

Bulletin



At last I've managed to produce the Bulletin in time for Christmas, which gives me the opportunity not just of wishing everyone a Happy Christmas but also of advertising the club's Disco, details on page 10. At this event the Runner of the Year will be revealed. There is a voting form on the back page, please use your vote and don't forget you can vote for any member, not just a current runner.

Once again we will be sending a team down to Highworth in January to defend the trophy we have won every year this century. Apparently we have been promised we can keep it if we win this year.

Peter had a mixed response to his request for suggestions about next year's annual dinner. It will go ahead on Saturday 29th April at last year's successful venue, Flackwell Heath Golf Club. This is always a great evening, an opportunity to meet all your club mates on an informal basis, enjoy an excellent meal, watch a cabaret (The Spice Girls, Abba and The Village People have all appeared in recent years) and have a dance, and all for £25.

Duncan has suggested another trip to the dog racing stadium if sufficient people are interested. We have enjoyed such trips in the past at a minimal cost, as I remember of only £5, which included entry, a basket meal, a drink and the first bet for free.

One Tuesday evening recently, Aidan O'Donnell came out of the Judo Club showers to find his clothes had disappeared and he had to go home in his sweaty running gear. His clothes turned up later in the week, but the story prompted the comment from Terry Eves, "O'Donnell, where's yer trewsers?"

Don't forget, if you want to run off all that Christmas pud and turkey, Rod will be holding his Boxing Day Run at 10.30 from Hazlemere cross roads with, drinks and snacks after.

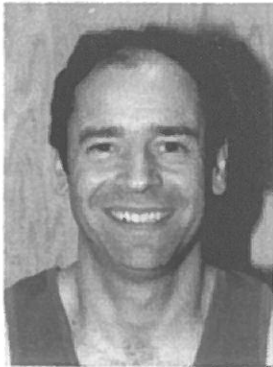
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Committee Members

Most of us join a running club to run, which we do, then go home and forget about it till the next time. However, nothing happens by magic and in order that we can enjoy all the benefits of belonging to the club, a number of people have to work hard in the background. These are the club committee and other members. As we have a large number of new members who may not be familiar with these people, here is a 'who's who' and what they all do in Handy Cross Runners

Peter Edington — Club Chairman



In his role as Club Chairman, Peter officiates at the AGM and committee meetings. On club nights he starts off the evening's proceedings by making the announcements etc. He is also responsible for managing the organisation of the events that we stage. The Marlow 5, which is held in May, our 5k event on The Rye in July, the Wycombe Half Marathon in July and our race in The Thames Valley Cross-Country series which takes place in December. He also plans some of the entertaining club events such as mystery runs.

Chris Gentry Club — Secretary

Chris deals with the majority of the club's correspondence. He also makes sure that the rules and constitution of the club are kept up to date.



Martin Dean — Publicity Officer

Martin has the job of making sure that we get as much publicity as possible. Providing club members supply him with their race results as soon as possible following any events they have competed in, he will send them off for inclusion in the next issue of The Bucks Free Press. He is also responsible for editing and publishing the club's newsletter.

Duncan Kennerson — Treasurer

Duncan takes care of the financial affairs of the club. He presents a report on the state of the club's finances at the AGM and advises as to whether or not there is a need to increase annual subscriptions for the coming year.



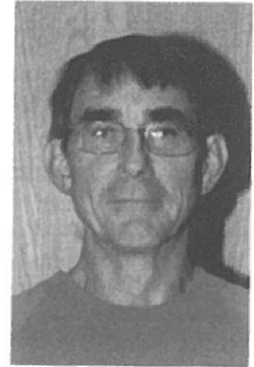


Stephan Naunko — Membership Secretary

Steph is responsible for making sure that members are not in arrears with their subscriptions. He also maintains the membership records. It is important that you notify him of any changes of address etc.

Mike Hickman — Runs Secretary

Mike is our club contact for the receipt of race entry forms and information from other clubs and race organisers. He plans and supervises the Tuesday night sessions and Wednesday Track sessions and is the co-ordinator of the club's corporate membership of the 'Lifestyles' Health and Fitness Studios.



Debbie Ridout — Social Secretary

Debbie organises the social activities of our club, which are many and varied. Her duties range from planning for The Annual Dinner and Dance to catering for the food at our 5k in the summer. She relies heavily on the help of others in making these events a success, so any assistance that you may be able to give will be welcomed, as will any ideas that you may have regarding events you feel might interest others.

Besides the committee members, other people play an important role in running the club.

John Dooley is the club representative for The Chiltern League Cross-Country races and deals with the team submissions and all correspondence relating to these events. He also organises the club's entries for County, Area and National Cross-Country Championships.

Trevor Hunter built and manages the club's website and welcomes all information such as results and forthcoming events that can be posted on the diary pages. He also organises our team for the Saturday Chiltern League and Championship matches along with John Dooley.

Dave Nash takes care of the purchasing and selling of all items of club kit. To encourage you to wear club kit whenever you compete, he keeps costs to a minimum. Purchases may be made at the start of most club sessions. If you are a new member, see Dave for your free club 't' shirt.

Margaret Moody works tirelessly on the Marlow 5 committee, she also lets us use her garden for packing the goody bags handed out at the end of races and as a venue for an annual barbecue.

Dave Riddington is the course director for both the Marlow 5 and the Wycombe Half Marathon. He is usually highly visible just before these events, seeking to recruit marshals.

Many other members take an active part in the club, so apologies to anyone I may have missed out.

London Marathon

I'm in, much to my surprise and delight(?) having been successful three times now in the last six years. However the difficulty of obtaining a place and then running London hasn't lessened much, as this extract from a Bulletin of twenty years ago shows:

Beginners Guide to the London Marathon Obstacle Race

The first handicap in the London Marathon actually starts about six months before the race when three quarters of the applicants fail to gain an entry in the ballot. There are three other ways securing an entry:

- Breaking the world marathon record
- Becoming a world famous personality
- Creeping round the race director.

If you become a world famous personality, stick to another sport such as World Boxing Champion or Captain of the England Football Team.

A few personal friends of the Race Director are also allowed to run, but it may be easier to break the world record than to creep round the Director and become his personal friend.

On the day of the race you must rise at the crack of dawn and travel to London, which is not too difficult to find as it appears on many maps and is even signposted in several places.

Once in London you will find many lines of people in track suits, walking along in single file and carrying sports bags. Join any of these lines because they all converge on Greenwich Park, which is the first real obstacle, as it is like Hampton Court Maze. You have to go through the Maze and out through the correct exit to get to your starting point.

On the way you have to hunt for a bus with your initial on it to deposit your running bag. You also have to play hunt the toilet. If you succeed in finding a toilet, quickly go to the back of the queue and observe the following procedure: once you have spent your penny, sprint back to join the end of the queue, because by the time you get to the front you'll want to go again!

Should you succeed in getting to your official starting position, the next handicap comes up. Although the race starts at 9am, those with small shoulders, weak elbows or flat feet get pushed to the back and actually cross the start line at about 9.30. This does seem rather strange, as in most handicap races the strongest and fastest runners normally start last.

Now the start of the gruelling obstacle course.

At various points on the course local savages converge in their hordes shouting and screaming, throwing cups full of cold water at you, bombard you with wet sponges, pieces of orange and sweets. Then there are officials in cars, and police on motorcycles revving up and trying to choke you into submission by carbon monoxide poisoning. There are police on horses depositing small piles of a slippery substance, hoping to catch out the unwary runner by slipping and breaking a leg.

There are also people IN horses, ready to kick any runner who gets too close and people in many disguises hoping to complete the course without being unmasked. Beware also of waiters with trays of bottles and glasses — these are to throw down and smash in front of you, should you feel like crawling on hands and knees at any stage.

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Probably the most dangerous obstacles are the bollards, specially placed on blind bends in the middle of the course and designed to do permanent damage to one's chances of begetting offspring. Towards the end of the course, when you are most tired and vulnerable, come 'the cobbles', designed to make you break or at least sprain your ankle.

Should you survive the course and actually reach the finish line, you are now punished by having a lead weight put round your neck, being wrapped up in foil like an oven-ready chicken, force fed with orange squash and several chocolate bars, all washed down with Bovril.

If you survive that ordeal without vomiting all over the place, you will be hurled through the turnstiles to play 'hunt the polythene bag'. This involves finding your bag, which is the same as

18,000 other polythene bags, which is on a coach that looks exactly the same as 500 other identical coaches stretching about fifteen miles down the road.

Three hours later, having finally found your bag, you must now find your companions from eight million other people in London. With luck you will actually be re-united and in your transport just as it starts to get dark and you can be proud that you have finished the most difficult marathon in the world.

Why do we bother? Because, as Lenny Henry would say, "It's great man, really great!"

I think it's just as bad today and there are twice as many competitors now. If you want to go to next year's event, book your place early on the coach as it was full last year, cost will be £9.



New York New York

I haven't run a marathon for 2 years. I hate them. I always get injured either training for them or immediately after them. So why do New York I hear you say? Well my mother was diagnosed with cancer last year and I couldn't do anything for her (apart from support her) but I could raise money for cancer research by, yes you've guessed it, running the New York marathon.

The story really starts twenty weeks ago when I started training. I was sensible. Shock horror, surely not a runner being sensible? I wanted to complete the run in 4hrs 30 mins. Not too unattainable I thought. I've tried three times before but failed.

I always had an excuse though. The first one didn't count because I just wanted to get around. The second, well I was pregnant. I didn't know it at the time, but it's a damned good excuse when you don't hit the time you wanted. The third, well obviously I started too fast didn't I and burned out, that's feasible isn't it?

I started building up my mileage slowly. I read as many books as I could. I even bought a heart rate monitor to ensure I didn't put too much or actually too little in. I had run 600 miles in training. Nothing special I know you all do it when training for the marathon. Still worth mentioning I thought. I even tried drinks, gels and jelly babies.

I hated the training. Long runs are just that — long. I didn't have a training partner this time either and that didn't help. I said to Ian if I ever say I'm going to do a marathon again please have me put down!

Then just as it always does, a week before the race I felt pain. I wasn't imagining it, I knew it wouldn't go away because as runners you know the difference don't you? So I went to see a familiar face to a lot of us, Rob Pettingell the Osteopath. He did his best with me but at the end he shook his head and said I just have a niggling suspicion that you might have your stress fracture again. I couldn't believe it. I'd done everything by the book. Why me, why now and why do I ever run marathons?

Well I did run it. I did put in an awful time for the fourth time. Hoping against hope that this time I would break the 4:30, but it just wasn't to be. I was on schedule for 20 miles but my leg became too painful and I had to run walk the last 6.2. They say that you're only half way when you get to 20 and I would have to agree.

On a positive note. I can say never again, again (Yes, I know I'll be tempted back. I can't leave it alone until I break 4:30 and believe me one day, whether by fluke or hard training I will do it!) I did finish it and get my medal and I had an absolutely fantastic time in an amazing and patriotic city. So until next time.

Helen Murdoch

Well done Helen, but what else did you all get up to in New York? Lucy has told us some more on the following pages.

See everyone's results on page 10.

Peter presenting Val Weston of The South Bucks Hospice with a cheque for £1500 raised in this years Marlow 5.



ING New York City Marathon

Well as they say, been there, done it and got the T/Shirt !!!! With New York memories and the pain only a few weeks behind us, it seems only right to let fellow runners know what a good time we had.

Most of us travelled out on the Thursday before to enjoy a few days of sightseeing before the race on the 6th. We were all surprised to find New York enjoying warm temperatures throughout the weekend, which made race day a little harder.

Staying at the YMCA near Central Park was an excellent location for the race finish and getting around. The accommodation was basic and clean, although I never really got to grips with the fact that when I wanted to use the bathroom at night I had to get dressed, remember my key card and the serial number

to get in the ladies (men never had one) only to find that everyone knew the number anyway!!!

After a long first day of travelling and collecting our numbers, we were all set for sightseeing on the Friday. Ian, Helen, Nick and I joined the rest of the BA group and took part in a walking tour starting outside the YMCA which included walking over the famous Brooklyn Bridge to end up at Ground Zero. We were all very moved by the scale of such a tragedy and the space in such a confined city. We then walked to Lower Manhattan where Helen, Ian and Nick took a helicopter ride around New York City to see the sights from above.

The day was finished off by viewing the city from the top of the Empire State Building. After queuing for several hours to get to the top, the views at night were amazing and well worth the wait.

Day two saw us take part in the Breakfast Run from the Flag of Nations. A mere 5k was more like a 10k ending up in Central Park...not to be recommended before a marathon, but good fun and breakfast in glorious sunshine was our reward. Helen, Ian and I then went shopping on 5th Avenue to join Nick later in Central Park where we just 'chilled', enjoyed the weather and varied activities around the park before race day.

Race day.....finally arrived to find that sadly Nick pulled out of the race before it even started. Having had ankle problems for many months, he made a decision not to race. So, that left just Helen, Trevor, James, Elaine, Samantha and myself to compete.

A very early start (6:15) took us over to Staten Island to begin the race from the Verrazano Bridge at 10 o'clock. The race began with the song 'New York, New York' made famous by Frank Sinatra, being played to the 40,000 or so runners.

The course unites dozens of culturally and ethnically diverse neighbourhoods throughout New York's five boroughs: Staten Island, Brooklyn, Queens, the Bronx and Manhattan. It has to be said that the New York people really went for it.....the noise, cheering and support was with us throughout.

The race itself was not an easy one and not helped by the very warm weather, but like any marathon, the crowds see you through and this was no exception. I have to say this was the best-supported race ever and probably the loudest too, but this is America and they do like to make themselves heard.

Finishing in Central Park was fantastic..... like any race the last few miles seemed to be the longest but this was the best so far. After the finish I made my way round to the YMCA to find Nick outside with a beer in

hand.....clearly getting into the spirit of things, but a welcome sight to help me home.

After showering and a rest, I was ready to party. We later joined the British Airways group at a presentation evening at the YMCA, a perfect end to a long day.

Sadly, we then flew back the following morning after a brilliant time in the Big Apple..... (Never got to find out why it's called that but sure someone will put me straight).

I have to say that Mike and Sarah from British Airways did a fantastic job in the organisation and they really made all this possible. If anyone is thinking about this for 2006 I understand Mike is taking deposits already and I am happy to help if anyone is interested in taking part and wants any help.

Just remains to say a big thank you to everyone who helped us along the way with training and support. A truly memorable marathon, which leads me to the next question.....where next??? I quite fancy a marathon in Russia, you know me, I like to be a little different. Any ideas please let me know and see what we can pull off in 2006.

Lucy

New Members

The club is going from strength to strength with nearly one hundred and fifty members currently. A very warm welcome to the following newest ones:

Helen Beeson, Kate Buckley, Gary Burton, Paul Burton, Karen Czernik, Martin Harris, Richard Hubbard, Meg Knight, Colin Knight, Juliette Laws, Gora Neogi, Natalie Pitt, Michael Putman, Josie Redford, Jenny Shorrocks, Tora Stracey, Richard Villiers-Palethorpe and Kathryn Wesley

Results

Henley Half Marathon

Trevor Hunter 1:15:44 (5th)
Dan Charleston 1:20:55 (pb)
Alfred Benjamin 1:28:01
John Peerless 1:28:52
Mike Hollis 1:32:46
Lydia Davis 1:34:47
Ron Newman 1:38:19
Alan Wheeler 1:38:38
Margaret Moody 1:38:47
(1st Lady V50)
Debbie Jones 1:39:59
Rod MacClean 1:43:49
Mike Blowing 1:49:52
Debbie Brown 2:26:42

Abingdon Marathon

Pat Carter 5:01

Jog Shop Jog 20

Mike Hickman 3:12

Selby Half Marathon

Caroline Ward 1:27:49 (pb)

Leighton Buzzard 10

Dan Charleston 1:01

Tring Ridgeway Run

Penny Cutler 1:17:59
Mike Hickman 1:19:11
Liz Davey 1:29:47
Meg Knight 1:30:48
Linda Weedon 1:32:06

Marlow Triathlon

Paul Palmer 1:47:49
Ann Palmer 2:16:00

Blenheim 10k

Peter Smith 0:39:44
Michael Hollis 0:43:17
Mark Hoad 0:45:29
Paul Palmer 0:45:34
Howard Taylor 0:45:50
Karen Jenkins 0:47:42
Gill Brooks 0:51:21
Micky Middleton 0:52:23
Linda Weedon 0:56:04
Ann Palmer 1:02:06

Lacey Green 5K

Caroline Ward 19:29
(First lady)

Marlow Half Marathon

Aidan O'Donnell 1:31:14
Mike Hollis 1:35:17
Alfred Benjamin 1:39:49
Howard Taylor 1:40:37
Margaret Moody 1:42:14
Colin Knight 1:44:57
Mike Hickman 1:46:59
Peter Astles 1:50:07
Karen Jenkins 1:51:45
Russell Fenn 1:52:34
Des Mannion 1:56:00
Mike Blowing 1:57:20
Celia Edwards 2:02:10
Davina Crampton 2:16:54
Debbie Brown 2:28:05
Alison Alexander 2:33:00
Rose Priest 2:36:08

Aidan, Mike, Benji and Howard finished in third place in the men's team race

Eynsham 10K

Frank Fulcher 36:02 (pb)
Chris Lansdown 45:45

New York Marathon

James Bateman 3:39
 Ron Newman 3:55
 Lucy Couturier 4:10
 Helen Murdoch 4:54
 Elaine Brewster 5:29

What's On?

Herbert's Hole

Paul Palmer 48:11
 Mike Hickman 53:29
 Peter Astles 53:54
 Rod McClean 55:17
 Mike Blowing 59:48
 Lucy Couturier 60:00
 Sam Morrison 60:22
 Martin Brewster 61:40
 Ann Palmer 69:54
 Elaine Brewster 74:00

Herve 10K

Pete Smith 6th

Herve 33K

Trevor Hunter (7th) 2:09
 Frank Fulcher (43rd) 2:19
 Julia Downes (1st lady) 2:20

Chiltern League Cross Country

7th January 2006	Stowe
11th February 2006	Wing

Thames Valley Cross Country League

December 18th 2005	Reading Road Runners
January 8th 2006	Tadley
January 29th 2006	Finch Coasters
February 5th 2006	Bracknell Forest Runner

Other events

December 26th	Rod's Boxing Day Run
December 28th 2005	Cliveden Cross Country
January 15th 2006	Highworth Half Marathon
	Wendover 5
February 5th 2006	Watford Half Marathon
February 12th 2006	Wokingham Half Marathon
February 19th 2006	Hardwick Cross Country
	Bramley 10/20
March 5th 2006	Berkhampstead Half Marathon
March 12th 2006	Hastings Half Marathon
March 19th	Milton Keynes Half Marathon
March 25th	Fleet Half Marathon
April 23rd	Compton Downland 20/40
	London Marathon

Handy Cross Runners Christmas Disco

Come and enjoy good company, food and music Vote for your choice of 'Runner of the Year'

Win a super prize in the raffle and possibly a number for the London Marathon

Friday 16th December 7.30 at the Judo Club

Tuesday Night Training Programme

- January 3rd Relay session around Dave Nash Estate (in teams of 3). 2 x 8 laps per team.
- January 10th Pyramid session (Oak Crescent) 200m (up slope)/400m (around block)/800m (twice around block)/1200m or 1600m depending on ability (three or four times around block)/800m/400m/200m (200m recovery).
- January 17th Paarlauf session around Dave Nash Estate 10 - 14 x 310m
- January 24th 8 - 12 x 400m (200m recovery) Blenheim Way.
- January 31st 5 - 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder).
- February 7th 4 - 6 x 800m (Oak Crescent) (200m recovery).
- February 14th 4 - 6 laps around small circuit Cressex Rd. John Hall Way and up footpath (200m recovery).
- February 21st Hill session, 4 - 5 long and 4 short. Knights Hill.
- February 28th 3 - 4 x 1200m (Oak Crescent) (200m recovery).
- March 7th Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit.
- March 14th 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit.
- March 21st 5k. Time Trial. John Hall Way.
- March 28th Hill session, 5 - 6 long and 2 short. Knights Hill.

Keeping the dream alive.

Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities will enjoy and benefit from these sessions.

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

- 4/1/06 5 x 1000m (200m walk/jog recovery).
- 11/1/06 Pyramid session 200/400/600/800/1000/800/600/400/200m
(200m walk/jog recovery)
- 18/1/06 4 x 1200m (200m walk/jog recovery). Followed by 200m at full effort.
- 25/1/06 3 x 1600m (200m walk/jog recovery). Followed by 200m at full effort.
- 1/2/06 "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery).
- 8/2/06 3 x 2000m (200m walk/jog recovery).
- 15/2/06 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner.
Recover on remainder.
- 22/2/06 5k. Time Trial. (Please wear a stopwatch).
- 1/3/06 16 laps of sprinting straights and jogging bends.
- 8/3/06 Relay session 2 x 12 x 200m (per person) in teams of 3 (400m jog between sets).
- 15/3/06 Paarlauf session 12 x 400m.
- 22/3/06 8 x 600m (200m walk/jog recovery). Followed by 200m @ full effort.
- 29/3/06 6 x 800m (200m walk/jog recovery). Followed by 200m @ full effort.

Mike Hickman

UK: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST
Telephone 01494 525474 or 07947 309923 (Mobile).
e-mail mikehick@btinternet.com

Why?

Some of the strange stuff we do, are they compulsive excessive behavioural problems?

Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee on "insufficient funds" when they know there is no money in the account?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why doesn't glue stick to the bottle?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why did Kamikaze pilots wear helmets?

Whose idea was it to put an "S" in the word "lisp"?

If people evolved from apes, why are there still apes?

Why is it that no matter what colour bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end you first try?

How do those dead bugs get into those enclosed light fixtures?

When we are in the supermarket and someone rams our ankle with a shopping trolley then apologizes for doing so, why do we say, "It's all right?" Well, it isn't all right so why don't we say, "That hurt, you stupid idiot?"

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

If at first you don't succeed, shouldn't you try it like your wife told you to do it?

And obviously if at first you don't succeed, then don't take up sky diving!

The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends, if they're okay, then it's you.

Thanks to Runners'r'us for these observations.



Handy Cross Runners Runner of the year 2005

I hereby nominate.....

Citation (if any).....

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Signed.....