



Happy New Year

To everyone, let's hope the weather this year won't spoil any more events. Unfortunately Tora's Christmas run had to be cancelled (and has been re-arranged for Sunday 3rd April) as did the Cliveden Cross Country for the second year in succession and this has been re-arranged for Sunday 6th March (but at Black Park, not at Cliveden). Our Christmas Disco went ahead, although you needed skates to cross the car park! Those who weren't there missed a treat as Fran gave us a song, the Runner of the Year trophy was awarded to Mike Holliss (who wasn't there either) with Cheryl and Ellen in 2nd and 3rd place and the draw was made for the lucky recipients of the London Marathon numbers who were: Debbie Ridout, Grace Wilson and Laura Cornwell with Richard Stone as first reserve.

However it wasn't all doom and gloom, our cross country had a record attendance and we had enough (though you can never have too many) marshals this year, while Rod & Margo's Boxing Day run from Hazlemere went ahead successfully and Grace organised two more runs from the same location over the holiday.

Terry and Cheryl's pre-Christmas seasonal dress run and walk from the Spade Oak was brilliant with Cheryl looking very fetching in her Father (or should it be Mother) Christmas outfit, Craig looking delicious dressed as a Christmas pudding and some old chap in a grey beard was there too.

We also enjoyed a trip the Panto at the Wycombe Swan before Christmas (see page 5) thanks to Lucy. The comedian was excellent but the star from EastEnders could have been anyone under that huge black hat, beard and moustache. Lucy has already reserved seats for next year, something to look forward to. For the more broad-minded members, we are hoping to go to the Adult Panto at the end of January.

One Thursday evening Lucy dragged a group of us in to Next (where she works at the week-end) so she could order a party dress. While she was making the necessary transaction we tried to look inconspicuous in our winter running gear until one of the posh sales assistants approached to see what we were

doing there. Looking witheringly down her nose at us, "Can I help you?" she enquired, then said,

"Oh, I suppose you're with Lucille?"

"Oh No" we replied, "We're with Lucy!"

Club AGM

It's that time of the year again (or at least it will be on Tuesday 29th March) There is an agenda and the minutes of last years meeting enclosed. If you want to change anything, please let Chris know at least two weeks before this date so he can put it on this years agenda. Also, how about standing for one of the committee positions or volunteering to help with the events the club organises. One position that will need filling is that of club treasurer, as unfortunately Duncan has decided to resign this year after fifteen years of cooking the books for us.

London Coach

Before he leaves Duncan will be organising the coach to take runners and supporters to the start of the London Marathon. This is the best, hassle free way to arrive at the start ready to run a pb, or to walk along the course and pick the best spot to cheer the runners. If you don't want to wait for the coach at the end, you can make your own way back when ready and all for only £10!

Congratulations

To Jean-Baptiste Thiebaut on the birth of his daughter Isaure in December, to Frank Fulcher for winning the Rugged Radnage 10K and coming first vet 40 in the Frieth Hilly 10K and to Margaret Moody for winning her age group in the Marlow Half Marathon.

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Ladies Christmas Dinner 2010

About twenty five or so ladies from Handy Cross Runners enjoyed a pre-christmas dinner at The Crooked Billet in Marlow Bottom on 1st December 2010. As usual we were given excellent food & hospitality from Bill & Anita.

The evening was a really nice event allowing us to abandon our running gear & look like proper ladies for a change.

We were entertained by a rather special poem from Grace and I understand her poem will be in this month's Bulletin (yes, see page 4) - thank you Grace.

All in all a great time was had, although at the end of the evening we are normally graced by Mike Hickman- this year he was nowhere to be seen. (Perhaps he had a better offer???)

This year I will be looking for a new venue so if I am still around & you want me to organise this again-suggestions please!!!

Lucy

Parkrun 5K

I decided to sample the nearest Parkrun 5K at Black Park (Wexham) in October and soon got hooked on it (well, it gives me a reason to get up on Saturday mornings.) Coming back from injury, I was improving my time each week, which is gratifyingly recorded as a pb in the stats.

As you will know from Fred's report on these events, they are free (though parking is expensive at £2.50) and all you need to do is register once at www.parkrun.org.uk/black-park to obtain a bar code which you take with you on each race. At the finish, your bar code is scanned and your individual result is emailed to you on the same day! The website also shows results from every event to date and your own individual race history and age related result.

There is a photographer recording everyone in the finishing straight and the pictures are also displayed on the website, though I have to say all the pictures of me so far have been rather disappointing as they make me look old, grey and tired!

Black Park is a lovely setting for a 5K (even at this time of the year) but, once registered, you can run at any Parkrun event in the country. Not only are these events free, but when you have completed twenty five runs, they even give you a free t shirt.

Rugged Radnage 10K

This new race was held for the first time in November and proved to be very popular, with over two hundred (mostly local) runners completing a tough course on a cold day with a lot of off-road mud and steep hills.

Congratulations to Frank who finished first (though he modestly claims that all the best runners were competing at Herbert's Hole) and to Sam, who was first lady. It was also Rob Pettingell's first off-road race and he must have enjoyed it as he ran in the Bucks Championship cross country in Hughenden Park in January. (See everyone's results on page 8)

The race was very well marshalled with people popping up from behind trees to direct the runners through the woods; there were also several Handy Cross members helping the organisers, Radnage C of E Infants School. A large field was provided for parking cars, but was considered too muddy for Mike Blowing's Jaguar! There was also excellent bacon rolls and tea on sale afterwards.

New Members

A very warm welcome to the following new members (and don't forget your free t shirt):

Karen Letham, Eddie McLellan,
Mark Steedman and Jean Baptiste Thiebaut.



Get Your Kit Off Linda

A reminder that HANDY CROSS KIT will be available on the 1st Tuesday and Thursday of the month.

Cotton T Shirts £8.00
Vests £16.00
Sweatshirts £17.00 XXL (only)
Fluorescent Bibs £5.00 and £12.00
Fluorescent Snap Bands £4.00

If you need anything in the meantime please let Linda know at linda.wendon@kurmueller.co.uk or telephone 01494 881110.

Don't forget to be safe on these dark nights and get your fluoro bib.

Competition (From The Last Bulletin)

The blue plaque on the gate of a house in Hambleton, which everyone ran past on the Thursday evening mystery run in June, informs passers-by that Lord Cardigan, famous for the Charge of the Light Brigade and a favourite item of clothing worn by teachers, was born there.

The Le De Spencer Arms are the coat of arms of the Dashwood family from nearby West Wycombe. As no one gave me the right answers (in fact, nobody gave me any answer at all) the free pint will be held over to the next competition (if I can be bothered).

Mike's Beginners

Some of Mike Hickman's beginners were so good that he banned them from running on Wednesday and made them run with us on Tuesday and Thursday and very good they are too! Let's hope they will soon be representing the club in races.

Mike has a large number of new beginners, so if you are free on a Wednesday evening, why not go along and help him recruit some new runners for the club?

Marlow 5 and Wycombe Half Marathon & 10K

Please sign up now if you are able to help marshal these races on the 8th of May and 17th of July respectively.

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A Fall from Grace

(Grace's story of joining the illustrious group of Fallen Women)

There's a story to tell that's sad but true
Of women who fall and the hell they go through
We aren't alone, we number in hundreds
And some in our club have had many tumbles

We trip on tree roots and any loose stones
And sometimes on nothing but our own toes
Despite all our efforts we can't stop falling
To others, not runners, it must seem appalling

We have bruises and bumps and scars to prove it
Why not stop running? Why do we do it?
Although our pain is clear to see
The feeling from running makes us feel free

There are some who fall, though not from running
Whose walking falls are simply stunning
Whether walking or running, these falls are stupen-
dous
And some have resulted in injuries horrendous

There are many whose names have entered the list
And not one of them 'claimed' to be inebriated or
'p....d'

There's Helen, Fran, Amanda and Ann
Liz and Lucy, Maureen - an honorary fan

It was an evening of twilight that I met my fate
Out running in Marlow – it wasn't too late
I was nearing the end, the car was in sight
When suddenly I had a terrible fright

The Sports Centre tarmac came up to meet me
My worry was injuring my remaining good knee
I needn't have worried, it was quite safe
But not my hand, my ribs and also my face

My hand was broken, there was not doubt about it
Six weeks off running - I can't do without it!
What can I do to replace that feeling?
I will start power walking to give my life meaning

The 'Eves of Self Destruction' were quite concerned
They were sporting scars they had earned
I joined their divers club with pride
Though many before me had attempted to hide

There's a theory 'bout Terry we all should pay heed
He regularly falls and, as usual, bleeds
But if he doesn't fall then look out for Karma
'Cos somebody else is in for the trauma

One Sunday out running with Terry and pack
We decided to run on a parallel track
Running well and setting a moderate pace
When Ann disappeared and fell flat on her face

Ann, injured and sore, along with her pride
Told Terry, and his delight wasn't easy to hide
He knew he'd escaped from his usual blunder
It was someone else who went down and under

So remember you ladies who may take a tumble
You're not alone and your pride needn't crumble
Admit you're a runner and that these things happen
Wear your scars with pride and tighten the strapping

Thanks for that Grace, when I saw the 'Fallen Women' in the title I was reminded of the street corner preacher who claimed to save Fallen Women.

One cheeky listner asked if he could save one for him on Saturday night!



Christmas Panto December 2010

About thirty or so family & friends from Handy Cross Runners attended the annual Panto (*Peter Pan*) at Wycombe Swan on 10th December 2010, starring Steve Mcfadden from Eastenders & Tracy Beaker.

We started the evening off at the Noodle bar for a bite to eat before enjoying a fun-filled night at the Panto. As customary we occupied the front two rows which proved to be entertaining; especially for Donna's husband this year!! Mr Smee took a bit of a shine to him, sorry Jo, your turn was last year!

Some of the comments received were:

"Haven't laughed like that for ages" Anne & Paul Palmer

"Book us in for next year!" Donna & husband

"Glad we made the effort" Grace & husband

"Brilliant evening" Helen Mosley & children

"Brilliant/fantastic night" Juliet & family (friends of Lucy's)

"As usual a great night" Mike Hickman

This was a great evening and as most people are keen to return this year for *Jack & the Beanstalk*I have already reserved 34 seats in front/second row on Saturday 10th December 2011 at 07:00 pm. First come first served for prime seats / availability...contact Lucy in the normal way by email/txt.

Fe Fi Fo Fum.... A GIANT of a pantomime is coming to Wycombe Swan!

Starring one of the UK's most versatile and popular performers, **Brian Conley**, returns to pantomime at **Wycombe Swan** in *Jack and the Beanstalk*

Brian has become a household name thanks to his character like **Dangerous Brian**, his catchphrase 'It's a Puppet' and of course, he's legendary performance of **Buttons** in *Cinderella* in 2007 at **Wycombe Swan**.

Featuring magnificent scenery, beautiful costumes, an abundance of comedy, a larger than life beanstalk and one very mean giant at the top of it, this favourite fairy tale will be brought magically to life in Bucks biggest ever pantomime.

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Our Sporting Life

From October 2011 - March 2012 Wycombe Museum will be hosting an exhibition called 'Our Sporting Life'. This is part of a national touring exhibition which will culminate in an exhibition in London during the 2012 Olympics. There are a number of regional 'Our Sporting Life' exhibitions taking place during 2011 & 2012. Some of the objects from these regional exhibitions will be selected for the National exhibition alongside national Olympic objects and stories.

The regional exhibitions provide an excellent opportunity for clubs, schools and individuals to celebrate the sporting heritage of their area. Wycombe Museum is looking for club involvement. If you have some interesting stories to tell and some objects, film or photographs you could lend (hockey sticks, boxing gloves, archery target – whatever objects reflect your club) the Museum would be very interested in talking to you.

Please contact Zara Luxford at Wycombe Museum on 01494 421895 or zara_luxford@wycombe.gov.uk

The idea is to have individuals provide an object with a story to go with it e.g. a pair of running shoes used to run the first London Marathon and the experience of that event. Anything that is memorable to the individual but with a story to tell would be a good idea. This will also be an opportunity to advertise Handy Cross Runners and to raise its profile within the community and, if chosen for the National exhibition, a wider coverage.

Grace Wilson

Last Word on the Offside Rule

Sally showed us that women are quite capable of understanding the Offside Rule with her shoe shop analogy in a previous Bulletin.

However, following the recent furore about the subject, it occurred to me that really women, while perfectly capable of interpreting the rule correctly, are not really interested in such trivialities that seem to bother men so much.

They are much more interested in important things; like children, housework and getting a man's dinner on the table to worry their fluffy little heads about football!

An Evening With.....

The Beacon Sports Centre and Theatre in Beaconsfield are planning to hold a series of evenings featuring sporting personalities (like Liz and Martin Yelling on Friday 25th March) with a main theme of running.

These will be run as 'An Evening with...' and costs will be kept as low as possible to allow accessibility to everyone. The only problem is that they can only accommodate 200 people, so it will be first come, first served.

The first event is a talk by former Olympic Rower Sarah Winckless on Friday 11th February and will be free!

Future Events

Sunday 20th February	Bramley 10/20
Sunday 27th February	Alex Johnson Trophy H'cap Run
Sunday 6th March	Berkhampstead Half Marathon
Sunday 13th March	Datchet 20 mile marathon training run
Sunday 20th March	Water of Life Half Marathon (Bisham) & Reading Half
Sunday 10th April	White Horse Half Marathon
Sunday 17th April	London Marathon
Friday 22nd April	Maidenhead Easter 10
Sunday 8th May	Marlow 5
Sunday 17th July	Wycombe 10K & Half Marathon
Saturday 30th July	Dorney Dash 10K

Results

Abingdon Marathon

Penny Cutler 3:30
Debbie Jones 4:42

Freith Hilly 10K

Frank Fulcher 37:31 3rd (1st vet40)
Mike Hollis 46:14
Paul Palmer 49:05
Ellen Haynes 49:20 (3rd in cat)
Diana Charles 57:16
Jo Cassells 57:46
Ann Palmer 62:10

Great South Run (10m)

Stephen Blakeny 1:13:25
Darleen Taylor 2:00:29

Ricky Road Run (9m)

Brendon Gilbert 54:31

Cardiff Half Marathon

Seamus Cunnane 1:32:07

Marlow Half Marathon

Sam Amend 1:23:45 (1st lady)
Mike Hollis 1:35:07
Paul Palmer 1:40:53
Margaret Moody 1:43:40 (1st V60)
Peter Astles 1:46:16
Des Mannion 1:47:10
Phil Hutchby 1:48:25
Debbie Jones 1:50:57
Alan Wheeler 1:55:41
Dave Claridge 1:55:43
Craig Atkins 1:57:35
Diana Charles 1:58:52
Nick Martin 1:59:33
Terry Eves 2:00:06
Cheryl Sayer 2:04:24
Mike Blowing 2:09:41
Reena Bowden 2:14:36 (1st half)

Bedford Half Marathon

Brendon Gilbert 1:23:30

Rugged Radnage 10K

Frank Fulcher 39:11 (1st)
Sam Amend 42:40 (5th & 1st lady)
Rob Pettingell 44:37
Howard Taylor 47:03
Mike Hollis 48:17
Paul Palmer 49:12
Ellen Haynes 51:20
Martin Dean 57:25
Mike Blowing 58:38
Ann Palmer 64:30

Eynsham 10K

Howard Taylor 39:38 (2nd in cat)

Highworth Half Marathon

Dave Sanderson 1:36:05
James Cunnane 1:38:41
Des Mannion 1:46:20
Mike Hickman 2:01:49
Soraya Bux 2:03:18

**Saturday Cross Country****Watford**

Ladies: Ellen Haynes 21st
Sarah Roberts 37th

Men's: Frank Fulcher 8th (1st v40)
Steve Roberts 24th
Brendon Gilbert 32nd
Alun Jones 43rd
Howard Taylor 47th
Mike Hollis 73rd
Benji Benjamin 74th

Stowe

Ladies: Ellen Haynes 14th
Sarah Roberts 33rd
Deborah Gatesman 35th
Ann Palmer 41st

Men's: Frank Fulcher 8th
Steve Roberts 24th
Alun Jones 32nd
Howard Taylor 44th

Luton

Ladies: Margaret Moody 11th
Ellen Haynes 16th
Sarah Roberts 30th
Deborah Gatesman 31st
Ann Palmer 39th

Men's: Frank Fulcher 6th
Steve Roberts 19th
Howard Taylor 37th
Stephen Blakeney 49th
John Dooey 50th
Mike Hollis 59th
Benji Benjamin 61st
Nigel Cairns 66th

**SEAA Vets Championships
(Shuttleworth)**

Ladies: Ellen Haynes 52nd
Sarah Roberts 92nd

Men's: Frank Fulcher 16th
Steve Roberts 40th

**County Cross Country
Championship**

Ladies: Ellen Haynes 16th
Margaret Moody 17th
(1st F55)
Emma Keys 25th
Sarah Roberts 29th

Men's: Frank Fulcher 10th
Rob Pettingell 24th
Steve Roberts 25th
Howard Taylor 42nd
Mike Hollis 47th
Benji Benjamin 51st
Nigel Cairns 57th

Over 50: Fred Ashford 5th
(1st v70)

Sunday Cross Country**Datchet**

Steve Roberts 33rd
Howard Taylor 62nd
Dave Claridge 197th
Chris Lansdowne 213th
Craig Atkins 215th
Simon Ashford 240th
Liz Davey 252nd
Martin Dean 259th
Fred Ashford 267th
Mike Hickman 292nd
Gemma Taylor 299th

Sandhurst

Mike Holliss 93rd
Deborah Gatesman 220th
Chris Lansdowne 222nd
Martin Dean 239th
Mike Hickman 247th

Reading

Alun Jones 53rd
Howard Taylor 55th
Paul Palmer 89th
Mike Holliss 91st
Mike Hickman 205th
Fred Ashford 215th
Martin Dean 221st

Tadley

Howard Taylor 59th
Mike Holliss 85th
Paul Palmer 87th
Mike Hickman 204th
Martin Dean 217th
Ann Palmer 235th

Finchcoasters

Howard Taylor 44th
Mike Holliss 80th
Nigel Cairns 140th
Mike Hickman 195th
Deborah Gatesman 199th
Martin Dean 206th



Black Park parkrun 5K

Resume of Handy Cross Runners performances – 9 October 2010 – 8 January 2011

The order shown below is based on the age graded performance and not time taken for the runs.

There were 12 runs in total over the period with weekly attendances averaging at 175 which included 142 on a very frosty and snowy Boxing Day. Over the period one Handy Cross Runner scored over 80% in Age Graded performance.

The race brings up many interesting performances and these are logged on a weekly basis. Regular runners will find each run generates points in a league that runs through the 12 months of the year.

On the anniversary run (16th July this year) certificates and awards are given out to the highest placed in various leagues and categories. Most of the Handy Cross runners league points are quite low as attendances are not as frequent as local runners. We do however have one leading score. Margaret Moody leads in the Black Park Age Graded league percentage table with 88.89%. Alun Jones is placed 11th with a best of 82.25%. Next comes Linda Weedon placed 51st in the overall table with a best of 77.53%.

Name	Runs	Best time	%
Margaret Moody	2	22.04	88.82
Alun Jones	2	19.52	78.02
Howard Taylor	2	19.51	75.48
Linda Weedon	1	26.34	74.91
Angie Peerless	1	25.27	73.87
Paul Palmer	5	20.49	71.42
Peter Astles	5	21.43	68.46
Grace Wilson	5	27.59	66.23
David Duckworth	2	22.54	66.01
Martin Dean	8	25.24	65.42
Soraya Bux	1	24.51	59.69
Ann Palmer	9	27.24	58.88
Vernon Martin	2	37.46	54.37
Gemma Taylor	1	27.54	53.05

A reminder that the runs take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at 9 am and are free to enter. However you must register in advance (once only) to place your name on the data base for results and receive a dedicated race number in the form of a barcode. This is then brought to each event.

Register at www.parkrun.org.uk/black-park. More information including pictures of what your missing can be drawn from that website. We'd like to see more Handy Cross Runner out there. We are swamped at present with Burnham Joggers. Congratulations to all who've run so far.

Fred



Tuesday Night Training Programme

January 4 th	Paarlauf session around Dave Nash Estate 10 – 14 x 310m
January 11 th	10-12 x 400m (Oak Crescent) (200m recovery)
January 18 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
January 25 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
February 1 st	4 – 5 x 1000m (Oak Crescent) (200m recovery)
February 8 th	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
February 15 th	3 - 4 x 1200m (Oak Crescent) (200m recovery)
February 22 nd	Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit
March 1 st	2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave circuit
March 8 th	5k Time Trial. Cressex Road/Cressex Industrial Estate circuit
March 15 th	Hill session 5 - 6 long and 2 short Knights Hill
March 22 nd	10x 200m @ 85% effort 4 x 200m @100% effort (200m walk/jog recovery) Havenfield Road
March 29 th	Paarlauf session around Dave Nash Estate 10 – 14 x 310m

Keeping the dream alive