
ON COURSE



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affiliated to the
A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*

What has happened to the Newsletter I hear you say or perhaps I don't hear you say, well the fact is that I had planned to prepare it straight after the club A.G.M. at the beginning of October but these plans were thwarted when the meeting agreed that the draft minutes of such A.G.M. should be printed in the next Newsletter. This unfortunately meant that I couldn't prepare this issue until the minutes had been produced and, even more unfortunately, when the minutes were ready I was busy doing other things and so therefore the Newsletter has had to take a back seat. Still here we are again and hopefully I will be able to keep to the bi-monthly schedule from now on.

Anyway these are pretty exciting times for the club and, following the A.G.M., there appears to be a new enthusiasm amongst club members. This has led, on the 23rd October, to the Committee having its first meeting for some time with another one arranged for the 20th November. The first meeting was held at John Gardner's house in Marlow and thanks must be given to him for allowing his house to be taken over by the club for the evening. A lot of things were discussed but the main thing was the suggestion of investigating the possibility of the club using the Judo Centre in Barry Close, off Cressex Road as its new Headquarters and, in fact, the Committee meeting on the 20th November should take place at that venue so that we can look at the facilities on offer. If they are as good as we have been led to believe and if the financial arrangements can be sorted out it would seem an ideal solution to the problems we have been encountering because of the lack of a club house or similar facilities. In fact it is exciting to consider the possibilities that could open up for the club if we are able to get some club facilities.

Hopefully I should be able to give you update on this matter in the next issue as well as keeping you informed of anything else discussed by the Committee.

Chris Gentry

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CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Alan Edwards
Vice-Chairman	-	Kevin Duffy
Secretary	-	Allyson Unitt
Events Secretary	-	Alex Johnson
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

CLUB A.G.M. - Chris Gentry

As agreed at the A.G.M. on the 5th October I am printing below the draft minutes of such meeting. The minutes will be adopted (or otherwise) at the next A.G.M. but if you have any amendments you wish to make to them at this stage please let me know as soon as possible

1. Apologies for absence

Apologies for absence were received from Brian Sinclair, Dave Riddington, Paula Parkin and Alyson Unitt.

2. Welcome to new members

New members were welcomed to the club by the Chairman, Hans Wessell.

3. Minutes of last meeting

These were circulated at the meeting and taken as read, there being no amendments.

4. Matters Arising - Insurance

Members had been under the impression that they were insured against personal injury if they were affiliated members of the club. However the Secretary had contacted the Amateur Athletic Association to check this point and had been informed that in fact members were insured for public liability only. Any personal accident cover would have to be taken out by individuals or by the club to cover all affiliated members. Alex Johnson said he would contact the Prudential Insurance Company to see whether a blanket policy could be taken out by the club for all members.

5. Treasurer's Report

The Treasurer reported that the club had another financially successful year in spite of giving the customary subsidy to the Annual Dinner and also club notepaper had been purchased. The rent for the creche had gone up and, as a result, the silver collection did not now cover this expense. There had been a surplus in the subscriptions after paying all affiliation fees and this covered the increase in rent for the creche. The Treasurer did not see any need for any increase in the club subscriptions at the moment.

It had been a tradition for the club to donate club kit for prizes at social events and our own races.

6. Election of Officers

(a) Chairman

The present Chairman, Hans Wessell, announced he was stepping down this year and expressed his appreciation to the committee for the help

they had given him. Martyn Franzese proposed that Alan Edwards be the new Chairman. This was seconded by John Gardner and carried unanimously.

(b) Vice-Chairman

Kevin Duffy was proposed by Alan Edwards, the present Vice-Chairman, seconded by Gerry Grosse and carried unanimously.

(c) Hon Secretary and Ladies Membership Secretary

Esme Thomson stated that she did not wish to continue in these posts. Rose Priest proposed Alyson Unitt to fill the vacancy of Hon Secretary and this was seconded by Jesse Wingrove and carried unanimously. Rose then proposed Paula Parkin for the post of Ladies Membership Secretary and this was seconded by Jenny Putt and carried unanimously.

(d) Treasurer

Ian Mallen advised he was willing to continue as Treasurer.

(e) Events Secretary

Vernon Martin stated that he did not wish to continue and Roy Williams proposed that Alex Johnson take over this job. Ian Mallen seconded this proposal and Alex Johnson was unanimously elected.

(f) Social Secretary

Rose Priest was unanimously re-elected as Social Secretary.

(g) Men's Membership Secretary

Derek Sawyer said he was standing down. Chris Gentry proposed John Gardner to fill this post and this was seconded by Alex Johnson and carried unanimously.

(h) Publicity Officer

Chris Gentry was re-elected unanimously.

7. Any other business

(a) Chairman's report

The Chairman thanked all members of the club and their friends for helping to marshall the Wycombe Half Marathon which is one of the highlights of our sporting year.

He also thanked the officers of the club for the running of the club and expressed the members' gratitude to Vernon Martin for all the hard work he had put in over the years he had been with the club.

Chris Gentry was also thanked for his excellent club magazine and press coverage.

The Chairman also congratulated the members of the club who were in the winning team in the Stratford-upon-Avon Marathon.

(b) Life President

Alan Edwards proposed that Vernon Martin should be made a Life President of the club in recognition of all his hard work and dedication. However it was suggested that it would be better if Vernon were to be elected as the Club President and given Life Membership of the club. This was agreed.

(c) Future of the Club

Steve Barrow raised the question of the competitive side of the club and suggested that members could get together and run in teams for Handy Cross rather than run as individuals. Teams could range from the club's top runners to the slower runners. He thought this would stimulate competitiveness within the club and also attract other good athletes to join us. He also said he appreciated that the club was one which beginners should always be welcome to join and commence their running careers or, any many members do, run for fun and general fitness. This view was also expressed by other members at the meeting and it was pointed out that many joggers became so keen they reached a high standard. It was suggested that what was needed was co-ordination on an informal basis between Steve Barrow as unofficial team manager to get members together in teams, and Alex Johnson as Events Secretary. Ian Mallen suggested that Alex, Bob Carter and Steve could set up a competition within the club for road races and this could be organised on a points system and competed for on the same basis as in the cross country races.

(d) Minutes of A.G.M.

It was proposed that the minutes of this AGM be published in the next club magazine.

(e) Constitution

It was agreed that the Constitution of the club be published in a forthcoming issue of the club magazine.

(f) Committee Meetings

It was proposed that the Committee should not just meet once a year at the Annual General Meeting but should meet more often to discuss the running of the club and report back to the membership. The first meeting to be arranged for 23rd October at a place and time to be notified.

(g) Social Events

Rose advised that there was a skittles evening on 24th November at Wexham Park Sports Centre.

Dates for the annual post Christmas party to be held at Marlow F.C. and Annual Dinner, which it was hoped would be held again at the British Legion after the 1990 London Marathon, had yet to be fixed.

(h) Marlow Five-Mile Fun Run

Peter Anderson announced that, after six years of organising this event, he would no longer be able to continue. John Gardner said that he

was willing to take over and Gerry Grosse offered to assist him. Peter said that he would be happy to give them any help if required. Peter reported that there had been a serious shortage of marshalls this year and, if the event was to continue to be successful, marshalling must be top priority. Members were asked to make an effort either to marshall or help in some other way, rather than run in the event as it was the only open running event which the club organise in the year. It is also one that raises a considerable amount of money for local charities.

The question of sponsorship for the event was raised and John Gardner said that whilst David Plato's company sponsored us for £500 this year, it was not certain whether sponsorship would be forthcoming for next year. It was suggested that perhaps members could approach the Companies they work for to see if they could obtain sponsorship and, in return, the company would receive publicity.

(i) Social Evenings

It was suggested that perhaps members could meet socially after running and it was agreed that this should be on the first Thursday in each month commencing on the 2nd November at the Three Horseshoes pub.

The meeting finished at 9.50 pm

WHAT WE DID ON OUR HOLIDAYS by Chris Gentry

Most runners go on holiday to get away from it all, to have a rest, to recharge the batteries or whatever and maybe, just maybe, they take their running shoes for the odd couple of miles before breakfast - but not so the club's new Events Secretary, Alex Johnson.

No, when Alex books his holiday it is not just a question of looking at the brochures to find a nice beach or good hotel, he also has his trusty list of races to hand so that he can fit in a couple of events far from the gaze of fellow Handy Cross Joggers. This year Alex's holiday took him to sunny Cornwall, sunny and also dry (as in no water) which caused a problem at drinks stations - in fact such a problem that there weren't any drinks stations. However this did not deter the intrepid Alex and his first race was a 10 mile, two counties event starting in Devon and finishing in Bude, Cornwall. Despite the hot and humid conditions Alex finished 30th out of 200 in a good time of 67min 02secs and, at the finish, he was surprised to be offered an orange instead of water.

Now that race would probably have been enough for most people but three days later Alex was lining up again, this time in an 8 mile race in Liskeard, Cornwall. This event appears to have been a real goody with the runners having to run 4 miles up a 1-in-5 hill on an old railway track and dodging sheep and cows before rounding Caradon Hill and returning to the finish. Alex came 23rd out of 98 in a time of 59min 03secs but, surprisingly, has said he would never do it again!

RACE RESULTS/REPORTS



Bidford-on-Avon Half Marathon - 13th August

The name of club member John Gardner was mud after he had persuaded 16 other members to travel to take part in this event with promises of a flat, fast course. The reality of the situation was somewhat different with the course having no less than six major hills which combined with humid and windy conditions (over which John assures me he had no control) made the race very hard. However six of the party still managed to finish under 90 minutes which was extremely good. The full club results were:-

Phil Stephens	1hr 19min 57secs	Benjy Benjamin	1hr 25min 58secs
Dave Barraclough	1hr 27min 14secs	John Bradbury	1hr 27min 29secs
Roger Wilkes	1hr 29min 51secs	Kevin Duffy	1hr 29min 52secs
Stephan Naunko	1hr 36min 40secs	Trevor Hart	1hr 38min 18secs
Gerry Grosse	1hr 42min 10secs	John Wheeler	1hr 44min 50secs
John Gardner	1hr 52min 30secs	Robert Farrier	1hr 52min 50secs
David Plato	1hr 53min	Jenny Hart	1hr 54min 26secs
Martyn Franzese	1hr 59min 50secs	Rose Priest	2hr 06min
Myrtle Edwards	2hr 12min		

Bearbrook 10k, Aylesbury - 16th August

As you may know the Committee are looking at the club rules and, after this race, it has been suggested that one of such rules should be "club members must not forget their running shoes" - yes, if you didn't know, Alan Chilton was unfortunate enough to turn up at this event without his shoes. However he did manage to compete in the race even though he started some 3 minutes behind the other competitors. Fellow club member Peter Smith was better prepared and did exceptionally well to finish in 2nd place in a personal best time. The official results for club members were:-

Peter Smith	31min 24secs	Mike Nolan	34min 00secs
Steve Barrow	34min 58secs	Graham McLachlan	38min 57secs
Alan Chilton	39min 47secs	Nicholas Birch	43min 20secs
Jenny Putt	53min 17secs		

Burnham Beeches Half Marathon - 20th August

Well done Alan, you remembered your shoes this time and what a difference it made. Alan was the second club member home in this race less than a minute behind Phil Stephens who followed up his very good performance

of the previous Sunday with another good result. Despite the very warm weather seven club members managed to beat $1\frac{1}{2}$ hours for the race. Finishing times for club members were as follows:-

Phil Stephens	1hr 19min 08secs	Alan Chilton	1hr 20min 02secs
John Flint	1hr 22min 10secs	Chris Minall	1hr 22min 38secs
Eric Buckle	1hr 24min 46secs	Dave Barraclough	1hr 26min 42secs
John Bradbury	1hr 28min 38secs	Roger Wilkes	1hr 30min 20secs
Graham McLachlan	1hr 32min 05secs	Kevin Duffy	1hr 32min 06secs
Stephan Naunko	1hr 34min 46secs	Benjy Benjamin	1hr 36min 25secs
Alan Van Der Pant	1hr 43min 30secs	Vernon Martin	1hr 46min 40secs
Martyn Franzese	1hr 49min 23secs	John Wheeler	1hr 49min 30secs
Vivien White	2hr 08min 54secs		

Wycombe 5 - 27th August

There was a good turn out from the membership for this event although it would appear that they did not all compete for the club. Anyway in the men's event the team did manage to finish in 2nd place and in the ladies race we finished 3rd with Margaret Moody being 3rd lady home and first vet and Pam Wilkes was the first vet o/45. The times for club members, whether or not they competing for us in the team event, were as follows:-

Mike Nolan	28min 15secs	Alan Chilton	28min 17secs
Dave Woolley	29min 38secs	Dave Barraclough	30min 32secs
Jim Chilton	31min 10secs	Graham McLachlan	31min 14secs
John Bradbury	31min 32secs	Roger Wilkes	32min 11secs
John Wheeler	34min 21secs	Margaret Moody	36min 16secs
Eila Mansfield	36min 47secs	Pam Wilkes	38min 30secs
Vivien White	41min 30secs	Jack Sharpe	43min 15secs
Rose Priest	43min 57secs		

Aylesbury Half Marathon - 3rd September

It just goes to show that you can't always believe what you read in the press can you - Kevin Duffy "ever popular"? Whatever next? Martyn Franzese tea-total? However despite this journalistic over-exaggeration Kevin did do very well in this event to not only be the first club runner home but also to record a personal best for the distance. Second runner Stephan Naunko also capped a good spell of running by also recording a personal best. Club results were as follows:-

Kevin Duffy	1hr 23min 59secs	Stephan Naunko	1hr 30min 31secs
Alan Van Der Pant	1hr 38min 20secs	Martyn Franzese	1hr 38min 38secs
John Wheeler	1hr 39min 04secs	Derek Skinner	(time unknown)
John Gardner	2hr 02min 33secs	Myrtle Edwards	2hr 12min

Welwyn Garden City 10 miles - 3rd September

What a race this turned out to be for club members Bob Carter and Roger Wilkes with Bob finishing only 1 second ahead of Roger. While this was going on the other club member taking part in the event, Pam Wilkes,

was recording a personal best for the distance. The results for the trio were:-

Bob Carter	65min 19secs	Roger Wilkes	65min 20secs
Pam Wilkes	78min 09secs		

New Forest Marathon - 10th September

With the wave of forest fires in the region club member Vernon (or perhaps we should now call him President) Martin tried not to "set the race alight" but over an undulating course he still managed a good time of 3hr 57min 40secs.

Slough Half Marathon - 10th September

Whereas a number of club members have taken part in the Slough Marathon over the years, this year all of those who ran chose to take part in the first half marathon instead and they appear to find the flat course and ideal running conditions to their liking. Roger Wilkes went one better in this race, being the first club runner home with Jess Wingrove recording a personal best for the distance. The club results were:-

Roger Wilkes	1hr 30min	Alex Johnson	1hr 35min
Jess Wingrove	2hr 08min 28secs	Jenny Putt	2hr 15min

Oxford Half Marathon - 17th September

There were no less than 3 p.b.'s for club members in this race but pride of place must go to Irene Smith who not only set a personal best but was the second lady home (only a few yards behind the first lady) and was the second finisher from the club with only Dave Barraclough in front of her. The other personal bests were recorded by Stephan Naunko (his first time under 90min) and Jenny Hart. The club results were:-

Dave Barraclough	1hr 22min 23secs	Irene Smith	1hr 26min 50secs
John Bradbury	1hr 27min 07secs	Graham McLachlan	1hr 27min 36secs
Roger Wilkes	1hr 27min 59secs	Stephan Naunko	1hr 29min 50secs
Bob Carter	1hr 33min	Trevor Hart	1hr 38min
Pam Wilkes	1hr 45min 59secs	Jenny Hart	1hr 47min 56secs

Amersham 5 - 17th September

This year the race was part of the General Portfolio series of races but this did not make it any easier as Rectory Hill was still as steep as ever. However this didn't seem to have any effect on Peter Smith who managed to finish in 6th place overall or Eila Mansfield who managed to win a prize for being the first lady o/50 home. The full list of club finishers:-

Peter Smith	25min 42secs	Alan Chilton	28min 06secs
Phil Stephens	28min 40secs	John Flint	28min 52secs

Dave Riddington	30min 40secs	Roy Williams	30min 55secs
Benjy Benjamin	30min 59secs	Mike Stone	31min 22secs
Dave Woolley	31min 52secs	Eila Mansfield	36min 30secs
John Gardner	36min 58secs	Chris Gentry	37min 00secs
Andy Smith	37min 30secs	Hans Wessel	38min 30secs
Vivien White	time unknown		

Richmond Half Marathon - 24th September

O.K so I got it wrong in the press report (there hasn't only been one member of the club who has failed to finish a race) but it made a good story didn't it? Anyway it is unusual for two club members to drop out of the same race for such diverse reasons as stomach problems, in the case of Trevor Hart, and an injured elbow, in the case of Rose Priest - luckily neither of them seem any the worse for the experience. The times for the club finishers were:-

Gerry Grosse	1hr 38min 30secs	Jenny Hart	1hr 51min 46secs
Derek Skinner	1hr 53min	Brian Sinclair	1hr 53min 25secs
Tony Fewell	1hr 55min	George Kenna	2hr 01min
John Gardner	2hr 03min 30secs		

Windsor Half Marathon - 1st October

Two people won't forget this race in a hurry, one of them Alex Johnson and the other the unfortunate course marshall who felt the full force of Alex's stomach problems - in the circumstances Alex did well to even finish. The full list of club finishers is:-

Roy Williams	1hr 24min 43secs	Dave Barraclough	1hr 25min 55secs
Graham McLachlan	1hr 27min 35secs	Irene Smith	1hr 28min 24secs
Alex Johnson	1hr 32min 10secs	John Bradbury	1hr 35min 50secs
Vivien White	2hr 00min 42secs	Rose Priest	2hr 08min 42secs

Henley Half Marathon - 8th October

As usual a large contingent from the club took part in this event with, I am told, members flying in from as far afield as Canada, Turkey, Scotland and Newcastle but it was those travelling shorter distances that did better. Alan Chilton was the first club runner home in the mens race whilst in the ladies event Irene Smith was 2nd lady overall and 1st lady vet. The club results were:-

Alan Chilton	1hr 17min 15secs	John Hawryszczuk	1hr 17min 54secs
Chris Minall	1hr 18min 20secs	Dave Barraclough	1hr 24min 06secs
Roy Williams	1hr 24min 07secs	Dave Riddington	1hr 25min 07secs
Mike Stone	1hr 25min 20secs	Steve Barrow	1hr 25min 50secs
Dave Welfare	1hr 27min	John Flint	1hr 27min 49secs
Irene Smith	1hr 29min 05secs	Roger Wilkes	1hr 29min 30secs
Graham McLachlan	1hr 31min 50secs	John Bradbury	1hr 32min 24secs
Neil Fraser	1hr 33min 03secs	Bob Carter	1hr 34min 09secs
Ian Mallen	1hr 38min 20secs	Gerry Grosse	1hr 40min
Derek Skinner	1hr 48min 26secs	John Gardner	1hr 48min 56secs

Ridgeway Run, Tring - 15th October

After suffering somewhat the previous Sunday in the Henley race, Steve Barrow returned to form in this event and managed 10th place overall as well as being the first vet home. For two other club members, Dave Barraclough and Roger Wilkes, the cross country of the previous day was obviously not punishment enough and they both turned out in this race also. The times for the club finishers were:-

Steve Barrow	47min 31secs	Brian Butler	52min 57secs
Dave Barraclough	56min 13secs	Roger Wilkes	56min 40secs
Kevin Duffy	59min 20secs	Neil Fraser	59min 55secs
Martyn Franzese	62min 29secs	John Wheeler	64min 16secs
Hans Wessel	69min 00secs	Pam Wilkes	71min 17secs
Myrtle Edwards	81min 00secs		

Great Sam Half Marathon, Bracknell - 29th October

This must go down as the race of personal bests and armfuls of prizes. In the personal best category Alan Chilton recorded one in being the first runner home from the club and further down the field George Kenna also set one. In the prize department it was that man Alan Chilton again who won two, one for finishing in an excellent 10th place overall and the other a spot prize, whilst Dave Barraclough picked up another spot prize and Irene Smith did best of all, taking home no less than three prizes, one for being 5th lady, another for being 2nd lady vet, and the third yet another spot prize. Full results for club members:-

Alan Chilton	1hr 16min 31secs	Chris Minall	1hr 22min 29secs
Dave Barraclough	1hr 27min 05secs	Irene Smith	1hr 28min 18secs
Graham McLachlan	1hr 31min 09secs	Neil Fraser	1hr 34min 11secs
John Gardner	1hr 45min 01secs	Brian Sinclair	1hr 49min 23secs
George Kenna	1hr 49min 42secs	Tony Fewell	1hr 50min
Rose Priest	2hr 07min 22secs		

LONDON TO BRIGHTON RUN - Chris Gentry

Whilst most normal runners were happy competing in the Henley Half Marathon on the 8th October the club's ace ultra distance man, Chris Wood, took on the far more daunting task of the annual London to Brighton race. The race starts in front of Big Ben with the finish being on the seafront at Brighton, a distance of some 53miles 540yards, and the race has a time limit of 9hr although this did not worry Chris who finished well inside that limit with a time of 7hr 54min 02secs. He also finished in 88th place overall. This was a very good run by Chris but what made it even better was the fact that only 3 weeks before he had taken part in a 12hr race in Nottingham where he finished in 11th place after managing an incredible distance of 71 miles! Goodness knows what he would have done in the London to Brighton if he hadn't competed in that race.

In both these events Chris was helped by fellow club member, Derek Sawyer, and I know how much Chris appreciated that assistance, so well done Derek as well!

TIME TRIALS - Chris Gentry

At last, it is now safe to attend club nights on the first Tuesday in each month because the dreaded time trials are over for another year.

I am informed by the keeper of the records, Vernon Martin, that no less than 58 club members took part in the six time trials this year and hopefully they all got something out of the experience. Certainly it would appear that in the last two of them, in August and September, a concerted attempt was made on the record for the course of 20min 25secs established by Peter Smith back in May 1988 but despite the best efforts of Mike Nolan, Steve Barrow and, most of all, Alan Chilton the record still stands. However there were only seconds in it with Alan, in the September event, setting the best time for the year of exactly 21min. In the same run Steve recorded a time of 21min 33secs whilst in the August event Mike Nolan lowered his best time for the course to 21min 50secs. All in all this just goes to show how standards in the club are improving so, roll on next April for the start of the 1990 trials, eh!

The results of the August and September runs were:-

August 8th

Mike Nolan	21min 50secs	Ian Mallen	26min 46secs
Gerry Grosse	27min 31secs	Joe Antos	27min 40secs
Max Cowlin	28min 10secs	Robin White	28min 36secs
Phillipa Melhuish	31min 13secs	Vivien White	33min 01secs
Rose Priest	33min 07secs	Allyson Unitt	34min 35secs
Jack Sharpe	35min 23secs	Caroline Weekes	32min 24secs
Jenny Putt	35min 41secs	Jess Wingrave	36min 10secs

September 5th

Alan Chilton	21min 00secs	Steve Barrow	21min 33secs
Phil Stephens	22min 20secs	John Flint	22min 59secs
Benjy Benjamin	23min 32secs	John Bradbury	23min 50secs
Dave Riddington	23min 53secs	Jim Chilton	24min 09secs
Roy Williams	24min 17secs	Roger Wilkes	24min 21secs
Kevin Duffy	24min 25secs	Dave Barraclough	24min 25secs
Alex Johnson	24min 50secs	Mike Stone	24min 51secs
Stephan Naunko	25min 24secs	Margaret Moody	27min 36secs
Eila Mansfield	28min 42secs	Martyn Franzese	28min 45secs
Phillapa Melhuish	29min 48secs	Marie Spinks	30min 00secs
Tony Fewell	30min 13secs	Vivien White	32min 08secs
Rose Priest	32min 49secs	Lyn Simmonds	32min 59secs
Allyson Unitt	35min 25secs	Caroline Weekes	36min 15secs
Ray Harris	40min 49secs		

DATES FOR YOUR DIARIES

It's a busy time of the year for the club and therefore here are a few event/social dates for your diaries:-

Sunday 17th December

As usual the last Sunday before Christmas (O.K. I know that the actual last Sunday before Christmas is Christmas Eve but that does not count, so there) is set aside for the annual 4 mile self handicap event run round the Winchbottom Lane course. For new members it perhaps should be explained that this event is not usually won by the fastest runner because the winner is the person who finishes closest to his/her own estimated time - of course watches are strictly banned.

The "entry fee" for the event is a Christmas wrapped present, value not more than £2, and there will be prizes for the first male winner and the first female winner. Make an effort to do this event because it is a lot of fun.

Wednesday 20th December

Every is invited to the Three Horseshoes pub on the old road to Marlow for a pre-Christmas drink. This a chance for a social get-together prior to Christmas and the evening will be from 7.30 p.m. to staggering out time. There is a nasty rumour going round that Alex Johnson will be buying the drinks but you can never trust rumours, can you?

Tuesday 26th December (Boxing Day)

To my way of thinking this is probably the most enjoyable running/social event the club has during the year. For those who have never taken part, I should say that we all meet in the Terriers cross roads car park at 10.30 a.m. (late enough for getting over any Christmas Day hangovers) to go on a very gentle 5/6 mile run finishing back at the car park. After this every is invited back to Vernon's house, which is just off Totteridge Road, for seasonal drinks and snacks thoughtfully provided by Vernon's wife, Paddy. This is an event not to be missed.

Saturday 10th February, 1990

Into next year and the annual Xmas/New Year party at Marlow Football Club in Oaktree Road, Marlow. If other years are anything to go by this is definately a party worth attending because Rose and her helpers always put a lot of work into it. Club members are positively encouraged to bring their children with them to make it a real family affair.

