



# The Bulletin

Handy Cross Runners  
Newsletter

December 2006

**H**appy Christmas and an injury-free new year to everyone. With this issue you will find (you can hardly miss it!) a Welcome and Information Pack which includes your membership card.

Come and enjoy yourself with all your running mates, without the effort of running, at the Christmas Disco! See the Judo club with its magnificent Christmas decorations and vote for your choice of Runner of the Year (voting form on back page) on Friday 15th December from 7.30. And if you were unlucky in the London Marathon ballot, bring your rejection slip for the draw for the three extra places given to the club. Be there!

After the excesses of Christmas, why not join Rod Palmer on his Boxing Day run from Hazlemere cross-roads? Meet at 10.30, have a gentle run and then enjoy more booze and mince pies afterwards.

Congratulations to; Trevor Hunter, who won his first Marathon at Abingdon with a pb.

Julia Downes, who finished first lady in the Congleton Half Marathon and third lady at Herve.

To Samantha Amend, who finished second lady in the Abingdon Marathon.

Pat Bromley and Rose Priest, who both completed the New York Marathon in 5 hours and 43 minutes and raised over £1500 for the Iain Rennie Hospice and Hearts & Souls Cardiac Rehab.

To Pippa Thomas, on the birth of baby Arthur in September. Also to the Chiltern League cross-country team, who are top of the Chiltern League second division going in to the new year.

Sorry to hear that Wendy Bates is leaving us to live in Ireland. Although she hasn't been running with us for long, we will miss her, especially in the cross-country series.

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*What's On!*

January 14th

Wendover Multi-Terrain 5

February 4th

Watford Half Marathon

February 11th

Wokingham Half Marathon

## Chiltern Cross Country League

January 13th

Mob Match at Slough

February 17th

Mob Match at Wing

## Thames Valley X Country League

December 17th

Reading Road Runners

January 7th

Tadley

January 28th

Finch Coasters

February 4th

Bracknell Forest Runners

February 18th

Metros (Provisional)



## Mystery Runner

**Y**es it really was Richard Stone in the last Bulletin, pictured enjoying a holiday at Butlins over forty years ago. Thanks to Ellen for supplying the pictures.

Incidentally, don't mention wheels to Richard. Having spent a small fortune on some expensive alloy wheels for his new car, he scraped them against the side of Marlow bridge the second time he drove it!

## Tring Ridgeway 15K Multi-Terrain Race

**T**here was a nice touch with the prize giving at the end of this race. As it was the 25th anniversary, the organisers awarded spot prizes of £20 gift vouchers to the persons finishing in 25th, 125th, 225th, 325th and 425th positions. Maybe something we could think about doing for example for every 100th finisher as a way of encouraging people to stay around for the prize giving.

## Handy Cross Runners go to the Dogs

**N**obody can accuse club treasurer Duncan Kennerson of frittering away the club's money, the coach he hired to take us to Oxford was an old bus complete with luggage racks and bell pushes!

However it did get us there (and back, to the surprise of some) for an enjoyable evening, where everyone, except Rose Priest and the Bookies, lost all their money.

Thanks Duncan for organising the trip.

## Runner of the Year

**N**ow is the time to think about who you would like to receive the Handy Cross Runner of the Year trophy. There is a voting form on the back page which you can use to nominate the person you think most worthy of the award, not necessarily one of the club's best runners, Liz Davey (who would be the first to admit is not one of our fastest) won it last year. It could also be someone who no longer runs but works hard behind the scenes (or someone like the editor of this publication) for example.

Give your nomination to a committee member or bring it along to the disco on the 15th of December, where the result will be announced and the trophy presented.

## New Members

**A** very warm welcome to the following new members, don't forget your free t shirt.

Nicholas Barnes, David Claridge, Trudi Fairchild, Deborah Gatesman, Helen Moseley, Michelle Putman, Gary Tarr, Jessica Todd, Valerie Vocanson, John Walker and Lorraine Warman.

## Being British

**O**ne of the national daily papers is asking for comments about "what it means to be British". Here is a comment from a chap in Switzerland who lived in Britain for 12 years.

"Being British is about driving in a German car to an Irish pub for a Belgian beer, then travelling home, grabbing an Indian curry or a Turkish kebab on the way, to sit on Swedish furniture and watch American shows on a Japanese TV.

And the most British thing of all? Suspicion of anything foreign!"



## Legoland 10K

**C**ongratulations to Phil Stephens and Samantha Amend for their excellent results following a cross-country race the day before.

Phil was 2<sup>nd</sup> Male in 37.39 and Sam was the 3<sup>rd</sup> lady home in 42.16. The prizes were Lego and also a Lego trophy presented by Marlon Devenish (see picture below).

Samantha reports:

"After Cross-country for the club on the Saturday in Watford we knew this race would be a challenge. It started off in Legoland's car park and then proceeded in the woods (multi-terrain) for a further eight kilometres.

The morning of the race was pretty chilly but nice enough conditions for running. The Crown Estate woods were slightly muddy from the rain the day before and the course consisted of running between sludgy puddles and a small area/path cleared for tractors, with probably not more than 1200 runners.

What I remembered from last year though was that the last kilometre would be down hill followed by what I would class as the worst finish in a race. A very steep hill on which even relatively fresh legs would struggle to do a sprint finish. The race could definitely be classed as cross-country.

However it was a well supported and friendly race with mixed abilities. More than anything Phil felt like a celebrity collecting his trophy from Marlon Devenish, 200metre sprinter and Gold medallist in the 4x4 relay."





# Results

## Dublin Marathon

Rob McGraph 3:06:45  
Mike Hickman 3:37:33

## Congleton Half Marathon

Julia Downes 1:23:03 (1<sup>st</sup> lady)

## Henley Half Marathon

Dan Charleston 1:23:05  
Benji Benjamin 1:25:45  
Pete Smith 1:26:42  
Dave Sanderson 1:28:27  
Mike Hollis 1:34:42  
Ron Newman 1:40:10  
Alan Wheeler 1:44:42  
Celia Edwards 1:56:32  
Rose Priest 2:25:09  
Pat Bromley 2:26:10

## Tring Ridgeway 15K Multi-Terrain Race

Caroline Ward 1:13:57  
John Peerless 1:17:22  
Mike Hickman 1:19:59  
Liz Davey 1:28:59  
Penny Fisher 1:29:27  
Linda Weedon 1:32:20  
Angie McLoughlin 1:33:23

## Great North Run

Trevor Hunter 1:14:56  
Samantha Amend 1:30:19  
Caroline Ward 1:34:39  
Mark Hoad 1:36:45  
Gill Brooks 1:53:00  
Donna Howlett 2:22:51

## Nike 10K

Lorraine Warman 64.00

## Windsor Half Marathon

Ron Newman 1:43:38 (1st MV60)

## Legoland 10K

Phil Stephens 37:39 (2nd)  
Sam Amend 42:16 (3rd lady)  
Mary Anne Bunni 60.00

## Jog Shop Jog 20

Andy Harrison 2:56  
Mike Hickman 3:12

## Blenheim 10K

Brendon Gilbert 39:36  
Micky Middleton 57:36

## Abingdon Marathon

Trevor Hunter (1st) 2:37:05 (PB)  
Samantha Amend 3:02:11 (2nd lady)  
Alan Wheeler 3:34:59  
Ray Ramon 4:25:31

## Herbert's Hole

Penny Cutler 50:55  
Mike Hickman 56:02  
Ann Palmer 69:47  
Katy Palmer 71:08

## Wolverton 5

Lydia Davis 34:00 (1st in cat)

## Ricky Road Run

Mike Hollis 61:04  
Mary Anne Bunni 85:45

## Great South Run

Asuka Watatsuki 89:46

## Marlow Half Marathon

Frank Fulcher 1:20:33 (5th)  
Mike Hollis 1:33:58  
Trevor Free 1:37:39  
Russell Dean 1:41:24  
Alan Wheeler 1:42:30  
Penny Cutler 1:43:34  
Mike Hickman 1:45:14  
Paul Palmer 1:46:43  
Lucy Couturier 1:58:25  
Kathryn Wesley 2:05:55  
Linda Weedon 2:05:55  
Mary Anne Bunni 2:14:19  
Ann Palmer 2:24:15

## Les 4 Cimes du Pays de Herve (33km)

Trevor Hunter 2:06:41 (7th)  
James Bateman 2:31:31  
Julia Downes 2:32:18 (3rd lady)



## Cross-Country

### Saturday Chiltern League

In the first Chiltern League match of the new season at Watford, the ladies team finished in first place and the men's second, with Trevor Hunter winning the race. We also finished second in both the veterans races.

The ladies team were led by Caroline Ward, who finished in 4th place, followed by Sam Amend (7th) Wendy Bates (9th) Lydia Davis (12th) Margaret Moody (14th & 1st vet 55) Angie McLoughlin (29th) and Linda Weedon (32nd)

Following Trevor were: Phil Stephens (8th & 1st vet 40) Frank Fulcher (11th) John Dooey (27th & 2nd vet 50) Alfred Benjamin (32nd & 3rd vet 50) James Bateman (33rd) Dave Sanderson (36th) Mike Hollis (52nd) and John Peerless (62nd)

On the following day Caroline Ward was 2nd lady in the Tadley Runners 10K, while Phil Stephens finished 2nd and Sam Amend 3rd lady in the Legoland 10K at Windsor.

The ladies continued their good form by winning the second match at Luton, while the men finished fourth. Caroline was again our first finisher in 4th place followed by Sam (6th), Lydia (8th), Wendy (11th), Penny Cutler (16th), Angie (30th), Linda (33rd) and Ann Palmer (41st).

Phil finished fourth in the men's race, followed by Frank (5th), Benji (33rd), Steve Roberts (34th), John D (42nd), Dave (4th), John P (78th) and Mike Hickman (91st).

This result left the club in first place in the division by one point and this successful start continued in the third round on a very tough new course at Culham, where the men's team finished first and fourth vets (with Trevor in first place) and the ladies third.

Following Trevor was Frank (7th), Phil (13th), Dan Charleston (17th), Brendon Gilbert (28th), Steve Roberts (34th), James (41st), John D (48th), Martin Fisher (54th), Mike Hollis (64th), John P (84th).

Sam Amend was our first lady finishing in fourth place followed by Lydia Davis (7th), Ellen Haynes (19th), Angie (29th) and Linda (30th).

The club is currently leading the 2nd division by thirty points, well done everyone and keep it up in the new year!

### Thames Valley Sunday League

In the Sunday League we started well at Datchet with a full team and finished in seventh place, but with only seven runners at Sandhurst we were relegated to last place. I'm not surprised so few turned up at Sandhurst as the weather was atrocious, torrential rain, thunder and lightning and plenty of mud, although due to the rain my shoes were cleaner at the finish than they had been at the start!

The third race in the series was our own one in Bradenham Woods, when the weather was much better but the mud much thicker! Over 180 runners completed the course and some were very complimentary. However as usual we had too few helpers, Lydia saved the day by bringing along some guests who helped with the marshalling.



# Tuesday Night Training Programme

- January 2<sup>nd</sup> Relay session around Dave Nash Estate (in teams of 3). 2 x 8 laps per team.
- January 9<sup>th</sup> 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 16<sup>th</sup> Paarlauf session around Dave Nash Estate 10 – 14 x 310m
- January 23<sup>rd</sup> 8 - 12 x 400m (200m recovery) Oak Crescent.
- January 30<sup>th</sup> 6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder).
- February 6<sup>th</sup> 4 - 6 x 800m (Oak Crescent) (200m recovery).
- February 13<sup>th</sup> 4 – 6 laps around small circuit Cressex Rd. John Hall Way and up footpath (200m recovery).
- February 20<sup>th</sup> Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down).
- February 27<sup>th</sup> 3 - 4 x 1200m (Oak Crescent) (200m recovery).
- March 6<sup>th</sup> Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit.
- March 13<sup>th</sup> 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit.
- March 20<sup>th</sup> 5k. Time Trial. John Hall Way.
- March 27<sup>th</sup> 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.

- 3/1/07 5 x 1000m (200m walk/jog recovery).
- 10/1/07 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 17/1/07 4 x 1200m (200m walk/jog recovery). Followed by 200m at full effort.
- 24/1/07 3 x 1600m (200m walk/jog recovery). Followed by 200m at full effort.
- 31/1/07 "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery).
- 7/2/07 3 x 2000m (200m walk/jog recovery).
- 14/2/07 Hill session, 8 x full circuits maintaining effort until 2<sup>nd</sup> corner. Recover on remainder.
- 21/2/07 5k. Time Trial. (Please wear a stopwatch).
- 28/2/07 16 laps of sprinting straights and jogging bends.
- 7/3/07 Relay session 2 x 12 x 200m (per person) in teams of 3 (400m jog between sets).
- 14/3/07 Paarlaf session 12 x 400m.
- 21/3/07 8 x 600m (200m walk/jog recovery). Followed by 200m @ full effort.
- 28/3/07 6 x 800m (200m walk/jog recovery). Followed by 200m @ full effort.

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# Handy Cross Runners Runner of the year 2006

I hereby nominate.....

Citation (if any).....

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Signed.....