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*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

So the Wycombe Half Marathon is over for another year and I've got to say that I am very pleased that it is. From an organisational point of view, the race is enormous, a fact that may not be apparent if you have never served on the Half Marathon Committee and this year, with Hans Wessel in the process of moving to Germany, Vernon Martin and I took on responsibility for the course. Although that may not appear to be much, I can tell you that there is quite a lot of pressure, because if anything goes wrong around the course then we are the ones who have to sort it out. My recurring nightmare before the day of the race was that nobody turned up to marshall the course and therefore the runners all went the wrong way. Luckily this did not happen and I would like to take this opportunity to thank all the club members who helped out around the course.

Of course, in the race itself, it was nice to see that the club again had success and congratulations must go to Alan Chilton, who smashed his personal best for the distance by finishing in an incredible 7th place in a time of 1hr 12min 07secs; to Irene Smith, who was the second lady home and who also helped our ladies team to win the team prize; and to our men's team who finished in a very credible 3rd place in the Athletics team competition. I'm sure that there were also a number of other club runners who probably set p.b's on Sunday but, unfortunately, the Wycombe is the one race in the year when I don't get to receive the results for club members. Therefore if any of you did achieve a p.b. then please let me know.

Finally this time, I have been taken to task for selecting, last time, the performance of Roger Wilkes as being the best by a club runner in the London Marathon. In the view of the person who took me to task, the performance of Irene Smith in finishing in just over the 3hr mark was the best. Well I did say, in the article, that picking out the very best performance from amongst all the excellent performances was hard - so, sorry if I upset anybody!

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



Waphill 10 - 9th June

As any of you who have competed in this race know, it is one of the toughest around and, often, one of the hottest. Luckily this year the weather was almost perfect for running and certainly the tough course didn't seem to bother club members Esme Thomson and Alan Chilton because Esme was the first lady home and Alan the fifth man - outstanding performances from both these two. There were 17 finishers for the club and 16 of their names and times are set out below. The missing name and time is that of Esme who I believe finished in around 69min but I'm not certain - sorry Esme!

Alan Chilton	56min 05secs	John Flint	60min 50secs
Chris Minall	61min 00secs	Dave Woolley	64min 37secs
Roy Williams	64min 39secs	Dave Riddington	64min 41secs
Dave Barraclough	64min 54secs	Benjy Benjamin	66min 00secs
Jim Chilton	66min 26secs	John Bradbury	67min 00secs
Alex Johnson	67min 21secs	Andy Green	67min 31secs
Stephan Naunko	67min 52secs	Peter Edington	71min 11secs
Brian Sinclair	81min 55secs	David Plato	82min 00secs

Penn & Tylers Green 7 - 17th June

With the demise of the old Penn & Tylers Green $\frac{1}{2}$, the annual "run in the sun", saw the birth of this race run over the little run distance of 7 miles. As I understand it, the course was basically the last part of the old half marathon course and, with only one hill, was comparatively fast. Little run the distance might be but it obviously appealed to a lot of club members as we flooded the field with no less than 32 runners - a quite brilliant turn-out. There was success for club runners with Irene Smith not only being the first lady home but also the first lady vet, Chris Minall was the first vet, and Jack Sharpe was the first super-vet, not to mention the terrific performance of Alan Chilton in finishing 3rd overall! The finishing positions and times for all the club runners were:-

Alan Chilton(3rd)	36min 06secs	Jim Harvey(10th)	38min 12secs
John Flint(14th)	39min 20secs	Chris Minall(19th)	40min 50secs
Irene Smith(20th)	40min 55secs	Dave Woolley(22nd)	41min 25secs
Dave Barraclough(23rd)	41min 50secs	Roger Wilkes(26th)	42min 19secs
Roy Williams(27th)	42min 38secs	Ralph Chesswas(32nd)	43min 00secs
Benjy Benjamin(33rd)	43min 01secs	Jim Chilton(34th)	43min 15secs
Graham McLachlan(36th)	43min 24secs	Chris Wood(37th)	43min 30secs
John Bradbury(38th)	43min 38secs	Stephan Naunko(46th)	45min 04secs
Terry Smith(57th)	46min 24secs	Gerry Grosse(79th)	50min 15secs
Vernon Martin(90th)	51min 44secs	Brian Childs(91st)	51min 57secs
David Plato(94th)	52min 00secs	John Gardner(97th)	52min 38secs
Alan Edwards(100th)	53min 15secs	Duncan Kennerson(119th)	55min 00secs
Sheila Lawton(126th)	55min 00secs	Jack Sharpe(133rd)	58min 00secs
Lyn Simmons(135th)	58min 00secs	Vivien White(136th)	58min 40secs
Sandy Childs(150th)	60min 01secs	Mandy Youers(155th)	60min 01secs
Rose Priest(161st)	63min 10secs	Maureen Edington(175th)	67min 00secs

Guernsey Half Marathon - 17th June

Whilst Maureen Edington was competing at Penn, husband Peter travelled somewhat further afield to take part in this event. If Peter was expecting warmer weather in the Channel Islands than the rest of us were experiencing at home then he was disappointed because apparently it was cold, cloudy and even a little wet by the time the race finished. However the course was flat, going round the perimeter of the island, and this enabled Peter to record a very good time of 1hr 37min 42secs.

Thame 10k - 24th June

This was the first time that I had taken part in this race and I must say that I was very impressed by everything connected with it - the course, the organisation etc. Of course my views could have been a little coloured by the fact that I managed a p.b! I wasn't the only one to achieve this because Dave Riddington, Ralph Chesswas, and Peter Edington also managed the feat. As is becoming normal these days Alan Chilton was the first club runner home and he managed a very good 3rd place overall. The times for all of the club runners were:-

Alan Chilton	32min 55secs	John Flint	35min 56secs
Chris Minall	37min 21secs	Roy Williams	37min 51secs
Dave Riddington	38min 59secs	Ralph Chesswas	39min 37secs
Chris Gentry	39min 39secs	Graham McLachlan	40min 30secs
John Gardner	46min 51secs	Ron Newman	46min 52secs
David Plato	49min 00secs	Duncan Kennerson	53min 08secs
Dave Nash	54min 44secs	J. Dodge-Wan	45min 04secs
Dawn Segrue	58min 29secs	Dominique Dodge-Wan	58min 38secs

Stanmore Half Marathon - 24th June

Following in the illustrious footsteps of Eric Buckle and Alex Johnson it was the turn of Roger Wilkes to sneak off to compete in a race, this time whilst the rest of the club were occupied at Thame. In a race over a tough course, and with more than 200 finishers, Roger's journey turned out to be a success as he finished in a splendid 16th place in a time of 1hr 26min.

Amersham Half Marathon - 1st July

It was very surprising that for a local event like this the club only had two representative's running - by far the lowest turnout locally for some time in a race of this size. However the dynamic duo from the club were the much raced Peter Edington together with Duncan Kennerson and they both performed well, over a tough course, to record finishing times of 1hr 37min 51secs and 1hr 47min 23secs respectively.

LATE RESULT

York Half Marathon and 5 mile race - 25th March

Club Secretary, Allyson Unitt, together with Women's Membership Secretary, Paula Parkin travelled to "chocolate country" to take part in these events and, from all accounts, they both had a good time with the Yorkie bars being much appreciated! Allyson completed the half marathon in a time of 2hr 04min whilst Paula ran the shorter distance in 49min - both very good performances.

THE OFFA'S DYKE '15' by Dave Riddington

While the majority of club runners were taking part in the Tylers Green '7', I, and three other Joggers, headed off to the Welsh Borders to compete in the fourteenth running of the Offa's Dyke '15'.

The event is run along part of a dyke built by Offa, King of Mercia in AD760 - 780, as a defence against Welsh incursions. It is a point-to-point race which starts in the centre of Hay-on-Wye, a small market town which specialises in the sale of secondhand books, and finishes in the recreation ground at Kington, 15 miles to the north. Between 500 and 600 runners were down to take part, although according to the official results there were only 490 finishers, with individuals and teams travelling from all parts of the country. Burnham Joggers were particularly well represented, fielding a men's team of 24 runners and a women's team of 7, not to mention a team of 5 "super-vets".

I had been told to expect a fairly tough race - this advice turned out to be somewhat understated. The run is mainly off-road, across very hilly country. It involves a number of different surfaces and includes three major climbs and descents. The last of these, over Hergest Ridge, rises to about 1400' above sea level at the 13 mile mark, followed by a 2 mile downhill run to the finish.

My intention before the race was to take things very steadily and to settle into a rhythm which would carry me comfortably to the finish, hopefully getting stronger as the race progressed. Some hope! On the first of the major hills I caught fellow club runner Mike Stone, a veteran of the race, and for the remainder of the run we passed and re-passed each other, Mike running away from me on the descent from Hergest Ridge showing the strength and stamina built up in training for the South Downs 80 the following week. I think we made each other go faster than either had intended. Catching Steve Barrow at around 12 miles didn't help much either, as he got over a temporary bad patch to tear away down the hill into Kington.

My official time for the race was 1hr 58min 13secs and I finished in 139th position out of 490 finishers. Although '8 minute miling' doesn't sound much of an achievement, I was delighted to finish the race under the 2 hour mark. The times and finishing positions for the other club runners were:-

Mike Stone	1hr 56min 40secs	120th position
Steve Barrow	1hr 57min 33secs	129th position
Dave Robson	2hr 04min 26secs	216th position

The Offa's Dyke '15' is a testing race over a very hard course and, as the organisers say, "not suitable for the fun runner". It does offer a different sort of challenge however which I am sure many members of the club would relish and enjoy.

CROSS COUNTRY LEAGUE ROUNDUP by Chris Gentry

This is a look back over the last Chiltern League Cross Country season, the second in which the club have entered teams in both the men's and the women's events, and again the club has had its' successes with Alan Chilton winning the prize for being the 2nd Junior and Esme Thomson and Eila Mansfield being the 1st and 2nd vets respectively in their respective age groups over the season - well done you three!

In all 24 men and 6 women competed for the club over the 5 races which made up the season with the least number of men taking part in any one race being 14 and for the women 4 - a very good record and one of which we can be proud. I've set out the individual results at the end of the article but I should mention here that out of 15 teams, our ladies team finished in an excellent 3rd place with 911 points whilst the men finished in a very good 9th place out of 19 teams with 7314 points - both very good performances I'm sure you'll agree. Now for a few of my recollections of the individual races.

Kingsbury, London - 14th October

This was the first race of the season and to compete in it involved a tortuous journey around the North Circular Road and through Wembley - well that is the way we went but coming back was a different matter as Dave Barraclough, whose car I was in, decided to take the scenic route through Southall and the suburbs of London - quite a journey.

The race itself was held over a scrubland course which was bone-dry and which, because of the exceptionally dry summer, had deep cracks in the ground. If you weren't careful to avoid the cracks you could turn your ankles, or worse. The men's race was run over a 2 lap course with the first lap being slightly shorter than the second and I can tell you that because of my lack of fitness I was really struggling on that second lap. In fact I couldn't even respond when Bob Carter sauntered past me with only about half a mile to go. Certainly the course was one for the fast but careful runner but it was very disappointing to have such a boring course when you compare it to Watford, with its paddle through the river, of the previous year. Let's hope a more interesting course can be found for next season.

High Wycombe - 28th October

What a contrast both weather-wise and course-wise when it came to this, the second league race. For those of you who don't know, our friends at Wycombe Phoenix start their cross country races in the field at the top of Keep Hill which means that you are forced to park at the bottom, near the Rye, and walk up the hill. I'm sure that this is quite a pleasant walk in summer but on this particular October day the heavens opened and it poured down. If the walk up the very muddy hill wasn't bad enough when you got to the top there was no shelter so you had to try to keep a little dry by standing under the trees in the woods themselves - it was quite a sight I can tell you. Alex Johnson, trying to be clever, brought his umbrella but unfortunately for him he fell over on the way up and broke it - as you can imagine the rest of the team was full of sympathy! Of course by the time we came to actually run we were all cold and wet (so was the course!), not the best way to start a race. If the trek up the hill was bad enough, the journey down was no better

as the ground had been churned up by the runners and was very slippery. More than one person, myself included, walked down in running spikes.

Wing, Nr Leighton Buzzard - 6th January

Unfortunately it seems to be my lot to miss one of the league meetings each year and this time it was Wing that had to bear the disappointment of my absence. However they survived and so, thankfully, did our team despite the appalling conditions.

Luton - 20th January

And so to the fourth race which involved the lengthy but not arduous journey to Bedfordshire and the delights of Warden Hill. The course here is almost devoid of mud but what it lacks in this area it more than makes up for when it comes to inclines, also it is one of the most open of courses which means that when it is windy the conditions are pretty tiring. However the best part of the course, from my point of view, is the very steep downhill section near the finish because I've always managed to overtake a few other runners here - a rare event in itself!

Northwood, London - 4th March

Having missed this race last year I was looking forward to seeing the course that had been so muddy that it had been dangerous. However this was not to be because the organisers changed the course this year which gave us a very picturesque start in a clearing in a wood. The men's race involved two laps of the woodland and, because of the number of runners and the fact that the woodland paths were quite narrow, this meant that on the first lap it was very difficult to get a clear run. In fact when I was running I was thinking that it was rather like running in the London Marathon only in miniature and there were a number of spills because runners couldn't see where they were going and tripped over tree roots.

So that was a few of the highlights of the season and now I set out below the finishing positions of the club runners in each of the five races.

R E S U L T S

	<u>Kingsbury</u>	<u>Wycombe</u>	<u>Wing</u>	<u>Luton</u>	<u>Northwood</u>
<u>Ladies</u>					
Margaret Moody	21	17	16	9	16
Eila Mansfield	26	26	26	15	20
Esme Thomson	33	24	18	11	17
Pam Wilkes	37	35	36	21	-
Caroline Weekes	58	-	-	-	-
Vivien White	-	40	56	-	37
<u>Men</u>					
Peter Smith	5	4	18	-	-
Alan Chilton	30	20	42	25	17
Phil Stephens	44	191	-	-	-
Mike Nolan	66	72	-	-	-

Roy Williams	115	74	87	81	63
John Flint	118	-	137	114	90
Benjy Benjamin	123	102	-	189	-
Mike Stone	134	-	141	159	114
Dave Barraclough	137	122	138	138	103
Dave Riddington	150	166	-	-	-
Jim Chilton	165	112	-	-	-
Roger Wilkes	178	163	174	142	-
Bob Carter	208	154	159	132	-
Chris Gentry	210	181	-	191	146
Alex Johnson	212	196	180	166	126
Vernon Martin	243	218	229	230	189
Stuart Grey	-	41	-	66	-
Dave Woolley	-	86	-	102	73
Derek Sawyer	-	175	105	97	106
John Bradbury	-	-	191	161	104
Stephan Naunko	-	-	198	192	150
Trevor Hart	-	-	222	-	-
Dave Robson	-	-	-	-	140
Peter Gallagher	-	-	-	-	156

FIXTURES FOR NEXT CROSS COUNTRY SEASON - Chris Gentry

Whilst still on the subject of cross country running, no sooner had I finished the above article on the last cross country season than I was handed a piece of paper listing the provisional fixtures for next season.

Such fixture list is set out below and you will see that it is only about another two months before the league starts! You will also see that, if the fixtures remain unaltered, it will mean that we don't have to travel into London this season - somewhat of a relief - although we do have to travel a little further afield to Banbury. However this journey to Oxfordshire is off-set by the much shorter trip to Burnham. The fixtures are as follows but I would re-iterate that at the moment they are provisional so therefore please keep a look-out for announcements of any alterations:-

13th October, 1990	Banbury
27th October, 1990	Wycombe
15th December, 1990	Burnham
19th January, 1991	Leighton Buzzard
2nd or 9th March, 1991	Luton

BITS & PIECES

Recently the members of the club Committee were sitting around waiting for a meeting to start when someone suddenly had the thought that perhaps we ought to be considering a date for the club A.G.M. Well, as you can imagine, thinking of an A.G.M. in the middle of the summer went down like rain on your holiday but, as we were assembled at the Judo Centre and John O'Brien was around, it was decided to "strike whilst the iron was hot" and see what dates were available. After some discussion it was finally agreed that Tuesday 2nd October, 1990 was the most convenient date and time all round and therefore that is when the A.G.M. will be held. At the moment I don't know what time it will start but, seeing as it is a normal club night, I would imagine that club members will want a run first and therefore it is likely that the starting time will be 8.30 p.m.

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Almost everyone has the capacity to put their foot in it and Joggers are no exception. This was illustrated recently when one of the male Joggers, whose name I won't reveal, was talking to Dominique Dodge-Wan at the end of her run in the July time trials. As you can see elsewhere in this issue, Dominique had managed a time of 35min 54secs for the 4 mile route and the male Jogger happened to mention that this was almost three minutes slower than Dominique had managed in May. Quick as a flash Dominique replied that, of course, she was two months more pregnant now than she had been in May - exit one slightly embarrassed Jogger!

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With all the hot and sunny weather we had in July it was just our luck to arrange the annual Joggers picnic for one of the coolest and cloudiest Sunday afternoons at the end of June. The weather must have put quite a few club members off, because only about half-a-dozen Joggers and their families turned up at Hughenden Park. However, undaunted by lack of numbers, we proceeded to enjoy ourselves with a lengthy game of rounders which clearly showed that most of the club members should stick to running!

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Finally this time, it was a very nice gesture by the Judo Club to lay on a barbeque for the club on the afternoon of the Wycombe Half Marathon. I think that it was much appreciated by the club members who attended, especially those who had taken part in the race, and the only thing that I was sorry about was that I was a bit too tired to really enjoy it to the full. However any time that you get a drink from Martyn Franzese has got to be good, hasn't it?

TIME TRIALS - Chris Gentry

Well, can you believe it, August already and I've yet to have a go at the Time Trials this year. The nearest I came to doing one was back in June when I turned up on the advertised evening only to find that it had been put off to the following week! Undeterred, Stephan Naunko (who had also turned out expecting time trials) and I did our own time trial that evening and I managed a time of 23min 30secs which I thought was quite good, until I saw the times some of the other club runners had recorded!

Obviously, because of the club move to the Judo Centre, the time trial route had to be changed this year and the thing that I commented on when I did my personal time trial was that we seemed to be running the course the wrong way round. This was because, on the stretches of road without pavements, we were running with the traffic rather than facing it, as is normally recommended. Perhaps, for safety reasons, some thought ought to be given to running the course the other way round.

Anyway, wrong way round or not, the course is still quite a testing one. Therefore the two current best times of 20min 12secs and 20min 50secs by John Harvey and Steve Barrow respectively are extremely good and it will be very interesting to see if anyone can beat those times in the remaining runs of the year. When looking at the results of the four time trials it is pleasing to find that the number of club members taking part has risen from a low of 8 in April to a high of 17 in June and, not only that, but a different runner has recorded the fastest time in each month. Whilst on about statistics, it is also interesting to note that only one runner has taken part in all four trials, Peter Gallagher, and I wonder whether he will keep up this record in the remaining runs. Now for the full results so far:-

April

Dave Robson	23min 25secs	Andy Green	24min 20secs
Stephan Naunko	24min 45secs	Peter Gallagher	24min 55secs
Max Cowlin	26min 00secs	Esme Thomson	26min 45secs
Brian Sinclair	29min 15secs	Rose Priest	32min 44secs

May

Ralph Chesswas	22min 30secs	Dave Woolley	22min 35secs
Roger Wilkes	23min 05secs	Kevin Hancock	24min 32secs
Peter Edington	25min 24secs	G. Board	25min 38secs
Peter Gallagher	27min 54secs	Martyn Franzese	28min 03secs
M. Wallace	30min 14secs	Richard Stone	31min 14secs
Dominique Dodge-Wan	32min 09secs	Rose Priest	32min 42secs
Dave Nash	36min 03secs	Paula Parkin	38min 18secs
Allyson Unitt	38min 18secs		

June

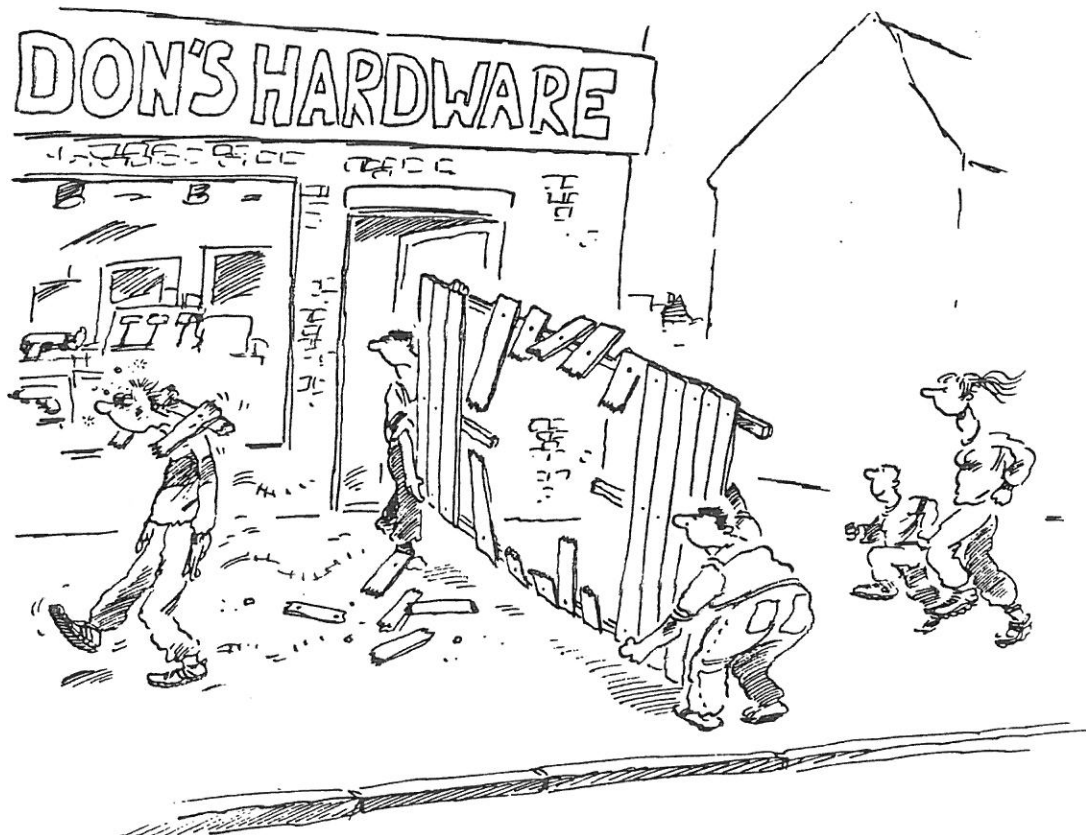
John Harvey	20min 12secs	Steve Barrow	20min 50secs
Ralph Chesswas	21min 59secs	John Flint	22min 31secs

Dave Woolley	22min 35secs	Roy Williams	22min 48secs
Jim Chilton	23min 02secs	Graham McLachlan	23min 09secs
Steve Garrett	23min 55secs	John Bradbury	24min 40secs
Peter Gallagher	25min 31secs	Martyn Franzese	26min 33secs
Mike Golding	26min 36secs	D. B. Dodge-Wan	27min 51secs
Duncan Kennerson	29min 09secs	Dave Nash	31min 11secs
Dominique Dodge-Wan	34min 23secs		

July

Roger Wilkes	22min 58secs	Peter Gallagher	25min 16secs
Martyn Franzese	27min 22secs	Joy Smith	27min 28secs
Ali Barham	27min 39secs	Gerry Grosse	28min 08secs
Pam Wilkes	28min 57secs	Duncan Kennerson	29min 18secs
Dave Nash	30min 45secs	Brian Sinclair	31min 46secs
Vivien White	32min 46secs	Dominique Dodge-Wan	35min 54secs

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



"Dad's just passed through the pain barrier."

