



Handy Cross Joggers Bulletin

Chairmans Chatter

Dear Runners,

Well, now we have finished tucking away the turkey and Christmas pudding it is time once again to shed those extra few pounds and take up where we left off last year. Some of you have been fortunate to gain entry for The London Marathon, and have already started to put in the extra training, and there is a general buzz about the club as the weeks get nearer,

Some of our newer members are running it for the first time, so I would like to introduce the "Buddy Scheme" it's simple, if you, as an experienced campaigner know of anyone running the race for the first time, take time out to offer advice, and even help them put training plans together. Two of our Golden Oldies, George and Duncan are always taking people into their gang, so please help if you can.

I would like to thank you all personally for your kind thoughts, in respect of me having given up running. It is not easy I assure you, meeting you all on club nights to see you all go off running, 'how I would love to run up Marlow Hill at the end of a twenty, I did not think I would ever say that. it is only when you cannot run that you really miss it, and by the way you tend to put on the pounds which is where I came in Good luck to you all during 1993.

Cheers

Alex Johnson

Club Officials

President	Vernon Martin	0494 443344
Chairman	Alex Johnson	0628 523322
Vice-Chairman	Ron Newman	0628 528025
Treasurer	Ian Mallen	0494 442367
Secretary	Gerry Grosse	0494 451506
Events Secretary	Peter Edington	0494 563730
Membership Secretary (men)	John Bradbury	0494 441577
Membership Secretary (women)	Sarah Player	0628 72149
Social Secretary	Rose Priest	0494 529761
Publicity Officer	Chris Gentry	0494 439692
Kit Officer	Roy Williams	0494 713927

Forthcoming Events

For event entry forms see Peter Edington

Get your race results into

Chris Gentry 0494 439692

Sunday before 5pm

Make a note in your diaries of the following major events. Details of these events and others will be found laid out on the tables at club nights.

Wokingham Half Marathon - 14th February 1993

This popular event always attracts a large field and produces many fast times. This could be your chance to Valentines Day massacre your P.B.

Reading Half Marathon - 28th April 1993

This ideal preparation race for the London Marathon. I hope will not be short this year. This race is the second largest half marathon in the country and always attracts some classy national and international runners. I shall be there as well.

London Marathon 18th April 1993

If you haven't entered already its unlikely that you will be able to take part. However entries do come up occasionally at various times leading up to the race, so keep your eyes open.

The Marlow 5 25th April 1993

Start 11am at Marlow Football Club on Oaktree Road. We would like a full club turn-out either to help and supports or run.

The Presidents Trophy 13th June 1993

Due to the success of The Barnet Cup the committee have decided to run a summer version calling it The President's Trophy. We hope it will be as enjoyable and well represented as the November turn-out.

Finally if you do get sent details of any race please pass them on to Peter in order that he can copy them. Give other club members the opportunity to see what events are around in which they may participate.

We need your results to calculate your handicap for The Presidents Trophy and Barnet Cup, so please put them on the list.

CROSS COUNTRY

Chiltern league Div. 2 Positions after 2 matches

Senior Men			Veteran Men		
		PointsTotal			Points
1	Vauxhall	3759	1	Vauxhall	1439
2	Gade Valley Harriers	3375	2	Banbury Harriers	1196
3	Wycombe Phoenix	3342	3	Milocarian	1020
4	Silson Joggers	3047	4	Leighton Buzzard	979
5	Burnham Joggers	2908	5	Handy Cross	958
6	Metros	2754	6	Chesham	958
7	Banbury Harriers	2620	7	Tring	925
8	Milocarian	2546	8	Metros	922
9	Leighton Buzzard	2492	9	Wycombe Phoenix	905
10	Handy Cross Joggers	2482	10	Burnham Joggers	869
11	Tring	2250	11	Silson Joggers	869
12	Maidenhead	2195	12	Dacorum	830
13	Mornington Chasers	2013	13	Chiltern + Chalfont	808
14	Chesham	1750	14	Biggles Wade	634
15	Biggleswade	1699	15	Morington Chasers	464
16	Chiltern+ Chalfont	1538	16	Gade Valley Harriers	394
17	Dacorum	1430	17	Maidenhead	237
18	Bearbrook	0	18	Bearbrook	0

We are now halfway through the Cross Country season and with a good turn out from club members at the remaining fixtures we should be able to improve on our position in the league.

If you have not run Cross Country before now is the time to have a go. Remaining league fixtures are:

~~December 19th Gade Valley, Hemel Hempstead.~~

~~January 2nd Vauxhall, Luton.~~

February 20th Leighton Buzzard.

Anything you want to know about Cross Country see Vernon

CROSS COUNTRY

Chiltern league Div. 2 Positions after 2 matches

Senior Ladies			Veteran Ladies		
		PointsTotal			Points
1	Banbury Harriers	368	1	Metros	247
2	Metros	322	2	Banbury Harriers	221
3	Chiltern + Chalfont	309	3	Chiltern + Chalfon	188
4	Leighton Buzzard	271	4	Burnham Joggers	158
5	Tring	256	5	Silson Joggers	129
6	Silcon Joggers	219	6	Tring	128
7	Gade Valley Harriers	173	7	Handy Cross Joggers	106
8	Burnham Joggers	171	8	Vauxhall	101
9	Vauxhall	151	9	Leighton Buzzard	96
10	Handy Cross Joggers	106	10	Chesham	59
11	Dacorum	61	11	Dacorum	17
12	Chesham	59	12	Bearbrook	0
13	Mornington Chasers	48	13	Biggles Wadet	0
14	Wycombe Phoenix	41	14	Gade Valley Harriers	0
15	Bearbrook	0	15	Maidenhead	0
16	Biggleswade	0	16	Milocarian	0
17	Maidenhead	0	17	Morington Chasers	0
18	Milocarian	0	18	Wycombe Phoenix	0

Ladies. The same thing applies, Please turn out and help your club in the past seasons the ladies have done better than the men.

Help your team to do the same this season. Dates for fixtures are the same as the mens.

Further details from Vernon

Ye Old Bits & Pieces

We would be very grateful if you could put together a map (with water stations, toilets and miles marked) of a route in order that we can compile a booklet of various runs.

Hand your map into any of the committee as soon as possible.

CODE OF CONDUCT

Winter is with us, so we would like to make sure everyone is safe.

DO NOT RUN ON YOUR OWN
ALWAYS WEAR A REFLECTIVE TOP
RUN IN LIT-UP AREAS

Roy Williams

has booked the coach for the London. Cost £4.50

as always first come first served.

Your subs are Over-due

If you are not a regular attender of the club please contact either John Bradbury or Sarah Player to receive a form.

10% discount

David Turner SPORTS

Marlow, High Street.

Apex Sports Shop

Farnham Common

Kit Price List

Paper Jackets	£5
White Sweatshirts	£12
White T-Shirts	£8
Red T-Shirts	£6
White Vests ...	£11 (open) - £12 (closed)
Shorts	£5
Old Vests	£3
Fluorescent tops	£6.30
Water Bottles	£1.99

Roy Williams now holds kit

Due to the success of the Kelkiem trip we are seeking people to put-up our fellow Germans while they come to run the Wycombe Half Marathon on the 18th July.

Also, we have decided to set-up a hospitality fund to help cover some costs for various events as the subs do not cover these expenses.

This is the last bulletin to be posted.

If you were happy to receive your copy of the bulletin by post please let Joy Smith have several stamped addressed envelopes in which to send out your fututre copies (4-5 should do a year)

Runner of the Year

please pick-up a form and vote for this years runner

If you know someone is ill let the committee know so we can send them a card or something.



The First Aid Kit
is in the office should
anyone need it at any
time during normal
opening hours of the
Judo Club.

**We have been asked to mention that there is a
Swimathon**
in aid of **The National Childrens Homes**
it is happening at **Wycombe Sports Centre**
on **6th Feb between 9.30 and 5.30**
they need over **1000 swimmers.**
For details see the notes on the table or ring the Sports Centre

Membership cards
are in the brief case and
therefore available on
club nights

Coaching Courses

There are coaching course: 13/14 March
3/4 April, 11th April is the final 3rd day for
both courses - details are on the table on
club nights. The committee would be
very interested to hear from any one
wishing to attend these courses.

Results

If you do not send your results into
Chris Gentry we will not get any
publiscity in **The Bucks Free Press.**
It's as simple as that.

Handy Cross Marlow 5

Sunday April 25th will be the day of the 10th annual
Fun Run, held again this year at **Marlow Football
Club, stating at 11am.**

This years charity will be Cystic Fibrosis.

We want to make this 10th run a resounding success,
and again this year we are calling on all club members
for support. The "we" I refer to is the sub committee
formed to organise the event, Trevor Hart, Sarah
Player, Joy Smith and yours truly. We can't do it all on
our own if we are to achieve our objectives:-

- * a thoroughly enjoyable, trouble free morning out for
all the runners and their supporter.
- * a maximum field of 500 runners

* minimum cost through maximum sponsorship

* a whacking great cheque for Cystic Fibrosis

The help we need is

1 Advertising the event with posters in shops, offices,
pubs, factories, in fact any where that will get
publicity.

2 Distributing entry forms to family, friends and
anyone else likely to run.

3 Help on the day, route marshalls, finishing,
recorders, help set-up the start/finish, drink station -
and more.

4 Some people to represent the club in the run - and
make a winning team!

Keep the day free and let us know what you can do.

*who is your
truly.*

SOCIAL

Social Secretary Rose Priest.

Annual Dinner

Friday April 23rd at the RBL (as usual)

if you wish to pay for your dinner through installments please see Rose.

Skittles Evening

27th March at Wexham Sports Centre, price £7.00 each.

Price includes food in a basket. First comes first served, money to Rose please

B-B-Q

in June

Margaret Moody has offered to have another B-B-Q at her home more details nearer the time.

If you have any ideas for events or wish to help organise any events contact Rose.

The Committe would like to know when people do a PB, have Birthdays, get married or injured - anything, so we can all wish them the best.

Please let Alex know.

Please pay your subs to John Bradbury or Sarah Player.

If you are already a member of The Judo Centre - £8

Associate (not using the club facilities at all) - £8

A husband and wife pay - £28

Single - £20

If a new member wishes to join the club after April 1993 - £16.