



A belated happy new year to everyone, hope you enjoyed your Christmas and, judging by the large number of people running on Tuesdays and Thursdays currently, most of you did to excess!

Just before Christmas we were all very sorry to say goodbye to Alison Packman, who has gone to live in Ireland. However before she left Alison sent me a few words for publication which are on page 2. She has settled down happily, although misses the hills (?) and is looking for a new running club as friendly as the last. She is now online and would be glad to hear from anyone and is also looking forward to seeing lots of old friends at the London Marathon.

If you are also running in London this year, or would like to go and support those that are, Duncan is once again organising a coach. This has got to be the best and most hassle free way to travel to the start and the cost is the same as last year, £8.50. However your money in Duncan's hand is the only way to reserve a seat!

Congratulations to former member Joanne Willock, now Mrs Jo Hart, who left us two years ago and now runs with Bracknell Forest. It's nice to see our kit man Dave Nash and our fast man Pete Smith both back again after long term injuries.

Don't miss our very popular Quiz Night on Friday 28th January at Sands Village Hall starting at 7.30. Ian Murdoch has been writing the questions for the last twelve months (well, he hasn't been able to do much running in that time) and a great evening is guaranteed with a fish'n'chips supper as well and all for only £7. Names, money and choice of food to Mike Hickman please.

Finally on the social side, our annual dinner and dance has been booked for Saturday 11th June at Flackwell Heath Golf Club. As we didn't have an annual dinner last year and with this new venue, let's hope we have a really good turn out this year.

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IT'S NOT GOODBYE... HONEST!

I couldn't leave without having something published in the Handy Cross Bulletin! The reason I joined Handy Cross in the first place was because my treadmill had broken, the London Marathon was 6 weeks away and I just didn't have the guts to go running on the street. My husband literally pushed me out the door one Thursday night with a map in my hand and said, "Go and run with this club..."

That was in February 2002 but it only seems like yesterday. Mike took me under his wing and we set off for the 'Chestnut Avenue' run. It nearly killed me!

I was told the Sunday runs were longish and leisurely, just meet up at 9 am in the car park - so I did. My first Sunday run was with Dave and Terry. Dave reassured me he was coming back from an injury and said he would only do an easy 5. Five came and went, "Let's go on a bit further" Dave said as I plodded behind, admiring the Thames, the bird sanctuary, and anything else that could take my mind off running. I was hoping no-one would see me. These lads were fit, the repartee was fun, so the inspiration to keep going was incentive enough.

I never thought I'd be running through the mud, the freezing cold, the snow, the blazing sun, across rivers, down dales and up bloody Marlow Hill. I have witnessed the skills of the Handy Cross Tumblers in action many times. I couldn't keep all this good fun to myself, so I had to share the experiences with my sister!

It didn't matter that I wasn't the fastest, that I asked if we could stop 'for a minute' to get my breath back (sorry Terry!). It didn't matter when the team runs I did brought the national average down! What did matter was the constant support from all the runners, whatever capability, and how that was shared amongst everyone.

Anyway, without this support, the laughs, the friends, I wouldn't have done four marathons, five half marathons, completed Tough Guy (inspired by Martin's prose, I loved it!), Herberts Hole, Cabbage Patch etc.

All these strange sounding races I'd read about in Runners World were real - and I had the medal/t-shirt (always x-large because I never finished in time to get a small)/mug and of course the obligatory black toe nails, to prove it!!

Thank you all for being such a fantastic club. I've made some good friends, learnt loads of 'runner's know-how' and will be very sad to leave. When I pop back to visit my family, I will make sure I come up the club and get a run in and catch up on the gossip.

One final thing - Mike, Liz, Rod, Nick, Martin, Terry, Dave and Lucy - promise me you'll enter my sister into races without telling her. She needs to be set goals or she'll get lazy!

Save a place for me on the London Coach, see you in April.

Alison (aka Ninja Sister)



Our Cross Country

Moving the date of our cross country forward from February to December seemed to have the desired effect as we had nearly 180 competitors.

The early start didn't seem to deter people either, except for Peter Astles, who turned up at Walters Ash at ten minutes to ten, couldn't find the start and went home in a huff!

Unfortunately we were a bit short of marshals, which may explain why Trevor stormed past my marshalling point in first place, well ahead of the second runner, yet finished sixteenth! As he philosophically put it afterwards, "Getting lost is all part of the fun of cross country."

Pete received a lot of compliments from other clubs about the course and the quality and amount of food afterwards.

What Can You Do For Your Club?

While on the subject of marshalling, Dave Riddington would like to remind everyone that he needs marshals for both the Marlow 5 (on the 8th May) and the Wycombe Half (on the 10th July).

He will be leaving a marshalling list for both events at the Judo Club and would ask that people sign up to assist with both events as soon as possible.

While too few marshals on a cross country course is not a disaster, failure to properly marshal these two very high profile races would be very serious, so make a commitment to help now!

Christmas Festivities

Hard on the heels of our cross country came the Christmas Disco, Rod's Boxing Day run and the Cliveden Cross Country.

The Disco was a great success in spite of (or perhaps because of) the presence of a funeral party! It was also nice to see Sue Neal there 'strutting her stuff' as I believe they say these days. Sue hopes to make a running comeback at the first summer 5k by emulating Pete Edington's performance last year and also finishing in last place.

Congratulations to Trevor Hunter who was voted Runner of the Year.

Danny spent most of the evening trying to escape the clutches of a gang of pre-teen girls and the London numbers went to Rod Palmer (who does a marathon before breakfast) Micky Middleton (a marathon virgin) and soon-to-be-a-grandmother Linda Weedon.

Thanks to Debbie and her helpers for organising such an enjoyable evening.

Rod's Boxing Day run was enjoyed by a mixed bunch of Chiltern Harriers and Handy Cross Runners who had an invigorating jog to Hughenden, then back to Hazlemere for more drink and mince pies. It was nice to see former member Roy Williams on this run. Thanks again to Rod and Margo.

We were well represented by about fifteen members at Cliveden, congratulations to Dave Bosley who was 4th overall and 1st MV40. I finally met my nemesis in this event, being beaten by Debbie Ridout for the first time! I have always said I would retire if this ever happened, but Debbie graciously said that was not necessary. Damn! Full results on page 11.

New York New York...!!!!

I have decided to attempt the New York marathon next year giving the Marlow Half a miss!!!! (It's those hills) I have mentioned this in passing to a few runners who seem interested.

The New York takes place on the first Sunday in November every year (same as the Marlow Half) ...next year being on the 6th. To make the trip worthwhile will involve a long weekend at least, I suggest fly out first thing Friday 4th to arrive early pm and return last flight Monday 7th to arrive back on Tuesday. This will enable us to have a few days sightseeing either side and of course run the marathon on the Sunday.

I have done some sums and based on flights and a good 3 star hotel centrally located would cost approx £500, this does not include the marathon fees. To ensure a good price/hotels etc it needs to be booked early next year. Several club members have done this in the past.... I welcome any help to ensure I get it right, also I have been told that the only way of getting a place is either by ballot or British Airways Sports Club who will book flights/acc/marathon place, in which case my hands are tied as to prices etc.

If this is the case and people want to come and support (I know expensive but a great place to shop before Christmas) I can still book theirs. So far the response is good.....Debbie Jones has expressed an interest and would like at least a week thereis this a marathon shop Debbie or the run?? Nick Martin claims it will be his last marathon as he is getting too old.....yeah right!!!

Whatever the reason, to run or support please let me know either by contacting me at the club or e-mail me. Lucille.couturier@tesco .

Lucy's Bum

Here it is in all its glory with ice being applied to the wasps stings!



Followed by Lucy's Joke

The Nude Runner

A woman was having a daytime affair while her husband was at work. One wet and lusty day she was in bed with her boyfriend when, to her horror, she heard her husband's car pull into the driveway.

"Oh my God-Hurry! Grab your clothes and jump out the window. My husband's home early!"

"I can't jump out the window-it's raining out there!"

"If my husband catches us in here, he'll kill us both! He's got a hot temper and a gun, so the rain is the least of your problems!"

So the boyfriend scoots out of bed, grabs his clothes and jumps out the window!

As he ran down the street in the pouring rain, he quickly discovered he had run right into the town's annual marathon, so he started running along beside the others, about 300 of them.

Being naked, with his clothes tucked under his arm, he tried to blend in as best he could. After a while a small group of runners who had been watching him with some curiosity, jogged closer.

"Do you always run in the nude?" one asked.

"Oh yes!" he replied, gasping in air. "It feels so wonderfully free!"

Another runner moved alongside. "Do you always run carrying your clothes under your arm?"

"Oh yes!" our friend answered breathlessly. "That way I can get dressed right at the end of the run and get in my car to go home!"

Then a third runner cast his eye a little lower and queried, "Do you always wear a condom when you run?"

"Nope.....just when it's raining"

Plus some of mine

The journey of a thousand miles begins with a broken fan belt and a flat tyre.

The darkest hour is just before dawn. So if you're going to steal your neighbour's milk, that's the time to do it.

Sex is like air. It's not important unless you aren't getting any.

Don't be irreplaceable. If you can't be replaced you can't be promoted.

Always remember you're unique. Just like everyone else.

Never test the depth of the water with both feet.

If you think nobody cares whether you're alive or dead, try missing a couple of mortgage Payments.

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

If at first you don't succeed, skydiving is not for you.

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

If you lend someone £20 and never see that person again, it was probably worth it.

If you tell the truth, you don't have to remember anything.

Some days you are the bug; some days you are the windscreen.

Don't worry; it only seems kinky the first time.

Good judgment comes from bad experience, and a lot of that comes from bad judgment.

The quickest way to double your money is to fold it in half and put it back in your pocket.

A closed mouth gathers no foot.

Duct tape is like the Force. It has a light side and a dark side, and it holds the universe together.

There are two theories about arguing with women. Neither one works.

Generally speaking, you aren't learning much when your lips are moving.

Experience is something you don't get until just after you need it.

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Club Standards

I got it all wrong in the last edition, apologies. The performance criteria are available on pages 7, 8 & 9 and Nick has started identifying individual performances. Congratulations to Trevor Hunter, the only person so far to achieve the Elite standard.

Deliberate Mistake

Did you notice the deliberate mistake in the last edition? I put July in the top strip and October in the bottom! No prizes for spotting this.

Membership Cards

We now have club membership cards which are being distributed by John Bradbury.

New Members

A very warm welcome to the following new members:

Davina Crampton, Julia Downes, Rosaria Lionetti, Michelle Margot, Micky Middleton, Aidan O'Donnell, Rob Petingale and a welcome return to James & Josephine Young.

Internet Bulletin

You can now receive the Bulletin over the internet, helping to save the club money in printing costs and preserving a few more trees!

(From the last Bulletin) It appears that everyone on Pete's email list now receives it automatically but I will make sufficient paper copies available if you want one.

	Elite	Platinum	Gold	Silver	Bronze
Men under 40					
5k	0:15:50	0:17:15	0:18:15	0:19:40	0:20:40
5 miles	0:26:20	0:28:45	0:30:30	0:33:00	0:35:00
10k	0:33:00	0:36:00	0:38:00	0:41:00	0:43:00
10 miles	0:57:00	1:00:00	1:03:00	1:08:00	1:10:00
Half marathon	1:12:00	1:20:00	1:23:00	1:30:00	1:35:00
Marathon	2:35:00	3:00:00	3:12:00	3:30:00	3:40:00
Men 40 – 44					
5k	0:16:20	0:18:00	0:19:10	0:20:55	0:23:00
5 miles	0:27:10	0:30:00	0:32:00	0:35:00	0:38:00
10k	0:34:00	0:37:30	0:40:00	0:43:30	0:47:00
10 miles	0:58:00	1:03:15	1:06:00	1:12:00	1:18:00
Half marathon	1:15:00	1:24:00	1:28:00	1:36:00	1:44:00
Marathon	2:40:00	3:05:00	3:20:00	3:45:00	3:55:00
Men 45 – 49					
5k	0:16:55	0:18:55	0:20:10	0:22:20	0:23:45
5 miles	0:28:00	0:31:30	0:33:30	0:37:15	0:39:00
10k	0:35:15	0:39:30	0:42:00	0:46:30	0:51:30
10 miles	0:59:00	1:05:00	1:09:00	1:16:00	1:24:00
Half marathon	1:18:00	1:28:00	1:33:00	1:42:00	1:48:00
Marathon	2:45:00	3:12:00	3:30:00	4:00:00	4:10:00
Men 50 – 54					
5k	0:17:25	0:19:55	0:21:05	0:23:45	0:25:00
5 miles	0:28:50	0:33:15	0:35:15	0:39:30	0:41:15
10k	0:36:15	0:41:30	0:44:00	0:49:30	0:52:00
10 miles	0:59:40	1:08:00	1:12:00	1:20:00	1:23:00
Half marathon	1:20:00	1:32:00	1:38:00	1:48:00	1:52:00
Marathon	2:50:00	3:20:00	3:40:00	4:15:00	4:18:00
Men 55 – 59					
5k	0:18:30	0:20:55	0:22:35	0:24:00	0:25:25
5 miles	0:30:30	0:34:45	0:37:30	0:40:00	0:42:30
10k	0:38:30	0:43:30	0:47:00	0:49:15	0:53:00
10 miles	1:03:30	1:11:00	1:15:00	1:20:00	1:25:00
Half marathon	1:25:00	1:36:00	1:43:00	1:49:00	1:55:00
Marathon	3:00:00	3:30:00	3:50:00	4:10:00	4:33:00
Men 60 – 64					
5k	0:19:50	0:22:05	0:24:00	0:25:55	0:27:05
5 miles	0:33:00	0:36:45	0:40:00	0:42:30	0:45:15

The Handy Cross Runners Newsletter

10k	0:41:15	0:46:00	0:50:00	0:53:15	0:56:30
10 miles	1:07:30	1:15:00	1:20:00	1:25:00	1:30:00
Half marathon	1:30:00	1:41:00	1:48:00	1:55:00	2:02:00
Marathon	3:15:00	3:40:00	4:05:00	4:25:00	4:55:00

Men 65 – 69

5k	0:21:20	0:23:30	0:25:25	0:26:50	0:28:50
5 miles	0:35:30	0:39:15	0:42:30	0:45:30	0:48:00
10k	0:44:30	0:49:00	0:53:00	0:58:00	1:02:00
10 miles	1:13:00	1:20:00	1:26:00	1:30:00	1:36:00
Half marathon	1:37:00	1:48:00	1:57:00	2:05:00	2:13:00
Marathon	3:30:00	3:55:00	4:23:00	4:53:00	5:17:00

Men 70+

5k	0:22:15	0:24:55	0:27:05	0:29:10	0:30:30
5 miles	0:38:10	0:41:30	0:45:15	0:47:30	0:50:30
10k	0:47:50	0:52:00	0:56:30	1:00:00	1:05:30
10 miles	1:18:00	1:26:00	1:34:00	1:40:00	1:45:00
Half marathon	1:44:30	2:00:00	2:10:00	2:18:00	2:25:00
Marathon	3:45:00	4:15:00	4:45:00	5:10:00	5:42:00

Ladies under 35

5k	0:18:55	0:21:35	0:23:00	0:25:40	0:27:05
5 miles	0:31:30	0:36:00	0:38:30	0:42:45	0:45:00
10k	0:39:30	0:45:00	0:48:00	0:53:30	0:56:30
10 miles	1:02:00	1:14:00	1:18:00	1:23:00	1:28:00
Half marathon	1:27:00	1:39:00	1:45:00	1:54:00	1:59:30
Marathon	3:04:00	3:25:00	3:40:00	3:55:00	4:10:00

Ladies 35 – 39

5k	0:19:55	0:22:35	0:24:00	0:26:55	0:28:30
5 miles	0:33:00	0:37:30	0:40:00	0:44:30	0:47:00
10k	0:41:30	0:47:00	0:50:00	0:56:00	1:02:00
10 miles	1:08:00	1:13:00	1:20:00	1:27:00	1:33:00
Half marathon	1:31:00	1:42:00	1:50:00	1:57:00	2:04:00
Marathon	3:13:00	3:35:00	3:55:00	4:10:00	4:22:00

Ladies 40 – 44

5k	0:20:55	0:24:00	0:25:25	0:28:20	0:29:45
5 miles	0:34:45	0:40:00	0:42:30	0:47:00	0:53:00
10k	0:43:30	0:49:00	0:53:00	0:59:00	1:05:00
10 miles	1:12:00	1:21:00	1:27:00	1:35:00	1:44:00
Half marathon	1:36:00	1:44:00	1:54:00	2:01:00	2:12:00
Marathon	3:23:00	3:52:00	4:09:00	4:20:00	4:36:00

Ladies 45 – 49

5k	0:22:20	0:25:25	0:27:05	0:30:30	0:32:30
5 miles	0:37:00	0:42:30	0:45:00	0:50:00	0:55:00

10k	0:46:30	0:53:00	0:56:30	1:03:30	1:08:00
10 miles	1:16:30	1:27:00	1:33:00	1:43:00	1:50:00
Half marathon	1:42:00	1:54:00	2:02:00	2:11:00	2:20:00
Marathon	3:36:00	3:55:00	4:10:00	4:26:00	4:54:00
Ladies 50 – 54					
5k	0:23:55	0:27:05	0:28:50	0:32:10	0:34:05
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Ladies 55 – 59					
5k	0:25:40	0:29:15	0:31:10	0:34:35	0:36:20
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Marathon	4:25:00	4:35:00	4:55:00	5:21:00	5:39:00
Ladies 60 – 64					
5k	0:27:45	0:31:10	0:33:35	0:37:25	0:40:15
5 miles	0:46:00	0:52:00	0:56:00	1:02:00	1:07:00
10k	0:57:45	1:05:00	1:10:00	1:18:00	1:24:00
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Half marathon	2:07:00	2:23:00	2:35:00	2:41:00	2:54:00
Marathon	4:20:00	4:55:00	5:10:00	5:29:00	6:05:00
Ladies 65+					
5k	0:29:40	0:33:35	0:36:00	0:40:20	0:43:10
5 miles	0:49:15	0:56:00	1:00:00	1:07:00	1:12:00
10k	1:01:45	1:10:00	1:15:00	1:24:00	1:30:00
10 miles	1:42:00	1:55:00	2:03:00	2:18:00	2:25:00
Half marathon	2:16:00	2:30:00	2:44:00	2:55:00	3:05:00
Marathon	4:35:00	5:00:00	5:29:00	5:52:00	6:31:00

Results

Abingdon Marathon

Alan Wheeler in 3:27
Rod Palmer in 3:32
Debbie Jones in 3:43

Marlow Half Marathon

Trevor Hunter in 1:17
Trevor Free in 1:38
Margaret Moody in 1:42
Mike Hickman in 1:44
Penny Cutler in 1:44
Peter Astles in 1:48
James Bateman in 1:54
Liz Davey in 1:54
Micky Middleton in 1:59
Lucy Couturier in 2:03
Davina Crampton in 2:04
Angela Mcloughlin in 2:07
Alison Packman in 2:09
Helen Hammond in 2:17
Vernon Martin in 2:25

Stroud Half Marathon

Trevor Free in 1:36
Des Mannion in 1:46

Cabbage Patch 10

Nick Martin in 1:20
Lucy Couturier in 1:26

Herbert's Hole Challenge

Dave Leighton in 48:11
Paul Palmer in 51:49
Peter Astles in 53:54
Jock Maclean in 54:01
Mike Hickman in 56:02
Lucy Couturier in 62:31
Mike Blowing in 63:07
Martin Brewster in 67:25
Ann Palmer in 75:08
Grace Wilson in 81:36
Elaine Brewster in 90:47

Luton Marathon

Mike Hickman in 3:38
Alison Packman in 4:19 (pb)
Nick Martin in 4:19

Team Relays

Mike Hollis in 1:01
James Bateman in 1:09
Trevor Hunter in 52:19
(31st place in 3:01)
Sally White in 57:55
Julia Downes in 56:47
Michelle Margot in 1:07
(6th ladies team in 3:01)
Debbie Ridout in 1:08
Lucy Couturier in 1:16
Alison Gowers in 1:10
(20th ladies team in 3:34)

Cliveden Cross Country

Dave Bosley in 38.33 (4th)
Dave Leighton in 46.25
Paul Palmer in 51.21
Nick Martin in 52.27
Mike Hickman in 52.35
Debbie Jones in 53.59
Debbie Ridout in 56.17
Martin Dean in 57.01
Karen Haynes in 58.33
Liz Davey in 58.42
Lucy Couturier in 61.35
Martin Brewster in 64.11
Ann Palmer in 74.48
Grace Wilson in 78.41
Elaine Brewster in 83.55

Dublin Marathon

Mike Hickman in 3:43
John Bradbury in 3:54

New York Marathon

Ron Newman in 3.49

Woodcote 10K

Mike Hollis in 43.30
Debbie Jones in 44.57
Margaret Moody in 45.38
Rod Palmer in 46.00

Les 4 Cimes du Pays de Herve 33K

Trevor Hunter in 2.07
Pete Smith in 2.18
James Bateman in 3.14

Seafront Half Marathon

John Peerless in 1.38
Angie McGoughlin in 1.58

Cross Country

Congratulations to Trevor Hunter who has finished first in all four of this seasons Chiltern League Division 2 matches and has won the Senior Men's title.

Also to Dave Bosley who has finished in second place behind Trevor in these races and is second Senior Man and first Male Vet 40.

Phil Stephens and Margaret Moody are both in third position in their respective age groups with one more race to go.

Also congratulations to Julia Downes who is the Sussex County cross country champion.

Tuesday Night Training Programme

- January 18th 7 x 400m (200m recovery) Blenheim Way.
- January 25th 5 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder).
- February 1st 5 x 800m Oak Crescent (200m recovery).
- February 8th 4 x laps around small circuit Cressex Rd. John Hall Way and up footpath (200m recovery).
- February 15th Hill session, 4 long and 4 short. Knights Hill.
- February 22nd 3 x 1200m (Once around small circuit Cressex Rd, John Hall Way and up footpath and continue to Turnpike corner. Recover back along Cressex Rd to start point).
- March 1st Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit.
- March 8th 3 x 1 mile around Cressex Rd./Marlow Road/Rupert Ave. circuit.
- March 15th 5k. Time Trial. John Hall Way.
- March 22nd Pyramid session Oak Crescent 200m (up slope)/400m (around block)/600m (up slope, then around block)/800m (twice around block)/600m/400m/200m (200m recovery).
- March 29th Hill session, 6 long and 2 short. Knights Hill.

Keeping the dream alive.

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.

- 19/1/05 8 x 600m (200m walk/jog recovery).
- 26/1/05 6 x 800m Paarlauf session. Whilst one person is running effort, the other has to complete 400m recovery.
- 2/2/05 5 x 1000m (200m walk jog recovery).
- 9/2/05 "Upper" 200/400/600/800/1200/1600m (200m walk/jog recovery).
- 16/2/05 Hill session (Knight's Hill), 6 x full circuits maintaining effort until 2nd corner. Recover on remainder.
- 23/2/05 5k. Time Trial. (Please wear a stopwatch).
- 2/3/05 4 x 1200m (200m walk/jog recovery). Followed by 200m at full effort.
- 9/3/05 Pyramid session 200/400/800/1200/800/400m (200m walk/jog recovery).
- 16/3/05 3 x 1600m (200m walk/jog recovery). Followed by 200m at full effort.
- 23/3/05 "Downer" 1600/1200/800/600/400/200m (200m walk/jog recovery).
- 30/3/05 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner. Recover on remainder.

Mike Hickman

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

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What's On?

Friday 28th January

Quiz Night @ Sands

Sunday 6th February

Watford Half Marathon

Saturday 12th February

Wing Cross Country

Sunday 13th February

Wokingham Half

Sunday 20th February

Bramley 10 & 20
Hardwick Cross Country
Bourton 10K

Sunday 27th February

Goring 10K

Sunday 6th March

Reading Half Marathon

Sunday 13th March

The Grizzly
Flora London Half Marathon
Finchley 20

Saturday 19th March

Compton Downland 10 & 20

Sunday 20th March

Fleet Half Marathon

Friday 29th March

Maidenhead Easter 10

Sunday 3rd April

White Horse Half Marathon

Sunday 10th April

Benson 10K

Sunday 17th April

London Marathon

Sunday 24th April

Shakespeare Half & Marathon
Bracknell Half Marathon

Sunday 1st May

Neolithic Marathon

Sunday 8th May

Marlow 5