



Handy Cross Runners  
Newsletter

# The Bulletin

January 2010

**H**appy new year to everyone, sorry this edition is rather delayed but as I'm typing this the snow is still falling. I'm glad I don't have to go out to work in it!

## Congratulations

**T**o Margaret Moody who competed for England in the British and Irish Masters International at Perry Park, Birmingham in November and finished in second place for England in the over 60 category. She also finished in 2nd place overall, for which she received a silver medal and won a gold medal as a member of the winning team.

**T**o Sam Amend on winning the Abingdon and Luton Marathons and the Marlow Half. She is now in contention for a place at the Commonwealth Games in New Delhi next year. To help her chances she has joined Belgrave Harriers but will still represent HCR as her second club when possible. Sam's punishing training schedule wears out a pair of trainers every two months! If anyone would like to sponsor Sam in achieving her Commonwealth dream, she would welcome any help.

**T**o Margo and Rod Palmer on becoming the grandparents of 7lb 12oz Charlie in December. Charlie's mum Katy used to run with us.

**T**o Mike Hickman on recovering from a very debilitating illness, in spite of which he continued to serve the club and attend races and meetings, finally managing to compete again in the Reading cross-country at Bearwood School in January.

Mike has also been busy collating everyone's 5k times during last year and the results can be seen on pages 4,5,6 & 7.

## Christmas Disco

**T**his year we are having two Christmas Discos, one on the 15th January (for 2009) and a second on the 17th December (for 2010)! The Parkview Skoda Runner of the Year Award will be presented in January and the first winner is Michelle Booth with 385 points, followed by Mike Hollis with 320 and Linda Weedon with 305. Well done everyone.

## Annual General Meeting

**A**nother annual institution is our AGM, which this year will be held on Tuesday March 23rd. Please come along and have your say in how the club is run, vote for the committee and even volunteer to become more involved.

## The Grant and Stone Wycombe Half and Marlow 5

**R**aised £3000 for the Chilterns MS Society last year. This years charities will be Rob's ARTTT and the Iain Rennie Hospice. The Marlow 5 will be on Sunday 9th of May and the Wycombe Half & 10k on Sunday 18th July. Entry forms are available now and you may like to put up a poster where you work to advertise the events.

## London Marathon

**T**he lucky winners of numbers for this years London Marathon were; Mike Blowing, Phil Hutchby and Ellen Haynes with Richard Stone as first reserve. If you are competing or going to watch, you will be pleased to know that Duncan will be organising a coach to the start from the Judo Club. Remember to book a seat early as the coach is always full.

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## Sing-along-a-ABBA

**A**rriving at the Noodle Bar, I looked around for nine other Handy Cross Runners but couldn't recognise anyone, until a voice from under a blond wig said, "We're here Martin" and there was Mike Hickman. Next to him was Trevor in a dark curly wig, complete with sweat band, accompanied by Lucy, Helen, Ellen, Cheryl and Frank dressed in fashions they couldn't possibly be old enough to remember! Fortunately Nick Martin, who **is** old enough to remember, was dressed conventionally, so I didn't feel too out of place.

In the Swan we were joined by ten more HX members and given goody bags containing all the essentials to enjoy an ABBA concert, like fake money, a toy trumpet, a party popper and other similar items.

When the concert started I was rather disappointed with ABBA, they were nothing like as good as I remembered and they had strange northern accents when not speaking in Swedish.

However with the words of their most popular songs displayed on a board behind them, everyone was able to join in and have an excellent evening. Many thanks to Lucy for organising everything.

## Tora's Christmas Run

**I**f you can still remember what happened before the Christmas and New Year festivities, Tora's Christmas Run fell on a freezing cold Sunday morning, with fresh snow on top of what had fallen previously.

I decided to look for the easiest rather than shortest route to Stonor via Marlow, Hurley and Henley and the roads were reasonably driveable. Several others were travelling along the Fair Mile outside Henley where we were overtaken by a large black Jeep driven by Rod Palmer, you'd think he would slow down now he's a granddad!

Fewer people than we were expecting were ready to set off at 9.30 on an eight or ten mile run, or a five mile

walk, but more and more people arrived while we stood around a lovely wood burning stove, putting off the inevitable for a bit longer.

However eventually we set off on a lovely sunny but freezing cold adventure with the promise of mulled wine and a bbq at the end. During the walk we passed Stonor House and saw Turville Windmill in the distance before disturbing Rudolph and two of his helpers in the woods.

At Turville Heath the walkers came across what appeared to be an abandoned van, but on closer inspection the engine was running and Maureen was sitting in the passengers seat. Seconds later Terry appeared from the woods and explained they had been driving round the frozen lanes all morning looking for runners!

At this point, Maureen decided to abandon Terry to his fate and joined us for the remainder of the walk. Meg's husband also joined us at this point, having walked from Lane End, but he was so fit that he left us to follow his footprints in the snow.

Returning down the hill towards Stonor we passed a wooden bench placed there in memory of Tora's grandfather who had farmed the area for many years. It was too cold to try out the bench, but it would make a lovely picnic spot on a warm day.

A very cold wind made us grateful to reach the sheltered valley where we broke the ice on a cattle trough, to the gratitude of the cows and then returned to White Pond Farm for the promised mulled wine and beef burgers, very welcome.

Eventually all the runners returned (Craig in shorts!) to warm themselves round the stove again. The farmyard dogs had a lovely time, gazing with big brown eyes at all the people eating and were suitably rewarded. Just as we thought we couldn't eat or drink any more, Tora's mum brought out a tray full of hot mince pies to round the morning off perfectly.

Many thanks again to Tora and her family for their hospitality and I am already looking forward to next year's run!



### A MESSAGE FOR TERRY

## Global Threat Levels Raised

**T**he English are feeling the pinch in relation to recent terrorist threats and have raised their security level from "Miffed" to "Peeved." Soon though, security levels may be raised yet again to "Irritated" or even "A Bit Cross." The English have not been "A Bit Cross" since the blitz in 1940 when tea supplies all but ran out. Terrorists have been recategorized from "Tiresome" to a "Bloody Nuisance." The last time the British issued a "Bloody Nuisance" warning level was during the great fire of 1666.

The Scots raised their threat level from "Pissed Off" to "Let's get the Bastards" They don't have any other levels. This is the reason they have been used on the frontline in the British army for the last 300 years.

The French government announced yesterday that it has raised its terror alert level from "Run" to "Hide." The only two higher levels in France are "Collaborate" and "Surrender." The rise was precipitated by a recent fire that destroyed France's white flag factory, effectively paralyzing the country's military capability.

It's not only the French who are on a heightened level of alert. Italy has increased the alert level from "Shout loudly and excitedly" to "Elaborate Military Posturing." Two more levels remain: "Ineffective Combat Operations" and "Change Sides."

The Germans also increased their alert state from "Disdainful Arrogance" to "Dress in Uniform and Sing Marching Songs." They also have two higher levels: "Invade a Neighbour" and "Lose".

Belgians, on the other hand, are all on holiday as usual, and the only threat they are worried about is NATO pulling out of Brussels .

The Spanish are all excited to see their new submarines ready to deploy. These beautifully designed subs have glass bottoms so the new Spanish navy can get a really good look at the old Spanish navy.

Americans meanwhile are carrying out pre-emptive strikes on all of their allies, just in case.

New Zealand has also raised its security levels - from "baaa" to "BAAAA!". Due to continuing defence cutbacks (the air force being a squadron of spotty teenagers flying paper airplanes and the navy some toy boats in the Prime Minister's bath), New Zealand only has one more level of escalation, which is "Shit, I hope Australia will come and rescue us".

Australia , meanwhile, has raised its security level from "No worries" to "She'll be alright, mate". Three more escalation levels remain, "Crikey!, I think we'll need to cancel the barbie this weekend," and "The barbie is cancelled." So far no situation has ever warranted use of the final escalation level.

*Apologies for these national stereotypes, please blame Amanda!*

## New Members

A very warm welcome to the following new members:

Claire Baseley, Anne Batemann, Soraya Bux, Paul Johnson, Alun Jones and Alan Wilson.

All new members will receive a free club T shirt (when we have some!)



Name	25/2/09 Track	10/3/09 Cressex Ind Est	12/5/09 Wargrave	26/5/09 Burnham	9/6/09 Marlow	24/6/09 Maidenhead	7/7/09 Handy Cross	14/7/09 Datchet	26/8/09 Gerry Grosse	15/9/09 Cressex Ind Est	Year's Best Result	Club Ranking
Samantha Amend						18:35	18:22	18:14			18:14	4
Tina Ashburner			29:03		28:48	28:46					28:46	70
Fred Ashford			23:16								23:16	34
Peter Astles		23:32		22:35	21:43	21:41	34:38		23:04		21:41	23
Craig Atkins			24:06	24:18		24:23		25:10			24:06	42
Cat Batson	22:40		23:04		23:08	23:55	23:02				22:40	28
Benji Benjamin						20:04		20:00			20:00	9
Mike Blowing		23:08		21:43	21:15						21:15	20
Michelle Booth			23:04		22:57	23:14	23:08	23:59		24:19	22:57	31
Paul Booth										24:07	24:07	43
Elaine Brewster			33:56		33:29	32:49	33:53				32:49	73
Fran Brown					28:18	26:51	26:48				26:48	60
Soraya Bux					25:35	25:26	26:02	25:52		27:08	25:26	50
Nigel Cairns			20:41	20:33	20:53						20:33	15
Jo Cassells			24:04	23:40	23:18		25:17		25:57		23:18	35
Diane Champion			37:05	37:29	35:38						35:38	74
Dave Claridge			22:04	21:36	21:04	22:02	21:43				21:04	18
Laura Cornwell			23:21	23:49	23:40	24:34		24:47			23:21	37



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Lucy Couturier			26:58	27:25	27:19	27:30	27:15	28:08	27:29		26:58	62
James Cunnane		23:18			22:34						22:34	26
Liz Davy					24:19	24:01		25:25			24:01	41
Martin Dean			25:41					26:57	28:19		25:41	53
Russell Dean			23:36		22:53	22:39	22:51	23:09			22:39	27
Dave Duckworth		24:45								23:10	23:10	32
Peter Edington			24:18			24:32		33:51			24:18	44
Terry Eves	25:39		27:17	26:23	26:36			26:08	25:36		25:36	52
Trevor Free				22:56		21:25					21:25	21
Frank Fulcher		17:21	17:11		16:59	17:15	17:24			17:36	16:59	1
Deborah Gatesman			23:46								23:46	40
Chris Gentry			27:48			26:31					26:31	58
Brendon Gilbert		18:11									18:11	3
Gerry Grosse									27:58		27:58	64
Amanda Gumus			27:01		25:35		25:54				25:35	51
Debbie Harris			28:55		28:17		29:21				28:17	66
Andy Harrison			19:48								19:48	7
Ellen Haynes		21:33			21:13	21:55	21:56				21:13	19
Sarah Heath				25:10	24:40	25:36	24:55	25:30			24:40	46
Mike Hickman			23:27	23:20	24:21	24:27		24:00			23:20	36

Name	25/2/09 Track	10/3/09 Cressex Ind Est	12/5/09 Wargrave	26/5/09 Burnham	9/6/09 Marlow	24/6/09 Maidenhead	7/7/09 Handy Cross	14/7/09 Datchet	26/8/09 Gerry Grosse	15/9/09 Cressex Ind Est	Year's Best Result	Club Ranking
Tim Hipgrave				21:13	21:00				21:11		21:00	17
Mike Hollis			20:29	20:55	20:52	20:55					20:29	14
Donna Howlett			25:10	24:55	24:48						24:48	47
Janet Hudson			28:08		27:11	27:17					27:11	63
Josh Hudson			22:51		24:19						22:51	30
Phil Hutchby			23:45	23:57	23:49		24:35		23:29		23:29	38
Alun Jones							19:36		19:03		19:03	5
Debbie Jones			22:19	22:38							22:19	25
Meg Knight			28:50	28:21	28:01		28:57	29:11			28:01	65
Chris Lansdown				25:37	23:00	22:40	23:40				22:40	28
Sophie Lovell			20:05			19:53	19:50	20:04			19:50	8
Des Mannion			21:41	21:49	21:40		25:19				21:40	22
Vernon Martin			37:28		37:54	37:10					37:10	75
Sonna Monfared		35:08	35:22		31:29	31:46					31:29	71
Margaret Moody			22:01	21:54	21:45	21:46		21:49			21:45	24
Helen Moseley			26:42	26:25	25:44	26:23		27:28			25:44	54
Sue Neale			27:02		25:54	26:34					25:54	56
Gora Neogi			26:56	29:01			31:44				26:56	61
Ann Palmer				28:47	28:24						28:24	68
Angie Peerless			25:26		24:23		25:05	25:53		25:30	24:23	45





Name	25/2/09 Track	10/3/09 Cressex Ind Est	12/5/09 Wargrave	26/5/09 Burnham	9/6/09 Marlow	24/6/09 Maidenhead	7/7/09 Handy Cross	14/7/09 Datchet	26/8/09 Gerry Grosse	15/9/09 Cressex Ind Est	Year's Best Result	Club Ranking
John Peerless			20:37	21:19	20:22	20:20	20:18	20:31		21:54	20:18	11
Hannah Platt			28:43		28:18						28:18	67
Darinka Reilly				24:48							24:48	47
Debbie Ridout			26:21			27:34					26:21	57
Steve Roberts			18:09	17:54	18:08	17:52	18:15	18:41			17:52	2
Dave Sanderson			20:46		20:34		20:22	20:39			20:22	12
Nigel Sanderson			19:28								19:28	6
Cheryl Sayer			27:34	27:15	26:56	26:35		27:21	26:34		26:34	59
Brian Sinclair					31:53						31:53	72
Mark Stewart					23:45	24:41	24:15				23:45	39
Tora Stracey		21:51	21:22	21:12	20:58						20:58	16
Howard Taylor	20:06						21:02	20:52	21:03	22:05	20:06	10
Neil Waite			21:35		20:24	21:37					20:24	13
Linda Weedon			26:29	27:42		26:26	27:22	27:18	25:48		25:48	55
Sally White						23:11					23:11	33
Karen Williams				26:02	24:58	32:50					24:58	49
Grace Wilson			30:29		28:26						28:26	69



## A Diver's Demise

by Terry Eves

Considering some of their spectacular efforts earlier in the year, the Divers appeared to be resting on their laurels and by late December no major falls had occurred. Even Tora's run at sub zero temperatures passed without incident, possibly because I was uncharacteristically late and only ran the last mile. Regrettably all this was about to change with the onset of the Arctic weather.

Rod and Margot's Boxing Day run was as popular as ever with about twenty runners and ten or so walkers taking part. However, the snow had started to thaw and then refrozen leaving a treacherous icy surface so there seemed a certain inevitability that the day would end in tears or in A&E, or both. I was already beginning to wish I'd chosen the safer option and stayed in bed.

My misgivings were further compounded by the presence of Ellen who had vowed never, ever to go on the ice with me again, following our horizontal rendition of Bolero at the Bracknell Ice Palace. This performance had gained a near-perfect score (no pun intended, yes it was) marred only by her hysterical cries of "Get him 'orf!" I rather think she held me responsible, somewhat unfairly, for the ensuing debacle so was pleased to see she had regained her confidence in just a couple of years.

These worries were to prove completely groundless though as the run itself, cross-country to Hughenden Park, was immensely enjoyable, but ironically the only faller was Rod who was obviously disoriented by the snow as he is familiar with every flint and tree-route for miles.

And so it was with a feeling of elation that I arrived back at Rod's in one piece and trusted that my wife, who had joined the walkers, had had an equally good time. She had been placed under the care of Grade One Athletics Coach Mike so I certainly had no worries regarding her safety, and was still unconcerned when she said she'd had a minor mishap, but nothing serious just a bit of mud on her trousers.

Unusually, though not surprisingly being Christmas, it was a quiet night at A&E when we finally checked in several hours later, as her wrist had become increasingly more swollen and more painful throughout the day. Eventually it was diagnosed that she'd broken two bones in her wrist, and this on her first attempt!

John Lennon was once asked if Ringo was the best drummer in the world, to which he replied "Ringo is not even the best drummer in The Beatles!" Well, my position is similar, having spent years of pain and discomfort establishing The Divers I'm suddenly not even the best Diver in my own house!

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'Cliveden is cancelled due to the dangerous state of the ground and we are unable to guarantee runners' safety.' Most people would have thought this news an excuse for a lie in, but not our Nick! He thought it a good idea to 'seize the day' and organise an alternative run from the club on a bitterly cold day - with predictable results! On a surface that would have done justice to an ice-rink there were nine starters, which was an appropriate number as we were to go down like skittles..

Scarcely had we hit the open road when we incurred our first casualty in the shape of Helen '2008 Diver of the Year' Moseley, who found herself uncereemoniously dumped on her rear on the ice. As her party piece is to break falls with her nose, she was caught completely by surprise and retired hurt. We had travelled a further mile or so across the frozen tundra when our guest runner, who must have been recruited from the local sanatorium, performed a similar sit down strike.

I guessed by now we were out past Lane End but there were no recognisable landmarks and the landscape resembled more the foothills of the Hindu Kush so trust Donna to choose this point to go over on her ankle and stay down.





The one thing you instantly need, and never have to hand for an injury, is ice. Well she was in luck as there was ice as far as we could see in every direction. We were then faced with the bleak choice of carrying Donna or leaving her to an uncertain fate, so it was just as well she decided to struggle on. Personally I would have waited with her, but I'd already sacrificed a good time in the Marlow Half by carrying her and Cheryl across swollen rivers (See results elsewhere).

It wasn't until nearing the end of the run that I performed the notorious 'headbanger' when six-minute-milling and completely oblivious to the underlying ice, my glasses flew in one direction and my hat flew in another but, unlike Bracknell, there was no soft body to cushion my fall and my head hit the ground with a resounding crack.

I lay motionless on the cold ground staring up at the leaden sky for what seemed an eternity before being hauled to my feet and forced to run the rest of the way with my hat crammed full of ice to cover the purple lump on my head. I remarked to Donna that twisted ankles were worse as bumped heads don't stop you running. But she disagreed and quite rightly stated that twisted ankles don't kill you! Thanks again Nick for an unforgettable experience!

But that was then, and now it's a new year and Pete's just started his Marathon training. So last Sunday, with the heaviest snow of the year still on the ground, eight of us took off on the first Club Run of 2010. It was nine miles long and through woods and across fields of virgin and often deep snow. No falls, no injuries, except Pete, just a thoroughly enjoyable run! In fact the most dangerous part of the run was probably racing across Booker Airfield in deep snow dressed like terrorists! Roll on Summer!

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# Results

## Abingdon Marathon

Trevor Hunter 2:38:29 (3<sup>rd</sup> V40)  
Sam Amend 2:45:38 (1<sup>st</sup> lady & pb)

(Sam not only won the ladies race, but also achieved a course record by over 4 mins and ran the 11th fastest time in the country this year)

## Frieth Hilly 10k

Frank Fulcher 36:42(3<sup>rd</sup> & 1<sup>st</sup> V40)  
Mike Hollis 45:40  
Paul Palmer 54:20  
Alan Wilson 56:52  
Jo Cassells 59:50  
Frances Brown 60:35  
Hannah Brown 60:35  
Helen Moseley 62:03  
Grace Wilson 67:54

## Henley Half Marathon

Sam Amend 1:21:10 (2<sup>nd</sup> lady)  
Jo Smith 1:49:10  
Cat Batson 1:53:55  
Tracey Millward 1:53:47  
Alan Wheeler 1:55:45  
Cheryl Sayer 2:01:59  
Helen Moseley 2:09:38

## Tring Ridgeway Run

John Peerless 1:20:17  
Debbie Ridout 1:34:13  
Linda Weedon 1:35:21  
Angie Peerless 1:35:25  
Meg Knight 1:35:36

## Marlow Half Marathon

Sam Amend 1:23:17 (1<sup>st</sup> lady)  
Pete Summers 1:25:57  
Mike Hollis 1:37:45  
Mark Hoad 1:41:27  
Howard Taylor 1:42:15  
Penny Cutler 1:42:26  
Margaret Moody 1:45:50 (1<sup>st</sup> V60)  
Benji Benjamin 1:46:18  
Des Mannion 1:50:11  
Phil Hutchby 1:51:19  
Nick Martin 1:52:34  
Alan Wheeler 1:54:25  
Tracey Millward 2:00:47  
Cheryl Sayer 2:08:59  
Donna Howlett 2:08:59  
Terry Eves 2:08:59  
Harry Mcgee 2:11:35  
Soraya Bux 2:13:54  
Anne Bateman 2:14:17  
Helen Moseley 2:21:41  
Deborah Harris 2:37:05

## Bilbao Night Marathon

Jo Smith 3:52:17

## Skovmarathon Half Marathon

James Bateman 1:30:33

## Doyen of Downs (muddy 30 mile off road race)

John Dooley 4:25:05 (16th)

## Beachy Head Marathon

John Dooley 3:57

## Snowdonia Marathon

Dave Sanderson 3:44:05

## Run Kingston (16 mile)

Pete Summers 1:42:33

## Luton Marathon

Sam Amend 2:48:14  
(1<sup>st</sup> lady)  
(Sam took 8 mins off the previous course record)

## Old Deer Park Richmond 10k

Claire Baseley 50:08  
(This was Claire's first race)

## Gosport Half Marathon

John Dooley 1:26:41  
Dave Sanderson 1:28:48

**Chiltern League  
Cross Country****(Oxford)**

Ladies team

Margaret Moody 11<sup>th</sup>  
Michelle Booth 23<sup>rd</sup>  
Angie Peerless 32<sup>nd</sup>  
Linda Weedon 33<sup>rd</sup>

Men's team

Trevor Hunter 7<sup>th</sup>  
Frank Fulcher 8<sup>th</sup>  
Phil Stephens 27<sup>th</sup>  
James Woodise 46<sup>th</sup>  
John Dooey 55<sup>th</sup>  
Benji Benjamin 65<sup>th</sup>  
Mike Hollis 71<sup>st</sup>  
Howard Taylor 81<sup>st</sup>  
John Peerless 85<sup>th</sup>

**Chiltern League  
Cross Country****(Slough)**

Ladies team

Ellen Haynes 22<sup>nd</sup>  
Angie Peerless 29<sup>th</sup>

Men's team

Trevor Hunter 4<sup>th</sup>  
Frank Fulcher 7<sup>th</sup>  
Steve Roberts 19<sup>th</sup>  
Pete Summers 32<sup>nd</sup>  
Alun Jones 34<sup>th</sup>  
James Woodise 37<sup>th</sup>  
Howard Taylor 56<sup>th</sup>  
Dave Sanderson 57<sup>th</sup>  
Mike Hollis 68<sup>th</sup>  
Benji Benjamin 77<sup>th</sup>

**Chiltern League  
Cross Country****(Luton)**

Ladies team

Margaret Moody 16<sup>th</sup>  
Ellen Haynes 25<sup>th</sup>  
Angie Peerless 36<sup>th</sup>  
Sarah Roberts 37<sup>th</sup>  
Linda Weedon 45<sup>th</sup>

Men's team

Trevor Hunter 5<sup>th</sup>  
Frank Fulcher 6<sup>th</sup>  
Steve Roberts 24<sup>th</sup>  
John Dooey 50<sup>th</sup>  
James Bateman 56<sup>th</sup>  
Dave Sanderson 59<sup>th</sup>  
Mike Hollis 78<sup>th</sup>  
Howard Taylor 79<sup>th</sup>  
John Peerless 87<sup>th</sup>

**Thames Valley  
Cross Country****(Datchet)**

Steve Roberts 25<sup>th</sup>  
Dave Sanderson 67<sup>th</sup>  
Howard Taylor 91<sup>st</sup>  
Mike Hollis 94<sup>th</sup>  
Dave Claridge 160<sup>th</sup>  
Paul Palmer 177<sup>th</sup>  
Chris Lansdown 213<sup>th</sup>  
Rod Palmer 229<sup>th</sup>  
Debbie Ridout 234<sup>th</sup>  
Liz Davey 235<sup>th</sup>  
Linda Weedon 236<sup>th</sup>  
Ann Palmer 274<sup>th</sup>

**Thames Valley  
Cross Country****(Sandhurst)**

Frank Fulcher 4<sup>th</sup>  
Howard Taylor 84<sup>th</sup>  
Mike Hollis 96<sup>th</sup>  
Ellen Haynes 164<sup>th</sup>  
Steve Neale 208<sup>th</sup>  
Linda Weedon 236<sup>th</sup>

**Thames Valley  
Cross Country****(Reading)**

Frank Fulcher 6<sup>th</sup>  
Howard Taylor 87<sup>th</sup>  
Mike Hollis 97<sup>th</sup>  
Ellen Haynes 167<sup>th</sup>  
Jo Cassells 257<sup>th</sup>  
Martin Dean 263<sup>rd</sup>  
Mike Hickman 290<sup>th</sup>

(This was Mike's first run since his  
illness and he wasn't last!)

**Thames Valley  
Cross Country****(Tadley)**

Cancelled



# Results

## Black Park parkrun 5k

Resume of Handy Cross Runners performances 17 October to 2 January

Name	Runs	Best	%
Alun Jones	3	19:02	80:74
Linda Weedon	1	25:50	75:87
John Peerless	2	19:56	75:84
Angie Peerless	2	24:41	75:08
Howard Taylor	4	20:30	72:52
Fred Ashford	1	27:21	67:09
David Duckworth	3	22:27	66:74

In the “age graded performance” league Alun (82:25%) has slipped down to 5<sup>th</sup> place behind Richard Stainer of Shaftesbury Barnet Harriers who has 84:87% with a run of 16:58.

Over the period there were thirteen runs. Some over flooded paths; others with snow and more recently packed ice.

Attendances in the “bad” weather were down from the usual 80+. On two occasions there were over 100 finishers.

A reminder that these runs take place every Saturday morning starting at 9 am and are free to enter.  
[www.parkrun.org.uk/black-park](http://www.parkrun.org.uk/black-park)

Well done to all.

Fred Ashford

*If like me, you're not familiar with the Parkrun organisation, It is run on a voluntary basis at twenty two locations in England (of which Black Park is our closest) and in Scotland, Wales and Denmark. To run you need to register by 6pm on the Friday before.*



# Tuesday Night Training Programme

January 12 <sup>th</sup>	10-12 x 400m (Oak Crescent) (200m recovery)
January 19 <sup>th</sup>	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
January 26 <sup>th</sup>	4 - 6 x 800m (Oak Crescent) (200m recovery)
February 2 <sup>nd</sup>	4 – 5 x 1000m (Oak Crescent) (200m recovery)
February 9 <sup>th</sup>	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
February 16 <sup>th</sup>	3 - 4 x 1200m (Oak Crescent) (200m recovery)
February 23 <sup>rd</sup>	Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit
March 2 <sup>nd</sup>	2 - 3 x 1-mile efforts around Cressex Rd/Marlow Road/Rupert Ave circuit
March 9 <sup>th</sup>	5k Time Trial John Hall Way
March 16 <sup>th</sup>	Hill session 5 - 6 long and 2 short Knights Hill
March 23 <sup>rd</sup>	10x 200m @ 85% effort 4 x 200m @100% effort (200m walk/jog recovery) Havenfield Road
March 30 <sup>th</sup>	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

6/1/10	5 x 1000m (200m walk/jog recovery)
13/1/10	Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
20/1/10	4 x 1200m (200m walk/jog recovery) Followed by 200m at full effort
27/1/10	3 x 1600m (200m walk/jog recovery) Followed by 200m at full effort
3/2/10	“Downer” (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery)
10/2/10	3 x 2000m (200m walk/jog recovery)
17/2/10	Hill session (Knight’s Hill) 8 x full circuits maintaining effort until 2 <sup>nd</sup> corner Recover on remainder
24/2/10	5k Time Trial (Please wear a stopwatch)
3/3/10	16 laps of sprinting straights and jogging bends
10/3/10	2 x 10 x 200m (200m walk/jog recovery)
17/3/10	Paarlauf session 12 x 400m
24/3/10	8 x 600m (200m walk/jog recovery) Followed by 200m @ full effort
31/3/10	6 x 800m (200m walk/jog recovery) Followed by 200m at full effort

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