



Handy Cross Joggers Bulletin



Events Secretary - Peter Edington

I really thought that by the beginning of December it would be a case of 'winter draws on' but Stephan is still out there with two plasters and a G string.

Today's Runner Series

Over the course of the summer, your committee concluded negotiations with the organisers of the Today's runner cross country league. The league is run on Sunday mornings at local venues and against some of the clubs with whom we participate in the 5K summer series. The races which are very similar in format to the 5K, are run over approximately 9K (5½ miles) with food and refreshments provided afterwards. There are runners, with a wide range of abilities taking part and thus I can guarantee you will not finish last. So why not give it a go next time, the dates and venues are listed below

8/1/95 Tadley
29/1/95 Reading
19/2/95 Burnham
26/2/95 Bracknell Forest

Details of each race will be available on club nights approximately two weeks before each event.

Next year Alex and myself will be organising the course for Handy Cross. The warning is therefore either get involved or suffer the consequences (Remember the pathfinders).

Highworth Invitation ½ Marathon

We have again been invited by the Highworth running club to participate in their half marathon, presumably because we have the trophy. This event is on 15th January 1995 and is FREE. The team composition is so designed that everybody who participates can influence the result. So come to Highworth with us to shake the Christmas excesses off and get an early ½ in.

Marlow ½ Marathon

Marlow striders put together an even tougher course than in previous years and the race must now rank as one of the hardest around. Notwithstanding this, Handy Cross had a sizeable entry and performed magnanimously on the day. The results were as follows.

John Doocy	1-19-07	Nick Martin	1-37-10
Eric Buckle	1-22-39	Dave Woolley	1-37-51
Peter Edington	1-26-57	Terry Eves	1-39-56
Jim Chilton	1-27-59	Alex Johnson	1-42-19
Nigel Lloyd	1-29-46	Bill Hudson	1-44-17
Rod Palmer	1-32-16	Ken Baxter	1-48-38
Rod Maclean	1-32-55	Brian Childs	1-48-56
Martin Dean	1-33-02	Chris Busby	1-55-10
Peter Mackley	1-33-16	Tony Fewell	1-57-46
Alfred Benjamin	1-34-21	Maureen Edington	2-01-19
Derek Saywer	1-35-41	Richard Stone	2-12-39

Well done to you all.

From: Alex Johnson

***** KEEPING THE DREAM ALIVE *****

Subject:

Chairman's Chatter

By the time you read this there will only be a short time left before you are tucking into your Christmas dinner. I am sure, like me you feel you deserve it and that a few extra calories will not matter. Some of you will no doubt be running over the Christmas period and I hope to see some of you at Cliveden.

This has been another year where so many changes have taken place within the club. Many of you have ventured even further a field, to run on roads on the other side of the world and pride of place goes to Alan Chilton who took on the Aussies and gave them a sound thrashing in the Adelaide half Marathon, I believe he had been training on "Fosters" for sometime.

Another development has been the training programs organised by Pat Beeston and yours truly. We are now official British Athletic Assistant Club Coaches (but you can call us Pat And Alex for short). We now have eighteen members of the Tuesday club, and we can take more your never to old to learn new techniques.

Congratulations to Rose Priest and Pat Carter for winning the Presidents trophy and Barnett trophy this year...come on you men where are you ?

Following the success of the 5k Series our Peter has come up with another gem...the Today's runner cross country league run over six miles, it is already proving a winner, so if you haven't had a go yet give it a try.

Well that's all from me, may I wish you and your families all the very best of luck for Christmas and a very happy new year.

Alex

Club Officials

President	Vernon Martin.....01494 443344
Chairman	Alex Johnson01628 523322
Vice-Chairman	Ron Newman01628 528025
Treasurer	Ian Mallen01494 442367
Secretary	Caroline Weekes.....01494 536867
Events Secretary	Peter Edington01494 563730
Mbsp Sec. (men)	John Bradbury.....01494 441577
Mbsp Sec. (women)	Sarah Player01628 540513
Social Secretary	Rose Priest01494 529761
	Duncan Kennerson01494 440592
Publicity Officer	Chris Gentry.....01494 439692
Kit Officer	Roy Williams01494 713927

Ye Old Bits & Pieces

With winter marathon training you may need
Joy Smith's physiotherapy and massage on 01494 530325
(we have received good reports for those aching muscles)

Red Cross are looking for
London Marathon runners.

*Pat and Alex are now on a
coaching course so anyone
wishing to benefit from this
training is very welcome to
approach them.*

Christmas Disco Doo!
19th December
at 7.30pm till 11pm
usually thing - bring
along your food pledges
and a raffle prize

Annual Dinner Dance
Friday 7th April, 1995
See Rose or Duncan
price £13.75 each
places now being booked

**Wycombe 1/2
Marathon**
donated us £100 for all our work in
helping this event take place.

Children in Need
raised £729.65
Thanks to everyone involved.
We have great plans for next years event!

Handy Cross Marlow 5, 1995
Charities: Vinio House School for disabled children, High Wycombe
Marlow St. John's Ambulance
date to be confirmed but possible 7th May