

FEB

2001



Bulletin

Editorial

What a dreadful winter . I'm typing this now, instead of pounding the streets for my marathon training, as it's pouring with rain (what a wimp !) With cross country races actually cancelled (one of them twice) because of wet weather, we now have foot - and - mouth disease disrupting the running calendar .

But never mind, the first of the summer 5K series is only a few weeks away and hopefully every thing will be back to normal by then .

While the current emergency lasts, runners should avoid using footpaths in the countryside, particularly those next to farmland .

It's now time to start planning for this years Wycombe Half Marathon . Committee meetings are already being held, to which everyone is welcome, and the event will be on Sunday 15th July, incorporating the Bucks County Championship .

Congratulations to the winning team of Trevor, John, Pete, Sally and Nick, who retained the Highworth half marathon trophy for the second year in succession, to Dave Bosley who won the Senior Male category of the Chiltern League cross country series and to John Dooley, third MV40 in the same competition .

Congratulations also to Margaret Moody who won the veterans 3000m race on an indoor track at Cardiff recently . Margaret won the race with a personal best time of twelve and a half minutes .

Martin Dean February 2001

01494 530511

In This Issue

Schedules for the Tuesday & Wednesday night training sessions and the dates of the summer 5K series .

Don't miss Geoff Medicott's article on the Wokingham half marathon on a later page .

The menu for the annual dinner and dance can be found on a later page and also a calendar of social events.

Joint Ventures

The two joint events with Marlow Striders were enjoyed by everyone taking part . The 'Indoor Games' afternoon in November was great fun for the children of all ages (most of whom seemed to be supplied by Sylvia and Andy Pearson) and the ever popular 'predict-a-time' run in December produced a winner who finished within only one second of his predicted time .

This year Eric Buckle's team managed to escape the scrutiny of the judges and, although handicapped by the presence of Martyn Franzese as a team member, managed to win the quiz . Details of further joint events with Marlow Striders can be found in the social events calendar .

Handy Cross Runners AGM

This years AGM will be held on Monday 26th March from 7-9 o'clock, probably at St Birinius church hall . Don't miss this important event, it's your chance to have a say in how the club is run . If you have anything you would like discussed put on the agenda, please contact Chris Gentry at least two weeks before the 26th .

New Members

Welcome to the following new members :-

Evie Deeley, Penelope Fisher, Jayne Lord, Christina McCormack, Diana Milroy, Emma Taylor and Simon Wilkinson and a welcome return to former member Roy Williams .

Now we are well into the second half of the subscription year, further new members will be enrolled at a reduced rate until next April .

Commiseration's to Paula Parkin on her mother's death just before Christmas .

Our thoughts are also with Derrick Prosser whose wife is seriously ill . Although not a member of Handy Cross Runners, Derrick is well known to everyone for his appearances in the Wycombe half and the 5K series . We wish his wife a speedy recovery .

Congratulations to Helen Murdock and her husband on the birth of their son, Stuart Peter (9lb 11oz) on the 18th January . Now she no longer has an excuse, we hope to see Helen back running again soon .

Congratulations also to Emma Taylor for the article in the local press about her London Marathon training . Good luck in raising the £1500 for charity, but please tell the press that we are called Handy Cross **Runners** now .

Christmas Eve Run

Saint Michael and Saint Nicholas organised an enjoyable run on Christmas Eve in search of the true meaning of Christmas . This involved teams of two runners visiting as many churches in Wycombe as possible and answering a simple question at each within a time of two hours.

This simple concept was complicated by a system of scoring which allocated extra points for those churches located farthest from the club, the inclusion of a severe time limit penalty and a compulsory visit to the Jehovah's Witness premises .

In spite of incurring a stiff penalty for finishing three minutes outside the time allowed, Rod and myself managed to win the event because some teams omitted to read the rules properly and failed to visit the Jehovah's Witnesses .

This event was thoroughly enjoyed by everyone although the unseasonable weather (it poured with rain all morning) produced some rather soggy answer sheets . Mike and Nick have promised to re-run the event later in the year, when hopefully the weather will be kinder to us .

May Meander

Mike and Nick will be organising another May Meander shortly and this year it will actually be in May ! Sunday the 20th is the date, so make a note in your diary now, more details later .

Wokingham Half Marathon

I had a plan, simple but effective. Run with Paul for the first seven or eight miles, take it easy - run within myself . Then, if I felt OK, I was going to stretch out and pick up the pace . Glide through the next four miles and save a bit for a big effort at the end .

Things started to go wrong when the PA began counting down from ten . I noticed a strikingly attractive girl in black lycra . She had bleached, blonde hair and a deep golden tan . Her last minute stretching distracted me so that I stumbled into action when the race started .

We shuffled forward about twenty paces and then slowed to a walk as seventeen hundred runners tried to get through a six foot gap . Then we were off again, striding through the park, until a hundred yards later when seventeen hundred runners had to get through a five foot gap .

Things improved once we left the park . The runners became strung out and began jockeying for position. We reached the two mile marker, at which point one runner just stopped by the side of the road, bent double with exhaustion . I wondered why he bothered turning up .

I wasn't feeling too good . My legs felt heavy, but I just followed Paul as he pounded along the road . We spotted Mike Hickman a little way ahead and ran up to wish him well . When he saw us he sprinted off like a man possessed !

Suddenly I felt much better . My shins stopped aching and I found a good rhythm . At four miles I took off the 50p gloves I had bought from Rod Palmer and threw them dramatically into a ditch (*and I thought teachers were underpaid, Ed.*) Now I meant business . I stretched away from Paul and overtook Mike Blowing who was carefully negotiating a roundabout . I even passed Mike Hickman and didn't bother to wish him well this time .

Everything was going to plan . I had visions of breaking 1.40 or 1.30 . I might even break 1.20 and win the race if I kept going at this pace ! My euphoria last for about ten minutes until I reached the next drinks station. I grabbed the plastic cup, hardly breaking my stride, raised my right arm and promptly threw the water into my left ear .

I plodded on to the ten mile marker . Over the motor way bridges, nearly home thank goodness ! The last three miles seemed like an eternity . I could hear the PA drifting on the wind over the fields but every time I turned a corner there seemed to be another mile long stretch of road to go . At last I turned into Cantley Park and tried desperately to put in an almost sprint finish .

I looked at my watch and was pleased with 1.38 for my first half marathon . I was less pleased with the rather sad looking ribbonless medal that was pressed into my hand in the funnel .

As I waited with Paul for Dick and Diana to finish I was engulfed by a blinding headache caused probably by dehydration . I had plenty of time to get over it as we sat in the car park for an hour .

When I finally got home my family asked me if I'd had a "nice run" and my daughter found a ribbon for my medal . Next time I'll think of a better plan, I'll drink more water, concentrate more at the start and I definitely won't be asking Mike Hickman how he's feeling !

Geoff Medicott

Thanks for the article Geoff, it's nice to see you're thinking about your next race ! Incidentally Geoff's comments make me wonder why this race is so popular . Apart from the lack of medal ribbon and the overcrowding at the start, there is no goody bag, no food at the finish and nowhere to park within a mile of the start .

The Ridgeway Relay

Once again this year, Nick Martin has entered a team (or possibly two) in the Ridgeway Relay . He will probably be recruiting runners soon, the date is Sunday 17th June .

For those people not familiar with this event, it starts at Ivinghoe Beacon and follows the Ridgeway to finish at Marlborough . Each team consists of ten runners who each run a leg of between seven and twelve miles .

This is a great team event and a good day out and last year we won the ladies race .

Dean's Walking Tours

Once again this year Dean's Walking Tours offers two trips, one is to Nijmegen in Holland for the world's largest participation event, the four day marches . As always it is in the third week of July (the 17th to the 20th) and will cover 120, 160 or 200km . I won't describe this unique event yet again, but for an unbiased view speak to Alex Thomason, who joined me for last years trip .

The other event is a weeks walking in Scotland, climbing Ben Nevis and several of the Glen Coe peaks . This will be in the last week of August and will be organised by Lomond Walking Holidays .

Benidorm Half Marathon

Now is the time to think seriously about a trip to the Benidorm half-marathon in November, details from Duncan Kennerson .

A Belated Christmas Joke

In a horse race before Christmas, the leading jockey was hit by a box of mince pies thrown from the crowd as he jumped the penultimate fence .

He carried on and was hit again at the last fence by a turkey, but he continued into the home straight only to be struck by a wicker basket, causing him to falter and lose first place .

At a stewards enquiry his first place was reinstated on the grounds that he had been severely hampered !

Cross Country

The successful start to the Saturday cross-country league continued at Hardwick, with our four top men again doing well, ably supported by Benjie, Mike and Richard . A good turnout by the ladies saw Margaret finishing in front of Liz, Debbie, Sylvia and Sue . At Berkhamstead Dave finished in third place while Phil Stevens, returning from a long injury, finished 21st . Margaret was our first lady supported by Liz, Debbie and Allison .

Dave was third in the last race at Banbury and first Senior Male in the series, while John finished 21st and 3rd MV40 overall .

The Sunday league has already had three events cancelled, but two new venues were experienced at Sandhurst (where Trevor finished in second place) and a very muddy course at Burchetts Green (where Dave finished in second place) . Hopefully the cancelled events will be re-arranged in the near future .

The picturesque course at Cliveden was even more attractive this year as it was covered in snow ! However there was very little mud and my shoes were cleaner at the end than at the start .

Our own cross country event in early February can be described in three words; wet, wet, wet ! However I thoroughly enjoyed watching runners falling over where I was marshalling, especially as I had warned them that the mud was very slippery ; It was worth all the discomfort . Martyn did a great PR job for the club in the car park, greeting each driver with a

derogatory remark about the age and condition of their vehicles . Pete would appreciate a recipe for barbecued gloves .

Highworth half marathon

A team of Handy Cross Runners travelled to Highworth in Wiltshire on Sunday 21 January to compete in the annual invitation half marathon and came away with the team trophy for the second year in succession.

Trevor Hunter, who finished second last year, improved on his personal best time by 90 seconds to win the race in one hour, fifteen minutes and forty two seconds . Trevor was followed by John Dooley who finished third in 1.18.04, Pete Edington in 1.22.24, Sally White, who was second lady finisher, in 1.25.47 and Nick Martin in 1.31.14 .

The winning team was supported by team-mates Mike Hickman and Debbie Ridout, who finished in 1.33.32 and 1.47.33 respectively .

Well done everyone, especially Trevor who's magnificent pb so early in the year promises much for later in the season . Perhaps we can win it again next year and keep the trophy permanently !

Mystery Tour

Pete will be organising another of his popular evening mystery tours, probably in July . This will be in the form of a coach trip from the Judo Club to several different starting points for runs of different lengths but all finishing at a suitable pub before the coach journey home .

Christmas Disco

It was nice to see so many new members at this years Christmas disco, I hope they all enjoyed it enough to come back again next year, when some changes to the traditional format of this event will be introduced.

The London Marathon numbers went to Dave Nash, Jock MacClean and Jack Sharp, but Dave and Jack decided to opt out so Paula and new boy Mark Hermson were the lucky (?) recipients .

The raffle was also of marathon length, I suspect people are re-cycling last years prizes !

Thanks to Debbie and her helpers for organising the event .

Annual Dinner & Dance

For the first time, this years dinner and dance will be held on a Saturday rather than Friday evening to give you more time to make yourselves beautiful .

The venue is once more at Adams Park (home of the Mighty Blues) and back in the De Vere Suite, the larger of the two rooms, so hopefully we can fill it this year . It's always a shame to see a half empty room on these occasions, especially as the meal and venue are both excellent .

An added attraction this year will be a live group, so put it in your diary now and don't miss the most important (and enjoyable) evening of the club's year . The date is the 5th May, menus and prices appear on a later page .

Forthcoming Events

Sunday 11th March 2001

Reading Half Marathon

Sunday 18th March 2001

Fleet Half Marathon

Sunday 25th March 2001

Finchley 20

Friday 13th April 2001

Maidenhead 10

Sunday 22nd April 2001

London Marathon

Sunday 29th April 2001

Bracknell Half Marathon

Saturday 12th May 2001

Chinnor 10K & Half Marathon

Sunday 13th May 2001

Marlow 5

Wednesday 16th May 2001

Wargrave 5K

Sunday 20th May 2001

May Meander

Sunday 17th June 2001

Ridgeway Relay

Sunday 15th July 2001

Wycombe Half Marathon

Results

Cliveden Cross Country

Trevor Hunter in 39.05 (6th place)

Rod MacClean in 46.36

Mike Hickman in 47.42

Geoff Medicott in 51.41

Des Mannion in 51.51

Martin Dean in 56.47

Debbie Ridout in 59.13

Richard Walker in 59.48

Dave Nash in 1.04.07

Highworth Half Marathon

Trevor Hunter in 1.15.42 (pb & 1st place)

John Dooley in 1.18.04 (3rd place)

Pete Edington in 1.22.24 (8th place)

Sally White in 1.25.47 (2nd lady)

Nick Martin in 1.31.14

Mike Hickman in 1.33.32

Debbie Ridout in 1.47.33

Wokingham Half Marathon

John Dooley in 1.17

Pete Edington in a pb of 1.21

Trevor Free in 1.28

Jock MacClean in 1.32

Geoff Medicott in 1.38 (1st ½ marathon)

Nick Martin in 1.39

Martin Dean in 1.40

Mike Hickman in 1.41

Paul Jennings in 1.42

Debbie Ridout in 1.46

Mike Blowing in 1.49

Richard Walker in 1.54

Dick Croxson & Diana Milroy in 1.57

Dave Nash in 1.59

Banbury Cross Country

Dave Bosley 3rd

Trevor Hunter 7th

John Dooley 21st

Mike Hickman 117th

Richard Walker 126th

Penny Fisher represented the ladies

5K SERIES

This year's 5k summer series has now been agreed, so please put the following dates in your diaries. The format is the same as in previous years with the host club providing food and refreshments following their event for the other five clubs. The cost has again been kept down to £3.00 for the whole series or £1.00 per race.

Wednesday	16th May 2001	Wargrave	7.30pm
Tuesday	29th May 2001	Burnham	7.30pm
Tuesday	5th June 2001	Marlow	7.30pm
Wednesday	20th June 2001	Maidenhead	7.30pm
Tuesday	3rd July 2001	Datchet	7.30pm
Tuesday	17th July 2001	Handy Cross	7.30pm

The 5k series is the most popular event in our racing calendar with nearly all club members taking part. If you have not taken part before, why not give it a go this year, you may enjoy it.

HANDY CROSS RUNNERS SOCIAL EVENTS 2001

- **Thursday MARCH 15th Evening with KATE ALLENBY the Olympic bronze medal pentathlete Cost is £3.50, which includes a pizza supper. Starts at 8.30pm to be held at The Old Pavilion Cricket Club MARLOW STRIDERS MEETING PLACE need to know by TUESDAY 13th to give numbers. You are welcome to run with them meet at 7pm leave 7.05pm**
- **Saturday MAY 5th ANNUAL DINNER at ADAMS PARK with LIVE BAND HEARTBEAT featuring JOANNA GRAY please complete menu and return with deposit of £10 or full amount of £23.50.**
- **Saturday MAY 12TH Date to be confirmed, BOWLING joint venture with Marlow Striders commence at 7pm LIMITED PLACES price to be announced**
- **Sunday MAY 20TH challenging MAY MEANDER details to be announced**
- **Friday JUNE 15th in the evening MARGARETS BARBEQUE details to be announced**
- **Sunday JUNE 17th RIDGEWAY RELAY details to be announced**
- **Tuesday JULY? Evening MYSTERY TOUR details to be announced**
- **Saturday AUGUST 11TH social 5 MILE WALK details to be announced**
- **Friday AUGUST 17th Don't miss the nostalgic BASILDON PARK 7pm Adults £16**
- **Sunday SEPTEMBER? MORNING RUN to answer the question of your choice, decide where to run next and continue. Team event. Interested?**
- **Friday OCTOBER 12th Crazy QUIZ NIGHT details to be announced**
- **Sunday December 9th or 16th depends on XC dates MARLOW STRIDERS TIME TRIAL RUN distances from 3 to 9 miles**
- **Friday DECEMBER 14th note the change of day CHRISTMAS DISCO 7.30pm to 11. 30pm**
- **????????????? Trip to OXFORD DOG RACING**
- **????????????? Skittles Evening**
- **Details of these events to be announced**

Handy Cross Tuesday Club Session

- 27/2 8 x 400 / 400 easy recovery
- 6/3 5 x 100m 2 mins rest / 5 x 200 m 2 mins rest / 5 x 100m full effort
- 13/3 2 x 400m / 2 x 600m / 2x 400m / 2x 600m
Jog recovery on 400s 2min rest on 600s
- 20/3 Hill session 8 x full hills / 6 x short hills at speed
- 27/3 6 x 300m interspersed with 6 x 200m easy incline
- 3/4 6 x 200m @ 80% / 6 x 200m @ full speed / 4 x 200m @ 80%
- 10/4 1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs
- 17/4 8 x 400 full speed up incline / 8 x 200m easy recovery
- 24/4 3 x 400 mtrs / 3 x 600 mtrs / 3 x 400 mtrs
- 1/5 Time trial over 10k approx
- 8/5 8 x 100m full speed 2 mins rest / 4 x 100 m full speed

All sessions will commence with a warm-up and stretch, and warm down

I am planning to take these sessions, but if I am out of the UK Mike Hickman has kindly offered to deputise.

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners

WEDNESDAY TRAINING PROGRAMME UP TO 28-3-01.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm.

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

- 3-1-01 3 x 1600m (400m jog recovery), followed by 1 x 400m.
- 10-1-01 12 x 400m (200m walk/jog recovery).
- 17-1-01 "Downers" 2 x 1600/800/400m (400m jog recovery).
- 24-1-01 6 x 800m (200m walk/jog recovery), followed by 1 x 400m.
- 31-1-01 Hill session (Knights Hill), 8 x full circuits maintaining effort to 2nd corner. Recover on remainder.
- 7-2-01 "Parlauf" session, 12 x 400m.
- 14-2-01 4 x 1600m (400m jog recovery).
- 21-2-01 6 x 800m (200m walk/jog recovery), followed by 1 x 400m
- 28-2-01 Pyramid session, 400/800/1200/1600/1200/800/400m (200m recovery/400m after 1600m effort).
- 7-3-01 12 x 400m (200m walk/jog recovery).
- 14-3-01 Hill session (Knights Hill). 8 x full circuits, maintaining effort to 2nd corner. Recover on remainder.
- 21-3-01 3 x 2000m (400m jog recovery).
- 28-3-01 4 x 1600m (400m jog recovery).

Mike Hickman,
01494 525474
e-mail mikehick@btinternet.com

WEDNESDAY TRAINING PROGRAMME UP TO 27-6-01.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities are encouraged to take part in, enjoy, and benefit from these sessions.

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

- 4-4-01 2 x 8 laps of sprinting straights and jogging bends, (400m jog recovery between sets).
- 11-4-01 7 x 800m (200m walk/jog recovery).
- 18-4-01 2 x 8 x 200m, (200m jog recovery) 4 min's. rest between sets.
- 25-4-01 FOR THOSE WHO RAN LONDON, REST. Others, 12 x 400m (200m jog recovery).
- 2-5-01 5k Time Trial. (Please bring a stopwatch to check your time).
- 9-5-01 6 x 800m, (400m jog recovery).
- 16-5-01 NO SESSION, WARGRAVE 5k.
- 23-5-01 Pyramid session, 800/1200/1600/1200/800m, (400m jog recovery).
- 30-5-01 4 x 1600m (400m jog recovery).
- 6-6-01 3 x 2000m (400m jog recovery).
- 3-6-01 "Downers", 2 x 1600/800/400/200m, (400m jog recovery).
- 20-6-01 NO SESSION, MAIDENHEAD 5k.
- 27-6-01 "Parlauf" session, 12 x 400m.

Mike Hickman,
01494 525474
e-mail mikehick@btinternet.com

