



Handy Cross Runners
Newsletter

The Bulletin

July 2007

It's been a good summer for many Handy Cross Runners in local races. Trevor Hunter won the Icknield Half Marathon along with the men's team, while the Ladies team won the Icknield 10K. We also won the team prize at Wooburn.

In the vets categories we had winners at the Wooburn 10K in Mike Hollis, Sally White and Margaret Moody, who was also first in her category at the Princes Risborough 10k. Ellen Haynes and John Dooey were also winners in the Icknield 10K and Half Marathon respectively, while Ellen's daughter, Maryse was 1st junior female in the Wycombe Half fun run.

Several people have achieved pb's, notably at Thame by Ann & Paul Palmer and Mike Hollis in the 10K, Ellen Haynes and Martin Fisher in the Bracknell Half and Martin again in the Datchet Dash. Jenny Shorrocks and Sara Nicholls both gained pb's at the Princes Risborough 10K.

We all admire Karen Jenkin's terrific attitude to her illness and are delighted to see her when she appears at the club and other events. We also wish Caroline Ward well after her brief stay in hospital.

You may have noticed that recent Bulletins are a little thinner than previously, this has nothing to do with new postal charges, but reflects the lack of articles being submitted. If you would like something more interesting to read than my ramblings, then please put pen to paper (or finger to keyboard) so that we can all enjoy your thoughts and experiences.

Also a reminder that if you would like to receive the Bulletin by email instead of, or as well as on paper, please let me know and I will add you to my list.

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We've all heard of the 'naked Rambler' who walked from Lands End to John O'Groats with no clothes (except his walking boots) and was arrested several times on the journey. But did you know that Handy Cross has its own 'naked cyclist'?

See if you can identify the male 'member' from the photos, which were taken at a protest against oil dependency and car culture cycle ride, campaigning for cyclists and body freedom, in the centre of London.



He kept his helmet on!



Here's one for the boys





Thursday Evening Pub Runs

These popular summer evening runs continued in May from The Royal Standard of England at Knotty Green, reputed to be one of the oldest inns in England. Mike Hickman planned some interesting routes and everyone enjoyed the well earned food and drink afterwards.

In June even more people met at the Stag & Huntsman in Hambleden, where Mike Hollis had organised an excellent barbecue and two runs, while Vernon planned a shorter walk. Unfortunately Mike slipped up with the weather, which although dry, was rather cold!

We are all looking forward to another run on 26th July from the Rising Sun in Little Hampden.

Ridgeway Relay

Trevor Hunter took over the organisation of this popular event and managed to field four teams of ten runners, more than any other club. His hard work was rewarded by our vets team, who finished first in their category. The men's team finished 5th overall (knocking over an hour off their previous best time) there was an excellent performance from the ladies team (who finished in a time that would normally win most years) and we were well supported by our mixed team.

Well done to everyone who took part, especially to John Dooey (captain) and his vets team of: Grace Wilson, Benji Benjamin, Bryan Heywood, Mike Hickman, Mike Hollis, John Peerless, Margaret Moody, Dave Sanderson and Margaret Moody.

Their prize was a crate of beer, which Mike Hickman thought was appropriately called 'Old Bastard', but on closer inspection was actually 'Great Bustard', named after a large and formerly extinct bird which has been reintroduced on Salisbury Plain, like the Red Kites round here.

Many thanks to Trevor, it is a mammoth task organising forty people to be in the right place at the right time and able to run their leg without getting lost. He also had to run two legs himself as we were a runner short on the day!

Annual Dinner

This year's dinner was the best attended for years, possibly due to the bargain priced tickets, although the price of the drinks soon whittled the savings away.

Pete presented Elaine Brewster and Mike Blowing with a Chairman's Award for all the 'behind the scenes' work they do for the club (and because Elaine has not yet obtained a club standard at any distance).

I had to leave early to catch the last bus (how sad is that?) but I understand there was all sorts of things going on in the ladies, a small reward is offered for any pictures!

Grant and Stone Wycombe Half Marathon

"One steep hill to start, one bulging goody bag to finish" *Runners World*

The twenty sixth year of this event was also the first to be named the Grant & Stone Wycombe Half Marathon and was very successful with over one thousand entries.

The 'ever presents' Alan Wheeler and Benji were running, I guess they will have to keep up the tradition for ever and eventually stagger round on Zimmer frames until one or the other has to give up!

Mike Hickman decided to re-capture the past by wearing an old 'Handy Cross Joggers' vest, but it didn't help him to re-capture his form of older days!

Congratulations to Deborah Gatesman who raised over £350 for the Alzheimer's Society, who research and treat sufferers of adult dementia. As she was wearing one of the Society's colourful tops, some eyebrows were raised when she approached some spectators in Bourne End and asked, "Where am I?"

After all the clearing up, Richard kindly invited everyone to a barbecue in his garden, which we all enjoyed in spite of the thunderstorm that swamped us.

See our finishers times on page 5.



Save That Sheep (for Saturday Night?)

I hesitate to mention Martyn Franzene and sheep in the same article, as some readers might make unwarranted assumptions. But one Sunday morning recently, Martyn and Kevin were running beside the river near Marlow, when someone in a canoe asked them to help him rescue a sheep that had fallen in and was in danger of drowning.

Between the three of them, they managed to propel the sheep to the side but didn't know how to lift it up the bank, it being quite a heavy animal. However Martyn solved the problem by approaching the sheep stealthily from the rear, whereupon it scrambled up the bank with great alacrity!

Six Day Wobble

Most runners aspire to complete a marathon and are in awe of people like Mike Hickman, for running the 89 miles of The Ridgeway, Elaine Brewster for walking 100 miles and especially Rod Palmer, completing the 145 mile run from Birmingham to London on the Grand Union Canal in under thirty hours.

But how far do you think you could run in six days? Well the record was set by an Englishman called George Littlewood in New York in 1888 and he covered a staggering (sic) 623¾ miles!

Fortunately such six day 'Go As You Please Contests' or 'Wobbles' as they were called, are no longer held, but were very popular in the 1880's. The contests would start at one o'clock on a Monday morning and finish at half past ten on the following Saturday evening.

Of course, such contests attracted huge crowds of spectators and large sums of money were gambled on the outcome. A professional athlete could make a lot of money competing in them, although at what cost to his future health I shudder to think.

Diet was somewhat different in those days, runners trained on eel-broth, eggs, ale and port and avoided butter, sugar and cheese while, the richer contestants dined on Champagne, sole and claret during the race. Whisky was used as an embrocation and any left over was drunk, while all sorts of illegal stimulants or 'bracers' were used to keep the runners going.

I discovered all this information in a recent novel called *Wobble to Death* by Peter Lovesey, who uses an endurance race in London in 1879 as the setting for a murder mystery story in which a well-backed runner is killed. The book graphically describes the suffering of the runners and the greed of the unscrupulous promoters of the contest.



New Members

A very warm welcome to the following new members, don't forget your free T- shirt.

Tina Ashburner, Craig Atkins, Justin Dunrose, Steve Fordham, David Fox, Ruth Lloyd, Simon Murduck, Cheryl Sayer, Hayley Southwood and a welcome return to Danny Fox, Nick Martin and Rob Petingell.

Handy Cross Quiz

The 'golden voice' of the Marlow 5 and Wycombe Half, Ian Murdoch, will be organising another of his popular quizzes on Friday 21st September in Sands Village Hall.

If you've already been to one of Ian's quizzes you will know how enjoyable they are. If you haven't, put the date in your diary, organise or join a team and see who the brains are in the club. A fish'n'chips supper will be included, but bring your own liquid refreshments.



Results

Wooburn 10k

Steve Roberts 39:31 (6th)
Mike Hollis (1st V50) 41:55
Paul Palmer 42:00
Sally White 44:00 (1st V40)
Mike Hickman 45:38
Margaret Moody 47:30 (1st v50)
Sarah Nicholls 50:10
Sarah Heath 52:55
Chris Lansdown 55:16
Stella Gwilliam 1:04:27
Alison Alexander 1:04:58
Craig Atkins 1:07:29
Rose Priest 1:12:21

Steve, Mike, Paul and Sally won the team prize

Benson 10k

John Peerless 41:36
Debbie Jones 47:02
Angie McLoughlin 52:37

Halstead & Essex Marathon

Martin Fisher 3:13:03

Marlow 5

Paul Palmer 32:12
Mark Hoad 33:24
Dave Claridge 39:31
Gill Brooks 40:15
Celia Edwards 41:51
Grace Wilson 42:14
Ann Palmer 42:34
Martyn Fox 44:05
Mary-Ann Bunni 46:08
Pat Bromley 48:01
Martin Harris 50:54
Deborah Harris 52:43
Natalie Pitt 55:44
Chrissie Quinn 61:37

Icknield Way 10k

Julia Downes 40:32 (2nd lady)
Ellen Haynes 48:25 (1st V35)
Liz Davey 52:06
Penny Fisher 54:32
Alan Wheeler 59:41
Vernon Martin 1:11:08

Julia, Ellen, Liz and Penny won the ladies team prize

St Albans Half Marathon

Paul Palmer 1:33:01

Icknield Way Half Marathon

Trevor Hunter 1:19:53 (1st)
John Dooley 1:32:18 (1st V50)
Benji Benjamin 1:36:26
Mike Hollis 1:36:59
Trevor Free 1:43:57
Margaret Moody 1:53:26

Trevor, John, Benji and Mike won the men's team prize

Pednor5

Brendon Gilbert 30:47
John Peerless 34:04
Mike Hickman 36:29
Des Mannion 37:16
Ellen Haynes 37:22
Peter Astles 37:36
Martyn Brewster 44:23
Deborah Harris 51:59
Elaine Brewster 56:16

Bracknell Half Marathon

Trevor Hunter 1:14:54 (2nd)
Martin Fisher 1:26:13 (pb)
Mike Hollis 1:30:38
Ellen Haynes 1:42:21 (pb)

**Princes Risborough 10K**

Rob Petingell 39:44
 Mike Hollis 41:46
 Jenny Shorrocks 41:57 (pb)
 Lydia Davis 42:22
 Margaret Moody 45:37 (1st V55)
 Ellen Haynes 47:10
 Alan Wheeler 47:21
 Sarah Nicholls 48:03 (pb)
 Jo Smith 48:14
 Phil Hutchby 51:59
 Craig Atkins 56:29
 Justin Durose 1:21:26

Datchet Dash 10K

Martin Fisher 38:47(pb)
 John Peerless 41:32
 Margaret Moody 44:14
 James Cunnane 44:45
 Alan Wheeler 48:10
 Jo Smith 48:50
 Angie Mcloughlin 53:55
 Craig Atkins 57:47
 Gora Neogi 65:49
 Vernon Martin 68:28

Wargrave 10K

Mike Hollis 42:35

Lacey Green 5k

Chris Lansdown 25:25

Thame 10K

Paul Palmer 39:43 (pb)
 Mike Hollis 40:57 (pb)
 Lydia Davis 41:53
 Alan Wheeler 47:31
 Liz Davey 50:01
 Ann Palmer 52:30 (pb)
 Linda Weedon 53:35
 Craig Atkins 57:54
 Melanie Hill 1:03:10

Wycombe Half Marathon

Trevor Hunter 1:17:25 (4th)
 Rob McGrath 1:24:13
 John Dooley 1:25:39
 Benji Benjamin 1:31:00
 Dave Claridge 1:43:46
 Mike Hickman 1:47:35
 Alan Wheeler 1:47:46
 Deborah Gatesman 2:04:08
 Martyn Fox 2:11:21
 Mary-Ann Bunni 2:18:31
 Helen Moseley 2:23:58

Trevor, Rob, John and Benji were
 2nd men's athletic team

Wycombe Half Fun Run

Maryse Haynes
 (1st female and 4th overall)

Race for Life

Sally White (2nd)

5K Round Up (so far)

One Handy Cross Runner has finished in first place in all the 5k's to date: Fred Ashford was 1st V70 in every race so far!

Of the faster finishers (no disrespect to Fred) Trevor won at Burnham and was 3rd at Marlow and Maidenhead while Frank has finished in the top five positions in three races, as has Lydia Davis.

In the men's vets category, Steve Roberts had two 2nd and one 3rd MV40 places and Mike Hollis has finished 2nd, 3rd & 4th MV50 in three events.

Our vet ladies have also featured in the top three several times, with two firsts and a second for Sally and three seconds and a third for Ellen in the FV40 category, while Margaret Moody has three first and one second place finish in the FV50's.

We also have a new young star in Maryse Haynes, who was second junior female at Wargrave and then improved to first at Burnham and Marlow.

With one more race in this years series to go on a fast course at Datchet, there's still time for a first place finish or at least a pb for everyone, or failing that to be one of the two hundred and sixty five Handy Cross people who have competed so far this year.

Reading Half Marathon

Trevor Hunter, Frank Fulcher, Phil Stephens and Dan Charleston won the 3rd men's team prize and John Dooley was 1st V50 in this very popular event.

Full list of club results in last Bulletin.



Tuesday Night Training Programme

- July 31st Paarlauf session. 10-12 x 300m
- August 7th 10-12 x 400m (200m recovery)
- August 14th Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit
- August 21st 6-8 x 600m (200m recovery)
- August 28th Pyramid Session. 300/600/900/1200/900/600m/300. (200m recoveries)
- September 4th 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 11th 3 x 1 mile around Cressex Rd. /Marlow Rd./Rupert Ave. circuit. (Recover back to start point)
- September 18th 5k Time Trial. Cressex Road/John Hall Way
- September 25th 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.

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

- 25/7/07 4 x 1600m (200m walk/jog recovery).
- 1/8/07 Pyramid session 200/400/600/800/1600/800/600/400/200m (200m walk/jog recovery).
- 8/8/07 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).
- 8/8/07 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).
- 15/8/07 3 x 2000m (200m walk/jog recovery).
- 22/8/07 The Gerry Grosse Trophy/Wednesday Track Group 5000m Handicap Race.
- 29/8/07 "Downer." 2000m, 1600m, 1200m, 800m, 400m. (200m walk/jog recovery).
- 5/9/07 Relay session, 2 x 12 x 200m per person in teams of 3
- 12/9/07 13 x 400m (200m walk/jog recovery).
- 19/9/07 9 x 600m (200m walk/jog recovery).
- 26/9/07 '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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Handy Cross Runners

The following questions and answers were collected from last year's GCSE exam results in Swindon, Wiltshire. They are genuine responses from 16 year olds!

Geography

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them per spire.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and Nature abhors a vacuum. I forget where the sun joins in this fight.

Sociology

Q: What guarantees may a mortgage company insist on?

A: If you are buying a house, they will insist you are well endowed

Q: In a democratic society, how important are elections?

A: Very important. Children can only happen when a male gets an election

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Biology

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get inter continental

Q: What happens to a boy when he reaches puberty?

A: He says goodbye to his boyhood and looks forward to his adultery

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: What is artificial insemination?

A: When the farmer does it to the cow instead of the bull.

Q: How can you delay milk turning sour?

A: Keep it in the cow. [He got an A]

Q: How are the main parts of the body categorised? (e.g. abdomen)

A: The body is consisted into three parts - the brainium, the borax the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O and U.

Q: What is the Fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby.

Q: What is the most common form of birth control?

A: Most people prevent contraception by wearing a condom.

Q: Give the meaning of the term "Caesarean Section."

A: The caesarean section is a district in Rome.

Q: What is a seizure?

A: A Roman emperor.

Q: What is a terminal illness?

A: When you are sick at the airport

Q: Give an example of a fungus. What is a characteristic feature?

A: Mushrooms. They always grow in damp places and they look like umbrellas.

English

Q: Use the word "judicious" in a sentence to show you understand its meaning.

A: Hands that judicious can be soft as your face.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.

Technology

Q: What is a turbine?

A: Something an Arab or Sheik wears on his head