
ON COURSE



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



*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

Some of you may be wondering why a new Newsletter is appearing so soon after the last one and I have to say that there are two reasons for this. The first reason is because I have had an opportunity recently to go through the results I have been given during the year and, from these, I have come up with the fastest times recorded by club members over a number of distances for 1989. These you will find elsewhere in this issue.

The second, and perhaps more important, reason for another Newsletter so quickly is to keep everyone informed about the decision reached by the Special General Meeting of the club held on the 7th December. The matter being discussed by the members attending the Meeting was the proposal put forward by the Committee of the club to move the club's Headquarters from Handy Cross Sports Centre to the Wycombe Judo Centre which is located in Barry Close just off Cressex Road in High Wycombe. It is a move of under one mile but, in terms of what the club will be able to provide for you, the members, in the future, it is light years away from the rather spartan conditions which we have been used to at the Sports Centre. The implications of the move are more fully explained by Alex Johnson and Ian Mallen in this issue and I think that you will agree that these are exciting times for Handy Cross Joggers.

Finally this time I would like to take this opportunity to wish you and your families a very Merry Christmas and a Happy and Successful New Decade - see you in 1990.

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

NEW HOME FOR THE CLUB

ALL ABOUT THE MOVE by Alex Johnson

As many of you will know the Committee of the club has recently been looking at alternative premises for a new club Headquarters and after discounting any site which was more than one mile from the present Headquarters at Handy Cross Sports Centre we were informed that the Wycombe Judo Centre were looking for another club to share its' facilities at Barry Close, off Cressex Road, High Wycombe. The Centre is 0.8 of a mile from the Sports Centre and the Committee held a meeting there to investigate the facilities on offer. The members of the Committee were made very welcome by the Judo people and it is true to say that the Committee were very impressed by the Centre. The facilities on offer are:-

- * Mens/Ladies Changing Areas
- * Mens/Ladies Showers and Toilets
- * Mixed Sauna
- * Physiotherapist
- * Car park
- * Large field at the rear of the club premises
- * Meeting area at the end of the lounge
- * Bar : Pool/Darts etc
- * Club lounge (for use by all the family)
- * Dance area for Disco's and Parties
- * Family membership

The additional financial implications for club members in the move to the Judo Centre are set out in Ian Mallen's article but the question has been raised concerning casual runners who do not want to pay a subscription to belong to the club and it has been agreed that if these runners want to go into the Centre then all they will need to do is to pay a nominal 50p for each visit and if they do not want to pay then they can remain outside until the other runners come out. They will still be very welcome to run with the club. Another point was raised as to whether the club will still encourage the older members and the answer to this is, most definitely. The club infrastructure will remain as we have traditions that have been fundamental to the club since its' inauguration nearly 12 years ago.

One of the advantages of the move to the Centre will that members of the

club will be able to use the facilities at other times other than the normal Tuesday, Thursday, and Sunday meeting times. Membership cards will be issued and once the Judo Centre people get used to us running at unusual times it will become easier. Another of the advantages will be that we will be able to have a notice board to publish league tables and results and we intend to run teams in selected races next year and the notice board can also be used for this purpose.

All of this was explained to the Special Meeting of the club which was held on Thursday 7th December and after some discussion the members present voted overwhelmingly in favour of the move to the Judo Centre as from the 1st January, 1990.

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THE FINANCIAL IMPLICATIONS by Ian Mallen

The current club membership subscription of £5.00 pays for sundry capitation and entry fees and also subsidises the silver collection which is the primary method of funding the rental charge for the creche.

A re-location to the Judo Club would involve all members becoming supporting members of that club at an annual cost of £10.00 per year. Members and families are, however, entitled to use the club's attractive recreational facilities. A nominal charge of £20.00 per month would also be payable towards the maintenance of the building and for use of the showers (the current silver collection would fund this cost).

Since there would be no need for the subscription to subsidise the silver collection I anticipate that an annual subscription of £12.00 will be adequate to run Handy Cross Joggers in a financially prudent manner.

Since the Judo Club does not have the same year end as ourselves it has been agreed that a payment of £10.00 per head would be paid to the Judo Club to cover the period until April 1991, although our club year would remain unchanged. Since we are already part of the way through the Handy Cross Joggers year an additional payment of £8.00 would be needed from all existing members to properly fund the transfer. This being based on a current AAA membership of 90 generating a charge on the Club's funds of £180.00 (collecting £8.00 per head and giving the Judo Club £10.00 per head).

Therefore the move to the Judo Club is on the basis of all existing members paying a supplement to their annual subscription of £8.00 and such payment should be made before 1st January 1990 or as soon as possible thereafter.

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MEMBERSHIP FORMS - Chris Gentry

Enclosed with this Newsletter you will find a numbered Application Form for membership of the Judo Centre and you are requested to complete this form and return it to John Gardner at 18 Barnhill Close, Marlow, together with a remittance for £8, if you have already paid your £5 for this year, or £13 if you haven't. Please do this as quickly as possible in order that the issuing of the membership cards can be organised.

CLUB PERSONAL BESTS by Chris Gentry

I've updated the list of personal bests from the information I've been given over the past few months and, as far as know, it is correct as at the 2nd December, 1989. If you would like to have your p.b. included in the next published list or if your stated p.b. is incorrect then please let me know.

As at 2/12/89

	<u>½ marathon</u>	<u>marathon</u>	<u>10miles</u>	<u>10k</u>
John Flint	1hr 16min 28secs	2hr 48min 30secs	-	-
Eric Buckle	1hr 17min 20secs	-	62min 18secs	-
Jim Chilton	1hr 21min 30secs	3hr 07min 30secs	67min 03secs	-
Dave Riddington	1hr 22min 24secs	3hr 04min 36secs	-	-
Roger Wilkes	1hr 23min 14secs	3hr 02min 41secs	-	-
Benjy Benjamin	1hr 23min 40secs	4hr 08min 28secs	-	-
Graham McLachlan	1hr 26min 12secs	3hr 19min	-	-
Ian Mallen	1hr 26min 24secs	3hr 15min 51secs	-	-
Gerry Grosse	1hr 35min 20secs	-	-	-
John Wheeler	1hr 37min 39secs	4hr 02min	77min 09secs	44min 05secs
Pam Wilkes	1hr 45min 14secs	-	78min 09secs	46min 37secs
Ian Haddock	1hr 25min 55secs	-	-	-
Lyn Simmons	2hr 01min 04secs	-	-	-
John Gardner	1hr 35min 50secs	-	72min 31secs	42min 41secs
David Plato	1hr 39min	-	-	44min 40secs
Tony Barnard	1hr 25min 43secs	-	-	-
Jenny Hart	1hr 47min 56secs	-	-	47min 20secs
Rose Priest	1hr 51min 12secs	-	-	49min 59secs
Dave Barraclough	1hr 20min 50secs	3hr 16min 03secs	-	-
Lyn Kirchner	1hr 56min 12secs	-	-	-
Paula Parkin	2hr 07min 30secs	-	-	-
John Hawryszczuk	1hr 17min 27secs	2hr 42min 45secs	-	-
Mike Stone	-	2hr 58min 10secs	-	-
Fiona Kerr	1hr 54min 03secs	-	-	-
Roy Williams	-	-	59min 58secs	-
John Bradbury	1hr 24min 09secs	-	64min 08secs	-
Robert Farrier	-	-	73min 15secs	-
Margaret Moody	-	-	76min 26secs	43min 19secs
Vivien White	1hr 56min	-	89min 12secs	-
Alex Johnson	1hr 25min 23secs	3hr 17min 04secs	-	-
Chris Gentry	1hr 22min 48secs	3hr 15min 47secs	62min 43secs	-
Ray Matthews	-	3hr 11min	-	-
George Kenna	1hr 49min 42secs	3hr 59min	-	-
Derek Skinner	-	4hr 03min	-	-
Neville Murton	-	4hr 20min	-	-
Anthony Fewell	1hr 52min	4hr 36min	-	-
Alastair Judge	-	4hr 37min	-	-
Caroline Weekes	-	-	-	55min 00secs
Stephan Naunko	1hr 29min 50secs	-	-	-
Alan Chilton	1hr 16min 31secs	-	-	-
Neil Fraser	1hr 33min	-	-	-
Peter Smith	-	-	-	31min 24secs
Mike Nolan	-	-	-	33min 54secs
Kevin Duffy	1hr 23min 59secs	-	-	-
Irene Smith	1hr 26min 50secs	-	-	-

RACE RESULTS/REPORTS



Marlow Half Marathon - 5th November

Trust me to pick one of the hardest half marathons around for my return to the road racing scene but so saying this event was very well organised and the weather was kind to the runners. In case you don't know, this was the first running of this race and the club was well represented with Alan Chilton being our first runner home some five minutes ahead of second man John Flint. Although I know that several of the ladies from the club also took part unfortunately I haven't been given any of their results but the results I have got are as follows:-

Alan Chilton	1hr 18min 34secs	John Flint	1hr 23min 33secs
Roy Williams	1hr 25min 28secs	Dave Riddington	1hr 26min 46secs
Dave Barraclough	1hr 27min 14secs	Dave Woolley	1hr 28min 40secs
John Bradbury	1hr 30min 12secs	Bob Carter	1hr 32min 36secs
Michael Tackley	1hr 38min	Chris Gentry	1hr 39min 07secs
John Wheeler	1hr 42min 42secs	Martyn Franzese	1hr 48min 10secs
Hans Wessel	1hr 48min 30secs		

Chesham 5k - 5th November

There was a slightly different, and more difficult, course for this years' race but there was success for the club with Peter Smith finishing 3rd in 15min 27secs and Steve Barrow 8th in 16min 07secs. The only disappointment was that we didn't have another runner taking part as this prevented us from possibly winning the team prize.

Harrow Marathon and Half Marathon - 5th November

Club member Graham McLachlan travelled to take part in the full marathon and, despite an undulating course, still managed a personal best for the distance of 3hr 19min. Meanwhile husband and wife team, Roger and Pam Wilkes, took part in the half marathon and finished in times of 1hr 28min 26secs and 1hr 45min 33secs respectively. Incidentally this was Roger's 50th half marathon and he is to be congratulated on reaching this milestone.

Inter-Club Cross Country, Maidenhead - 18th November

Unseasonably warm weather welcomed the large contingent from the club when they took part in this event but it did not deter the runners and the women's team finished in 2nd place with the men's team finishing 6th. The club was also represented in the colts race with Gavin Newby finishing in an excellent 11th place. The club results were:-

Ladies

Margaret Moody	35th	Esme Thomson	37th
Eila Mansfield	39th	Pam Wilkes	42nd
Viv White	44th	Lyn Simmons	45th

Men

Alan Chilton	7th	John Flint	39th
Derek Sawyer	52nd	Phil Stephens	57th
Dave Barraclough	58th	Dave Woolley	61st
Roy Williams	70th	Roger Wilkes	73rd
John Bradbury	75th	Bob Carter	76th
Alex Johnson	78th	Peter Gallagher	84th
Mike Stone	87th	Neil Fraser	90th
Benjy Benjamin	93rd	Trevor Hart	97th
Vernon Martin	98th		

Wolverton 5 miles - 25th November

This was the silver jubilee staging of this race and club member Peter Smith certainly marked the occasion by finishing in an excellent 27th place in a 400+ strong field. Not only that but Peter set a personal best for the distance of 25min 31secs - well done Peter!

Berks, Bucks and Oxon Cross Country Championship - 2nd December

Newbury Showground was the setting for this event which meant that the 6 mile course was mainly on parkland and therefore very fast. I think that it is fair to say that the club did not put out its' strongest team but they did manage to finish 11th. Individually five of the team finished in the first hundred with Dave Woolley being our first runner home in 75th place closely followed by Roy Williams in 77th. The full list of club runners was:-

75th Dave Woolley	37min 37secs	77th Roy Williams	37min 42secs
86th John Flint	38min 51secs	89th Derek Sawyer	38min 55secs
92nd Benjy Benjamin	39min 17secs	101st Mike Stone	39min 58secs
103rd Roger Wilkes	40min 53secs	104th Bob Carter	41min 03secs
108th Peter Gallagher	42min 15secs	110 Dave Barraclough	42min 36secs
111th Trevor Hart	43min 18secs		

St. Albans Marathon - 3rd December

Club President Vernon Martin travelled to Hertfordshire to take part in this the last major marathon of the year. He found that the course was a figure of eight on undulating, secondary roads but despite this, and the cool, foggy weather, Vernon did very well to finish in 3hrs 50min 10secs.

Kop Hill 8 miles, Princes Risborough - 10th December

Six club members made the short journey to Princes Risborough to take part in this very tough race. Although the course was only 8 miles long it did involve two ascents of Kop Hill which is very steep and therefore

club member Steve Barrow did very well to finish 2nd in the race closely followed by Alan Chilton in 3rd place. The full club results were:-

Steve Barrow	46min 34secs	Alan Chilton	46min 46secs
Derek Sawyer	51min 18secs	Dave Woolley	52min 28secs
Steve Woolley	54min 37secs	John Gardner	64min 36secs

BEST PERFORMANCES OF 1989 by Chris Gentry

Marathon

The lure of the marathon seems to be on the wane if the results of club members during the year is anything to go by - club members only taking part in five events, London, Shakespeare, Pennine, New Forest and Harrow. Of course the most popular of these was the London but the most successful, from the club's point of view, was undoubtedly the Shakespeare which was run on the same day as the London. It was here that the fastest marathon of the year by a club member was run, by John Hawryszczuk, not only that but the other two fastest times were also recorded at this event. Unfortunately I have not been given any marathon times for ladies this year so the three best times from club members for the year were all by men and were all set at Stratford-upon-Avon on the 22nd April:-

John Hawryszczuk	2hr 42min 45secs
John Flint	2hr 48min 30secs
Roy Williams	2hr 56min 14secs

Half Marathon

The half marathon is still very popular with runners from the club and standards have been improving almost weekly. Undoubtedly the up-and-coming stars in the club are Peter Smith and Alan Chilton but it was one of the "old-timers" John Flint who managed the fastest time of the year for this distance. For the ladies Irene Smith has proved a revelation with her running this year and her trophy cabinet must be full to overflowing. However Irene was not the only lady running well during the year and good performances were also put up by Margaret Moody, Pam Wilkes and Jenny Hart. Best four performances from the men and women were as follows:-

Men

John Flint	1hr 16min 28secs	(Reading 2/4/89)
Alan Chilton	1hr 16min 31secs	(Great Sam 29/10/89)
Eric Buckle	1hr 17min 20secs	(Reading 2/4/89)
John Hawryszczuk	1hr 17min 54secs	(Henley 8/10/89)

Ladies

Irene Smith	1hr 26min 50secs	(Oxford 17/9/89)
Margaret Moody	1hr 41min	(Reading 2/4/89)
Pam Wilkes	1hr 45min 14secs	(Reading 2/4/89)
Jenny Hart	1hr 51min 20secs	(Fleet 19/3/89)

10 miles

This distance seems to be losing some of its popularity with only the Maidenhead on Good Friday and the Naphill on the 10th June attracting much interest. The Maidenhead proved to be the faster course with all three of the men's, and two out of three of the ladies, fastest times being recorded on the course. The only exception was the performance by Pam Wilkes who managed the second fastest time of the year at Welwyn Garden City on the 3rd September. The three best performances from the men and the ladies were as follows:-

Men

John Flint	60min 07secs
Roy Williams	61min 20secs
Dave Woolley	61min 58secs

Ladies

Irene Smith	68min 02secs
Pam Wilkes	78min 09secs
Jenny Hart	86min 20secs

10k

I didn't receive too many results of 10k races during the year, either members ran them, and didn't let me know their results, or else not many were run. For the men the three fastest times of the year were all recorded in the Bearbrook 10k at Aylesbury on the 16th August whereas, for the ladies, the three fastest times were all recorded at the Nike Womans Own race run at Welwyn Garden City in Hertfordshire on the 9th July. These times were:-

Men

Peter Smith	31min 24secs
Mike Nolan	34min 00secs
Steve Barrow	34min 58secs

Ladies

Margaret Moody	43min 19secs
Esme Thomson	43min 52secs
Eila Mansfield	44min 02secs

5 miles

The three local 5 mile events, Pednor, Wycombe, and Amersham, were all well supported by club members. For the men it was Peter Smith who again

recorded the best time of the year for the club and for the ladies it was also "same again" with Margaret Moody setting the best time. The best three performances for both men and women for the year were:-

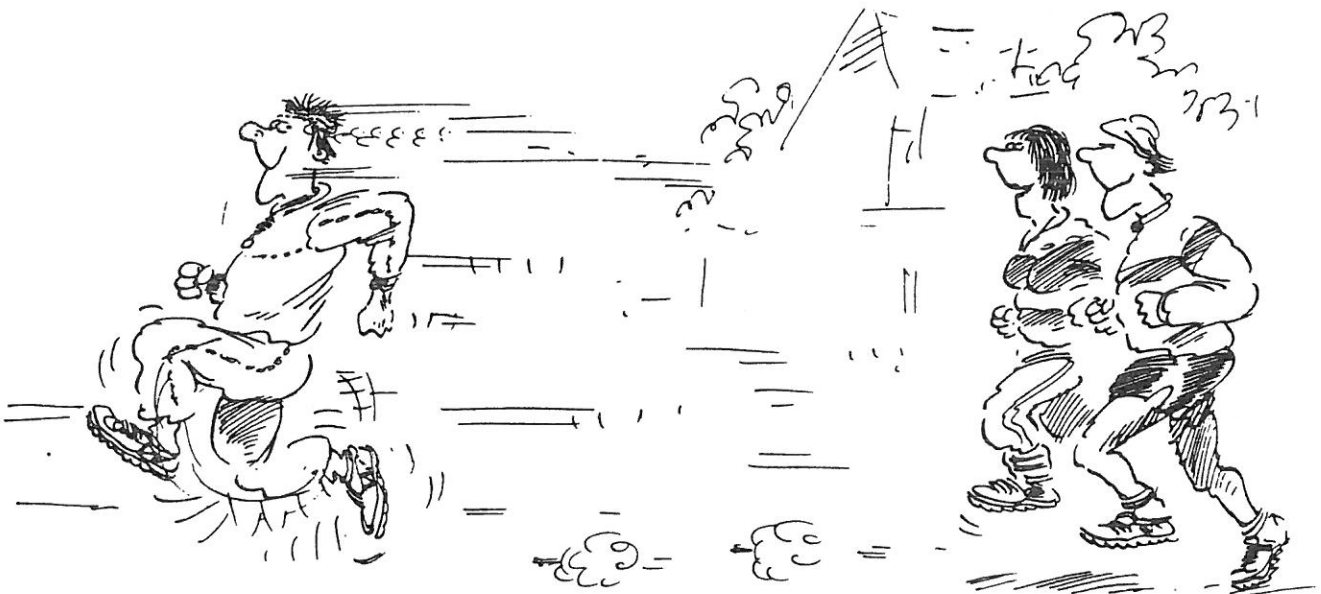
Men

Peter Smith	25min 31secs	(Wolverton 25/11/89)
Alan Chilton	28min 06secs	(Amersham 17/9/89)
Mike Nolan	28min 15secs	(Wycombe 27/8/89)

Ladies

Margaret Moody	36min 16secs	(Wycombe 27/8/89)
Eila Mansfield	36min 30secs	(Amersham 17/9/89)
Pam Wilkes	38min 30secs	(Wycombe 27/8/89)

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



"Hmm - brand new outfit ... going like a train ... Do you remember when we were beginners?"