

Bulletin



New Members

A very warm welcome to the following new members:-

Nigel Cairns, Liz Comben and Ray Ramon

Help! I tried to send the last edition of the Bulletin to Nick Martin over the internet as a test run to see if it would be feasible to make further savings on printing and distribution costs, but it took over an hour to download from my computer and he didn't receive it anyway! Can anyone advise on a better way? Would it be a good idea if it was accessible on our web site? Is there a way I can distribute it via the internet? I know there are many computer experts in the club, can you help me please?

We were all saddened to hear of the death of Phil Stephen's brother, our condolences to Phil and his family on their loss. Better news is that both Dave Nash and myself became grandfathers recently.

After several false starts Gerry Grosse has finally moved to Weston-Super-Mare. He hopes to return and see us at some time, probably when we compete for the 5k time trial trophy that he awarded.

Duncan Kennerson has retired from the dairy and will now be able to attend evening social functions without having to worry about getting up at 2 am!

Martin Dean Phone: 01494 530511
Email: martin@martinjdean.sol.co.uk

Also a Happy New Year to everyone and although it's now the depth of winter, you'll be glad to see a reminder that summer's not far away with the dates of this year's summer 5k series on p.14

London Marathon

If you are running in this year's London Marathon, club coach Alex Johnson is willing to prepare a tailor-made personal training plan. See Alex at the club for details.

Stop Press

Duncan has 30 free tickets for the Oxford Greyhound Stadium (includes admission, race card and a free drink) on Saturday 25th January, you only have to pay £8 for the coach. See Duncan for details.

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Hardwick Cross Country

I hadn't done this race for several years and remembering that it was normally both very wet and very muddy, I thought it might be a good training experience for the Tough Guy in January.

I arrived to find John Bradbury as the only other representative of the club, although Brian Sinclair appeared later, but only as a spectator.

I guessed the recent rains would provide plenty of water for the stream that bisects the course and has to be crossed four times and the actions of the cattle ensured there would be plenty of mud.

I wasn't disappointed on either count, the first and second crossings of the stream (normally an ankle deep splash) were up to the naughty bits, the third crossing up to the waist while the final crossing was chest high and as I managed to slip as I entered the water, it nearly resulted in total immersion.

The mud wasn't too deep, but was of the variety that sticks to your shoes so that you run like a duck. At the finish there was a thoughtfully provided hose to wash the mud off and by the time I had queued and applied cold water everywhere I was beginning to freeze. I don't know how I'm going to survive the Tough Guy, I think I might have to stand under a cold shower for a couple of hours to acclimatize!

John thoroughly enjoyed the race (his first experience of Hardwick) and promises to come back next year to enlarge his collection of horse brasses (if you've done it before you'll know what I mean).

However I think I'll have to look for something a bit more challenging before I tackle The Tough Guy.

Marlow Striders Predict a Time Run

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

This time we did better than last year with Paul Jennings winning the prize for being closest (only six seconds out) to his predicted time.

We almost won the prize for the runner furthest from their predicted time after Ed had taken a wrong turning, crossed Cookham bridge twice and returned on the road via Bourne End!

The traditional quiz following the run was very high tech this year with a computer being used to generate the questions. Unfortunately you needed a brain that worked at computer speed to provide the answers!

However we did well again, finishing second and without cheating (there was no time to cheat).

Thanks again to Marlow Striders for inviting us to this popular event.

Donald, Where's Your Trousers?

After the cross-country race at Oxford, a freshly showered John Bradbury searched his kit bag in vain for his tracksters and then remembered he had left them outside the changing rooms before the race!

Having washed his race kit he had nothing to put back on and was contemplating a quick, embarrassing and trouser-less dash outside to retrieve them when Benji came to his rescue with a spare pair.

Joanne Willock Has Moved



Hi all, I just wanted to let you know that I've now moved house and am living in Wokingham. Sorry I didn't get chance to say a proper goodbye, it all got a bit rushed at the end.

Anyway, I plan to start running with a new club soon, probably Bracknell Forest. I've just found out that my next door neighbour Barbara runs with them and she is one of Paula's friends. Barbara actually came to Handy Cross 18 months ago. Small world! So, Paula if you're seeing Barbara come and pop in for a cup of tea.

I've enjoyed running with Handy Cross (I know I've not been very regularly this year.....) and hope that my new club will be as nice.

Christmas Disco

The Christmas Disco was a great success again this year thanks to Debbie's efforts, it's a pity more members don't come to such an enjoyable evening (but I say that every year).

It was good to see Ray Elliot there, despite his serious illness. He was looking well after a recent holiday in the Caribbean.

Duncan Kennerson also graced us with his presence even though he had to be up at 2 am the following morning.

An innovation this year was putting the winning raffle numbers on the prizes so that people could look to see if they had won anything during the evening, rather than waste time drawing raffle tickets.

One eagerly anticipated draw that did follow the conventional lines was that for the London Marathon places. This year we had three numbers and the lucky winners were: Paula Parkin, Mark Hoad and Adam Koffler with Lucy Couturier as first reserve in case Paula's ballot entry has been accepted.

Is This a Record?

After an engagement lasting twenty four years, Alison Unitt is finally getting married in July!

Naturally, because they do everything together, Paula Parkin is also tying the knot at the same time.

Our best wishes to Alison and Pete, Paula and Michael and lets hope for some good weather on the day.





The Christmas Crawl

Nick and Mike once again teamed up to produce another enjoyable Sunday morning run with a seasonal theme.

We were promised that no map reading skills would be required but we would have to multi-task, i.e. run and think, which would give the ladies an advantage, and some mental callisthenics were to be undertaken. Exactly 101 things were to be involved and there was a clue in the name of the run.

The 101 things turned out to be the number of pubs in Wycombe (some interesting research must have gone into this discovery) and the objective was to visit as many as possible in two hours (hence the title).

Points were awarded for each pub visited, those furthest from the club attracting the most points, traded off against the time taken to reach them.

The winning team were Debbie and Adam who visited an amazing number of pubs although I think my team with Jock and Sean could have won if Jock hadn't insisted on sampling the wares in each one we visited.

Thanks again to Mike and Nick for all their hard work, they must be running out of ideas for future events.

Cliveden Cross Country

This popular event, held every year between Christmas and New Year, attracted fourteen Handy Cross Runners with Dave, Pete and Duncan finishing in the first ten. See page 11 for full results.

You may have noticed that Debbie finished in front of me and I have always promised to retire from running if this ever happened. However I will not be retiring on this occasion as I was running with my daughter, so this one doesn't count! You'll have to wait a bit longer yet Debbie (but probably not too long).



Rod's Boxing Day Run

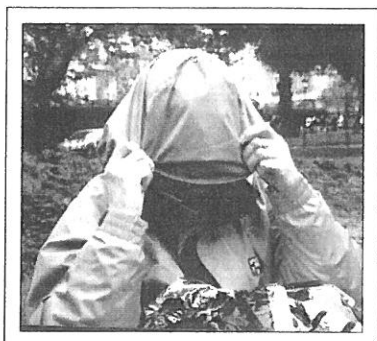
Once again Rod Palmer organised a Boxing Day run to make room for more over-indulgence over Christmas.

This year over thirty bleary eyed runners from Handy Cross and Chiltern Athletic enjoyed a wet and muddy course across the fields to Hughenden and then back to Rod's house for beer and mince pies.

Thanks again to Rod and Margo for their hospitality.

Mystery Runner

Who was this mystery runner in the last Bulletin?



Nick Martin was the first person to guess correctly, saying it was, "A camera shy Mrs Ridout at Opera in Paris, April 5th 2001 at approximately 11 am." Well done Nick, but then you should know as you took the picture!

His prize is the same as the one awarded to the person who counted the correct number of stiles on the mystery run.

Just to prove he was correct, here is the subsequent shot of "a radiant Mrs Ridout emerging like the sunshine on a cloudy day!"

Message from Dave

The Club is running out of marshals bibs. In the summer, there was a point where it was as difficult to find bibs as to find marshals for the Wycombe Half! Most of us probably have at least one bib (maybe 10!) stashed away. Before we go to the quite considerable expense of buying more, may I ask that you return any you hold to me or to Mike Hickman at the Club.

Many thanks.

David Riddington

WORDS THAT INSPIRE

Running is the ultimate individual sport. It doesn't matter how fast or slow you are relative to anyone else. You can set your own pace and you measure your own progress. You can't lose this race because you're not running against anyone else. You're only running against yourself and as long as you are running, you are winning.

Thanks to Ann Palmer for spotting this quotation on the Internet



A Message from Alex

Sports & Remedial Massage

I have now moved my treatment room, and have joined forces with the 'Therapists Group' based at the Oasis Fitness & Leisure Centre in Marlow. The new facilities offer excellent support, with confidential treatment rooms as well as changing facilities and refreshment and rest areas.

Sports and remedial massage combines massage and muscle stretching that provide:-

Relief from muscular aches and pains

Assists soft tissue recovery after exercise

Provides pre-event stimulation to prevent damage during sports activity

Identifies tight muscle groups and helps provide remedial treatment

Speeds up the post injury healing process

Remedial and preventative therapy is both invigorating and relaxing and compliments any sporting or active lifestyle.

The normal price is between £30 - £35 per session

However all Handy Cross members receive significant discount on the these prices, if you have a long term injury sessions can be priced accordingly

Why not contact me either:-

At the club

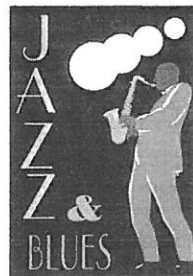
By telephone 01628 523322 Mobile 07802 791878

e-mail alex@fit4thefuture.com



Handy Cross Runners January Music Quiz

*January 17th
Sands Village Hall
7.30 for 8.00*



Take a musical journey from 1950 to the present day and test your music and general knowledge along the way.

Easy Questions
Fabulous Prizes
Haute Cuisine (Fish and Chips)

£6 per person (inc supper)
Sign up as team or individual at club or speak to Debbie Ridout
Max 6 per team, max 20 teams.

SAVE £££s on Computer Consumables !

ORIGINAL OR COMPATIBLE

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Club Kit Prices



Tee Shirts £8

Sweat Shirts £15

Running Vests (M & F) £16

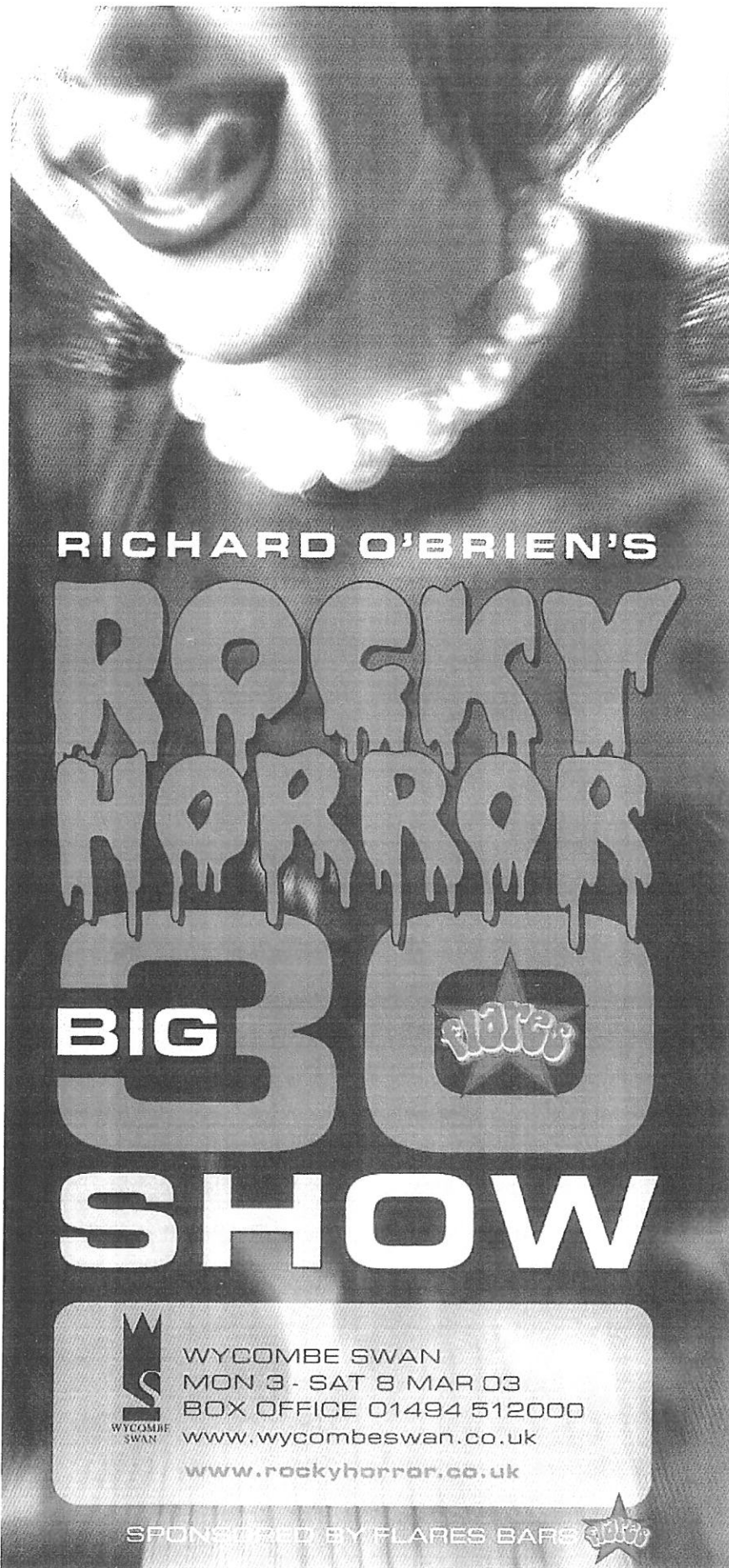
Shorts (Unisex) £12.50

Tyvek (Paper) Jackets £6

Tyvek Jackets (Old Joggers Logo) XL Only £4

Fluorescent Bibs £6

See Dave Nash on clubnights for supplies



RICHARD O'BRIEN'S

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Anyone Interested?

I thought this might
make a good club trip
for the new year!

Favourite date and
time is Friday 7 March
at 9.30

Tickets are £23.50
each (depending upon
seat availability)

Trevor has promised to
wear his basque and
fishnet tights!

Money to me please
before the end of
January.

Cheques can be made
out to me or Handy
Cross Runners

RESULTS



Herberts Hole XC

John Bradbury in 49.32
Nick Martin in 51.38
Trevor Free in 51.59
Peter Astles in 55.42
Debbie Ridout in 57.38
Penny Fisher in 58.04
Beverley Black in 59.30
Ian Murdock in 1.00
Mike Blowing in 1.02
Jackie Harding in 1.09
Alison Alexander in 1.16
Ann Palmer in 1.17

Well Done!

Our ladies team of Alex Richmond, Debbie Jones, Alison McQuater and Debbie Ridout won the first team prize.

Alex Richmond was also second fastest lady.

Sorry

I gave the wrong times for two people in the Blenheim 10k in the last Bulletin and missed two others from the results altogether! My apologies, here are the amended results:

Jackie Harding in 62.52
Sue Walker in 65.04
Ann Palmer in 66.09
Stella Gwilliam in 70.11

Marlow Half Marathon

Alfred Benjamin in 1.29
Alex Richmond in 1.32
Trevor Free in 1.35
Andy Cox in 1.37
Nick Martin in 1.38
Debbie Jones in 1.40
Alison McQuater in 1.43
Peter Astles in 1.48
Mike Hickman in 1.49
Rod MacClean in 1.51
Alan Songhurst in 1.52
Debbie Ridout in 1.52
Beverly Black in 1.55
Dave Nash in 2.04
Lucy Courturier in 2.06
Mike Blowing in 2.07
Pat Carter in 2.08

Luton Marathon Relay Results

Congratulations to the ladies team of Sally, Debbie J and Margaret who won the ladies team prize. Well done also to Nick Martin and Trevor Free who ran the whole distance and especially to Nick for organising five teams in the relay.

position	overall time	name	Runner A time	Runner B time	Runner C time
40	3:15:05	HCR1	Sally 00:57	Debbie J 1:05	Margaret M 1:11
66	3:28:08	HCR2	Penny 1:05	Debbie R 1:16	Steph C 1:06
68	3:28:21	HCR4	John 56:42	Ian 1:13	Russell 1:17
87	3:39:20	HCR3	Angie 1:11	Suzie 1:16	Sue 1:10
114	4:13:39	HCR5	Pat 1:18	Alison 1:18	Lucy 1:20

Cliveden Cross Country

Dave Bosley in 37.28 (2nd place by 1 sec!)

Pete Smith in 38.03 (4th place)

Duncan Clark in 39.30

John Bradbury in 47.51

Nick Martin in 49.32

Jock McClean in 53.29

Debbie Ridout in 55.38

Sue Fenn in 55.43

Mike Hickman in 58.01

Lucy Couturier in 68.07

Dave Nash in 70.38

Ann Palmer in 75.14

Julie Dean in 77.22

Martin Dean in 77.22

Eynsham 10K

Susan Fenn in 46.32

Russell Fenn in 48.41

Ian Murdoch in 49.54 (pb)

Jacqueline Harding in 55.47(pb)

Sue Walker in 64.02

Stella Gwilliam in 67.03

Bucks County Championship Cross Country

Congratulations to Margaret Moody who finished 2nd lady in her category over the 6k course and to Dave Bosley who was 5th senior male over 12k.

Edinburgh Triathlon

Helen and Ian Murdoch and Kirsty Roberts took part in this annual event on New Years Day with snow on the ground and the swim in an outside pool (tough people these Scots!)

In spite of the conditions they all survived and Kirsty finished first in the Elite class.

Other Cross Country Results

Dave Bosley finished first in both the Chiltern League Div 2 matches at Oxford and at Wing. He is currently in first place in the senior male category of the competition with Trevor Hunter third and only one more race to go!

We are currently in 7th place in the Sunday League, mainly because we have failed to turn up with a full team to all but the first event. Of those that have taken part, Benji is the most consistent finisher, running in all the events so far and even going to the cancelled Metros event at Ruislip!

Alex's Tuesday Night Training Programme

- Jan 14 3 x Laps of Cressex circuit with speed intervals and recovery
- Jan 21 Hill session 6 x short & 4 long hills (Knights Hill)
- Jan 28 2 Laps 5k (approx.) Time Trial
- Feb 4 8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%
- Feb 11 8 x 400m effort over last 50 meters with 2 min rest after 4
- Feb 18 6 x 200m with 200 recovery @ 85% 4 x 200m with 200 recovery @ 100%
- Feb 25 3 laps of Cressex circuit with speed intervals and recovery
- Mar 4 8 x 300m on closed circuit with increase over final 50m, 300m recovery
- Mar 11 Pyramid session 2 x 100m, 2 x 200m, 2x 300m, 2 x 200m, 2 x 100m
On closed circuit, warm downs as appropriate.
- Mar 18 Hill session 6 x short & 4 long hills (Knights Hill)
- Mar 25 2 Laps 5k (approx.) Time Trial

All sessions will commence with a warm-up and stretch, drills and warm down wear warm clothing during warm up and stretches. Wear Fluorescent tops at night.

Personal Training programs available for those entering the London marathon.

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners
(Telephone: 01628-523322 Mobile 07802 791878
e-mail: alex@fit4thefuture.com

Mike's Wednesday Night Training Programme

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.

- 8-1-03 Pyramid session 200/400/600/800/1600/800/600/400/200m (200m walk/jog recovery).
- 15-1-03 12 x 400m (200m jog recovery), followed by 1 x 200m at full effort.
- 22-1-03 7 x 800m (200m walk/jog recovery).
- 29-1-03 4 x 1600m (200m walk/jog recovery).
- 5-2-03 Relay session 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 12-2-03 "Downers" 2 x 1600/800/400m (200m walk/jog recovery).
- 19-2-03 5k Time Trial. (Please wear a stopwatch).
- 26-2-03 6 x 800m (200m walk/jog recovery) + 1 x 400m.
- 5-3-03 Hill session (Knights Hill), 8 x full circuits maintaining effort to 2nd corner. Recover on remainder of circuit.
- 12-3-03 Pyramid session 600/1200/1800/1200/600m. (200m walk/jog recovery).
- 19-3-03 4 x 1600m (200m walk/jog recovery).
- 26-3-03 3 x 2000m (400m jog recovery).

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

Future Events

Summer 5k Series

Wargrave	Wed 14th May
Burnham	Tues 27th May
Marlow	Tues 10th June
Handy X	Tues 24th June
Maidenhead	Wed 9th July
Datchet	Tues 22nd July

Friday 17th January

Quiz Night

Sunday 19th January

Highworth half marathon
Bracknell cross country
Wendover multi-terrain 5

Saturday 25th January

Greyhound Racing

Sunday 2nd February

Finch Coasters cross country
Watford half marathon

Sunday 9th February

Wokingham half marathon

Saturday 15th February

Banbury cross country

Sunday 16th February

Handy X cross country

Sunday 23rd February

Bramley 10 & 20

Sunday 2nd March

Flora London half marathon
Berkhampstead half marathon

Sunday 8th March

The Grizzly
Reading half marathon

Sunday 10th March

Fleet half marathon
Hastings half marathon

Saturday 22 March

Compton Downland 20 & 40

Sunday 13th April

London Marathon

Friday 18th April

Maidenhead Easter 10

Sunday 27th April

Stratford Half & Marathon
Bracknell half marathon