

Bulletin



The last few months have seen some excellent team and individual results for club members. The ladies have won first team prizes at the Benson, Icknield and Princes Risborough 10K's, while the men won at the Icknield Half Marathon, were second at Coombe Hill and a very close second to Reading Roadrunners in their Half Marathon.

Individual results have included Julia Downes, who won the Icknield 10K, Trevor Hunter won the Icknield Half and was second in both the Bracknell Half and Burnham 5K. Margaret Moody won her age category in both the Wooburn and Princes Risborough 10K's and the Icknield Half, joined by Penny Cutler at Wooburn and Penny again in the Bracknell Half. Debbie Jones won her age group at her local Benson 10K and Linda Weedon hers in the Icknield 10K. Mike Hollis was first in his age group at Wooburn, while Terry Eves won the Super Vet prize in the Penn 7.

Several pb's have also been achieved including Frank Fulcher in the Reading Half, the London Marathon and the Marlow 5K.

Trevor also had a pb at Reading (see page 6) and in the Dorney 10K and Marlow 5K, which also produced pb's for James Bateman and Alan Songhurst. Linda Weedon and Dan Charleston had pb's in the Milton Keynes Half and Maidenhead 10 respectively and Elaine Brewster in the London Marathon.

Dave Bosley achieved two pb's at 1500 metres in a week, the best at the county championships at Stantonbury Stadium, Milton Keynes, finishing in 4th place with a superb time of 4:18.02 (a club record).

Helen Murdoch completed the Trentham Half Iron Man Triathlon in Staffordshire in just under seven hours! This consisted of a 2k swim, 90k bike ride and a 21k run in very hot conditions.

Well done everyone.

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London Marathon

It was a wet and gloomy morning that turned into a wet and gloomy day, but this didn't stop the enthusiastic crowds who seemed to be larger than ever this year.

Before the start a group of us sheltered under the tea tent where we were spotted by Becky Hawkins (as she was called when she ran for us) who many of us remember well and we spent some time catching up on the news.

The weather didn't improve and although it was ideal for running, it wasn't so good for the wedding couple I passed after three miles. However the bride looked immaculate in her ivory dress, only spoilt by her trainers, which didn't match.

As we passed the Cutty Sark, I felt someone pinch my bum! Thinking my luck had changed I looked round in eager anticipation, but it was only Lucy going past!

About halfway I paused to greet my fan club (well, there were three of them) then found the course had changed since my last London. It seemed shorter this way and as I went through Canary Wharf I passed Derek Vere, who had already completed the Rome Marathon earlier in the year.

However it's still twenty six miles whatever the route and by twenty miles I remembered the old adage "The marathon is a race of two halves, the first twenty and the last six!"

As I grabbed a welcome slice of orange I spotted Pete and Steph at the side of the road, collided with a small child who decided to cross at this point and landed on my

hands and knees! I'm afraid I didn't stop to enquire about the child's well-being, but staggered on muttering rude words under my breath.

I finished at last just behind Floella Benjamin (remember her?) in a pw, but I did break my own record of stopping for comfort breaks; four times! Must be something to do with my age, good thing I ignored all the advice about drinking plenty before the start.

Congratulations to first time marathon runners Tora Stacey and Sarah Bates, to pb achievers Frank Fulcher (by almost thirty minutes) and Elaine Brewster. Well done also to Terry Eves, he's really 'good for his age'.

Full results

Frank Fulcher 2.46 (pb)

Terry Eves 3.43

Mike Hickman 3.51

Russell Fell 4.05

Tora Stacey 4.20
(1st marathon)

Lucy Couturier 4.23

Mike Blowing 4.25

Russell Fenn 4.31

Sarah Bates 4.37
(1st marathon)

Martin Dean 4.41

Richard Stone 4.59

Debbie Brown 5.07

Elaine Brewster 5.19 (pb)

Club AGM

The club's annual general meeting was attended by more than forty members, about a quarter of the current membership.

The present committee was returned unopposed to serve for another year.

Marlow 5

This very popular event had the maximum number of 1500 entries so we weren't able to accept entries on the day, which disappointed a lot of people. Nearly 1300 finished, so there were lots of goody bags spare at the end (although I didn't get one).

The 'voice' of the race was Ian Murdoch's rich Scottish brogue, described by one female listener as 'masterfull'

Well done everyone who helped to make the race such a success (we raised £1500 for the South Bucks Hospice) and to our own runners who took part:

David Sanderson 31:42

Mark Hoad 34:18

Jenny Shorrocks 37:11

Gill Brooks 42:4

Celia Edwards 44:17

Josie Redford 47:07

Darinka Reilly 47:36

Jo Gilbert 47:44

Pat Bromley 48:22

Natalie Pitt 50:31

Emma Thompson 50:31

Viv White 51:07

Rose Priest 51:49

Bill Nobbs 64:30

Annual Dinner

Seventy nine members and guests attended a very enjoyable evening, the only drawback being the high cost of the drinks. However as the club had subsidised the cost of the meal, we shouldn't complain too much.

Pete presented the Chairman's Award to Chris Gentry for all the work he carries out behind the scenes as the Club Secretary and Wycombe Half Marathon organiser and to Debbie Jones, who although living some way from Wycombe, always volunteers to help at club events and provides excellent bacon sandwiches after the Benson 10K.

Thanks to Debbie and Mike and all their helpers for organising the event.

2012 Olympics

Although we don't have any runners who are likely to be taking part in the Olympics (at least not yet) the club has volunteered its services to help the events run smoothly. This will be a once in a lifetime opportunity to become involved in this very exciting event.

New Members

A very warm welcome to the following new members:

Jo Blundell, Nicola Bryant, Shaun Bryant, Amanda Gumus, Andy Harrison, Donna Howlett, Robert McGrath, Sarah Nicholls, Sheila Richards, Keirina Rowland, David Sanderson, Tim Sellers, Emma Thompson, Kimberley Travers, Asuka Wakatsuki and James Young.

The Grizzly

Dave Leighton was unable to run this year due to injury, but this didn't stop him enjoying a week-end in sunny Seaton! He was there as usual, but this time enjoying drinking a pint or two at the Fountain Head while the rest of us struggled round.

Lucy, Nick and I arrived late at the holiday camp and by the time we located everyone else, they had finished their evening meal and were settling down to a night of heavy drinking (sorry, I meant a quite evening of resting before the race).

We found a fish'n'chip shop, but they were about to close (well, 8.30 is late in East Devon) but Lucy managed to sweet talk them into serving us and Nick promised a good tip which I gave them. (Never run the Grizzly!)

The holiday camp seemed to be staffed by East European asylum seekers, which led to some interesting discussions at breakfast on what exactly was 'brown' toast. Lucy managed to scrounge three dustbin bags from the laundry, for which we were very grateful as race day was, as usual, wet and windy. In fact it was so bad that the organisers cut out a two mile section on safety grounds! Despite this, times were still slower than the previous year due to all the mud.

I started the race nice and slowly and was just catching up with Lucy when I had to stop for a comfort break. After that every time I came close to catching her, I had to stop again. There seems to be a bit of a theme here (see report on London Marathon). I think I'm turning into Private Godfrey from *Dad's Army*! This wasn't helped by the free beer provided at one point. Eventually I caught her up along the beach and we finished together.

Usually at the end of a tough race like this most people say "never again!" but turn up next year for another go. I don't think I'll be coming back again though, the thought of spending a long week-end in March at a bleak seaside holiday camp, followed by twenty odd miles of mud, stony beaches, cliffs, gale force winds and more mud (although I'm told it's lovely when the sun shines) is too much to contemplate.

Results

James Bateman 2:48
Tim Jefferson 3:13
Nick Martin 3:22
Mike Hickman 3:34
Jock MacClean 3:39
Peter Astles 3:42
Colin Knight 3:49
Andy Reynolds 4:00
Mike Blowing 4:08
Lucy Couturier 4:15
Martin Dean 4:15

Grizzly Cub Run

Paul Palmer 1:31
An Palmer 2:09
Elaine Brewster 2:17



Nick Martin plodding along
the beach in the Grizzly

The Benson 10K wining team



Locked in a Lavatory

The Police were called to the public toilets in Prestwood recently to investigate a report of a man locked inside. When they arrived they found it was true, a man had been accidentally locked inside for several hours. However he was talking through a grill in the wall to a lady who had been standing outside in the freezing cold to keep him company until help arrived.

Can you guess who the lady was?.....Our own Debbie Ridout! I always knew she could 'talk for England' but this was 'beyond the call of duty'.

The Naked Runner

Trevor sent this email to Frank before the Reading Half Marathon, "I would be just pleased to get a PB from these old legs... 1:13:39. Sub 1:13 and I will run the course again naked!"

In the event he broke 1:13 quite easily, 1:12:34 in fact! So it will be interesting to see if he keeps his promise next year.

Well done Frank, who ran a pb as well.

What a Drag

Alan Wheeler does some unusual runs in the winter, he lays a trail for a local hunt! Since the fox hunting ban, drag hunting has become popular and the best way to lay a trail is by running, which means he has full access to run anywhere across country, but needs to complete the course well before the hounds catch up!

Number Pinning

I have heard on good authority that one of our ladies has recently had some cosmetic adjustments to her shape. I don't know who it is but watch out for any lady taking extra care when pinning a number on her vest!

Lifetime Membership

Has been awarded to David Riddington for the work he does for the club in organising the marshalling of our events. Unfortunately, due to injury, Dave can no longer run, although it seems like a fair exchange to me!

Ridgeway Relay

The day went off successfully with no one getting lost this year. The men's team finished in 12th place, the ladies 16th and the 'odds and sods' team in 28th.

Well done to all the thirty club members who ran and others who turned out to support and thanks to Nick Martin for once again organising the event.

Gliding Lessons

Once again the gliding lesson voucher spot prize, won by Linda Weedon last year (see her report in the last Bulletin) was raffled among the marshals at the Marlow Five.

This year's winner was Alan Songhurst. Congratulations Alan, can we have another report please?

Book Review

It's deepest January. It's a Tuesday evening and it's cold, very cold. The wind is blowing and it's probably raining - or worse. Knights Hill is about as inviting as an open-top bus tour of Baghdad.

Mike Hickman's dulcet tones reverberate off the frost-covered pavements. "Tonight's session is six circuits. Run 'with effort' to the top of the hill, then jog round to the bottom again to recover. Then, if you can manage it, do four short hills to finish."

By the fourth lap you wish you'd gone to the pub for a tikka masala and a pint - or even stayed at home and hired a Sylvester Stallone DVD. But it's at this point that you should count yourself lucky you're not a fell-runner.

In his book, *Feet In The Clouds - A Tale Of Fell-Running And Obsession*, journalist and 'mid-pack' fell-runner Richard Askwith relates a typical training session with Keswick AC.

The setting is Jenkin Hill. The task - ninety seconds hard, followed by ninety seconds rest, twelve reps. The coach elaborates: "Rest means walk, or an easy jog. Hard means hard".

The catch - Jenkin Hill is a 45-degree section of Skiddaw, one of England's highest mountains. The entire session is conducted in one direction only - upwards.

Askwith sets himself the target of not being last. After three reps he's revised that to just finishing the twelve. By the sixth he's revised that again to not being sick. After eleven, a helpful team-mate points out that it's the second twelve that really hurt. And of course, running back down is pretty punishing too - and much more dangerous.

The book is a compelling and highly readable tale of a sport many of us know almost nothing about. Of men like Joss Naylor, who ran up and down an incredible seventy-two Lakeland peaks in twenty-four hours, and Kenny Stuart, an eight-stone whippet who could run to the top of Ben Nevis and back in one hour and twenty-five minutes. Walking books suggest you allow around six hours for a similar journey.

Askwith intersperses his account of the sport's great champions with his own, rather more modest efforts and his attempts to complete the Bob Graham Round - the classic (and still very tough) non-stop 'forty-two peaks in twenty-four hours' Lakeland challenge which guys like Naylor have pushed to such ridiculous extremes.

He recounts the Mountain Trial, the Blisco Dash, the Nant-y-Moch Skyline, the Ennerdale Horseshoe and countless other races that make the Grizzly sound like a stroll along the towpath. If you enjoy running (even in the relative flat of the Home Counties) or are inspired by the mountains, you'll enjoy this book of sporting endeavour.

And don't just take my word for it. The book was short listed for the William Hill Sports Book of the Year and Askwith was voted Best New Writer at the British Sports Book Publishing Awards 2005.

So, the next time you're half-way through the Burnham 5k and cursing the fact that you've got to run up that hill AGAIN... spare a thought for Richard and his mates on the fells.

Chris Lansdown

Thanks Chris, I think I'll stick to the Chiltern Hills!

Results

Milton Keynes Half Marathon

Terry Eves 1:48
Liz Davey 1:49
Linda Weedon 1:56 (pb)

Bournemouth Bay Half Marathon

Terry Eves 1:48

Barcelona Marathon

Alan Wheeler 3:47

Rotterdam Marathon

Howard Taylor 3:14

Shakespeare Marathon

John Dooney 2:59
Alan Wheeler 4:02

Half Marathon

Alfred Benjamin 1:29

Dorney Asthma 10K

Trevor Hunter 33:18(PB)
Jackie Harding 58:58

Maidenhead Easter 10

Dan Charleston 1:00:18(PB)
Aidan O'Donnell 1:03:42
Mike Hollis 1:07:35
Trevor Free 1:11:03
Alan Wheeler 1:13:46
Colin Knight 1:14:52
Mike Hickman 1:16:06
Margaret Moody 1:17:36
Des Mannion 1:17:51
Karen Jenkins 1:18:43
Nick Martin 1:19:05
Debbie Ridout 1:19:27
Russell Dean 1:20:13
Liz Davey 1:20:31
Mike Blowing 1:21:05
Phil Hutchby 1:23:27
Lucy Couturier 1:25:00
Linda Weedon 1:26:39
Angie McLoughlin 1:28:34
Stella Gwilliam 1:42:44
Rose Priest 1:53:22

Pednor 5

Colin Knight 35:14
Des Mannion 36:13
Margaret Moody 36:36
Mike Blowing 37:11
Peter Astles 37:18
Mike Hickman 37:37
Debbie Ridout 39:15

Benson 10k

Dave Bosley 36:22
Mike Hollis 41:36
Debbie Jones 44:28
(1st Lady Vet)
Margaret Moody 44:28
Alan Wheeler 44:48
Nick Martin 46:28
Mike Hickman 46:48
Debbie Ridout 48:36
Liz Davey 49:02
Lucy Couturier 51:34
Linda Weedon 53:09
Margo Palmer 60:25
Pat Bromley 60:58
Stella Gwilliam 61:40
Rose Priest 67:48

(Debbie J, Margaret, Debbie R
and Liz won the team prize)

Bracknell Half Marathon

Trevor Hunter 1:13:59 (2nd)
Penny Cutler 1:36:49 (2nd LV)

Shinfield 10k

Dan Charleston 37:03
Howard Taylor 44:52

Edinburgh Marathon

Dave Sanderson 3:10:34

Reading Half Marathon

Trevor Hunter 1:12:34 (PB)
Frank Fulcher 1:16:41 (PB)
Phil Stephens 1:17:20
John Dooley 1:22:29
Benji 1:26:15
Tora Stacey 1:50:57
Chris Lansdown 1:56:31

White Horse Half Marathon

Dan Charleston 1:21:10
Mike Hollis 1:31:37
John Peerless 1:36:02
Angie McLoughlin 1:59:29

Ashby 20

Frank Fulcher 2:02
John Dooley 2:10

Icknield 10K

Julia Downes 39:43 (first lady)
John Peerless 44:11
Alan Wheeler 47:49
Ellen Haynes 51:02
Liz Davey 51:04
Linda Weedon 53:21(1st LV55)
Angie McLoughlin 55:48
Meg Knight 56:49

(Julia, Ellen, Liz and Linda
won the ladies team prize)

Icknield Half Marathon

Trevor Hunter 1:16:51 (1st)
Dan Charleston 1:24:51
Alfred Benjamin 1:34:03
James Bateman 1:35:26
Trevor Free 1:38:57
Penny Cutler 1:40:35
Margaret Moody 1:49:35
(1st LV55)

(Trevor, Dan, Benji and James
won the men's team prize)

Prestwood 10K

Mike Hollis 42:48
Colin Knight 43:36
Mike Blowing 45:42
Mike Hickman 46:18
Fred Ashford 49:08
Terry Eves 50:34
Brian Sinclair 68:10

Princes Risborough 10K

Penny Cutler 45:34
Jenny Shorrocks 47:18
Margaret Moody 48:38
(1st LV55)
Mike Hickman 48:38
Alan Wheeler 50:00
Linda Weedon 54:38
Liz Davey 56:01
Paul Palmer 58:15
Ann Palmer 68:04
Stella Gwilliam 71:05
Rose Priest, Pat Bromley 78:26

(Penny, Jenny and Margaret
won the ladies team prize)

Datchet Dash 10K

Trevor Hunter 34:06 (3rd)
Dan Charleston 41:46
Caroline Ward 43:13
Alan Wheeler 46:23
Martyn Brewster 59:37
Vernon Martin 1:14:55
Elaine Brewster 1:18:05

Thame 10K

Mike Hollis 42:29
Caroline Ward 43:12
Penny Cutler 44:15
Colin Knight 44:18
Alan Wheeler 46:27
Russell Dean 46:40
Mike Blowing 47:02
Howard Taylor 47:44
Fred Ashford 49:20
Chris Lansdown 49:27
Linda Weedon 52:56

Wooburn 10K

Mike Hollis 44:38 (1st MV50)
Penny Cutler 45:26 (1st LV40)
Mike Hickman 47:37
Margaret Moody (1st LV50)
Jenny Shorrocks 49:34
Chris Lansdown 53:29
Chloe Crabtree 57:23
Martyn Brewster 60:33
Elaine Brewster 72:08

Chiltern Chase

Liz Davey 53:42
Linda Weedon 55:09
Meg Knight 59:11

Coombe Hill Run

Trevor Hunter 24:45
Frank Fulcher 25:34
Dan Charleston 26:04
Pete Smith 28:37

Penn 7

Chris Lansdown 57:47
Terry Eves 60:16 (First Super Vet)
Martyn Brewster
Elaine Brewster 1:16
Alison Alexander 1:18
Rose Priest 1:17

What's On?

Sunday 30th July

Luton 10K

Sunday 13th August

Bearbrook 10K

Sunday 10th September

Chiltern Marathon

What Are You Like?

Men are like Weather Nothing can be done to change them.

Men are like Blenders You need one, but you're not quite sure why.

Men are like Chocolate Bars Sweet, smooth & they usually head right for your hips.

Men are like Commercials You can't believe a word they say.

Men are like Department Stores Their clothes are always 1/2 off.

Men are like Government Bonds They take soooooo long to mature.

Men are like Mascara They usually run at the first sign of emotion.

Men are like Popcorn They satisfy you, but only for a little while.

Men are like Lava Lamps Fun to look at, but not very bright.

Men are like Parking Spots..... All the good ones are taken, the rest are handi-capped.

Don't read these naughty ones!

Men are like Bananas The older they get, the less firm they are.

Men are like.....Snowstorms You never know when they're coming, how many inches you'll get or how long it will last.

But what are women like? Any suggestions chaps?

Tuesday Night Training Programme

- July 11th NO SESSION. Our 5k
- July 18th NO SESSION. Datchet 5k
- July 25th Hill session (Monkton Farm). 6 x short & 4 x long
- August 1nd Paarlauf session. 10-12 x 300m
- August 8th 10-12 x 400m (200m recovery)
- August 15th Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit
- August 22rd 6-8 x 600m (300m recovery)
- August 29th Pyramid Session. 600/900/1200/900/600m. (300m recoveries)
- September 5th 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)
- September 12th 3 x 1 mile around Cressex Rd. /Marlow Rd./Rupert Ave. circuit. (Recover back to start point)
- September 19th 5k Time Trial. Cressex Road/John Hall Way
- September 26th 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 will enjoy and benefit from these sessions.

(Please note. Sessions will not recommence until track reopens.)

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

- 12/7/06 6 x 1000m (200m walk/jog recovery)
- 19/7/06 5 x 1200m (200m walk/jog recovery)
- 26/7/06 4 x 1600m (200m walk/jog recovery)
- 2/8/06 Pyramid session 200/400/600/800/1600/800/600/400/200m (200m walk/jog recovery)
- 9/8/06 400m Relay session in teams of 3. (1st runner runs his/her effort lap. As 2nd runner takes over, 1st runner begins his/her recovery. When 2nd runner finishes, the 3rd runner takes over and the 2nd begins his/her recovery. The 1st runner must complete his/her recovery before the 3rd runner completes their effort lap. Continue until each person has run 12 efforts)
- 16/8/06 3 x 2000m (200m walk/jog recovery)
- 23/8/06 The Gerry Grosse Trophy/Wednesday Track Group 5000m Handicap Race
- 30/8/06 "Downer." 2000m, 1600m, 1200m, 800m, 400m. (200m walk/jog recovery)
- 6/9/06 Relay session, 2 x 12 x 200m per person in teams of 3
- 13/9/06 13 x 400m (200m walk/jog recovery).
- 20/9/06 9 x 600m (200m walk/jog recovery)
- 27/9/06 "Parlauf" session 6 x 800m. 1st person jogs 400m as recovery whilst 2nd 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)

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