



# Bulletin

## Editorial

At last the foot-and-mouth crisis seems to be over (in Bucks at least) and the footpaths are now re-opened, although very overgrown in places. We need volunteers equipped with armour plating and machetes to clear some of the neglected paths.

Although many races were cancelled during the crisis, some have been re-arranged for later in the year (the Grizzly, the Mystery Run and the Ridgeway Relay). The May Meander became the Barnet Trophy (see later page for results) while the summer 5K series has been held successfully with Pete, Trevor and Phil all in good form.

The Marlow 5 attracted a record entry and we even managed to close the bridge this year. Pete and Trevor finished second and fourth and along with John Dooley won the men's athletics team prize.

Pete also lead home the winning team in the Penn 7, finishing in third place overall with Trevor one place behind him, Phil Stephens in 7th place, John in 9th place and Pete Edington in 13th.

The Wycombe Half Marathon also attracted a large number of entrants this year and the weather was fine as well. Club runners finished in all the second places (2nd men's team, 2nd ladies team and Phil Stephens was 2nd male vet) while Margaret Moody was 3rd in her age group.

We very sadly lost one of our members, Guy Bancroft-Wilson, who died in a high profile air crash recently. Our commiserations go to his family.

Martin Dean

July 2001

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## In This Issue

A new schedule for Mike's Wednesday night training sessions on the track, the Barnet Trophy and 5K series results, the name of a recommended Osteopath and Diane's report on the Tesco's (sorry Tresco) Marathon. Also a thank you letter from PHAB, the charity that benefitted from the money raised by the Marlow 5.

### Hertfordshire Hobble

I managed to persuade Debbie, Mike and Alex to take part in this 26 mile off-road walk again this year and I think they all enjoyed it, in spite of the frequent wrong turns and extra miles covered.

We were the last to finish, over half an hour outside the time limit, but fortunately the organisers saved some strawberries and cream for us. I think if we enter next year we will have to use false names or they won't let us start.

### Runners Go Dog Racing

No, we didn't run against them, just went to watch. It was a lovely warm evening, which meant we could comfortably view the races at the track side away from the smoky atmosphere inside.

Most of us lost a small amount but the experienced gamblers came away with a healthy profit.

This was an excellent evenings entertainment and all for only £10. Thanks again to Duncan for organising the trip.

## Annual Dinner & Dance

Unfortunately I was on holiday and missed this years event but I understand it was very enjoyable. If anyone can still remember the evening perhaps I could include a report in the next Bulletin.

## Alexander Technique

Debbie and Mike attended a course on the application of this technique to running recently and will happily pass on any tips to their fellow runners. Mike has promised me an article for the next Bulletin.

They will probably also tell you about how they met Bill Clinton in an Oxford pub (just try stopping them!)

## People

Congratulations to Tony Crockett on his recent marriage and best wishes to Debbie and Kieron for their forthcoming wedding.

Congratulations also to the editor who became the grandfather of Harry, who weighed in at 10lb 3oz on 8th July.

It was a terrible shock to everyone to hear of the death of Guy Bancroft-Wilson. Although we didn't see him at the club on many occasions, he was always an interesting person to run with and we will miss him.

Guy was a British Airways captain and a former member of the Red Arrows. He was killed while piloting a 60-year old fighter aircraft in an airshow at Biggin Hill and leaves three children .

## New Members

Welcome to the following new members:-

Kenneth Hemmings, Ann Hey, Pam Hill, Adam Koffler, Angela McLoughlin, Paul Palmer and John Peerless.

Angela and John were so keen to run with us that they joined the club the day after they moved here from Merseyside!

## London Marathon

We only had nine runners in this years London Marathon but they did very well, all finishing in front of Steve Redgrave and Frank Bruno!

Pete Smith was our first finisher in a very commendable time of two hours and forty one minutes, he also raised over £500 for the MS charity.

Emma Taylor raised over £2 000 for the charity BLISS in her first marathon while Trevor Free and Jock MacClean both achieved pb's.

This year I went to watch the race for the first time and found it nearly as exhausting as running! We found an island in the middle of the road where the runners were passing on both sides and a very noisy Samba band was playing. It was very difficult to pick out familiar faces in the huge mass of runners constantly passing, but I think between us we managed to spot all the Handy Cross Runners and give them a cheer.

See later pages for complete list of our results.

## Paris Marathon

The long weekend started well at Heathrow when we were offered £50 each to take the next flight if ours was full. Being a mercenary bunch we readily accepted, but were disappointed to find there was sufficient room for us on the plane.

After a slow bus ride from Charles de Gaul airport we arrived at our hotel and then walked, in the rain, to the marathon exhibition, which was luckily close by, to collect our numbers and sample the free wine and food.

After three circuits of the exhibition we staggered out to do the tourist things. Pete dragged us halfway across Paris to see an uphill river which we viewed unenthusiastically through the rain.

A meal in a restaurant was enlivened when a waitress poured a glass of beer down Mike's back! More beer was consumed on the walk back to the hotel, this time served in huge glasses with huge prices to match.

Something had disagreed with Pete because the next day saw him confined to bed all day with a stomach bug. The rest of us left him to suffer while we visited the Louvre and the Notre Dame, trying to dodge yet more rain showers.

Mike managed to break the arm on his glasses and thought this would provide an excuse not to run the following day, but we miraculously found an optician still open after 6 o'clock on Saturday evening.

We explained our predicament to a charming man who spoke excellent English and fixed a new arm to Mike's glasses for a very reasonable charge.

Close to the opticians we found a traditional Parisienne bistro where we enjoyed such a good meal we decided to have a celebration dinner there the following evening.

Pete made a miraculous overnight recovery and to our surprise lined up at the start on the Champs Elysé on Sunday morning. An even bigger surprise was that he managed to run a pb in 3.16! The rest of us trailed in at just over four hours, with Debbie also achieving a very commendable pb, knocking over 30 minutes off her previous best time.

The course was very picturesque, passing many popular tourist sights, but made quite slippery in places with fruit peel strewn on the rain soaked roads.

In the afternoon we tried to find a bar showing Wycombe Wanderers semi-final match against Liverpool, but as we couldn't find one we went for a boat trip on the Seine instead. Our plans for the evening celebration meal were also foiled as the bistro was closed and we had to go to a Lebanese restaurant instead.

On Monday morning we all woke late but were determined to make the most of time in Paris. I went up the Eiffel Tower (in the rain) while the others visited the Pompidou Centre. Later we visited Napoleon's tomb and the adjoining military museum and eventually made our weary return to the airport.

On arrival at Heathrow we were greeted by sniffer dogs and officious customs officers, what a welcome!

However this didn't spoil a most enjoyable week end, in spite of the rain and running for twenty six miles.

## The Ridgeway Relay

"Ask not what your club can do for you, but what can you do for your club" - to paraphrase John Kennedy.

What you can do for your club on the 2nd September is to support it in the Ridgeway Relay by either running a leg (we need twenty runners, ten women and ten men) or providing help with transport and water.

If you cannot spare a whole day (and it is a long day, starting before seven in the morning and finishing over twelve hours later) perhaps you could run an early or late leg or join the rest later in the day.

Last year the race was on one of the hottest days of the year and the people running in the afternoon had to cross the Berkshire Downs under a blazing sun with no shade or water.

It would be nice this year if we could provide drinks at the few road crossings on these stages, so if you don't want to run, this is one way to support the runners.

If you would like to help the club in this event, see Nick Martin for further details.

## Mystery Tour

The date has been set for Tuesday 21st August, the coach will be leaving the Judo club at 6.00. There will be a choice of three routes, 5, 9 or 15 miles approx., all finishing at a pub.

## Burnham Half Marathon

This years Burnham Half Marathon, on Sunday 19th August, will be run on a new course and will probably be the last due to the high cost of policing the event and the other problems associated with running at Burnham Beeches.

## Charity Donation

The club presented Jenny Bottrill of the High Wycombe PHAB (Physically Handicapped and Able Bodied Club) with a cheque for £650 recently, which was raised in the Marlow Five Mile Race in May.

The charity will use this donation to help reach their target of £45 000 by the end of the year to replace a mini-bus which was stolen (see letter on later pages).

## Runners as Drivers

I am not sure if statistics show whether runners are better than average drivers or not but a word of warning for anyone offered a lift by Mike Hickman. Make sure he doesn't lose his keys!

On at least three occasions lately Mike has been seen looking embarrassed about the whereabouts of his car keys and at the Burnham 5K he had to ask his son to bring out a spare set!

Also at the Burnham 5K, Liz tried to alter the shape of a wooden bollard with the side of her car, so think twice if she offers you a lift!

## What Do You Do ?

One of our lady members tells me she needs some building work carried out at home in the near future and would prefer to employ someone she knows, such as a club member or friend, to do this.

She thought that the Bulletin might be a suitable medium to make such contacts and suggested space could be provided for any craftsmen to advertise their services and for prospective employers to make known their needs. Any ideas?

## Handy Cross Runners AGM

The AGM was an anti-climax compared to last year with no name changes proposed.

Alex reported that the club had gained twenty eight new members last year and that the number of people visiting our web site continues to rise.

The committee all volunteered to continue for another year and were returned unopposed.

A proposal to award lifetime membership to deserving candidates was favourably received.

## Gerry Grosse Trophy 5K

If you thought the 5K at Marlow was the last of the season, the Gerry Grosse 5K Trophy will be competed for on the track at Handy Cross Sports Centre on Wednesday 22nd August.

Being a handicap race, everyone has a chance of winning, especially if Mike smiles favourably upon you! So even if you do not normally run on the track, come along and try this enjoyable event.

See Mike's note on a later page.

## Disaster Averted

The Wycombe Half marathon was very successful this year with a large field of runners, but it was almost a disaster when one of the marshals found there was no one manning the last drinks station. Fortunately there was just time to fill some cups before the first runners arrived.

Apparently the Scouts who were supposed to hand out water at this point failed to turn up.

## Future Events

Sunday 12th August

**Bearbrook 10K**

Sunday 19th August

**Burnham Beeches ½M**

**Jog Shop Jog 20**

Tuesday 21st August

**Mystery Coach Tour**

Wednesday 22nd August

**Gerry Grosse Trophy 5K**

Sunday 26th August

**London Triathlon**

**Headington 5**

Sunday 2nd September

**Ridgeway Relay**

Sunday 9th September

**New Forest Marathon & ½M**

**Tetsworth 10K**

Saturday 22nd September

**Woodstock 2**

Sunday 23rd September

**Amersham 5**

**Cabbage Patch 10**

Sunday 30th September

**Windsor ½M**

**St Albans ½M**

Sunday 7th October

**Rower's Revenge Triathlon**

Sunday 21st October

**The Grizzly**

## The 2001 Tresco Marathon

After hype and high fives in New York in November 2000, I decided on maximum contrast for my next and 2nd marathon - the Scilly Isles' tiny island of Tresco on 22<sup>nd</sup> April. Total number of runners: 80.

As newcomer to the club in January, I was delighted to meet Pat Carter, who had run the first Tresco Marathon in 2000. My mind was made up after Pat told me about the celebrities (Jenny Agutter), the champagne and the parties of last year. Pat mentioned the hills, but I shrugged off the idea, thinking they would be nothing compared to what High Wycombe has to offer.

I arrived on Tresco on Saturday in time for an early dinner. Every single member of staff at the hotel knew which guests were running the next day and treated us all like superstars. By Sunday morning I was amazingly rested, relaxed and ready. A 10 minute ride in a trailer attached to the back of a tractor took hotel guests to the start. With just a few minutes to go, I collected my number, threw my kit bag on the trailer, and hung around towards the back of what could hardly be called a "crowd". It was overcast, cool, and a light rain had just stopped - perfect.

This year's celebrities, the British Women's Pentathlon team (Kate Allenby, Dr Stephanie Cook et al.), started the race off at 11am. We were off so fast that the first two laps out of seven passed in a flash. Such a small field can make for solitary running, and I was keen to hook up with someone for some mutual encouragement. I ended up running with a delightful character called Lloyd, the boyfriend of one of the pentathletes. This was a stroke of luck, since each of the team did a lap with us, offering olympic-level encouragement, motivation, and essential opal fruits.

The views and scenery on the course still took my breath away on the seventh lap. My favourite part was coming to the top of one of three hills, this one a long, slow, energy-sapping "mother of all" hills, then turning the corner for a view that stretched out across the all the islands into the Atlantic. By the last couple of laps the downhills hurt more than the uphill, but I found a little extra from somewhere in the last mile and finished feeling fantastic. The icing on the cake was the 10 yard walk to my hotel, where I watched the remaining runners finish from the vantage point of my bathroom window, while I lay in the bath drinking complementary champagne.

To quote my Tresco running mate, Lloyd: "Di," he said at some point during the 4<sup>th</sup> lap, "New York, Tresco - you'll have done the big two, how are you going to top that?". How indeed!

I finished 42<sup>nd</sup> overall (6<sup>th</sup> woman) in 4hrs 25 mins and raised £950 for the Cystic Fibrosis Trust. More information and registration for Tresco 2002 can be found at [www.tresco.co.uk](http://www.tresco.co.uk).

## Results

### Paris Marathon

Pete Edington in 3.16 (pb)  
Nick Martin in 4.05  
Martin Dean in 4.06  
Mike Hickman in 4.09  
Debbie Ridout in 4.09 (pb)

### London Marathon

Pete Smith in 2.41  
John Dooley in 2.51  
Trevor Free in 3.17 (pb)  
Rod MaClean in 3.25 (pb)  
Rod Palmer in 3.26  
Nick Martin in 3.54  
Mike Blowing in 4.21  
Pat Carter in 4.27  
Emma Taylor in 4.40

### Pednor 5

Margaret Moody in 36.20  
Liz Davey in 39.26  
Clive Girling in 40.10  
Debbie Ridout in 40.26  
Gerry Grosse in 41.10  
Mike Blowing in 41.39  
Dave Nash in 41.45  
Sue Walker in 51.52  
Rose Priest in 51.52

### Wargrave 10K

Rod MaClean in 41.16  
Mike Hickman in 46.00  
Margaret Moody in 46.17  
Liz Davey in 48.32  
Debbie Ridout in 49.32  
Dave Nash in 52.30

### Penn 7

Pete Smith in 39.17  
Trevor Hunter in 39.40  
Phil Stephens in 41.20  
John Dooley in 41.56  
Pete Edington in 43.44  
Benjie Benjamin in 45.28  
Trevor Free in 46.09  
Dave Leighton in 46.47  
Nick Martin in 48.28  
Rod MaClean in 48.30  
Geoff Medicott in 50.39  
Des Mannion in 51.30  
Martin Dean in 51.53  
John Bradbury in 52.06  
Margaret Moody in 53.00  
Mike Hickman in 53.30  
Adam Koffler in 53.53  
Sue Neale in 55.00  
Liz Davey in 55.22  
Alan Songhurst in 56.30  
Richard Walker in 57.35  
Ellen Haynes in 57.52  
Dave Nash in 1.01  
Alex Thomason in 1.04  
Sylvia Pearson in 1.05  
Alex Johnson in 1.08  
Alison Alexander in 1.15  
Sue Walker in 1.18



## Otmoor Multi-terrain Half Marathon

Trevor Free in 1.27  
Debbie Ridout in 1.47  
Margaret Moody in 1.47  
Mike Hickman in 1.47  
Vernon Martin in 2.12

## Princes Risborough 10K

John Peerless in 38.12  
Pete Edington in 38.32  
Trevor Free in 40.07  
Nick Martin in 42.57  
Tony Crockett in 43.30  
Geoff Medicott in 44.40  
Martin Dean in 45.08  
Mike Hickman in 46.25  
Shaun Bryant in 48.27  
Liz Davey in 48.32  
Richard Walker in 48.54  
Debbie Ridout in 48.55  
Steve Lynch in 49.50  
Dave Nash in 52.15  
Kevin Duffy in 52.30  
Martyn Franzese in 53.30  
Clive Girling in 55.15  
Pam Hill in 58.50  
Brian Sinclair in 59.30  
Sue Walker in 1.13  
Alison Alexander in 1.13

Our men's team came second with 125 points and the ladies team was third with 75 points in this event.

## Wycombe Half Marathon

Pete Smith in 1.16.59 (4th place)  
Trevor Hunter in 1.17.33 (6th place)  
Phil Stephens in 1.18.41 (10th place)  
Ken Hemmings in 1.34.31  
Benjie Benjamin in 1.34.40  
Tony Crockett in 1.38.37  
Jenny Dawes in 1.39.43  
Mark Hermsen in 1.42.10  
Adam Koffler in 1.43.22  
James Bateman in 1.44.09  
Alan Songhurst in 1.44.11  
Mike Hickman in 1.45.38  
Margaret Moody in 1.45.58  
Geoff Medicott in 1.47.25  
Ellen Haynes in 1.54.50  
Jo Payne in 1.55.18  
Richard Walker in 1.58.06  
Alison Ingram in 1.58.45  
Vernon Martin in 2.07.15

RESULTS OF THE BARNET TROPHY 5 MILE HANDICAP RACE HELD  
20-5-01

<u>Finishing</u> <u>position.</u>	<u>Name.</u>	<u>Actual run time.</u>
1st	John Bradbury	36:35
2nd	Debbie Ridout	39:24
3rd	Rose Priest	49:51
4th	Jock Maclean	33:23
5th	Terry Eves	41:26
6th	Gerry Grosse	40:58
7th	Margaret Moody	36:46
8th	Angela McLoughlin	41:34
9th	Mike Blowing	38:39
10th	Sue Walker	51:24
11th	Richard Walker	40:11
12th	Alison Alexander	56:00
13th	Des Mannion	35:35
14th	Nick Martin	35:17
15th	John Peereless	33:52
16th	Dave Leighton	34:34
17th	Keith Hicks	46:24
18th	Martin Dean	38:19
19th	Liz Davey	40:45
20th	Julian Allison	44:01

Congratulations John. Let's hope that this means that you're well on the way to regaining your former fitness, and that you will remain injury free in future.

Well done Debbie for setting yet another P.B. Keep it up. Super run Rose! You were so close. The largest difference between the times I set, and those achieved was only 3:01. The majority of People (15 out of 20) finished within 1 minute & 25 seconds of their handicapped times. So you all deserve lots of praise for running so well. Thank you all for turning up to take part in the event. Just one point to remember for next year. I am easily bribed. I'll have another pint of Murphy's please John! (Only kidding folks. Honestly!).

Cheers,  
Mike

## 5K SUMMER SERIES HANDY CROSS NUMBERS

Nº.	NAME	PAID	SEX	CAT	FOR OFFICIAL USE ONLY					
					WA	BU	HC	MA	DA	MS
400										
401	Duncan Kennerson		M	V60		32.10	30.33		30.43	
402	Mike Hickman		M	V50	23.44	23.33				22.51
403	Margaret Moody		F	V50	21.44			21.56		22.07
404	Nick Martin		M	V50	20.55	20.44		19.52		19.40
405	Mark Hermson		M	S	21.15	21.52	20.55	21.07		21.01
406	Alan Songhurst		M	S	22.22	22.43	22.00	21.49		22.27
407	Dave Nash		M	V50	25.14	25.49	25.19	25.19	24.51	24.57
408	Gerry Grosse		M	V60	24.30	25.14				24.53
409	John Dooley		M	V40		17.41	17.41			
410	Trevor Hunter		M	S	17.14	17.03	17.02			16.49
411	Geoff Medlicott		M	V40	21.07	21.44	21.19	20.52	22.13	20.49
412	Alison Alexander		F	S		32.49		31.50	33.54	29.58
413	Shelia Crouch		F	V40	27.10	27.27	25.59		28.41	
414	Alex Thomason		M	V60	26.56			25.18		
415	Liz Davey		F	V40	23.12	22.53		22.42	23.29	23.09
416	Dave Leighton		M	S	19.35	19.51	19.38	19.23		
417	Julian Allison		M	S	25.04	25.31	24.10	24.46		25.20
418	Jock McClean		M	S	20.39	20.00		20.09	20.26	
419	Pete Smith		M	S		16.30	16.35	16.36		
420	John Bradbury		M	V40	22.35	23.10	22.43	22.10		
421	Keith Hicks		M	V50	26.47	26.57		26.20	27.51	25.39
422	Karen Williams		F	V40						
423	Richard Walker		M	V40	23.27			23.54	24.59	23.07
424	Sue Walker		F	V40	30.56				33.41	29.59
425	Brad Thompson		M	S	17.33					
426	Alex Johnson		M	V50	30.42	29.40			29.29	26.51
427	Sally White		F	S	19.04	19.11				
428	Peter Edington		M	V40	18.18			17.51		18.23
429	Darren Buckle		M	S	24.16					
430	Maureen Edington		F	S	25.56	26.20	25.55	25.01	26.14	
431	Russell Vowles		M	S	25.52	24.06				
432	Stephan Naunko		M	V40	23.43	25.20				
433	Hannah McGrath		F	S	28.14	30.00	28.08	26.50	30.27	
434	Elvis Johnson		M	J	17.46					
435	Debbie Ridout		F	V40	24.06	23.51			35.03	23.09
436	Helen Murdoch		F	S	30.06	30.11	29.22			
437	Chris Edington		M	V40	23.21	23.19	22.23	21.33	21.51	20.24
438	Paul Jennings		M	V40	21.09		20.47	21.12		20.25
439	Vernon Martin		M	V60	29.39	28.44			28.37	27.47
440	John Peerless		M	V40	19.40	19.42	19.27	19.03	18.57	

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N°.	NAME	PAID	SEX	CAT	FOR OFFICIAL USE ONLY					
					WA	BU	HC	MA	DA	MS
441	Andrea McLoughlin		F	V40	24.41	24.15	24.22	24.01	24.13	
442	Clive Girling		M	S	23.22		23.16			23.31
443	Alfred Benjamin		M	V40	18.56	19.13	18.59	18.17	19.13	
444	Trevor Free		M	V40	19.33	19.28		19.05	19.51	
445	Paula Parkin		F	V50	30.05		30.22	31.25	32.10	29.33
446	Barbara Crandon		F	V50	28.41		28.33	28.22	30.18	
447	Mike Blowing		M	S	22.33	22.47			25.51	23.01
448	Peter Astles		M	V40	24.59			25.35	25.40	24.28
449	Claire Carter		F	S	28.14					
450	Bob Carter		M	V50	28.14					
451	Des Mannion		M	S	20.48	21.25		20.31	21.13	
452	Thomas Crouch		M	S	18.17					
453	Colin Higgs		M	V40	25.32	25.53				
454	Andy Losty		M	S	26.44	28.02	28.37	27.30	30.40	27.48
455	Marguerite Murphy		F	S	31.52	28.02	28.37	27.29	30.40	27.48
456	Phil Stephens		M	V40	18.15	17.40	17.37	17.13	17.42	17.55
457	Chris Joyce		M	V50					27.26	
458	Sue Neale		F	S		23.39	22.49	22.33		
459	Jo Payne		F	S		25.08	23.53			
460	Martin Dean		M	V50		22.25	22.22		23.11	21.38
461	James Peerless		M	S		17.50				
462	Andy Scott		M	S		24.42	23.19	24.24	25.33	
463	Gerry Lancaster		M	S		33.16				
464	Shirley Montague		F	V40		33.33				
465	Jason Croucher		M	S		23.54				
466	Carol Chapman		F	V40		33.34				
467	Phil Hutchby		M	S		25.39	25.07			
468	Brian Sinclair		M	V50		29.17				27.10
469	Keith Carmichael		M	S		23.16				
470	Keith Hicks		M	V50	26.47	26.57		26.20	27.51	25.39
471	Craig Bligh		M	S		25.49		24.23	24.23	
472	Dave Woolley		M	V50		22.22	21.52			
473	Chris Edington		M	V40	23.21	23.19	22.23	21.33	21.51	20.24
474	Rose Priest		F	V50		32.49			34.36	
475	Ron Corbett		M	V40		23.37	23.35	23.57		22.46
476	Julie Welch		F	V40		27.33		25.45		
477	Sean Watkins		F	S		24.47				
478	Sue Cordery		F	V50			33.01	32.27	34.27	
479	Andrew Cooper		M	S			21.49			
480	Julie Dean		F	S						

## 5K SUMMER SERIES HANDY CROSS NUMBERS

N°.	NAME	PAID	SEX	CAT	FOR OFFICIAL USE ONLY					
					WA	BU	HC	MA	DA	MS
481	Mark Storey		M	S						
482	Richard Edmonds		M	S			26.30			
483	Darren Buckle		M	S	24.16		23.49			
484	Tony Taylor		M	S			32.19			
485	Kay Waddell		F	S			30.22			
486	Gerry Lancaster		M	S			30.22			
487	Jason Croucher		M	S			22.12			
488	Russell Fenn		M	S			27.45	26.25	26.06	
489	Susn Fenn		F	S			26.54	25.20	25.38	25.17
490	Bill Nobbs		M	V60			34.40			
491	Steve Allister		M	S			20.56			
492	Tony Crockett		M	S			21.38	20.56		
493	Katy Palmer		F	S			30.08	27.18		30.53
494	James Bateman		M	S			22.00			
495	Kevin Crummack		M	V40			24.27			
496	Niall Redmond		M	S			26.29			
497	Eriko Tanimoto		M	S			29.11			
498	Rebekah Gemmell		F	S			29.11			
499	Dave Brown		M	V40			25.16			
500	Rod Palmer		M	V50			20.25	27.19		
501	Melissa Edington		F	J						
502	Penny Fisher		F	V40			23.07			
503	Gail Barstow		F	V40			26.08			
504	Maria Stretton		F	S			33.50			
505	Liz Gloyens		F	S			34.19			
506	Paul Gloyens		M	S			34.19			
507	Richard Bridges		M	V40			21.34	21.03		
508	Paul Palmer		M	V40				20.19	20.46	19.27
509	Ann Hey		F	S				33.30		31.57
510	Tony Crockett		M	S				20.56		
511	Evie Deeley		F	V40				25.54		24.30
512	Margueritte Murphy		F	S	31.52	28.02	28.37	27.29	30.40	27.48
513	Michael Bratby		M	V40					24.05	
514	Shaun Bryant		M	S					24.59	
515	Pam Hill		F	S					31.16	
516	Ken Hemmings		M	V40					20.37	
517	Darren Buckle		M	S					23.57	
518	Debbie Ridout		F	V40					35.03	23.09
519	Kimberley Ridout		F	S					34.58	30.49
520	Paul Jennings		M	V40					21.29	

## **STRETCHING EXERCISES**

### **Warm Up, Warm Down, Rehabilitation**

Stretching exercises are a vital part of warming up prior to exercise or warming down following exercise, as well as the rehabilitation process following injury. However, the principles vary slightly in each situation.

#### **WARMING UP**

Muscles and tendons function best when they are warm and stretched to their maximum length prior to exercise. A warmed up and well stretched muscle will produce a stronger and more efficient contraction when required. Stretching also improves the biochemical state within the muscle or tendon producing the perfect physiological basis for efficient repetitive contraction.

Stretching is only one part of the warming up procedure. The heart, metabolic and respiratory rates must be raised to an appropriate level related to the activity to be performed. The warm up therefore needs to be tailored to the needs of the individual and to the exercise.

#### **GUIDELINES**

- Stretches should never be painful.
- A sustained stretch of 15 seconds or longer is required.
- Repeat each stretch 3-4 times.
- Body position is of utmost importance.

#### **WARMING DOWN**

Many forms of exercise involving repetitive actions or sustained postures result in muscles being tighter and less elastic at the end. Exercise also produces a lot of chemical waste products and fluids which need to be reabsorbed from the area as quickly as possible.

The warming down procedure encourages a gradual return of the heart, metabolic and respiratory rate to normal along with effective reabsorption of the waste products. GENTLE stretching relieves the muscle tightness present in tired muscles so that they are relaxed and able to function normally.

#### **GUIDELINES**

- Stop at the first sign of tension.
- Hold the stretch for up to 1 minute.
- Ease off on the stretch if tension increases.
- Repeat 2-3 times.

#### **REHABILITATION FOLLOWING INJURY**

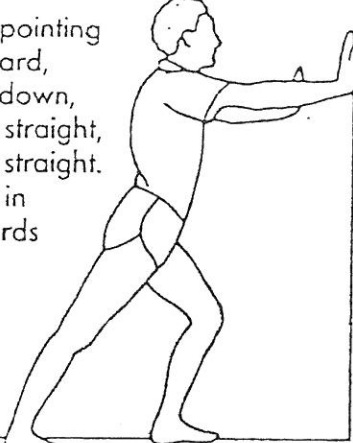
Following injury the body's natural healing processes leave the tissues shorter, less elastic and on occasions adhered to other structures. Progressive stretching will reduce the shortening, loss of elasticity and minimise the possibility of adhesions.

#### **GUIDELINES**

- Stretch should be felt at the site of the injury without pain.
- Care must be taken with position and balance.
- Stretches held for 15 seconds in early stages and up to 2 minutes in latter stages.
- Repeat stretches 4-6 times.

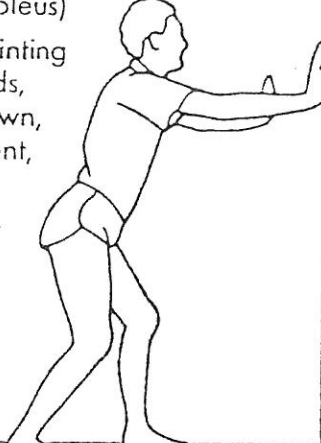
**1 CALF** (gastrocnemius)

Feet pointing forward, heel down, knee straight, back straight. Lean in towards wall.



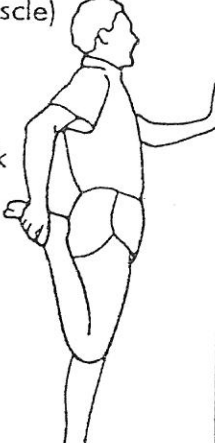
**2 CALF** (soleus)

Feet pointing forwards, heel down, knee bent, back straight.



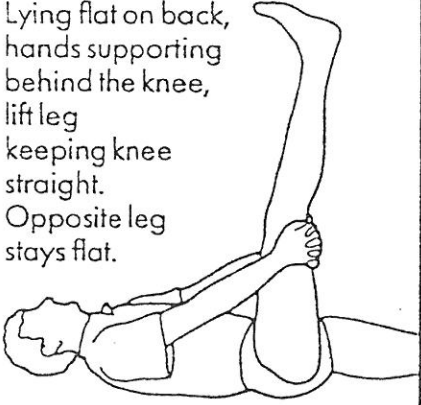
**3 QUADRICEPS** (whole muscle)

Opposite arm supported against wall, heel pulled back towards buttocks, hip pushed forwards.



**4 HAMSTRINGS**

Lying flat on back, hands supporting behind the knee, lift leg keeping knee straight. Opposite leg stays flat.




**5 FRONT OF GROIN**

Keep back straight, push hip forward.



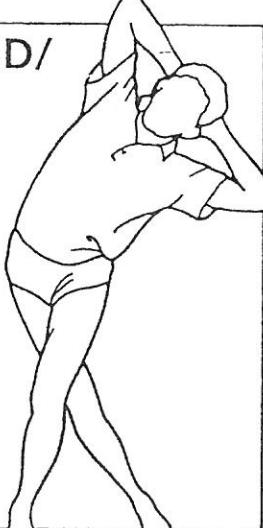
**6 INNER GROIN**

Keep back straight, trunk facing forwards, front leg at right angle to rear leg.



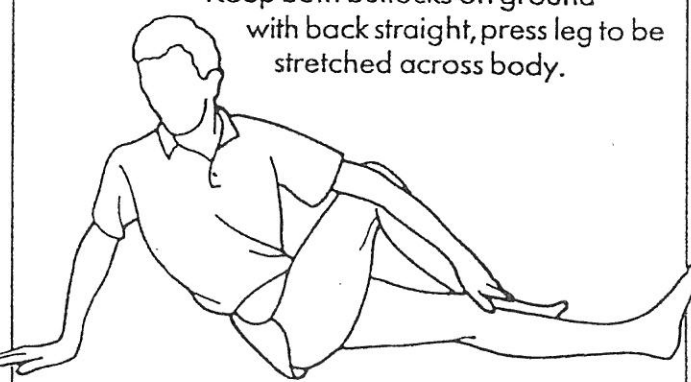
**7 ILIO-TIBIAL BAND/ SIDE STRETCH**

Step behind with leg to be stretched, this knee straight. Bend away from side to be stretched.



**8 BUTTOCKS STRETCH**

Keep both buttocks on ground with back straight, press leg to be stretched across body.



If you have just injured yourself:

## FIRST AID

For Strains, Sprains and Bruises

### The RICE method of Self-Treatment

<b>Rest</b>	Stop immediately what you are doing.
<b>Ice</b>	Apply an ice or cold pack to the injury site for up to fifteen minutes. <b>Warning :</b> To prevent an ice burn place a damp towel between skin and ice pack.
<b>Compression</b>	Remove the ice or cold pack and apply a firm bandage.
<b>Elevation</b>	Elevate the injured limb in a supported position above the level of your heart.

### **DO NOT :**

- Apply heat
- Massage your injury
- Drink alcohol

**As these activities increase  
Bleeding and swelling**



## TREATMENT FOR INJURED RUNNERS.

If you are unlucky enough to suffer a running injury, then I recommend that you seek advice and treatment from Rob Pettingell D.O., of the Castle Street Clinic, 19 Castle Street, High Wycombe, HP13 6RU. Telephone 01494 530004.

Rob is an Osteopath, who is very experienced in treating sports related injuries (See following Osteopathy information sheet). Being a keen runner himself he understands our mentality. He has agreed to offer members of Handy Cross Runners a deduction of £2.00 from his normal treatment rate of £23.00. Please make sure that you mention that you are a member when telephoning for an appointment, and when paying for your treatment.

## Lifestyles.

Existing members of our Lifestyles corporate membership scheme should have received their renewal forms by now. If you haven't had yours, please let me know, and I will find out why.

Our scheme's year begins on the first of August, so if any of you who are not yet members would like to join, please see me for details. Membership is open to all members of Handy Cross Runners (and their immediate families) who have been with the club for six months or longer.

## Gerry Grosse Trophy.

Our annual 5,000 metre handicap race to compete for this trophy so generously donated by Gerry, will take place on Wednesday 22<sup>nd</sup> August (meeting at 7:00pm). In order to allow the handicapper to do his worst, and to allow the race to get off to an early start, those intending to take part in this ever popular club event should give their names to me as soon as possible before the night please. If anyone would like to help me with lap counting and timing, this would be appreciated.

Mike Hickman  
01494 525474

mi.hickman@handycrossrunners.co.uk

WEDNESDAY TRAINING PROGRAMME UP TO 26-9-01.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities will enjoy and benefit from these sessions.

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

- 4-7-01 6 x 800 "Differentials". Brisk effort on 1<sup>st</sup> lap, hard effort on 2<sup>nd</sup>. (400m jog recovery).
- 11-7-01 Pyramid session. 200/400/600/800/1200/800/600/400/200m (200m jog recovery on 200/400/600m efforts, 400m on 800/1200m).
- 18-7-01 Relay session 2 x 10 x 200m (per person) in teams of 3. 1 lap jog recovery between sets.
- 25-7-01 5 x 1200m (400m jog recovery).
- 1-8-01 "Uppers". 2 x 200/400/800/1600m (200m walk/jog recovery. 400m between sets).
- 8-8-01 4 x 1600m (400m jog recovery).
- 15-8-01 "Downers". 2 x 1600/800/400/200m (200m walk/jog recovery. 400m between sets).
- 22-8-01 **THE GERRY GROSSE TROPHY 5,000m HANDICAP RACE/ Wednesday Track Group 5,000m Handicap race.**
- 29-8-01 12 x 400m (200m walk/jog recovery) + 1 x 200m flat out to finish. (PLEASE NOTE. I WILL NOT BE HERE TONIGHT)
- 5-9-01 400/200/800/400/1200/600/1600/800m efforts (200m walk/jog recovery).
- 12-9-01 7 x 800m (200m walk/jog recovery).
- 19-9-01 4 x 1200 (400m jog recovery) + 1 x 400m flat out to finish.
- 26-9-01 "Parlauf" session, 12 x 400m.

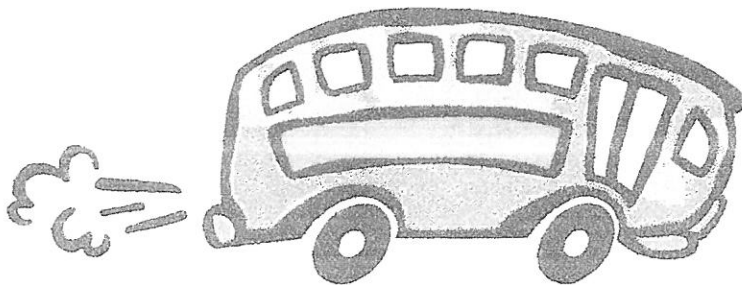
Mike Hickman,  
01494 525474  
e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)



Peter Edington  
Race Director  
Handy Cross Runners  
Lapwing Cottage  
Broombam Lane  
Great Missenden  
HP16 9JD

Contact Kim Rose  
Thames Valley PHAB  
72 Kingsmead Road  
High Wycombe  
HP11 1HX  
Day 07801 724708  
Eve 01494 437774

PHAB Minibus Appeal



Dear Peter,

Thank you so much for your donation of £650 to the Thames Valley Phab Minibus Appeal, the proceeds of this years' Marlow 5, which I understand includes monies raised by two individual runners whom you may be sure I shall write to separately.

I trust we carried out our marshalling duties satisfactorily, I know everybody who attended on our behalf thoroughly enjoyed the morning. You may also be interested to know that we collected a further £80 in our shaker tins during the short time after the finish.

As soon as we get our new minibus, we intend to hold an open day where sponsors and donors can come and view it and this will give us the opportunity to thank people personally. I have you on my mailing list for that so I hope to meet you soon!

We are a self funding operation run completely by volunteers and it is only through the kindness of local individuals and businesses that we are able to continue our activities.

You can follow the progress of the appeal in the Bucks Free Press/ South Bucks Star, who are very kindly assisting with an appeal on our behalf and will provide the public with regular updates. Wycombe 1170 FM radio are also broadcasting appeal updates.

Once again, many thanks,

Kim Rose  
Appeal coordinator



ACCOUNTS 2000 - 2001  
 Balance Sheet for Year Ending 31<sup>st</sup> March 2001

**DEBITS**

**CREDITS**

Balance C/F	937.70	Balance B/F	1705
Dinner & Dance 2000	1569.48	Dinner & Dance 2000	514
Dinner & Dance Deposit 2001	100.00	5 k Series	166
5.K Series	65.25	London Coach 2000	93
London Coach 2000	324.03	Kit	1004
Kit	1432.50	Christmas Disco Raffle	106
Christmas Disco	142.00	Club Subs	2887
Judo Subs	1428.00	Wycombe Half Donation	60
Tax	4.01	Sunday Cross Country	51
Judo Showers	240.00	London Coach 2001	71
Sunday Cross Country	212.08	Cash in Hand	7
Flowers	50.89	Tax Refund	4
Trophies/Engraving etc.	75.99		
Stationery	46.83		
Return Cheque	36.00		
CWS Cheque	169.00		
Club Bulletin	312.06		
Items Purchased	44.00		
May Meaner	304.00		
B.A.A	10.00		
S.E.A.A	143.00		
U.K.A	20.00		
	<b>7666.82</b>		<b>7666.8</b>

Club Treasurer

*D. G. Kennendon*

Club Chairman

*[Signature]*