



Handy Cross Joggers Bulletin

8/98

EDITORIAL

I was surprised earlier this month to receive an entry form for next years London Marathon . Is it time to be thinking about that already ? I was even more surprised when I received two further entry forms the following day ! I wonder if they can detect multiple entries ? At this hottest time of the year and with the 5k series only just finished, it is difficult to contemplate all that training on cold winters nights . Anyway I returned one of my forms last week, but I will not be too disappointed if my entry is unsuccessful this time . A further reminder of the approaching cold season arrived in the form of the dates for the Chiltern League cross-country series, see John Dooley for further details .

However let's not dwell on the delights to come just yet, but remember some of the highlights of the summer . Having established the record time for the Birmingham to London canal run last year, Rod Palmer went on to smash it this year with an incredible time of 28 hours and 58 minutes . During this epic run of 145 miles, in which he changed shoes three times, Rod was ably assisted by other members of the club, providing food, drink and encouragement, truly a team effort . Another successful Handy Cross team effort was that of Nick Martin, Tony Crocket, Rod McClean, Dave Wallace and Alfred Benjamin, who won the team prize in the Penn 7 on the longest day of the year .

Pete Smith enjoyed further success, winning both the Marlow and our own 5k event and coming fifth in both the Wycombe and Burnham half marathons, while Alan Chilton was selected as a reserve for the England marathon team competing in the Commonwealth Games in Kuala Lumpur later this year, as a result of his magnificent pb in the London Marathon .

Raising money for deserving charities has always been associated with jogging and recent presentations of massive (both in size and value) cheques on successive Tuesday evening club nights, amounted to over £2500 . This was for money raised by sponsorship for the London Marathon by Duncan Kennerson, and the profit from the Marlow 5, presented by Roger Wilkes . Regrettably this is the last year in which the Wilkes family, who have made such a success of this event, will be able to organise the Marlow 5, anyone who wishes to volunteer to take on this job will be very welcome .

Unfortunately I missed our 5k race this year as it coincided with the Nijmegen Marches (see later article) but I understand it was up to the usual high standard with plenty of food, due to the efforts of Rose Priest, ably assisted by Pat Carter and Chris Gentry . Unfortunately also, I didn't miss the Wycombe half marathon and endured a solid three hours of standing in the rain, the only time I have envied the runners while marshalling ! I understand the weather was kinder for Margaret Moody's annual barbecue at the end of July .

During the summer, two club members; Jack Sharp and Alex Johnson, have featured in articles in the Leader . Jack appeared pictured with Pauline Quirke at the Penn 7 while Alex was reported to be participating in the Wycombe half marathon, complete with false hip ! I know the media does not always report details accurately, but since when has Jack Sharp lived in Little Missenden and for how many years now has he been 76 ? Also, does Alex Johnson really get up in the middle of the night and go running ? I am sure it is a good cure for insomnia, but I can think of better ones .

Following the recent enjoyable coach run along the river from Marlow to a pub in Shiplake, Mike Hickman and Nick Martin have organised a similar event on Sunday September 20th, meeting in the car park at Hughenden Manor at 9.30 am . Mike's regular Wednesday evening track sessions at Handy Cross Sports Centre continue, the programme up to 18th November will be found on later pages, but on Wednesday 9th September the regular programme will be interrupted for the running of the Gerry Grosse Trophy 5,000m Handicap Race, which will be held at 7.00pm . Mike has produced entry forms for this event, one of which is provided on the back of this Bulletin . Later in the year, some time in November I believe, Duncan Kennerson is hoping to arrange a trip to Spain incorporating the Benidorm half marathon, see Duncan for details .

Finally, did you hear about the two German tourists who went into a London pub and asked for Sherry ?

"Dry ?" enquired the barman,

"Nein, zwie you fool !" they replied .

Martin Dean
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August 1998

Advice from Doctor Drake

As promised in the last Bulletin, Dr Drake has some more useful and amusing advice for runners, this time regarding feet .

" This little piggy....."

Contrary to popular belief, little pigs are clean animals . It is only when we confine them in pigsties and don't clean them out that they begin to stink to high heaven and become infected .

The same applies to our own "little piggies ." Feet trapped for most of the day in hot, sweaty conditions start to smell, often spectacularly ! And some runners are even proud of their fetid feet ! That is definitely uncool .

The remedy is simple . Daily washing, a change of socks after every use, and drying out our shoes and feet to discourage infection . In other words, personal hygiene, - something which comes naturally to most women, but for men presents a problem . They care more for their cars than their feet .

The most common infection is Athletes Foot . This is a fungus which can survive in a dormant state for years in shoes, coming to life when a hot and sweaty foot enters its lair . It immediately starts to grow, feeding on the rich protein food of dead skin and sweat between our toes . In time it starts eating into both toenails and our flesh and can be extremely painful and damaging, travelling throughout the foot and up the leg . Extreme cases can lead to amputation - honest !

Fortunately there are available proprietary ointments and powders to keep Athletes Foot at bay . If your toenails are infected you should see your doctor and ask for a prescription ointment such as Lamisil . Antibiotic pills are also available but could cost you £250 for a three month course under new NHS rules .

A trip to a chiropodist is a worthwhile treat, and you will receive valuable advice which could give you athletic feet - rather than Athletes Foot .

p.s. A bonus point is that women like their men to have smooth, cool and dry feet, so over to you chaps !

(So that's where I've been going wrong all these years, Ed.)

Pub

1998 Pathfinders Challenge

Sunday September 20th

*Visit some of the pubs in the
Chiltern Hills, the hard way*

Meet at Hughenden Park at 9:30am
(car park near ~~junction of~~ Hughenden ~~road &~~
~~Coates Lane~~ Manor

Refreshments provided.

Marlow Striders welcome

UK Athletics 98

Acting as Agent for the British Athletic Federation Ltd. (in Administration)

July 1998

Dear Club Secretary

I enclose a number of copies of the brochure "A new future for Athletics in the UK", which we are attempting to distribute as widely as possible.

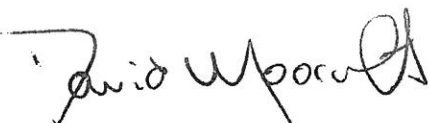
The purpose of this document is to inform club members of the proposals for a new governing body to replace BAF. As I am sure you are aware, they are the product of a long and comprehensive consultation process and have been endorsed by the Steering Group of UK Athletics 98, with representatives of all the home country and regional athletic associations.

I would appreciate it if you could make the brochure available to as many of your members as possible. To help the information process, I have also enclosed a summary document highlighting the five most important principles of the proposed new body. You may wish to photocopy the single summary sheet and distribute that more fully.

I will be sending details of the voting procedure and the process for nomination and election of the President to you within the next two weeks. As I have stressed in the brochure, it is vital that we get the involvement of all 1700 clubs in the UK and I very much hope that you and your club will wish to register your vote. In the meantime, I would appreciate it if you could encourage wide discussion within your club and that your members will feel able to support the kind of organisation and objectives we are outlining.

If you require further information, could you please contact Helen Wyeth at our new office on 0121 456 5098. Thank you very much for your help with this matter.

Yours faithfully



DAVID MOORCROFT
CHIEF EXECUTIVE

A new future for Athletics in the UK (The essential guide)

The following five principles form the basis around which the proposed new body, *Athletics UK*, will be created.

1. *Athletics UK* will focus on the organization of the sport in three distinct parts.
 - a) The creation of a dedicated performance structure, the likes of which we have never seen in this country, to support and nurture our current and potential top 1500 - 2000 athletes.
 - b) To support the planning and creation of a new framework for development work in the UK. We need to restructure and re-energize the way we deliver programmes and activities to attract and retain, particularly young people, into athletics.
 - c) To enable the design and implementation of a competition structure that truly meets the needs of all athletes in all disciplines and at all levels. It should build upon the best of what already exists, together with new, innovative ideas to meet current and future challenges.
2. *Athletics UK* will co-ordinate and support, rather than intervene and overly control. It will have defined and stronger links with clubs, athletes and coaches.
3. All appointments (paid or unpaid) will be based on competence and skills, rather than geographic or functional representation. Written into every job description will be an absolute requirement to consult the relevant people and parts of the sport they have responsibility for.
4. To ensure greater accountability and effectiveness, no decision-making or working group will have more than 10 people on it. (This contrasts to former BAF which had groups of 20-30 rising to 64 in the case of the BAF Council)
5. The President of *Athletics UK* will be elected by the Sport through the clubs. During his or her term of office, the President will hold no other position within athletics.

Above all else, *Athletics UK* recognises that all parts of the new structure will be judged by the sport on the quality of what it delivers, not what it looks like.

Return to Nijmegen

No, not the rambling reminiscences of a World War II veteran paratrooper returning to the site of 'A Bridge Too Far' but the recollections of a second participation in the famous Nijmegen four day marches, known as De Vierdaagse . This annual event, which consists of four, one-day marches, starting and finishing each day in the centre of Nijmegen in eastern Holland, began in 1909 with 309 walkers . It has grown into the biggest multi-day walking event in the world, this year celebrating its eighty second anniversary with over 37,000 entries this year, one of whom became the one millionth participant .

My last visit was in 1994 when I travelled to Nijmegen with a team of walkers from BT and slept in a communal dormitory along with two hundred and fifty others . This year by contrast, I travelled alone and had my own room in the house of a Dutch host family . Another English walker, Ray from Liverpool, was also staying in the same house and we were treated like royalty, the Dutch are a very friendly and hospitable nation, particularly towards people travelling to participate in their marches .

The daily marches offer a choice of distances; 50, 40 or 30 km, the distance chosen depending upon age, sex and inclination . They start at either four, six or eight o'clock each morning depending upon the distance to be covered in the four days; 200, 160 or 120 km's . There is a cut-off time of five o'clock in the afternoon to finish each day . The actual event takes place from Tuesday to Friday over mostly well surfaced closed roads, although the whole week is one of celebration for the locals . Walkers come from all over the world to take part in this truly memorable event, with British participants accounting for the third largest contingent, after the Dutch and Germans . A notable feature is the large number of military groups who march in teams of twelve, in uniform and carrying 20lb kit bags over the 40km per day route . The military teams establish rest areas along the route where civilian walkers are allowed to obtain drinks and first aid treatment, mostly for blistered feet and aching legs .

On the first day's march, the route travels north, crossing the River Waal by the bridge which features in the film 'A Bridge Too Far' . The film was about the abortive attempt to take the bridge at Arnhem, ten miles up the road, but as this bridge was totally destroyed in the fighting, the one at Nijmegen is used in the film . The second day follows a route to the west of the city and returns along the street and past the house where I was staying . Contrary to popular opinion, this part of Holland is not flat and on the third day, the Seven Hills of Nijmegen are encountered, which is quite a challenge at the end of two and a half hard days walking . The fourth day takes the walkers to the south and into the neighbouring province before crossing the River Maas, over a temporary pontoon bridge specially erected by the Dutch army, before returning for the memorable last stage and final finish .

To obtain some idea of the size and atmosphere of this event, imagine the London Marathon with 10,000 extra competitors being run on four consecutive days in a town smaller than High Wycombe ! The population of this ancient Roman town is doubled during the Vierdaagse and it is also the summer festival and holiday week in the surrounding region . The festivities start on the Saturday with the participants arriving over the weekend for registration on the Monday afternoon . On Monday evening the event is declared officially open with a formal ceremony and flag parade in which all the participating countries are represented .

As the walkers pass through the different towns and villages each day, bands and discos play music in the streets and squares, the local dignitaries welcome the peaceful invasion while cheering people line the streets or sit outside their houses enjoying the spectacle . The culmination of the event, the march into Nijmegen on the final day, is watched by huge crowds seated in temporary stands, or leaning out of the upstairs windows of their houses to obtain a better view . The road into the city centre has been re-named the 'Via Gladioli' for this week and as the walkers pass they are presented with bunches of flowers (predominantly gladioli) to carry to the finish .

A distance of 200km (approx. 125 miles) in four days may sound unimpressive when compared to say the South Downs run or the Birmingham to London canal run, but it is still a memorable achievement for most people, as walking involves longer periods on ones feet than running . Having re-established my links this year with the BT people, who organise a trip each year, I hope to be returning to Nijmegen more frequently . If this event appeals to joggers as a change from running (and you need to train for it specifically, as walking long distances is different from running) it should be possible to organise a trip next year . The marches will take place from 20 - 23 July in 1999 and the weeks trip will probably cost about £300 .

Martin Dean

August 1998

