



Handy Cross Joggers Bulletin

2/99

EDITORIAL

Welcome to the Christmas edition of the Handy Cross Joggers Bulletin ! OK, I know it's February, but everything is late this year, including the Barnett Trophy . Anyway it must be the Christmas edition because, like all such editions, it contains a quiz ! This 'Runners Pop Quiz' has questions for all generations and was kindly supplied by Simon Davies, whose decision about the answers will be final . So if you remember Del Shannon, can recognise an 'eclectic Cimmaron' when you see one and if you know, "Alice !, Alice !, who the **** is Alice ?" then this is for you . Please submit your answers to Simon, myself or any committee member before the end of March, so that the result can be given at the AGM . Prizes will be awarded for winning entries .

Since the last Bulletin, a party of Handy Cross Joggers travelled to Benidorm to compete in the half and full marathon in this popular resort . In Eric's detailed and entertaining report about this trip, you will learn of John Bradbury's alcoholic excesses, 'Sticky Vicki's' entertaining exploits, a meeting with the famous Ron Hill, outrageous gambling losses sustained by club members, the sexual naïveté of Mike Stone and thrill to the description of an exciting 18 hole golf tournament . Oh, and I nearly forgot, they also did some running . If all this whets your appetite, a similar trip is being planned for November this year (but not with Ron Hill tours) . Duncan Kennerson can supply the details, the cost is expected to be about £310 and he will even accept payment by instalment . I bet Ron Hill wouldn't give that kind of service!

Other well travelled Joggers include Trevor Hunter and Mike Hickman, who both ran in the New York Marathon . Perhaps Trevor will write another of his poems about this event ? Alan Chilton won the Dubai Marathon in November, in a time of two hours and twenty minutes, which helped compensate for the AAA 10K championship in October in which, although he won the race in a close finish, he was disqualified for not wearing his club vest !

Competitions ceased for the Christmas holidays, but the break was memorable for two events, the club's Christmas Disco and the rather sudden arrival of Victoria Edington on Christmas Eve . Rose Priest wishes to thank everyone who helped her make the disco such a successful event, while Maureen wishes to advise all mothers-to-be to wear their tights at all times !

The traditional draw to allocate the club's two London Marathon numbers was held at the Christmas Disco and won by Stephan Naunko and Allison Unitt . One person who was very pleased about Allison's success in the draw was Paula Parkin, who had held over her 1998 London number in the hope that Allison would be able to train and compete with her this year . The two are, after all, inseparable !

Thanks to Ray Elliot, who calculated the handicaps, the Barnett Trophy was run at the end of January and won by Kevin Duffy, with Margaret Moody and Terry Eves in second and third place . I know handicappers are sometimes subjected to bribes, but I think Ray may have been subjected to threats on this occasion !

The Wokingham Half Marathon once again produced some good times, with personal bests for Trevor Hunter of 1.18 (not 1.50 as shown in the Bucks Free Press), for Margaret Moody, of 1.32 and for Becky Hawkins, of 1.50 . This race also featured the welcome return of Des Mannion, from injury, and of Mike Stone, from Monmouth .

The Club's Annual General Meeting will be held at St Birinis Church Hall on Tuesday 30th March at 8.00, so you've time for ten miles and a shower before the event . Any items for inclusion on the agenda must be in the hands of the committee at least two weeks earlier, i.e. by Tuesday 16th March . And remember, the results of the Grand Christmas Quiz will be announced at this meeting !

Other dates for the diary are the Annual Dinner and Dance on Friday 23rd April at Adams Park, with Lawrie Sanchez rumoured to be presenting the prizes (that should discourage Duncan Kennerson from coming !). Menus are now available and must be returned to Rose Priest by 20th March together with a deposit of £10 per person . Duncan has again organised a coach (transport not training) for the London Marathon at a cost of £6 per person, which must be paid in advance to secure a seat . The coach will leave the Judo Club at 6.30 a.m. on the dot ! Mike Hickman and Nick Martin are arranging a 'May Meander' on Sunday 2nd May (details on later pages) and the Marlow 5 will be run a week later, on Sunday 9th May . Finally, the dates of this summers 5K series are included in this edition .

To help you prepare for the forthcoming 5K series, Mike Hickman will continue to hold training sessions at the Handy Cross running track on Wednesday evenings at seven o'clock . The programme for these sessions, from the beginning of March through to June, is included in this Bulletin .

One sad piece of news is that our regular contributor of interesting and informative medical tips, Doctor Drake, has taken up a new post overseas and his contribution in this Bulletin will be his last . We wish him every success in his new appointment and will miss his fascinating articles . However I am pleased to announce that a new, regular feature, from the popular and well-known Bucks road runner Ted Over, and to be called "Tips from Ted", will begin in the next issue . Ted will be passing on some of the valuable tips and advice he has gained over many years of running . Look out for it in the next Bulletin !

RON HILLS ALTERNATIVE TOUR TO BENIDORM
by ERIC BUCKLE.

Dawn and I arrived at the judo club with Dawns' suitcases and my coathanger. I'm not saying she packed a lot but I did notice hot and cold taps sticking out of one suitcase.

The rest of the party consisted of Duncan Goldtop Kennerson, Alex Twitcher Thomason, John one for the road Bradbury, Richard I've got a suntan Stone and Mike that's way past my bedtime Stone. Sue Stone and Christine Stone also came but they don't have nicknames because I never insult women - that's the sort of guy I am.

We arrived at Gatwick with 17 hours to spare. At least John had plenty of time to perfect his drinking technique. In fact he had even longer as the plane took off an hour late and he arrived in Spain with a thick head - no insult meant there John - not this time.

At Alicante airport the party was split into two and transferred to the hotel. Duncan got excited on the coach when the female Thompson rep. asked everyone if they'd packed their condoms. The hotel laid on a meal and for some inexplicable reason our party was given two bottles of champagne free of charge - weren't we RICHARD!

The hotel was excellent and a run was arranged for the following morning. Duncan suggested at 4am so he could see if there was such a thing as a Spanish milkman.

They left at 9am.

Outside the hotel was wall to wall old age pensioners who spent all day walking up and down the street until it was mealtime. Alex Thomason calculated he was the tenth youngest tourist in Benidorm and he's way past his sell by date.

The first night we all went to a bar in town that Richard knew from years gone by and it was happy hour so we ordered two pints for everyone, including the women. Those that couldn't finish their beer tipped it into John's bucket and he finished it for them.

Richard then suggested going to another bar to see an old friend who goes by the name of Sticky Vicky! She does a stage act which consists of carrying her weekly shopping in an unusual part of her anatomy. I didn't go with them as I believe this sort of entertainment is disgusting and degrading and I refused to be involved in anything to do with it - m'lord. Instead I went back to the hotel room to watch channels 12, 14 and 38.

Now for the serious bit - I promise you it won't last long.

Sunday morning was race day. Mike did the marathon in 3:27.

The half marathon runners were John 1:34, Alex 1:42, Duncan 1:59, Dawn 2:10 and Richard 2:16.

That's it.

Me? I didn't do the race due to a very painful and life threatening ear infection.

Alex Thomason, otherwise known as 'The Birdman of Andycross', spent most of the week playing with his binoculars but the highlight of his holiday was when he met his hero RON HILL who was organising 'Ron Hill's Running Tours'. We had to listen to Alex for the rest of our stay saying 'How nice RON HILL was' and 'Why didn't we go on a RON HILLS tour' and 'the RON HILLS tour went on a picnic' and it would have been cheaper on a RON HILLS tour'.

The next night we all got dressed up and went to the local casino. Richard seemed to be the only person who looked at home gambling (misspent youth). My luck was out. I lost at Black Jack, I lost on the one armed bandits and I lost at Roulette. On leaving the casino Duncan asked how much I'd lost. I told him well over a pound. The following night we stayed in the bar of the hotel as most

people were tired. At 7pm Mike Stone disappeared. We thought he'd gone to bed but he returned an hour later. When asked where he'd been he said he'd been to the bar downstairs where there was a very attractive woman dancing suggestively on stage. He found he couldn't take his eyes off her. Her name was Josephine and she came from Transylvania. When I asked how he knew she was from Transylvania he said he heard someone in the bar say she was a transvestite.

On the last day Dawn organised a tournament on the local 18 hole golf course. Richard and Sue declined as Richard played regularly back home and thought it would be an unfair competition.

Tee off time was 3pm. I partnered Duncan, Mike played against John and Dawn against Christine.

Mike started very well and birdied the first three holes. At the turn he had a 4 shot lead over me closely followed by John. I did close the gap but in the end Mike won by two shots. I think I would have beat him if my ball hadn't got stuck in the helter skelter on the 16th.

Later that day we packed our cases and sat outside our rooms waiting for the taxi's to take us to the airport

I could hear Alex singing in the bath in his room. It sounded like an old 60's number by the Crystals called 'Da Doo Ron-Ron' but he'd changed the words to:-

Met him on a Monday
and my heart stood still

chorus I do Ron Ron Ron
I do Ron Ron

Somebody told me that
his name was Hill

chorus I do Ron Ron Ron
I do Ron Ron

Yeah! his name was Hill
Yeah! my heart stood still
Yeah! and he took me on
A Ron Hills tour
Down in Benidorm.

And finally:-

Events like this take a lot of organising, so on behalf of everyone that went to Benidorm thanks to Duncan for his time and effort.

Advice from Doctor Drake

"Not for me - I'm on a diet"

Hang on - if you think about it, we're all on a diet . Whether it's bread and water in prison (with the occasional bonus of a high-protein cockroach), or Christmas Dinner every day, - it's still a diet .

I guess what you mean is that you are on a low-calorie diet to shed weight, or less commonly, on a high-calorie diet to put weight on . Whichever it is you should, as an athlete, take care how you go about it . Senseless dieting can cause havoc with the body and leave you in a worse position weightwise once you revert to a normal diet .

If you think about it, it's taken you years to become overweight so why not take care and time to reduce ? At the end of the day your objective is to eat a normal mixed diet and burn off roughly the equivalent amount of calories to maintain a normal weight . The best way to achieve this is to alter your eating habits to cut down on those items which are high on calories, namely fat, sugar and alcohol . If this is done gradually whilst maintaining a normal exercise routine then your weight will gradually reduce .

At least three current Handy Cross Joggers have been helped by joining weight-watching clubs . The basis of these clubs is to educate you in what the high-calorie foods are and to teach you how to cook meals from scratch ingredients . Shop-bought prepared meals are usually higher in fat and sugar than their home made equivalents .

In becoming fat your stomach has got larger, and larger, and larger..... . The problem then arises that you eat to fill your stomach rather than satisfy your hunger . The problem is worse if you drink pints of beer . Your stomach muscles go slack and the rot sets in !

However don't despair ! Running is excellent exercise to reduce waist size . Also if you have three or four small meals a day rather than one huge dinner, there will be less stretch on your stomach muscles and your stomach sac will shrink . Ask your club coach to advise on abdominal exercises, e.g. trunk curls . They are much neglected as part of a runner's exercise routine .

The need to put weight on is not a licence to eat high-fat foods . A doctor or dietician should be consulted to provide you with a tailor-made diet of mixed foods, majoring on high-energy carbohydrates such as pasta and potatoes . And remember that stress can play a part in affecting our dietary needs . Your doctor can advise on this aspect .

Above all, please avoid fancy diets bordering on starvation . Weight loss can be dramatic, but it's mainly loss of water and muscle protein . Consequently when you revert to your normal diet your weight goes back up to give you more body fat and less muscle . This is known as the 'rebound' effect . Your weight is, after all, incidental to your feeling fit and healthy, so don't become too concerned about it and just enjoy your running .

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Many thanks to Doctor Drake for all the interesting contributions he has made to the Bulletin and all good wishes for his future career overseas . (Ed.)

FORTHCOMING EVENTS

Tuesday 30th March at 8.00 :- Annual General Meeting at St Birinis Church Hall

Sunday 18th April :- Flora London Marathon (Coach from Judo Club at 6.30)

Friday 23rd April :- Annual Dinner and Dance at Adams Park

Sunday 2nd May :- May Meander

Sunday 9th May :- Marlow 5

5k Series

Wednesday 12th May	Wargrave	All races start at 7.30 £3.00 for the series See Peter Edington for numbers and details
Tuesday 25th May	Burnham	
Tuesday 8th June	Marlow	
Tuesday 22nd June	Datchet	
Wednesday 7th July	Maidenhead	
Tuesday 20th July	Handy Cross	

The Runners Pop Quiz

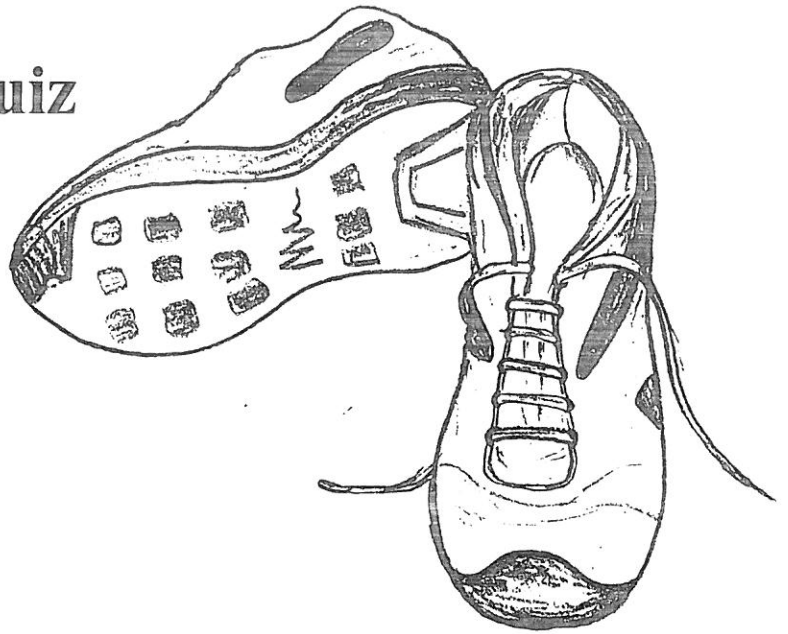
Sixties and Earlier

- 1 You do not want to be in Sunday's pie, and there's a farmer with his gun, so...
- 2 Spencer Davis is in perpetual motion
- 3 Jo Jo Gunn says...
- 4 Johnny Preston got chased in the forest
- 5 Dion's litigious friend
- 6 Del Shannon has one that keeps escaping
- 7 The Four Seasons hail a female
- 8 Beatles' advice to a panicky female on their White Album

Seventies stuff

- 9 Bruce Springsteen's self-proclaimed birthright
- 10 The Eagles' most enduring album title
- 11 The flouride fraternity of Bee Gees sing to come back
- 12 Bad Company were in the company of wolves
- 13 Jackson Browne really needs to visit a petrol station
- 14 Lindisfarne are almost back
- 15 Steve Miller was inspired by Woody Allen!
- 16 Three Degrees preceded by a definite article
- 17 Paul McCartney elopes with his troupe
- 18 Jonathan Richman loves cartoons
- 19 Candi Staton's advice to the immature
- 20 The Doobie Brothers were waiting and waiting and waiting by the railroad
- 21 Neil Young thinks we might live forever
- 22 Tami Lynn plans her escape
- 23 Sweet are bloodhounds

The Runners Pop Quiz



Eighties & Nineties

- 24 Aren't those Stray Cats daredevils!
- 25 Kate Bush tackles the slopes
- 26 Christopher Cross emulates a sailboat
- 27 Tears for Fears know what we all desire
- 28 Bryan Adams conceded to temptation
- 29 Level 42's relative experience
- 30 Cheryl Crow's advice to a newborn
- 31 Did you know that Lionel Richie used to play in the Shadows?
- 32 "Come On Eileen" sang Kevin and friends
- 33 REO Speedwagon could not stop for supplies
- 34 Aerosmith's rapping partners

The Totally Obscure Section

- 35 Emmylou Harris sings Paul Kennerley on eclectic Cimmaron
- 36 Al Stewart was one step from the authorities on 24 Carrots
- 37 Credence Clearwater Revival had to make their way through the trees
- 38 New Order order a double
- 39 The Undertones think that she is a slippery eel
- 40 Ry Cooder's may be an oldy, but she's a goody too

Easy, isn't it ? Answers (preferably in a sealed envelope) please to Simon, myself or a committee member before the end of March . Results and prizes at the AGM . (Ed.)

Handy Cross Joggers May Meander

- Come and join us for a run somewhere guaranteed to be new to you !
- Refreshments afterwards in a nearby pub for those who can find it.
- Date : Sunday May 2nd 1999
- Time : 9 a.m. at the Judo Club
- Venue : Within 20 minutes drive of the club.
- Please let Mike Hickman or Nick Martin know if you are interested.

WEDNESDAY TRAINING PROGRAMME, UP TO 9-6-99.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..
All members are welcome to take part.

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

- 3-3-99 2 x 10 laps of sprinting straights and jogging bends, (4 min's. rest between sets).
- 10-3-99 2 x 10 x 200m @ 95% effort (200m jog recovery).
- 17-3-99 400m Relay, in teams of 3 (each person to run 12 laps).
- 24-3-99 6 x 800m @ 95% effort (400m jog recovery).
- 31-3-99 2 x 1600/800/400m "Downers". Increase effort as distance reduces. (400m jog recovery, 3 min's rest between sets).
- 7-4-99 5k Time Trial.
- 14-4-99 For those running London: - 6 x 200m @ 90% effort (400m jog recovery).
Others, 12 x 400m @ 95% effort (400m jog recovery).
- 21-4-99 For those who ran London, REST! Others, 6 x 800m "Differentials" (90% effort on 1st lap, 95% on 2nd).
- 28-4-99 "Overtakers". Groups jog round the track in single file, whilst each person in turn sprints from the back of the group to the front.
- 5-5-99 2 x 10 x 1 min. efforts (1 min. jog recovery, 5 min's. jog between sets).
- 12-5-99 NO SESSION, WARGRAVE 5k.
- 19-5-99 10 x 2 min. efforts @ 90% effort (1 min. jog recovery).
- 26-5-99 Fartlek session (in groups), of approx. 45 min's. duration.
- 2-6-99 5 x 4 min. efforts @ 90% effort (2 min. jog recovery).
- 9-6-99 3 x 8 min. efforts @ 90% effort (3 min. jog recovery).

Mike Hickman.
01494 525474



DINNER & DANCE

AT
ADAMS PARK
 ON
23rd APRIL 1999
 7.15pm – 12.00midnight

MENU

£19.00

MUSHROOMS A LA GRECQUE

*Salad of Mushrooms cooked in Olive Oil, Lemon Juice and Coriander
 Served on a Bed of Mixed Leaves*

CREAM OF LEEK, POTATO AND CHIVE SOUP

PAN FRIED SUPREME OF CHICKEN

*Coated with a Red Wine Sauce
 Garnished with Onions, Mushroom Caps and Lardons of Bacon*

MEDALLIONS OF PORK

Served with an Apple and Brandy Sauce

Served with a Selection of Seasonal Vegetables and Potatoes

GLAZED FRENCH APPLE FLAN

Served with Cinnamon and Whipped Cream

SUMMERFRUIT PUDDING

Set on a Berry Coulis and served with Cornish Clotted Cream

FRESHLY BREWED COFFEE with CREAM & MINTS

NAME	STARTER	MAIN COURSE	DESSERT

A deposit of £10.00 per person is required by 20th March 1999 with the remainder by 10th April 1999.

Please hand deposits and menu choice to ROSE PRIEST.

Handy Cross Joggers Kit Price List

Vests	£13-00
Tee Shirts (M,L,XL)	£5-00
Tee Shirts (XXL)	£5-50
Sweat Shirts (M,L,XL)	£18-00
Sweat Shirts (XXL)	£19-00
Fluorescent Bibs	£6-00
Polo Shirts	£10-00

Please see Dave Nash
☎ 01494 446620