

Handy Cross Joggers

Feb 1996



Letters

Exclusive

Eric's

Editorial

Coaching
Corner

The Bulletin

COMING
EVENTS

Chairman's
Report



EDITORIAL - ERIC BUCKLE

I joined Handy Cross Joggers eleven years ago and during that time I have been asked to join the committee on more than one occasion. Each time I have turned it down but never given a reason. However the reason is that I am a lazy, selfish b*****d. Handy Cross Joggers is not my life and I do have a life outside, so why should I commit myself to attend committee meetings when I might have something more important to do on that evening. Alex Johnson, Peter Edington and Co. are quite willing to do the job so why should I bother. As long as someone else is willing to do the job, that lets me off the hook. I can then turn up on a Tuesday, Thursday and Sunday and participate in organised events when it's convenient and only when it's convenient.

The only problem with this plan is that I feel a little bit guilty about the fact that I am taking from the club and giving nothing back. So I have got to convince myself and everybody else that I am doing a lot for the club, when really I am only doing a little.

First of all I'll turn up to most of the club organised races and social events. The races are normally on a Sunday and I train every Sunday, so that is no great hardship. We only have half a dozen social events a year so I can fit those in O.K. Then if I become editor of the club magazine that will only take an hour every three months to write an editorial and read through the magazine. Everyone will think I am a good egg and a loyal club member. This allows me to criticise other club members in the magazine for not participating, the committee off my back about not joining them and working hard, allows me to sleep at night, but most of all, gives the impression that I am doing a lot for the club when I am doing virtually nothing.

I wonder if this will work? It has for the last two years!

Club Officials

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

CHAIRMAN'S REPORT - ALEX JOHNSON

This past year has been an extremely eventful one with many things happening within the club. We started with a wholesale streamlining of the committee structure last March by the creation of small sub committees who were given particular responsibilities for certain tasks. This has worked to an extent but has not been totally successful due to too much work falling on just a few peoples shoulders. Perhaps the cutting back of the main committee to five was too severe and we should reconsider reverting back to a larger group.

I should like to thank Vernon Martin, Ian Mallen, Sarah Player, Pat Beeston, Peter Edington, John Bradbury, Rose Priest, Duncan Kennerson, Roger Wilkes, Chris Gentry, Dave Riddington, Dave Nash and Roy Williams for their efforts this year in carrying out their respective duties upon the committee. If it wasn't for this group of dedicated people nothing would get done in the club. I should also like to thank all of you for turning up at events which we organise and representing the club in a positive way.

This year we produced a publicity leaflet in order to get our name more widely known in the area and to encourage more people to join us. This leaflet has been remarkably successful resulting in a number of new members joining. The leaflet was put in libraries, sports clubs and tourist offices to name just a few. If you have not seen it there is a copy on the notice board in the Judo centre reception, but please do not take it away.

Last years annual dinner and 5k again proved very successful and we shall put these events on again this year for you. The Handy Cross Marlow 5 was well supported and we raised about £1000 which went to Vinio House Special School and St. John's Ambulance. This year the route has been changed so as to take in the High Street and finish by the river. We hope to raise even more money this year for the selected charities.

We also intend next year to stage our own Today's Runner cross country event, probably to start close to Bradenham Manor and running up and down the hills either into Naphill or towards Saunderton. We will need as much help as possible to put this event on for us and the other clubs in our division. Therefore if you are interested in helping please put your name forward.

As I am sure you are aware the AGM is fast approaching. This is your opportunity to influence the way the club is going, to vote off the current committee, if you so desire and to have your say. Please make an effort to attend as it is your club, not mine or the committee's. The meeting has been scheduled for 7.30 pm on Monday the 25th March 1996 at the Booker Memorial Hall, Booker. I look forward to seeing you all there.

Finally I should like to wish you all the best for the forthcoming year and may all your races end in p.b.'s.

EVENTS SECRETARY - PETER EDINGTON

I will not use the winter draws on line this time as you should have got it by now, however it is getting colder and even Stephan has been seen wearing a tee shirt and cap. He wears the cap as a precaution because somebody told him that the dinosaurs became extinct losing heat through their heads.

Since the December issue of the bulletin, I have received a number of reports about events in which you have taken part. I should like to start with the Christmas Party which again was a great success thanks to the efforts of Rose, Duncan and all of you who came. You may not think of this as an event but we did have a raffle in which everybody seemed to get a prize, the full results should be available for the next magazine.

Christmas Handicap Time Trial

This event is run over the time trial route of about three and a half miles. It is run without watches and the idea is to predict your time beforehand and try to get as close to it as possible. This years Swiss time piece being Peter Edington and this years broken main spring being David Plato. The full results were as follows:

Name	Estimate	Actual	+/-
Peter Edington	25.30	25.32	+0.02
Eric Buckle	22.35	22.19	-0.16
Mike Hickman	29.29	29.02	-0.27
Rose Priest	35.33	36.15	+0.42
Gerry Grosse	29.50	29.07	-0.43
Chris Busby	31.40	30.54	-0.46
Jack Sharp	43.43	42.56	-0.47
Ray Elliot	26.07	27.00	+0.53
Alex Bessey	24.13	23.18	-0.55
Alex Johnson	29.46	28.48	-0.58
Gareth Jones	30.50	29.36	-1.14
Stephan Naunko	24.48	26.06	+1.18
Pat Carter	38.05	36.28	-1.37
Richard Stone	35.21	37.10	+1.49
Brian Sinclair	32.45	35.16	+2.31
Dave Nash	32.15	35.16	+3.01
David Plato	34.30	28.07	-6.23

Clivedon Cross Country

On a very cold and icy day 13 club members took part in the annual six mile cross country race in the grounds of Clivedon House. Despite the conditions underfoot and a very testing course some good results were posted which were as follows:

Roger Wilkes	44.08	Mike Stone	47.45	Roy Williams	50.57
Dave Barraclough	46.05	Nick Martin	49.30	Alex Johnson	51.05
Rod Maclean	46.21	Martin Dean	49.30	Ray Elliot	52.16
Dave Woolley	46.30	Trevor Hart	49.40	Dave Nash	55.00
Sally White	46.35	Mike Hickman	50.24		

Highworth Invitation Half Marathon

Twelve intrepid explorers ventured westwards in an attempt to retain the Highworth Trophy won by the club in the past two years. This year our fortunes were mixed as although John Dooley won the race, leading from start to finish, the team finished second overall out of thirteen clubs participating. Cirencester AC taking the trophy this year. The full results were as follows:

John Dooley	1.16.11	Peter Edington	1.31.28
Eric Buckle	1.21.48	Roger Wilkes	1.31.34
Nigel Lloyd	1.27.42	Stephan Naunko	1.32.42
Rod Maclean	1.29.57	Sandra Bremner	1.34.08
Rod Palmer	1.30.04	Alex Thomason	1.37.19
Sally White	1.30.10	Margaret Moody	1.43.15

Wokingham Half Marathon

This years race was run in fairly mild conditions compared with previous years and on a flat, fast course p.b.'s were inevitable. Well done to Terry Eves and Rod Palmer.

John Dooley	1-14-46	Terry Eves	1-32-15
Eric Buckle	1-19-38	Alex Thomason	1-33-51
Rod Palmer	1-27-13	Margaret Moody	1-38-06
Nick Martin	1-28-47	Rod Maclean	1-40-06

FORTHCOMING EVENTS

Annual Dinner

This years annual dinner is being held on Friday the 26th April at the Forte Crest Hotel from 7.30 pm till late. The cost is £12.95 per head. Enclosed with this bulletin is the menu which you should complete and return to Rose Priest by the 31st March with full payment if you wish to go. If you cannot get to the club to see Rose you can send cheques to her at her home address which is 29 Totteridge Drive, High Wycombe or see her in Marks and Spencer. Cheques should be made payable to Handy Cross Joggers.

5k Summer Series

The dates for this years 5k series have now been agreed as shown below. The series follows the same format as in previous years with each host club laying on food for the other clubs after the race. The cost has been kept the same as in previous years at £3.00 for the series. You will be issued with a number which you should retain for the whole series.

Wednesday	15th	May	Wargrave	7.30pm
Tuesday	28th	May	Burnham	7.30pm
Tuesday	11th	June	Marlow	7.30pm
Wednesday	26th	June	Maidenhead	7.30pm
Wednesday	10th	July	Datchet	7.30pm
Tuesday	23rd	July	Handy Cross	7.30pm

LETTERS TO THE EDITOR

Dear Editor

I felt that I should respond to Eric Buckle's editorial in the last issue of the Handy Cross Bulletin.

I was surprised that Eric was not aware that the points he made in his editorial had been discussed at length during a special general meeting arranged by the committee which was well attended by most of Eric's apathetic fellow joggers. Perhaps I'm wrong but I understood that the issues had been resolved, to some degree in any case. If not, perhaps the committee wishes to discuss the matters further.

I must plead guilty on all three counts of turning up to run on Tuesdays, Thursdays and Sundays. No I don't use the track on Wednesdays, I only enter a few races each year, I always marshal at the Wycombe Half Marathon, as does my daughter and I attend more than half of the yearly social events.

If the committee feel that I do not participate fully enough in club activities, please let me know. I shall regretfully, but with no animosity, not renew my subscription when due, and make other arrangements for my running.

Thank you for publishing this letter.

Chris Busby.

The committee does not wish to see anybody resign from Handy Cross Joggers. The committee wishes to encourage as many people as possible to take up the sport of running, whatever their standard. This is reflected in the club's vision statement which is "To provide an environment which enables people of all standards to enjoy the pleasure of road and cross country running."

A statement from the Handy Cross Joggers Committee

Block 27
08-02 Mera Saga
Jalan Merah Saga
Singapore 278106

Tel/Fax 0065 4763895

Dear Handy Cross Joggers

It is with huge regret that I have to resign from the committee, due to a move of home. I pleaded with Peter to let me carry on from afar with a fax machine and modern technology but he was adamant.

Running is and always will be a sport and a lot of fun. I cried with laughter during committee meetings and tears of joy when I finished my first marathon.

I joined after the Wycombe half (just in front of Dave Nash, although I didn't know him then). I have met some extremely friendly, kind, helpful, selfless people and I was always proud to be a member.

Thanks to Rose for sending me the menu for the Ladies Christmas Dinner and moving the date so that I was able to attend.

Thanks everyone for the club, I won't name names as over the years there have been many unsung heroes to keep the club going. Many of whom are still working hard in the background.

My most prized possessions are my two marathon medals, New York City 1991 and London 1992. To name names, thanks George Kenna for taking me to Maidenhead bridge, introducing me to Winchbottom and many more, but most of all for always bringing me back.

If anyone is ever passing or wants to drop a controversial line you're more than welcome.

Sarah Player

P.S. I would like to add that I beat Eric in the New York Marathon by four years.

P.P.S. NO it is not my body on the front.

DATES FOR YOUR DIARY

RACE EVENTS

TODAY'S RUNNER LEAGUE

18th Feb Bracknell

5K SUMMER SERIES

15th May Wargrave
28th May Burnham
11th June Marlow
26th June Maidenhead
10th July Datchet
23rd July Handy Cross

SOCIAL EVENTS

ANNUAL GENERAL MEETING

25th March Booker
 Memorial Hall

ANNUAL DINNER

26th April Crest Hotel

MARLOW FIVE

27th April Higginson Park

TRAINING TIPS - PETER EDINGTON

For comfort in winter, go out against the wind, come back with; in summer go out with, come back against.

Rough cold weather formula:- dress for 20 degrees warmer than the thermometer says.

Training benefits are the same whether you run mornings or evening, but early runners tend to suffer more injuries.

A steady pace, without surges is the most efficient (but sometimes not the most effective) way to race.

When you get tired concentrate on rhythm and smoothness.

Never increase your programme by more than 10 % per week.

For health, duration of exercise is more important than intensity; for performance, these requirements are reversed.

On hills keep the effort steady and let the pace adjust.

Take liquids early: if you feel thirsty, it's too late, you're already dehydrated.