



Handy Cross Joggers Bulletin

EDITORIAL - ERIC BUCKLE

HANDY CROSS ~~ATHLETIC~~ APATHETIC

Several weeks ago Alex Johnson resigned as Chairman of Handy Cross Joggers. Alex has now withdrawn his resignation, something for which I am grateful, as I'm sure is every other member of this club.

When Alex resigned he made a statement to the club stating that his reason was 'work commitments' and although this was a statement of truth, it wasn't the complete truth.

This club, like most clubs, is run by a committee of less than ten percent of the membership. Like most clubs the other ninety percent are quite willing to sit back and let them do all the organising. This is bad enough in itself, but when a large majority of that ninety percent cannot be bothered to participate in events which are organised for them, I ask, why do the committee bother to waste their time?

Here are a few examples of the committee's efforts and the responses from a membership of approximately 120:

- The Alex Johnson and Peter Edington Pathfinders Challenge.

Alex, Peter and others spent a great deal of their spare time setting up this event and 8 weeks pushing it at every meeting beforehand. 17 people turned up to run it and one wasn't even a member.

- Handy Cross Track

On Wednesday evenings throughout the summer the average turnout was 8 people.

- Today's Runner Cross Country League

The last race of last season saw 8 men and 1 woman attend from the club. This is a league which is dominated by Reading Road Runners, but this club is good enough to beat them, if we turn out with a big enough team. This does not mean just fast runners as all standards could help us do well in this competition.

- One and a half mile orienteering course on the Rye

This was organised by Alex, Peter and Vernon for a Sunday morning. 9 people turned up and that included the organisers.

- Social events

This year Kevin Fuller organised 3 social events, the last of which was a skittles evening where only 9 club members turned up so he had to fill the coach with his own friends to make it a success.

All of these examples are why Alex resigned. Why should he and the committee give their spare time to organise events for you when all they get in return is apathy.

I don't need to name names. Every person in this club knows which category they fit into. To those who help and participate - THANK YOU. To the others - I ask what sort of club do you want it to be? A club that meets on a Tuesday, Thursday and Sunday and does nothing else. If that's what you want let the committee know and they won't waste their time organising events that you are not going to turn up to.

The committee have asked me to take over the running of the club magazine. Why should I when so many people won't give anything in return?.....

Club Officials

President	Vernon Martin	01494 443344
Chairman	Alex Johnson	01628 523322
Treasurer	Ian Mallen	01494 442367
Secretary	Pat Beeston	01494 523226
Events Secretary	Peter Edington	01494 563730
Membership Sec.	John Bradbury	01494 441577
Social Sec's	Rose Priest	01494 529761
	Duncan Kennerson	01494 440592
Publicity Officer	Roger Wilkes	01494 715663
Kit Officer	Dave Nash	01494 446620
Bulletin	Eric Buckle	01494 482736

EVENTS SECRETARY - PETER EDINGTON

Well winter draws on as we approach Christmas! Yet despite having to run with this handicap many of you have taken part in a variety of different events across the globe in the last three months. Our biggest representation abroad this year was the intrepid dozen who risked having their running shoes stolen from them whilst running through the Bronx in the New York marathon.

Over the coming months we look forward to the Today's runner cross country league each month until March, the invitation Highworth half marathon, where we will be defending our trophy won for the last two years in succession and a number of social events (See back page for details)

I should like to make a plea for people to put details of races in which they have participated on the results sheet in order that I can put these in the bulletin. Furthermore in order to maintain our profile in the press would you also telephone your results through to Roger Wilkes as soon after an event as possible. Roger has taken over from Chris Gentry and his telephone number is 01494 715663

The Gerry Grosse 5k handicap track trophy

On a surprising chilly and windy September evening some 13 club member took part in the inaugural Gerry Grosse 5k trophy. The results were very close with the total field only being separated by 2 minutes. Congratulations to Kevin and Pam

Name	Handicap	Time	+/-
Kevin Fuller	21.45	20.36	-1.09
Martin Dean	22.00	20.58	-1.02
Mike Hickman	22.00	21.05	-0.55
Dave Nash	25.00	24.10	-0.50
Alex Thomason	21.00	21.01	+0.01
Rod Palmer	19.00	19.07	+0.07
Gerry Grosse	23.15	23.30	+0.15
Nick Martin	19.30	19.51	+0.21
Pam Wilkes	21.30	21.55	+0.25
John Nichols	23.00	23.43	+0.43
Mark Gardner	19.15	20.15	+1.00
Terry Eves	20.15	21.20	+1.05

Keep Hill Orienteering Race

This race was run on the permanent orienteering course set up by Wycombe District Council in Keep Hill woods. The race which is only a couple of miles only attracted 11 people which made the pairings difficult, however Dave Riddington ran with Sandra and Mike to keep the size of their group below 3. The results were as below

Eric Buckle / Phil Jones	14.35
Alex Johnson / Peter Edington	16.13
Dave Riddington / Sandra Bremner / Mike Hickman	19.24
Dave Nash / Duncan Kennerson	27.20
Pat Carter / Rose Priest	32.50

Alice Holt 10k

Gerry Grosse was the only club member who took part in this race and finished in a time of 51.48

Marlow Half Marathon

The Marlow half marathon, which is one of the toughest around attracted a number of runners from the club, but I only have a few on the sheet. The results I have are as follows:

Mike Hickman	1.40.23	Rose Priest	2.17.00
Gareth Jones	1.43.00 PB	Pat Carter	2.17.00
Dave Nash	1.53.00		

Henley Half Marathon

Dave Wolley	1.35.00	Gareth Jones	1.49.00
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Wexham 10k

Kevin Fuller	43.00 PB
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Barnett Trophy

This years Barnett trophy produced a new first with the trophy being retained by the previous years winner. 17 club members took part in the race with Alex and myself acting as hares who were not caught. Stephan applied for the job as hare but did not qualify for obvious reasons. Congratulations to Pat again. The full results were as follows:

Name	Handicap	Time	Overall
Pat Carter	00.00	43.05	43.05
Brian Sinclair	02.30	41.10	43.40
Ralph Chesswas	15.00	29.12	44.12
Martin Dean	08.45	35.38	44.23
Phil Jones	15.00	30.25	45.25
Bob Carter	08.45	36.55	45.40
Gerry Grosse	07.30	38.11	45.41
Nick Martin	12.30	33.35	46.05
Eric Buckle	17.30	28.39	46.09
Terry Eves	12.30	34.24	46.54
Mike Hickman	08.45	36.22	47.07
Rose Priest	00.00	47.12	47.12
Sandra Bremner	12.30	34.50	47.20
Phil Hunt	12.30	36.05	47.35
John Dooy	18.45	29.12	47.57
Stephan Naunko	12.30	36.01	48.31
Jack Sharp	00.00	52.27	52.27

NEW YORK CITY MARATHON

Our preparation for the marathon had not exactly been from the text books. Arriving on the Tuesday, we spent the days leading up to the race soaking up the sights and sounds of Manhattan, walking many miles, eating a lot of the wrong sort of food and, in some cases, consuming rather more alcohol than the race doctor would have recommended. Coupled to the difficulties of sleeping with the 5 hour time difference, all this activity left most of us quite tired. Another shock was in store, as the chilly but calm weather of the week gave way on the Saturday to heavy rain and squally winds. Broken and twisted umbrellas littered the city streets.

Up at about 5.00am on Sunday morning, the rain had eased but the temperature was barely above freezing and the wind was still blowing. Well wrapped up, in some cases with very cheap clothing which had been purchased in New York specifically to be discarded at the beginning of the run, we walked to the City Library where buses were shuttling runners to the start about 12 miles away to the south on Staten Island. Joining a lengthy queue, the atmosphere of the race began to take over as we mixed with competitors from all over the world (in total 111 countries were represented, with 768 runners from Britain).

The awfulness of the conditions became fully apparent as we took our place among the 27,900 runners on the south side of the Verrazano Bridge. The overnight rain had turned the area into a quagmire and the 2 hours or so before the beginning of the race were spent trying to keep out of the wind and rain flurries and to retain as much clothing as possible up to the last possible moment. The organisers advised that no worse conditions could be imagined and that there would be no disgrace in travelling back to the finish in the baggage buses.

The start itself was something of a shambles with no attempt to rank runners according to their anticipated finish time. Alan Chilton from our group suffered particularly being forced to line up among much slower starters and having no opportunity to carry out his normal preparations. Moreover, instead of beginning at 10 50am, somewhat unusual by any standards, the gun actually went off two or three minutes early. In my case, I crossed the start line at the southern end of the bridge, 8 minutes after the official off.

The race takes in the 5 boroughs of New York, in order Staten Island, Brooklyn, Queens, Manhattan and The Bronx, before crossing again on to Manhattan Island and the finish in Central Park. The weather remained bitterly cold and windy throughout the run although there seemed to be few parts of the race where we faced headwinds. The course is undulating not flat and includes some long straights, notably through Brooklyn and up First Avenue where it is possible to see several miles into the distance. The fascination of the race was passing

through the many different ethnic quarters where without exception huge crowds gave unwavering encouragement. The rich cultural mix of New York, made up of immigrants and their descendants from many parts of the world, was very apparent. More so perhaps than the London Marathon, the people of New York appear to embrace the event as belonging to them and their city.

I have hinted already that the organisation of the race was not as slick as I had been led to expect. This also applied to the water stations and the distance markers, although the finish itself was very efficient. Now in possession of a somewhat gaudy medal, I found my way to the baggage bus only then realising how cold I had got during the race.

Reunited a little later in Murphy's Bar close to the YMCA, there was shared pleasure in knowing that we had all completed the course, including Mike Cooper and Alex Bessey, our two virgin marathoners. Pride of place belonged to Alan who had finished 48th overall in the race, the third Britain home after Paul Evans and Huw Jones in a time within seconds of his personal best, in spite of the bad conditions and a poor start. Whilst not everyone was totally satisfied with their own personal performance it had been a day for survival not heroics.

The full results were as follows:

Alan Chilton 2-24
Mike Stone 3-27
Adrian Reynolds 3-28
Jock McLean 3-30
Eric Buckle 3-35
Alex Bessey 3-36
Ron Newman 3-37
Alex Thomason 3-38
John Bradbury 3-51
David Riddington 3-57
Martin Dean 4-19
Mike Cooper 4-22

Talk after the race was of a visit next year to one of the other big city marathons, this time possibly in Europe. Our thanks to Ron Newman who did such a good job of the organisation, in spite of a little personal indiscipline after the race.

David Riddington

ERIC BUCKLE, ERIC BUCKLE, SO GOOD THEY NAMED HIM TWICE

A group of Handy Cross Joggers recently paid a six day visit to New York to run the New York Marathon. The trip was organised by Ron (wake me up before you go go) Newman. The other members of the party consisted of :

Jock (I'll just have a small shandy please barman) McLean

Mick (Make mine a low alcohol lager with a lemonade top and a twist of
lemon) Cooper

Alex (You've got two hours to stop molesting me otherwise I'm getting off
this train) Bessey

Martin (Follow me lads, I know New York like the back of my hand - Excuse
me! Has anyone seen the back of my hand?) Dean

Mike (Is that nine o'clock already - time for bed) Stone

John (just one more strip club lads) Bradbury

Dave (who's stupid idea was to bring the family) Riddington

Tom (who's stupid idea was to bring the family) Riddington

Alex (did you see me talking to Hugh Jones) Thomason

Alan (I'm the number one runner in this club and don't you forget it) Chilton

Adrian (I can beat Eric Buckle at marathon running any time I like) Reynolds

As for me I didn't do or say anything wrong except the following:

On the flight over we had to fill in an immigration form, being on the lazy side I waited until the others had finished and then borrowed Adrain's card and copied it, and before anybody thinks it, no, I didn't copy his name. However I did tick all the wrong boxes and in so doing so confessed to being a terrorist, a drug carrier, a criminal, and I was travelling to America with criminal intentions. It was fortunate that I noticed before we landed otherwise I would have been arrested at the airport. On the second day I went for a shower wearing just a towel. When I'd finished I discovered I'd left my key in my room and the door was locked. As I was on the seventh floor I had to take the lift down to a packed lobby wearing only a towel and a look of embarrassment.

On the Saturday I organised a visit to Broadway to see Andrew Lloyd-Webbers musical, 'Cats'. I've now seen 'Miss Saigon' in London, 'Starlight Express' at the Hilton in Las Vegas and 'Cats' on Broadway, New York - impressed huh! I like to live my life to the full. I don't spend my life like a couch potato in front of a television set with a beer in one hand and food in the other - sorry, I've gone off the track a bit. Where was I? Oh yes, 'Cats'. We had to queue for two hours to get our cut price tickets and when we arrived we had seats in the car park. Well, they might as well have been, the view we had was somewhat restricted. Still never mind, most of us had a good sleep ready for the race the following day. The trip was great. We did most of the things tourists are supposed to do in New York - Central Park, Empire State Building, Statue of Liberty, Hudson River, Fifth Avenue, Broadway etc. We ran a race on Sunday but I don't want to talk about it. On behalf of everyone who went, many thanks to Ron Newman for all the time and effort he put into organising it. If it were not for people like Ron these trips would never happen.

by Eric Buckle

LETTERS TO THE EDITOR

Dear Editor

I really must explain my prolonged absence from the club - it's not just to miss the Barnett Trophy race. I've got what Gazza had. "Why aye man, my crucial ligament's gan."

(Gazza couldn't spell it either - Ed)

All I can say is - don't run down Winter Hill after spending four hours up a ladder decorating. I just in collapsed in a heap at the bottom of the hill.

(Who left that heap there - Ed)

Recovery is long and slow - I just sit and contemplate great sporting moments in history - like when I surged past Dunc to win the Wokingham half in 1992

(984th actually - Ed)

Dunc's words of encouragement and support were a real spur to me that day.

(To find out what Dunc actually said see foot of page)

I hope to start running again soon - I've even entered for the London as part of my motivation, and I intend to train on Flora all week.

(Dream on Sunshine - Flora)

See you around

Tone

Tony Fewell

"Where the hell have you come from" said Dunc.

DATES FOR YOUR DIARY

RACE EVENTS

TODAY'S RUNNER LEAGUE

7th Jan 1996	Tadley
21st Jan 1996	Reading
4th Feb 1996	Burnham
18th Feb 1996	Bracknell

HIGHWORTH 1/2 MARATHON

21st Jan 1996	Highworth
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SOCIAL EVENTS

CHRISTMAS PARTY

18th Dec 1995	Judo Centre
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LADIES NIGHT OUT

10th Jan 1996	Blacksmiths
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ANNUAL DINNER

26th April 1996	T.B.A.
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COACHING CORNER - ALEX JOHNSON

In the last issue of the bulletin I talked about increasing your mileage, this months tip is about KEEPING A LOG.

Make sure you record details of all your races and training runs, similar to a diary. When you look back in a few years time you will be very surprised how much you have improved. Obviously in the early months one can make significant improvements, but as you get nearer your peak, improvements can be measured in half seconds etc.

Your log book will provide an invaluable guide and help you discover what training and life style suits you best. You can include dietary information, like what you feel happier with eating and at what time you should eat before a race. Let me say here and now there "no rules", many people have taken information from magazines and found that they disagree with them when tried. The only way is try your own process and when you are comfortable with one, stick to it. You don't want to be worrying unnecessarily before a race, having eaten something that is outside your normal diet as you will have plenty to occupy your mind during the race.

Many ladies find that keeping a log helps them, for obvious reasons and without being disparaging to men, are more at home with it.

Here is an example: August 29th - Marlow Fun Run 5 miles.....Hard day at the office, left late, no lunch grabbed a MacDonalds quarter pounder on the way, no time to stretch, had a really bad run, with stomach ache at 2 miles

Lets hope tis doesn't happen too often.