



The Bulletin

Handy Cross Runners
Newsletter

December 2012

It's Christmas!!!!

Seasons greetings to everyone and a happy New Year! We have already started celebrations with the Ladies Dinner (see page 6) and the Panto (see page 2) having passed and the chaps (thanks to Phil and Pete's initiative) actually organised a visit to the local Indian Restaurant after a Thursday evening run.

Festivities will continue on Sunday the 16th with Tez and Hez's Christmas Cracker of a run from the Spade Oak at 10.00 with distances of 5.5, 9 and 13 miles and a walk to Cookham (and back). Please dress appropriately for the season ie. Christmassy! Then it's our Christmas Disco at the Judo Centre on the 21st. On Boxing Day Rod and Margo will organise a run from Hazlemere with drinks and nibbles (if you still have room) afterwards. There will also be a parkrun at Black Park on the same day (at 9.30) and on New Years Day.

If you're still stuck for a Christmas present why not buy them some club kit? If the recipient doesn't want it you can always change it for something that will fit you! Linda currently has:

Technical T Shirts @ £8.00 Long sleeve Technical T Shirts @ £14.00 Men's and Ladies Vests @ £16.50 and Fleeces or hoodies can be ordered. She also has stocks of Florescent bibs and snap bands (to keep you visible in the dark) There are also some old style vests (Mens only) for £10.00 instead of £16.00 and shorts for £5.00.

Please bring your cheque book if you want to buy anything, cheques made payable to Handy Cross Runners please. Linda will try to get to the club every Tuesday or you can email her at:

lindawedon@kurtmueller.co.uk

Also if you haven't bought your Christmas turkey or goose and other goodies, you've still got time to order what you need from Tora's farm!

See her advert on page 6.

Sunday Morning Pub Runs

These popular events have morphed from the Thursday Evening pub runs in the summer and have a similar choice of distances to run or walk and can cover longer distances as there is more time. In October we ran from Great Hampden and in November from Wendover, with the Christmas one planned from The Spade Oak. In January we are hoping to go to Hedgerly near Beaconsfield. Trevor is looking for other venues to use so if you have any suggestions please let him know.

As I returned through Great Kingshill from a 'recce' for the Wendover pub run, I noticed two people on static bikes outside Mike's shop. When I stopped I found it was both Mike and Hannah riding the bikes and collecting money for Children in Need. During the day they covered over 200 miles and raised over £1000 for charity.

Martin Dean (Editor)



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London Marathon

Three lucky (?) people won numbers for the London Marathon when their names were drawn in a raffle for the places given to the club. The three recipients are: Lucy C, Phil H and Julie Bowler with Helen as first reserve.

Linda and Helen are also hoping to win a place through the parkrun organisation, but unlike the club they only have a one in several thousand chance!

If you are lucky enough to have a place or want to go and support our runners, Duncan will be organising a coach to whisk you effortlessly from the Judo Centre to the start and then return again afterwards for a very reasonable price.

Long Distance Walkers Association

Those people who regularly enjoy such events as the Chiltern Marathon and the Oxon 20/40 will probably be aware that these events are run by local groups of the LDWA but you may not be aware that this organization celebrated its 40th anniversary this year.

In its founding year it had 355 members and now has over 7500 with 44 local groups organizing 190 challenge walks a year. Their definition of a 'long walk' is anything over 20 miles and the challenge walks (usually 26 or more miles to be completed within a set time) are also open to runners. The association's 'flagship' event is a continuous 100 mile walk held bi-annually (Elaine Brewster has completed this very gruelling event in the past).

The challenge walks represent very good value to runners when compared with the entrance fees for races, but the association emphasizes that these events are strictly non-competitive (although the speed that some of the walkers achieve takes some keeping up with by the runners).

I cannot recommend these events highly enough, you can travel the country to take in a challenge walk every weekend if you want, but there are plenty within easy travelling distance. As well as being cheap to enter they offer excellent value, with free tea and coffee at the start, drinks and snacks at the checkpoints and often a simple meal at the end, all included in the entry fee.

Handy Cross Panto December 2012

Thirty-four Handy Cross members and friends started off the festive season with our annual trip to Wycombe Swan for this years performance of Snow White & the Seven Dwarfs.

The evening started with a meal for some of us (not all 34!!) at Noodle Nation, or as Mike calls it the Nookie Bar, still unsure why but maybe I am not looking in the right direction?

The wicked Queen was played by Craig Revel-Horwood (better known as the judge from Strictly Come Dancing) and accompanied by the former Conservative MP Ann Widdecombe (or 'Widdy' as Craig calls her).

The evening was full of ..."He's behind you" and "Oh no he's not" as you would expect plus Craig's quotations of, "A dancing disaster darling" and "FAB U LOUS" followed by, "A MA ZING.....!!!"

During the evening we were subjected to a malfunction of the dried ice with the first two rows being completely immersed. Trevor Hunter sitting three seats down from me, was not visible at all for several minutes.

Sadly all the lines were remembered, no one tripped up or any scenery collapsed and nobody got picked on, never the less it was really really good evening as always!!!

Craig was just A MA ZINGand of course at the end the younger members held up 7's for the scoring which made Craig smile, if you don't understand the innuendos (*I don't Ed.*) then you need to tune into Strictly Come Dancing asap on BBC1 (*or get a life*).

Judging by the feedback I have had everyone thoroughly enjoyed themselves, Anne and Paul Palmer have already reserved seats for next year and only today Trevor Hunter has asked me to confirm two places so he can get a dog sitter...that's how good it is.

For the record I have reserved 34 SEATS FOR DECEMBER 2013.....oh yes I have!!! The panto is to be Dick Whittington and as yet do not know who will be starring, but rest assured I will keep you updated.



Leadership in Running Fitness Course

Along with Ellen, Margaret and twenty-two other delegates, I attended this course at the 'Oxford Academy' in October, which you need to do before you can become a Run England Group Leader.

The first thing we learnt was that Mike has been doing warm-ups all wrong in the past! The approved method now is to do a dynamic (rather than static) warm up routine which Mike has adopted.

Something else we learnt was that we don't 'warm down' we 'cool down' which makes sense.

During the day we took part in many group activities in and out of the classroom with each person given the opportunity to become a 'leader' at least once.

The objective of the course is to prepare you as a Leader to provide safe and enjoyable first running experiences to people of any level of ability, age, size and shape.

We investigated the barriers (real and perceived) to participation in running activities, the health benefits associated with running and injury prevention and management.

We learnt how to safely manage a multi-ability group and how to plan and deliver all parts of a session including stretching and warm ups followed by different types of running exercises and then cooling down.

At the end of the course and following a CRB check, we will receive a Leadership in Running Fitness Licence and register to become a Run England group leader. Margaret and Ellen have already formed running groups.

If you would like to lead a beginners running group then speak to Mike Hickman who will find a suitable course for you to attend.

Oxford Half Marathon

For the second weekend in succession I travelled to Oxford, this time to run in the Oxford Half. The race started outside the Kassam Stadium (Oxford United's home) and I got changed in the home team's dressing room before joining everyone outside. On the way to the start I was interviewed by a camera team (only

two people actually) but I don't know who they were or whether the interview was broadcast.

It was a very cold but sunny morning and the race was started by Sir Roger Bannister, the first man to run a mile in under four minutes. He was well wrapped up against the cold, but he is in his 90's after all. The race went through the MINI plant before following the Eastern by-pass, through the Oxford Academy, then down the Iffley Road and past the site of the running track (now houses) where the four minute barrier was first broken in 1954.

I was soon passed by Karen, Claire, Fran and Hannah who had been delayed at the start due to traffic problems. As there were pacemakers for every five minutes finishing times, I settled between the 2.00 and 2.05 groups, hoping to push on towards the end to finish in under two hours.

I was running to raise money for the Helen and Douglas House Hospice (I do voluntary work in the Wycombe and Risborough shops) and received lots of support from the crowds as it is a local charity.

The route crossed the Plain and Magdalen Bridge before turning left into Christ Church Meadows. The sight of the cows grazing in the meadows so close to the centre of a large city always amazes me.

We emerged onto St Aldates, crossed the river Isis (the River Thames becomes the Isis when it flows through Oxford) then turned left and ran along the river bank down to Iffley lock. Then back onto the by-pass before heading through Littlemore and back towards the stadium. At this point I realised I wasn't going to catch the two hour pacemakers and settled for just finishing.

As we approached the stadium I thought it was all over, but no, we ran right past it before turning back and finishing in front of the main stand to the roar of the crowd (well perhaps a few less than at the average football match).

Before the race we handed in our bags one at a time and afterwards we collected them one by one, which led to a huge queue of cold, tired runners waiting for nearly as long as it had taken to run the race for the return of their bags. I hope they improve their system next year.

This was a very enjoyable race with a nice mixture of city and riverside running, strongly recommended.



Cross Country

For the third weekend in succession, I found myself travelling to Oxford again, this time to run in the seasons first Chiltern League cross-country race.

Now the first race of the season is usually a fairly tame affair in nice weather on firm paths. Not this year though, although the weather was pleasant, the rain in the previous week ensured that it would be muddy. The youngsters who ran the earlier junior races were coming back covered in mud and brought tales of terrible conditions on the course.

Ellen finished the Senior Ladies race with only one shoe, having abandoned her other one in the mud, so the men were rather apprehensive as we had to go through the muddiest section of the course twice!

Within the first hundred metres the race went through a stream, ensuring that our feet were nice and wet before running up Shotover Hill. At the bottom of the hill the footpath where Ellen lost her shoe resembled the Western Front and would not have been out of place in the Grizzly or the Tough Guy!

However it didn't deter the fastest runners and the race leaders were soon pounding past on their second lap and showering me with mud. Then back up the hill before attempting the bog again. I was quite content to delicately pick my way through and was pleased to still have clean hands within a short distance of the finish, when I tripped over a bramble and landed face first in some particularly smelly mud.

We actually had a full team at Oxford and this continued in the races at Shuttleworth and Slough, with the best team result for several years at Slough where the ladies were 6th out of fourteen and the men were 4th out of seventeen clubs! Overall we are now in 5th place out of the nineteen clubs in Div 2. Well done everyone!

There are two more races in this league, January 12th at Luton and February 9th at Wing, let's have a big turnout at these too.

Our numbers were down however at the first two Thames Valley League Sunday morning events, with twelve of us running at Datchet (out of four hundred finishers) and only six at Sandhurst (although this clashed with a Sunday morning pub run).

The next event was our own run in Bradenham Woods and this attracted over three hundred competitors who ate all the food at the end leaving the marshals with a few crumbs! However there was plenty of tea and coffee which was very welcome on such a cold morning. Congratulations to Steve and Lucy who both ran. The biggest advantage to marshalling our event is that you don't have to run this particularly hilly and muddy course!

There are five more Sunday morning events:

16th December at Ruislip (Metros), 23rd December at Bearwood College (Reading Road Runners), 13th January at Aldermarston (Tadley), 20th January at Lightwater (Bracknell Forest Runners) and the 3rd February at Finchampstead (Finch Coasters)

Please note the Tadley fixture has been changed from the 6th January as this coincided with the Cliveden cross country event.

This year these events have been even more popular and two new clubs; Wargrave and Windle Valley Runners, have increased the league to fifteen with over 300 runners in each race.

Congratulations

To John Dooley for completing the 85 mile **Druids Challenge**. This involved running the entire length of the Ridgeway from Ivinghoe to Wiltshire over three days.

John had to pull out of the race on the first day last year, but this year he not only completed the course but also won the vets 50 prize.

John was helped by experienced long distance runners Sam Amend, Trevor Hunter and Eddie O'Gorman and had his picture in the Bucks Free Press.



Wycombe Rye 5K Parkrun Has Started!

They're off!

I'm sure the new parkrun on Wycombe Rye has been brought to your attention since the first run on the 4th August. Since then fifty Handy Cross runners have competed with **Linda Weedon** (15 runs) **Darren Wakefield** (14 runs) and **Helen Moseley** (14 runs) chalking up the most attendances (after run #19). Well done.

Some Stats.

The fastest club time is recorded by **Frank Fulcher**. Frank also has the best age graded score for the club at 79.40%. (**Margaret Moody** running for Vets AC scored 84.01% and leads the age graded league). Handy Cross does have one runner leading one of the league tables. **Linda Weedon** leads the ladies points league by over 140 points with **Helen Moseley** placed 3rd. Linda has consistently been over 70% age grading with a top score of 74.60%. She is one of only seven over this mark.

Faultless operation

With my other Saturday morning job (*Black Park parkrun*) I'm unlikely to run it many times, though I did turn out for the first time on the 27th October. I was impressed the way Samantha had motivated the volunteers as marshals. It was a faultless operation.

Two pints in a one pint bottle

Getting a one lap circuit out of the Rye was quite an exercise, but by using two-way running on the back side of the dyke it is possible. With a 9 am start there is not really any major conflict with locals. I know some will feel their personal Saturday morning space is being invaded, but will go elsewhere when the run becomes established in everyone's mind diary. It is a public park for which parkrun has an activity license.

Not suitable for summer series

However this course is not suitable for the inter-club summer series races with 300 plus runners on a summer evening. There would be too many locals out walking after work.

Club recruitment

Mike does a tremendous job of recruiting new members to Handy Cross Runners. As a club we can now add to our local profile by considering Wycombe Rye parkrun as a shop window for the club.

Looking at the past results there are many unaffiliated runners turning out on a Saturday morning who may just be drifting as runners. Perhaps they are waiting for an invite but put off by the youth of Wycombe Phoenix. Let them know who we are by wearing club kit each time we attend.

Boxing Day 5K at Black Park

Black Park parkrun will be running on **Boxing Day**. Start at the slightly later time of 9.30.

It is the only parkrun to operate on that day as parkrun HQ will not support any extra runs other than Christmas Day and New Year's Day.

We have taken out separate race license and insurance with ARC to allow us to proceed. It is still FREE!

Please note that the results will be published but not part of the parkrun system. They will not draw run credits for t-shirts or any league points. All the facilities of the Country Park will be open.

There will be an extra run also on **New Year's Day**.

Fred Ashford

Thanks for this Fred, I am now a convert to the Rye Parkrun as my annual parking ticket for Black Park has expired.

A good point about wearing club kit, I must admit I don't wear mine to these events as they are rather 'low key' but it would help to advertise the club, particularly as it's in our own backyard.

Ed.



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Once again Christmas is not so far away and White Pond Farm will be open as usual! This year we are supplying turkeys, geese, beef, sausages, bacon, gammon and hams.

As usual we are sourcing our delicious turkeys from the Walter's family in Aldworth (www.waltersturkeys.co.uk) who produce quality Free Range Bronze, Farm Fresh White & Organic Free Range Bronze turkeys. They are accredited by the 'Traditional Farm Fresh Turkey Association' (TFFTA) & the 'Soil Association'. The turkeys are finished to a high professional standard and are ready for the oven. They are boxed, wrapped in greaseproof paper with a pop up timer, sprig of rosemary and vacuum packed giblets.

We will try our best to match your order to the nearest 500g; the sooner you order your turkey the better it is for us to meet your requirements. Should you wish for a goose instead then we can provide you with one from Peach Croft Farm (www.peachcroft.co.uk) in Abingdon. Their geese are traditionally reared and enjoy the freedom to roam in grassy paddocks and fields around the farm. They are grown naturally and slowly to full maturity. Reared on a completely natural diet, they are raised to the highest standards and in the best welfare conditions.

Inside the carry-home box you will find your oven-ready goose together with full cooking instructions and tips on how to prepare, without fuss, the perfect Christmas goose.

Sausages, sausage meat, chipolatas, bacon, streaky bacon, gammons and hams are all supplied by Vicars Game Dealers (www.vicarsgame.co.uk) in Ashampstead who use pigs reared in the Royal Windsor Park.

Our single suckled Aberdeen Angus beef is born, grown & finished at White Pond Farm on a ration including our home-grown rolled barley after a summer grazing the hills in the Stonor Valley. Our meat is hung for at least 3 weeks before being jointed, packed and immediately frozen. **No order is too small!**

Hazel will be selling her delicious chutney's and jams which can be purchased on the day and Sheila's Kitchen will be producing Christmas puddings and cakes to order. Colin will have his 'Fallow deer antler artwork' on display and prices range from £35.00 to £95.00.

Your order will be ready for collection on Sunday 23rd December between 11.00 – 4.00pm. A glass of mulled wine will be awaiting you and for a donation to 'Brain Research for Dementia' you can have White Pond Farm roast beef in a Yorkshire pudding.

Merry Christmas and a Happy New Year
Simon, Lindy, Tora & Ed Stracey

Ladies Christmas Dinner

This years Ladies Christmas Dinner was held at The Chequers Inn at Wheeler End on 12 December, twenty-eight ladies all glammed up (you men missed a real treat) and barely recognisable out of our running gear, had very enjoyable evening.

The food was excellent and we all cleaned our plates except Penny Fisher who explained that this was her second Christmas dinner that day....you must plan ahead Penny!! Michelle Booth couldn't remember what she ordered and ate someone else's by mistake but nobody seemed to notice.

Crackers were pulled, laughter was had, we all wore silly hats and somebody even wore Micky Mouse ears....I wonder who??

Again a great night out and already requests for a return visit in 2013.

Dates For 2013

31st October: Halloween Run (fancy dress optional)

We plan to have a social run of about 5/6 miles through Wycombe scaring everybody en route (not difficult) then back to the club where we can finish the evening with baked potatoes and various snacks. A small charge will incur to cover cost of food etc. Trick or treating is optional.

11th December: Ladies Christmas Dinner, by popular request it looks like we will be heading back to The Chequers at Wheeler End, if they will have us back.

20th December: Annual HX Disco at Club. You may want to put these in your diaries, they are all confirmed dates. Lucy

**Lucy's Christmas Jokes 2012**

What does Santa suffer from if he gets stuck
in a chimney?

Claustrophobia!

Why does Santa have three gardens?

So he can 'ho ho ho'!

What kind of motorbike does Santa ride?

A Holly Davidson!

Who delivers presents to cats?

Santa Paws!

What does Santa do with fat elves?

He sends them to an Elf Farm!

What do you get if you cross Santa with a duck?

A Christmas Quacker!

What do Santa's little helpers learn at school?

The elf-abet!

What did Santa say to the smoker?

Please don't smoke, it's bad for my elf!

What do you get if Santa goes down the chimney
when a fire is lit?

Krisp Kringle!

What do reindeer hang on their Christmas trees?

Horn-aments!

Did Rudolph go to school?

No. He was Elf-taught!

Why did the Rudolph cross the road?

Because he was tied to the chicken!

Why did the turkey cross the road?

Because it was the chicken's day off!

Why did the turkey join the band?

Because it had the drumsticks!

What do you get when you cross a snowman
with a vampire?

Frostbite!

What do snowmen wear on their heads?

Ice caps!

How do snowmen get around?

They ride an icicle!

What song do you sing at a snowman's birthday party?

Freeze a jolly good fellow!

How does Good King Wenceslas like his pizzas?

One that's deep pan, crisp and even!

Lucy



Results

Two results missing from the last Bulletin:

Bearbrook 10k

132nd Stephen Batham

Shardeleos 10k

Leah Griffin 59:39

Oxford Half Marathon

Manfred McKenzie 1:33:31

Karen Letham 1:49:46

Claire Ponsford 1:51:47

Hannah Platt 1:56:22

Fran Brown 1:56:26

Martin Dean 2:02:29

Ley Hill Challenge 10k

Steve Batham 55:14

Frieth Hilly 10k

Julian Hucks 42:08 (2nd MV50)

Michael Smith 50:34

Dartmoor Half Marathon

David Rees Hall 1:32

Cabbage Patch Ten

Julie-Anne Ryan 1:54:37

Great Birmingham Run

Gareth Morris 1:20:56

Joseph White 1:54:34

Amsterdam Half Marathon

Cat Schouten 1:56:33 (PB)

Great Eastern Half

Marathon

Paul Dineen 1:29:03 (pb)

Henley Half Marathon

Terry Eves 2:08:17

Beverley Northman 2:09:42

Chris Lansdown 2:10

Henley 10k

Soraya Bux 51:44

The Ridgeway Run

Frank Fulcher 1:00:47 (1st vet)

Trevor Hunter 1:02:51

Gareth Morris 1:05:05

David Rees Hall 1:09:45

Ellen Fulcher 1:19:09

(HCR won the men's team prize)

Windsor Half Marathon

Steve Batham 1:48:22

Terry Eves 2:07:30

Helen Moseley 2:13:39

Reading 020 10k

Darren Wakefield 57:48

Vikki Portwin 62:28 (pb)

Ealing Half Marathon

Steve Batham 1:50:14

Soraya Bux 1:53:00

Terry Eves 2:04:03

South Bucks 10k

Paul Dineen 38:43 (pb)

Margaret Moody 45:34

Michelle Booth 47:08

Angie Peerless 51:48

Linda Weedon 56:37

Berlin Marathon

Pete Summers 2:43:00

Loch Ness Marathon

Bev Nothman 3:51 (pb)

Great South Run

Darren Wakefield 1:30:46 (pb)

Fiona O'Donovan 1:39:53

Ricky Road Run

Dan Chastleton 1:05:48

Leah Griffin 1:26:49

Dublin Marathon

Fran Brown 4:31

Bedford Half Marathon

Brendon Gilbert 1:24:16

Celia Edwards 1:54:32

Herberts Hole Challenge

Brendon Gilbert 41:18

Michelle Booth 53:21

**Rugged Radnage 10k**

Gareth Morris 42:49
 Julian Hucks 43:59(1st v50)
 Robert Petingell 44:15
 Manfred McKenzie 45:15
 Dave Rees Hall 46:23
 Emma Keys 53:39
 Peter Astles 53:40
 Trevor Free 53:51
 Lucy Zaboklicka 56:26
 Fiona O'Donovan 1:11:54
 Hélé(?)ne Galsworthy 1:11:54

Marlow Half Marathon

Frank Fulcher 1:21:58 (3rd v40)
 Gareth Morris 1:27:15
 Julian Hucks 1:30:02
 Paul Dineen 1:31:55
 David Rees Hall 1:34:20
 Emily Hutchinson 1:34:27
 James Allchin 1:40:13
 Mark Dewey 1:42:44
 Penny Cutler 1:44:32
 Charolette Ing 1:47:44
 Jim Foy 1:51:06
 Stephen Batham 1:51:28
 Joseph White 1:52:27
 Phil Hutchby 1:54:46
 Des Mannion 1:56:15
 Yvette Rogers 1:57:03
 Craig Atkins 1:58:52
 Jacqueline Ing 1:58:58
 Darren Wakefield 2:10:10
 Janet Hudson 2:10:15
 Debbie Harris 2:35:51
 Vikki Portwin 2:37:26

Our ladies who won the team prize
 and our men's team finished in 2nd
 position

**Thames Valley League Cross
Country****Datchet**

61st Alun Jones
 80th Emily Hutchinson
 115th Mark Dewey
 192nd Charlotte Ing
 241st Craig Atkins
 252nd Michelle Booth
 260th Soarya Bux
 333rd Martin Dean
 338th Fred Ashford
 343rd Linda Weedon
 359th Helen Moseley
 390th Denise Manson

Sandhurst

33rd Gareth Morris
 40th Paul Dineen
 89th Howard Taylor
 164th Charolette Ing
 209th Michelle Booth
 210th Craig Atkins

Chiltern League**Hospath Oxford****Ladies race:**

21st Ellen Fulcher
 23rd Charolette Ing
 24th Emma Keys
 30th Lucy Zaboklicka
 31st Michelle Booth
 36th Soraya Bux

Men's race:

16th(2nd vet) Frank Fulcher
 36th Brendon Gilbert
 60th Paul Dineen
 78th Howard Taylor
 91st Mark Dewey

123rd Mike Blowing
 125th Chris Lansdown
 126th Martin Dean

Shuttleworth**Ladies race:**

25th Ellen Fulcher
 27th Charolette Ing
 34th Margaret Moody
 36th Michelle Booth
 39th Soraya Bux
 47th Sarah Roberts

Men's race:

15th(2nd vet) Frank Fulcher
 26th Trevor Hunter
 40th Steve Roberts
 59th Paul Dineen
 70th Mark Dewey
 81st Howard Taylor
 114th Steve Batham

Slough**Ladies race:**

26th Ellen Fulcher
 27th Charolette Ing
 40th Soraya Bux
 42nd Michelle Booth
 46th Jacqueline Ing
 56th Sarah Roberts

Men's race:

9th Frank Fulcher
 24th Trevor Hunter
 30th Brendon Gilbert
 35th Steve Roberts
 58th Paul Dineen 35:00
 61st Howard Taylor
 62nd Mark Dewey
 90th Pete Astles
 102nd Steve Batham
 107th Craig Atkins
 109th Benji



Tuesday Night Training Programme

- December 18th Hill session 6 - 7 long and 2 short Knights Hill (see the lights)
- December 25th Why not get up early, put the turkey in the oven, go out for a run and spread some Christmas cheer. Merry Christmas everyone!
- January 1st New Years Day. The club will be open and if anyone would like to do a session, I'll be there to oblige
- January 8th Paarlauf session around Dave Nash Estate 10 – 14 x 310m
- January 15th 10-12 x 400m Oak Crescent (200m recovery)
- January 22nd 6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
- January 29th 4 - 6 x 800m Oak Crescent (200m recovery)
- February 5th 4 – 5 x 1000m Oak Crescent (200m recovery)
- February 12th Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
- February 19th 3 - 4 x 1200m Oak Crescent (200m recovery)
- February 26th Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit
- March 5th 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit
- March 12th 5k Time Trial, Cressex Road/Cressex Industrial Estate circuit
- March 19th Hill session, 5 - 6 long and 2 short. Knights Hill
- March 26th 10x 200m @ 85% effort, 4 x 200m @100% effort (200m walk/jog recovery)
Havenfield Road

Keeping the dream alive