



The Bulletin

Handy Cross Runners
Newsletter

December 2007

We are privileged to publish in this edition of the Bulletin, Terence Eves' long-awaited (he claims) sequel to both *A Runner's Tale* and that other critically-acclaimed literary masterpiece (he also claims) *Ellen 'n' Karen 'n' Sue*. This work of genius is called *A Walker's Tale* and can be enjoyed on page 3.

Congratulations to the following:

Jenny Shorrocks who has been selected to represent Great Britain at the Triathlon World Championships in Vancouver next June. Rob Petingall has also been selected as a reserve for the same event.

Alan Wheeler and new wife Diane on their marriage in September.

James Bateman who celebrated a significant birthday recently.

Karen Jenkins for being unanimously voted 'Runner of the Year' at the Christmas party.

Lorraine Warman on the birth of Arthur George, born on 23rd October (a few days after Lorraine was in the club photo) weighing 7lb 6oz and arriving on his daddy's birthday. We look forward to seeing mum and baby soon.

Julie Dean on the birth of second son, Jayden James (a brother for Archie) on 2nd December at 7lb 12oz. Julie used to run with us and completed the London Marathon in 2003 before she started producing children. Jayden is the editor's fourth grandson, now you know why I wasn't at our cross country.

With the last Bulletin was a new club membership card. If you didn't receive one please let me know as I have several spares.

Future Events

- Highworth Half Marathon
Sunday 20th January
- Alex Johnson Trophy Handicap Race
Sunday 24th February
- Goring 10K
Sunday 24th February
- Pub Run from The Gate
Sunday 23rd March
- Marlow Duathlon (7K run/25K bike/7K run)
Sunday 30th March

There are lots of events coming up over Christmas (as if it's not busy enough) starting with our party on Friday the 14th at the Judo Club, followed by a hash run from Downley on Sunday the 16th (the Reading Road Runners cross-country that was to be run on that day has been cancelled) then it's Tora's Xmas run from Stonor on Saturday the 22nd, followed by a barbecue and mulled wine.

On Boxing Day it's the traditional run from Rod and Margo's followed by more mince pies, then the Cliveden cross country on Sunday the 30th.

I hope to see many of you at these events, but if I don't have a lovely Christmas and a happy new year.

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: martin@martinjdean.sol.co.uk



Thames Valley XC League

So far this season we have had an excellent turnout of members at Datchet and Sandhurst and 162 runners competed in our event on a very wet morning. The Reading Road Runners event has been postponed until March, so these are the remaining fixtures:

6th January Tadley

27th January Finch Coasters

3rd February Bracknell Forest Runners

16th March Reading Road Runners

All events will cost £2 per runner.

All guest will be charged £2 but will not be able to score. All events will start at 11:00

New Members

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

Laura Broderick, Tom Chalk, Laura Cornwell, Vanessa Herbert, Ellen Jones and Nicola More,

Missing Database

As you probably know Steph had his house broken into and a bag that contained his laptop was stolen. This laptop had on it the Handy Cross database and therefore someone who wants to, could get access to all our names, addresses, telephone numbers and dates of birth. Whilst this may be unlikely and the consequences pale into insignificance when compared to the recent loss of government data, please be extra vigilant in disposing of other documents that have your name and address on and for unusual people in your neighbourhood.

A Message from Alison Packman

Thanks for keeping me up to date with the stuff going on at Handy Cross - well done Mike for the Ridgeway! Just to let you know I've set myself a challenge - the Connemara Marathon on 6 April 2008. So if anyone wants to face the mountains of Connemara, enjoy the scenery- and not worry about getting a personal best - come along!!!

Marlow 5

The Club presented a cheque for £2,500 to the nominated charity for the Marlow 5, the Longridge Scouts Boating Centre, at the end of November.

The money was gratefully received, although it was a small amount compared to the Lottery grant they were awarded in the same week.

Unfortunately Margaret Moody has stepped down from the organising committees of both this race and the Wycombe Half Marathon. Margaret has done a fantastic job over many years and she will be sorely missed on these committees, although she will still be very much involved on the day of the events.

London Coach

Don't forget that if you want to take all the hassle out of getting to the start of the London Marathon on Sunday 13th April, Duncan is once again organising a coach, leaving the Judo Club at 06.30 sharp (and returning whenever) at the same price as last year.

Non-runners and friends are welcome on a first come first served basis, but remember, your seat is only guaranteed on full payment and the coach was over subscribed last year.



A Walker's Tale

Handy Cross Walkers? Well Heaven forbid!
That I'm ever reduced to their ranks!
A leisurely stroll is their ultimate goal,
So Handy Cross Walkers? No thanks!

This club's about winning and PBs and sweat,
And standards we strive to attain.
Walkers will whinge when the going gets tough,
While runners just soak up the pain.

But disaster has struck, and I'm fresh out of luck!
'Cos a niggle has knackered my knee,
It's a terrible night as there's no blokes in sight,
Just eight girlie walkers and me.

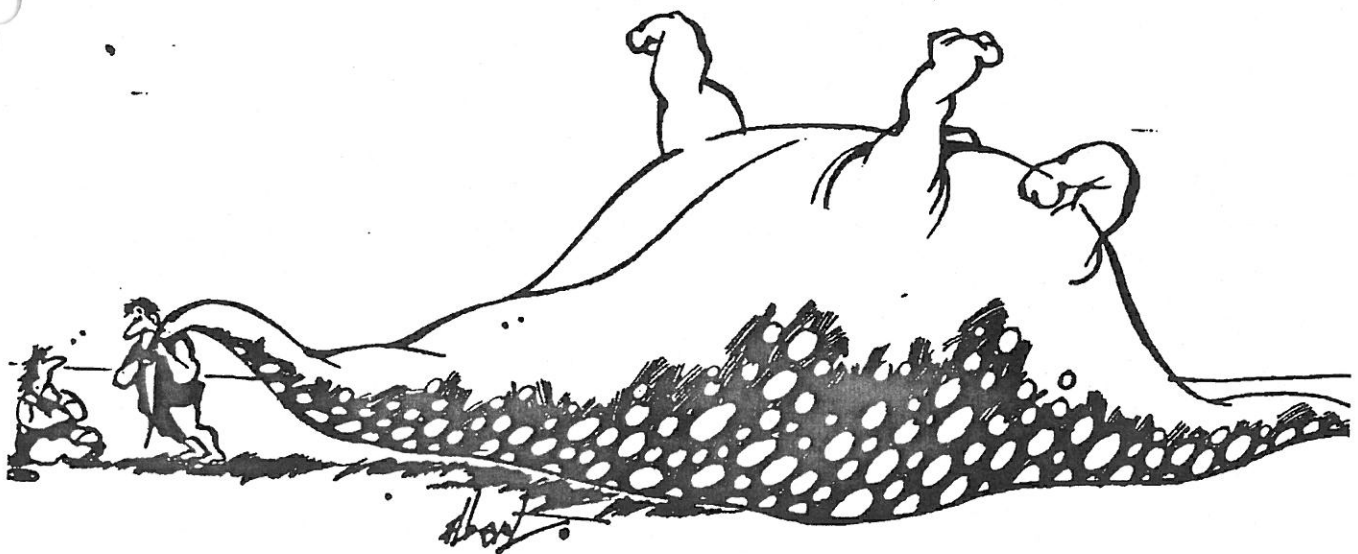
We march off to the west by the sun's fading light,
At a pace 'twould befit a 5K,
And were trekking through cornfields when day
turned to night,
With eight Amazons paving my way.

But what would I do, seen by someone I knew?
Pull my top up right over my head!
As eight (XstartsX) girls and me on a synchronised limp
Would completely destroy my street cred.

We rushed up dark alleys without falling down,
Which for me, you'll agree, was a first,
And girls being girls they gossiped non-stop,
Some might say (it's not true) I was worst!

And they sang that they'd walked for five hundred
miles,
Which seemed quite excessive to me.
As no-one wore a Garmin I couldn't be sure,
But proclaimed it was nearer to three.

When at last we got back I'd forgotten my knee,
It was only my ears now that hurt,
And that ends the tale of The Walkers and me.
Will I join them again? It's a cert!



It's no bloody use now—the beans have gone cold."



Results

Folkestone Half Marathon

John Dooley 1.24.29 (1st V50)
Martin Fisher 1.28.32
Linda Fisher 2.38.17 (1st half)
Valerie Vocanson 2.42.26

Great North Run

Dave Brown 2:24

Moor Park 10K

Amanda Gumus 59:07

Tring Ridgeway Run

Penny Cutler 1:19:45
Linda Weedon 1:35:56
Angie McLoughlin 1:37:00
Brian Sinclair 1:56:57

Jog Shop Jog 20

Debbie Ridout 3:54:05
Mike Hickman 3:54:05

Blenheim Palace 10K

Russell Dean 46:30

Swindon Half Marathon

Russell Dean 1:45:05

Marlow Half Marathon

Trevor Hunter 1:16:09 (3rd)
John Dooley 1:25:03 (1st V50)
Richard Hubbard 1:31:30
Lydia Davis 1:33:34
Mike Hollis 1:35:43
Paul Palmer 1:38:52
John Peerless 1:40:09
Trevor Free 1:40:36
Peter Astles 1:44:21
Des Mannion 1:45:51
Penny Cutler 1:46:11
Margaret Moody 1:47:46
Alan Wheeler 1:47:46
Josephine Smith 1:48:37
Nick Martin 1:48:38
Laura Broderick 1:49:12
Mike Hickman 1:54:09
Phil Hutchby 1:58:06
Asuka Wakatsuki 1:58:35
Darinka Reilly 2:00:17
Angie McLoughlin 2:00:58
Sarah Bates 2:00:58
Kathryn Wesley 2:00:59
Linda Weedon 2:05:19
Janet Hudson 2:06:18
Ann Palmer 2:14:13
Grace Wilson 2:14:13
Steven Fordham 2:21:02
Tina Ashburner 2:26:50
Debbie Harris 2:29:57

2nd Women's team prize
and 5th men's team

Marlow Duathlon (6K run, 25K bike, 6K run)

Rob Pettingell 1:45:38 (2nd man)
Jenny Shorrocks 1:51:35 (1st lady)
Richard Stone 2:41:56

Henley Half Marathon

Brendon Gilbert 1:27:00
Martin Fisher 1:30:45
Mike Hollis 1:35:08
Lydia Davis 1:36:46
Debbie Jones 1:44:24
Alan Wheeler 1:46:11
Trevor Free 1:47:48
Jo Smith 1:49:50
Amanda Gumus 2:12:37
Steve Fordham 2:16:16
Pat Bromley 2:16:17
Tina Ashburner 2:18:11

Serpentine 5k

Fred Ashford 22.49

Venice Marathon

Brendon Gilbert 2:59:14
Mike Hickman 4:08:54

Ricky Road Run (9)

John Peerless 60:25
Mike Hollis 60:42
Ellen Haynes 68:24

Maidstone Half Marathon

John Dooley 1:22:28 (2nd MV50)

**Eynsham 10K**

Frank Fulcher 35:36
Chris Lansdown 51:57

Herve (Belgium) 6K

Pete Smith 27:40

Herve (Belgium) 33K

James Bateman 2:45:36
Mike Hickman 3:19:59

Great Eastern Half Marathon

Paul Palmer 1.33.52
Ann Palmer 2.04.38

Rowers Revenge Triathlon

Jenny Shorrocks:- Row 18:53 / Cycle
48:18 / Run 31:42 = 1:38:54

Paul Palmer Row:- 17.12 / Cycle 52.58 /
Run 34.46 = 1.44.56

Cardiac Arrest 8

Craig Atkins 1:33:16
Gora Neogi 1:34:43

This is an assault course race involving wading through cold ponds (up to chest depth), ditches, and drainage tunnels and jumping over hay bales over undulating countryside in Olney, Bucks.

Epson 10

Chris Lansdown 1:29:21

Limassol 10K (Cyprus)

Fred Ashford 50:35 (1st V70 and V60)

Herberts Hole

Penny Cutler 51:58
Peter Astles 52:02
Mike Hickman 57:57
Katy Palmer 65:38
Grace Wilson 66:17

Ridgeway Run

Mike Hickman 20hrs and 4mins
(9th overall and 2nd in his category)

Chiltern Marathon

Penny Cutler 5:10
John Peerless 5:10
Nick Martin 5:15
Margaret Moody 5:20
Liz Davey 6:30
Angie McLaughlin 6:30
Linda Weedon 6:30
Meg Knight 6:30
Vernon Martin 7:07

Chiltern League Cross Country**Watford**

Ladies team

21st Lydia Davis 26.49, 43rd Ellen Haynes 29.56, 54th Deborah Gatesman 31.31, 68th Linda Weedon 33.16, 69th Angie McLaughlin 33.29, 78th Sue Neale 36.30

Men's team

64th Phil Stephens 32.48, 69th Dave

Bosley 33.14, 81st Brendon Gilbert 34.00, 88th John Dooley 34.24m 100th Steve Roberts 34.54, 123rd Benji 36.19, 131st James Bateman 36.43, 139th John Peerless 37.23, 150th Mike Hollis 38.27, 164th Dave Sanderson 39.31, 176th James Peerless 40.45, 188th Fred Ashford 43.17, 190th Mike Hickman 44.48

Oxford

Ladies team

21st Lydia Davis 26.12, 36th Ellen Haynes 28.33, 38th Tora Stacey 29.00, 61st Asuka Wakasaki 31.26, 66th Angie Mcholuglin 32.34

Men's team

21st Trevor Hunter 36.59, 77th Brendon Gilbert 40.17, 88th John Dooley 41.40, 118th Martin Fisher 43.15, 135th Benji 44.32, 139th Nigel Sanderson 45.00, 161st Mike Hollis 46.47, 181st John Peerless 49.22, 204th Fred Ashford 57.39

Luton

Ladies team

31st Tora Stacey 27:51, 32nd Ellen Haynes 27:53, 49th Deborah Gatesman 30:45, 52nd Angie Mcholuglin 31:05, 58th Linda Weedon 33:00

Men's team

30th Trevor Hunter 37:27, 85th John Dooley 41:46, 111th Benji 43:20, 114th Phil Stephens 43:37, 117th Nigel Sanderson 44:02, 124th James Bateman 44:49, 125th Andy Harrison 44:50, 131st Mike Hollis 45:27

There are two more fixtures
in this league:

12th January at Slough
9th February at Wing



Tuesday Night Training Programme

- January 1st New Year's Day (No session) Happy New Year everyone
- January 8th Relay session around Dave Nash Estate (in teams of 3). 2 x 8 laps per team.
- January 15th 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 22nd Paarlauf session around Dave Nash Estate 10 – 14 x 310m
- January 29th 6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder).
- February 5th 4 - 6 x 800m (Oak Crescent) (200m recovery).
- February 12th 4 – 6 laps around small circuit Cressex Rd. John Hall Way and up footpath (200m recovery).
- February 19th Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down).
- February 26th 3 - 4 x 1200m (Oak Crescent) (200m recovery).
- March 4th Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit.
- March 11th 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit.
- March 18th 5k. Time Trial. John Hall Way.
- March 25th 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.

- 2/1/08 5 x 1000m (200m walk/jog recovery).
- 9/1/08 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 16/1/08 4 x 1200m (200m walk/jog recovery). Followed by 200m at full effort.
- 23/1/08 3 x 1600m (200m walk/jog recovery). Followed by 200m at full effort.
- 30/1/08 "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery).
- 6/2/08 3 x 2000m (200m walk/jog recovery).
- 13/2/08 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner. Recover on remainder.
- 20/2/08 5k. Time Trial. (Please wear a stopwatch).
- 27/2/08 16 laps of sprinting straights and jogging bends.
- 5/3/08 Relay session 2 x 12 x 200m (per person) in teams of 3 (400m jog between sets).
- 12/3/08 Paarlauf session 12 x 400m.
- 19/3/08 8 x 600m (200m walk/jog recovery). Followed by 200m @ full effort.
- 26/3/08 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



Handy Cross Runners

The Old Ones Are The Best

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

Two peanuts walk into a bar, one was a salted.

Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"

"Doc, I can't stop singing 'The Green, Green, Grass of Home.'" "That sounds like Tom Jones Syndrome." "Is it common?" "Well, it's Not Unusual."

Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true; no bull!" exclaims Daisy.

An invisible man marries an invisible woman. The kids were nothing to look at either.

Deja Moo: The feeling that you've heard this bull before.

I went to buy some camouflage trousers the other day, but I couldn't find any.

A man woke up in a hospital after a serious accident. He shouted, "Doctor, doctor, I can't feel my legs!" The doctor replied, "I know you can't - I've cut off your arms!"

I went to a seafood disco last week...and pulled a mussel.

What do you call a fish with no eyes? A fsh.

Two fish swim into a concrete wall. The one turns to the other and says, "Dam!"

A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt, and is named "Ahmal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."

Mahatma Gandhi walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him 'a super-calloused fragile mystic hexed by halitosis'.

Thanks to Mike Hollis for proving the old saying!

Bramley 10/20

Unfortunately this popular race on Sunday 17th February, has been cancelled this year due to road works.

Handy Cross Runners AGM

Our AGM will be held this year on Tuesday 25th March at the Judo Centre.

30th Birthday

The club will be thirty years old in February and will be celebrating the event at the Judo Club on Saturday 16th, the closest date to the inaugural run. Please come along and spread the news to any former members you may know or meet.

