



Handy Cross Joggers Bulletin

2/98

EDITORIAL

Well, now that Christmas and the New Year celebrations are well and truly over, it's time to think about training for the London Marathon ! I have decided to delay my serious preparations this year so that I don't peak too early, at least that's my excuse . Anyone who is lucky enough to be running in London this year and has yet to decide which charity to support, are requested to contact Duncan Kennerson who will be raising sponsorship for the Sue Ryder Foundation .

However, before the great day on April 21st., we have the club's 20th anniversary party at Flackwell Heath British Legion on Friday 20th February, tickets from Gerry Grosse at only £5 . Other forthcoming events are the club AGM on Tuesday 31st March, the annual dinner and dance on Friday 8th May and the Marlow 5 on Sunday 10th May . The dates for the 5k series are now available and can be found in this bulletin . Also don't forget our own cross-country at Bradenham on Sunday 15th February, when we entertain all the other clubs in the Today's Runner League . Plenty of help and food will be required for this event if it is to be as successful as last years .

Talking about cross-country, the turnout for the recent events has been rather disappointing . Since the first race at Datchet, numbers have fallen to only three at Bracknell, although this was on the day following the Southern Area Championship at Parliament Hill Fields . We have struggled to raise a team at most races and certainly need more ladies for these runs .

Unfortunately the Burnham cross-country clashed with the Highworth half marathon, although the two events between them saw seventeen runners competing in awful conditions . However, the wind and rain didn't prevent Debbie Ridout, Ollie Benson and Des Mannion achieving pb's at Highworth, while both Debbie and Des improved on these performances at Wokingham .

Congratulations to Sue and Pete on their marriage over Christmas in the Caribbean . I wonder if this accounts for Pete's excellent times in the Saturday cross-country league this season ? Best wishes for a speedy recovery go to Alex Johnson following his recent operation . Commiseration's to John Bradbury following the recent death of his mother .

The result of the recent club satisfaction survey is included in this Bulletin and your attention is drawn to a very important notice regarding missing Tupperware, the return of which will restore peace and harmony to the Hickman household . The case of the missing Tupperware has not diverted Mike from the Wednesday track sessions, the programme for the next three months is reproduced on later pages along with a list of the club kit available from Dave Nash . While kit is available on most club nights, Dave would be pleased to bring any particular items on request, or he can be contacted on 01494 446620 .

I recently received an entry form for an unusual event in San Francisco . Called the Alcatraz Triathlon, it comprises of a 100 metre dig, followed by a 1km run and then a 2km swim in freezing water . To date, only one competitor has completed the course successfully .

In a previous edition of the Bulletin, I mentioned that I had met one of Eric Buckle's brother's at a party . I recently met the relative of another famous Handy Cross Jogger at the Swan Theatre, this time it was Alan Chilton's aunt . Talking about famous Handy Cross Joggers, did anyone else see the cameo performances by Debbie Ridout and Mick Owen-Evans on the BBC2 programme about Castlefield estate ? It makes one feel very humble to know such people .

While I am sure everyone enjoys reading my editorial and articles (?), it would be nice to receive some contributions from other people . The next edition will include Ron Newman's long awaited report on the New York marathon, so if you also feel the urge to produce an article or to start some controversial correspondence, any such items will be gratefully received .

Martin Dean
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February 1998

FORTHCOMING EVENTS

A number of events have been organised for your participation and enjoyment over the summer months both competitively and socially . Your committee hopes you will support and enjoy these events .

Sunday 15 February	Today's Runner Cross Country	See Peter Edington for details
Friday 20 February	Reunion Dinner and Dance	See Gerry Grosse for details
Tuesday 31 March	Annual General Meeting	Judo Centre
Friday 8 May	Annual Dinner Forte Crest Hotel	See Rose Priest for details
Sunday 10 May	Marlow 5 Higginson Park Marlow	See Roger Wilkes for details
Sunday 19 July	Wycombe Half Marathon	See Alex Johnson for details

5k Series

Wednesday 13 May	Wargrave	All races start at 7.30 £3.00 for the series See Peter Edington for numbers and details
Tuesday 26 May	Burnham	
Wednesday 9 June	Marlow	
Wednesday 24 June	Maidenhead	
Wednesday 8 July	Datchet	
Tuesday 21 July	Handy Cross	

NOTICE OF ANNUAL GENERAL MEETING

You are requested to attend the Annual General Meeting of Handy Cross Joggers on Tuesday the 31st March 1998 at 7.45pm. The meeting will be held in the balcony area overlooking the dojo at Wycombe Judo Centre, Barry Close, Booker.

You are invited to submit items for inclusion on the agenda to any existing committee member by Friday the 20th March 1998.

Club Survey

Thank you for taking part in our first survey. We were a little disappointed by the number of responses, however the comments made by those who did take the time to complete the form have been gratefully received by the committee.

You may recall that you were asked to comment on your level of satisfaction regarding a number of issues on a scale of 1 to 5 as follows:

- | | |
|---|------------------------------------|
| 1 | Very satisfied |
| 2 | Satisfied |
| 3 | Neither satisfied nor dissatisfied |
| 4 | Dissatisfied |
| 5 | Very dissatisfied |

20% of the membership responded and the results of these responses have been averaged out to show the following levels of satisfaction:

Membership fee	1.8
Social events	2.1
Training	
Tuesday	1.6
Wednesday	1.8
Race Information	1.6
News Coverage	1.9
Club bulletin	1.9
Club facilities	
Security	2.9
Bar	2.0
Showers	5.0
Changing rooms	4.0
Saturday cross country	2.5
Sunday cross country	2.5
Summer 5k series	1.0
Club colours	2.7

Name change	
for	33%
against	67%

Drop the word 'Jogger'	
for	40%
against	60%

Your committee will be analysing these results over the coming weeks and will discuss their findings more fully at the Annual General Meeting.

TUPPERWARE MIX-UP

If you took food to our 5K on the Rye last summer in a Tupperware cake container, please check to make sure that the one you brought home is actually yours . We have our base, but someone else's cover and unfortunately the two pieces do not fit together .

Mike Hickman

Another missing item is the raffle prize I won at the Christmas Disco, a box of after dinner mints . If anyone picked them up and has still not eaten them, I would be happy to share the contents !Ed.

WEDNESDAY TRAINING PROGRAMME, UP TO 6-5-98.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7-00 p.m..

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

- 18-2-98 200/400/800/1600/800/400/200m Pyramid session, (200m jog recovery 90 sec's).
- 25-2-98 4 x 1200m (200m jog recovery).
- 4-3-98 3 x 10 min. efforts, (4 min. jog recovery).
- 11-3-98 20 laps of running straights hard, and jogging bends.
- 18-3-98 45 min's Fartlek session.
- 25-3-98 Hill session, Knight's Hill. 8 x steady uphill, picking up pace from top of hill to next corner, (recovery downhill).
- 1-4-98 Overtakers - As group jogs round track, the last person in turn, sprints to the front.
- 8-4-98 5,000m Time Trial.
- 15-4-98 400m Relay x 12 laps each person. Teams to be decided on the night.
- 22-4-98 For those running London - 6 x 200m (400m jog recovery), others - 12 x 400m (200m jog recovery).
- 29-4-98 Rest for those who ran London. Others - 4 x 1600m (400m jog recovery).
- 2-5-98 8 x 800m @ Half Marathon pace, interspersed with 400m @ 5k pace. (Continuous run, no recovery).

MIKE HICKMAN.
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Handy Cross Joggers Kit Price List

VESTS (CLASSIC)	£12-00
VESTS (FLIGHT)	£13-00
TEE SHIRTS (M,L,XL)	£8-50
TEE SHIRTS (XXL)	£9-00
SWEAT SHIRTS (M,L,XL)	£18-00
SWEAT SHIRTS (XXL)	£19-00
YELLOW FLUORESCENT BIBS	£6-30 & £7-20 £6-00
GLOVES	£6-75
CAPS	£5-00

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Historical Joggers

In the first of an occasional series, the editor has arranged a number of interviews with famous joggers from history . The first interview is with actor and playwright Bill Shakespeare, from the London based Globe Trotters club .

Ed. "Bill, many thanks for sparing some of your time for this interview, I understand you are involved with several projects at the moment, you must find it difficult to fit running into your busy schedule ."

Bill "Marry, sir, I am at present appearing in three diverse plays a week, as well as writing several more masterpieces and sundry sonnets, but I find running gives me time to think when I am 'far from the madding crowd' and besides, 'All's Well that Ends Well' as I always say."

Ed. "Yes, and you always do . Before you came to live in London, I believe you ran for your local club, Stratford Striders ?"

Bill "Aye, I ran for several years with the Striders, with my old running mates, Rosencrantz and Guildenstern . We were fortunate enough to train in the Forest of Arden, much more pleasant than running in the streets of London ."

Ed. "I know what you mean, Bill . The crowds and pollution are unbelievable here, and every time you want to cross the river you have to use London Bridge . But apart from that, you must appreciate the increased number of races available down here ."

Bill "Foresooth, I was fortunate enough to run in the very first London Marathon two years ago, it started right out in the country at Black Heath and seemed an age before we reached any signs of habitation withal . Of course, by the time we reached London Bridge the crowds were considerable, but then the race went out of town again and round the Isle of Dogs, a dreadful, desolate area ."

Ed. "But you must have enjoyed the finish in White Hall, where I believe her glorious majesty Queen Elizabeth was watching ."

Bill "Twas 'Much Ado About Nothing' though her majesty was most pleased to see her subjects endeavours . But sadly, my old friend and rival, Chris Marlowe from Rose Runners, met with an unfortunate accident at about XIX miles, when passing by the Tower ."

Ed. "What happened to him exactly, I know he was the first fatality in a London Marathon, but his death seems shrouded in mystery ."

Bill "Aye, 'twas a miching mallecho ! I believe he slipped on some cobbles, strangely wet withal, and fell on the point of a rapier belonging to 'Two Gentlemen of Verona' , which, for some unknown reason had been dipped in poison and left carelessly lying in his path ."

Ed. "Most unfortunate, could have happened to anyone . But talking of poison, I believe you have a special potion that you sip during races made to some secret recipe, what does this consist of ?"

Bill "'t is true I have a special mixture supplied by three old lady friends of mine."

Ed. "I believe it contains some rather exotic ingredients, mixed in a large cauldron ?"

Bill "Nay, ask no further . The actual recipe is a secret, but I can tell you it contains eye of newt, and toe of frog, wool of bat and tongue of dog, amongst other things ."

Ed. "Sounds awful, but I suppose if it works for you . But what about the running gear that's available these days ? What do you like to wear when training Bill ?"

Bill " I favour yellow stockings, cross-gartered, a gallant curtle axe upon my thigh, a boar spear in my hand and am point-device in all my accoutrements ."

Ed. "Sounds very dashing . But tell me, have you introduced running into any of your plays, either as a theme or a sub-plot ?"

Bill "Indeed, I am currently working on a speech for a play about a cigar ."

Ed. "That's interesting Bill, can you quote some of it ?"

Bill "Well, it begins, ' To run, or not to run, that is the question:- Whether 't is nobler in the mind, to suffer the pain and anguish of outrageous training; Or to gallop through a sea of mud, and by crossing it finish ?-To walk,- to stop, no way: -and by walking to lose the race and the heart-ache, and the thousand natural shocks that flesh is heir to, -ay, there's the rub..."

Ed. "Is that due to the new shoes or are the cross-gartered stockings too tight, Bill ?"

Bill "Don't interrupt.... All the world's a race, And all the men and women merely runners: They have their starts and finishes: And one runner in his time may run many races . At first the infant, running to his nurses arms . Then the winning schoolboy, with egg and spoon before. And then the man, sudden and quick and full of personal bests . And then the veteran, in fair round belly, full of good advice . And then the marshal, with spectacles on nose, His youthful hose a world too wide for his shrunk shank . And then the mere oblivion, his race is run, he shuffles off this mortal coil ..."

Ed. "Yeah, right Bill, thanks..."

Bill "But I have many stanzas yet unfinished ."

Ed. ZZZzzzzz.

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