

Jogging Along

SALE HUNTING

I've heard from a very unreliable source that the British Government is accutely embarrassed by the long queues for the Jan- Sales outside the top London Stores. The sight of the hordes of under privileged British workers, huddled together braving the elements in the middle of winter, queing for days and nights, makes excellent propoganda for the Russians.

Once the doors are open the desperate sales hunters fight like savages to secure over ripe pheasants and turkeys, tatty fur coats, last years fashions, cracked china, dented fridges and other shop soiled goods discarded by the more privileged members of society.

A new Government Committee - "The Brasher Think Tank" has come up with an ingenious idea to overcome the problem. In future, in order to qualify for the 'sales hunt' the sale hunters must first run a marathon. Those with the lowest times will get first choice, and thus eliminate the need for a queue.

The only problem now remaining is how to avoid the queue for those who want to run the marathon, and to stop them looking like silly sales hunters. Any suggestions, please, to the "Brasher Think Tank".

Anyone wishing to join next years 'sale hunt' had better start training now.

P.S. If you are going to the sales, happy hunting, otherwise jolly jogging and 'A HAPPY NEW YEAR TO ALL'.

John White

Handy Cross Time Trials

It is proposed to run a time trial from Handy X the first Sunday of every month at 9am. There is a choice of either 4 miles or 8 miles. The object is that members can record their times and note their progress over the year.

At the end of the year there will be prizes awarded for the fastest times, and also for those who have shown great improvement over the year. So everyone is in with a chance.

Obviously these time trials are not compulsory, but the more people that enter, the more successful they will be.

Results of the First Time Trial - 2 January 1983

4 Miles John White 22.50, Ted Watkins 23.05, Steve Barrow 23.36, Chris Wood 25.51, Robert Farrier 26.31, John Spicer 28.47, Bob Holt 29.29, Diane Spicer 33.55, Mandy Youers 33.58, Gillian Southall 34.36, Carmel Ballard 35.31, Mary Simmons 36.01, Ray Harris 37.14, Michelle Edwards 40.12, Janice Kemble 40.12.

8 Miles Mike Holt 55.44, Paul Blake 56.16, Esme Thomson 58.07, Alan Edwards 58.38, Nigel Byrne 58.45, Gerry Grosse 64.14, Martyn Franzese 64.59, John Tredwell 66.18, Tony Pears 66.49.

Results

Masters and Maidens Marathon Guildford - 10 Oct 82

Steve Barrow 2.48, Alan Edwards 3.27, Charles Jacobs 3.41, Mike Holt 3.53, Nigel Byrne 3.59, Martyn Franzese 4.05, Ray Harris 4.33.

Results Cont.....

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Windsor ½ Marathon - 17 October 1982

Brian Bower 80.48, Steve Barrow 85.28, Kevin Duffy 92.16, Mike Holt 92.26, Nigel Byrne 93.42, Chris Wood 95.02, Chris Gentry 95.35, Charles Jacobs 95.51, Anthony Pears 97.33, Peter Anderson 98.37, Alan Edwards 100.02, John Tredwell 101.53, Gerry Grosse 103.52, Malcolm Claxton 105.00, Jeffrey Steeden 105.42, Martyn Franzese 105.55, Edward Hoy 106.18, Barbara Rippington 111.51, Eila Mansfield 112.29, Jack Sharp 117.31, Terry Kinnane 120.32, T. Havard 120.34, Richard Stone 120.41, Chris Bushy 120.44, Rosemary Simmons 126.02, Mandy Youers 130.37.

Bracknell '10' - 7 November 1982

John White 58.10, Nick Cowley 60.02, Steve Barrow 61.16, Derek Sawyer 65.49, Kevin Duffy 66.08, Mike Holt 66.49, Alan Edwards 66.55, Chris Gentry 71.09, Chris Wood 71.50, Robert Farrier 76.31.

AP 20 Banbury 21 November 1982

Derek Sawyer 2.19, Mike Holt 2.35, Alan Edwards 2.39.

Bucks Womens Cross Country Championships 4 December 1982

4th Bev Tompkins, 5th Esme Thomson.

Congratulations to Bev & Esme qualifying for Bucks in the Inter Counties Cross Country.

Forthcoming Events

It looks like being a good year for races. If you are into racing then now's the time to start planning ahead. Here is a selection to start the year with, all within reasonable travelling distance.

Sun 30 Jan Burghfield Common '10' (Reading) Starts 2pm. One lap on country roads. Entry £1.50.

Sun 27 Feb Woking '10' (Surrey) Starts 2.30. 2 laps of undulating course. Entry £1.00.

Sun 13 Mar Reading ½ Marathon. Starts 10am. Undulating course on City roads. Entry £2.50

Sun 20 Mar Guildford Marathon Starts 10.30am. 2 lap course, mostly flat. Entry £3.50.

Sun 20 Mar Hospital ½ Marathon. Welwyn, Herts. Starts 11am. Undulating, country lanes. Entry £1.00.

Sun 20 Mar Firemans Fun Run '10' Hemel Hempstead, Herts. Starts 3pm. Almost flat. Entry £2.00.

Sun 20 Mar Watford '6' Starts 3pm. 2 laps, fairly flat.

Sun 27 Mar Stevenage '10', Herts. Starts 11am. Few gentle hills. Entry 70p.

Good Friday 1 Apr Maidenhead '10' Starts 3pm. Mostly flat, but one hill at about 7 miles.

Easter Monday 4 Apr Burnham Joggers Fun Run Starts 10am. 10k race + other family runs. Entry 50p.

Sun 17 Apr LONDON HANDICAP MARATHON

For further details of events contact Vernon.



Tips for Beginners

Beginners Guide to the London Marathon Obstacle Road Race

The first handicap in the London Marathon actually starts about 6 months before the race, when $\frac{3}{4}$ of the applicants fail to gain an entry. There are 3 main ways of securing an entry to the London - 1) breaking the world marathon record, 2) becoming a world famous personality, 3) creeping around the Race Director.

A world marathon record holder will normally get a FREE entry, but to be absolutely certain I suggest you get the record down to about 2hrs 5minutes, you may then even be offered a bribe to attend - such as a 1982 Tea Shirt - or having your old running shoes re-soled absolutely FREE.

If you become a world famous personality, I suggest you stick to another sport, such as World Boxing Champion or the Captain of Englands Football Team (Handy X tiddly winks champion is not likely to be sufficient). Famous entertainers and disc jokie's often get invited also, but don't bother to become a famous politician or multi millionaire, because people like Ronald Reagan and the Ayatollah rarely get asked to run.

A few personal friends of the Race Director are also allowed to run, but it may be easier for you to break the world record than to creep around the Director and become his personal friend.

On the day of the race you must rise at the crack of dawn and travel to London. London itself is not too difficult to find, it appears on many maps and is even signposted in several places. Once in London you will see many lines of people in track suits, walking along in single file and carrying sports bags. Join any of these lines, because they all converge on Greenwich Park.

Greenwich Park is the first real obstacle, as it is something like Hampton Court Maze. You have to go through the Maze and out through the CORRECT exit in order to get to your starting point. On the way you also have to hunt for a bus with your initial on it, to deposit your running bag. You also have to play hunt the toilet. If you succeed in finding a toilet quickly go to the back of the queue and observe the following procedure:- once you have spent your penny, sprint back to join the end of the queue again, because by the time you get to the front you'll want to spend another penny.

Should you succeed in getting to your official starting position, the next handicap comes up. Although the race starts at 9am, those with small shoulders, weak elbows or flat feet get pushed to the back and actually cross the start line at about 9.30. This does seem rather strange, as in most handicap races the strongest and fastest runners normally start last.

Now the start of the gruelling obstacle course.

At various points on the course local savages converge in their hordes shouting and screaming, throwing cups full of cold water at you, bombarding you with wet sponges, pieces of orange and sweets. Then there are officials in cars, policemen on motorcycles revving up, trying to choke you into submission by carbon monoxide poisoning. Also policemen on horses depositing small piles of a slippery substance, hoping to catch out the unwary runner by slipping up and breaking his leg.



Tips for beginners Cont.....

There are also men IN horses, ready to kick any runner who gets too close, and men in many disguises hoping to complete the course without being unmasked. Beware of waiters with trays of glasses and bottles - these are to throw down and smash in front of you, should you feel like crawling on hands and knees at any stage.

Probably the most dangerous obstacles are the bollards, these are specially placed on blind bends, in the middle of the course, and designed to do permanent damage to one's chances of begetting offspring. Towards the end of the course, when you are most tired and vulnerable comes the "COBBLES", designed to make you break or at least sprain your ankles.

Should you survive this course and actually reach the finish line, you are now punished by having a lead weight put round your neck, being wrapped up in foil, like an oven ready chicken, force fed with orange squash, XLl, several chocolate bars and washed down with Bovril.

If you survive that ordeal without vomitting all over the place, you will be hurled through the turnstile to play 'hunt the polythene bag'. You now have to find YOUR black polythene bag, which is the same as 18,000 other polythene bags, which is on a coach that looks exactly the same as 500 other coaches, which stretch about 15 miles down the road.

3 hours later, having found your bag, you must now find your companions from 8 million other people in London. With luck you will actually be re-united and in your transport just as it starts to get dark, and you can be proud that you have finished the most difficult marathon in the world.

Why do we bother? Because as Lenny Henry would say - IT'S GREAT MAN - REALLY GREAT.

A Bit on the Side

Aside from jogging, regular rambles will be organised about once a month, provided there is sufficient response. Further details will be announced by Vernon as they are decided.

Annual Dinner

The dinner has been put back from March to May, due to re-decoration of the British Legion Club in High Wycombe. The exact date is not yet certain, but will be announced by Gillian Southall, who will also be collecting the numbers and the MONEY. It is expected to be around £6.00 per head, and if it's like last year will be good value for money and a good night out.

