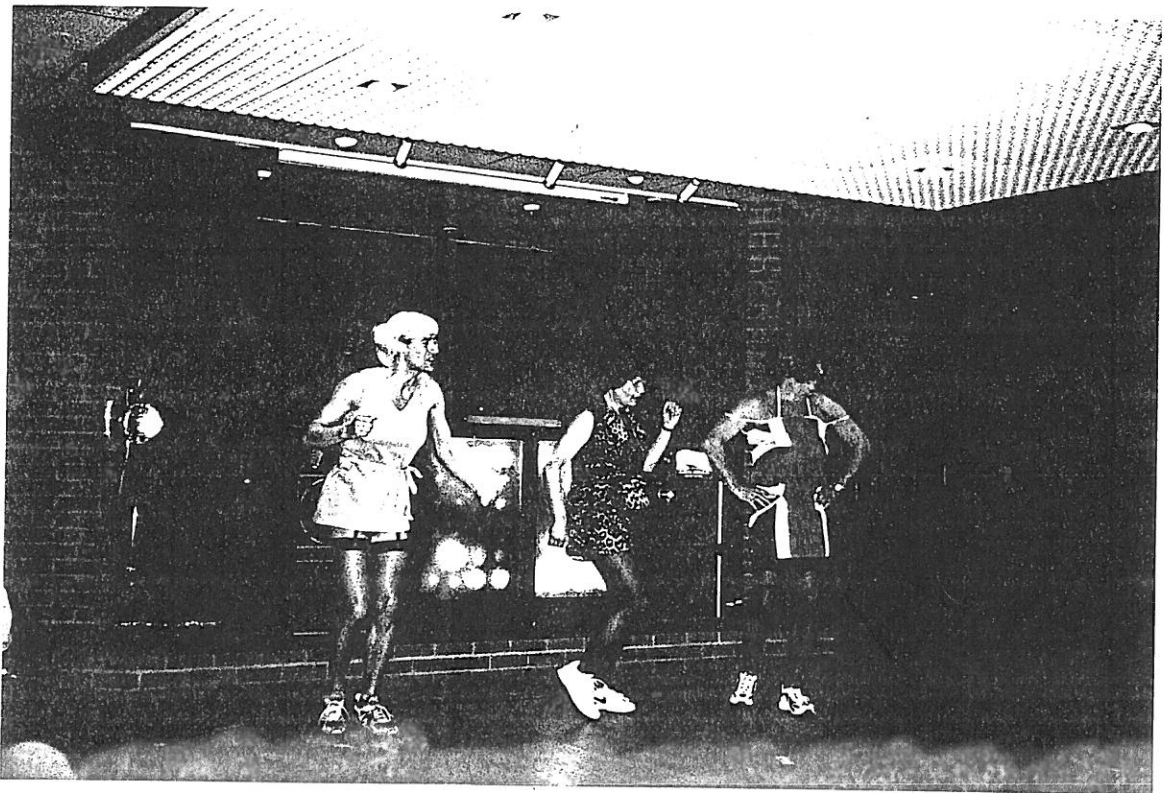




Handy Cross Joggers Bulletin



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Editorial

As we all recognise, the most important issue facing the club currently is the future of the Wycombe Half Marathon . Unfortunately Alex Johnson's proposed meeting on 13th July was scuppered by the traffic jams on that evening . However I wonder if this was perhaps fortuitous as it may have been inadvisable to make any decisions so close to the event (which was only on the previous Sunday) without knowing all the pros and cons of organising it ourselves .

Hopefully we will in possession of more information before Alex can re-hold his postponed meeting . I would suggest that it should be held after members have been running on a Tuesday or Thursday evening rather than before, to give everyone more time to discuss the implications and then be able to make some decisions on how to proceed .

I am now the proud owner (for the princely sum of £3) of an electronic entry key for the door of the Judo Centre . So far it seems to work very efficiently, how I wish I could say the same of the showers !

You may have noticed by now that I have altered the layout of The Bulletin. If you think this is an improvement, please let me know, if not I will revert to the former layout in the next edition.

Martin Dean
01494 530511

August 1999

Lifestyles

Mike Hickman has managed to obtain the necessary numbers for the club to obtain membership of the "Lifestyles" leisure facility at a greatly reduced rate . Well done Mike, you have made at least twenty four members very happy as well as increasing membership numbers significantly .

First Aid

You will be pleased to know that Handy Cross Joggers may use the First Aid Room at the Judo Centre on Tuesday & Thursday evenings .

Mystery Run

A coach load of Joggers thoroughly enjoyed a mystery run along the canal from Wendover to Marsworth last week on a lovely summer evening . Many thanks to Steph and Pete for organising this trip .

Forthcoming Events

There will be an 'Autumn Amble' from Alison and Dave's house in Turville on 19th September (see details on later page) The Gerry Grosse Trophy 5000m Handicap Race will be held on Wednesday 8th September at the Handy Cross Sports Centre and Alex Thomason is hoping to organise a trip to Windsor Races .

The Ridgeway Relay Challenge

What an energetic chap that Nick Martin is ! During the week he helps keep the wheels of industry turning while at weekends, instead of resting he runs marathons in London and Paris and with the help of Mike Hickman, organises map reading competitions and other events .

The pairs latest undertaking was to enter a Handy Cross team in the Ridgeway Relay . Although this was the tenth year of this event, we have never competed in it, even though part of the course passes through our own parish .

The eighty six mile run from Ivinghoe Beacon to Overton Hill near Marlborough, started at 7.30 am and was broken down into ten stages of different lengths and difficulties . The first two stages were run in torrential rain while the prevailing south-westerly wind was in the faces of the later runners across the Newbury Downs . Parts of the course were difficult to follow with the stretch along Grimms Ditch being particularly 'grim', due to the number of rabbit burrows along the path .

Twenty nine teams of ten with each team containing at least one female runner (one team was disqualified for having no female members) must complete each leg within a cut-off time, which if missed would result in the next runner starting before the previous one had finished .

Our team of Pete Edington, Mike Hickman, Martin Dean, Chris Busby, Dave Leighton, Jock MacClean, John Dooley, Nick Martin, Alison Gower, Dave Redhouse and Debbie Ridout completed the course in eleven hours and thirty three minutes, two hours slower than the winners but also two hours faster than the last team, finishing in twentieth place and without missing any of the cut-offs or with anyone getting lost .

John, Alison and Dave put in particularly creditable performances, having run races on either the previous day or the same morning . Mike ignored three notices banning runners from the pub at South Stoke, only to be rejected with the polite enquiry of, "Didn't you see the notice saying we can't serve joggers, sir ?"

Now he knows where all the checkpoints are, Nick thinks organising the event next year will be much easier, despite the complicated logistics of moving runners from their starting or finishing points to where they had left their transport . With luck we might be able to muster at least two teams (Reading Road Runners had three) to compete next year, which will be on Sunday 18th June 2000 .

Training Sessions

Programmes for Alex's Tuesday sessions and Mike's Wednesday track sessions can be found on later pages .

Summer 5k Series

The summer 5k series has come to another successful conclusion, congratulations to Pete Smith for finishing in either first or second place in every race he ran, Trevor Hunter and John Dooley who both finished in the top ten in all their races and Trevor Free, Nick Martin and Benji who all appeared frequently on the first page of the results.

After the Marlow event, I was expecting to enjoy roast goose at Margaret Moody's barbecue, but apparently her dog was unable to catch one, despite her (the dog's that is) strenuous efforts .

Commiserations to everyone who thought they had achieved a pb on the new course at Datchet . Unfortunately a later check of the course length revealed it to be several hundred metres short .

Benidorm

Duncan Kennerson has again organised a late Autumnal trip to Benidorm, where you can compete in either the marathon, half-marathon and the ever popular drinking-each-other-under-the-table competition .

Departure date is Thursday 25th November, returning on the following Thursday, with the races on Sunday 28th The cost is £335 plus an extra £12 for runners, which includes flight, four star full board hotel with sea view and insurance .

If you read Eric Buckle's report of last years trip in the February Bulletin, you cannot help being tempted to enjoy a late sunny break before the onset of the English winter . For further details, see Duncan .

DNF ?

Some runners seem fated not to complete the races they enter, but a new twist to this sorry situation occurred at the end of the Pedal Push charity bike ride in May, when two of our members, who I won't 'name and shame' as they know who they are, failed to return to the Rye . Having stopped at most of the pubs around the course, they were unable to pass Downley on their return . Apparently concerned marshals spent two days searching for them .

The results of the May Meander omitted the names of the clubs Terrible Twins, Allyson and Paula, who were not DNF's, having completed the 16km route somewhat quicker than Mike Blowing and Phil Holt . Apologies for this omission, but I understand the pair were given a special prize for being the best-dressed competitors in this event .

Although Mike Blowing found the course of the May Meander difficult to negotiate, he fortunately has less difficulties finding his way in other areas, fathering another bouncing baby daughter later in the same month . Congratulations to Hannah and Mike on the birth of Eleanor .

Wycombe Half Marathon

Just a few more thoughts about the future of this event . On a personal note I would be very sorry to see it fold as it was my first half-marathon and as they say, you never forget your first !

However before we as a club decide to take it on, carried forward on a wave of emotion, perhaps a few thoughts about what may be involved should be considered .

Ownership

First of all, who does the Half Marathon belong to and would they be prepared to pass it to us ? If it is a registered charity we may have difficulty in obtaining ownership, if that is what we want .

Money

What would happen to the money that we understand exists in the current kitty, would it be reclaimed or would it pass to us and if so under what conditions ? If we took on the event and failed to break-even, who if anyone, would bail us out ? Or if we made a profit, what would happen to the money, would it be ours to spend as we wished, or would it have to go to charity ?

Resources

Although we know the work that's involved on the actual day of the race, we are not so aware of the weeks and months of effort put in prior to the day. Do we have the capability and the resources to duplicate this effort ?

I hope these comments are not too negative, but I think they should be considered . However I am confident that if we take it on, we could make the Millennium event one of the best yet .

Results

Congratulations to our men's team of Pete Smith, John Dooley, Trevor Hunter and Phil Stephens who won the first prize in this years event .

Pete was also 3rd overall and first in the Bucks Championship while John was 8th overall, 2nd Vet 40 and Vet 40 Bucks Champion . Margaret Moody was first lady in her age group and former Handy Cross Jogger Roger Wilkes was first male over 60 . Our Ladies team also gained 2nd place, after Marlow Striders .

While marshalling in Flackwell Heath, I was approached by a lady competitor asking the distance she had run so far . When I told her it was only between four and five miles she said, "Oh that's far enough for me, where is the transport back to the start ?" She was less than impressed with my offer of a lift on the crossbar of Dave Riddington's bike !

Marlow 5

As a result of money raised for charity by this event, the club was recently able to present a cheque for £500 to the Sir Aubrey Ward House home for the elderly in Marlow . Representatives from the home said the money would be used to buy motor sensory equipment for dementia care .

The Hertfordshire Hobble

I participated in this twenty six mile off-road challenge run/walk for the third time in July and thought I ought to recommend it to other club members .

This year was the nineteenth anniversary of this popular Long Distance Walkers Association event which starts and finishes in the small town of Wheathampstead, which is situated in a triangle between Luton, Stevenage and St. Albans . Although so close to such built-up areas, the M1 Motorway and Luton Airport, the organiser always manages to provide an interesting and different route through pleasant undulating countryside, passing many places of historical or general interest .

The many farmers in this area all seem to have immaculately mowed lawns which, for some no doubt obscure agricultural tradition, they place small flags on, while their farm workers all seem to live in delightful rose-covered cottages, usually with four-wheel drive off-road vehicles and Mercedes cars parked outside .

There are refreshments provided at all four checkpoints, while at the finish competitors can enjoy a plate of cheese salad followed by strawberries and cream and all included in the entrance fee of £3 !

I usually walk this event in preparation for the Nijmegen Marches (more of which opposite) but for anyone who wanted to run or walk twenty six miles in the heat of the summer, this event cannot be too highly recommended .

The Nijmegen Marches

As I wrote about this event last year in the Bulletin, I will not bore everyone with another report this year, except to say that having re-established my links with the BT group who organise a trip to Nijmegen each year, I will be able to include any Handy Cross Joggers who wanted to come on next years trip, which will be in the third week of July .

Who's Who in Handy Cross Joggers

As we have gained several new members recently, I thought it might be useful to put some names to peoples position within the club .

Chairman :- Alex Johnson
01628 523322

Secretary :- Chris Gentry
01494 439692

Social Secretary :- Rose Priest
01494 529761

Events Secretary :- Peter Edington
01494 862314

Membership Secretary :-
John Bradbury 01494 441577

Treasurer :- Duncan Kennerson
01494 440592

Kit :- Dave Nash 01494 446620

Wednesday Track Sessions :-
Mike Hickman 01494 525474

Bulletin and Publicity :-
Martin Dean 01494 530511

Letters to the Editor

What about the Students ?

At the AGM in April, it was suggested that a discount to the normal annual membership fee should be given to students . However I understand that the committee has decided not to pursue this matter . I recognise that this was not an officially proposed amendment to the club rules, but it did seem a good idea to most people at the time and I think the members should be told why the suggestion has been rejected .

Given the lack of young people in the club, shouldn't we be doing more to encourage them by providing preferential membership rates to Juniors and Students ? Incidentally I am not seeking any personal advantage from this suggestion as I am no longer a student, however I am unemployed, so how about a reduced membership rate for the jobless ?

Martin Dean

Of Socks and Bras

I read an article recently in the Runners World by a lady runner who found difficulty in obtaining a sports bra to accommodate her ample proportions and reduce bounce . A letter in the next edition provided the answer, which was to wear two bras, one over the other .

I had a problem in a different area, being a man, and of the opposite nature, but the answer to my problem was similar and I thought I ought to pass it on for the benefit of others.

The answer I discovered was to buy running socks in packs of three, one pair to wear, one pair to put in the wash and one pair to stuff down the front of my running shorts !

Now I can proudly complete a long run on a cold winters morning, free of the embarrassment I used to endure before I was given this tip .

Ivor Littlehampton

If you have anything to get off your chest or any useful hints and tips, please write to the editor .

Thunderbirds are Go

Lady Penelope :

Parker, come to my bedroom at once !

Parker : Yes, Milady .

Lady Penelope :

Parker, take off my hat .

Parker : Yes, Milady .

Lady Penelope :

Parker, take off my shoes .

Parker : Yes, Milady .

Lady Penelope :

Parker, take off my blouse .

Parker : Yes, Milady .

Lady Penelope :

Parker, take off my skirt .

Parker : Yes, Milady .

Lady Penelope :

Parker, take off my underwear .

Parker : Yes, Milady .

Lady Penelope :

And Parker...

Parker : Yes, Milady ?

Lady Penelope :

Never let me catch you wearing my clothes again !

Tips from Ted

It's a mystery.....

.....why running manuals tell you to always run on the right hand side of the road, yet invariably in road races runners are asked to run on the left ! I guess it has something to do with marshalling and traffic control . Whatever the reason, if you are running alone or in a small group, you should face oncoming traffic by running on the right . This way you can be spotted more easily by the oncoming motorist and can better indicate your intention to the driver 'eye to eye' .

This is particularly the case on narrow roads when you may have to stop, or the vehicle slow down, to safely pass each other . Remember that on roads with no white line there is no priority to either vehicle or runner . Consequently you may run down the middle of a narrow lane to be better seen by oncoming traffic . Once seen you can then hug the right hand side and wave the vehicle through . For cars approaching from behind you should wave to let them know you are aware they are there (that way they know you are not deaf) and then move to the right to let them through .

There is one exception to running on the right . If you are approaching a blind right hand bend you should just check behind you and then move across to the left hand side . This gives approaching vehicles time to spot you rather than coming upon you suddenly at the corner . Once round the corner you should then move back to the right hand side of the road, running lines as shown in the diagrams opposite .

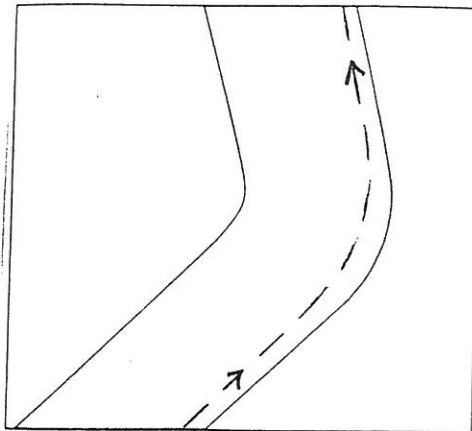
Finally, it's a sad fact that there are selfish drivers on the road who'll be damned rather than slow down for runners . Never, never confront an angry motorist whether you are right or wrong, since in these days 'road rage' is all too common .

Remain calm and polite at all times; it's amazing how a smile and a wave to a passing motorist leads to them behaving in a decent fashion to runners . Give it a try, even though your smile may be through gritted teeth !

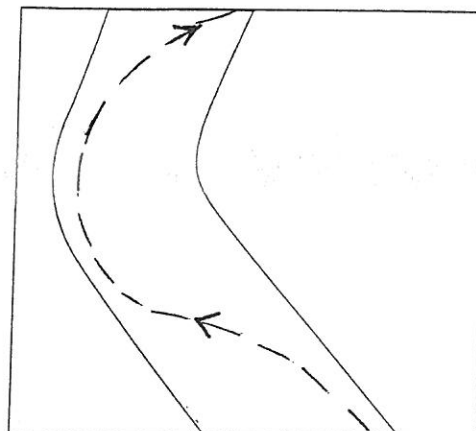
Have a good run .

T.G.I. Over

Running Lines



Left Hand Bend



Right Hand Bend

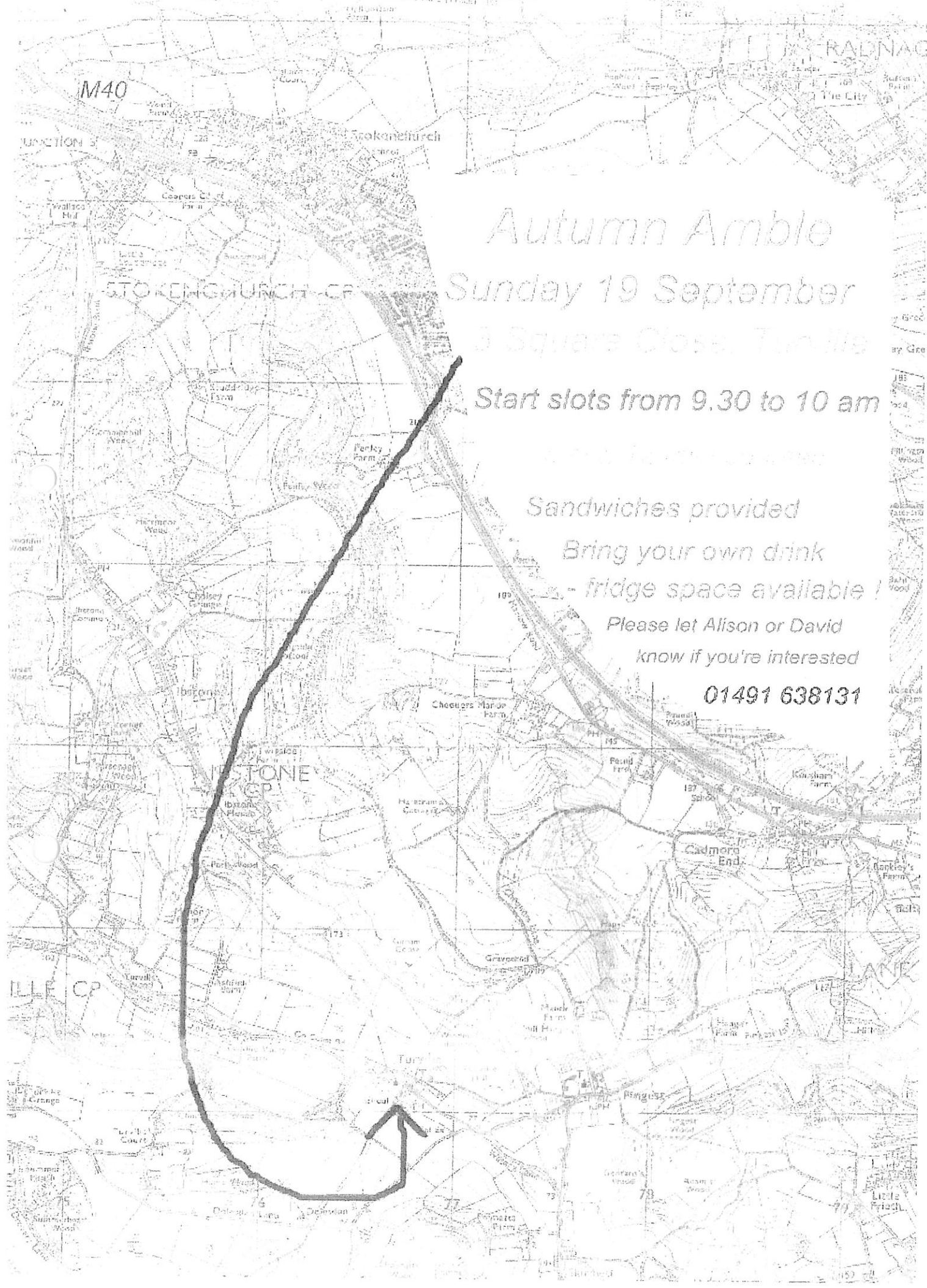
M40

RALINAC

Autumn Amble
Sunday 19 September
3 Square Close, Turville
Start slots from 9.30 to 10 am

Sandwiches provided
Bring your own drink
- fridge space available!
Please let Alison or David
know if you're interested

01491 638131



PREDICT YOUR ROAD RACE TIMES.

It has been found, from studying the results of a large sample of runners of all abilities over a range of race distances, that it is possible to predict an athlete's finishing time by using mathematical formulae to compare the result from an actual race of a different distance to that being considered to race over. This can be extremely useful when considering what pace per mile/kilometer you should run at, when competing at a distance you have not raced before.

The tables on the following pages cover the main race distances, and cater for a wide range of abilities.

Race distances are shown along the top of each column. Under each of these, are times which increase progressively. To keep the calculations to a minimum, I have used 5 second intervals between the times in the 1 MILE column. The steps between the times in other columns get greater as the race distances increase. If you wish to work to finer increments of time, the formulae to calculate each distance using the 1 MILE times as the base figures, are:-

5k time	= 1 mile time ×	3.363
5 mile time	= 1 mile time ×	5.596
10k time	= 1 mile time ×	7.061
10 mile time	= 1 mile time ×	11.749
13.1 mile time	= 1 mile time ×	15.697
20 mile time	= 1 mile time ×	24.667
26.2 mile time	= 1 mile time ×	32.955

Note. Remember to convert times to decimal minutes before applying the factor figure, and then convert back to minutes and seconds again afterwards.

HOW TO USE THESE TABLES.

1/. TO PREDICT RACE TIMES.

Providing you have trained appropriately for the distance you intend to race, it is possible to estimate your finishing time by using a recent result from a different race distance. For the best accuracy, choose a result from a race as close as possible to the distance of that you are going to run. Simply look down the column of the distance that you are using until you find the time that is closest to your finishing time. Then move along in a straight line to the right or left, until you reach the column of your intended race distance, and read your estimated finishing time at the intersection. To calculate your split times, simply divide your predicted time by the race distance, remembering to convert the time to decimal minutes beforehand and then your split time to minutes and seconds afterwards.

2/. TO IDENTIFY TRAINING WEAKNESSES.

Ideally, if you plot your actual finishing times against the distances shown, they should lie in a straight line across the table. If your times for shorter distances appear closer to the bottom of the tables than those for longer distances, then this would indicate that you should place more emphasis on speed work training. Conversely, if your times for longer distances are nearer the bottom, then more endurance training is needed.

3/. TO IDENTIFY BEST RACING DISTANCE.

Should you be unable to devote more time or energy to training to compete over a wide range of distances, you may wish to concentrate your efforts towards one distance. If you plot all of your recent results on the tables, then your ideal racing distance (that to which you are naturally suited), will be that which appears nearest the top of the page.

RACE TIME PREDICTION (MIN'S. & SEC'S.)

1 MILE	5 K	5 MILES	10K	10 MILES	13.1 MILES	20 MILES	26.2 MILES
04:00	13:27	22:23	28:15	47:00	62:47	98:40	131:49
04:05	13:44	22:51	28:50	47:58	64:06	100:43	134:33
04:10	14:01	23:19	29:25	48:57	65:25	102:47	137:19
04:15	14:18	23:47	30:01	49:56	66:43	104:50	140:04
04:20	14:34	24:15	30:36	50:55	68:01	106:53	142:48
04:25	14:51	24:43	31:11	51:54	69:20	108:57	145:34
04:30	15:08	25:11	31:46	52:52	70:38	111:00	148:18
04:35	15:25	25:39	32:22	53:51	71:56	113:03	151:02
04:40	15:42	26:07	32:57	54:50	73:15	115:07	153:48
04:45	15:58	26:35	33:32	55:48	74:34	117:10	156:32
04:50	16:15	27:03	34:08	56:47	75:52	119:13	159:16
04:55	16:32	27:31	34:43	57:46	77:10	121:17	162:02
05:00	16:49	27:59	35:18	58:45	78:29	123:20	164:47
05:05	17:06	28:27	35:54	59:43	79:47	125:23	167:31
05:10	17:23	28:55	36:29	60:42	81:06	127:27	170:17
05:15	17:40	29:23	37:04	61:41	82:25	129:30	173:01
05:20	17:56	29:50	37:40	62:40	83:43	131:33	175:45
05:25	18:13	30:19	38:15	63:39	85:02	133:37	178:31
05:30	18:30	30:46	38:50	64:37	86:20	135:40	181:15
05:35	18:47	31:14	39:26	65:36	87:38	137:43	183:59
05:40	19:03	31:43	40:01	66:35	88:57	139:47	186:45
05:45	19:20	32:10	40:36	67:33	90:15	141:50	189:29
05:50	19:37	32:39	41:11	68:32	91:34	143:53	192:14
05:55	19:54	33:07	41:47	69:31	92:53	145:57	195:00
06:00	20:11	33:34	42:22	70:30	94:11	148:00	197:44
06:05	20:28	34:02	42:57	71:28	95:29	150:03	200:28
06:10	20:44	34:31	43:33	72:27	96:48	152:07	203:14
06:15	21:01	34:59	44:08	73:26	98:06	154:10	205:58
06:20	21:18	35:26	44:43	74:24	99:25	156:13	208:42
06:25	21:35	35:55	45:19	75:24	100:44	158:17	211:28
06:30	21:51	36:23	45:54	76:22	102:02	160:20	214:12
06:35	22:08	36:50	46:29	77:20	103:20	162:23	216:57
06:40	22:26	37:18	47:05	78:20	104:39	164:27	219:43
06:45	22:42	37:47	47:40	79:18	105:57	166:30	222:27
06:50	22:59	38:14	48:15	80:17	107:15	168:33	225:11
06:55	23:16	38:42	48:51	81:16	108:35	170:37	227:57

RACE TIME PREDICTION (MIN'S. & SEC'S.)

1 MILE	5 K	5 MILES	10K	10 MILES	13.1 MILES	20 MILES	26.2 MILES
07:00	23:32	39:10	49:26	82:14	109:53	172:40	230:41
07:05	23:49	39:38	50:01	83:13	111:11	174:43	233:25
07:10	24:06	40:06	50:36	84:12	112:30	176:47	236:11
07:15	24:22	40:34	51:12	85:11	113:48	178:50	238:55
07:20	24:40	41:02	51:47	86:09	115:06	180:53	241:40
07:25	24:57	41:30	52:22	87:08	116:26	182:57	244:26
07:30	25:13	41:58	52:57	88:07	117:44	185:00	247:10
07:35	25:30	42:26	53:32	89:06	119:03	187:03	249:54
07:40	25:47	42:54	54:08	90:05	120:21	189:07	252:40
07:45	26:04	43:22	54:43	91:03	121:39	191:10	255:24
07:50	26:20	43:50	55:18	92:01	122:57	193:13	258:08
07:55	26:37	44:18	55:54	93:01	124:17	195:17	260:54
08:00	26:54	44:46	56:29	93:59	125:35	197:20	263:38
08:05	27:11	45:14	57:04	94:58	126:53	199:23	266:23
08:10	27:28	45:42	57:40	95:57	128:12	201:27	269:09
08:15	27:45	46:10	58:15	96:56	129:30	203:30	271:53
08:20	28:01	46:38	58:50	97:54	130:48	205:33	274:37
08:25	28:18	47:06	59:26	98:53	132:07	207:37	277:23
08:30	28:35	47:34	60:01	99:52	133:26	209:40	280:07
08:35	28:52	48:02	60:36	100:51	134:44	211:43	282:51
08:40	29:09	48:30	61:12	101:50	136:03	213:47	285:37
08:45	29:26	48:57	61:47	102:48	137:21	215:50	288:21
08:50	29:42	49:26	62:22	103:46	138:39	217:53	291:06
08:55	29:59	49:54	62:58	104:46	139:58	219:57	293:52
09:00	30:16	50:22	63:33	105:45	141:16	220:00	296:36
09:05	30:33	50:50	64:08	106:43	142:34	224:03	299:20
09:10	30:50	51:18	64:44	107:42	143:54	226:07	302:06
09:15	31:06	51:46	65:19	108:41	145:12	228:10	304:50
09:20	31:23	52:14	65:54	109:39	146:30	230:13	307:34
09:25	31:40	52:42	66:30	110:38	147:49	232:17	310:20
09:30	31:57	53:10	67:04	111:37	149:07	234:20	313:04
09:35	32:14	53:38	67:40	112:36	150:25	236:23	315:48
09:40	32:31	54:06	68:15	113:35	151:45	238:27	318:35
09:45	32:47	54:33	68:51	114:33	153:03	240:30	321:19
09:50	33:04	55:01	69:26	115:32	154:20	242:33	324:03
09:55	33:21	55:30	70:01	116:31	155:40	244:37	326:49
10:00	33:38	55:58	70:37	117:30	156:58	246:40	329:33

WEDNESDAY TRAINING PROGRAMME UP TO 1-12-99.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY SRETCHING EXERCISES.

- 11-8-99 Pyramid session, 200/400/600/800/1200/800/600/400/200m, (200m jog recovery).
- 18-8-99 6 x 800m @ 90% effort, (200m jog recovery)
- 25-8-99 4 x 1200m @ increasing perceived rates of effort. (1st @ 80%, 2nd @ 85%, 3rd @ 90% 4th @ 95%). (200m jog recovery after 1st & 2nd, 400m after 3rd).
- 1-9-99 4 x 1600m @ 90% effort, (400m jog recovery).
- 8-9-99 THE GERRY GROSSE TROPHY 5,000m HANDICAP RACE / Wednesday Track Group 5,000m Handicap Race.
- 15-9-99 "Overtakers" (in groups), approx. 45 min's. duration.
- 22-9-99 2 x 12 x 200m @ 95% effort, (200m jog recovery), 5 min's. rest between sets.
- 29-9-99 400m Relay (each person will run a total of 12 laps). Teams will be decided on the night. Officially, this is the end of our paid usage of the track for this season. However, our Wednesday sessions will continue as normal (I hope!).
- 6-10-99 Run for 2 min's., turn round and run for 2 min's. in the opposite direction at a faster pace, so that you run further on the return leg. (400m jog recovery). Repeat 6 times.
- 13-10-99 2 x 200/400/800/1600m Uppers. (200m jog/walk recovery), 400m Jog between sets.
- 20-10-99 3 x 1600m at 95% effort, (400m jog/walk recovery).
- 27-10-99 Hill session (Knight's Hill), 8 x full circuits. Effort uphill and continue to 2nd lamppost after top corner. Recovery on remainder of circuit.
- 3-11-99 2 x 10 laps of sprinting straights and jogging bends. (400m jog recovery between sets).
- 10-11-99 2 x 10 x 200m, (200m jog recovery). 4 min's. rest between sets.
- 17-11-99 Parlauf session, 2 x 6 x 400m. 4 min's. jog between sets.
- 24-11-99 6 x 800m Differentials. 1st 400 at 5k pace, 2nd faster. (400m jog recovery).
- 1-12-99 4 x 1200m at 90% effort, (200m jog/walk recovery).

Mike Hickman.
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PTO → 29/12

