than the jokes of Alex Johnson !

Don't Miss It!

Date For Your Diaries

DEREK'S TRIATHLONS - Derek Sawyer

6th May - Putteridge nr Luton

Course - 800 metre pool swim, 13 mile bike, 5 mile cross country run.

The weather was hot and sticky with a strong breeze and I finished 47th out of 105 in an overall time of 1hr 41min 05secs.

21st May - Bath

Course - 400 metre pool swim, 40k bike (hilly), 10k run.

The weather was again very hot and humid and I finished about 250th out of 730. The swim was an organisers nightmare as they had to arrange 3 to a lane, 6 lanes, 12 lengths for 730 competitors. The bike started flat for 2 miles then climbed from 20 metres to 180 metres in 2 miles. It then went up and down to finish at 160 metres. The run dropped back to the 20 metre finish area. My overall time was 2hrs 27mins.

28th May - Cotswold Water Park, Swindon

Course - 1500 metre lake swim, 40k bike, 10k run.

This was the first of the Carlsberg GP series and it was started by the athlete Kim Hager. The swim had to have 3 starts - the elite started at 10 a.m., all of the women and men up to age 30 started at 10.10 a.m., and all the other men at 10.20 a.m.

The gun goes for my swim start, the first 100 metres is very physical as we all want the shortest route to the first turn. Some are zig-zagging because they have lost all sense of direction. After what seems like an hour I stagger out of the water nearly last (28mins 02secs) the legs feel like jelly and I take a long 7 mins 45 secs to get on the bike. Of on the bike and to start with it is flat and fast, mostly pleasant with a few little hills and a slight breeze. I start catching some riders, even some from the early starts. Back at the start/transition area I get off the bike and it's on with the running shoes (1min 20secs transition). My legs will only let me jog shuffle but I still catch and pass some on the run. The run was off the road and on a disused railway now a footpath. We go out and back along the same route. Not a bad day but as the school report used to say, COULD DO BETTER. My overall time was 2hrs 41mins 28 secs with the swim time being 28min 02secs, transition 7min 45secs, bike 78min 31secs, transition 1min 20secs, and the run 45min 50secs. I finished 352nd out of 386 finishers. Out classed a bit!

3rd June - Bracknell

Course - 600 metre pool swim, 21.5 mile bike, 5½ mile run

My overall time was 2hrs 01min 02secs and this was broken down into swim 17min 32secs, bike 65min 53secs, and run 37min 37secs. I finished 92nd out of 188 finishers.

LONDON MARATHON - Chris Gentry

It is that time of the year again when those of you who wish to undertake the ultimate challenge of the marathon and especially the London Marathon need to take the first steps towards next years race which will be held on **Sunday 22nd April 1990**. This does not only mean by starting training but also by starting on the entry trail. The trail starts on the 1st September when you can get an application form for a race entry form from the Trustee Savings Bank for the "trivial" sum of £2. In fact you have until the 29th September to fill in such an application form and race entry forms will be sent out to applicants on the 9th October with the closing date for the return of the completed entry forms being the 31st October. At present the race entry fee has not been announced but the rumour is that it will be £10!

Next years race will be the 10th and, because of this, it is believed that 34,000 entries will be accepted, more than ever before. However if you want to be involved in the event without running you might be interested in the advert that the Race Director has placed in one of the weekly running magazines, Athletics Today, asking for someone to under-study him for the 1990 event, assist with 1991 race, and take over as Race Director in 1992. Interested? then write to Chris Brasher at The Navigation House, River Lane, Richmond, Surrey, TW10 7AG.

THE OTHER RACE ON JULY 16th by Steve Parrett

Whilst you were all enjoying yourselves either running or organising the Wycombe Half your chief 'runner-in-exile' was competing in a very low-key race in Cuddington, Bucks. This is the second year in succession that I have completed this 9K (5.6 mile) course and on both occasions I have to say that it has compared very favourably with a lot of the bigger races.

What makes this race so good? First, it is a very testing course with a lot of long climbing and short downhill sections. Second, a third of the course is on country footpaths, which makes a nice change from pounding the roads. Third, it is well organised (good stewarding, water station and a free can of non-alcoholic lager at the end). Last, the finish line is directly opposite a very pleasant village pub with a large garden so the whole family can enjoy the day out rather than just the runners.

If there is no clash with the Wycombe Half you may find that a trip across to Cuddington will do you a lot of good next year. I will certainly ensure that Vernon receives some entry forms for the race and hope that I see some of you there.

Incidentally, I finished 12th in a time of 36:40 - the winner managed a course record of 29:30!

TIME TRIALS - Chris Gentry

Since the last Newsletter two more time trials have been held and it is pleasing to see that they were again both well supported.

20 club members took part in the first one and 17 in the second and it is nice to see that a number of the newer members of the club are taking part and, not only taking part, but improving their performances each time. As an example Michael Tackley has improved his time by over 2 minutes, from 27min 50secs in April down to 25min 19secs in July. The fastest time of the year so far was set in July by Mike Nolan but even his very fast time was still some two minutes slower than the record for the event. The full results of the June and July time trials are as follows:-

June 6th

Trevor Hart	25min 45secs	Neil Fraser	26min 39secs
Stephan Naunko	27min 24secs	Michael Tackley	27min 33secs
Richard Ward	27min 56secs	Owen Brunsdon	28min 13secs
Esme Thomson	29min 17secs	Eila Mansfield	30min 03secs
Marie Spinks	30min 50secs	Jenny Hart	31min 25secs
Vivien White	33min 26secs	Rose Priest	34min 19secs
Caroline Weekes	34min 20secs	Jess Wingrove	34min 50secs
Jennifer Buffong	36min 41secs	Paula Parkin	37min 18secs
Allyson Unitt	37min 19secs	Carolme Sadler	38min 24secs
J. O'Neill	39min 40secs	Margaret Steele	40min 31secs

July 4th

Mike Nolan	22min 20secs	Kevin Duffy	25min 04secs
Michael Tackley	25min 19secs	Ian Mallen	26min 06secs
Stephan Naunko	26min 18secs	Neil Fraser	26min 24secs
Gerry Grosse	28min 09secs	Eila Mansfield	29min 10secs
Max Cowlin	29min 33secs	Martyn Franzese	30min 48secs
Phillipa Melhuish	31min 34secs	Vivien White	32min 25secs
Rose Priest	33min 02secs	Allyson Unitt	34min 14secs
Caroline Weekes	36min 00secs	Jess Wingrove	36min 02secs
Margaret Steele	36min 03secs		

24 Hour Race

Over the Bank Holiday weekend, the 27th/28th May, a member of the club, Chris Wood, took part in a 24 hour race organised by Feltham Puffers. The venue for the event was Kempton and the race was over a 0.7 mile circuit round a water pumping station.

Chris did extremely well in the race and managed to cover 102 miles but this distance would undoubtedly have been considerably more if the weather had not been so hot and also if Chris had not suffered with badly blistered feet.

YOUR DIET - Chris Gentry

A copy of the following article was given to me recently by Derek Sawyer but unfortunately I don't know where it first appeared, only that it was written by someone called Dave "Scott" Bellingham. However as it is such a good article I thought that it was worth reproducing, so here goes:-

Although it only takes about ten seconds for a mouthful of food, once swallowed, to pass from the mouth to the stomach, it takes a full forty eight hours until it leaves the body again (That's a bit of generalisation and does not take account of the effects of a typical Saturday night mixture of beer, cocktails and re-heated mousakka).

What the heck goes on during those two days? and why does some food "change" more than others? Sweetcorn being a prime example of a food that never varies or changes whatever mysteries occur within the body. The answer to the puzzle is in part answered by the fact that the alimentary canal is 27 feet long. For those of you that are weight conscious and have already had any non functioning "bits" removed, such as the appendix, you could think about reducing this canal to a more sensible couple of feet. However be warned - a shortened canal may upset the complete process of digestion. Digestion, so the biological teachers tell us, is a very important process because it takes the goodness out of the food. Sadly, they also tell us that fibre content cannot be digested and hence we get no nourishment from it - disbelief and shaking of heads - but fibre is very important for another reason. It helps regulate bowel movements and keeps the colon healthy amongst other things. Doctors believe it protects us from cancer of the colon and rectum.

So you see living is a serious business and the responsible person must take responsibility for his/her own health. Sadly living healthily and well means eating properly and properly as we all know means...misery. Misery is essential for a healthy, happy lifestyle and an essential ingredient of that is fibre (roughage is another label - but I'm not allowed to advertise in this space).

Fibre can be found very easily and incorporated into all meals. Wholemeal is the key, this means there's "Nowt taken out". Being a natural product it "cleans" the body as it passes through the system, particularly as fibre "attracts" other fibre, forming a solid wad about the size of a football. It passes through the canals of the body until the magic moment forty eight hours later when its time to take its leave of you.

Remember, pain is positive notice of your good health, although it may be advantageous to ask a friend to strap you down onto the loo seat before the process begins.

What can you eat? Well most non processed foods will do, in fact most non processed objects will suffice if you follow the argument set out above (remember nutrition doesn't enter into it - fibre is purely a cleaning exercise for the body). So why not treat yourself to some really low calorie, high fibre, wholesome wholefoods for example.....slice of carpet, ball of string, left over red noses, library books, cardboard boxes and, of course, cabbage and sweetcorn. Generally speaking the more horrible the food the better it is for you (like medicine). As

a result the sign of a healthy family is one with teeth marks on the sink next to the toilet. The benefits do not end there, as this healthy living has a bonus and enables you to make a contribution to the reduction of the earths natural resources. If properly collected, the methane gas which is a significant and abundant side effect of your healthy diet, can be used for many household purposes, saving you the cost of other, more common, fuels.

So there we are, the mystery of those forty-eight hours unearthed before your very eyes (and noses). You can get back to eating your breakfast now, but remember not to waste anything today and crush up that yogurt carton and the banana skin in the bowl.....it's the best bit of the meal really and so much better for you than fatty and calorie laden yogurt.

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



*“Don? Something’s come up and I can’t make my 11am workout.
Take 5 laps round the block for me.”*

RUNNING EVENTS



As usual, set out below is a list of some of the local races coming up in the next few months and which you may like to enter for. The races are all on Sundays unless otherwise stated:-

September

3rd	Aylesbury Vale $\frac{1}{2}$ marathon	11 a.m.
	Claude Fenton 10 (Reading)	11 a.m.
10th	Slough $\frac{1}{2}$ marathon	10.30 a.m.
	Slough marathon	10.45 a.m.
17th	General Portfolio Amersham 5	11.15 a.m.
23rd (Saturday)	Woodstock 12	2 p.m.
24th	Watford 10k	11 a.m.

October

1st	Windsor $\frac{1}{2}$ marathon	1 p.m.
8th	Henley $\frac{1}{2}$ marathon	10 a.m.
15th	Ridgeway Run (8.74 miles approx)	11 a.m.
22nd	Abingdon marathon	10 a.m.
29th	Great Sam $\frac{1}{2}$ marathon	10.30 a.m.

November

5th	Marlow $\frac{1}{2}$ marathon	(time unknown)
	Chesham 5k	2.30 p.m.

Cross Country - Chris Gentry

As we all bask in the heatwave that has become summer for us this year it is frightening to think that it is only a couple of months before the opening fixture in the Chiltern Cross Country League.

Yes, it may seem a little premature to start thinking of cross country running but October 14th sees the first race. It takes place at Queens Park - where that is I have no idea but rest assured that Vernon will make sure that we have full directions well before the day.

After the success of the club both in the men and the women's event

last season it is to be hoped that such success can be built on this time. However for this to happen it will again necessitate a lot of club members making a commitment to turn out for most, if not all, of the five fixtures. The full list of the dates and venues thereof are as follows:-

14th October 1989	-.	Queens Park
28th October 1989	-	High Wycombe
6th January 1990	-	Leighton Buzzard
20th January 1990	-	Luton (Vauxhall)
3rd March 1990	-	Northwood (mob match)

I understand that for the fixture at Wycombe on the 28th October the club have been asked by Wycombe Phoenix to help out with the organisation of the event. Obviously we want to put out our strongest teams for the fixture but if any of you who are not particularly keen on running cross country would be prepared to help out, please let Vernon know as quickly as possible.

SKIN CANCER FOR CYCLISTS SHOCK! by Derek Sawyer

In my cycle club magazine there was an article inspired by a piece in the "Today" newspaper headed "Sunshine cyclists run deadly risk of cancer"

Apparently doctors have warned that cycling can cause skin cancer and short bursts of sun beating down on exposed legs have been shown to trigger fatal melanoma. The danger is made worse because the cooling effect of the wind means cyclists do not realise they are burning as they ride along. Cancer can hit victims years after they have given up the pastime and the C.T.C. said it would advise on avoiding sunburn in its new handbook. One person died after contracting melanoma from cycling and at least four others have needed urgent treatment.

The comments on this go like this:-

There are about 12 million bikes in Britain.

One death is insignificant in comparison to the carnage to cyclists and pedestrians caused by dangerous driving.

A cyclist is no more exposed to the sun than say an athlete, hiker, footballer, or cricketer and less than a sunbather. Sports people are aware that excessive sun and heat can cause problems.

Because the cause is not known, there is a lot of world wide research being undertaken. With this in mind cycle club members Bernard Dyer and Paul Burrett intend to ride from London to Edinburgh. The ride is called the Westminster Melanoma Fund charity ride and if any one can help by sponsorship or anything else please contact High Wycombe 712723.
