



# Bulletin

## Editorial

Sorry it's been such a long time since the last Bulletin, but I've been busy studying on a teachers training course for the last six months, which is why you've missed seeing me at the club recently (you haven't missed seeing me? Oh well, "c'est la vie!")

However in an attempt to redeem myself, you will find this is a bumper issue, with lots of articles, jokes and a poem. Many thanks to all the donators.

The terrible death of Dave Nash's son came as a dreadful shock to the club members, who would all wish to pass their condolences to Dave and his family. Everyone in the club is unanimous in their admiration for the way Dave has coped with the situation, carrying on running and still supplying us with the club kit at such a sad time.

Haven't we had some good results lately? Dave Bosley has won the last two 5K's, let's hope he can make it three in a row next week at Datchet, while both Phil and Pete have consistently finished in the first ten places. However the prize for the most consistent finisher must go to John Peerless, who has been just outside the top ten in every race so far this year.

Didn't our ladies team do well in the Ridgeway Relay? Winning again this year for the third year in succession! Many of them have also been achieving pb's recently, notably Sue Fenn, Alison, Debbie R and especially Helen, who has established pb's at several distances already this year, what an advertisement for motherhood, or is it Alex's training?

Other notable club successes have been our 5K, the Marlow 5, which attracted 860 entries with 703 finishers this year, the Silverstone 10K, Pednor 5 and the May Meander, while on the social side the annual

dinner and dance this year was better than ever, as you can see from the pictures! Let's hope we have some fine weather for the Wycombe half marathon next week to help continue the club's successful summer.

While still on the theme of success many, congratulations to Alex, Mike and Margaret who have all completed their massage courses and are now fully qualified. Mike and Alex are offering their services to club members at a 50% reduction in normal price and are working at the Judo club or in members' homes. See Mike's article for details.

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July 2002

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## In This Issue

A new schedule for Alex's Tuesday night Sessions and Mike's Wednesday night Track Programme, reports on the Shakespeare Marathon, Adventure Race Training, The Military Challenge, The Grizzly from Mary Kirman's viewpoint, the Tale of Timmy Trotter and a mystery runner to identify from the clues in a poem.

## Lifestyles

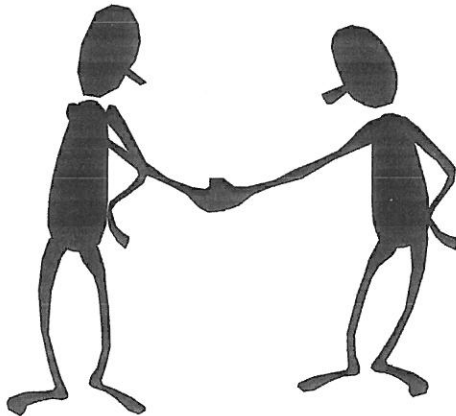
Would all Lifestyles gym users please note that the cost of our corporate membership is increasing from £180.00 to £192.00 for the coming year starting 1<sup>st</sup> August. Mike had a moan about the size of the increase, and Wycombe Leisure told him that they will keep the price at £192.00 for the following year also.

Membership is open to all members (of six months standing or more) and their immediate families. See Mike for details of how to join.

## Welcome to New Members

We've had a number of new members join recently and I've only just got round to welcoming them in the Bulletin. So just to prove we are pleased to see you, a warm welcome to the following:-

Marion Baker, Susan & Russell Fenn and John Saunders.



If any of our new members have not been mentioned or have not received a Bulletin, please let me know.

## Who wants to do the Summer Tough Guy?

I have an unwanted number for this exciting event (also called 'The Nettle Warrior') which will take place on Sunday 28 July.

Unfortunately due to other commitments (actually I have a free ticket to the Farnborough Air Show with free food and drinks) so regrettably I will not be able to do this event that I had so looked forward to!

If you would like to take my place, please let me know and you can have my number for free!

## Ridgeway Relay

Another brilliant success story for our ladies team (The Hermoans) winning again for the third year in succession! Well done to Liz, Sue N, Penny, Debbie J, Angie, Jo, Debbie R, Margaret and 'honorary' women Pete Edington and Trevor Hunter.

A special mention for Debbie Ridout who had already competed in the Penn 7 in the morning before running her leg of the relay in the afternoon.

They finished 15<sup>th</sup> in twelve hours and twenty nine minutes, just one place and only eight minutes in front of Headington Ladies (the equivalent of five seconds per mile faster).

Our men's team (The Pheromones) consisting of John P, Dave L, Jock, Me, John D, Paul, Dave R, Duncan and ladies Ellen and Ann, finished 9<sup>th</sup> in eleven hours and forty three minutes, while our third team (The Wycombe Wanderers) included Sally, Barbara, Sue B, Sue F, Mike, Russel, Steph, John B, Nick and Rod and finished 19<sup>th</sup> in twelve hours and fifty minutes.

To put the results in context, there were twenty-eight teams of ten runners each, the fastest (Reading Roadrunners) finished in just under ten hours and the slowest in just under fifteen.

Once again this was a magnificent club effort and took a great deal of co-operative and individual effort for all the runners to be in the right place at the right time.

Of course most of the success is down to Nick Martin for his organisational skills and the enthusiasm he brings to the event (in fact he is so well organised that he also ran in the Penn 7 while this event was in progress) but it also shows what a strong team spirit exists in the club.

## The Grizzly 2002 - A Supporter's Eye View

So here was the Grizzly again, round very quickly this time because of the delay of last year's event to October because of foot and mouth. Off I went to Tesco in Salisbury with my list of essential items as prepared by Tim, including cheese and onion pasties and Snickers bars. Great diet!

We travelled down on Friday night, and booked in to our self catering holiday flat with a fantastic view over the harbour. Saturday didn't disappoint me weather-wise. Every time I have been to the Grizzly, whether in March or October, it has been gloriously sunny and warm. This time there was a bit of a keen breeze which shunted a few clouds over the sun from time to time, and produced a brief, light shower, but otherwise it was great.

We made our regular trip round the cheapo shop in the High Street, but made just a few purchases compared to last October, when Tim was so impressed by the price of the dustbin sacks that he splashed out on two rolls, only to get home and discover they don't fit the dustbin...hmmm, could this be why they were so cheap?

Then at 12 o'clock we set off to walk over to Beer, where we thought we would have lunch in the Anchor. But we were there by 12.40, so we carried on to the Fountain Head, arriving shortly before 2.00 and therefore in time for an excellent lunch and at least a pint of their yummy scrumpy. We headed back via Branscombe Mouth, and of course this entire four and a half hour trip gave Tim an ideal opportunity to check out the course conditions. Not only that but it provided me with the excitement of a blow by blow account of how Tim

feels at every point on the course, as described by him while we walked it.

I should add that those of you who have run the Grizzly and experienced the delights of the bog, will be pleased to know that I made a miscalculation when crossing a similar area churned up by cows, and ended up stuck in mud nearly over the top of my wellies. The unchivalrous Tim merely laughed heartily, said it was my own fault for not following him, and threatened to take a photo.

Saturday night brought the pasta party at the holiday camp, which was a disappointment after previous years, and the meeting up with the Handy Cross crew. I won't go into details of the entertainment that followed, which Martin politely skimmed over in his report, except to say that I do think that if Dave Leighton had been present, there may well have been some serious barracking!

And so the Sunday dawned, I would like to say bright and sunny, but sadly it was not. It was foul, wet and extremely windy. And not only that, but disaster in the Jefferson camp - we'd left the cheese and onion pasties at home in the fridge! However, with all other food, drink and clothing items stowed in the rucksack, Tim and I set off down the road, and were blown around the corner onto the seafront.

We were met by the sight of less people than usual, which was not surprising considering the weather. As I took up my vantage point on the ramp above the start, I could hear the warm up session in full flow conducted by the lady in a leotard - far be it from me to contemplate why certain Handy Crossers consider this to be an essential part of their pre-race training.

And so they were off, streaming down the promenade with the cheers and applause of the crowds giving way within a few minutes to the incredible crunching of thirteen hundred pairs of trainers along a shingle beach. And next thing, they were back again, a bit more spread out now but with the Handy Cross vests easy to spot in the crowd as they headed out of town. So what does the trusty supporter do now? Leap into the car to follow her beloved? No, let's be practical. She goes to the Co-op to buy more cheese and onion pasties of course, and then leaps into the car, accompanied by Debbie.

A few incidents of road rage later - why do old people drive big cars down narrow, country lanes with high hedges if they aren't capable? - and we arrived at the Village Hall in Branscombe. For the first time ever, I got here before the first runner, and so we waited a short time until they started coming through. Unfortunately, the runners crossing the road here coincided with the locals leaving the Mothering Sunday service at the village church. More road rage, but not mine this time!

We spotted the familiar red and white vests as they came through and shouted wildly. Maybe some of you don't know your own names, because it took a while before you twigged it was you, yes you, we were supporting! Sorry to put you off your stride patterns and interrupt your intense concentration! Tim is a veteran of my supporting act and so he was the only one to be expecting me, and as ever to put on a cheesy grin ready for the camera.

The supporters then had to make a tactical decision - you runners think you have the difficult bit, but supporting is no easy matter I can assure you! - to set off on the brisk walk to the Fountain Head before seeing the last Handy

Crossers come through at the Village Hall. Sorry guys, but otherwise we'd have missed the quicker ones at the pub. On arrival Debbie got the drinks in, and on my recommendation went for the scrumpy. One sip later, she spluttered that it was rather strong stuff, but then seemed to develop a rosy glow as she progressed through it!

The great thing about the Fountain Head (apart from the scrumpy) on race day is the live music, but the bad thing is that all the runners try and pinch your drink, and think it's funny! As an experienced Grizzly watcher I could tell that the course was comparatively easy, because every one came through looking bright and cheerful, instead of grimacing in pain which is the norm. Tim bounced up to inform me he was "going for it" but unfortunately I didn't quite realise the implications of this, because by the time we'd seen everyone else through at the pub, walked back to the Village Hall, driven back to Seaton, parked the car, done our hair (why we bothered, I don't know!) and walked along the seafront, he'd finished. Whoops!

Fortunately our nephew, who'd come 4<sup>th</sup> in the Junior Cub Run and did actually manage to see his Uncle Dim finish, found me in the crowd, so I could duly proffer my congratulations, not to mention additional clothing and the famous cheese and onion pasties. Another first, as a result of the quick times, was making it back to the holiday camp bar for the presentation of the prizes. This was followed by a very enjoyable afternoon in the Hook and Parrot downing pints of cider now my driving duties were over, and going through most steps of the race with the tired but jubilant competitors.

Well done you all, thanks for a great time, and see you next year!

## Adventure Race Training

For those people who didn't see the article in Runners World, Adventure Racing is an up and coming sport involving teams of three people in running, cycling, canoeing and abseiling. A race can be five hours long for novices and up to five days for experts.



Not being that adventurous, I thought a weekend on a training course would be a good idea to see if it was really for me. The venue was in the Forest of Dean (how appropriate) with accommodation in Field Study Centre, rather like a Youth Hostel. The weekend began on Friday evening with twenty-seven people enjoying an excellent meal and a short walk to the local pub, good so far!

The next morning started with a 5k run at 7 o'clock followed by a substantial breakfast and a lesson on map reading. Then we were given a few tips about mountain biking before mounting them for a ride along forest tracks to a beautiful lake called Mallards Pike, where all the outdoor activities were centred.

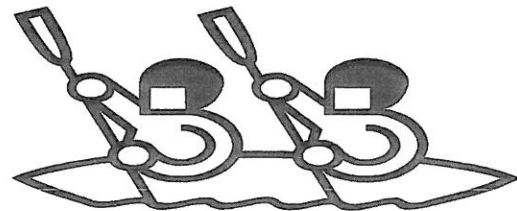
The group were split into two, one half armed with maps and compasses to go on a trail run, the rest practising in canoes for two hours then swapping over for a further two before lunch. After lunch it was mountain biking and abseiling before returning to shower and a talk about kit before an excellent dinner with plenty of wine. We were then divided into teams for the following days race and given maps with checkpoints to plan our strategy.

Final details were decided in the pub, after which everyone slept very well!

The race was over 4 hours and started at 10 o'clock. Penalty points were deducted for late finishing and each checkpoint was worth a number of points reflecting the degree of difficulty in finding it and/or the distance travelled. The first two hours were running and involved getting wet, muddy, scratched and bitten while the second two hours on the bikes was more of the same.

My team finished sixth out of ten, but it isn't the fittest or fastest that necessarily do well in these events where teamwork is so important.

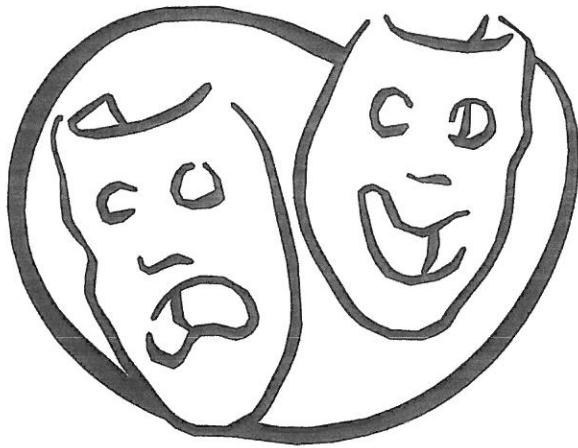
Unfortunately the race was unable to incorporate canoeing or abseiling so was not entirely authentic, but it was a good indication of what is involved.



The organisers of the weekend also run a series of one day races at the Royal Military College at Sandhurst, the next is in July followed by one more in September and I would like to form a team (or more than one if enough people are interested) to have a go. Teams can be male, female or mixed and an enjoyable if tiring day is guaranteed.



## Pantomime Time



I know the summer has only just started, but the Wycombe Swan have already contacted me about the next Christmas panto!

This will be *Cinderella*, which starts on Friday 13<sup>th</sup> December. As so many people said last time that they would have preferred to have gone before Christmas, I have provisionally booked twenty seats for the first nights performance at £10.50 each (a reduction of £4 per seat) I will need to confirm the numbers by the end of September, so if you want to go, pencil it in your diary now and let me know.

However before the panto and also at the Swan, there is the musical *Return to the Forbidden Planet* from the 14<sup>th</sup> to the 19<sup>th</sup> of October. This is a unique combination of Shakespeare, a 'B' Movie and a Sci-Fi comic with lots of fifties and sixties music. Definitely not to be missed. We can obtain a discount of at least 10% if sufficient numbers of people are interested, so let me know and I will reserve some seats early.

Some interest has also been shown about travelling further field to see *Mamma Mia* and to The Mill at Sonning. I will look into these proposals further and let you know possible dates and prices.

## May Meander

Twenty Handy Cross Runners turned up at Naphill Common one Sunday morning in May (strangely enough) to follow a trail of (legal) white powder through the woods in our first introduction to 'hashing'.

Disappointingly enough the white powder turned out to be only flour, but it made an excellent trail for the five teams of four runners to follow.

It all sounded simple enough and started off quiet easy, but after a while the distances between piles of flour became longer and each cross track presented a choice of routes, which called for some team work to quickly find the correct one.

In the end, the winning team of Russell Fenn, Sue Neale, Rod Palmer and Phil Stephens won by the narrowest of margins (two seconds) while even the teams who got lost were only ten minutes behind.



The event ran so smoothly that we were left with time on our hands before the pub opened, so a short time filling run was proposed. However this turned into almost a marathon before we returned to The Wheel for well earned beer and sandwiches.

Thanks again to Nick and Mike for organising a most enjoyable Meander.

# The Tale of Timmy Trotter

By "A Running Widow"

Once upon a time, there was a little boy called Timmy who loved to run and jump. He was bursting with energy and chatter. When he was eleven, he went up to the big school, and because he still loved to run and jump, he joined the athletics team. He was very good, especially at triple jumping because he had long legs.

By the time he went into the Sixth Form, he was called Tim, because he was grown up. Tim had also discovered that it was fun to go out to pubs - and with girls - and so he didn't do so much running and jumping because he didn't have as much time.

Then Tim realised that two wheels were better than two legs for getting about on a daily basis, and so he saved up all his money from his paper rounds and bought a motor bike while his Mummy and Daddy were on holiday. They weren't very pleased with Tim when they got home.

So for the next few years Tim studied, and then he worked, and all the time he played with his motorbikes. He loved them! He loved to go fast, so he raced them. It cost him a lot of money but he had lots of fun, and made lots of crazy friends.

Sometimes he fell off, and then it wasn't so much fun, although the helicopter ride to hospital on the Isle of Man was exciting. And at least he got his own back on the chap who caused him to fall off at Donington, by taking a swing at him when they ended up in the same ambulance!

Then one day Tim got together with Mary. For a few years he still raced motorbikes, and Mary came along to watch, and to cheer him on.

Then they bought a house in High Wycombe, and because they needed more money, Tim had to sell his motorbikes. Tim was very sad, but because he still wanted to be involved with motorbikes, he joined the committee.

Once a month, on a Sunday morning, off he would go to Newport Pagnell for meetings to talk about motorbikes. As well as this, because Tim wanted to keep up with all the crazy friends he had made, he and Mary would still go to watch races. Tim would talk about fascinating things like sprockets, pistons and gaskets, and Mary would sit in the bar and have a drink or two.

One day Mary got fed up of her neighbours asking why she spent so many weekends on her own working in the garden, and indicated that she would prefer it if Tim stopped being on the committee.

Tim still had lots of energy, even if he didn't have as much money, and remembering that he had always liked to run and jump, he decided to go jogging in the woods up behind their house on Sundays, just for fun, and because it was a cheap hobby.

Several times Tim met a man in the woods (no, this isn't going to be *that* sort of story), and one day this man stopped Tim, told him his name was Vernon, and asked him if he would like to join a running club.

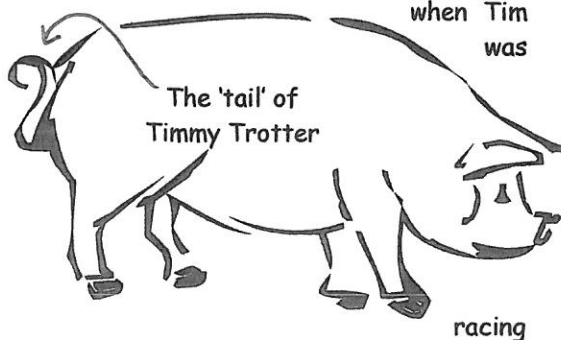


Tim was very interested in this idea, and so one day off he went to the Handy Cross Joggers Club. And there he met lots of crazy people, and became friends with them. Sometimes he went on a Tuesday evening, sometimes he went on a Thursday evening, and sometimes he did both!

But whenever he could, he went on a Sunday morning, because that was the most fun. And guess what? Mary was left to do the gardening all on her own again!

The more time that Tim spent at the running club, the more interesting he found it, and so he started entering races. Of course, this meant that he had to buy the proper clothes and equipment. Sometimes it meant he had to stay away, and spend money on accommodation, food and drink. So it ended up being not such a cheap hobby after all, but Tim was very happy, and of course he was fit. This was very important now he was getting old.

Mary had heard so much about Tim's running club that she decided to go along to the races as well. It was good fun to watch, and just like the old days when Tim was

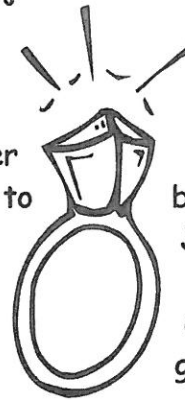


on two wheels instead of two legs, she got to cheer and shout, and to have some fun with some crazy people. And whenever she could, she managed to have a drink or two in the bar, so all was well that ended well.

THE END

## Becky's Getting Married!

We've just heard that popular former club member Becky and her boyfriend Matt are to be wed next July. I'm sure everyone in the club will wish to give them their congratulations.



## Dates for your Diary

### Gerry Grosse Trophy.

This year's running of this ever-popular event will take place on September 4<sup>th</sup> meeting at 7:00pm on the track at High Wycombe Sports Centre.

Sunday 18 August Burnham  
Beeches Half  
& Jog Shop Jog

Sunday 25 August Headington 5

Sunday 15 September Chiltern  
Marathon

Friday 13 December Cinderella  
at the Swan

Friday 20 December Christmas  
Disco

## The Shakespeare Marathon

I have often wondered why this Marathon either coincided with London or fell on a date close to it. When I entered this year I found it is run on the weekend closest to the great bard's birthday (23<sup>rd</sup> April if you didn't know). Obvious really.

This year, having been rejected again from London and having withdrawal symptoms from not running a marathon for over a year, I decided to give it a try.

Being a last minute decision, I hadn't really trained for a marathon, "but what the hell" I thought, "anyone who can complete the Compton 40 can easily run twenty-six miles can't they?"

At first things went well. The start outside the theatre was very impressive and the first mile round the centre of historic Stratford Upon Avon was well supported. After eight miles I caught Debbie and Sue, who were beginning to suffer from the heat towards the end of their half marathon.

Starting the second lap was fine, but confidently anticipating a left turn as in the first lap, but at the sixteen mile point in the second, we were directed straight on, through an interminable number of villages, before finally heading back towards Stratford along the track of an abandoned railway, which stretched on in a dead straight line as far as the eye could see. The surface was white and dusty, reflecting the heat, which by this time was quite intense. An afternoon start is not to be recommended for a marathon!

With six miles still to go my mental minutes per mile calculations were finally abandoned to just concentrate on finishing. It seemed odd that the second lap was longer than the first and then, with the finish in sight at last,

the course headed out on an extra loop, seemingly just for fun!

But eventually it was all over and I finished in under four hours, which was quite pleasing. The showers were cold, but I was lucky because the people who came in after me found there was no water left at all!

The finish was conveniently close to the car park, but the queue to leave was enormous and very, very slow. Advice to anyone thinking of going next year is to arrive early and park as far away from the finish as possible. Fortunately Trevor Hunter had arranged for us to have meal in the evening in a restaurant close by, so we were able to leave in comfort after the rush.

Handy Cross Runners were hoping to do well in this event, but unfortunately Trevor couldn't run due to a virus and Pete picked up an injury during the race. Phil and John did well, finishing in eighth and twenty-first places respectively, while everyone else blamed the heat for their disappointing performances.

### Results

#### Half Marathon

Phil Stephens in 1.18.24 (8<sup>th</sup> place)

John Dooley in 1.21.22 (21<sup>st</sup>)

Pete Edington in 1.28.53 (64<sup>th</sup>)

Nick Martin in 1.36.42 (158<sup>th</sup>)

Paul Palmer in 1.40.35 (236<sup>th</sup>)

Sue Neale in 1.52.29 (519<sup>th</sup>)

Debbie Ridout in 1.53.09 (539<sup>th</sup>)

#### Marathon

Trevor Free in 3.31.41 (58<sup>th</sup>)

Martin Dean in 3.52.47 (144<sup>th</sup>)

## The Military Challenge



This event was advertised as an opportunity to "Do something you'll never forget" an opportunity to run in 600 acres of unspoilt, traffic-free Surrey heath and woodland - never before open to the public, followed by a 26 obstacle Army assault course, "designed to get your blood pumping, adrenaline rushing and knees wobbling!"

Actually it was a 5, 10 or 15 military km (i.e. not a measured kilometre) cross-country run followed by a not too terrifying assault course at the Army Training Regiment in Pirbright.

The pre-race literature maintained the hype by warning arriving competitors not to be "shocked or offended by a man on the gates pointing his big weapon at you!"

When we arrived it was mostly boy soldiers and women manning the gate and no weapons, big or small, in evidence.

Pre-race instructions were shouted by a RSM in true parade ground style and fifteen minutes before the start we had a 'military style' warm-up, which was no harder than an aerobic work-out.

The cross-country course was mostly through woodland, hilly but dry and no problem for the average club runner. However the tree roots were a hazard and I managed to cut my knee tripping over one.

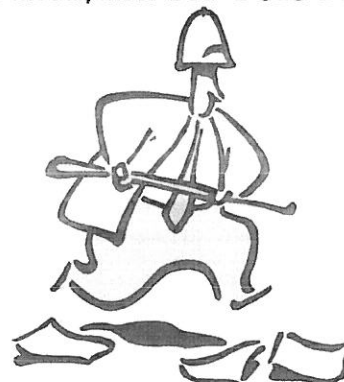
The Army insists that arms and legs are to be fully covered and a safety helmet worn when tackling the assault course, so the choice was whether to run the cross country comfortably in vest and shorts, carrying tops, trousers and your own cycling helmet, or endure a warm run in long sleeves and bottoms and borrow a 'shared by all' Army helmet for the assault course.

The twenty-six obstacle assault course itself was 400m long, with Army PTI's at each obstacle, which had to be either climbed, crawled through or under, vaulted over, swung off, balanced on and jumped from, or any combination of these, with plenty of water to fall in if you slipped.

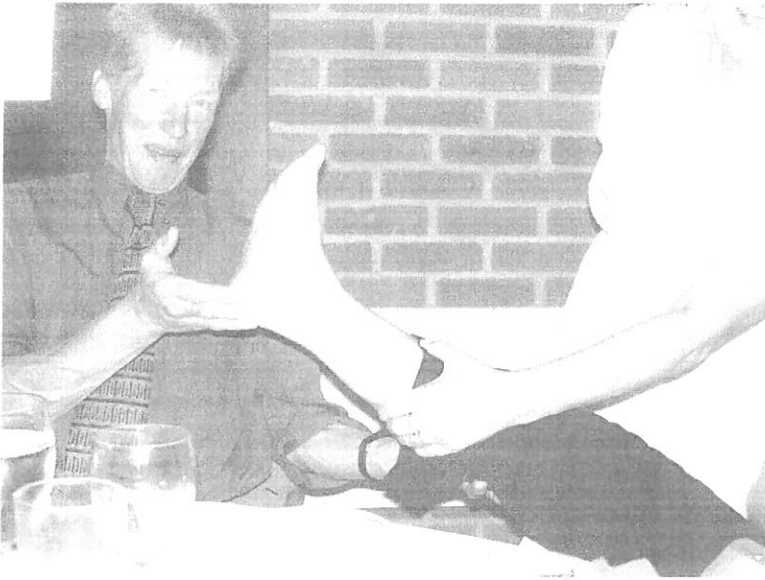
If you didn't mind heights and had good balance, these weren't too terrible, although I managed to fall off a small wall and cut the other knee!

Our ladies team of Ann, Angie, Eri and Evie successfully tackled the 10 foot wall, which was compulsory for teams, but both Ann and Angie fell off the monkey bars into 3 feet of water, which they claimed was most refreshing!

At the finish, everyone received the Military Challenge medal, inscribed "I DID IT!"



More Pictures from the Dinner



Does the Editor have a foot fetish?

Yo, Sister...



What a dress!



## The Nice Girls at Handy Cross Dinner

This year's dinner and dance had not one but two great cabaret acts and famous ones at that! After his holiness the Pope, accompanied by the Singing Nuns, we had the surprise appearance of the Nice Girls, and weren't they!

During the evening the Handy Cross Runner of the year was elected and this year the unanimous choice was Dave Nash. Chairman Alex Johnson also awarded prizes to Debbie Jones (for travelling a long way to events) and Mike Hickman (for the largest number of mentions in the Bulletin)



This rounded off a super evening at Adams Park where the food and service was of the usual high standard, the live band excellent and the company wonderful.

Many thanks to Debbie (Baby Spice) Ridout for organising such a splendid evening.

## Results

### Pednor 5

John Peerless in 30.06  
Peter Edington in 30.54  
Ken Hemmings in 33.44  
Mike Blowing in 36.50  
Margaret Moody in 36.56  
Debbie Ridout in 38.37 (pb)  
Peter Astles in 39.14 (pb)  
Mike Hickman in 39.22 (pw)  
Angie McCloughlin in 40.23  
Keith Hicks in 42.16  
Gerry Grosse in 42.40

### Princes Risborough 10K

Trevor Hunter in 34 .30  
John Peerless in 36.50  
Martin Dean in 44.04  
Sue Fenn in 46.47 (pb)  
Debbie Ridout in 46.49 (pb)  
Liz Davey in 49.28  
Mike Hickman in 51.09  
Pat Carter in 55.30

### Datchet 10K

Margaret Moody in 42.48 (pb)  
Sue Fenn in 48.04 (pb)  
Russell Fenn in 48.28  
Ian Murdoch in 52.32 (pb)

### Wargrave 10K

Debbie Jones in 43.38  
Sue Fen in 48.33  
Russell Fen in 48.41  
Helen Murdoch in 54.37 (pb)  
Alison Alexander in 59.30 (pb)  
Sue Walker in 66.14

### Silverstone 10K

Nick Martin in 39.40  
Sally White in 39.43 (3<sup>rd</sup> lady vet)  
Debbie Jones in 42.00  
Sue Neale in 46.24  
Jo Payne in 47.23  
Penny Fisher in 50.57

## Here are the jokes folks!

### Satan goes to Church

A few minutes before the service started, the townspeople were sitting in their pews and talking when suddenly, Satan appeared at the front of the church.

Everyone started screaming and running for the entrance, trampling each other in a frantic effort to get away from evil incarnate.

Soon everyone had exited the church except for one elderly gentleman who sat calmly in his pew without moving, seeming oblivious to the fact that God's ultimate enemy was in his presence.

So Satan walked up to the old man and said,

"Don't you know who I am?"

The man replied,

"Yep, sure do."

"Aren't you afraid of me?" Satan asked.

"Nope, sure ain't." said the man.

"Don't you realize I can kill you with a word?"

asked Satan.

"Don't doubt it for a minute," returned the old man, in an even tone.

"Did you know that I could cause you profound, horrifying, physical AGONY for all eternity?" persisted Satan.

"Yep," was the calm reply.

"And you're still not afraid?" asked Satan.

"Nope."

More than a little perturbed, Satan asked,

"Well, why aren't you afraid of me?"

The man calmly replied,

"Been married to your sister for over 48

years."

If you think that's a bit sexist, here's one for the ladies:

### Lady Bears

If you're a bear, you get to hibernate. You do nothing but sleep for six months.

I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid.

I could deal with that, too.

If you're a bear, you give birth to your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute cuddly cubs.

I could definitely deal with that.

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too.

I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling.

He EXPECTS that you will have hairy legs and excess body fat.

Yup..... I wanna be a bear.

## Alex's Tuesday Night Training Programme

Sorry, not available as my computer refused to download the attachment to Alex's e-mail.



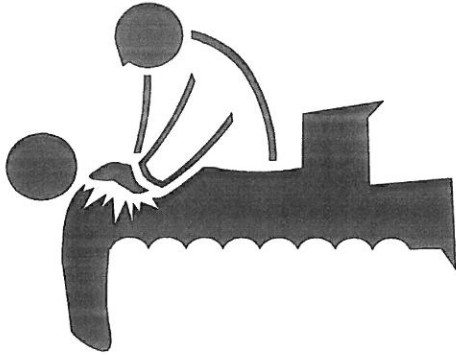
WEDNESDAY TRAINING PROGRAMME UP TO 25-9-02.

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.

- 3/7/02 NO SESSION. MAIDENHEAD 5k.
- 10/7/02 6 x 800m "Differentials". Brisk effort (5k pace) on 1<sup>st</sup> lap, hard effort on 2<sup>nd</sup>. (400m jog recovery).
- 17/7/02 2 x 10 x 200m. (200m jog recovery), 4 min's. rest between sets.
- 24/7/02 Pyramid session 400/800/1200/1600/1200/800/400m (200m walk/jog recovery - 400m after 1200 & 1600m).
- 31/7/02 5 x 1200m. (400m jog recovery).
- 7/8/02 "Downer" 2000/1600/1200/800/200. (400m jog recovery).
- 14/8/02 4 x 1600m. (400m jog recovery).
- 21/8/02 Parlauf session. 12 x 400m.
- 28/8/02 "Step ups, step downs". 6 x 200/400/200m (200m walk/jog recovery)
- 4/9/02 **THE GERRY GROSSE TROPHY 5,000M HANDICAP RACE / Wednesday Track Group 5,000m Handicap Race.**
- 11/9/02 6 x 800m. (400m jog recovery)
- 18/9/02 Relay session 2 x 10 x 200m (per person) in teams of 3. (4 min's. rest between sets).
- 25/9/02 4 x 1200m (400m jog recovery), followed by 1 x 200m at full effort.

Mike Hickman,  
01494 525474  
Mobile 07947309923  
e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)



*SPORTS MASSAGE  
FOR CLUB  
MEMBERS ONLY  
£15.00*

Alex and I have completed our Sports Massage course and are now qualified as Sports and Remedial Massage Therapists.

We would like to thank those of our members who came to the college and let us practice our massage techniques on them. Thanks also to those who agreed to act as our case studies.

We have learned how beneficial regular massage can be, especially to people taking part in sports. It keeps the muscles and other soft tissues in good condition and thus can prevent injuries occurring. It can very quickly cure the minor niggles that most of us suffer with from time to time, and can prevent them from developing into major problems. It can speed up the healing process for those unlucky enough to have sustained an acute injury, and can bring about great improvements to chronic conditions caused through overuse.

To enable our fellow members to benefit from the effects of regular massage, we are offering a 50% reduction in the cost of treatment. So for £15.00 you will get a sport specific massage lasting an hour. A full body massage lasting one and a half-hours, will cost £22.50.

We have been trained to be very professional in our approach to massage. Contrary to the general belief within the club, we are readily willing to treat male clients as well as female. For those of you who might be worried about our moral characters, we can put your minds at rest, as we both have had to agree to police checks as regards to the work that we do as athletics coaches. You will not be risking life and limb either, as massage is considered so safe that I have been granted third party liability insurance cover to the sum of £3,000,000.00.

We have been given the use of the treatment room at the Judo Club, which is fully equipped with an adjustable couch, and are taking it in turns as to which nights we occupy it. We also have our own portable treatment couches and are quite happy to treat people in their own homes.

**Bookings can be made by telephone or e-mail.**

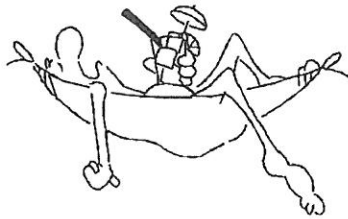
**Contact:-**

**Mike on 01494 525474 (Home) 07947309923 (Mobile)**  
e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)

**Alex on 01628 523322 (Home) 07802791878 (Mobile)**  
e-mail [2johnsa@uk.ibm.com](mailto:2johnsa@uk.ibm.com)

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**TIM JEFFERSON & MARY KIRMAN  
GARDEN PARTY 2002 !!!**



As you can see, Tim and Mary have been working really hard on their latest garden, which had suffered a few years of neglect.

They would like to invite you to reap the rewards of their labours on:

Saturday 27<sup>th</sup> July  
From 3.30 pm onwards

i.e. come and go when you please to suit your own / family requirements!



As ever, we'll provide a selection of grub and grog,  
but any additional donations of drink will be gratefully accepted!

R.S.V.P. to Gerrards Cottage, Sutton Road, Fovant, Salisbury. SP3 5LF.  
01722 714516

timj@thehumanchain.com  
maryk@thehumanchain.com

## A RUNNER'S TALE

For fifty years I'd done my best all exercise to shun,  
The archetypal couch-potato was me in 'ninety-one,  
I didn't own a bicycle and I could hardly swim,  
There was no way wild horses would drag me to a gym.

A set of basic golf clubs would set me back a 'oner',  
So with breath-taking naivety, I thought "I'll be a runner!"  
(How was I to know a runner has to pledge his life,  
And that to run is more important than his children or his wife?)

So I joined the local running club, Handy Cross by name,  
Always bringing up the rear was my only claim to fame,  
But even so I persevered and in time became much faster,  
For I was now a servant, and running was my master.

I became the county champion, not too hard to do,  
For their old legs were wearing out, while mine were good as new,  
Five Ks, ten Ks, halves and fulls, running was my fix,  
It was great to be a runner way back in 'ninety-six.

Quite soon I'd run four Londons, three-twelve was my PB,  
Good enough for others, but not enough for me,  
For surely on the fast start with no queuing at the gate,  
A sub-three would be likely if I upped my mileage rate.

So I started running twice a day, eighty miles a week,  
What's an odd knee niggle, or a little ankle tweak,  
For now I was a runner and had a runner's brain,  
Not for me R-I-C-E , I could run through pain.

But for years of pavement-pounding the price to pay was great,  
And my body hit the buffers hard, in nineteen-ninety-eight.  
So I saw a host of experts, and spent a load of dough,  
Just to listen to opinions that I didn't want to know,

Though they finally convinced me my last race had been run,  
I'd come way back in second place, and Father Time had won.  
No pressure now, no stop-watch, no need to watch my weight,  
No fartleck, paarlauf, track sessions, who cares about heart-rate?

No hills, no drills, no creatine, no more sweaty socks,  
My life was back to normal ~ watching footie on the box.  
Of course I felt despondent when I still recalled so well,  
How the streets of Deptford echoed with shouts of "Come on Tel!"

But I still had my memories to last me through the years,  
And I'd be reminded daily of my precious souvenirs ~  
A drawer half-full of medals, cups and several XL Tees,  
A dodgy back, a bunion and a pair of knackered knees.

I never planned a come-back, though I couldn't rule one out,  
What's a touch of arthritis or a painful dose of gout,  
And though I'd rather be a has-been than a never-was,  
I missed not only running but good times at Handy Cross.

### *Epilogue 2002*

Now you'll find me in the beechwoods, or jogging by the stream,  
No time now for personal bests only time to dream,  
And enjoy the sights I'd once rushed by, and the views I'd failed to see,  
Like the half-dressed Lycra lovelies who stop to wait for me.

CAN YOU GUESS THE MYSTERY RUNNER?



ACCOUNTS 2001 - 2002  
Balance Sheet for Year Ending 31<sup>st</sup> March 2002

**DEBITS**

Balance C/F	297.09
Kit	1540.00
Greyhounds	795.00
Dinner and Dance 2001	1664.43
London Coach 2001	350.96
Tax	6.91
Judo Club subs	1380.00
Christmas Dance	175.00
5k Series	43.84
Pub runs	550.00
Postage and Stationary	46.88
Trophies	50.70
BBQ night	45.02
Club Kit	274.89
Bulletin	199.25
S E A A	143.00
Bucks A A	10.00
Dinner and Dance 2002	350.00

**7922.97**

**CREDITS**

Balance B/F	937.70
Kit	1224.50
Greyhounds	442.00
Dinner Dance 2001	1660.00
London Coach 2001	320.50
Tax refunds	6.91
Club Subs	2948.00
Christmas raffle	103.00
5k Series	105.00
Net interest	27.67
Donations	27.00
Cross Country	23.50
London Coach 2002	84.00
Cash in hand	13.19

**7922.97**

Club Treasurer

Club Chairman