
ON COURSE



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affiliated to the
A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*



EDITOR'S RAMBLINGS

The new title and cover for the Newsletter seem to have gone down well and I must report that the competition winner, Ray Matthews, will be receiving his prize of a club running vest just as soon as I can raise the money - don't worry Ray, it will be with you just in time for the summer.

Following on from what I wrote in this bit last time I'm sure that you will all be overjoyed to learn that my health has improved since just before Christmas and as I write this I have had nearly seven weeks of uninterrupted training (including a few cross country races). Unusually for me, I have been very sensible this time in that I have built up the miles and speed gradually rather than trying to much too soon (the good thing about this is that it has meant that I haven't had to run with Kevin Duffy and Martin Franzese - I'm only joking, honestly!) and this has certainly paid dividends because I feel that I'm slowly getting fitter. Perhaps this is a lesson that can be learnt by other runners coming back from illness or injury.

The other evening I went for an early run from the Sports Centre and when I arrived back I saw Steve Parrett whom I hadn't seen for ages. As many of you will know Steve used to run with us and is still a club member but, because of other commitments, he has not been able to get along to club nights recently. Meeting up with Steve again got me thinking about other club members who used to be regulars but who, for some reason or other, haven't been able to join us for a while. Perhaps they would like to receive a copy of this Newsletter so that they can keep in touch. So if you know anyone like that please let me know and I will arrange to get a copy to them.

Chris Gentry

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CLUB OFFICIALS

Chairman	-	Hans Wessel
Vice-Chairman	-	Alan Edwards
Secretary	-	Esme Thomson
Events Secretary	-	Vernon Martin
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	Derek Sawyer
Membership Secretary (Women)	-	Esme Thomson
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

SOCIAL EVENTS



Annual Dance

As mentioned last time the Club's Annual Dinner will be held on **Saturday 29th April 1989** and as many of you will know Rose Priest has produced a booking form/menu for the event. These forms are available on the usual club nights and on Sundays and I know that Rose would appreciate them returned, completed and with a deposit as quickly as possible - the 29th April isn't too far ahead you know!

This is an event not to be missed - so get your forms back to Rose quick!

Thanks

Since the last Newsletter there have been two solely social and one social/running events. The first of the solely social events was the Pre-Christmas Drink at the Three Horseshoes pub and the other was the Christmas/New Year Party at Marlow Football club. Both events were very well attended and, I think, they were enjoyed by everyone who was there. Again thanks must be given to the organisers of the events, Rose Priest, Alex Johnson and Vernon Martin.

The social/running event was the annual Boxing Day run starting and finishing at the car park at Terriers followed by drinks and snacks at Vernon's house. As usual the run was gentle, as befitting the day after Christmas, and the drinks/snacks very welcome. For the latter thanks must be given to Vernon's wife, Paddy, because there can't be too many people who would allow a load of sweaty runners to invade their home during the festive period - can there!?

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NEW MEMBERS PACKS? - Chris Gentry

For a little while now I have been thinking that it would be a good idea to produce some kind of pack to give to new runners coming to the club. The pack could contain a letter of introduction, a copy of the latest issue of this Newsletter, and a membership application form together with anything else that can be thought of. So, what do you think - would this be a good idea or not? Let me know what you think!

RUNNING KIT

The club still has a good supply of running kit available at very reasonable prices. A list of the items currently in stock is set out below and it should be noted that the vests and T-shirts are in the A.A.A./W.A.A.A. club official colours and the sweatshirts are intended as winter night running strip for improved visibility.

VESTS (Nylon - red with white logo)	£7.00
T-SHIRTS (50% Cotton/50% Polyester - red with white logo)	£5.00
SHORTS (Nylon - red unisex with inner cotton brief)	£5.50
SWEATSHIRTS (50% Cotton/50% Polyester - white with red logo)	£9.00

All items are available from Alan Edwards who, if he isn't in attendance on club nights or Sunday mornings, can be contacted at home at:-
32 Lyndhurst Close,
High Wycombe.

Tel. H.W. 30366.

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YOU'VE GOT TO LAUGH - HAVEN'T YOU!



"I know they were expensive, but you can't keep plastic bags on them forever ..."

RUNNING EVENTS



As you are probably aware, in previous issues of this Newsletter I have tried to give details of local, or local-ish, races coming up in the next couple of months or so and I hope that at least some of you have found this to have been of use. However this time, as it is the beginning of a new year and I also recently purchased the "1989 Road Race Fixture List", I thought that I would go a bit further and give details of races coming up during the whole year. So here goes, starting with Sunday 5th March because it is probably just far enough in advance to enable you to enter for the races if you wish to. All of the dates are Sundays unless otherwise mentioned.

March

5th	Berkhamsted ½ marathon	11.30 a.m.
	Para's 10, Aldershot	11 a.m.
11th (Saturday)	Open Cross Country, High Wycombe	2.45 p.m.
12th	Waddesdon 11k	(time unknown)
19th	Hillingdon ½ marathon	9.30 a.m.
	Fleet ½ marathon	12 noon
	Dacorum 10, Hemel Hempstead	10.30 a.m.
24th (Good Friday)	Maidenhead 10	3 p.m.

April

2nd	Reading ½ marathon	10.30 a.m.
	Rex Foulkes 20k (Aylesbury)	11.15 a.m.
16th	Bracknell ½ marathon	11 a.m.
	Sonning Common ½ marathon	10.30 a.m.
	Standlake 10k	11 a.m.
30th	Abingdon ½ marathon	11 a.m.

May

1st (Bank Holiday Monday)	Henley 5.2 Fun Run	11 a.m.
	Pednor 5 (Chesham)	(time unknown)
<u>7th</u>	<u>MARLOW FUN RUN</u>	
14th	Oxford Town and Gown 10k	10.30 a.m.

June

3rd (Saturday)	Datchet Dash 10k	10 a.m.
10th (Saturday)	Naphill 10	(time unknown)
11th	Witney 10	11 a.m.
	Welwyn ½ marathon	10.30 a.m.
17th (Saturday)	North Marsden 12k	(time unknown)
18th	Wargrave 10k	11 a.m.
20th (Tuesday)	Tring 10k	7.30 p.m.

July

11th (Tuesday)	Bishopstone 8	(time unknown)
13th (Thursday)	Milton Keynes 10k	(time unknown)
<u>16th</u>	<u>WYCOMBE ½ MARATHON</u>	

August

20th	Burnham Beeches ½ marathon	11 a.m.
27th	Wycombe 5	(time unknown)
28th (Bank Holiday Monday)	Oxford 10k	(time unknown)

September

3rd	Aylesbury ½ marathon	(time unknown)
	Claude Fenton 10 (Reading)	10.30 a.m.
10th	Slough Marathon & ½ marathon	10.30 a.m.
17th	Oxford ½ marathon	10 a.m.
	Amersham 5	11.15 a.m.
23rd (Saturday)	Woodstock 12	2 p.m.
24th	Milton Keynes ½ marathon	(time unknown)

October

1st	Windsor ½ marathon	1 p.m.
8th	Henley ½ marathon	10 a.m.
15th	Ridgeway Run 8.6 miles	11 a.m.

November

5th	Chesham 5k	(time unknown)
25th (Saturday)	Wolverton 5	(time unknown)

There are certain annual events e.g. the Courage Reading ½ marathon, where dates appear not to have been set yet but I will publish them when they come to hand. Also there is going to be a new event in the calendar, the Wycombe 10, which was originally due to be run on Saturday 16th September. However this date has had to be changed and provisionally the new date is Sunday 19th November.

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LONDON MARATHON - Chris Gentry

For the last few years, on the Wednesday before the London Marathon, I have received a phone call either from the Bucks Free Press or the Wycombe Star asking for information about how many club members are taking part in the race, whether any one is raising money for charity and if so which charity, and whether there are any interesting stories about club members taking part.

Unfortunately in the past I have been taken by surprise by the phone call and therefore have not been able to give any stories to the press but this year I would like to be better prepared. Therefore if you running in the race I would be grateful if you could let me know and at the same time let me have details of anything that may be of interest to the press.

THE BARNET TROPHY - Chris Gentry

Amazingly enough Sunday 27th November, 1988 saw the sixth running of this Trophy (named after Freda Barnet a former member of the club who now lives in Burnham-on-sea) and, judging by the fact that 34 club members took part, the event is as popular as ever. For those of you who are not aware of the format of the event, it is a handicap race which starts at the corner of Keep Hill Road and Bassetsbury Lane. After a loop round Keep Hill Drive and Lime Avenue, the course proceeds along Bassetsbury Lane to join London Road by the Cricket Ground. It then goes out to Station Road, Loudwater before returning via Kingsmead Road and Bassetsbury Lane (again) to finish on the road leading to the Rye Swimming Pool car park - a distance of about 5 miles.

As I said, it is a handicap race, the handicap's being worked out by Vernon Martin and based, amongst other things, on the 4 mile time trials that are held during the summer months. Obviously if Vernon gets the handicaps completely right then everyone should finish at the same time but luckily for the time keepers and the recorders people either don't do the time trials or else there is not enough information available for Vernon and therefore a mass finish is avoided - although in the latest running of the event it was a close thing with the first 5 home finishing within 45 secs of each other with the next 11 all finishing within a minute of each other.

Unfortunately I wasn't able to run in the event this time and therefore, as a spectator, I was in quite a good position to judge who was likely to be the winner. I have to say, not without a little modesty, that, from the start, my money was on the eventual winner, Gerry Grosse - a well deserved victory for a stalwart of the club who is currently running very well. As you can see from the full results set out below the fastest time for the course was set by new member Mick Nolan with a very good time of 27min 59secs although, because of the handicap of being the last runner away, his finishing position was well down the field.

Full Results

	<u>Finishing time</u>	<u>Running time</u>
<i>Gerry Grosse</i>	<i>47min 03secs</i>	<i>34min 33secs</i>
<i>Graham McLachlan</i>	<i>47min 21secs</i>	<i>33min 36secs</i>
<i>Ray Harris</i>	<i>47min 28secs</i>	<i>47min 28secs</i>
<i>Trevor Hart</i>	<i>47min 46secs</i>	<i>32min 46secs</i>
<i>John Wheeler</i>	<i>47min 48secs</i>	<i>35min 18secs</i>
<i>Jack Sharp</i>	<i>48min 59secs</i>	<i>42min 44secs</i>
<i>Helen Newman</i>	<i>49min 02secs</i>	<i>39min 02secs</i>
<i>Bob Carter</i>	<i>49min 08secs</i>	<i>31min 38secs</i>
<i>Myrtle Edwards</i>	<i>49min 14secs</i>	<i>42min 59secs</i>
<i>Paul Kemp</i>	<i>49mins 16secs</i>	<i>31min 46secs</i>
<i>John Foster</i>	<i>49min 28secs</i>	<i>28min 13secs</i>
<i>Eric Buckle</i>	<i>49min 32secs</i>	<i>28min 17secs</i>
<i>Martyn Franzese</i>	<i>49min 39secs</i>	<i>34min 39secs</i>

Dave Riddington	49min 44secs	30min 59secs
Brian Sinclair	49min 57secs	34min 57secs
Alan Van Der Pant	49min 58secs	34min 58secs
Margaret Moody	50min 06secs	36min 21secs
Jim Chilton	50min 12secs	30min 12secs
Mick Nolan	50min 29secs	27min 59secs
Alex Johnson	50min 40secs	31min 55secs
Lyn Simmonds	50min 57secs	42min 12secs
Dave Woolley	51min 00secs	29min 45secs
Richard Lunnon	51min 15secs	33min 45secs
Dave Barraclough	51min 20secs	30min 05secs
Jenny Hart	51min 22secs	38min 52secs
George Kenna	51min 39secs	42min 54secs
Eila Mansfield	51min 40secs	37min 55secs
Laurie Thomas	51min 43secs	37min 58secs
Phillip Holt	52min 29secs	37min 29secs
Rose Priest	52min 52secs	42min 52secs
Ian Mallen	53min 14secs	34min 29secs
Vivien White	53min 38secs	43min 38secs
Hans Wessel	54min 15secs	36min 45secs
Peter Spelman	56min 22secs	38min 52secs

Finally I would like to thank Vernon Martin for all the work he puts in to ensure the smooth running of this event. The handicaps he works out don't always meet with universal approval but, at the end of the day, everyone seems to enjoy themselves and, when all is said and done, it's only a bit of fun isn't it!

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SELF HANDICAP RACE - Chris Gentry

This could so easily have been called "the saga of the untied shoe-lace" because it was just that happening, with the consequent stop to re-tie it, that enabled Ian Mallen to win this event on the 18th December, 1988 by finishing within only 12 seconds of his estimated time. Ian just managed to defeat Steve Woolley and Jim Chilton and all three of them did well to get so close to their estimated times. The full list of runners and how close they came to their estimated times is as follows:-

1.	Ian Mallen	-12 secs
2.	Steve Woolley	+15 secs
3.	Jim Chilton	+22 secs
4.	John Flint	+27 secs
5.	Paula Parkin	+28 secs
6.	Allyson Unitt	+34 secs
7.	Mike Stone	+35 secs
8.	Roy Williams	+36 secs
9.	Peter Spelman	+42 secs
10.	Hans Wessel	-42 secs
11.	Dave Woolley	+43 secs

12.	Ray Harris	-46 secs
13.	Rose Priest	-46 secs
14.	Jack Sharp	+50 secs
15.	Brian Sinclair	+51 secs
16.	Bob Carter	-59 secs
17.	Vivien White	+1 min 03 secs
18.	Dave Riddington	-1 min 05 secs
19.	Peter Gould	-1 min 14 secs
20.	Margaret Moody	-1 min 21 secs
21.	Philip Holt	-1 min 26 secs
22.	Eila Mansfield	-1 min 29 secs
23.	Alan Van Der Pant	-1 min 54 secs
24.	David Plato	-2 min 00 secs
25.	Derek Skinner	-2 min 30 secs
26.	John Gardner	-2 min 33 secs
27.	Myrtle Edwards	-3 min 12 secs
28.	John Wheeler	+3 min 50 secs
29.	Esme Thomson	-4 min 53 secs

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BUCKS GRAND PRIX - Chris Gentry

No, this is not a motor racing event but an umbrella title given to a number of road races of varying distances to be held in the county during the coming year. The list of such races and their dates is set out below and to take part in the Grand Prix all you need to do is to enter for at least four of the races. Apart from the race entry fees there is no additional fee for taking part in the series and the only thing is that at least one of the races you take part in has to be a "long distance race" and one a "short distance race" (the other 2 can be either long or short distance ones). The "long distance" races in the series are the Rex Foulkes 20k, the Wycombe $\frac{1}{2}$ marathon, the Naphill 10, the Aylesbury $\frac{1}{2}$ marathon, and the Milton Keynes $\frac{1}{2}$ marathon.

At the end of the Grand Prix there will be prizes for the first 3 in each category as well as a prize for the first team. For the team event there must be at least 3 runners for each team.

The designated races are:-

17th March	Waddesdon 11k
2nd April	Rex Foulkes 20k
1st May	Pednor 5
10th June	Naphill 10
17th June	North Marsden 12k
11th July	Bishopstone 8
13th July	Milton Keynes 10k
16th July	Wycombe $\frac{1}{2}$
27th August	Wycombe 5
3rd September	Aylesbury $\frac{1}{2}$
17th September	Amersham 5
24th September	Milton Keynes $\frac{1}{2}$
5th November	Chesham 5k
25th November	Wolverton 5

RACE RESULTS/REPORTS



Inter-Club Cross Country, Maidenhead - 19th November

The club made a good showing at this event with 15 men, 3 women and even one youngest competing over the flat, fast course. The men's team managed 4th place, lead home by Phil Stephens, whilst the ladies were lead home by Eila Mansfield who finished in 3rd place overall. In the colts race young Gavin Newby finished in 16th place with a time of 12min 34secs for the 1.75 mile course. The results were:-

Men (5½ miles)

23rd Phil Stephens	32min 30secs	27th Dave Woolley	32min 51secs
34th Mike Nolan	33min 24secs	43rd Roy Williams	34min 21secs
45th Mike Stone	34min 24secs	49th Jim Chilton	34min 40secs
51st John Flint	34min 50secs	60th Derek Sawyer	35min 37secs
64th Chris Gentry	36min 01secs	66th Bob Carter	36min 22secs
69th Benjy Benjamin	36min 44secs	78th Gavin Muncey	38min 39secs
84th John Wheeler	40min 17secs	89th Vernon Martin	42min 34secs

Ladies (3½ miles)

3rd Eila Mansfield	28min 03secs	6th Helen Mansfield	29min 59secs
9th Myrtle Edwards	32min 49secs		

Barbados Marathon - 4th December

As I said in the report of this race that appeared in the "Wycombe Star", some people will go to any lengths to escape the British winter and John Bradbury certainly did that when he competed in this race. In all the circumstances (an injury, an undulating course and the heat) John's time of 3hr 21min 59secs was extremely good.

Berks, Bucks and Oxon Cross Country Championships - 4th December

In traditional cross country conditions (muddy, cold, windy but sunny) a number of club members made the journey to Wantage to take part in these championships and once again Phil Stephens lead home the men with Margaret Moody doing likewise for the ladies. The full results were:-

Men

Phil Stephens	59th	Dave Woolley	69th
Mike Stone	83rd	Bob Carter	89th
John Flint	99th	Vernon Martin	111th
Alan Edwards	113th		

Ladies

Margaret Moody	5th	Eila Mansfield	6th
Helen Newman	7th		

Thames Valley 15k, Reading - 4th December

In this event Derek Skinner and Rose Priest kept each other company and they finished 151st and 152nd, each in a time of 1hr 23min 34secs.

Bucks Mens Cross Country Championship - 10th December

A half a dozen club members travelled to Aston Clinton for this event which was run over a 6 mile course in almost perfect weather conditions and it was Dave Woolley who this time was the first Jogger home in 59th position overall. The other places were:-

Jim Chilton	84th	Mike Stone	87th
John Flint	88th	Bob Carter	92nd
Vernon Martin	114th		

Bucks Womens Cross Country Championship - 11th December

For some reason the men's and women's championships were held on different days and at different venues with the ladies competing at Milton Keynes. Eight of our ladies took part and between them managed to pick up two of the awards, Eila Mansfield in the over 50's category and Jenny Hart in the over 55's. The full list of finishers:-

Margaret Moody	18th	Eila Mansfield	20th
Lyn Simmons	29th	Jenny Hart	30th
Vivien White	33rd	Myrtle Edwards	34th
Rose Priest	35th	Jesse Wingrove	37th

Cliveden 10k - 26th December

The unseasonably mild weather allowed the runners to enjoy the surroundings at their best this year and seventeen club members took full advantage. None more so than Jim Chilton who used the cross country spikes Father Christmas had brought him to fine effect, being the second club runner home behind Roy Williams. The full list of finishers is set out below and I must apologise to Bob Carter, Mike Stone, Dave Riddington, and Alex Johnson for somehow losing their finishing times:-

Roy Williams	40min 50secs	Jim Chilton	41min 44secs
John Flint	42min 05secs	Bob Carter	-
Mike Stone	-	Dave Riddington	-
Alex Johnson	-	Roger Wilkes	46min 12secs
Chris Gentry	46min 21secs	Ray Matthews	46min 44secs
John Kelly	48min 58secs	Kevin Duffy	49min 43secs
Eila Mansfield	51min 25secs	Deborah Tyte	52min 51secs
Martin Franzese	53min 58secs	Peter Gallagher	54min 52secs
Helen Newman	57min 37secs		

Bicester 10k - 1st January, 1989

Both John Gardner and David Plato made an excellent start to the new year with personal bests of 42min 41secs and 44min 40secs respectively in this race.

Inter-Club Cross Country, Amersham - 14th January

Again there was a large contingent of runners from the club taking part in this event and in the senior men's race, with 6 runners to score, the club came 3rd and in the veteran's race, with 4 to score, we came 2nd. Gavin Newby again represented the club in the colt's race and came 26th in a time of 13min 19secs. The full list of runners and their positions was as follows:-

Phil Stephens	10th	Roy Williams	19th
Dave Barraclough	20th	Jim Chilton	21st
Mike Stone	24th	John Flint	37th
Bob Carter	39th	Dave Riddington	42nd
Chris Gentry	44th	Benjy Benjamin	54th
John Wheeler	61st	Richard Lunnon	65th
Vernon Martin	66th	Alan Edwards	68th

Inter-Club Cross Country, High Wycombe - 21st January

With 21 runners the club rather took over this event, organised by Wycombe Phoenix, and Jim Chilton would never forgive me if I forgot to tell you that he was the first club runner home. Not only that but he finished in an excellent 10th place in the race over a far from easy course, it being very muddy after a lot of rain. The full list of club finishers:-

Men

Jim Chilton	10th	Mike Stone	11th
Dave Barraclough	12th	Phil Stephens	13th
Roy Williams	14th	Dave Woolley	16th
Bob Carter	19th	Chris Gentry	20th
John Flint	22nd	Derek Sawyer	28th
Benjy Benjamin	30th	John Bradbury	32nd
John Wheeler	34th	Peter Gallagher	36th
Richard Lunnon	38th	Alan Edwards	39th

Ladies

Eila Mansfield	2nd	Lyn Simmons	4th
Caroline Weekes	5th	Myrtle Edwards	6th
Rose Priest	7th		

Editor's End Note

I notice that last time I promised to write an article about the clubs' exploits in the Chiltern Cross Country League but I have to report that, once again, time and space have defeated me. I'll try, next time, to include a review of the whole League season - in fact I'll start on the article just as soon as I finish this issue!

