


# Bu**l**l**e**t**i**n



**H**andy Cross Runners have been 'on tour' on the last Thursday in April, May and June. To make a change from running on the same old paths to and from the Judo club, we met at Great Kingshill in April and had an enjoyable run followed by a barbecue at Astle Towers, with food provided by Mike (and I won't even suggest it was past its sell by date).

Next was Nick and Lucy's effort from the outskirts of Slough round Black Park and back to the ICI sports club for eats. The last run was organised by Mike Hollis and was around the Medmenham area. Our thanks to all of them for planning these events and lets look forward to some more before the nights draw in.

We did it again! Our ladies team won the Ridgeway Relay, beating Headington by just over two minutes in a time of 12:44:45 to finish in 11th place. We also had three other teams, finishing in 15th (12:50:53), 29th (14:37:00), and 34th (15:44:01) places, a magnificent team effort! Well done to Nick Martin who managed to raise forty runners and helped many of them by running their individual legs in countless practise runs. Also to Debbie Jones who ran two legs on a very hot day.

The 5K series has been a great success so far with up to 400 runners in each race and with over 70 from Handy Cross.

Trevor has finished in first and second place overall while Julia has finished as second female. Sally has achieved first, second and third FV40 places while Margaret has achieved the same results in her category. Benji and Vernon have taken advantage of recent birthdays and finished first in their age categories.

Other notable achievements have included several top ten finishing places for Frank Fulcher, second place for Penny Cutler and third place for Ellen in in their categories and second and third place finishes for Dave Bosley and Phil Stephens in theirs.

Both Debbie Ridout and Alan Songhurst have achieved impressive pb's while Gerry Grosse travelled up from Somerset to run at Marlow. Des Mannion began his comeback at Maidenhead following a foot operation.

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## London Marathon

I only saw five of our runners in the London Marathon from my viewing point under Charring Cross bridge just before the 25 mile marker, but I was very struck by the differences in style and appearance.

First to come along was Dave Leighton, who stopped on the opposite side of the road to me, stretched his hamstrings on the bridge parapet and breezily carried on.

Next was Rod Palmer, running comfortably in the middle of the road and looking very cool in his shades, but then I suppose by twenty five miles he had only just warmed up!

Then came Sally, smiling at everyone and looking very happy in spite of her foot problems (I think she was just glad to be near the end).

Not quite so happy was Pete Astles, who shuffled past clutching a bottle of water like a comfort blanket. He certainly didn't hear me shouting his name.

Finally Pete Edington crept past me on the far side of the road, looking as if he wished he hadn't won a number in last years draw.

Unfortunately I had to leave at that point and catch a train back, but I'm glad I missed the chaos at the finish.

Apparently it was so bad that two people missed the coach and although having no money, caught the train back without a ticket. When the ticket inspector threatened to throw them off, the other passengers had a whip round to pay for their fares!

Restores your faith in humanity doesn't it?

From the Bucks Free Press  
Friday 13th May

## Thanks to all

I AM sure you would have already received a report about the Marlow 5 running event on Sunday, May 8 but I think the volunteers who gave up their time to stage the event are worth a mention in the way of a big "Thank You".

Members of Handycross gave up a Saturday afternoon to pack 1,200 goody bags and they arrived with families in tow.

The children were a great help on both Saturday and Sunday and were brilliant.

Margaret Moody  
Southfield Road  
Flackwell Heath

And a big 'thank you' to Margaret for letting us use her garden and keeping us well supplied with food and drink!

## Well Done Tell

Our congratulations go out to Terry Eves who recently won the Miss Lane End Wet T-Shirt contest.

He inspirationally suggested the event during a recent Saturday morning run after two hours of incessant rain.

However, following his magnanimous offer to judge the event, his four female companions unanimously awarded him the title!

## You Read It Here First!

The editor has finally had to succumb to the overwhelming requests and increasing clamour (mainly from myself) to reprint the following classic (recently published to great acclaim in The Daily Mail) which I feel is not only of great literary merit, but also of great relevance to us as runners, but has been unkindly referred to by some (my family) as The Saga Of A Sad case.

### 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 could 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 ?)

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 K's ten K's - ran them all, running was my fix,  
It was great to be a runner way back in ninety-six !

And then I ran the "London", 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 training 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 fartlek, parlauf, track sessions who cares  
about heart-rate ?

No hills, no drills, no creatine, no more sweaty socks,  
My life was back to normal watching football  
on the box.  
Of course I felt despondent when I still  
recalled so well,  
How the streets of Deptford echoed to 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 T's,  
A dodgy back, a bunion and a pair of wonky knees.

### Epilogue 2005

I'd love to make a comeback though I've had to  
rule one out,  
Due to bouts of arthritis and 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.

So you'll find me in the beech woods, 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 and  
wait for me.

Terry Eves MV60+

## Friends

With the next Bulletin issue looming, I must confess I have struggled to find a topic to bore you with. Over the last 10 months, my life has been dominated by my car accident and its repercussions and it has been 'therapeutic' to share my progress with my running friends in the form of a bulletin article. But now I am at a stage where progress is slow, and all I can report is that I am still unable to run.

On the positive side (remember PMA) I am otherwise very mobile. I recently joined a friend at Physio who, coincidentally, broke her knee in a car accident 6 months ago. She expressed her desire to go to a Pilates Class (similar to yoga I think). Her problem with this was that, being of 'sturdy' build, she would need to get down on to a mat and then get back up again... and she could not. Our physio proceeded to help her tackle this hurdle but it was too strenuous and the Pilates class will have to wait.

In the same physio session, I had been sent on a trot out of the hospital. I turned left and, as instructed, ran 'out' for 5 minutes, turned round, and ran back. However on my way back I experienced a great deal of pain behind my knee cap which was a bit scary so I arrived back in the hospital gym feeling despondent and sorry for myself.

My Physio explained that the pain was due to the fact I have no shock absorbers in my

knee yet. As I stretched, I watched my friend with her dilemma and felt very humble.

I thought I'd seize this opportunity to say how much I enjoyed the Dinner Dance. Unfortunately, dancing time was limited due to food delays but it was great to see and catch up with all those who came along. I hope they also enjoyed our cabaret. I'm not quite sure why we take on this challenge... I can't enjoy my dinner through nerves and I hate the lies and secrecy in the weeks leading up to the show. I thought Mike and Trevor were fantastic. They joined Ellen and I at very short notice and really went to town with their looks and performance.

Lots of people at the dinner made enquiries regarding my progress and I was genuinely comforted by the well wishes and encouragement I received. Special thanks to Steph who offered to accompany me round the Datchet 5K should I feel able to attempt it. At the moment I think I will attend as a spectator, but should things change, it would be reassuring to have a companion at my side.

And my message, because I usually deliver one, is on the theme of companions. A 'good' friend is hard to come by and we shouldn't take that for granted. Over the months since my accident I have realised how supportive 'real' friends can be.

You all know that Ellen and I, "Agnetha and Frida", were running partners, but she has been a FAB friend over the past few months. I don't think a week has passed where we haven't spoken; she shares my 'highs and lows' & listens when I need to off load. She too has offered to keep me company in any of the 5K's should I choose to run and has also offered her support when I have to attend Court next month as a witness. In case she wasn't aware of my appreciation... thanks matey!

Sue Neale





Abba as you've never seen them before (now we know why Trevor looked as though he needed a shave!)

And also Steph as you've never seen him before, unless you knew him thirty years ago!



## Are You Up For A Challenge ?

**Q**uestion, do you regularly feel tired, lethargic, unbalanced, directionless, unsexy, ageing and unhappy about the way you look? Well you're not alone because I, along with millions of others, have felt the same way for too long. Why did I feel so tired all the time even though I would run twice a week at the club and weight train in the gym on other days? Come the weekend I was ready to collapse, but would try half-heartedly to put some effort in for the children who crave constant thrills. Why, with all this effort was I still only managing to maintain and not improve my results? In short, I felt I was existing, not living.

I'd been looking for a better way and in April I finally found the answer.

The result is that in less than 12 weeks I've reduced my body fat by 13lbs (over 10%) increased my lean muscle mass by 6lbs, have greater strength and power and just slashed over one minute from my PB for 5km. And that's just the physical changes. Inside I feel more confident, less stressed and positive about the future.

How is this possible? It's easy, just identify your goals, eat properly and exercise. Hey if it were that easy then we'd all be slashing our PB's every week. The problem is how and what personal goals to set and what nutrition advice to follow. With all the hype about the benefits of this and that diet and exercise, everybody you meet is an expert.

It all started with a book called Bodyforlife (BFL). The author Bill Phillips, a leading Personal Trainer and Strength Coach, launched his book in 1998 to become the New York Times best seller.

If any of the before feelings I've described relate to you, then I strongly suggest you purchase a copy from somewhere. The basic concept is to help you empower yourself to transform both motivationally, mentally and physically, by following the practical advice. You learn how to turn your dreams into focused goals that give you the motivation to stay on course by eating healthily and exercising correctly. When you start to feel positive about yourself it flows through all the other aspects of your life.

The BFL steps for success relate to a daily focused programme that sets out what you intend to eat and what exercises you are going to perform. (My daily programme is shown below).

Monday	Weights Upperbody pyramid training	55 minutes
Tuesday	Cardio Treadmill	20 minutes
Wednesday	Weights Lowerbody pyramid training	45 minutes
Thursday	Cardio Rowing	20 minutes
Friday	Weights Upperbody pyramid training	55 minutes
Saturday	Cardio Running Track	20 minutes
Sunday	Rest Day	

The following week is reversed so that two Lower body days are included and only one Upper body day. Pyramid training is explained in the book. I never just turn up and train, I know exactly what I'm going to lift and when, what equipment I'll be using and when I'll be finished. My training programme and stopwatch are with me throughout. On my cardio day if I don't feel like puking-up at the end, then I haven't pushed myself hard enough. On this programme you do not have to be a gym rat. It takes less than 4% of my time over the whole week and that includes a shower.

To succeed you must train with free weights. Girls, you will not develop into the 'Incredible Hulk' because you don't have enough of the chemical testosterone. You will become shapely and firm. If you only do cardio and are 'pear shaped', by the end you will still be 'pear shaped' but smaller. Weight training eliminates wobbly bits because muscle is denser than fat. E.g. if you hold 1 lbs of 6" nails in one hand, and 1 lbs of feathers in the other, they both weigh the same, but the nails take less space, and so it works with muscle. If you're not a gym member, buy some weights and train at home. All the exercises are described in the book and are available to download from the internet.

When you train with weights, you start to develop lean muscle mass, your metabolism increases its efficiency considerably and you burn fat. Also for best results, don't eat for three hours before you train and take the next meal one hour after. I train at 6:40 am and have breakfast at 8:40 an hour after I've trained. This means my metabolism is revved up and I burn even more fat as fuel. Additionally, it's very important to get quality relaxation and rest. I aim for 8 hours each night.

This leads nicely to the next topic, what to eat. I would say that at least 70% of success comes from eating a balance of protein, carbohydrate, healthy fats and necessary vitamins and minerals. It is necessary to change from the concept derived from the Industrial Revolution, when breaks in the working day allowed for breakfast, lunch and dinner i.e. three square meals. This is damaging to the metabolism and spikes insulin levels. When this happens, it's very hard to resist rushing to the biscuit barrel at some point in the day.

It's worth pointing out that I lack one of those gauges that tell a person when they're full. But since commencing the BFL challenge, I've not had horrendous thoughts about food or sweet things. This is because I now eat six

times a day every 2 - 3 hours. I don't count calories, points or weigh my food on a set of scales. THIS IS NOT A DIET. It's about feeding your body properly, not starving it. Fact is, if you decide to starve weight off, your body will retain unwanted fat. Some athletes eat 6 - 8 times a day!

Each meal consists of a balanced portion of protein that builds muscle, like chicken, meat, fish and eggs, and another portion of carbohydrate, like bread, pita, potatoes, pasta, oats, cereal, fruit, etc. Any carbohydrate must be the complicated i.e. whole wheat variety, because they release energy into the body slowly and give you sustained levels of energy throughout the day. Essential fats for building a strong lean body are derived from avocados, low fat dairy and nuts. But I choose to supplement these with flaxseed oil as well.

A balanced meal for me is 40/40/20 ratio of protein, carbohydrate and fat. Portion control is measured using my hand size, so a portion of protein is the size of my palm and for carbohydrate, a clenched fist or one cup. It's as easy as that. Vegetables or salads are taken with at least two meals.

This is my daily nutrition intake from Monday to Saturday, but it does vary:

- 08:40 2 sliced boiled eggs, 2 turkey rashers, mushrooms inside whole-wheat toast. Tomato and water
- 11:30 Myoplex Nutritional Shake, 6 - 8 almonds, an orange and water
- 14:00 Ham, potato and spinach salad and water
- 16:45 Chicken, grapes, a plum and water
- 19:30 Turkey Roast with vegetables and water
- 21:30 Low fat cottage cheese, yoghurt and water

To gain extra benefits it is essential to keep thoroughly hydrated. This also helps burn fat by raising your metabolism. I drink about 4 litres of water a day. Also, thirst masquerades as hunger, so if you feel hungry drink a glass of water, because you're probably thirsty. When consuming a hot beverage, compensate the diuretic effect with a glass of water. Take it easy on the cream/sugar.

Sunday is my free day and I go for it. Nothing is off limits, ice creams, biscuits, fast food, you name it. I really hog-out. There is good scientific evidence that raising your calorie intake fools your body into believing it's not starving and will release body fat (BF). Incidentally, I measure my BF (I'm 12% and aiming for 10%) every week with callipers. How your clothes feel is a good indicator too.

There you have the basic outline of my programme in its simplest form. It's designed so that I never grow out of it. Three words of advice to anybody thinking about this challenge: plan, plan and plan. If you fail to plan you plan to fail. I prepare all the food I'm going to eat for the week on Sunday. I'm never far away from my cool bag containing my meals.

To save you preparing all those meals, you can purchase a balanced nutritional meal shake called Myoplex that contains some great minerals and vitamins. A variety pack containing 42 servings cost £44 including postage and packaging. How much would 42 quality meals cost? The BFL training programme is not designed for runners training for endurance events like marathons, but the eating plan is fine. I'd recommend adding an additional portion of carbohydrate for each of the first three meals to help provide the extra energy you'd need. This method is also suitable for people with low BF who want to increase their size.

I guarantee, after 12 weeks of following this programme, you will not want to return to

your old ways. Someone once said, "Insanity is to continue what you are doing and expect a different result each time". What can you do once you've finished your first challenge? Simple, re-set your goals and start another. This is your body for the rest of your life.

If you would like to know more about the transformation challenge and are connected to the internet then go to [www.bodyforlife.com](http://www.bodyforlife.com) and [www.eatingforlife.com](http://www.eatingforlife.com) and let me know what you think.

Alan Songhurst

*One Thursday evening a few months ago, I came across Keith in the changing room taking photos of Alan posing in his underwear! I made my excuses and hastily left, but they assured me it was just a 'before' and 'after' photo to record the effect of Alan's BFL programme.*

### New Coaches

The club now has two more grade one coaches, congratulations to Debbie Jones and Penny Fisher who recently qualified. Also the coach has a new car, at last!

### New Members

A very warm welcome to the following new members:

Sarah Bates, Chloe and Prue Crabtree, Debbie Harris, Gill Pilley, Nadim Ramzan and Howard Taylor

Don't forget as a new member you are entitled to a free t shirt, see Dave Nash.



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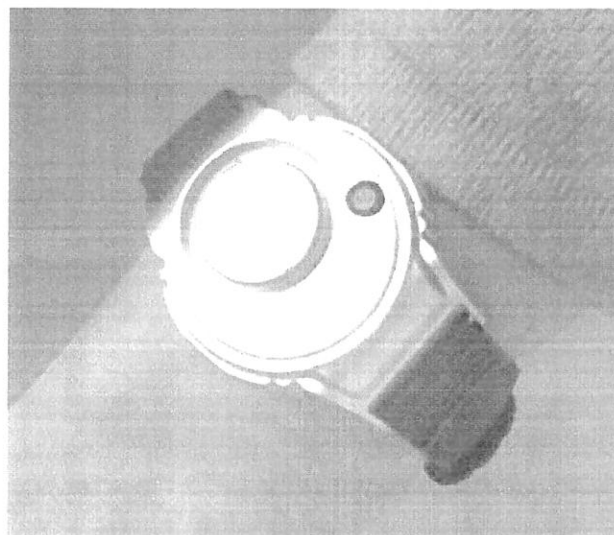
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# Results

## London Marathon

Samantha Amend 3:17

Lydia Davis 3:19  
(First marathon)

Dave Leighton 3:30  
(First marathon)

Rod Palmer 3:35

Ray Ramon 3:35

Ron Newman 3:39

Debbie Jones 3:44

Margaret Moody 3:53

Sally White 3:58

Karen Jenkins 4:03  
(First marathon)

Peter Astles 4:06

Peter Edington 4:07

Paul Palmer 4:09

Alison Packman 4:35

Pat Bromley 4:37

Micky Middleton 4:40  
(First marathon)

Linda Weedon 5:20

David Brown 5:46

## Milton Keynes Half Marathon

Terry Eves 1:45

### Benson 10K

Mike Hollis 42:39

Margaret Moody 44:07

Debbie Jones 44:18

Michael Owen-Evans 54:42

## White Horse Half Marathon

Trevor Free 1:34

Mike Hollis 1:36

Des Mannion 1:44

## Shakespeare Marathon

Frank Fulcher 3:13

John Dooley 3:14

## Shakespeare Half Marathon

Phil Stephens 1:21 (10th)

## Bracknell Half Marathon

Trevor Hunter 1:15 (2nd)

Samantha Amend 1:31  
(3rd senior lady)

## Silverstone 10K

Nick Martin 46:05

Penny Fisher 47:47

Angela McLoughlin 50:18

Lucille Couturier 51:26

Joanne Gilbert 57:32

Jackie Harding 57:33

## Pednor 5

Danny Fox 32:04

Peter Edington 36:07

Peter Astles 36:16

Vivian White 52:20

## Oxford Town & Gown 10k

Chris Lansdown 45:50

### Chinnor 10K

Julia Downes 39:00 (1st lady)  
 Dave Lancaster 39:25 (8th)  
 Liz Davey 51:00  
 Linda Weedon 54:00  
 Vernon Martin 65:00

### Chinnor Half Marathon

Trevor Hunter 1:17:33 (1st)  
 John Dooley 1:30 (10th)  
 Benji Benjamin 1:34  
 Margaret Moody 1:44  
 (1st lady Vet 50)

### Prestwood 10k

Benji Benjamin 41:54  
 Mike Hollis 43:22  
 Peter Astles 45:41  
 Jock MacClean 46:33  
 Pat Bromley 59:39  
 Rose Priest 71:29

### Bracknell Forest 5

David Bosley 28:57 (1st Vet)  
 Martin Brewster 45:26  
 Elaine Brewster 50:28

### Battersea Park 5

Margaret Moody 34:31 (1st)

### Wooburn Green 10K

Trevor Hunter 35:15 (4th)  
 Benji Benjamin 40:40  
 Sally White 42:14 (1st lady)  
 Michael Hollis 44:00  
 David Duckworth 44:36  
 Margaret Moody 45:26  
 (1st lady vet)  
 Penny Cutler 46:00  
 Nick Martin 47:16  
 Chris Lansdown 47:20  
 Michael Hickman 48:16  
 Micky Middleton 51:13  
 Lucille Couturier 53:54

Sally, Margaret, Penny and  
 Micky won the ladies team prize

### Race for Life

Sally White and Ellen Haynes  
 took part in the race for life,  
 with Sally winning the event

### Triathlons

Helen Murdoch achieved a new  
 Olympic distance pb of 3 hrs  
 and 2 mins at the Windsor Tri-  
 athlon, knocking 13 minutes off  
 her previous best time and also  
 came 4th in her age group in  
 the Eton Sprint Tri, combining a  
 400m swim, 20k bike and 5k run  
 in 1 hr and 21 mins

### Princes Risborough 10K

Paul Palmer 43:43  
 Margaret Moody 43:49 1stFV55  
 Penny Cutler 44:56  
 Peter Astles 46:24  
 Liz Davey 49:20  
 Russell Fenn 51:17  
 Linda Weedon 53:18  
 Ann Palmer 64:28  
 Dave Nash 71:46

### Grand Union Canal Race

Rod Palmer 35hrs and 12 mins

Rod finished this 145 mile run in  
 7th place overall and was 1st  
 MV60, smashing the previous  
 age-group record by more than  
 eight hours!

This was Rod's seventh attempt  
 in a race which he has won  
 twice, but had to drop out of  
 the last four times.

He couldn't have done it without  
 the help of wife Margo, daugh-  
 ter Katy with boyfriend Steve  
 and club mates Debbie Ridout  
 and Mike Hickman.

Rod has now recovered from his  
 swollen ankle and thrown away  
 the crutches he had to use af-  
 ter the race!

# Tuesday Night Training Programme

- July 12<sup>th</sup> NO SESSION. Our 5k.
- July 19<sup>th</sup> NO SESSION. Datchet 5k.
- July 26<sup>th</sup> Hill session (Monkton Farm). 6 x short & 4 x long.
- August 2<sup>nd</sup> Paarlauf session. 10-12 x 300m.
- August 9<sup>th</sup> 10-12 x 400m (200m recovery).
- August 16<sup>th</sup> Fartlek session 3 circuits anti-clockwise  
Cressex Road/John Hall Way circuit.
- August 23<sup>rd</sup> 6-8 x 600m (300m recovery).
- August 30<sup>th</sup> Pyramid Session. 600/900/1200/900/600m.  
(300m recoveries)
- September 6<sup>th</sup> 3-4 x 1200m (Once around small circuit Cressex Rd. John Hall  
Way and up footpath continuing to Turnpike Corner. (Recover  
back along Cressex Road to start point).
- September 13<sup>th</sup> 3 x 1 mile around Cressex Rd. /Marlow Rd./Rupert Ave. circuit.  
(Recover back to start point).
- September 20<sup>th</sup> 5k Time Trial. Cressex Road/John Hall Way.
- September 27<sup>th</sup> Relay session on Dave Nash Estate (in teams of 3).  
2 x 10 laps per team.

Keeping the dream alive.



# Wednesday Night Training Programme

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

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

- 13/7/05      6 x 1000m (200m walk/jog recovery).
- 20/7/05      5 x 1200m (200m walk/jog recovery).
- 27/7/05      4 x 1600m (200m walk/jog recovery).
- 3/8/05      Pyramid session 200/400/600/800/1600/800/600/400/200m  
(200m walk/jog recovery).
- 10/8/05      400m Relay session in teams of 3. (1<sup>st</sup> runner runs his/her effort lap. As 2<sup>nd</sup> runner takes over, 1<sup>st</sup> runner begins his/her recovery. When 2<sup>nd</sup> runner finishes, the 3<sup>rd</sup> runner takes over and the 2<sup>nd</sup> begins his/her recovery. The 1<sup>st</sup> runner must complete his/her recovery before the 3<sup>rd</sup> runner completes their effort lap. Continue until each person has run 12 efforts).
- 17/8/05      3 x 2000m (200m walk/jog recovery).
- 24/8/05      The Gerry Grosse Trophy/Wednesday Track Group 5000m Handicap Race.
- 31/8/05      "Downer." 2000m, 1600m, 1200m, 800m, 400m. (200m walk/jog recovery).
- 7/9/05      Relay session, 2 x 12 x 200m per person in teams of 3
- 14/9/05      13 x 400m (200m walk/jog recovery).
- 21/9/05      9 x 600m (200m walk/jog recovery).
- 28/9/05      "Parlauf" session 6 x 800m. 1<sup>st</sup> person jogs 400m as recovery whilst 2<sup>nd</sup> is running 800m effort. If person who is doing effort passes person on recovery lap twice then recovering runner has to start his effort from that point and run the remainder of his recovery lap as effort in addition to the 800m).

Mike Hickman

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

Telephone 01494 525474 or 07947 309923 (Mobile).

e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)

# What's On?

Friday 15th July

Helen & Ian's Quiz Night

Sunday 17th July

Tadley Runners Summer 10K

Wednesday 20th July

Waddesdon Manor 5K

Sunday 24th July

Milton Keynes Half Marathon

Thames Run 13K (Wallingford)

Sunday 14th August

Bearbrook 10K

## Why ARE Men Happier?

**M**en are just happier people-- What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park.

Car mechanics tell you the truth. The world is your urinal. You don't have to stop and think which way to turn a nut on a bolt. Same work, more pay. Wrinkles add character. People never stare at your chest when you're talking to them. The occasional well-rendered belch is practically expected. New shoes don't cut, blister, or mangle your feet.

One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks. A five-day vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Three pairs of shoes are more than enough. You almost never have strap problems in public.

You are unable to see wrinkles in your clothes. Everything on your face stays its original colour. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck.

You can play with toys all your life. Your belly usually hides your big hips. One wallet and one pair of shoes, one colour for all seasons. You can wear shorts no matter how your legs look. You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a moustache.. You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

*Thanks to Runners'r'us for these observations.*