

# Handy Cross Joggers

## Newsletter



July 1988

Issue No. 3

affiliated to the  
A.A.A. and W.A.A.A

### CHRIS'S COMMENTS by Chris Gentry

So here we are for Issue No. 3 and it hardly seems like two months ago since the last Newsletter appeared - the time has gone so quickly and there has been a lot of running done.

As I sit here writing this the Wycombe half marathon is almost upon us and with it a visit to the town by a party from High Wycombe's twin town of Kelkheim in West Germany. This year there are about 22 people coming to Wycombe, although I'm not certain that they are all runners, and this has meant that accommodation has had to be found for them. However thanks to the generosity of Club members and their friends this accommodation has not proved a problem and Hans Wessel, the Club Chairman, has produced a programme of events to keep the visitors occupied both before and after the half marathon. I am sure that they will all be made very welcome and let us hope that they enjoy their stay in this country.

Finally this time I think it is amazing the very varying weather conditions we train and compete in - especially in what we laughingly call the summer. It's incredible that a couple of weeks ago Club members were competing in extremely hot conditions and risking sunstroke whereas now we are in danger of getting drowned by the heavy rain. I suppose that it all goes to show how adaptable Joggers are.

### CLUB OFFICIALS

Chairman	- Hans Wessel
Vice Chairman	- Alan Edwards
Secretary	- Esme Thompson
Events Secretary	- Vernon Martin
Treasurer	- Ian Mallen
Membership Secretary (Men)	- Derek Sawyer
Membership Secretary (Women)	- Esme Thompson
Publicity Officer	- Chris Gentry
Social Secretary	- Rose Priest

### DISCOUNT FOR JOGGERS

It has come to the attention of the Club that Cobra Sports, the new sports shop in the Chiltern Centre in High Wycombe, is apparently refusing to give ant discount to Club members purchasing equipment from them although it is also understood that they are giving discount to members of Wycombe Phoenix! Therefore if you are in need of some running gear you might like to note that Mike Keen Sports in High Wycombe gives discount to Handy Cross Joggers as does the sports shop in Bourne End.

## TIME TRIALS - Chris Gentry

If you are a new member of the club or even if you have been coming for some time you may well have been wondering what Vernon Martin was on about on the first Tuesday of each month when he goes on about the "time trials". What are these "time trials" you might ask - some form of court hearing? Well no, what they are are a timed effort over a 4 mile course and they are a very useful addition to your training programme. Anyone can do them and, in fact, you are positively encouraged to do so.

So, you have decided to take part - what do you have to do? Firstly you need to seek out the board which circulates round the room on these occasions and write your name on it, this will decide your starting position. The run starts from the entrance to the road leading to the Sports Centre and runners start in pairs at one minute intervals sent away by Vernon with his stopwatch. Although it is not meant as a race the idea is to run the course as fast as possible. The course is the usual "Winchbottom" run but for those of you not familiar with it you start by running towards the top of Marlow Hill. Just as you reach the top of the hill you take the footpath which goes uphill to your right before going downhill into Daws Hill Road. You then follow Daws Hill Road along past the Air Force Base, across the bridge over the motorway and out towards Flackwell Heath. At the first crossroads you come to turn right into Winchbottom Lane and at the bottom of that lane where it forks take the right-hand fork back towards Handy Cross. This is an uphill stretch along a hedge lined lane before the lane opens up just before the steeper section which leads under the bridge carrying the Marlow Bypass. At the top of the hill turn right and cross the road so as to run past the Blacksmiths Arms towards the Handy Cross roundabout. When you reach the roundabout go round it in a clockwise direction before taking the exit along the dual carriageway leading to the Sports Centre. The course finishes at the entrance to the Boys School where Vernon will record your finishing time.

So far this year there have been three trials and the first one in April, the results of which appeared in the last Newsletter, saw Peter Smith only narrowly failing to beat the course record which has stood for several years. However the inevitable was merely postponed and the 10th May saw Peter smash the record by nearly a minute. The full results of the May and June time trials are as follows:-

### May 10th

Peter Smith	20min 25secs	Martin Franzese	28min 10secs
Margaret Moody	28min 19secs	Vivien White	33min 08secs
Lynn Kirchner	34min 27secs	Rose Priest	35min 07secs
Caroline Weekes	36min 20secs	Jack Sharpe	38min 16secs
Ray Harris	40min 05secs		

### June 14th

Chris Gentry	23min 48secs	Ian Mallen	25min 26secs
Richard Lunnon	25min 29secs	Tony Barnard	25min 55secs
Peter Gallagher	27min 37secs	Martin Franzese	28min 30secs
Margaret Moody	29min 04secs	Pat Beeston	29min 23secs
Lynn Kirchner	32min 23secs	Lynda Simmonds	33min 06secs
Vivien White	33min 45secs	Rose Priest	33min 45secs
Caroline Weekes	34min 06secs	Myrtle Edwards	34min 55secs

So there you are - those are the time trials. If you haven't tried them before then why not have a go next time? You never know it may do your training some good.

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## RACE RESULTS/REPORTS

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### Norfolk Marathon - 1st May

Club member John Gibson returned to his native East Anglia to take part in this event and probably wished that he hadn't as a fierce head wind in this point to point race conspired to prevent him from dipping under the 3hr mark but he did well to finish in a time of 3hr 03min 10secs

### Abingdon Half Marathon - 2nd May

Eric Buckle made light of a windy course which included some muddy and slippery bridlepaths to record yet another good time but John Bradbury had less luck after feeling the effects of giving blood a few days before. Results:-

Eric Buckle	1hr 21min 10secs	John Bradbury	1hr 30min 14secs
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### Pednor '5' - 2nd May

The evening of Bank Holiday Monday saw eight members of the club make the short trip to Chesham for this race which climbs gradually for the first half before culminating in a fast downhill finish. John Gardner was our first finisher but he was only 11secs ahead of Club Chairman, Hans Wessel. The finishing times of all the Club's runners were:-

John Gardner	35min 14secs	Hans Wessel	35min 25secs
Martin Franzese	36min 30secs	Kevin Duffy	36min 45secs
Vernon Martin	37min 10secs	Gerry Grosse	38min 35secs
Peter Gould	43min 30secs	Joyce Harris	Time unknown

### Lincoln Half Marathon - 8th May

As if to prove that distance is no object to members of this club three of our ladies travelled the not inconsiderable distance to take part in this event. The long journey proved successful for Paula Parkin who, running with Alison Unitt, recorded a personal best for the distance. The results were:-

Paula Parkin	2hrs 07min 30secs	Alison Unitt	2hrs 07min 30secs
Claire White	Time unknown		

### Poole Marathon - 15th May

A very hot day on the South Coast saw Vernon Martin tackling an undulating course with a sizeable hill at 24 miles and did well to record a time of 3hr 54min 25secs

### Oxford Town and Gown 10K - 15th May

Closer to home John Bradbury competed in front of the ITV cameras in this race which is a 3 lap affair run round the colleges. John found the hot conditions a little difficult but still managed to record a commendable time of 40min 04secs.

### Icknield Way Half Marathon, Chinnor - 22nd May

The club did very well in this event and, thanks to the efforts of Roy Williams who finished 9th, John Flint who finished 10th and Bob Carter who finished 13th, managed to scoop the team prize. The race is run over a tough course with footpaths, bridleways and several uphill climbs. However it is very well organised and marshalled. A 10k race was held in conjunction with the half marathon and I know that a number of the ladies took part in this event but unfortunately I haven't got a note of their times. In fact the only time I managed to get for this shorter event was that of John Gibson who finished in 13th place in a time of 41min 27secs. Results:-

Roy Williams	91min 26secs	John Flint	91min 34secs
Bob Carter	94min 26secs	Dave Riddington	99min 29secs
Chris Gentry	99min 29secs	Benjy Benjamin	101min 52secs

### Liverpool Womens 10k - 29th May

Club member Judy Weaver made the long journey north to compete in this event and found the journey worthwhile as she recorded a very good time of 47min 30secs.

### Coombe Hill Race - 4th June

The race starts in the middle of Wendover and then the course proceeds along the side of Coombe Hill prior to dropping sharply before turning back on itself to climb the steep side of the hill. This climb reduced quite a number of the runners to a walk due in part to the steepness of the hill but also due to it being very slippery because of the overnight rain. The times of the three club members who took part were:-

Chris Gentry	28min 35secs	Jim Chilton	29min 22secs
Dave Riddington	29min 24secs		

### Datchet 10k - 4th June

Whilst the intrepid trio were conquering Coombe Hill John Flint travelled over the border into Berkshire to take part in this event. The Berkshire air obviously agreed with John as he recorded a very good time of 36min.

### Naphill 10 - 11th June

The pre-race publicity stating that the course for this event was undulating was an understatement as I am sure all of you who took part will agree - the climb up Clappings Lane near the end being particularly unwelcome. However the course held no fears for club member Peter Smith who finished in an excellent 4th place but even this feat was overshadowed by the ladies of the club who managed to grab three of the first four places in the ladies event. Pride of place went to Pat Beeston who was not only the first lady home but also the first lady veteran and she was followed by Pam Wilkes in third place and Jackie Smith in fourth place. The full results for club members were:-

Peter Smith	54min 58secs	John Flint	58min 42secs
Steve Prosser	58min 58secs	Roy Williams	1hr 00min 37secs
Dave Woolley	1hr 01min 35secs	Kevin Duffy	1hr 02min 15secs
Dave Riddington	1hr 03min 35secs	Benjy Benjamin	1hr 03min 50secs
Chris Gentry	1hr 04min 02secs	Vernon Martin	1hr 13min 28secs
Brian Sinclair	1hr 13min 50secs	Pat Beeston	1hr 14min 34secs

John Wheeler	1hr 19min 37secs	Pam Wilkes	1hr 20min
Jackie Smith	1hr 22min 47secs	Mary Maloney	1hr 23min 40secs
Lynn Simmons	1hr 27min 55secs	Rose Priest	1hr 28min 53secs
Vivien White	1hr 31min 41secs	Myrtle Edwards	1hr 35min 10secs

### Rugby Half Marathon - 18th June

Only a day before competing at Penn and Tylers Green Derek Sawyer travelled to the Midlands to take part in this event and managed to finish in an excellent 9th place in a time of 1hr 21min 01secs.

### Oxford Half Marathon - 19th June

Those club members who chose this event instead of the Penn and Tylers Green race which took place in the afternoon certainly chose correctly because not only was the Oxford course flat but the 10 o'clock start meant that the heat was just about bearable although it was still hot enough to reduce finishing times by 3 or 4 minutes on what could have normally been expected. Results for the club members were:-

Eric Buckle	1hr 24min 03secs	Chris Gentry	1hr 27min 21secs
Dave Riddington	1hr 27min 35secs	Dave Woolley	1hr 30min 10secs
Roger Wilkes	1hr 33min 33secs	Steve Parrett	1hr 34min 05secs
Richard Lunn	1hr 39min 58secs	Judy Weaver	1hr 55min
John Wheeler	1hr 56min	Pam Wilkes	1hr 58min 44secs
Derek Shimer	1hr 58min	Rose Priest	2hr 03min 35secs
Myrtle Edwards	2hr 04min	Vivien White	2hr 10min

### Penn and Tylers Green Half Marathon - 19th June

By the time this event got underway at 3 o'clock in the afternoon the temperature had risen dramatically and this allied with a very hilly course meant that finishing times were much slower than normal. In the circumstances the club did extremely well to capture not only the team prize but also the prize for the first lady, Irene Smith, and the first super-vet, John Tredwell. The full results were:-

John Flint	1hr 24min 02secs	John Hawryszczuk	1hr 26min 29secs
Derek Sawyer	1hr 27min 15secs	Roy Williams	1hr 28min 30secs
Chris Wood	1hr 35min 20secs	Irene Smith	1hr 35min 40secs
Ray Matthews	1hr 36min 35secs	Ian Mallen	1hr 40min 42secs
Ernon Martin	1hr 49min 33secs	Brian Sinclair	1hr 50min 12secs
Gerry Grosse	1hr 51min 52secs	John Gardner	1hr 54min 01secs
John Tredwell	1hr 56min 30secs	Terry Smith	1hr 56min 30secs
Jack Sharpe	2hr 05min 25secs.		

### Oswestry 10k - 21st June

After a number of excellent performances locally Peter Smith travelled to this event and recorded an outstanding time of 33min 41secs.

### Bourton 15 - 25th June

This race which starts at the unusual time of 6 o'clock on Saturday evening is a tough one with a steep hill having to be negotiated twice. However this did not deter the club members who took part and once again John Flint was the first one home just pipping John Hawryszczuk. Results:-

John Flint	1hr 32min 31secs	John Hawryszczuk	1hr 32min 41secs
Derek Sawyer	Time unknown	Roy Williams	Time unknown
John Bradbury	1hr 43min 38secs.		

## Cross Country Running - Chris Gentry

After several years of thinking about it the club has finally gone ahead and entered a mens team in the Chiltern Cross Country League for the forthcoming season. Of course the ladies were ahead of the men in this respect as they competed in the League for the first time last season. However the men have now caught up and their first appearance in the League will be on Saturday 8th October probably at Watford. There are five League races during the season and the other four dates and venues are as follows:-

22nd October 1988	- High Wycombe
7th January 1989	- Leighton Buzzard
4th February 1989	- Luton
4th March 1989	- Northwood

The men and the ladies both compete at the same venues but over different courses and for the men the team needs at least 10 runners in order to score and for the ladies the minimum is 3 to score. Therefore the club needs a commitment from a lot of members if it is to compete successfully in the League and I would urge you to make a note of the above dates in your diaries and make every effort to run for the club.

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## RUNNING EVENTS

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Listed below are details of some local (or reasonably local) races over the next couple of months which you might like to take part in.

July 17th	Wycombe $\frac{1}{2}$ marathon	9.30 a.m. (entries closed but marshalls are still needed)
August 6th	Shaftesbury 10	2.30 p.m.
August 21st	Slough Marathon & fun run	11 a.m.
August 28th	Furniture 5	3 p.m. (I think but you had better check)
August 29th (Holiday Monday)	Burnham Beeches $\frac{1}{2}$ marathon	11 a.m.
September 4th	Aylesbury $\frac{1}{2}$ marathon	11 a.m.
September 4th	Courage Reading $\frac{1}{2}$ marathon	10 a.m.
September 4th	New Forest marathon & $\frac{1}{2}$ marathon	11.30 a.m. (full) & 11 a.m. (half)
September 25th	Milton Keynes $\frac{1}{2}$ marathon	11 a.m.

## IMPROVING YOUR HALF MARATHON TIME by Steve Parrett

This plan is loosely based on a number of different sources, including both Running and Today's Runner magazines together with various coaching text-books. No guarantees are promised; all I can say is that I followed it fairly closely with a subsequent ten per cent improvement in my PB. Try it, I will be very interested to hear about your experiences.

### 1. An introduction

This plan is aimed at anybody who found that their personal best for a half marathon has not improved for a while, but who cannot afford to devote huge amounts of time training. The most important point to be emphasised is that it can be attempted by **ANY** standard of runner from 5 to 15 minute milers. It relies on doing the minimum amount of mileage possible but, by using good quality training, making every mile and minute count. The minimum amount of mileage you need to do is calculated using the 'collapse point' theory, which states that you will run well for a distance that is one tenth of the accumulated mileage you have run in the past 28 days. So, if you want to run well in a ten mile race you must have run a total of 100 miles in the past 28 days. In the case of a half marathon you will need to run at least 131 miles in the last four weeks - an average of 33 miles each week. Do you do this? If so you can skip the next section and go on to Section 3, 'Special Sessions'.

### 2. Building up base mileage

This is a fairly straightforward process and will apply to anybody who wants to build up their mileage. Take your current weeks mileage and add ten per cent. Do the resulting mileage for two weeks. Add another ten per cent and do the higher mileage for another two weeks. Have a 'rest week' next (about three quarters of last week). Repeat the process until you hit the target. Confused? Well take the example of a runner who does 20 miles a week and wishes to increase to 36.

<u>Weeks</u>	<u>Miles</u>	
1 and 2	22	(ten per cent on 20)
3 and 4	24.5	(ten per cent on 22)
5	18	(rest week)
6 and 7	27	(ten per cent on 24.5)
8 and 9	30	(ten per cent on 27)
10	22	(rest week)
11 and 12	33	(ten per cent on 30)
13 and 14	36	(ten per cent on 33)

**DO NOT** be tempted to increase your mileage faster than this, that way lies injury, staleness and general uuuuurrrgh. If you don't believe me ask any of the more experienced runners in the club.

### 3. Special Sessions

Do you know the meaning of the following terms, fartlek, hill training, intervals, eyeballs out? If so you can skip this session and go on to Section 4, 'Allocating your time'.

Fartlek: a Swedish word meaning 'speed play'. The general idea is that you go for a long run, preferably on parkland or level grass, and have a number

of different speed runs from a hard 'eyeballs out' to a gentle jog and all speeds in between. The only danger with this type of training is that you can be too easy on yourself, so train with others.

Hill training: find yourself a short loop of a mile or so that includes an incline (not as steep as Marlow Hill!). I suggest that the roads near ASDA could be used for this purpose. Run the circuit and push hard on and over the slope. Jog recovery round the rest of the loop. This must be avoided at all costs if you have a knee problem.

Intervals: A set number of hard sessions mixed with a slow jog recovery. Can be done on the track where distance is the governing factor or on the road where you run for specific time intervals, for example, three minutes hard followed by three minutes recovery. Make sure that you do recover fully before you start the next effort. More on intervals in the next newsletter.

Eyeballs out: I'm not sure you'll find this in any text books but I use it to mean going as fast as you can for long steady periods generally a little faster than your race pace. For example, my fastest race pace for a half is 6.25, eyeballs out pace would be about 6.15 for 6-8 miles.

#### 4. Allocating your mileage

We have established that you need to run an average of 33 miles each week. We now need to look at how to share this out, bearing in mind the first rule of training - hard work plus **REST** equals success.

These are the general rules:

1. Three hard weeks, one easy.
2. Two sessions of longer than race distance.
3. Six special sessions.
4. 22 sessions in a 28 day period.

The table below shows how you split up your 28 day workload, the letters mean the following:

H: Hard, either fartlek, hills intervals or eyeballs out. You choose.

E: Easy, about one minute below your race pace.

R: Rest - you **MUST** rest.

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u> (rest week)
Monday	4	2	4	R
Tuesday	6-8H	8H	6-8H	6E
Wednesday	2	4	2	R
Thursday	6-8H	6H	6-8H	6E
Friday	R	R	R	R
Saturday	2-3	4	2-3	3E
Sunday	14E	12	14E	8
Total	36	36	36	23

The week before the attempt on your PB should be spent doing easy running apart from the Tuesday which can be a 5 mile or so hard run.

If you do three of these 28 day sessions in the twelve week period before your next half marathon I believe that you will see a significant improvement in your performance.



## ANCIENT OLYMPIC PAGEANT by Chris Gentry

I mentioned in the last Newsletter that the club had been invited to take part in an Ancient Olympic Pageant which was being put on as a backdrop to the Grant Thornton "British Olympic Appeal" Come and Run Day and the event was held at the Palmer Park Stadium in Reading on Saturday 25th June.

The Friday evening of the week before saw a number of club members making the journey to Reading to take part in a dress rehearsal and photo-call as well as to receive instructions as to how the events were to be organised on the day. For those of us who had never been to the Stadium before I think it came as rather a nice surprise to find how clean, tidy and well looked after the whole place was.

The Stadium comprises a magnificent grandstand with a bar and weight training room at the top and the changing rooms underneath. Outside the running track is surrounded by a cycle racing track and in the centre the pitch is marked out for American Football complete with posts. Instead of having just two large changing rooms, one for the men and one for the ladies, there were a number of smaller changing rooms each large enough to accommodate about a dozen people comfortably. Each of the changing rooms has its own showers, toilet and wash hand basin as well as piped rock music (which is o.k. if you like the music of Bryan Adams and Bruce Springsteen which luckily I do) - quite a change from the conditions presently to be found at Wycombe Sports Centre!

It was at the dress rehearsal that we had the first look at the togas that had been made for us by Vernon's wife Paddy and by Rose Priest - not only did we look at them but we also tried them on and what a sight us men looked. I'm not so certain that the off-the-shoulder look really suited the men but certainly the ladies looked very attractive in their costumes. However Hans Wessel was so resplendent in his costume, which was different from the rest, that the organisers made him the Narrator for the event. Also at the rehearsal we were not only told how the Pageant was to be organised but we were also allowed to practice the specialised events i.e. the standing javelin throw, the discus and the standing long jump. Before we went to the rehearsal I think it is true to say that we thought that the events forming each of the Pageants were to be taken in a rather lighthearted manner but it became obvious that it was to be a bit more serious than that when it was revealed that points were to be awarded for each event.

On the day of the event we met at the Stadium at about 9.30 a.m. and proceeded to get changed ready for the first Pageant at 10 a.m. There were about 20 of us from the club and just before the hour we lined up in the corridor outside the changing rooms with the other four competing teams (Reading Joggers, Wargrave Runners, Finchampstead Coasters, and Reading Roadrunners). On the hour we paraded round to the front of the grandstand where we were introduced to the crowd (or perhaps handful would be a better word as the grandstand wasn't exactly overflowing) by Hans before going to our positions for the start of the events.

In total there were 3 track events and 3 field events. On the track the Pageant started with the "Stade" which is a 192.5 metre sprint for two men from each team and it was soon obvious that the other teams were taking the day more

seriously than we were. At the same time as the "Stade" two ladies from each team took part in the "Diaulos" which is a 192.5 metre relay. In this relay as well as in the following "Dolichos" relay the baton had to be exchanged with the receiver in a stationary position. The "Dolichos" is a 24 x 192.5 metre sprint relay for six runners from each team, at least one of whom had to be a lady. Each member of the "Dolichos" team had to run four legs and this proved to be a tough event for runners like us who are not used to sprinting. Whilst the track events were going on the three field events were taking place with one man from each team throwing the discus, a man and a lady from each team competing in the standing javelin throw, and a lady from each team doing the standing long jump. It was in these last two events that we had most success with Roger Putt doing well in the mens javelin and Lynn Kirchner leaping well in the long jump. However pride of place must go to Eila Mansfield who managed to win the womens javelin in all four Pageants - quite a feat.

As mentioned there were four Pageants during the course of the day, the first as I have said being at 10 a.m. and this was followed by one at 12 noon, one at 2 p.m. and the last one at 4 p.m. Each Pageant lasted for about half an hour and comprised the same 3 track events and the same 3 field events. The 1½ hours between Pageants was a bit of a problem as people didn't know what to do - whether to eat or rest or take part in the "Come and Run" but at least the weather was very good so that sitting around outside wasn't really a problem whatever you decided to do. However by the end of the day, with no reinforcements appearing and with some of the club members present at the start having to leave before the end, I think it is fair to say that those of us left were feeling very tired.

At the end of the last Pageant all five teams lined up again in front of the grandstand and the final points tallies were read out. Not surprisingly perhaps we did not win the event, that honour went (I think) to one of the Reading clubs, but even though we finished in last place it didn't matter too much to us as we had all enjoyed ourselves and were pleased that we had taken part. The winning team received a trophy and each member of the team received a medal but for the rest of us who took part there was the consolation of a tee-shirt for our efforts.

As I said earlier about 20 club members supported the event and I would like to record their names here to thank them for all their efforts on behalf of the club. They were:-

Vernon Martin	Paddy Martin	Alex Johnson	Richard Lunnon
Brian Sinclair	Mark Sinclair	Hans Wessel	John Wheeler
Rose Priest	Myrtle Edwards	Lynn Kirchner	Eila Mansfield
Caroline Weekes	Paula Parkin	Alison Unitt	Vivien White
John Bradbury	Roger Putt		

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### Editor's End Note

I've just been informed by the Social Secretary, Rose Priest, that there is another social event on the horizon. This time a barbeque is planned and it is hoped that it will take place at the home of Club member Eila Mansfield in Marlow Bottom probably on the last weekend in September although a definite date has not yet been fixed. The Club had a similar event at Eila's house a couple of years ago and very good it was indeed. Therefore make a provisional date in your diaries and listen out for further announcements.