

Jogging Along

Apologies in advance for a more frivolous than usual newsletter, but it's getting near Xmas. As there are only a few running events over the next couple of months, perhaps it is time to relax a little, take ourselves and running a little less seriously, and start a fresh build up in the new year.

An Unlikely Fairy Story - Inspired by a H/X jogger, who shall remain nameless to save her blushes.

Once upon a time there was a very distressed young maiden who jogged alone and friendless on the cold, wet, wintry nights around Handy X. Each night she cried herself to sleep longing for a handsome young man to comfort her and accompany her on the perilous, dangerous journies around the back streets of Cressex.

It came to pass that a dashing young Prince Randy, a hero of skies and seas, did hear of her plight. Upon hearing her distress, the Prince swiftly packed his kit-bag full of duty free goodies, hi-jacked a sky chariot and charged through the night to rescue this damsel in distress.

But alas, the Princess's mother had been informed of this intended heroic deed. And decided the spirited Prince Randy has already done his duty to enough young ladies for the current season. So bade him accompany her to a cold, remote castle in darkest Scotland.

And so the poor distressed maiden still jogs alone, cold and frightened, waiting and hoping for another dashing young prince to rescue her from the terrible plight of jogging alone.

John White- Editor

A Much Appreciated Newsletter Contribution from Chris Gentry

I have just finished reading Newsletter No. 5 and noticed that, with the exception of a single line at the bottom of page 2, there was no mention of the excellent performance of the Editor, John White, in recording the first ever sub 3 hour marathon by a Handy Cross Jogger. His 2hr 50mins for the Stone Veterans Marathon on the 3rd October well and truly shattered the mystical 3hr barrier.

John mentioned in his report on the Club A.G.M. that the standards in the club are increasing and his performance together with that of Steve Barrow in the Guildford Masters and Maidens Marathon on the 10th October certainly prove this. Steve's time of 2hr 48mins just goes to show what a little friendly rivalry can do because I know that whilst he and John are close friends and have immense respect for each others ability they are equally determined to out-do each other although without letting this rivalry get out of hand. It was this rivalry, I feel certain, that gave Steve the impetus to do as well as he did.

What is most pleasing about John and Steve's performances is that they are 'home-grown' runners rather than 'imported' ones. That is to say they have been with the club for a number of years and with a great deal of hard work, determination and dedication, have steadily improved their running. This must surely give encouragement to every other club member, whether they are serious runners or only run for fun.

Chris Gentry

Note from the Editor - there is no truth in the rumour that Chris was handsomely bribed to write the above article.

Results

We've had lots of events over the past few weeks, but it is often difficult to get full results. However I shall publish whatever results we do get hold of.

Silverstone 19 Sept 82

1,001 apologies for omitting the results of the ladies 6 mile race.

Bev Tompkins 38.37, Eila Mansfield 43.57, Gill Southall 47.20, Jean Smith 49.43, Carmel Ballard 52.24.

Avon Ladies '10' 3 Oct 82

Marie Spinks 74.58, Barbara Hoy 76.00, Barbara Rippington 78.29, Gill Southall 81.04, Rosemary Simmons 85.50, Carmel Ballard 88.00, Pauline Lynch 91.17, Mandy Youers 91.17.

Hyde Park 26 Sept 82

The Sunday Time Fun Run results are given as team positions and individual positions. Over 1,500 teams competed.

'A' Team position 5th Marie Spinks 8, Gillian Southall 36, Carmel Ballard 26, Claire Ballard 33, Mandy Youers 70, Eila Mansfield 6, Rosemary Simmons 5, Barbara Hoy 6, Esme Thomson 2, Vivien Temperley 8.

'B' Team Position 182 Alan Edwards 97, Neville Barlow 389, Christopher Gentry 135, Vernon Martin 31, Malcolm Claxton 229, Michael Holt 218, Niel Thomson 310, Edward Hoy 55, Ian Campbell 363, Martyn Franzese 331.

'C' Team Position 44 Beverly Tompkins 3, Fiona Kerr 124, Alison Smith 129, Nigel Byrne 149, John Tredwell 71, Steve Barrow 10, Roger Smith 18, Aubrey Parsons 88, Jack Sharp 26.

'D' Team Position 217 Robert Farrier 308, Andrew McNaught 212, Ray Harris 59, Len Spinks 740, Andrew Spinks 236, Brian Bower 17, John White 11, Brian Simmons 324.

Couples Team 67 Vic Smith 421, Jean Smith 59.

Two Generation Team 76 Peter Anderson 266, Jane Anderson 94, Mark Anderson 711, Susan Anderson 29.

'E' Team 505 Karen Edwards 470, Michele Edwards 266, Jaqueline Wood 210, Emma Wood 88, Christopher Wood 591, Deborah Gentry 365, Valerie Barlow 397, Pauline Lynch 85, Peter Lynch 695.

Gloucester Marathon 3 Oct 82

Derek Sawyer 3.06.

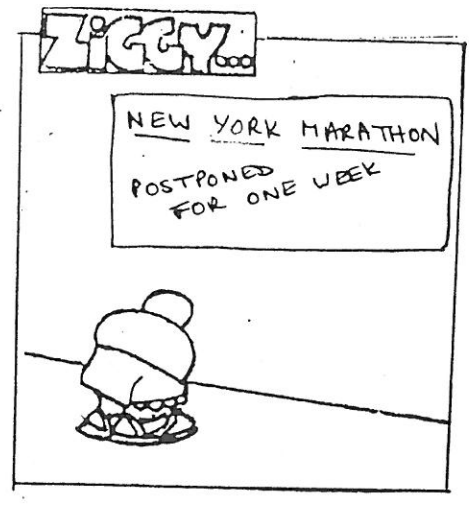
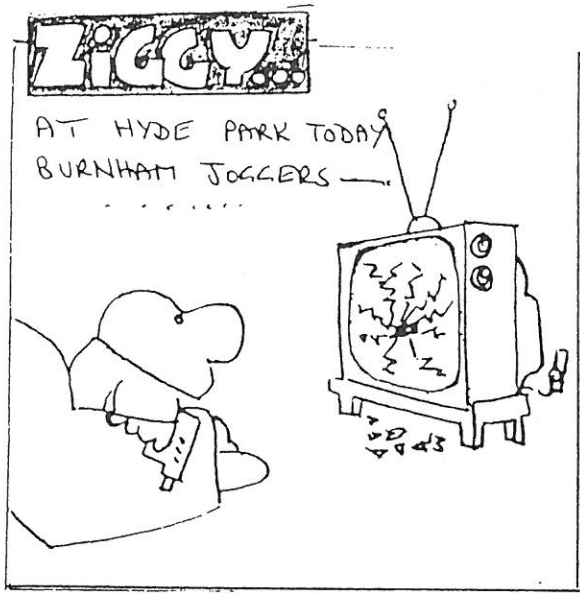
New York Marathon 24 Oct 82

Robert Farrier 3.57 - Well done Robert.

Keep Hill Climb 24 Oct 82

A word of thanks to all officials and organisers who gave up their time to help run the event. Okay, so a few people got lost but we did say it was a FUN RUN, and everyone seemed to thoroughly enjoy it.

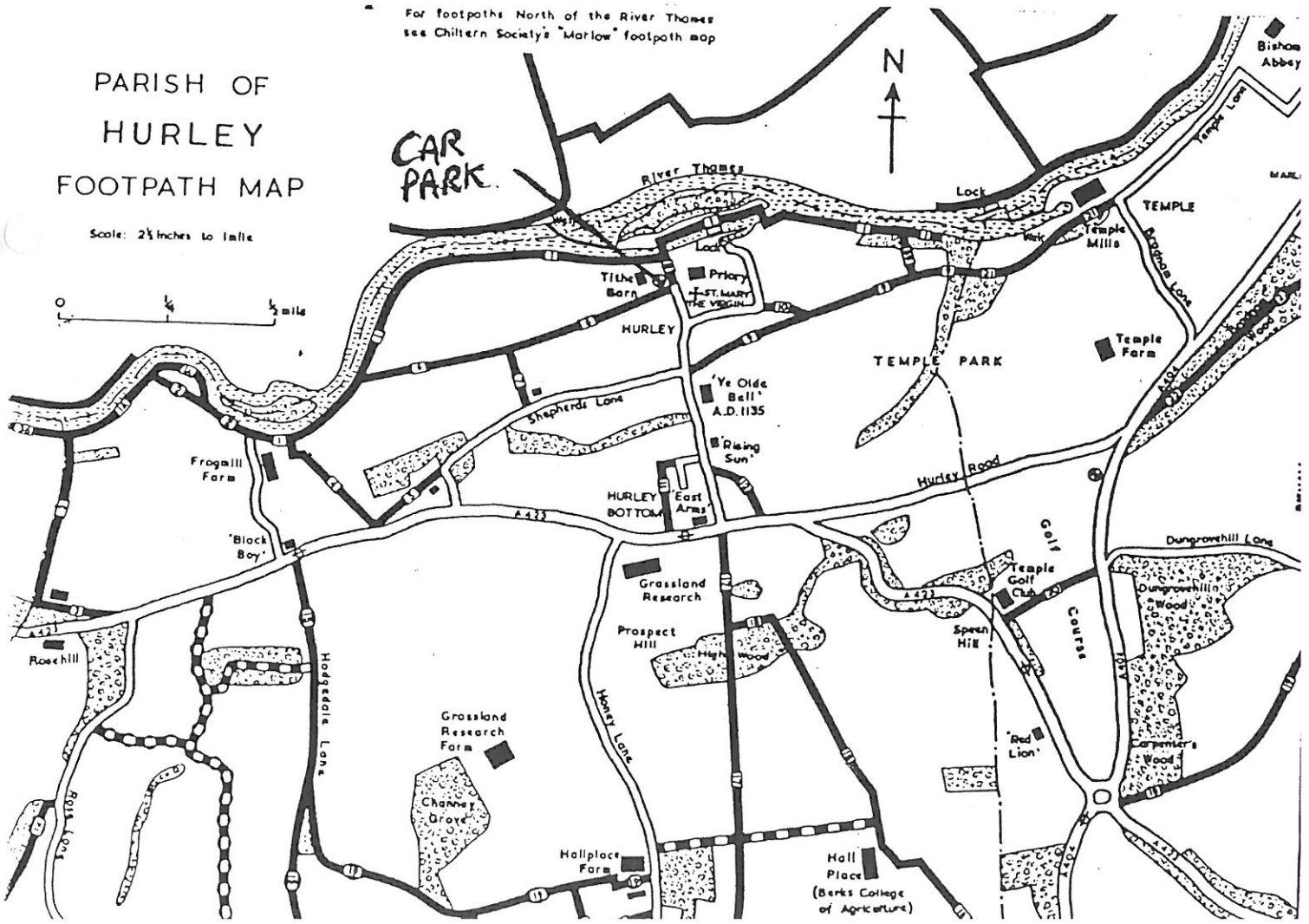
1st-Philip Coleman and Peter Gee 18.19, 3-Steve Barrow 19.13, 4-Roger Smith 19.15, 5-Brian Bower 19.49, 6-John White 19.57, 7-Derek Elvey 20.58, 8-David Hooper 21.39, 9-T.White 21.59, 10-Nigel Byrne 22.07, 11-Mike Holt 22.08, 12-Chris Gentry 22.20, 13-? Wells 22.24, 14-? White 22.27, 15-Alan Edwards 22.36, 16-Esme Thomson 22.38, 17-Derek Sawyer 23.07, 18-Malcolm Claxton 23.20, 19-Hans Wiessel 23.46, 20-J. Jones 23.50, 21-John Tredwell 23.58, 22-Viv Temperly 24.03, 23-N. Plumridge 24.20, 24-Gerry Cross 24.30, 25-J. Pocock 24.34, 26-Andrew Spinks 24.38, 27-Ted Brockin 24.48, 28-L. Knox 26.02, 29-Martin Franzese 26.24, 30-Eila Mansfield 27.53, 31-Jeff Thompson 28.07, 31-? Morgan 29.43, 33-Martin White 29.45, 34-S. Martin 29.59, 35-?, 36-J. Gill 30.01, 37-Rosemary Simmons 30.05, 38-Simon T. 30.10, 39-Jack Sharp 30.16, 40-David D. 31.09, 41-Ray Harris 31.11, 42-Fiona Kerr 33.29, 43-Jo Thomson 38.19, 44-Jane Anderson 38.51, 45-Rose 39.14.



Forthcoming Events

- Sat Dec 18th Guildford Hogs Back Road Race Hilly 11½ miles. Starts 2 pm. Entry Fee £1.50. (£2.50 unattached)
- Mon Jan 3rd Tadworth '10' Mile Road Race (Tadworth Surrey) 2 lap course. Starts 11.30am. Entry Fee £1.75. (£2.25 unattached)
- Sun 13 Mar 83 Reading ½ Marathon Starts 10am. Entry Fee £2.50.
- Sun 27 Mar 83 Stevenage '10' Starts 11am. Fast 1 lap course. Entry Fee 70p.
- Sun 17 Apr 83 London Marathon - If your lucky.

For further advice on entering events contact Vernon Martin.



Tips for beginners

A few weeks ago, while out running alone in the country, a car overtook me and stopped a short distance ahead. Nothing unusual in that, but then two men got out, stopped me, and started asking questions.

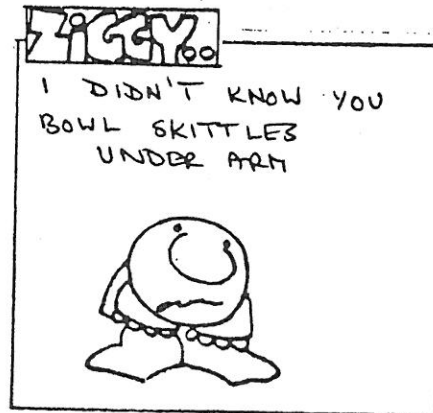
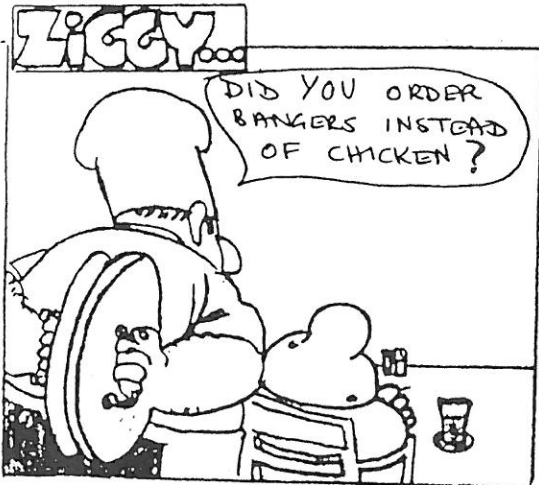
All this seemed rather odd, so I asked why they wanted to know and it soon became clear. The two men had recently started jogging and had stopped me to ask advice. As I was about to leave I was asked if I had any special tips for beginners. Without having time to think about it I said 'run regularly, but don't train too hard'.

For the rest of my run I continued to think if there was a better single piece of advice I could offer beginners. Because, although these men had only just started jogging they were already concerned about how far and how fast they should run. Yet, had given no thought about HOW to run.

On reflection, in future my best advice to beginners will be - "Forget distance, forget times, concentrate only on HOW you run, until you have developed and EASY, RELAXED STYLE of running".

Night Time Jogging

As most of our jogging is now done in the dark it seems an appropriate time to remind joggers to wear something white or florescent at night. It's not important what you look like as long as you ARE SEEN. If you don't have a white top or jumper the cheapest way out is to get a white vest and wear it over your normal jogging clothes.



A Bit on the Side

By the time you receive this newsletter the skittles will probably all be bowled over and the baskets full of chicken bones. But we still have the following social events.

- Sun 15 Dec - Family Ramble At Hurley (see attached map) Starts 2pm. Bring along the children, cats, dogs, mother-in-law and anyone else who might enjoy a few miles of rambling through the pleasant countryside. Further details from Vic Smith.
- Wed 15 Dec Pre-Xmas Drinks at Kings Arms, Studley Green. About 8pm. Bring along wives, husbands, girl friends, boy friends etc. Good opportunity to introduce the 'other' half, to reflect on the past year, and to prepare plans for the coming year. Or just get quietly drunk -if you prefer.
- Sat Jan 15 New Year Party at Marlow Football Club. Starts 7.30pm. It is a family party with games and dancing etc. Further details from Dianne Spicer.

P.S. Long sleeved, white running tops are now available - see Carmel or Marie for details.

And Finally - A Highly Unlikely Hard Luck Story

Once upon a time there was a pretty young maiden living alone on a tropical island. Deserted by her handsome Prince Randy, who was seeking fresh conquests in new pastures (or new conquests in fresh pastures - take your pick), she was sad and lonely and longed for company.

To keep herself fit and healthy, each day this maiden did jog along the beach naked (Stark naked- for the slow ones).

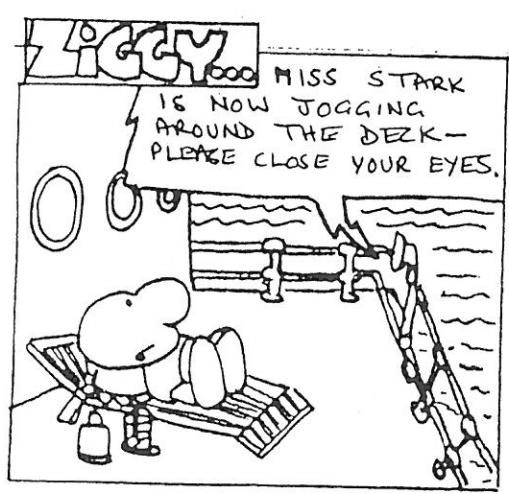
It came to pass that this maiden did hear of some 40 handsome, virile young men, called H/X joggers, who did jog nightly around Cressex. Whereupon she did quickly pick up her toothbrush to set sail for foreign parts.

Upon landing in England, twas cold and windy, and her exposed parts did soon turn blue. So the young lady did don shirts and shorts, and woolly tights, and tracksuits, and jumpers, and cardies, and jackets, and trousers, and wellies, and hats, and scarves, and gloves, and mittens, and a BIG HAIRY COAT, and did proceed to Handy X.

Whereupon these 40 young men did stop in their tracks as they witnessed a BIG HAIRY MONSTER approaching through the darkness. And these men did scream and turn and did run like hell the other way.

And so the young maiden, deserted once again, did return to her tropical island, to jog along the beach naked and alone.

Have a nice jog - John White



Members of the Committee

As the committee remains unchanged since the last A.G.M. here is a current list of committee members. Chairman - Peter Anderson, Vice Chairman - John White, Treasurer - Carmel Ballard, Secretary - Marie Spinks, Events Secretary - Vernon Martin, Social secretary - Gill Southall.

There is a space here so I am going to pinch it (John doesn't know). I hope everyone who jogs at Handy X has a Very Merry Xmas and a Happy New Year.

Janice (Hard worked, Underpaid Typist)

P.S. If there are any mistakes I will remain anonymous.

