

JANUARY 2002



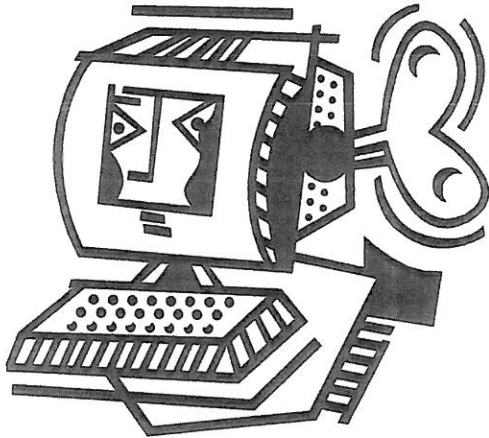
Bulletin

Editorial

A belated happy new year to everyone, you may be pleased to know that at last the editor has a new computer and when he finally gets the hang of how to work it prO*er!ly, you will be able to e-mail your race results to me. In the mean time please bear with any mi£tak&s or mis-spe\$ings that may occrue.

My e-mail address is:-

martin@martinjdean.sol.co.uk



As I transferred my old files to the new computer, I noticed this is the twentieth Bulletin I have edited in the last five years.

While I am quite happy to continue as editor, I wonder if the Bulletin is becoming a little stale after all this time and might benefit from a new hand on the word processor? If you feel this is so and might like to try out your literary talents on a fairly unsophisticated audience, how about having a go as editor? Failing that it would be nice to have some more contributions from members.

The Sunday morning turnout for cross-country has been rather disappointing; we usually have to borrow team members from other clubs to make up the numbers. However there have been some excellent individual performances, notably from Trevor who won the event at Reading; he was also second at Ruislip with Phil finishing fourth. In her first cross-country at Sandhurst, Debbie Jones collided with Nick Martin near the start of the race, both of them fell in a puddle and were trampled by the rest of the runners!

We retained the trophy in the Highworth Half Marathon for the third year in succession. Congratulations to the winning team of Trevor Hunter, John Dooley, Pete Edington, Trevor Free and Sally White and the rest of the club members who also ran the event.

The ladies team of Debbie Jones, Debbie Ridout and Penny Fisher won the vets prize in the Luton Marathon and Debbie Ridout was third lady vet at the Cliveden cross-country. Well done everyone!



Martin Dean
01494 530511

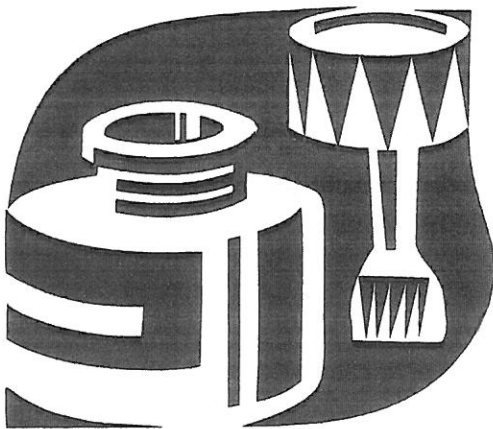
January 2002

In This Issue

A new schedule for Alex's Tuesday night Sessions and Mike's Wednesday Track Programme, both to the beginning of April, but not much else!

It's your Bulletin, I am only the Editor, my job is to edit contributions, not write the whole thing. So can I please have some articles for publication in future?

Correction

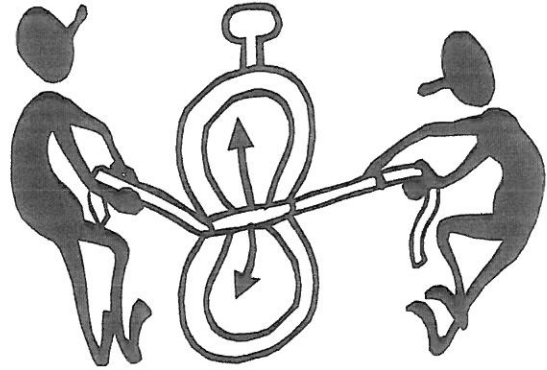


The Wokingham Half Marathon, shown in Future Events in the last Bulletin has been cancelled due to a land slip on the course. This popular local event should take place as normal next year

May Meander

Another May Meander is planned, probably to take place in May (now that makes a change!)

Marlow Predict a Time Run



Eleven Handy Cross Runners travelled to Marlow Striders for this popular event run over five, seven or nine miles without the benefit of their watches.

None of our members came very close to their predicted times, but Martyn Franzese managed to win the booby prize for being the farthest from his.

I wasn't surprised as he seemed to spend most of the run hiding in the hedge and I would not wish to imagine what he was doing there!

We did have more success in the general knowledge quiz afterwards which our 'B' team won, but with a great deal of collusion with our colleagues in the 'A' team. Did we let the club down by cheating? Of course not, after all it's not the taking part that counts, it's the winning!

Christmas Disco



This was held on a Friday this year instead of the traditional last Monday before Christmas and it was a great success, well done Debbie and helpers, although there was plenty of room for more people.

This day also coincided with Rod Palmer's birthday and he didn't look a day older!

There were three London Marathon numbers in the draw this year and the lucky (?) winners were Helen Murdock and the husband and wife team of Ann and Paul Palmer.

Boxing Day Run



Rod Palmer led this now traditional run on a lovely sunny morning when thirty over-indulgent people from Handy Cross and

Chiltern Harriers ran off their Christmas Pud around Penn Street finishing with yet more food and booze back at Rod's house.



Thanks again to Margo and Rod for entertaining us once more.

Nijmegen Marches

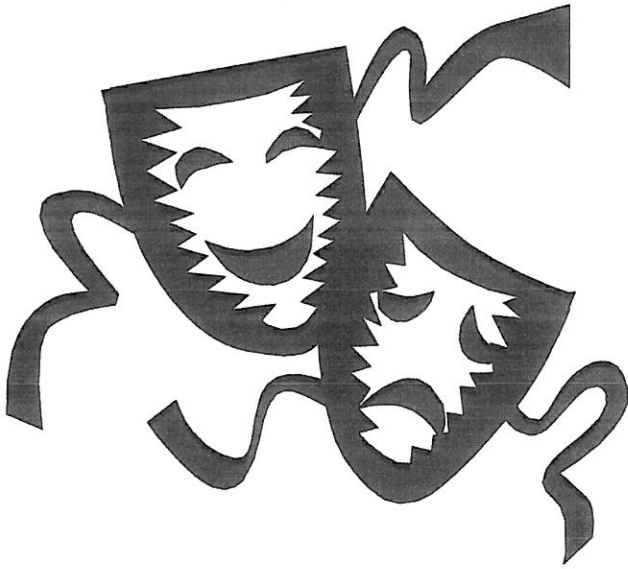


Once again it's time to think about joining what is probably the largest participation event in the world, the Nijmegen Marches.

If you fancy walking 200km over four days in Holland, accompanied by forty thousand other sufferers in the third week of July, then this is for you!

Ask the editor for details and ask Alex Thomasson for an unbiased view of the event.

We went to the Pantomime!
(Oh no you didn't. Oh yes we did etc.)



Sixteen Handy Cross Runners went to see Leslie Grantham and Joe Pasquale in *Peter Pan* at the Wycombe Swan and had a thoroughly enjoyable evening and all for only £7 per seat!

Debbie even got Leslie Grantham and Joe Pasquale's autographs in the bar afterwards.

Going as a group is not only more enjoyable, but the party discount brings down the price quite considerably.

The next planned theatre trip is once again to the Swan to see *Blood Brothers* on Friday 22 February, tickets will be £17.50 each if we can muster another 15+ members.

If you've never seen it before, this great musical is not to be missed. If you have seen it you will want to see it again, I know I do. We will even have the club's

resident interpreter with us for those of you who don't speak Scouse!

Do You Like a Challenge?

Judging by some of the crazy events our members seem to relish, like the Tough Guy, the Grizzly and Triathlons, plenty of you do.

So how about the Snowdonia Charity Challenge?



This is a team event (teams of four people) and involves cycling 40 miles, climbing Mount Snowdon and canoeing across Lake Padarn in a rafted Canadian canoe (so canoe experience is not essential)

The event will take place on Saturday 29 June and will cost £150 per team plus a minimum sponsorship of £2,000 per team.

I have more details if you are interested.

Results

Marlow Half Marathon

Trevor Hunter in 1.17 (7th place)
Benjie Benjamin in 1.35
Trevor Free in 1.32
Paul Palmer in 1.34
Debbie Jones in 1.38
Jock MacClean in 1.39
John Bradbury in 1.42
Alan Songhurst in 1.42 (PB)
Mike Hickman in 1.48
Debbie Ridout in 1.50

Cliveden Cross Country

Trevor Hunter in 37.51 (4th place)
Duncan Clark in 38.48 (6th place)
Nick Martin in 45.40
Paul Palmer in 45.50
Jock MacClean in 48.58
Martin Dean in 50.13
Des Mannion in 51.32
John Bradbury in 52.15
Mike Hickman in 52.20
Debbie Ridout in 53.46 (3rd lady vet)
Trevor Hart in 54.17
Dave Nash in 63.38

Highworth Half Marathon

Trevor Hunter in 1.16 (first place)
John Dooley in 1.20 (second place)
Pete Edington in 1.25
Trevor Free in 1.29
Sally White in 1.31 (second lady)
Nick Martin in 1.31
John Peerless in 1.32
Des Mannion in 1.35
Paul Jennings in 1.37
Debbie Jones in 1.38
Stephan Naunko in 1.44
Mike Hickman in 1.46
Debbie Ridout in 1.50
Sue Fenn in 1.50
Margaret Moody in 1.52
Russell Fell in 1.58

Future Events

Sunday 17th February

Handy X cross country

Sunday 24th February

Bramley 10 & 20

Sunday 3rd March

Finch Coasters Tough 10

Sunday 10th March

Reading Half Marathon

Sunday 17th March

Bath Half Marathon

Saturday 23rd March

Compton 20 & 40

Sunday 24th March

White Horse Half Marathon

Friday 29th March

Maidenhead Easter 10

Sunday 14th April

London Marathon

Sunday 21st April

Shakespeare Marathon & Half

Sunday 28th April

Bracknell Half Marathon

Sunday 5th May

Neolithic Marathon & Half

Sunday 19th May

Marlow 5

Mystery Run



After seeing Nick and Pete in a conspiratorial huddle several times, we found out on the 13th of January what they had been planning.

As this was the first winter mystery run, they had to find somewhere with a suitable terrain for the season and where did they choose? Why, the centre of London of course!

A coach load (well half a coach load actually) of Handy Cross Runners left the Judo Club at eight o'clock and were deposited outside Hyde Park Corner, equipped with maps and guides to set out on a seven, ten or thirteen mile tour taking in Oxford Street, Regent's Park, Theatreland, the City, Tower Bridge, the Embankment, St James Park and back to Hyde Park for coffee, rolls and beer.

The route back over the cobbles at the Tower seemed much easier than the last time I ran it in the marathon.

This was a thoroughly enjoyable and unusual run, well worth getting up early for. Thanks again to Nick and Pete from all the participants.

Handy Cross Runners Tuesday Club Session

- Jan 8** 5 x 200 m 85% 2 mins rest / 5 x 200m full effort 2 mins rest 5 x 200 m 85%
- Jan 15** 2 x 400m / 2 x 600m / 2x 400m / 2x 600m Jog recovery on 400s 2min rest on 600s
- Jan 29** Time Trial over 10k approx
- Feb 5** 6 x 300m interspersed with 6 x 200m easy incline
- Feb 12** Hill Session 6 full and 4 short
- Feb 19** 1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs
- Feb 26 & March 5, I will be on vacation
- Mar 12** 8 x 400 full speed up incline / 8 x 200m easy recovery
- Mar 19** 3 x 400 mtrs / 3 x 600 mtrs / 3 x 400 mtrs
- Mar 26** Time Trial over 5k Approx
- April 2** 8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%

All sessions will commence with a warm-up and stretch, and warm down

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners

PS Don't forget mike Hickman's sessions on the track each Wednesday evening

WEDNESDAY TRAINING PROGRAMME UP TO 27-3-02.

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

- 2-1-02 "Downers" 2 x 1600/800/400m (200m walk/jog recovery).
- 9-1-02 7 x 800m (200m walk/jog recovery).
- 16-1-02 5 x 1200m (400m jog recovery).
- 23-1-02 Pyramid session 200/400/600/800/1600/800/600/400/200m (200m jog recovery on 200/400/600m efforts & 400m jog recovery on 800/1600m efforts).
- 30-1-02 4 x 1600m (400m jog recovery).
- 6-2-02 Relay session 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 13-2-02 12 x 400m (200m walk/jog recovery) + 1 x 200m at full effort to finish.
- 20-2-02 5k Time Trial.
- 27-2-02 6 x 800m (200m walk/jog recovery) + 1 x 400m.
- 6-3-02 Hill session (Knights Hill), 8 x full circuits maintaining effort to 2nd corner. Recover on remainder of circuit.
- 13-3-02 Pyramid session 200/400/600/800/1000/800/600/400/200m. (200m walk/jog recovery).
- 20-3-02 5 x 1200m (400m jog recovery).
- 27-3-02 4 x 1600m (400m jog recovery).

Mike Hickman,
01494 525474
e-mail mikehick@btinternet.com

