



## Congratulations

**T**o Donna, on the arrival of Henry Jacob Frank, weighing in at 6lb 15.5oz., on the 16th of June. To Rachael Cullen-Heighway on the birth of her daughter and to two runners who have both moved up an age group; Terry Eves who is now a V70 and Nick Martin, a V60. Also to Alice and Trevor Free on their recent marriage.

## New Members

**A** very warm welcome to the following new members (and don't forget your free t shirt):

Vicki Causer, Paul Dineen, Gareth Imms,  
Denise Manson, Tanya Morris, Matt Piercy and Julie-Anne Ryan.

It is with sadness that we heard of the death of former member Peter Gould in May. Peter ran with us for a number of years but had to stop because of dodgy knees.

## Dinner/Dance

**O**ur annual Dinner/Dance will be held on Saturday 24th September 2011 at a new venue; Uplands at Four Ashes in High Wycombe.

The cost is only £25 per person, which will include a glass of wine on arrival, a three course menu followed by tea/coffee & after dinner mints plus a first class disco! (See menu on page 3) Lucy has also negotiated very reasonable rates if people wish to stay there overnight. Email Lucy to confirm you are coming and make cheques out to Handy Cross Runners (you can put your menu choices on the back).

We would like to have a decent raffle this time with some tempting prizes. Perhaps some club members could help out? As we didn't have a dinner/dance last year, let's have a big turn out to make this one really successful!

## 5K Series

**I**t seems like only yesterday that I published the dates of this years 5K's and they're over already! HCR averaged at least fifty runners in each one and some notable results were recorded by:

Frank, who was first MV40 in all his races, Alun Jones and Howard Taylor, who filled either the first or second MV50 places in every race. Similarly Ellen and Sally were either first, second or third in their age category in all their races. Margaret completed a clean sweep of firsts in the FV60 class while Fred was first MV70 in all his races.

If you enjoyed the 5K series, you'll love the winter cross country races which are very similar (ie. everyone runs together and the host club provides refreshments afterwards) but are longer, colder and muddier! However following the decision at this year's AGM to encourage a better attendance at the coming seasons meetings, they will be free! The dates are:

30th October 2011	Metros
13th November 2011	Datchet
27th November 2011	Sandhurst
11th December 2011	Handy Cross
18th December 2011	Reading
8th January 2012	Tadley
22nd January 2012	Bracknell
5th February 2012	Finchcoasters

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## Belgian Beer and Cycling Challenge

**T**hirteen of us (a bad omen from the start) left Great Kingshill on a wet morning in June heading for the Channel Tunnel. The rain continued across France and all the way down to Kortrijk in southern Belgium where we were based for the next three days.

The evening started in the usual way with a collection of Euros from everyone to form a beer kitty, which Ken Hemmings took charge of and managed to lose before the night was out.

On the journey out Mike Hickman had been complaining of feeling unwell and sure enough was up most of the night with the 'Delhi Belly' which he claimed to have picked up at the Isle of Wight Festival.

So only twelve riders set out the next morning to cycle to Bruges, a UNESCO world heritage site, by a circuitous route which started by following a very wide canal. The group soon split in two only to meet miraculously at a road junction before parting ways again before the coffee break.

A few mobile calls later established that one group was suffering from a succession of punctures, most of which were occurring on one bike. Eventually we limped into Bruges and found the others sitting in the main square, consuming the beer kitty.

After a good dinner however everyone was contemplating getting back on the bikes when the heavens opened, so we decide to wait until the kitty was empty and the rain eased off. Cycling out of Bruges over wet and slippery cobbles was an unpleasant experience and it wasn't long before punctures slowed us even more. Mike Blowing eventually extemporised a rim tape out of a discarded inner tube for the most troublesome bike and we finally made it back to Kortrijk at eight in the evening. The number of punctures that day was somewhere around nine, but I think most people had lost count.

The next morning Mike H was feeling better but not well enough to cycle, so he took the train to Bruges instead. As we now had a spare bike, the puncture prone one was left behind and all went well, for the first few miles at least. Of course the good luck didn't last and we had more rain and punctures.

The group split as usual and I found them later in a café in Tournai tucking into apple strudel with cream and ice cream. Tournai is another UNESCO world heritage site famous for its magnificent Notre Dame cathedral. When I asked Pete Astles if we were going to see this world famous building he pointed to the iconic five spires above the roof tops and said, "There it is, you've seen it!"

Like Bruges, Tournai is paved with cobbles, but is also quite hilly, great fun on a lightweight bike with narrow tyres. This part of Belgium is quite hilly as we found out on our search for somewhere for lunch. Matt Piercey (one of Mike's beginners) may be new to running but is an old hand at cycling and very fit. He was leading the group for some time then dropping back to round up the stragglers before zooming effortlessly to the front again. Unfortunately he was a bit too enthusiastic and fell on a slippery downhill corner, leaving several square inches of skin on the road. However he was more concerned about any damage to his precious bike and the brand new Lance Armstrong cycling kit he was wearing.

We eventually found a restaurant for a late lunch where they managed to conjure up twelve excellent meals at short notice, well eleven really, they ran out at that point and Mike B had to have something described as 'tongue' from some unidentifiable animal.

After lunch the weather brightened up but the rain was displaced by a strong wind. We arrived back much earlier than the previous day and were joined by Mike H for a drink in the town square.

The following day, Mike H had relapsed so he failed his cycling challenge and spent the last day in bed again. The rest of us set off for the French border into the teeth of a gale and managed to find a replica of the Café René complete with dirty tables and a resident fly. The other notable resident was a huge dog that had to be passed if you were brave (or desperate enough) to use the loo!

We continued battling both the wind and hills to eventually arrive at a hilltop town where we were surrounded by smartly dressed locals enjoying their Sunday lunch in a very pleasant restaurant. All that hill climbing was rewarded with the bonus of a mostly downhill swoop back into Belgium to arrive in the mid afternoon sunshine in Ypres.



This was to be another cultural visit with First World War cemeteries and the In Flanders Field museum to visit. The attraction of a Beach Volleyball competition in the city square proved almost too much but we dragged ourselves away and out through the Menen Gate to find a nice straight road and joy of joys, the wind was behind us. Pausing only at a WWI cemetery (not to visit but to mend yet another puncture) we made good speed on the excellent cycle track by the main road and found the Belgian motorists were happy to give us preference at all the roundabouts on the way.

From Menen we followed the canal once more and whizzed back into Kortrijk to put the bikes away for the last time. Many thanks to Pete and Mike for organising the trip.

PS. Mike H made it back ok the following day with the help of Imodium tablets.

### New Club Kit

Linda has the new club kit available and will be happy to sell you everything you need. Prices are as follows:

Male and Female Vests £17.50

Technical T Shirt £9.00

Men and Ladies Fleeces £26.00

Hoodies £19.50

See Linda at the club on Tuesday or email her on [lindaweedon@kurtmueller.co.uk](mailto:lindaweedon@kurtmueller.co.uk) and please make cheques payable to Handy Cross Runners.

### Old Club Kit

We have several vests and shorts (Old Style) at knock down prices, these are still acceptable as Handy Cross Kit so why not grab yourself a bargain and invest in a spare vest and while the weather is being kind to us, why not get your legs out and try some of our Go Faster Shorts

Mens Vests (various sizes) was £16.00 now £10.00

Shorts (various sizes) was £13.00 now £5.00

### Dinner/Dance Menu

#### Starters

Wild Mushrooms & Watercress Soup

Poached Salmon with Baby Gem, Pancetta and a Dill Mayonnaise

Crown of Melon filled red Berries

#### Main Courses

Pan-fried corn-Fed Chicken Breast wrapped in Parma Ham served with Comfit of Cherry Tomato & Basil Sauce

Goats Cheese and Spinach Puff Pastry with Concasse and a Drizzle of Basil Oil

Char-grilled Tuna Steak set upon Nicoise Salad and a Balsamic Reduction

(all Mains served with roast Potato and seasonal Vegetables)

#### Desserts

Vanilla panna Cotta with red Berry Compote

Strawberry & Kiwi Pavlova with Mango Coulis

Profiteroles Tower with white Chocolate Sauce

Followed by coffee & mints

### Future Social Dates

Wednesday 7th December	Ladies night out
Saturday 10th December	Panto at the Wcombe Swan
Friday 17th December	HCR Christmas disco at the Judo Club



## A Walk In The Park

By Terry Eves

Having reached my allotted three-score-years-and-ten some weeks earlier I remarked, somewhat smugly, on the London Marathon-bound coach, that I only had to get under five hours for a Good For Age entry so would probably be eligible for ever.

These words were to come back to haunt me some hours later when, my calf having conked-out at the nine mile point, I found myself laid back on a grassy verge enjoying the warm Spring sunshine and the ministrations of two Bermondsey Belles enthusiastically massaging my legs with Deep-Heat, and yes, I am aware that injuries need ice not heat, but had no wish to curb their obvious enjoyment.

I was brought sharply back to reality when out of the sea of passing runners a voice called out, "Alright Terry?" The race number was Pete's but the runner bore a striking resemblance to Nick Martin. I set off in hot pursuit at a fast hobble to ask if he could tell my support network at Mile fourteen that I would be running late, but he sped off out of sight, confirming my suspicion that it must have been Nick as Pete would have joined us on the grass.

It was with some trepidation that I eventually reached the St Johns Ambulance station at Tower Bridge, knowing that in previous years Chris had entered the tent as an injured runner and emerged as the bandage-swathed Invisible Man. So after a relentless pounding (just like Mike's) had no effect I decided I would pull out of the race when I met up with my supporters just one mile away.

At last I spotted the helium-filled dolphins on extendable fishing rods (thank you Chez!) and knew that my ordeal was at an end. My family and so-called friends had other ideas though and rather than give me the sympathy I so richly deserved, they thrust me unceremoniously back into the melee with promises to see me at Mile twenty one and assurances that there were still Handy Cross runners behind me (and I actually believed them!).

Though initially the prospect of walking another twelve miles seemed daunting I set off at a brisk pace and soon found that I began to rather enjoy it, particularly with the massive encouragement I was

receiving and though I'm not normally one for milking the crowd (much!) I found I was able to wave my appreciation and was being treated more like an all-conquering hero than a pretty miserable also-ran. It wasn't, however, until I reached the depths of Whitechapel that I encountered all the usual suspects who make up the Handy Cross Barmy Army supporters and whose reputation for keeping up the fluids on Raceday is legendary, in fact it is usual for the marathoners to have to help the supporters back to the coach, and even at this stage it was apparent that this year would be no exception.

By the time I'd walked to The Embankment the proper runners had long gone, and most people, mainly in fancy dress, were walking, and having already been overtaken by hula-hoopers, tray-carrying waiters and jugglers it was no surprise when entering Birdcage Walk that the first of the rhinos passed me!

When we finally turned into The Mall absolutely everyone, except me, started to run and when I neared the finish line the cheering reached a crescendo which even I thought was a fraction O.T.T., but then realised that the cheers were for the two-man bus that pipped me to the post!

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I was now left with the problem of running a marathon in less than five hours before the GFA deadline of mid-July. Being injured the options were extremely limited to just Cork (too far) the Marathon of Wales (too hilly) and finally Boddington.

The advantage of Boddington was that it was flat and (the organisers lied) fast. The disadvantage was that it consisted of eleven anti-clockwise laps of 2.2 miles preceded by half a lap, and then an extra spur to finish in the scenic grounds of Boddington Manor.

Concurrent to the marathon, and on the same course, there was to be a 50k race (fourteen laps) and a 100k race. Prior to this was a 10k charity race which shared part of the course. It would be virtually impossible to think of anything more mind-numbingly boring and even with six weeks to go the prospect filled me with dread!



It was a certainty that the day would be warm, particularly as all the preceding weekends were miserable affairs, so it was no surprise when the forecast was for the hottest day of the year with temperatures nearing ninety degrees. It was no small feat therefore, convincing the memsahib how enjoyable it would be for her to stand for five hours in the middle of nowhere watching dozens of sweaty runners!

The day started promisingly with complete cloud cover, but the race was not due to start until 11.15 and temperatures were already soaring when we reached Boddington Manor to collect my chip from the organisers, the aptly named 'Beyond the Limitations' and it became apparent that most of the entrants were seeking GFA times and the rest were the nutjobs who make up the 100 Marathon Club, who think running marathons every week is fun!

It was a walk of a mile to the cluster of cottages at the start and apart from this the only other distractions on the course were the water-station dispensing bottles of water and cups of Hi-Five, and a churchyard wall where the small group of supporters were positioned. The course itself was completely flat and featureless apart from 5-mile markers for the marathon and 10k markers for the rest. With no mile markers I had calculated I needed a lap time of about twenty three minutes, which would leave a bit in reserve for the odd walk, a doddle in normal conditions. Not so for those looking for a GFA time of three hours which meant completing each lap in under fifteen minutes.

With the first lap completed in twenty one minutes, I made the conscious effort to slow down, but every subsequent lap was slower than the previous one. The race soon settled into a regular and monotonous pattern consisting of a drenching at the start of each new lap where a hose was left on, followed by a soaking at the water stop and a third when we reached the spectators, whose numbers seemed to be growing when joined by more runners who were dropping out, including the legendary wheelchair duo Mick and Phil last seen in the Wycombe Half.

It wasn't until the seventh lap that I stopped to walk for the first time and at this point my time started to drift. By Lap nine, the runners were few and far between and it was impossible to tell which lap they were on, or even what race they were in, as

many had taken time out to recover, but whereas I wrongly assumed that many had finished even more had given up.

By now the heat was unbearable and my lap times had slipped to twenty seven minutes when I espied in the distance a mirage, not palm trees and a cool oasis, but unless I was hallucinating it looked remarkably like Craig Atkins in his running gear! Yep, good old Craig had come to support me for the last lap. I still had forty-five minutes left to finish but thought at this stage anything could happen.

With Craig doing all the talking I struggled round the last lap but when we came to the finishing spur a strange thing happened, I found that although I was certain to achieve my time, Craig was running faster and faster leaving me for dead, until he disappeared from view to be violently ill. He says it was an iffy gel, but I rather think the sense of occasion overwhelmed him. Thanks, anyway Craig, you're a star!

The temperature when we left at 6 p.m. was still twenty nine degrees and having come 40<sup>th</sup> out of the 60 finishers, with 64 non-finishers I decided to put the experience to good use, but regrettably The Marathon des Sables in The Sahara is already full for 2012.

### Terry's Birthday

Rarely am I stuck for words as can be seen elsewhere in this Bulletin! The party that was arranged for my 70<sup>th</sup> Birthday however, was one such occasion, in fact I was undoubtedly more speechless and overawed than I've ever been or will be again.

I am completely baffled as to how it could have been kept such a secret, when I do like to know what's going on, and how I was excluded from all the relevant emails, with the exception of those relating to the fake post-marathon dinner.

I was even asked for a choice of venue for this occasion and suggested curry as Donna had said she didn't want curry, little realising that La Tasca's had been booked some weeks previous!



Two weeks earlier Maureen went out to dinner with a dozen or so ladies? (perhaps I shouldn't question this when I'm trying to be humble) from the club and all evening no one mentioned it to her as they never knew if she was in on the secret, and she didn't mention it to them as she had no idea just who had been invited. Even Lucy and her daughter only discovered late in the day that they were both going out to the same venue!

My gullibility obviously knows no bounds as I should have been suspicious when it became such a big deal to get there on time which, doesn't regrettably usually top my list of priorities. And I don't even remember just what excuse was given as to why we had to go up in what appeared to be the service lift, or even the reason that my attention was drawn to the back of the lift so I would be facing the wrong way when the doors opened!

I'd like to think I've already individually thanked the main conspirators, but if I haven't thanked you personally then I'm sorry as I still don't really know who did what! The balloons have only just gone down and I'm still deciding just which GPS to buy with the money you gave so generously, so once more a massive thank you to you all for your cards, presents and most importantly just for coming and making it a night I'll never forget!

### Summer Evening Mystery Runs

**W**e have had some very enjoyable runs so far from venues as far apart as Bledlow, Benson, Bradenham, Hambledon and Great Missenden.

Three of the runs were followed by barbecues, which were great, especially the indoor one at Bradenham Manor. There was a raffle after the Bradenham run with some excellent prizes. Although I am usually unlucky in these I did win a prize this time. What was it? A free HCR club vest! Thanks a lot.

No one seems to have got lost so far this year, but there is time yet! The runs are of different distances and there is also a walk for non-runners, so everyone can take part. Hopefully we can fit in two more runs before the nights draw in too much.

### A Few Interesting Snippets from Amanda

To write with a broken pencil is pointless.

When fish are in schools they sometimes take debate.

A thief who stole a calendar got twelve months.

The batteries were given out free of charge.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

You are stuck with your debt if you can't budge it.

A boiled egg is hard to beat.

A bicycle can't stand alone; it is two tyred.

When a clock is hungry it goes back four seconds.

Acupuncture: a jab well done.

The guy that jumped into the glass making machine made a spectacle of himself.

A dentist and a manicurist married. They fought tooth and nail.

When you've seen one shopping centre you've seen a mall.

Did you hear about the fellow whose whole left side was cut off? He's all right now.

If you take a laptop computer for a run you could jog your memory.

In a democracy it's your vote that counts; in feudalism, it's your Count that votes.

The guy who fell onto an upholstery machine is fully recovered.

He had a photographic memory which was never developed.

When she saw her first strands of gray hair, she thought she'd dye.



# Results

## Pednor 5

Frank Fulcher 28:20  
(3rd & 1st Vet40)  
Alun Jones 32:33  
Stephen Blakeney 34:52  
Peter Astles 36:11  
Ellen Haynes 37:07  
Michael Hickman 41:22  
Mike Blowing 41:30  
Matt Piercy 45:28

## Pednor 5 Race Walk

Mike Hickman 58:32

## Pednor 5 Challenge

The combined times for competitors in both the Pednor 5 Road Race and Road Walk

Mike Hickman 99:54 (3<sup>rd</sup>)

## Chalgrove 10K

Debbie Jones 49:48

## Bracknell Half Marathon

Joanna Cassells 1:56:40

## Maidenhead Easter 10

Howard Taylor 1:06:55  
Peter Astles 1:15:34  
Sally White 1:15:56  
Margaret Moody 1:20:29  
Mike Hickman 1:21:22  
Trevor Free 1:21:46  
Des Mannion 1:21:47  
Phil Hutchby 1:27:21  
Tora Stracey 1:27:29  
Soraya Bux 1:29:04  
Frances Brown 1:32:08  
Karen Letham 1:33:16  
Craig Atkins 1:37:04  
Mike Blowing 1:41:43

## Hook 6 mile road race

Helen Moseley 54:56

## Hook 10 mile road race

Craig Atkins 1:28:26

## Bucks Track and Field Championships

Men's 3000m:

Frank Fulcher 9.48 (3<sup>rd</sup>)  
Howard Taylor 11.10 (pb)

## Prestwood 10K

Mike Hollis 43:19  
Paul Dineen 42:30  
Paul Palmer 44:33  
Benji Benjamin 44:58  
Peter Astles 45:24  
Margaret Moody 46:27  
(1st in age category)  
Mike Hickman 50:38  
(1st in age category)  
Mike Blowing 52:19  
Liz Davey 53:02  
Manfred McKenzie 55:06  
Jacqueline Ing 58:27  
Ann Palmer 59:15  
Terry Eves 1:01:08

## Marlow 5

Julian Hucks 29:47  
Paul Dineen 33:38  
Paul Palmer 34:59  
Margaret Moody 36:44  
(1st in age category)  
Reena Bowden 41:16  
Janet Hudson 41:21  
Matt Piercy 45:41  
Deborah Harris 48:54  
Vicki Causer 50:47  
Sinead O'Toole 55:08

## Mike's Wednesday 'Beginners' group

Yvette Rogers 46:12  
Richard Sharp 52:33  
Helen Sharp 53:31  
Michael Collard 54:19  
Belinda Slade 54:19  
Gemma Morley 56:16

**Shiplake College Sprint****Triathlon**

Jenny Roberts (Shorrocks) 1:21:08  
1st Female

**Wallingford Thames 10K**

Paul Palmer 44:32  
Mike Hickman 50:56

**Chiltern Chase 10K  
(Ewelme)**

Pete Summers 37:16 (4th)  
Mike Hollis 43:02  
Margaret Moody 44:56  
(1st in age category)  
117th Debbie Jones 47:30  
Joanna Cassells 52:15

**Penn 7**

Pete Summers 42:02  
(2nd and 1st MV40)  
Charlotte Ing 54:50  
Michelle Booth 56:34  
Rod Palmer 1:02:28  
Janet Barrow 1:03:14  
Jacqueline Ing 1:04:59  
Laura Cornwell 1:08:08

(H C R were 3rd team)

**Thame 10K**

Robert Pettingell 39:02  
Jenny Roberts 41:02  
Sally White 45:53  
(1st Female Super Vet)  
Emma Keys 46:22  
Linda Weedon 56:42

**Boddington Marathon  
(12-lap)**

Terry Eves 4:48:05  
(GFA time for next year's  
London Marathon)

**Princes Risborough 10K**

Conrad Miles 39:29  
Steve Roberts 40:44  
Mike Holliss 43:14  
(1st in age category)  
Sally White 44:59  
(1st in age category)  
Paul Palmer 45:30  
Peter Astles 46:08  
Michelle Booth 48:47  
Russel Dean 49:21  
Fred Ashford 53:38  
Sarah Roberts 54:16  
Helen Mosely 56:56  
Ann Palmer 59:40  
Julia Phaff 69:59

**Hughenden 10K**

Frank Fulcher 38:29(3rd & 1st vet)  
Alun Jones 48:19  
Ellen Haynes 50:44

**Roth Iron Man Triathlon**

(3.86km swim, 180km bike &  
42.2km run)

Dave Duckworth 14:35:55

**Dash for Dads 10K**

Julian Hucks 42:49 (5th)  
Nigel Sanderson 47:08  
Paul Palmer 51:50

**Toad Hall 10K**

Charlotte Ing 51:50  
Jacqueline Ing 62:11

**Deganwy Dash 5 Mile**

Michelle Booth 40:50

**Chichester Cross Country  
Marathon**

Paul Palmer 5:09

**Northants Shires and  
Spires 35**

John Dooley 5:35:56





### Langley Park 5k Summer Series. May 11<sup>th</sup>, June 8<sup>th</sup>, July 6<sup>th</sup>

**T**his summer series of 5k cross country races were held on Wednesday evenings starting at 7pm. Three Handy Cross runners took part in the series.

May 11th	Alun Jones	2nd	19.58
	Howard Taylor	3rd	20.12
	Margaret Moody	15th	23.21
June 8th	Margaret Moody	13th	22.35
July 6th	Howard Taylor	6th	20.33
	Margaret Moody	12 <sup>th</sup>	22.15

Margaret was the overall series winner in her age category. The race website has other details and results on the series. [www.bucksinfo.net/langley-park-races](http://www.bucksinfo.net/langley-park-races).

Fred Ashford

### Marlow 5

**T**he Marlow 5 went extremely well and there were very positive comments from many of the runners (see below) There were 1561 entries with 1323 finishers.

"Once again, I would like to thank Handy Cross Runners for putting on such a superb race. It is always so well-organised, with race packs sent out well in advance, plentiful and supportive marshalls, good local support (and believe me, as one of the slower runners, I need all the support I can get!) and a great atmosphere, before, during and after the race.

The atmosphere is enhanced greatly by the commentator, who makes me laugh so much, I forget to be worried about the race! As always, the goody bag was absolutely loaded, and a top quality medal and t-shirt as well. It has to be the best value race around. It is certainly my favourite local race."

See our runners times on page 7

### Wycombe Half Marathon & 10K

**W**e had over 1500 entries before the day in both races and took over 100 on the day. There were 921 finishers in the half and 370 in the 10K plus 89 in the fun run.

"Just like to say thanks for today, even though I lacked any training your Marshalls kept me and no doubt other runners going. They do an awesome job and I know it may have been good weather for the runners but probably not the best for them so pass on my thanks to the whole team."

HCR finishers were:

Paul Dineen 1:36:13

Alfred Benjamin 1:40:22

Emma Russo 1:43:07

Nick Martin 1:46:18

Congratulations to Benji who has completed every Wycombe Half Marathon for thirty years!

### Ridgeway Relay

**W**e entered two teams in this years Ridgeway Relay and both improved on last years performance. Many thanks to Ellen for organising the teams and to the supporters who helped on the day.

#### Team A - 10th position 11 hrs 0mins 46secs:

12th Brendon Gilbert 1:15:54, 13th James Cunnane 0:50:23, 15th Howard Taylor 1:11:13, 14th Tora Stracey 0:44:26, 24th Paul Dineen 1:21:03, 19th John Dooley 1:17:33, 13th Mike Hollis 1:09:35, 22nd Ellen Haynes 1:01:59, 5th Frank Fulcher 1:07:48, 3rd Trevor Hunter 1:00:52

#### Team B - 28th position 12hrs 30mins 46secs:

10th Dan Charleston 01:14:11, 33rd Martin Brewster 01:03:10, 9th Steve Roberts 01:06:29, 27th Sarah Roberts 00:49:31, 32nd Phil Hutchby 01:30:18, 39th Diana Charles 01:42:34, 17th Kim Travers 01:14:22, 17th Alfred Benjamin 01:00:08, 35th David Claridge 01:38:07, 26th Margaret Moody 01:11:56

**Black Park Parkrun 5K**

Resumé of Handy Cross Runners performances – 16<sup>th</sup> April to 16<sup>th</sup> July

The order shown below is based on the age graded performance and not time taken for the runs. There were 14 runs in total over the period with weekly attendances now consistently passing 250. On the final run of this period, 16<sup>th</sup> July, there were 265 recorded finishers.

Over the period **Margaret Moody** scored **90.87%** in the Age Graded performance. She is the only runner at Black Park with over 90%. She was also the only Handy Cross runner to top a league table at the end of the year, 9<sup>th</sup> July. In the Age Graded Performance league for the year she scored 91.49%.

16<sup>th</sup> July was the first running of the new scoring year and was event #106 since the inception of these weekly runs. The current year will finish on 15<sup>th</sup> July 2012.

Name	Runs	Best time	%	PB?
Margaret Moody	3	21.54	90.87	
Alun Jones	7	18.53	82.08	
Howard Taylor	1	19.58	75.71	
Angie Peerless	5	25.17	75.35	
Linda Weedon	5	27.12	74.20	
John Peerless	8	20.50	73.76	
Paul Palmer	2	20.48	72.04	PB
Michelle Booth	3	24.01	69.60	PB
Martin Dean	9	24.34	68.25	PB
Grace Wilson	3	27.37	68.07	
Peter Astles	3	22.00	67.58	
Terry Eves	1	27.52	63.28	
Soraya Bux	1	23.56	62.12	
Ann Palmer	5	27.59	58.31	
Gemma Taylor	1	25.47	57.40	PB
Craig Atkins	1	24.58	55.07	

A reminder that the runs are FREE and take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at 9 am.

However you must register in advance (once only) to place your name on the data base for results and receive a dedicated race number in the form of a barcode. This is then brought to each event. Register at [www.parkrun.org.uk/black-park](http://www.parkrun.org.uk/black-park). More information including pictures of what you are missing can be drawn from that website or <http://picasaweb.google.co.uk/georgemardall>.



# Tuesday Night Training Programme

July 26 <sup>th</sup>	Paarlauf session 10 – 12 x 300m (John Lewis field)
August 2 <sup>nd</sup>	10 – 12 x 400m (200m recovery)
August 9 <sup>th</sup>	“Poobin” Fartlek session 5 – 6 circuits of field
August 16 <sup>th</sup>	6 -8 x 600m (200m recovery) John Lewis field
August 23 <sup>rd</sup>	300/600/900/1200/900/600/300m (200m recovery) John Lewis field
August 30 <sup>th</sup>	3 x 1 mile around Cressex Road/Marlow Road/Rupert Avenue circuit (Recover back to start point)
September 6 <sup>th</sup>	The Gerry Grosse Trophy 5K Handicap Race
September 13 <sup>th</sup>	I am on holiday. Please do a Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
September 20 <sup>th</sup>	Relay session on Dave Nash Estate (in teams of 3). 2 x 10 laps per team
September 27 <sup>th</sup>	Pyramid session (Oak Crescent) 200/400/800/1200/ or 1600/800/400/200m (200m recovery)

**Keeping the dream alive**



Fred Ashford says, "Can you complete this Quiz?" The first one is a sample answer.

No prizes, just the dubious satisfaction of knowing you are very familiar with all sorts of confectionary. If you're really stuck, ask Fred!

Clue	Answer	Clue	Answer
Sly Giggles	--Snickers--		
High Class thoroughfare		Even more out there	
Mother's Local		100% Au	
Dark occult		Istanbul harem	
Money making royalty		Out there (look up at night)	
Clever folk		Lorry driver's snack	
Various black items		Big cat's pub	
Sport for Princes		Noisy insect	
If you're good you get these		Arrange marriage partners	
Feline equipment		Pub pins	
Garden flowers		Lots of parties	
Assorted girls		Outside meal	
Dairy holder		Easily blown	
One who wanders		Locals from Malta	
Edible fasteners		Reward	
Wobbly infants		Ten cent pub	
Talk quietly		Toothless drink	
Big bus		Gem orchard	
Spin around		Capital Granite	