

ON COURSE



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affiliated to the
A.A.A. and W.A.A.A

Eric Buckle to leave?



Inside this Issue

Derek Sawyer - Ironman!

*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

I'm writing this shortly after the tenth running of the Wycombe ½ marathon and I have to say, from a personal point of view, that it is a relieve it is over for another year. For the organisers the event is almost a year round job, the visible results of which only become apparent on the day of the race, and there is a collective sigh of relieve from all involved the day after. Despite this I hope that all of you who took pary enjoyed it and to everyone who helped - a big **THANK YOU**.

Anyway on to other things and I am sure that you will notice the absence this time of the regular feature "Spotlight On Club Members". I have to say that I am surprised how shy a lot of club members are when it comes to filling out the questionnaire's I have produced and which I use to write the articles that appear under this title. I have given forms to no less than 6 members, 3 of whcm are ladies, but none of them have been returned, hence the lack of this regular feature. Rest assured however, I will attempt to remedy this state of affairs for the next issue.

Something else I had hoped to feature this time was a review of the last Chiltern Cross Country League season but due to lack of space it has had to be held over to next time. This will probably be more appropriate as it can then also act as a preview for the forthcoming seasr.

Now I am off on my holiday - see you soon.

Chris Gentry

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CLUB OFFICIALS

| | | |
|------------------------------|---|---------------|
| President | - | Vernon Martin |
| Chairman | - | Gerry Grosse |
| Vice-Chairman | - | |
| Secretary | - | Alison Banham |
| Events Secretary | - | Joy Smith |
| Treasurer | - | Ian Mallen |
| Membership Secretary (Men) | - | John Gardner |
| Membership Secretary (Women) | - | Paula Parkin |
| Social Secretary | - | Rose Priest |
| Publicity Officer | - | Chris Gentry |

TRANSFER by Eric Buckle

Several people have asked me why I'm leaving Handy Cross Joggers to join Marlow Striders.

It started three months ago when I received a letter from the Committee of Handy Cross Joggers asking me to attend a meeting on the following Tuesday at 7.30 p.m. at the Judo Club. There was no explanation why they wanted me to attend, but I turned up anyway.

When I walked into the meeting I was confronted by what I would describe as a court marshal setting. Five people sat behind a long table with their eyes fixed on me.

The five people were: John Gardner, Alex Johnson, Vernon Martin, Alan Edwards and Bob Carter. Apparently, Bob Carter isn't even a member of the Committee, but he was looking for the toilet and walked into the wrong room. When he realised what was going on he told them if he couldn't join in there would be no more Mars bars for the cross country team next year.

"What's this all about?" I asked Alex.

"Well Eric. It's come to our notice that you've become a fast runner."

"And!"

"And we don't want that type of runner at this club."

"What about Alan Chilton?" I asked.

"Yes, but we like him" interrupted Bob.

"And" said Alex, "His father happens to be a personal friend of mine".

"Not only that", piped up Vernon, "He's very popular with the other members of the club."

"But where do I go now?" I asked.

"We've approached Marlow Striders" said Alex, "And asked them if we can transfer you from Handy Cross to them. We spoke to their Managing Director, Peter King, and he said it depended on the transfer fee. I asked him how much he was willing to pay and he said, 'You must be joking. If we take him off your hands you'll be paying us.' "We started to haggle over the price, but in the end I decided because you'd been a loyal member and friend for many years and always got on very well with everyone connected with Handy Cross, we would pay them your full value."

"How much is that" I enquired.

"Seven pounds and fifty pence" he replied "Mr. King thought that that was way above your full value, in fact he jokingly remarked that if you had been kidnapped and that was the ransom, it was highly unlikely that even Dawn would pay that price to get you back - at least I think he was joking. He also said, and I quote: 'Would you be encouraged to join a club that had Eric as a member.'"

In fact, I found myself agreeing with Mr. Kings' comments. Even I wouldn't join a club that had me as a member.

Alex continued, "Mr. King finally agreed to give you a twelve month trial period. If you can achieve a P.B. in all of the standard distances, 5 miles, 10k, 10 miles, half marathon and full marathon, in that period, he might, and I say might, consider allowing you to join Marlow Striders."

My face lit up, wow!, me a Marlow Strider, this was a dream come true. A dream I'd had ever since I'd no longer worn nappies, ever since I was seventeen, to run alongside such great runners as Pete King, Steve Hampson, Jim Sledz, Neville Murton, Dawn Segrue and Mary Allen. Wow!, but wait a minute. What happens if I don't get P.B.s in all those distances, what happens if I don't make the high standards that Marlow Striders set. What happens if I can't raise the transfer fee. I put these questions to the Committee and waited for the reply.

The room went quiet. All of the Committee looked away. Nobody wanted to make eye contact. What was happening?

I lifted my arm and sniffed. The deodorant was still working, what were they frightened of telling me?

I turned to Bob.

"Bob, what's going on? - you can tell me. How long have we been friends?"

"I didn't know we were friends" he said looking puzzled.

"Alex - tell me - why won't anybody answer me?"

I'd never seen Alex like this before. His face was red and the sweat was running down his forehead. He was panting heavily, it brought me to mind of Bob Carter on the start line of a half marathon.

The silence was finally broken when Alex started to talk. He was nervous and frightened.

"W-well Eric, if you d-don't make the grade," he paused and looked first to the left and then to the right at the other Committee members (and Bob Carter), and then his eyes turned back to me. I noticed they were bloodshot and he had something hanging from his left nostril. He continued - "if you don't make the grade you'll have to..."

"Yes, go on"

"You'll have to...."

again there was a pause

"Join Wycombe Phoenix"

"No! Please no! Alex don't make me I'll do anything, absolutely anything not Wycombe Phoenix. Bob, help me - how long have we been friends?"

"I didn't know we were friends" said Bob, again looking puzzled.

"Alex! There must be some other way round this" I pleaded.

"Well", said Alex.

"Yes, Yes, go on"

"Have you got any money"

"No"

"I'm sorry - there's nothing I can do".

At this point I started to scream hysterically slamming my fists on the table and jumping up and down violently. Most of the Committee didn't notice any difference, but John Gardner and Alan Edwards came towards me menacingly, grabbing my arms and dragging me towards the door. Defiantly, I continued to scream loudly.

"Alex! Alex! - I know, I'll slow down, I won't run so fast - Alex please - not Wycombe Phoenix. I know! - I'll train with Jim Chilton, that'll slow me down. Bob! - I'll join your cross country team and I'll buy the Mars bars - I won't run fast though Bob - I'll even let you beat me. Vernon, Vernon, you like me don't you - answer me Vernon? Alan? Alan, I always laugh at your stories - even when they're not funny. Alan please, not Wycombe Phoenix."

My pleas fell on stoney ground. Alan opened the door and he and John threw me into the corridor, slamming the door behind me.

Alex turned to Vernon. "Have you got that list Vernon?"

Vernon passed him a sheet of paper. Alex studied it carefully.

"Now, let me see. Steve Barrow, Peter Smith, John Harvey and Eric Buckle."

"Who's next?" asked John

"John Flint", came the reply.

Suddenly there was a knock at the door. I slowly opened the door and poked my head around.

"Alex, just one more thing?"

"What's that"

"Can I join Running sisters?"

"Get out!"

In fact I did apply to join Running sisters but my application was rejected. It was rejected because of a misunderstanding. Apparently, when they asked me to take a sex test I didn't know that they meant to find out if I was male or female. I turned up at the meeting wearing only my see through leopard skin underpants and carrying three packets of condoms. Well, how was I to know?

THE ALSO RAN

The following poem was written by D. R. Pledger and was featured in a vets newsletter that Vernon Martin has. The writer apparently began running about four years ago at the age of 55 and has never been able to achieve anything more than about a nine minute mile. It was after looking through the times of the Barnsley 10k that he/she decided to put pen to paper in an attempt to describe his/her efforts and I think that the writer made a very good job of it.

The day of the race had finally come
The stretching of muscles had begun
There were those that were bending as far as they can
And there was the tortoise who also ran

Down at the start line they all were there
The fox and the rabbit, the cat and the hare
But somewhere unnoticed away from the clan
There was the tortoise who also ran

There's bright new models thronging the swell
And older models all running quite well
The teams were there, discussing their plan
And there was the tortoise who also ran

The event started off at a furious pace
By those determined to win the race
But somewhere behind doing the best he can
Came the old tortoise who also ran

Mile after mile they thrashed it out
Until the marshals saw nothing about
Then one said to t'other "We'll go home now Sam"
Then came the tortoise who also ran

Back at the finish the crowds are now gathered
To see who's pb or time had been shattered
But where is he, that slow little man
Ah, you mean the tortoise who also ran

Mile after mile he plodded along
To the strains in his mind of a bright little song
He doesn't appear to have any plan
He's just the tortoise who also ran

The crowds now disperse, the marshals they wait
The time clock now shows it's getting most late
He's nowhere in sight, he'll miss the time span
The poor old tortoise who also ran

No look there he is, I see him afar
Being followed by ambulance and official's car
"I don't think he'll make it", "I'm sure that he can".
For he's the old tortoise who also ran

And over the line he comes home at last,
The mile after mile a thing of the past
With medal in hand he don't give a damn
He's just the old tortoise who also ran

MY IRONMAN by Derek Sawyer

The race was called the Marathon Triathlon of Great Britain because of copy-right problems over the word "Ironman". However it was over the Ironman distance of:-

2.4 mile open water swim
112 mile bike ride
26.2 mile run

and it was staged at Ironbridge, near Telford in Shropshire on 6th July, 1991.

The swim was in the River Severn, starting at 6 a.m. and we started in the river. 180 plus competitors, we swam up river against the flow of the river. I think all of us were worried about this especially the weaker swimmers. The gun went and off we went, keeping close to the bank, where the flow was slowest. Just after the start there was a violent thunderstorm. It rained so hard it was bouncing off the water and it was stinging my arms, I could also feel it through my wet suit. I thought it was hail but was told after it was only rain! I felt sorry for the marshalls on the bank.

If you swam too far from the bank you could feel the flow of the main stream slowing you. The swim got harder towards the turn, which was a pleasure steamer anchored mid-stream. The flow was so fast, because of the rain water filling the river, that most of us had trouble getting across the bow of the boat where observers were writing down the number of our swim hats.

As I made the turn I checked my time, 46 minutes, not bad. I moved into the main stream for return. Divers and canoeists guided us towards the exit point, which was about 500 metres downstream from where we got in, and, as I hit land, I check my time, 1hr 18 mins.

I ran into the transition area. I'm handed my bag with my cycle clothes in. Into the change tent and a complete change. I put my wetsuit etc into the bag and handed it back to the marshall. Check time as I collect my bike from the rack. 6 mins in transition, run with bike to transition exit, because, for safety reasons no riding allowed in this area.

Get on the bike and start off slowly down the road, spinning to warm up the muscles, take a good long drink, eat two dried figs.

After about a mile there was a long steady climb, not too steep but more than enough to get you warm.

On the climb I pass two riders going up the hill and 2 more mending punctures. There was a lot of rubbish washed on to the road by the storm. I crossed my fingers and hope its not me next. On a long stretch of the A41 I managed to push big gears up. The traffic was not too bad for a main road. Drinking and eating as much as I can. I am dropping drinks bottles as I approach each feed station and taking another one on the move as well as grabbing some bananas.

I'm going well up to about 70 miles but then start to tingle a bit, the

slopes of the previous lap are becoming mountains. I keep telling myself to eat and drink more; the sun is burning me but I don't feel that hot as I feel chilled when heading into the head breeze. The last 20 miles seem to be mainly up hill and all into a stiff breeze, the balls of my feet hurt but I get mad at myself and swear at my legs to keep going. Coast down the long hill, which seems shorter than when I went up 6½ hours ago, and back to the transition area. I look at my watch 7 hours 58 minutes, that's 6 hrs 40 minutes on the bike ride.

As I stop I take my feet out of the shoes and a marshall takes my bike and helmet. I take the drink bottle off the bike and jog to the changing tent. My running kit is handed to me by Sarah Coope (top British International Triathlete) and I do a complete change. I go out of the tent, 4 fig rolls in back pocket and drink bottle in hand. I drink 2 cups of water.

I walked the first mile to get the body working in a different plain and also to eat and drink plenty. After about a mile I started to jog and pass people, but with the run being 4 laps you do not know who's on what lap. I walked through a feed station to drink and eat, also up a steep slope but did that lap in about 45 minutes, too fast, must have run some of it at 6½ minutes per mile when I should have been doing about 8 minutes per mile.

At about 8 miles I almost stopped, no energy and get sick and was reduced to walking. I'm told I took about 80 minutes for this lap. I tried to jog but felt ill again so carried on walking.

I might have given up if it wasn't that I was doing it for charity.

Lap 3, I keep struggling on as a group of triathletes, who knew from Malta training camp, were doing their best to raise me, plus club mates, but I am not interested.

I kept on plodding on and on, others are drinking coke at the feed stations - WHY?. I don't like the stuff, but kill or cure I drank 2 cups of coke, then after about a mile I picked up, I tried to jog but felt sick, so walked fast, my form of fast walking.

End of lap 3, it had taken about 90 minutes, so into the last lap, I actually started to pass people who were jogging and walking, several people passed comment on my walking faster. I jogged the last 100 yards into the finish. The clock read 12 hours 51 minutes 17 seconds.

Official times

| | |
|-------------------|----------------------------------|
| 1hr 18min 25secs | Swim |
| 6hr 46min 19 secs | Bike, including both transitions |
| 4hr 46min 33secs | Run |

I finished 111th out of 150 finishes and there were about 30 non-finishers.

THE "JOHN LEWIS" EVENING - Chris Gentry

When the idea of a run round the John Lewis car park was first mooted I must admit that I had visions of a gentle jog round on a warm and sunny summer evening - the reality was somewhat different!

The evening of Monday 24th June was wet and murky and, as soon as the run had started, it was clear that a race was on. The run comprised just over 6 laps of the undulating car park (including its extension) which was a distance of 3 miles and, after about three laps, I must say that the undulations of the course seemed more like mountains. The only real problem that the runners had were a couple of tight turns on each lap and one of these turns lead to a rather nasty fall by Jim Chilton.

Considering the weather it was gratifying that so many club members turned up either to take part or to officiate and certainly, from the runners point of view and despite Jim's unfortunate fall, it would seem that the evening was a success. The finishing times for the runners who took part were:-

| | | | |
|-------------------|--------------|------------------|--------------|
| Alan Chilton | 15min 12secs | John Flint | 17min 29secs |
| Jim Chilton | 17min 29secs | Stephan Naunko | 17min 45secs |
| Dave Riddington | 18min 07secs | Chris Gentry | 18min 28secs |
| Alex Johnson | 18min 55secs | Ian Mallen | 20min 11secs |
| Gerry Grosse | 21min 02secs | Martyn Franzese | 21min 02secs |
| Vernon Martin | 21min 22secs | Duncan Kennerson | 21min 40secs |
| Brian Sinclair | 22min 42secs | Dave Nash | 22min 47secs |
| Alan Van Der Pant | 22min 58secs | Alan Edwards | 24min 36secs |
| Rose Priest | 24min 49secs | | |

Cross Country - Chris Gentry

The beginning of August might seem a little early to talk about the next Chiltern Cross League season but it will soon be with us.

The dates and provisional venues for the five league fixtures are set out below and if there are any changes to these details I will print them in the next issue. All the dates are Saturdays.

1991

October 12th - Kingsbury

October 26th - Wycombe

November 30th - Newlands Park

1992

January 4th - Burnham

February 15th - Banbury

AT THE RACES



Portsmouth Half Marathon - 3rd March

This event saw the Wilkes family on the south coast and, it would seem, competing very well with Roger being the first home in 1hr 22min 48secs. Daughter Helen was next in 1hr 55min with wife Pam only a few minutes behind in 1hr 58min.

Berkhamstead Half Marathon - 3rd March

I am always surprised that although this race is comparatively close to home so few club members tend to do it. It was the same this year with only Brian Childs (1hr 48min 18secs), Dave Nash (1hr 59min 33secs), and the late Chris Minall (1hr 21min 50secs) taking part.

Paras 10 - 10th March

Although this is apparently a very tough race, as can be seen from the times recorded, it still attracted five club members this year. Their times were:-

| | | | |
|-----------------|--------------|-------------|--------------|
| Derek Sawyer | 67min 00secs | Mike Stone | 71min 00secs |
| Dave Robson | 71min 00secs | Kevin Duffy | 80min 00secs |
| Martyn Franzese | 85min 00secs | | |

Camberley Half Marathon - 10th March

This Sunday appears to have been very popular with race organisers and whilst five of the club competed in the Paras 10 another four journeyed into darkest Surrey to take part in this event. The finishing time for this quartet were:-

| | | | |
|------------------|------------------|--------------|------------------|
| Ron Newman | 1hr 37min 00secs | John Gardner | 1hr 51min 07secs |
| Duncan Kennerson | 1hr 53min 35secs | Dave Nash | 1hr 57min 06secs |

Hastings Half Marathon - 10th March

I don't know how much of a "battle" (sorry! I couldn't resist it) John Flint found this race to be but he still managed a very respectable time of 1hr 21min 25secs.

Welwyn 20 miles - 10th March

And last, but by no means least, on this particular Sunday Dave Welfare included this race in his build-up to the London Marathon and managed a

very good time of 2hr 10min 00secs.

Hillingdon Half Marathon - 17th March

I remember that a few years ago a whole load of runners from the club took part in this race but this year it appears that our sole representative was Peter Edington. He may have been our only competitor but Peter certainly did the club proud with his p.b. of 1hr 30min 15secs.

Banbury Half Marathon - 24th March

Banbury was obviously the place to be on this particular Sunday as six members of the club travelled there to take part in this race. Kevin Duffy took advantage of the fact that the faster runners in the club didn't make the journey to be the first club runner home although he was only just over a minute in front of Martyn Franzese. Unfortunately I have only got the finishing times for five of the six club runners with the time of John Gardner being conspicuous by its' absence:-

| | | | |
|------------------|------------------|-----------------|------------------|
| Kevin Duffy | 1hr 35min 00secs | Martyn Franzese | 1hr 36min 04secs |
| Paul Morton | 1hr 40min 00secs | Gerry Grosse | 1hr 43min 57secs |
| Duncan Kennerson | 1hr 53min 14secs | | |

Gatwick Half Marathon - 24th March

It was the first running of this race and it almost didn't "get off the ground" (Gatwick Airport! planes taking off! geddit? - sorry, again!) because of problems with the sponsor. However it did go ahead and the two club representatives, Hans Wessel and Derek Skinner, both did well to finish in 1hr 44min 00secs and 1hr 56min 20secs respectively.

Rex Foulkes Half Marathon, Aylesbury - 24th March

A few years ago this race was a 12k one and it used to be known as the "egg race" because at the end every finisher received a $\frac{1}{2}$ dozen fresh eggs. However after flirting with a 10k event for the past few years, the organisers obviously decided on a $\frac{1}{2}$ marathon this time and our sole representative in the race was Roger Wilkes who did the club proud by being the first man home over 50 in a time of 1hr 24min 16secs.

Fleet Half Marathon - 24th March

A traditional build-up race for the London Marathon, this year it was only graced by one club member. Ian Mallen flew the flag and recorded a time of 1hr 34min 57secs.

Cheltenham and Gloucester 20 - 24th March

After desperately trying to think of "Building Society" jokes I have to admit defeat and will simply record that Dave Robson finished in a time of 2hr 23min 05secs.

Old Gaytonians 10k - 20th April

The day before the London Marathon saw Peter Gallagher record a p.b. for this distance with a good time of 40min 17secs.

Stratford-on-Avon Marathon - 21st April

Whilst practically all eyes were on the goings-on in London, Mike Stone slipped away to Shakespeare country to complete this race in a time of 3hr 06min 25secs.

Elmbridge Half Marathon - 28th April

Newcomer to the club, Paul Morton, is certainly learning fast from the "elder statesmen" when it comes to nipping off to take part in races no-one else have heard of and he must have scoured the pages of "Running" magazine for ages before coming up with this event. However the effort was worthwhile as Paul managed a very good time of 1hr 28min 58secs.

Henley 5.2 miles - 6th May

One of three events in which members of the club took part on this Bank Holiday Monday, saw husband and wife team, Roger and Pam Wilkes, leading home a club quartet over this rarely run distance. The times for the foursome were:-

| | | | |
|--------------|--------------|-------------|--------------|
| Roger Wilkes | 30min 18secs | Pam Wilkes | 38min 30secs |
| Jenny Hart | 40min 33secs | Rose Priest | 42min 00secs |

Evesham 2 miles - 6th May

Well I must say that it is coming to something when Alex Johnson has to resort to getting his 10 year old son, Lee, to run so that he can be the first club runner home but that it was happened in this event. However the result was closer than probably Alex had reckoned with Lee recording a time of 14min 45secs to Alex's 12min 30secs.

Pednor 5 - 6th May

Finally, on this Bank Holiday, Stephan Naunko took the evening air of rural Chesham to record a good time of 30min 24secs in this race.

Chinnor Half Marathon - 11th May

Whilst Wycombe Wanderers were winning at Wembley, Ralph Chesswas was the club representative in this annual event and, over a very tough course, he managed a very good time of 1hr 27min 19secs.

Sonning Common Half Marathon - 12th May

Unlike some of the races featured this time, the club was well represented

in this race with ten runners. From the results I have been given it would appear that there was a dead-heat between our first two home Ralph Chesswas (running his second half marathon in two days) and Roger Wilkes with John Bradbury only a few seconds behind. Further down the field there was also a p.b for Dave Nash and the full results for the club were:-

| | | | |
|----------------|------------------|--------------|------------------|
| Ralph Chesswas | 1hr 24min 05secs | Roger Wilkes | 1hr 24min 05secs |
| John Bradbury | 1hr 24min 21secs | Jim Chilton | 1hr 24min 48secs |
| Stephan Naunko | 1hr 25min 47secs | Roy Williams | 1hr 26min 51secs |
| Peter Edington | 1hr 28min 20secs | Kevin Duffy | 1hr 35min 00secs |
| Ian Mallen | 1hr 36min 02secs | Dave Nash | 1hr 54min 31secs |

Prestwood 10k - 12th May

This is a race I've always thought that I should do but have never gotten round to enter. Dave Woolley didn't have that problem and he finished in a very respectable time of 39min 21secs.

Feltham Half Marathon - (date unknown)

That most prolific of racers Ralph Chesswas took part in this event and recorded a very good time of 1hr 21min 26secs. He was well supported by Kevin Duffy with a time of 1hr 33min 00secs.

Datchet Dask 10k - 1st June

It would seem that the club had only two runners in this race this year with Dave Waterman leading home Joy Smith with times of 42min and 44min 57secs respectively.

Otmoor Half Marathon - 1st June

Otmoor is apparently in Oxfordshire and, for the second time in only a few weeks, Dave Woolley was our sole representative in a race. Dave did very well to record a time of 1hr 26min 30secs.

Poole Marathon - 2nd June

John Dooley may well be a newcomer to the club but he is certainly proving to be a very good runner. His time of 2hr 44min 33secs for this race was a very good performance.

St. Albans Half Marathon - 2nd June

Five members of the club journeyed to Hertfordshire to take part in this race and the team finished in a creditable 15th position (just behind the "Crying Shames"). The finishing times for the five were:-

| | | | |
|-----------------|------------------|----------------|------------------|
| Brian Butler | 1hr 23min 28secs | Chris Wood | 1hr 31min 00secs |
| Mike Owen-Evans | 1hr 36min 29secs | Peter Seagrove | 1hr 36min 47secs |
| Lynda Butler | 2hr 12min 35secs | | |

Naphill 10 - 8th June

Over a testing course but in ideal running conditions not only did the club win the team prize but Alan Chilton finished in an excellent 3rd place and Eila Mansfield was the 2nd lady vet. The club results were:-

| | | | |
|-----------------|---------------|---------------|--------------|
| Alan Chilton | 54min 05secs | John Bradbury | 65min 12secs |
| Dave Riddington | 65min 22secs | Jim Chilton | 66min 07secs |
| John Gough | 70min 05secs | Joy Smith | 78min 31secs |
| Dave Nash | 87min 37secs. | | |

Offa's Dyke 15 - 16th June

I was one of the intrepid trio from the club who travelled to the Welsh Borders to take part in the 15th running of this cross country race and I have to say that, although it was one of the hardest I have taken part in, it was also one of the most enjoyable. Only Dave Riddington of our trio managed to break the 2hr mark with a time of 1hr 58min 54secs to finish in 226th position but Mike Stone finished in just over the 2 hour mark and his time of 2hr 00min 43secs gave him 257th place. I, on the other hand, managed a time of 2hr 10min 33secs for 365th place.

Penn 7 - 16th June

Closer to home than Offa's Dyke and over only half the distance, this race gripped the attention of no less than 31 club members. As was the case at Naphill there was more success for the club with Irene Smith being the first lady home, Alan Chilton third overall, and the team picking up the team trophy. Not only that but Jacqui Harbor and Rose Priest both set p.b's for this rarely run distance. The club results were:-

| | | | |
|------------------|--------------|------------------|--------------|
| Alan Chilton | 35min 26secs | Ralph Chesswas | 38min 39secs |
| Eric Buckle | 38min 46secs | Phillip Stephens | 40min 09secs |
| John Flint | 40min 30secs | Roger Wilkes | 41min 10secs |
| Benjy Benjamin | 41min 25secs | Stephan Naunko | 41min 34secs |
| Dave Woolley | 41min 44secs | Jim Chilton | 42min 06secs |
| John Bradbury | 42min 14secs | Irene Smith | 42min 20secs |
| Dave Robson | 42min 24secs | Peter Edington | 42min 49secs |
| Alex Johnson | 45min 07secs | Ron Newman | 45min 38secs |
| Margaret Moody | 48min 05secs | Peter Gallagher | 48min 57secs |
| Trevor Hart | 49min 50secs | Vernon Martin | 50min 59secs |
| Duncan Kennerson | 51min 34secs | Helen Wilkes | 51min 59secs |
| John Gardner | 52min 42secs | Julie Widdowson | 53min 00secs |
| Sarah Player | 53min 07secs | Pam Wilkes | 54min 31secs |
| Jenny Hart | 56min 07secs | Jack Sharpe | 61min 08secs |
| Dave Nash | 61min 27secs | | |

Thame 10k - 30th June

I understand that runners found almost perfect racing conditions for this race which lead to no less than seven club members breaking 40 minutes. There was only 40 seconds seperating the first three of our runners home and there was a battle royal between the next two, Roger Wilkes and Paul

Morton, with Roger just pipping Paul by one second. The results from the race were:-

| | | | |
|-----------------|--------------|------------------|--------------|
| Ralph Chesswas | 37min 05secs | Dave Welfare | 37min 10secs |
| John Flint | 37min 45secs | Roger Wilkes | 38min 37secs |
| Paul Morton | 38min 38secs | Des Irwin | 39min 05secs |
| Stephan Naunko | 39min 31secs | John Gardner | 41min 20secs |
| Alex Thomason | 42min 06secs | Kevin Duffy | 42min 23secs |
| Mike Owen-Evans | 44min 21secs | Martyn Franzese | 45min 15secs |
| Hans Wessel | 45min 35secs | Duncan Kennerson | 48min 37secs |
| Pam Wilkes | 51min 13secs | Dave Nash | 51min 29secs |

Banana Leisure Theale 10k - 2nd July

This was quite a successful race from the club point of view with John Dooley finishing 12th in a time of 34min 43secs and Eric Buckle 17th in a time of 35min 15secs.

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LATE RESULTS

The following results were unfortunately not known when reports of the races appeared in previous issues of the Newsletter.

Maidenhead 10

Brian Childs 1hr 17min 00secs

Reading Half Marathon

Peter Edington 1hr 28min 20secs (p.b. at the time)
Paul Morton 1hr 30min 44secs (p.b. at the time)
Ian Mallen 1hr 33min 40secs
Tony Fewell 2hr 00min 09secs

London Marathon

Roger Wilkes 3hr 07min
Dave Woolley 3hr 33min
Kevin Duffy 3hr 47min
Alan Van Der Pant 4hr 23min
Dave Nash 4hr 38min 52secs

