



Handy Cross Runners
Newsletter

The Bulletin

January 2009

Results

Do you remember last year's 5K series? It seems a long time ago now but Mike Hickman has recorded everyone's results, plus time trials and produced a spread sheet ranking every runner, which you can see on pages 7 to 12.

We're over halfway through the cross-country season now, but there are still opportunities to enjoy the mud and wet in the Chiltern League at Luton on the 14th of February. Also in the Thames Valley League on the 25th of January at Finch Coast-ers, the 22nd of February at Metros and the 1st of March at Reading and don't forget our own event on the 1st of February in Bradenham Woods.

Future Events

Put your thinking caps on for another of our popular Quiz Nights in February with a fish'n'chip supper at the Judo Club. This one is being organised by Des Mannion and should be a great evening.

The Club AGM will be held on Tuesday 31st March at 8.30 in the Judo Club. This is your chance to have a say in the club's future direction and vote out the current committee if you don't think they're doing a good job! You will also earn points towards the Runner of the Year Award by attending.

Our popular Kit Officer, Dave Nash is retiring this year and will be moving away from the area, so we will need someone to volunteer for this important task. The AGM would be a good opportunity to offer your services to the club if you would like continue Dave's excellent work.

The Annual Dinner will be held as last year at the popular venue of Adam's Park in May.

Three Peaks Self Propelled Challenge

If you enjoyed reading Sally's account of their adventures completing this challenge in the last two Bulletins, see the results of the trip in numbers on page 4. They hope to organise something similar again this year, involving walking and cycling that everyone is welcome to join.

Runner of the Year

Congratulations to Fred Ashford, who was voted Runner of the Year (with Frank Fulcher second) at the Christmas Disco.

When not competing in sunny Cyprus, Fred is seeking out races in which the champions of the 50's and 60's are running to gain his revenge on the runners who haven't aged as well he has! Let us know how you get on please Fred.

New Members

Avery warm welcome to new members Nick Amheiser, Chris Barnett, Cath Batson, E J James, Tracey Millward and Sonya Thomson and don't forget your free T- shirt.

Charity

In November we presented a cheque for £3000 to the Sunrise Cancer Unit within Wycombe Hospital (where Karen Jenkins is receiving treatment) raised from the Marlow 5 and Wycombe Half Marathon races.

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: martin@martinjdean.sol.co.uk



Babes In The Wood

A two-part saga of Terry Eves adventures on summer evening runs in the woods.

The Prologue:

"I can only apologise to those of you who were hoping to see these accounts in an earlier Bulletin and who feel they were hushed up. I cannot however be party to the scurrilous suggestion that the editor was nobbled and was awarded the Gerry Grosse Trophy in return for holding them back.- Tel."

Babes In The Wood (Part 1)

As we are now into our fourth year of Summer Runs it has become something of a misnomer to call them Mystery Runs, with the exception of course, of the one planned(?) each year by our much-maligned chairman, which always contains a high degree of mystery not only to him but more so to the rest of us. Regrettably, the run starting from The Rising Sun was no exception.

There was, as usual, no gentle build up and the run "it's not a race, yes it is" started at a break-neck pace with Mike Hickman in hot pursuit of the nubile front-runners. Disaster however, was imminent as we were barely out of the pub car park when he crashed to the ground sustaining a Postman's Knock to the head, much to the delight of our four-legged guest runner, Molly Stracey, who enthusiastically followed the trail of blood.

It is open to conjecture whether he also sustained the lump in his trousers at the same time, or even if this lump was the reason for his fall, but there was a weekly progress report on this wondrous swelling which took on a life of its own and for weeks after he would proudly display it to all comers, whether they asked to see it or not.

Some time much later, back at the pub actually, Pete decided to regroup and discovered that the caring group of runners who had stayed behind to help Mike was missing. Initially, there was much concern for my own safety when it was thought I was alone in the woods with Amanda, but this abated when a cursory headcount revealed that Craig and Dave were also missing.

Meanwhile back in the woods, darkness was beginning to fall. When we'd first fallen behind we'd decided that if we took a shortcut we could catch the rest up, Amanda objected to this, however and insisted we ran the whole distance, making her largely responsible for our present predicament.

Occasionally during the last hour we had glimpsed them, always two fields in front, so were relieved when we saw Pete and Mike waiting for us, only to have our hopes dashed when we realised it was just a pair of pathetic-looking scarecrows. Another time on a distant skyline we witnessed Jo chased by Mike chased by Molly like an old Disney film. It was now sometime though since we'd seen anyone and we were getting rather worried (Amanda was terrified!).

Realising our plight we thought how fortuitous to have a schoolmaster with us who not only assumed control but took full responsibility for finding the way back. He lead and we just followed, so our faith was fully justified when we eventually saw lights ahead, and our panic was fully justified when we saw the village sign reading 'DUNSMORE'.

So we studied the map for the first time and were faced with the alternatives of either going back through the woods or taking a five mile detour, keeping to the roads. There was a third alternative however, as Amanda revealed that she had a phone but wouldn't use it, as she said it, "Would make us look silly." Yeah right! Having decided to retrace our earlier steps it was pure luck (or was it divine intervention?) that we just happened upon the scene of Mike's earlier fall, but when we arrived back at the pub at 9.40 most people had long gone, so fortunately very few witnessed our sorry arrival.

Babes In The Wood (Part 2)

Any run with Pete is a giant leap into the unknown, so it says much for our sense of adventure, but more for his powers of persuasion, that on August 28th, when the nights were really beginning to draw in, we joined him on a quest to find the aptly named 'Hard to Find' Farm. We reached the Winchbottom Woods just as the light was fading, but any waverers were persuaded by his supreme air of confidence that he knew exactly where to find it.



This confidence was still in evidence twenty minutes later when we found ourselves back at our starting point. It was however beginning to wear thin with the passage of a further twenty minutes, when we couldn't even find our starting point! Every trail we took either lead us into a dead-end or round in a circle. We did find our way out of the woods once, but at completely the wrong side, as far below we could see the twinkling lights of Bourne End.

Ominously, thirteen of us re-entered the wood, which by now was completely dark, leading Linda to wail, "It's the lostest we've ever been!" It was also probably the scariest we'd ever been. (I personally was marginally more scared when I christened my bus pass some weeks later to attend the Notting Hill Carnival and felt like Michael Caine in *Zulu* at the battle of Rourke's Drift, but that's another story!)

Our journey was now accompanied by bats overhead and worrying, scurrying sounds coming from the undergrowth and with every step we took we were either scratched, stung or bitten some more. Then suddenly, far in the distance, we spotted the red light atop the Abbey Barn mast and scrambled towards it, through brambles, across ditches and over fences in a mad panic to escape the woods.

We fled until our path was completely blocked by a megawatt electric fence! Cometh the hour, cometh the man, and in a flash, (that's what we were expecting) Pete, who was surprisingly still with us, reassumed command, decided that Darinka was the most expendable and instructed her to lift up the wire while the rest of us crawled under it.

Shortly before we reached the safety of the road, Hard to Find Farm loomed out of the darkness like a Transylvanian castle in a Hammer horror film, but gained hardly a second glance. We were still some distance from the club when we passed my house, so I ran a ferry service for the neediest, but regrettably despite his protestations, Pete failed to qualify.

As you will know from the previous Bulletin, Ann Palmer is doing a 300km Cycle Ride in Jordan this year for the charity Women for Women.

The fundamental aim of the charity is to safeguard our future generations by improving women's health and ensuring more women have a healthy pregnancy and healthy baby. This is close to Ann's heart as she is a Midwife.

She has to raise a minimum of £2,500 by the end of June 2009. So if you can help by sponsoring Ann, you can do this either on-line at:-

www.justgiving.com/annpalmer1

or by giving her cash or a cheque made payable to
THE INSTITUTE TRUST FUND

London Marathon

Three lucky(?) people Darinka Reilly, Richard Stone and Chris Lansdowne drew the club's London Marathon entry numbers with Laura Cornwell as first reserve.

They will probably travel to the start on the coach Duncan will be organising, but they and anyone else who want to take advantage of this hassle-free way of getting to the start, will need to book early as seats sell out fast, even at only £9 each.



Three Peaks Self Propelled Challenge (The Numerical Facts)

On the 1st & 2nd July 1980, Ft Lt Stephen Poulton set a record of 41 hrs and 51min for the three peaks self propelled challenge. A record that it is believed still stands today. This was the inspiration behind what some of our members achieved, described by Sally in previous Bulletins, namely the climbing of the three highest mountain peaks in England, Scotland and Wales and cycling between them, starting and finishing at sea level.

Date	Start Time	Route	Distance
Tuesday 10 th	09:36	Ben Nevis Achintee - Achintee	9.32 mls
Tuesday 10 th	15:12	Achintee - Crianlarich (via Fort William)	54.28 mls
Wednesday 11 th	09:45	Crianlarich - Abington	96.86 mls
Thursday 12 th	10:32	Abington - Keswick	94.45 mls
Friday 13 th	09:18	Keswick - Seathwaite	9.22 mls
Friday 13 th	10:18	Scafell Pike Seathwaite - Langdale	10.5 mls
Friday 13 th	15:56	Langdale-North Preston	56.75 mls
Saturday 14 th	09:21	North Preston - Ruthin	90.79 mls
Sunday 15 th	09:26	Caernarfon è Rhyd-Ddu	10.23 mls
Sunday 15 th	10:45	Snowdon Rhyd-Ddu è Pen-y-Pass (via Crib Goch!!)	7.46 mls
Sunday 15 th	16:43	Pen-y-Pass - Ruthin	36.9 mls
		Total Cycle Distance	449.48 miles
		Total Mountain Distance	27.28 miles
		Total Cycling Time (inc. stops, tantrums & repairs)	43 hrs 06 mins
		Total Mountain Time (inc. stops)	15 hrs 06 mins
		Total Time	58 hrs 12 mins



Results

Chiltern League Cross Country Slough

Ellen Haynes 25:39
Tora Stracey 26:17
Michelle Booth 27:24
Sarah Heath 30:19
Linda Weedon 32:48
Meg Knight 33:07

Frank Fulcher 29:35
Brendon Gilbert 32:14
Steve Roberts 32:39
Andy Harrison 35:46
John Peerless 36:44
Dave Sanderson 37:58
Mike Hollis 38:12
Fred Ashford 46:16

RAF Halton

Jenny Shorrocks 25:40
Ellen Haynes 26:40
Tora Stracey 28:32
Deborah Gatesman 29:13
Michelle Booth 30:16
Sarah Heath 32:50
Linda Weedon 34:25

Frank Fulcher 4th
Brendon Gilbert 36:55
Steve Roberts 37:16
John Dooley 38:34
Alun Jones 38:47
James Woodise 39:45
Benji Benjamin 40:16
Andy Harrison 40:20

Neil Waite 41:06
John Peerless 41:51
Mike Hollis 43:25
Nick Amheiser 47:32
Chris Lansdown 47:46
Fred Ashford 48:49
Martin Dean 49:28

Wing

Ellen Haynes 27:10
Margaret Moody 27:26
Deborah Gatesman 29:28
Michelle Booth 29:29

Frank Fulcher 32:32
Brendon Gilbert 34:28
John Dooley 36:47
Andy Harrison 38:43
Benji Benjamin 39:58
Mike Hollis 41:52
Dave Sanderson 42:33
Mike Hickman 48:13

Cliveden Cross Country

Frank Fulcher 38:00 (4th & 1st vet)
Brendon Gilbert 39:53
Andy Harrison 45:54
Mike Hollis 48:40
Penny Cutler 49:05
Darinka Reilly 53:38
Tora Stracey 54:24
Michelle Booth 55:29
Mike Hickman 55:47
Joanna Cassells 58:43
Celia Edwards 58:51
Meg Knight 61:06
Amanda Gumus 64:52
Ann Palmer 69:13

We are the Champions

Handy Cross Runners won the veterans prize at the Bucks Cross County Championships. Representing the club in the mens race were;

8th Frank Fulcher 44:59 (1st vet)
19th John Dooley 50:31
27th Benji Benjamin 54:41
29th Dave Sanderson 57:12
34th Richard Hubbard 58:24

And in the ladies race;

12th Ellen Haynes 28:45
16th Tora Stracey 30:18
21st Deborah Gatesman 31:18



Results

Marlow Half Marathon

Frank Fulcher 1:16:59 (4th)
Benji Benjamin 1:31:43
Tom Chalk 1:32:44
Andy Harrison 1:34:12
Rob Pettingell 1:34:25
Dave Claridge 1:44:34
Margaret Moody 1:44:59
Nick Martin 1:47:17
Debbie Jones 1:47:22
Andy Wingrove 1:47:38
Jo Smith 1:48:04
Alan Wheeler 1:49:54
Darinka Reilly 1:52:05
Terry Eves 1:55:52
Jo Cassells 1:56:36
Craig Atkins 1:58:15
Celia Edwards 2:02:31
Grace Wilson 2:05:16
Cheryl Sayer 2:05:34
Tina Ashburner 2:17:57
Deborah Harris 2:27:27
Vernon Martin 2:43:51

Tadley 10

Craig Atkins 1:26:34
Cheryl Sayer 1:29:05

Limassol 10k

Fred Ashford 50:27
(1st MV60, 65 & 70!)

Doyen of the Downs (30 miles)

John Dooley 4:12

Herberts Hole

Brendon Gilbert 43:57
Alan Wheeler 56:27
Mike Hickman
Michelle Booth 56:42
Joanna Cassells 61:10

Highworth Half Marathon

Trevor Hunter 1:16:07 (3rd)
Phil Stephens 1:22:06
Howard Taylor 1:39:46
Des Mannion 1:45:08
Mike Hickman 1:45:52
Jo Cassells 1:56:04
Cathy Paice 1:56:13

Eynsham 10k

Frank Fulcher 34:27 (1st vet)

Forstlauf 10K

Donna Howlett 53.54 (pb)

(Donna is living in Germany now and runs with the Munich Road Runners Club but still comes back to visit us when at home. Last time she came home she got engaged! Congratulations)



Name	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	19/11/08 Track	16/12/08 Cressex Ind Est	Year's Best Result	Club Ranking
Tina Ashburner	29:29	29:47	28:41								28:41	60
Fred Ashford			22:56	23:00		24:11					22:56	30
Peter		21:28	22:21	21:03			22:37				21:03	19
Craig	28:48	26:54	26:14	25:10		25:33	25:50				25:10	50
Chris Bartlett										32:08	32:08	80
James Bateman		19:24									19:24	11
Cat									23:00		23:00	31
Mike Blowing		24:09									24:09	39
Michelle Booth		23:40		23:48	23:36	24:13	24:26				23:36	36
Dave					18:25	18:42					18:25	5
Elaine		31:4		32:51				33:35			31:44	78
Laura Broderick		22:29									22:29	27
Dave		30:48									30:48	76
Jo		25:50	25:33	25:20	25:08	26:22	26:33	25:24			25:20	51




Name	20/2/08 Track	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	16/9/08 Cressex Ind Est	19/11/08 Track	16/12/08 Cressex Ind Est	Year's Best Result	Club Ranking
Tom Chalk			20:05	19:26		18:45							18:45	7
Lucy Couturier			27:16	27:12	26:41	27:02	27:37		26:38				26:38	60
James Cunnane	20:34	20:51								22:18		22:05	20:34	15=
Liz Davy				27:16	26:24			27:07					26:24	57
Martin Dean			26:12	25:30	26:32			26:59	24:53				24:53	48
Russell Dean		23:06	23:25	22:40	22:24								22:24	26
Peter Edington	27:20		23:01	23:19		38:40		23:11	23:24		24:52		23:01	32
Terry Eves			25:57	25:53		25:00	25:19	25:19	25:09	24:28	25:36		24:28	44
Steve Fordham								29:34					29:34	72
Martyn Fox		26:53	24:53		24:08	27:04		28:10	26:45				24:08	38
Frank			17:29		17:26	17:01	21:17	17:12					17:01	2
Deborah			24:11	24:00	23:50	23:08							23:08	34
Chris Gentry			31:44	30:10				29:36					29:36	73
Brendon			18:18	18:03		17:44	18:23	18:39					17:44	3
Gerry									27:48				27:48	67



Name	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	16/9/08 Cressex Ind Est	19/11/08 Track	16/12/08 Cressex Ind Est	Year's Best Result	Club Ranking
Jackie Harding		29:05	29:48									29:05	71
Debbie Harris				29:47		28:57	29:38					28:57	70
Andy Harrison	19:17	19:10	19:51	19:01	19:19	19:40	19:34	19:19				19:01	10
Ellen	21:43	21:19	21:28	21:22		21:17	21:37					21:17	20
Sarah		25:16	25:06	24:11	24:44	26:19	25:31					24:11	40
Mike Hickman		25:51	24:36	25:07	25:55		26:33					24:36	46
Mike	20:34	20:21			20:27	20:46	20:53					20:21	14
Donna			25:26	24:37		24:13	25:28					24:13	41
Janet Hudson				26:36								26:36	59
Trevor			16:54		16:33	17:12						16:33	1
Phil				23:22	23:20	24:08	23:37	23:04				23:04	33
E J James									26:56			26:56	62
Karen		33:43										33:43	83
Meg		27:33	27:40	27:19		27:49	27:43					27:19	65



Name	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	16/9/08 Cressex Ind Est	19/11/08 Track	16/12/08 Cressex Ind Est	Year's Best Result	Club Ranking
Angie McLoughlin		25:02	25:12	24:54			25:25					24:54	49
Margaret Moody			22:19	21:47				21:40				21:40	23
Helen Moseley	27:59	27:13	27:42	27:23	27:03	28:38	28:11	27:12				27:03	64
Dave		38:02					41:24					38:02	86
Sue		27:20		26:48	26:11		27:18					26:11	56
Gora Neogi	27:19	26:14	27:09	24:18	23:59		26:34		25:48		31:50	23:59	37
Ann		29:28	28:56	28:46	29:29		29:43					28:29	68
Paul			21:36		22:24		25:02					21:36	22
John Peerless	20:44	20:10	20:04		19:41	20:16	20:15		20:34	20:11		19:41	12
Rob								18:46		18:52		18:46	8
Karen			26:22		25:47							25:47	52
Paula		32:13										32:13	81
Chrissie		37:55										37:55	85
Darinka		24:27	24:49	23:51			24:13					24:13	41

Name	20/2/08 Track	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	16/9/08 Cressex Ind Est	19/11/08 Track	16/12/08 Cressex Ind Est	Year's Best Result	Club Ranking	
Nigel					18:56			19:27					18:56	9	
Cheryl		27:49		27:44	26:47				26:57	27:13			26:47	61	Page 11
Brian				34:17	32:23				32:40				32:23	82	The Bulletin
Jo			23:12										23:12	35	
Pete			23:24	22:28	21:44	20:55		21:43					20:55	18	
Mark			26:53	25:51	24:45	24:23	24:49		24:51				24:23	43	
Richard			27:24	28:15	29:27								27:24	66	
Tora		25:04		22:27		21:53	22:37	22:30				22:33	21:53	25	
Peter	19:13										18:23		18:23	4	
Darleen			30:12		30:50	30:31	30:16	30:03					30:03	74	
Howard	20:34		20:54				22:02	21:57				21:45	20:34	15=	
Sonya			26:38		25:16	24:31	25:08						24:31	45	
Neil			20:34	21:02	20:34	20:07	20:21						20:07	13	
Sue			37:01	32:04									32:04	79	
Linda			26:33	26:07	26:10	26:33	27:13	26:29	26:57				26:07	55	



Name	20/2/08 Track	18/3/08 Cressex Ind Est	13/5/08 Wargrave	27/5/08 Burnham	10/6/08 Marlow	25/6/08 Maidenhead	8/7/08 Handy Cross	15/7/08 Datchet	20/8/08 Gerry Grosse	16/9/08 Cressex Ind Est	19/11/08 Track	Year's Best Result	Club Ranking
Diane Champion			38:14									38:14	87
Ralph Chesswas			22:39		23:03				22:44			22:39	28
Dave Claridge			21:19	21:00	20:54		23:30	22:00				20:54	17
Amanda			27:31	27:11		25:54						25:54	53=
Laura			31:16	30:20	30:57							30:20	75
Stella			31:40	31:22	30:57							30:57	77
Chris				25:45	23:59	23:16	23:41	23:52	22:44	23:20		22:44	29
Des Mannion					21:43		25:42					21:43	24
Vernon Martin			36:33	34:17	34:22	34:29						34:17	84
Debbie				28:37		27:01		28:26				27:01	63
Steve			24:03	19:13	18:42	18:27	18:48	19:15				18:27	6
Dave				21:37		21:19		21:30				22:19	21
Alan			27:01			24:51						24:51	47
Karen			38:13	27:15	25:54			26:07				25:54	53=
Grace Wilson			29:27	28:11	27:16	26:38	26:31	27:53				26:31	58



Tuesday Night Training Programme

January 20 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
January 27 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
February 3 rd	4 – 5 x 1000m (Oak Crescent) (200m recovery)
February 10 th	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
February 17 th	3 - 4 x 1200m (Oak Crescent) (200m recovery)
February 24 th	Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit
March 3 rd	2 - 3 x 1-mile efforts around Cressex Rd/Marlow Road/Rupert Ave circuit
March 10 th	5k Time Trial John Hall Way
March 17 th	Hill session 5 - 6 long and 2 short Knights Hill
March 24 th	10x 200m @ 85% effort 4 x 200m @ 100% effort (200m walk/jog recovery) Havenfield Road
March 31 st	Paarlauf session around Dave Nash Estate 10 – 14 x 310m

Keeping the dream alive.



Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm.

All abilities will enjoy and benefit from these sessions.

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

- | | |
|---------|---|
| 21/1/09 | 4 x 1200m (200m walk/jog recovery) Followed by 200m at full effort |
| 28/1/09 | 3 x 1600m (200m walk/jog recovery) Followed by 200m at full effort |
| 4/2/09 | “Downer” (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery) |
| 11/2/09 | 3 x 2000m (200m walk/jog recovery) |
| 18/2/09 | Hill session (Knight’s Hill), 8 x full circuits maintaining effort until 2 nd corner
Recover on remainder |
| 25/2/09 | 5k Time Trial (Please wear a stopwatch) |
| 4/3/09 | 16 laps of sprinting straights and jogging bends |
| 11/3/09 | Relay session 2 x 12 x 200m (per person) in teams of 3 (400m jog between sets) |
| 18/3/09 | Paarlauf session 12 x 400m |
| 25/3/09 | 8 x 600m (200m walk/jog recovery) Followed by 200m @ full effort |

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

Telephone 01494 525474 or 07947 309923 (Mobile)

e-mail mikehick@btinternet.com