



The Bulletin

Handy Cross Runners
Newsletter

January 2012



Social Events

Lucy tells me that about twenty or so ladies enjoyed a very pleasant evening at The Yew Tree at Frieth on 7th December. The food was excellent and she will probably choose the venue again. They were joined later on in the evening by Mike H & Frank!

Unusually snow didn't prevent a good turnout for our annual Christmas Disco at the Judo Centre. Everyone enjoyed themselves (some more than others) until just after midnight to a disco which she found at the last minute. Thanks to all the people who brought food and contributed to the raffle prizes.

The Panto was well attended again (Oh yes it was!) and was very enjoyable. Grace's husband Laurie was picked out by Leslie Joseph (he shouldn't have worn that red jumper). I must remember not to sit in the front row next year.

Lucy has already reserved the front two rows for this year (thirty four seats) at £21 each (same as last year) for Snow White and the Seven Dwarfs starring Craig Revel Horwood, a 'Strictly Come Dancing' Judge (apparently) and she will be taking deposits in July.

Dates for your social diaries in 2012

February (TBA) Quiz night with fish 'n chip supper

December 5th: Ladies Christmas Dinner (Venue to be confirmed)

December 7th: Panto at Wycombe Swan

December 14th: Handy Cross Disco at Judo Centre

Martin Dean (Editor)

Happy New Year to everyone, it's here at last, 2012 is the long awaited year of the London Olympics and I am in it! Not in the 100 or 200 metres, or even the marathon, but as a driver transporting the Olympic clients to venues around London (see page 2). Congratulations to Mike Blowing, one of the 8,000 Olympic Torch bearers. He will be carrying the Olympic flame in the relay between Luton and Oxford on the 9th July. Also good luck to Mike Hickman who has an interview as a Games Maker in February.

However, before the Olympics we have some more cross country races to look forward to: in the Chiltern League on January 14th at Slough and February 11th at Wing and in the Thames Valley League on Sunday mornings at Tadley on the 8th January, Bracknell on the 22nd January and Finchcoasters on the 5th February.

Our own cross country at Bradenham was very successful with nearly 250 finishers which helped to raise over £250 for the club. Early in the new year saw the welcome return of the Cliveden cross country race, held on a lovely sunny morning with seven Handy Cross runners plus supporters Margo, Rod and Debbie. Unfortunately I missed Rod's Boxing Day run as I was travelling back to see Wycombe Wanderers win (a rare occurrence these days)

New Members

A very warm welcome to new members Andrew Theaker and Joseph White (and don't forget your free tee shirt).

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2012 London Olympics

Along with a quarter of a million others, I volunteered earlier in the year to become part of the 2012 Olympics and was one of a hundred thousand applicants selected for an interview. Seventy thousand volunteers (called Games Makers) are required to fill ten teams of which Transport (the team I was selected for) need ten thousand people, of whom half will be drivers.

These selection events started in February 2011 and will continue until April 2012. My interview was at the Excel Centre in early November when they were processing about twenty people every hour.

On arrival my identification was checked and photograph taken before the roles of the Transport Games Makers was explained. During the Olympic and Paralympic games, transport will be provided around the clock every day, so drivers will work on an eight-hour three-shift pattern to ferry athletes, officials, journalists, VIP's and family members around London. They will be using 3-series BMW's and some MINI's so I thought I might stand a chance as they specifically ask what car you drive.

The next stage was a short film by Seb Coe and Eddie Izzard explaining what will be required of Games Makers, before a half hour informal one-to-one interview. All the interviewers were also volunteers, it seems as if the whole games are going to be run by volunteers, you wonder what they are spending £9.3 billion on.

Finally as you leave you are invited to sign the 'Games Makers Wall' large whiteboards which will be installed in the venues during the Games. The exit is of course 'through the gift shop' LOCOG never miss an opportunity to do some merchandising!

I had my fingers crossed until two days before Christmas when I was offered a role as a T3 driver based in central London (there are more than ten different drivers roles including 'power boat driver' and 'equestrian ambulance driver' so mine is fairly mundane compared to some). Looking forward now to the training sessions which start in February and collecting my uniform in April.

Good luck to anyone else who volunteered, let me know if you are successful and let everyone else know about your experiences in the Bulletin.

London Run - December 4th

Ignoring the fact that there were thirteen of us assembled in the car park, we set off for our London run in convoy (can I call just three vehicles a convoy?) We parked at Lancaster Gate and our first stops were MacDonalds and KFC where we braved the tramps - of the matted hair and smelling to high heaven variety - before careering off down Oxford Street with Mike, Mike ander, Mike at the helm.

Debbie Ridout and I quickly lost ground as we attempted a bit of sneaky window shopping en route. Ever hopeful, I had cunningly slipped a credit card and Oyster card in my pocket - all to no avail sadly. I couldn't help noticing that the pace slackened having left the shops behind though - male instinct, I guess!

We ran up to the perimeter of Regents Park, then Euston Road, Holborn, Aldwych, Fleet Street, St. Pauls and it's campsite (!!), the Tower of London and its hordes of tourists (!!!) and over Tower Bridge (even more tourists, none of whom seem to have met the Running Sisters or if they have, they were blatantly disregarding the "keep left rule.")

Our course then took us northwards over London Bridge, southwards over the Millennium Bridge and northwards over Westminster Bridge (I kid you not!!) Anyway, more lovely sights - the Globe Theatre, Tate Modern, the Golden Hinde, London Eye, Houses of Parliament and then the Royal Parks - St. James' Park, Green Park and Hyde Park - and Buckingham Palace. Handy Cross Runners will be featuring in many a tourists' photo as we streaked between photographer and subject (in the sense of speed only, I assure you dear reader).

Finally we arrived back at the cars and with excellent timing the walkers appeared within 5 minutes. We all poured into Patisserie Valerie (wahey, no tramps here!!)

It was a great morning and would be good if we could muster up a bigger group next time. In the spring perhaps? Mike Hickman suggested a 'picnic in the park' next time. AP

Thanks Amanda, sounds like a good idea.



A Blast from the Past

It is, incredibly, now ten years since this classic literary masterpiece was first published in The Bulletin when it was wrongly attributed to Alfred Lord Tennyson. Terry thinks it's time for a re-airing and makes no apologies to the PC brigade for its sexist theme, as it reflects the attitudes of a more innocent age, when it was *de rigueur* to ogle one's fellow runners.

MENAGE A TROIS (mange toute)
(The Ballad of Ellen 'n' Karen 'n' Sue)

Some Handy Cross Runners are absolute stunners,
Believe me I've known one or two,
But few of the rest look their best in a vest,
Like Ellen 'n' Karen 'n' Sue!

Good things come in threes but I'm brought to my
knees, by this trio of temptresses true.

I just can't compete, will I always be beat,
By Ellen 'n' Karen 'n' Sue?

But wait for the day of the Datchet 5k,
And I'll show them just what I can do,
But my time's a disgrace, I can't keep up the pace,
Of Ellen 'n' Karen 'n' Sue!

A total disaster, can't run any faster,
But who cares for if only they knew,
That I really don't mind, I love running behind
Ellen 'n' Karen 'n' Sue!

But one thing keeps me thinking, and drives me to
drinking,
Will I ever be able to choose?
Whose form is the best when displayed in a vest,
Is it Ellen's or Karen's or Sue's?

2012

Ten years have flashed past, so we're not quite as fast,
And the prospects of PBs are few,
So my mind often strays to those halcyon days,
Chasing Ellen 'n' Karen 'n' Sue.

Terence Eves

London Marathon

The successful people in the draw to secure club places for next year's London Marathon were: James Cunnane (Seamus), Russell Dean and Stella Gwilliam.

Congratulations to you all and anyone else with a London place, good luck with the training.

Diana Charles was drawn as the reserve should anyone pull out. There were seventeen people entered in the draw. Commiseration to all those who failed to win a place.

Duncan will be organising a coach to take competitors and spectators from the Judo Club to the start and hopefully bringing them back afterwards.

Club Kit

Vests £16.50

Technical T Shirts £8.00

Long Sleeve T's £14.00

The above stock items are available in various sizes. Fleece £26.00 and Hoodies £19.25 can be ordered, prices to be confirmed.

We still have a small supply of old style vests for £10.00 each and shorts for £5.00. I will try to get to the club every Tuesday or you can email me at:

lindawedon@kurtmueller.co.uk

Thanks

Linda

Independent Traders

It has been suggested that a spot could be reserved in the Bulletin for members of the club to advertise their services for the mutual benefit of everyone.

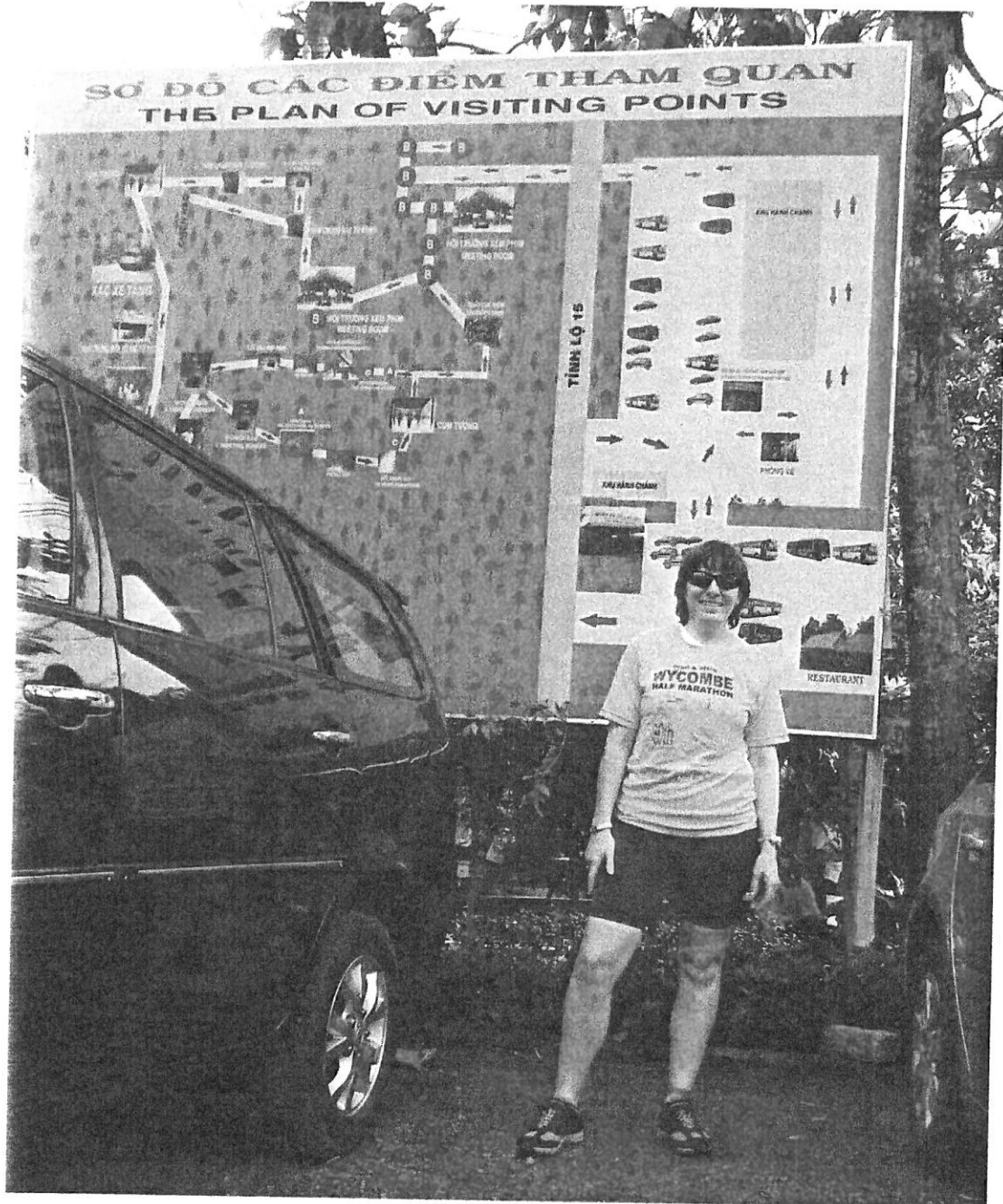
This would be free (but donations are always appreciated). If you want to be involved, send your advert by email and please keep wording to a minimum.

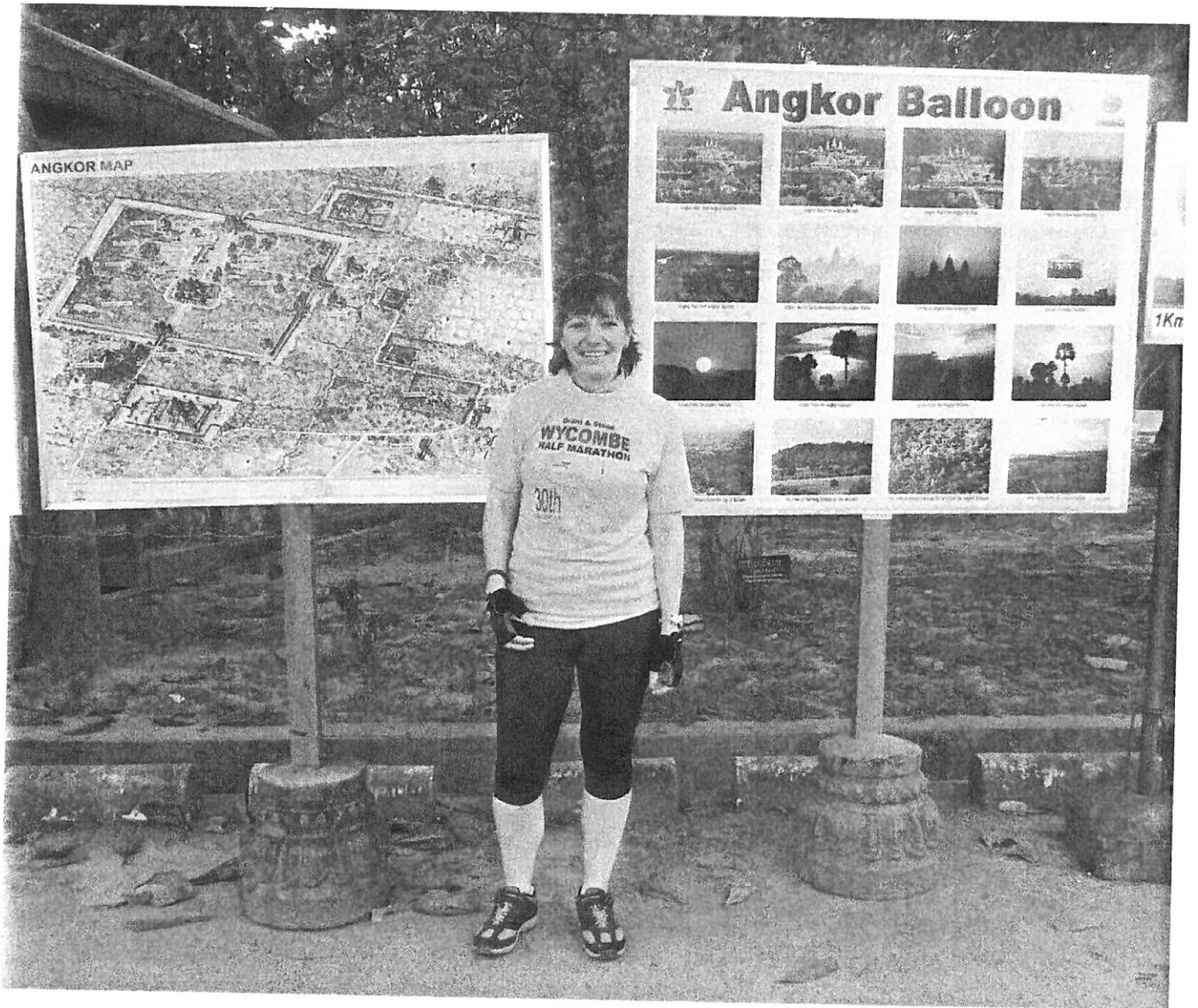
Mike's Beginners

On the first night of Mike (Andy) Hickman's new Beginners Group thirty people turned up! Probably a lot of New Years Resolutions.



Following Lucy's suggestion in the last Bulletin about seeing our bright yellow Grant & Stone T shirts all over the place, Ann Palmer sent these pictures taken on her recent trip to Cambodia and Vietnam.







Results

Run To The Beat Half Marathon (London)

Jean-Baptiste Thiebaut 2:10:45

Blenheim Palace Half Marathon

Jo Cassells 1:59:14

Vicki Causer 2:42:39
(first Half Marathon)

Rowers Revenge Triathlon

Sprint Event (2000m Row, 23.4k
Bike, 5k Run)

Mark Dewey 1:13:43 (2nd)

Matt Piercy 1:24:05

(1st in age category)

Standard Event (4000m Row, 23.4k
Bike, 5k Run)

Mike Blowing 1:37:06

Celia Edwards 1:46:40

Burnham Beeches 10k

Mark Dewey 44:55

Herbert's Hole Challenge

Brendon Gilbert 41:50

Mike Hickman 57:52

Royal Parks Half Marathon

Jean-Baptiste Thiebaut 1:59:31

Ann Palmer 2:19:53

Tring Ridgeway Run 9.7 mile

Emma Keys 1:20:58

Mike Hickman

Frieth Hilly 10K

Julian Hucks 40:33 (1st MV50)

Rob Pettingell 41:06

Mark Dewey 47:04

Charlotte Ing 49:11

Pete Astles 49:22

Emma Keys 49:42

Jo Cassells 54:13

Martin Dean 55:35

Mike Hickman 58:00

Dublin Marathon

Paul Dineen 3:38:59

Ricky Road Run (9.5 miles)

Frank Fulcher 55:36 (2nd)

Brendon Gilbert 1:01:34

Ellen Fulcher 1:12:46 (1st VF)

Rugged Radnage 10K

Julian Hucks 43:24 (8th & 1st V50)

Mike Hollis 48:30

Peter Astles 52:42

Mike Blowing 57:30

Anne Bateman 58:06

Marlow Half Marathon

Julian Hucks 1:29:07

Mike Hollis 1:36:23

James Cunane 1:39:02

Alfred Benjamin 1:39:47

Peter Astles 1:45:23

Emma Russo 1:46:03

Russell Dean 1:46:44

Diana Charles 1:46:49

Tora Stracey 1:51:57

Phil Hutchby 1:53:10

Jacqueline Ing 1:54:00

Des Manion 1:54:58

Jo Cassells 1:55:27

Mike Hickman 1:58:26

Terry Eves 2:02:44 (First V70)

Nick Martin 2:03:36

Anne Bateman 2:05:31

Emma, Diane, Tora and Jacqui won
the Ladies team prize

Julian, Mike, Seamus and Benji were
the 4th Men's team and Terry won
1st Male Vet 70 prize

Well done everybody!

Le Havre Half Marathon

Jean-Baptiste Thiebaut 1:54:52

Oak Hill Parkrun

Julie-Anne Ryan 29:51

(1st in age category PB and

1st 5k under 30 minutes)

Druids Challenge

(84 miles of the Ridgeway
over 3 days)

John Dooley 14:13:17

**Chiltern Cross Country League (Watford)****Ladies Team:**

Margaret Moody 17th (2nd F55)
 Ellen Fulcher 21st
 Tora Stracey 25th
 Charlotte Ing 26th
 Soraya Bux 31st
 Michelle Booth 32nd
 Sarah Roberts 43rd
 Angie Peerless 47th (4th F55)
 Linda Weedon 50th (5th F55)
 Helen Moseley 52nd
 Donna Bolton 54th
 Julie-Anne Ryan 55th

Men's Team:

Frank Fulcher 14th (2nd M40)
 Steve Roberts 24th (3rd M40)
 Brendon Gilbert 36th
 Paul Dineen 51st
 Mark Dewey 58th
 Callum Haynes 63rd
 John Peerless 71st
 Benji Benjamin 79th
 Peter Astles 96th
 Martin Dean 107th

The men's vets team won division 2 again and the ladies vets were 4th out of 10 teams

Chiltern Cross Country League (St Albans)**Men's Team:**

Frank Fulcher 11th
 Brendon Gilbert 29th
 Paul Dineen 48th
 Howard Taylor 60th

John Peerless 68th

Mike Hollis

Alfred Benjamin 87th

Mike Hickman 98th

Ladies Team:

Ellen Fulcher 15th
 Tora Stracey 19th
 Charolotte Ing 22nd
 Sorays Bux 32nd
 Gemma Taylor 33rd
 Michelle Booth 37th
 Angie Peerless 42nd
 Donna Bolton 47th
 Julie-Ann Ryan 49th

BB & O Championships Swinley Forrest**Ladies team:**

Margaret Moody 26th
 Ellen Fulcher 35th
 Michelle Booth 50th
 Sarah Roberts 56th

Men's team:

Frank Fulcher 15th (2nd vet 40)
 Steve Roberts 33rd
 Paul Dineen 59th
 Alfred Benjamin 64th
 John Peerless 66th
 Mike Hollis 67th
 Gareth Imms 71st

Southern Masters Cross Country

Frank Fulcher 10th (7th V40)
 Ellen Fulcher 54th

Thames Valley Cross Country League (Datchet)

Howard Taylor 67th

Paul Dineen 101st

John Peerless 110th

Benji Benjamin 120th

Diane Charles 160th

Dave Claridge 196th

Paul Palmer 212th

Soraya Bux 221st

Jacqueline Ing 240th

Mike Hickman 248th

Martin Dean 256th

Gemma Taylor 270th

Janet Barrow 271st

Angie Peerless 281st

Fred Ashford 282nd

Linda Weedon 298th

Craig Atkins 303rd

Helen Moseley 307th

Ann Palmer 324th

Thames Valley Cross Country League (Sandhurst)

Steve Roberts 26th

Mark Dewey 68th

Mike Hollis 108th

Alfred Benjamin 136th

Charlotte Ing 165th

Dave Claridge 189th

Mike Blowing 217th

Soraya Bux 234th

Sarah Roberts 250th

Mike Hickman 256th

Linda Weedon 262nd

**Thames Valley Cross
Country League (Metros)**

Steve Roberts 21st
 Alun Jones 47th
 Mark Dewey 74th
 John Peerless 85th
 Mike Hollis 89th
 Charlotte Ing 122nd
 Jacqueline Ing 177th
 Dave Claridge 185th
 Martin Dean 187th
 Mike Hickman 201st
 Angie Peerless 210th
 Sarah Roberts 213th
 Fred Ashford 215th
 Deborah Gatesman 224th
 Linda Weedon 230th
 Mike Blowing 241st
 Ann Palmer 248th

Serpentine 5k
 Fred Ashford 24:11

**Thames Valley Cross Coun-
try League (Reading)**

Steve Roberts 22nd
 Paul Dineen 74th
 Mike Hollis 102nd
 Charlotte Ing 161st
 Alfred Benjamin 163rd
 Peter Astles 176th
 Mike Blowing 224th
 Mike Hickman 226th
 Fred Ashford 272nd
 Helen Mosely 295th
 Ann Palmer 311th

Cliveden Cross Country

Pete Summers 40:41
 (7th & 1st MV40)
 Paul Dineen 45:26
 Mike Hollis 47:57 (1st MV60)
 Mark Dewey 50:24
 Mike Hickman 57:16
 Anne Bateman 58:20
 Martin Dean 60:39

Bedford Half Marathon

Paul Dineen 1:33:15
 Diana Charles 1:42:19
 Celia Edwards 1:55:53
 Julie-Anne Ryan 2:27:29

**The Grim Challenge
(8 miles)**

Helen Moseley 1:33:12
 Craig Atkins 1:33:12
 Russell Dean 1:33:13
 ('Team Handy Cross-Dressers')

Ribble Valley 10k

Janet Barrow 52:39
 (Janet beat the legendary Ron Hill, who
 was wearing No.1 by 87 places
 and four minutes)

Luton Marathon

James Cunnane 3:29:58
 Penny Cutler 3:42:16

Black Park 5k times

Name	Runs	Best time	%	PB?
Margaret Moody	4	21.45	90.50	
Alun Jones	1	20.13	77.33	
Howard Taylor	1	19.41	76.80	PB
Angie Peerless	2	24.38	76.59	PB
John Peerless	1	20.24	75.33	
Linda Weedon	2	26.39	74.92	
Diana Charles	2	22.29	69.46	PB
Michelle Booth	1	24.15	68.32	
Chris Lansdown	7	22.30	67.70	PB
David Duckworth	1	22.31	67.65	
Peter Astles	1	22.47	65.76	
Martin Dean	6	25.33	65.62	
Mike Hickman	2	25.20	65.00	PB
Soraya Bux	2	24.13	61.39	
Denise Manson	3	30.51	57.91	



Black Park Parkrun 5K

Resumé of Handy Cross Runners performances 15th October- 31st December

The order shown on page 8 is based on the best age graded performance within the period above and not time taken for the runs. This better reflects the effort and performance of the athlete relative to age.

There were thirteen runs in total over the period with weekly attendances now holding steady at about 250. On Christmas Eve there were 357 finishers with 281 on Boxing Day and New Year's Eve.

Howard Taylor had the fastest time with 19.41. This is a PB for him at Black Park.

Diana Charles gained recognition on the race report results for 31st December when she finished 3rd Lady overall in a time of 22:29 recording a PB in the process.

Over the period **Margaret Moody** scored **90.50%** in the Age Graded performance. She is again leading the Black Park age graded league table.

PBs were recorded by five runners over the period.

31st December was run 131 since Black Park parkrun started in July 2009. Some amazing statistics can be taken from these runs.

The course record stands at **15:31** set by Rowan Axe (JM20) from Cardiff AC.

The Ladies record is also held by a junior, Pippa Woolven of Wycombe Phoenix Harriers who has a time of **17.36** run on 24th December, Christmas Eve.

The average run time for Black Park is **26:55**. If you are faster you are above par and below par if slower.

Looking at the race times on page 8, Handy Cross Runners stack up quite well. Most runs being better than the Black Park average run time.

A reminder that the runs are FREE and take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at **9 am**.

You must register in advance (once only) to place your name on the data base and receive a dedicated race number in the form of a barcode. This is brought to each event. Register at www.parkrun.org.uk/black-park.

You only have to pay for parking. A concessionary parking charge of £2.50 per day visit applies before 9am at weekends. If you are late it will cost £3.50.

More information including pictures of what you are missing can be seen on that website or <http://picasaweb.google.co.uk/georgemardall>



Tuesday Night Training Programme

January 3 rd	Paarlauf session around Dave Nash Estate 10 – 14 x 310m
January 10 th	10-12 x 400m (Oak Crescent) (200m recovery)
January 17 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
January 24 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
January 31 st	4 – 5 x 1000m (Oak Crescent) (200m recovery)
February 7 th	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
February 14 th	3 - 4 x 1200m (Oak Crescent) (200m recovery)
February 21 st	Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit
February 28 th	2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit
March 6 th	5k Time Trial. Cressex Road/Cressex Industrial Estate circuit
March 13 th	Hill session, 5 - 6 long and 2 short, Knights Hill
March 20 th	10x 200m @ 85% effort, 4 x 200m @100% effort (200m walk/jog recovery) Havenfield Road
March 27 th	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 6:00pm or 7:00pm. I'm told that the track is not being used by anyone else until next June so I have drawn up the schedule below as a guide to club members who wish to make use of it unofficially.

ALL SESSIONS SHOULD START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/COOL DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- | | |
|---------|--|
| 4/1/12 | 5 x 1200m (200m walk/jog recovery) |
| 11/1/12 | 4 x 1600m (200m walk/jog recovery) |
| 18/1/12 | "Upper" 200/400/600/800/1000/1200/1400m (200m walk/jog recovery) |
| 25/1/12 | 3 x 2000m (200m walk/jog recovery) |
| 1/2/12 | Pyramid Session 800/1600/2000/1600/800 (200m walk/jog recovery) |
| 8/2/12 | 5k Time Trial (Please wear a stopwatch, time yourself and let me know your results) |
| 15/2/12 | "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery) |
| 22/2/12 | 2 x 12 x 200m (200m walk/jog recovery) 5 min's rest between sets |
| 29/2/12 | Paarlauf session 12 x 400m |
| 7/3/12 | 9 x 600m (200m walk/jog recovery) |
| 14/3/12 | 7 x 800m "Differentials" 1 st lap of each at 5k pace, 2 nd at hard effort (200m walk/jog recovery) |
| 21/3/12 | 5 x 1000m (200m walk/jog recovery) |
| 28/3/12 | Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery) |

Mike Hickman

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

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A Quiz for people old enough to remember 'Old Money'. For the youngsters: there were four farthings in a penny (1d) twelve pennies in one shilling (s) and twenty shillings in one pound (£) Aren't you lucky today that we decimalised our currency in 1971? (Solutions in next Bulletin)

	£	s	d	Answer
A stone				
Type of transport				
Type of singer				
A poorly octopus				
Garment for a one legged woman				
A half of royal headgear				
Up and down				
A leather worker				
Mars, Jupiter and Venus (for example)				
Type of pig				
Answer	31	15	2	

Thanks to Linda Weedon (who is of course much too young to remember old money) for this quiz and the Music Puzzle below, where you need to fill in the blanks with musical clues.

Ena and Jo saved for years for their dream holiday, cruising on a Liner. The Captain, a boastful man who often blew his own announced, "We shall not be sailing through the Bermuda" "What a" said Ena, "I was looking forward to that." "We shall however make a stop tour through the Caribbean, which will be even better," the Captain added. "It might be to him," thought Jo, "But not to me." The Captain continued, "If you want to go on a fishing trip give your name to the, you will embark on the open boat and the crew will over the side for you." "You can't trust him, he's a, so I don't think he'll up much support for that." Said Ena angrily. "Nor do I," replied Jo, "I would prefer some entertainment. Would you like to go to the ?" "No I would rather listen to the" she said. "Perhaps they will play the Man, I always liked the Byrds version." "Let's get an ice cream first" said Jo. "Two please." "I don't like this at all" muttered Ena, "I wish I had gone to the bar and I could have a whiskey." "Ena you're an angel" said Jo "but I do wish you wouldn't on so much."