



Handy Cross Joggers Bulletin

Editorial

At long last I've managed to produce the Bulletin before Christmas, which gives me the opportunity to wish everyone a Happy Christmas and prosperous New Year. I will also look forward to seeing everyone at the Clubs' Christmas Party on Monday.

The cross-country season is now well under way with Pete Smith raising the clubs' profile by winning the first two Chiltern League races. The Sunday morning events have been well represented with Phil Stephens the fastest Handy Cross Jogger in the first two.

However the turnout by our lady members has been disappointing so far, apart from our two stalwarts Debbie Ridout and Margaret Moody. We struggle to form a ladies team and have had to 'borrow' ladies from Marlow Striders on one occasion and drag Margaret around with her dogs on another.

So come on girls, why not give cross-country a try? You've nothing to lose except your dignity and the odd running shoe in the mud!

What are you doing to mark the Millennium?

Many people are hoping to make the year 2000 more memorable by some sort of achievement. For myself I am fortunate (?) enough to have a place in the 2000 London Marathon while Alyson and Pete are hoping to mark the year by walking the Coast to Coast long distance footpath.

Do you have any special plans, like persuading a non-runner to compete in the Wycombe half-marathon or achieving some life-long ambition? If so perhaps you would like to let everyone know about it through the Bulletin.

Martin Dean

December 1999

01494 530511

In This Issue

Don't miss part two of Debbie and Sylvia's Ridgeway Saga on later pages . Two small quibbles however: firstly, there have been no steam trains through Goring for the last thirty years, and secondly, I can't really believe that two women actually ran out of things to say to each other after only four days !

See also the topical Christmas present Tips from Ted and a controversial letter from a new member .

Training Sessions

Programmes for Alex's Tuesday sessions and Mike's Wednesday track sessions can be found on later pages .

Marlow 5 Charity

Nobody has yet nominated a charity to benefit from the money raised in next years Marlow 5 . If you have any ideas please contact Pete Edington .

New Members

Welcome to the following new members:-

David Lancaster, Tanya O'Donovan, Ian Little, Julie Tavender and Susan & Richard Walker .

I was fascinated when running in the Herbert's Hole race to see that the organisers had found a route through woods where the trees were growing white roots . It would make these events much safer if such trees could be found on all cross-country courses .

From The Leader 28th October 1999

Race victory in retirement

VETERAN runner Eric Buckle has won the Bradfield 10k race at the age of 47.

The former Bucks champion came out of a five-year retirement and proved he still has what it takes in the weekend's race in Berkshire.

Buckle, who lives in Stokenchurch, is now planning to take part in other events.

Did you know he had retired ? Perhaps they meant "retiring" as in "shy and retiring" ?

From The Bucks Free Press 3rd December 1999

Long service

HIGH WYCOMBE: Wycombe District Council's Development Control Manager David Riddlington and his assistant David Gibbon have received Long Service Awards from the council in recognition of 25 years loyal service and work.

The council wishes to congratulate them on their many achievements during their service.

In complete contrast, Dave is so modest he even disguised his name by having it mis-spelt !

I recently read that an Industrial Tribunal had seen a case in which someone was dismissed for failing to return to work after his long service award ceremony !

I was out running the other day when I met Linford Christie . We soon bumped into Roger Black and Sally Gunnell but it started to rain, so we went to the gym . Afterwards they gave me some tickets for the 2000 Sydney Olympics; which was nice .

Christmas Present

Tips from Ted

Ted is currently in Australia for some warm weather training so no tips this time round . However before he left he gave me some handy Christmas present ideas for your nearest and dearest - Ed.

For Him

DQ buy him a large digit wrist stop watch, one that he can read without his reading glasses .

DQ buy him an outside thermometer, very handy when deciding how much clothing to wear on your runs . The cleverest are those you can stick on an outside window and read from inside . Most Garden Centres have them .

DON'T buy him green lycra running tights...

That reminds me, I must order some Brussels sprouts for Christmas - Ed.

For Her

DQ buy her something completely unrelated to running, something with a romantic touch . The new range of Black & Decker power tools are recommended.

DQ buy her a "top of the range" designer running jacket (as worn by Sporty Spice) which is far too good to run in but looks great down the pub .

DON'T buy her a sports top, unless you have a feel for those matters...

That reminds me, I must order some balloons for the Christmas Party - Ed

Have a great Christmas .

T.G.I.Over

Joggers Travels

Mike Blowing ran the New York Marathon in under four hours and raised over £3 000 for charity .

Pete Smith finished 3rd in the 33K race at Heuve in Belgium followed by John Dooye in 6th place . Trevor Hunter, James Bateman and Debbie Ridout also ran in this event .

Richard Stone, Duncan Kennerson, Mike Stone and Alex Thomason ran in the Benidorm half-marathon .

Can you help ?

Would you like to be a marshal at the National Championship Cross-Country at Stowe and maybe appear on TV ? If you would, then please contact John Dooye; the event is on Saturday 26th February .

Wycombe Half Marathon

The committee organising the Wycombe Half Marathon met recently to discuss next years race .

The date is Sunday 9th July 2000 over the same course as previous years and incorporating the Bucks County Championship for this distance . There will also be a "fun run" after the main race has stated .

The meetings are open to anyone with an interest in making the Millennium Half Marathon one of the most memorable and will be held in the Judo Club at 6 o'clock on a Tuesday evening . The dates of future meetings are :- 18th January, 15th February, 14th March, 11th April, 9th May, 6th June & 3rd July

A Few Days in Derbyshire

Rod Palmer often refers to the wonderful scenery in the High Peak 40, a gruelling event held in the Buxton area of Derbyshire each year. Being a wimp, I did not relish the thought of running 40 miles just to enjoy the scenery, so I spent three days based at Castleton youth hostel to explore the area more leisurely by walking and cycling.

The most dramatic entry into Castleton is by a footpath which marks the end of the Limestone Way long distance footpath. This descends a narrow gorge behind Peveril Castle and emerges into the village (well, small market town really) through a narrow gap between two cliffs. The entry by road is less dramatic, unless you descend the steep and narrow Winnats Pass from the west.

Castleton itself is dominated to the south by the 900 years old Peveril Castle, built by the son of William the Conqueror on a steep sided and virtually impregnable hill which rises abruptly from the edge of the village. The castle ruins are now open to the public and well worth the steep climb for the view over the surrounding countryside.

Castleton is at the far western end of the Hope valley and the view to the west is dominated by Mam Tor, known as the 'shivering mountain' because of its unstable clay and shale sides.

Until the early part of the 19th century, the only route out of the valley was through Winnats Pass, a turnpike road running up a dark and narrow gorge with a gradient of 20%. This was by-passed with an adventurous and sweeping new road with a gentler gradient built round the side of Mam Tor.

However the 'shivering mountain' lived up to its name and continually defeated the efforts of the road builders to maintain a stable surface on its side. The new road was finally abandoned as late as 1979 after a storm left one carriageway two meters lower than the other.

A walk up what's left of this road vividly demonstrates the forces of nature as the various strata of road surfaces are cruelly exposed in a series of four or five feet deep 'steps' where the road has dropped.

An interesting trivial pursuit question would be, "which 'A' road has a gap of one mile halfway between Sheffield and Manchester?" The A625 actually stops at the bottom of Winnats Pass, becoming an unclassified road and then continues as a trunk road towards Manchester, half a mile beyond the summit.

Castleton is also famous for its four caves, all different and all open to visitors, although two are still working mines. Peak cavern is actually in the village and has the largest entrance to any cave in England. It is so large that people built houses inside and lived and worked there while employed in the rope making industry. Visitors today are given a demonstration of this industry by a guide dressed in period costume.

Outside the village, Speedwell cavern has an underground canal and is explored by boat. It was made famous by a visit from the cast of Coronation Street in 1964 (can you remember that?) The other two caves, Treak and Blue John caverns, are the only mines where the world famous Blue John stone is found.

To the east of Mam Tor runs a ridge which marks the edge of the White Peak (the limestone hills of south Derbyshire) and the Dark Peak (the granite hills of the Pennines) This is claimed to be the finest ridge walk in Derbyshire with splendid views over Edale (where the Pennine Way starts) and Kinder scout, the scene of the first 'right to roam' demonstrations earlier in this century.

This walk can be continued across the Hope valley to Win hill, with its grouse moors and magnificent views over Ladybower and Derwent reservoirs, which are formed by flooded valleys with many lost farms and villages below the water.

The excellent visitor centre in Edale contained a blackboard for people to record sighting of wildlife . When I was there, entries such as:- Kestrel (seen on moor) Grouse (seen over hill) Robin (seen in churchyard) were followed by tongue-in-cheek entries such as:- Slug (seen on path) and Zebra (seen in Zoo) !

The start of the Pennine Way is suitably nondescript, hardly marked at all, rather like the start of the Ridgeway as Debbie and Sylvia found . I looked up the path and thought, "one day perhaps I will do that" then got on my bike and turned round .

The Goyt Valley is another beauty spot mentioned by Rod which I explored by bike . This is one more of the many valleys in the Peak District which have been flooded to create reservoirs to provide water for the large surrounding conurbation's . Apparently half the population of England lives within two hours drive of the Peak District, which accounts for its popularity and need to supply so much water .

South of Buxton I found the High Peak Trail, a disused railway line that now forms a long-distance footpath and cycle

way . I would have liked to have explored this trail further, but I found myself heading in the opposite direction to Castleton at four in the afternoon and with the light fading, so I turned round and headed back over the hills to the youth hostel, arriving just before dinner .

Although I probably only covered as many miles in three days as Rod did in one days running, I can certainly recommend this area to any visitors .

Corporate Spin

Are you annoyed by notices on the doors of commercial outlets saying such things as, "for the benefit of our customers, this branch will be closed until 10 o'clock for staff training?"

I recently saw one such notice on the now closed Lloyds Bank branch in Oxford Road which said, "we have moved to the Octagon" which really means we closed this branch to save money when we merged with the TSB.

However you may be interested to know that staff in the Lloyds TSB branch in the Octagon are happy to give money away, up to £100 per visit I understand . See Liz Davey or Chris Busby for details .

Question :

What is the difference between a sewing machine and a female jogger?

Answer :

A sewing machine only has one bobbin .

SNAILS 'R' US

Following your request for initial impressions in the last bulletin, I risk mine here. Being of a certain slow pace and having met fellow snails (no names will be mentioned) we feel slightly nervous about meeting on Sundays for the long run. If we join the faster members, we end up lagging behind and some poor soul has to return to help us find our way home.

I find this a particular problem. I would love to be able to run with fellow club members that go out on a Sunday, but have now lost the courage to join you. I did once and only made two miles before losing the main pack. I then held two very kind members up who kindly ran back for me. Can anyone make some suggestions. I understand that to run with someone slightly faster will help me improve my times, however, to watch fellow runners disappear into the distance is a bit of a soul destroyer. I know that they must have started somewhere, probably where I am now. So put pen to paper and help this and other snails achieve your level.

I'm sure that some of the new members fall into this category, so come on. Stand up for snails, don't be ashamed of coming in last. Let's help each other.

Helen Murdoch

(P.S. I took 2hrs and 193minutes to run the Edinburgh marathon).

Can she mean us ? I must admit I haven't run with the club for several Sunday mornings but in my experience everyone tends to run at their own pace and then wait for the slower runners to catch up at some convenient point . However having had a breather, the faster runners then carry on, not leaving the slower runners chance to get their breath back ! What do you think ? Are we guilty as charged ? Do others have the same experience as Helen and what should we do about it ?

The Ridgeway Sagas - Part 2

Debbie Collier and Sylvia Pearson.

Day 2 - Chinnor to Goring.

After a good sleep Kieron (Debs fiancée), dropped us off at Chinnor on the Ridgeway path. We were both feeling a bit stiff and achy, but Kieron actually got out of the car and waved us off. So, we started jogging for his benefit and after about 10 minutes of looking back to see if he was still watching we surprisingly got into some kind of syncopated rhythm and kept going, across the A40 and under the M40 for about 6 miles to Watlington. We knew that Christmas Common was just down the road so we still felt on home ground.

We were heading for lunch at Nuffield which was another 5.5 miles. By now we had lost our initial drive and settled into a jog/walk pattern. We saw the road to Britwell Salome which brought back memories of the May Meander. We continued past Swyncombe House and onwards to Nuffield. We were instructed to cross from one white post to another across a golf course, I suggested that we do a bit of interval training and race to each post then rest at the post. Deb was not very enthusiastic and I could tell that she was beginning to regret inviting me along. Finally we hit Nuffield and discovered that the pub had a beer garden. We ordered our meals and did a few stretches then Deb took off her shoes and socks, much to the bemusement of the other diners.

Fully replenished and rested we decided to walk the first part of the afternoon to digest our lunch. We headed off down Grim's Ditch to Mongewell. The weather was glorious and the Ditch was neither grim nor ditch like. It felt so good to be away from everything, enjoying the simple pleasure of walking along chatting to a friend. We soon came ~~got~~ to Mongewell Park then just after North Stoke we were walking along the Thames. Deb's hill sensor came into play " It's flat here, " she said and started jogging.

The path didn't hug the Thames for long and we seemed to be cutting across the bottom of the gardens of some huge houses. Deb got all adolescent on me and started imagining that George Michael was going to pop out of one of the houses, taking his dog for a walk, their eyes would meet, George so astounded by the vision of loveliness that is Deb, the

sweaty, sunburned, siren in running kit, would forget that he is gay, sweep her up into his arms and beg her to spend the rest of her life with him. But she would gently break it to him that he is too late for she is betrothed to another. Where upon blinking back the tears, he would invite us in for a cup of tea and chocolate biscuits.

Back to reality, we were walking with the Thames on our right and a railway line on our left all the way into Goring. Deb set the pace and the reward was ice creams on her, if we managed to get to Goring before the shops shut. Not so reluctant now Deb sped off and I just managed to keep up, we got onto the Goring bridge bang on 5.30pm and true to her word we enjoyed a '99' each, and Deb was back in her fantasy.

Deb then showed me a card with directions to the B&B that she had carefully selected. "It should be easy to find, it's right next to the railway line," I said. Then it dawned on us, we looked at each other - "Are you thinking what I'm thinking?" I asked. Deb nodded as visions of huge, smoky, steam engines powering past at 200 mph every 3 minutes, rattling the windows and sending all the furniture scuttling across the room, flicked through our minds. "It'll be fine, we're so tired that we'll sleep through anything," I reassured Deb.

We arrived at 'Chez Morticia' greeted by a warning sign- BEWARE OF THE DOGS. I had no intention of getting my throat ripped out so I pushed Debbie forward to ring the bell. An elderly lady answered the door with her little, yapping companion (no, not her husband) and confirmed that our luggage had been dropped off. She showed us to our room indicating the bathroom facilities en route.

It was like stepping in to a time warp. The bedroom was circa 1940 with the original wall paper, carpets, beds, sheets, dust etc. Through the grimy windows we could see the railway track and a few minutes later we heard our first train.

Deb had gone to have a shower and had returned quite quickly. She shuddered as she explained that she had had to clean all the hairs out of the bath before giving herself a very quick hosing down. My turn - I know that I'm not what you would call house proud, but the grease and grime on the bath and the sink were unbelievable. I couldn't even blame Deb because you could count the tide marks on the bath like the rings inside a

tree to guess how old the dirt was. I didn't fancy a soak in the scummy bath and the shower was a leaky attachment onto the bath taps. So I had a quick wash careful not to infect myself from the fittings - it's a good ruse to stop the tenants from using up all the hot water I suppose.

We set off to the local pub for a hot meal and some of the local brew purely for medicinal purposes you understand. We sat on the next table to a couple of backpackers who were doing the Ridgeway in the opposite direction to us. They both had 40lb rucksacks and looked absolutely knackered. Thank goodness we were travelling light. Despite our salubrious surroundings we both enjoyed a good nights sleep and awoke ready to face the day.

Day3 - Goring to White Horse Hill

After waking up in the hotel from hell, we went down to get our breakfast. The choice of cereal was a box of All Bran or stale Weetabix, followed by cold toast that could decapitate at 5 paces. You don't want me to go into details about the cooked breakfast, just use your imagination. Suffice to say that we stopped at the local shop en route for food.

We were heading to Uffington and White Horse Hill today, one of our longest days of travelling. We had been told the previous day about all the shale and slate that would be underfoot so we took heed of this and walked the first part. The route was heavily rutted and even walking got almost impossible at times. We steadily climbed until we reached the Downs. Once up there everything became 'flat'. There were lots of fields and sheep, even a fair few radio masts and Didcot Power Station featured heavily in the views - we saw it from all angles for several miles. The route became boring and tedious and we found it hard going.

Sylvia suddenly darted off the path, into the woods and shouted for me to follow her - she had found 'Schuthamer's Knob' lucky her! It turned out to be a small burial mound, which to me was of absolutely no interest. She climbed it and urged me to follow. I was not in the mood for her cheerfulness and felt ready to lash out. Once on top of the mound I saw what she was looking at, in the field behind the big knob was a mysterious crop circle, the aliens had been at it again. This time they had spelt out some rude words - this cheered me up (for a short time at least).

We continued through the deserted landscape and sat at the foot of some old monument for our lunch, which consisted of shortcake and fruit, that I had carried and Sylvia devoured most of. We ripped off our shoes compared blisters and admired the view of Didcot Power Station yet again. After our light lunch, mine being especially light, but hey do you ^{hear} here me complaining? We carried on with this tiresome day, we saw the Devils Punchbowl on the rim of which appeared to be a small Scottie dog cut out of chalk and this I'm afraid to say was the highlight of the day.

We walked a few more tiring miles until we reached the White Horse Hill and the ramparts of Uffington castle. Now apparently the White Horse is a marvelous sight- except you cannot view it from any angle of the hill. I suspect you can only see it if you are hovering above it. We did see it eventually - on a post card.

To get to our B&B we had to trek down an amazing glacial valley and 0.5 miles up a tarmac road to a farm - bliss after all the ruts. We wanted a rest and clean up and compared to the previous night the accommodation was fantastic, even though the shower only trickled out tepid water. The beds were soft and we were given a lift to the local pub. When we got to the pub, which was very small and cosy, most of the landlords family were sat in the bar eating their dinner. Nearly all the food we asked for was off the menu, we had what they had left and wolfed it down double quick, we were starving. We somehow managed to drink excessively and staggered out of the pub heading in the wrong direction. Amazingly Sylvia, who can't find her way out of a paper bag, managed to get us on the right path. There were no street lights, it was very dark and if it wasn't for Sylvia's light up jacket we would have been roadkill. Somehow we got back to the farm and as usual I went straight to sleep.

Day Four - Uffington to Overton

We awoke fully refreshed to yet another beautiful morning. We had been so lucky with the weather during our adventure. After a traditional English breakfast we filled up our water packs and set off back up the valley to rejoin the Ridgeway. Our last day, we had strapped up our blistered feet in plasters and decided to dose ourselves up with 4 hourly tablets of Ibuprofen. Debs feet were worst, it looked like she needed resoling and the backs of both her heels were two huge rubbery blisters.

I had offered her my special Compeed plasters but it would have been like trying to wallpaper a wall using one postage stamp. Deb had come prepared with yards of Elastoplast, a big pair of scissors and a pair of earrings to do the popping. I really don't know how she managed to get her shoes back on. Once back on track we found that if we jogged rather than walked, it was actually less painful as our feet were in contact with the ground for a shorter time - sounds crazy but it worked. So we jogged gingerly along until the ground got too rough.

We stopped 11 miles on in Ogbourne St George for yet another pub lunch. We really didn't want to leave that pub. The thought of getting up and having to walk on our poor feet was almost too much to bear. But the end was in sight 9 more miles to go.

Next stop Barbury Castle, after what seemed like acres of undulating grassland of Smeathe's Ridge. We started to see little old ladies in sensible walking shoes and snotty nosed toddlers, so we knew civilization was in sight. When we reached Barbury Castle what did we see? A grassy hill - no moat, no turrets, no princesses. I'd had enough, every single step was pain, now I know what the little mermaid had to endure. I took off my running shoes and to Debs disgust and disdain I put on my sandals, not quite bliss but at least my feet were cooler but still very sore.

Six miles to go and we were counting every step, head down plod, plod, plod. No energy or inclination to run, it was too rocky and rutted anyway. We reached our 81st mile when I realized that I 'd mentioned the weather for the second time that hour, it had finally happened - Deb and I had run out of things to say to each other! Over the 4 days together we had talked about everything from worming the cat to Darwin's 'Theory of Evolution', but now the unthinkable had happened. Fortunately this lapse only lasted for about 1 mile. The quietest, saddest mile of our whole journey. The final furlong was in our grasp and we dragged ourselves to the end. Disappointment greeted us in the shape of a small grey stoned car park and a solitary signpost declaring 'Ivinghoe - 85 miles '.

Handy Cross Joggers Tuesday Club Sessions

- Jan 4 1.5 mile fartlek session, 4 circuits includes 200/400/600 mtrs
- Jan 11 5x 100m 2 mins rest / 5x 200m 2 mins rest/ 5 x 100m full effort.
- Jan 18 2 x 400m / 2 x 600m/ 2 x 400m / 2 x 600m
- Jan 25 Hill Session 6 x full hills / 6 x short hills
- Feb 1 6 x 300m interspersed with 6 x 200 easy recovery (new)
- Feb 8 6 x 200m @ 80% / 6 x 200m @ full speed / 4 x 200m @ 80%
- Feb 15 1.5 mile fartlek session, 4 circuits includes 200/400/600 mtrs
- Feb 22 8 x 400 full speed interspersed with 8 x 100 recovery
- Feb 29 3 x 400m / 3 x 600m / 3 x 400m
- Mar 7 Hill session 8 x Full Hills
- Mar 14 8 x 100m full speed 2 mins rest 4 x 100m full speed
- Mar 21 Timed 6 mile run
- Mar 28 8 x 200m @ 80% / 4 x 200m @ Full Speed

All Session will commence with a warm-up and stretch
Please ensure you wear warm clothes to start the sessions

Alex Johnson BAF club coach
Handy Cross Joggers

WEDNESDAY TRAINING PROGRAMME, UP TO 29-3-00.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..
All members are welcome to take part.

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 5-1-00 Parlauf session, 2 x 6 x 400m. 4 min's. jog between sets.
- 12-1-00 6 x 800m, (400m jog recovery).
- 19-1-00 5 x 1200m, (400m jog recovery).
- 26-1-00 Pyramid session, 800/1200/2000/1200/800m, (400m jog recovery),
- 2-2-00 3 x 2400m, (400m jog recovery).
- 9-2-00 2 x 8 laps of sprinting straights and jogging bends. (400m jog recovery between sets).
- 16-2-00 Fartlek session of approximately 45 min's. duration.
- 23-2-00 Hill session (Knight's Hill). 8 circuits, with effort maintained until 2nd corner. Recovery on remainder of circuit.
- 1-3-00 "Downer", 2400/1600/800/400m, (400m jog recovery).
- 8-3-00 "Overtakers" (in groups), approximately 45 min's. duration.
- 15-3-00 6 x 800m Differentials. (Increase pace on 2nd lap). (400m jog recovery).
- 22-3-00 4 x 1600m, (400m jog recovery).
- 29-3-00 5,000m Time Trial.

Mike Hickman.
01494 525474

Results

Henley half-marathon

John Dooley in 1.16.56 (2nd overall)

Trevor Hunter in 1.20.59

Nick Martin in 1.32.36

Mike Hickman in 1.35.20

Martin Dean in 1.36.55

Margaret Moody in 1.39.6

Mike Blowing in 1.41.13

Harvey Lyons in 1.43.40

James Bateman in 1.45.35

Nicy Lyons in 1.50.30

Sylvia Pearson in 2.06.30

Debbie Collier in 2.23.30

Great Sam half-marathon

Trevor Hunter in 1.19.18

Stephan Naunko in 1.28.39

Trevor Free in 1.30.57

Rod MacClean in 1.32.24

Mike Hickman in 1.33.10

Dave Leighton in 1.34.58

Pete Edington in 1.37.32

Martin Dean in 1.39.45

Mike Blowing in 1.39.58

Debbie Ridout in 1.52.12

Alex Thomason in 1.56.39

Marlow half-marathon

Benjie Benjamin in 1.30.29

Nick Martin in 1.30

Trevor Free in 1.31

Rod Palmer in 1.32

Harvey Lyon, Rod MacClean in 1.35

Margaret Moody in 1.38

Mike Hickman in 1.39

Des Mannion in 1.39

Martin Dean in 1.40

Tony Crockett in 1.42

Andrew Pearson in 1.43

Liz Davey in 1.48 (pb)

Richard Stone in 1.55

Pat Carter in 1.57

Vernon Martin in 1.59

Dave Nash in 2.11

Sylvia Pearson & Debbie Collier
in 2.14

Tony Fewell in 2.20

Jack Sharp in 2.57

Abingdon Marathon

Mike Hickman in 3.18.52 (pb)

Nick Martin in 3.27

Rod MacClean in 3.45

Future Cross Country Events

Thames Valley Cross Country League

Sunday 19th December 1999

Reading Roadrunners

Sunday 9th January 2000

Tadley Runners

Sunday 23rd January 2000

Bracknell Forest Runners

Sunday 6th February 2000

Burnham Joggers

Sunday 20th February 2000

Handy Cross Joggers

Chiltern Cross Country League Division 2

Saturday 15th January 2000

Berkhampstead

Saturday 19th February 2000

Banbury

Monday 27th December 1999

Cliveden Cross Country 6

Saturday 29th January 2000

Southern Cross Country Championships, Parliament Hill

Saturday 26th February 2000

National Cross Country Championships, Stowe

Other Events

Sunday January 16th 2000

Highworth Half Marathon

Sunday 6th February 2000

Watford Half Marathon

Sunday 13th February 2000

Wokingham Half Marathon

Sunday 12th March 2000

Finchley 20

Reading Half Marathon

Portsmouth Half Marathon

Sunday 2nd April 2000

"The Grizzly"

Sunday 16th April 2000

Flora London Marathon

Sunday 5th May 2000

Marlow 5

Sunday 21st May 2000

The Firemans Marathon

Sunday 9th July 2000

Wycombe Half Marathon

Wycombe Half Marathon

The Millennium year Wycombe Half Marathon will take place on Sunday 9th July 2000 over the same course as in previous years, starting and finishing on the Rye . The organising committee has been strengthened this year by a number of members of the Handy Cross Joggers running club and the new organisers are hoping to make the Millennium race one of the most memorable .

The race will incorporate the Bucks County Championship for this distance, but runners of all abilities will be most welcome to compete . Teams from running clubs, companies and local schools (all school teams will be automatically entered into a draw for a PC) will also be most welcome with team prizes for all these categories as well as the various age group and gender awards . There will be a Fun Run which will be held after the start of the main race .

Entry forms will be available in February and Internet users will be able to register "on line" . The organising committee are anxious to find local sponsors for all aspects of the race .

If you feel you want to compensate for the excesses of Christmas and the new year, or to start training for the London Marathon or the Wycombe Half Marathon, Handy Cross Joggers welcome runners of all abilities . The club meets at the Judo Centre in Barry Close, Booker on Tuesday and Thursday nights at 7 o'clock, on Sunday mornings at 9 o'clock and on the Sports Centre running track at Handy Cross on Wednesday nights .

Martin Dean
Publicity Officer
Handy Cross Joggers
01494 530511

10 December 1999

*For information
I need to the
media before
Christmas*