



Handy Cross Runners  
Newsletter

# The Bulletin

June 2012

## Future of the Bulletin

**W**e have decided (the committee that is, not the royal one) to send the Bulletin by email from and including this edition, since nearly everyone is on email and it will save the club some money. For those without internet access I will still produce a printed version, which is like saying, "For those of you watching in black and white, England are in playing red!"

The present format is rather old now as it was intended for publication and it may be appropriate to change it for the internet. For example it can now be in colour with lots of pictures. If you have any other suggestions eg. change of font, more or less regular production (or none at all) etc. please let me know. However its future success depends more upon you letting me know what's going on and producing articles like Terry's on page 6 and Fred's parkrun round up on pages 10 and 11.

## Congratulations

**T**o everyone who completed this years London Marathon, especially to Julian Hucks who achieved a pb and to Helen Mosely running her first marathon. Also to Emma Russo and Chris Lansdown who achieved pb's at Brighton and to Jackie Ing who ran her first marathon at Milton Keynes.

Congratulations to Chris Lansdown and Seamus who were among 5000 people to be the first to run in the Olympic Stadium where they completed a five mile course round the park (Chris went on to do the Reading Half the following day, also finishing in a stadium).

Also congratulations to Janet Barrow's daughter Leah who competed in the first athletics meeting in the stadium, helping her team, Birmingham University to finish third in the 4x400m relay.

Special congratulations to Pete Summers who completed the gruelling Birmingham to London canal race in just over thirty hours and finishing in third place.

Well done Frank for finishing 1st MV40 in both the Datchet 5k and our own, Luke Barrow who

was 1st MJ at Burnham, Meg Knight who was 1st FV70 at Burnham and Handy Cross and Steve Roberts, 1st MV50 at Burnham.

## Best Wishes

**F**or a speedy recovery to Mike Hollis who was rushed into the John Radcliff recently with a very serious illness. We all hope to see him back and winning prizes in his age category as soon as possible.

## The Grant & Stone Marlow 5

**W**as very successful with over 1200 finishers including several of Mike's beginners. As we now prepare for a (hopefully) equally successful Wycombe Half & 10k on Sunday 15th July we need to make an equally big effort to marshal it properly, so if you or friends, family and other acquaintances can help, please email Dave Riddington on [Mailto:davidriddington@hotmail.com](mailto:davidriddington@hotmail.com) with your name and contact numbers. There will also be a form available on club nights for you to put down your details.

## Dates for your Social Diaries in 2012

Saturday 8th September: Annual Dinner/Dance at Uplands (see page 4)

Wednesday December 5th: Ladies Christmas Dinner (Venue to be confirmed)

Friday December 7th: Panto at Wycombe Swan (see page 3)

December 14th: Handy Cross Disco at Judo Centre

*Martin Dean (Editor)*

[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk)

Phone: 01494 530511

Email: [mj.dean31@btinternet.com](mailto:mj.dean31@btinternet.com)



## 2012 London Olympics

**M**y Olympics Games Maker training moved on a stage when I attended a Role Specific training day at the Excel Centre in May. The day started early (7.30 to 8.00) although I arrived a few minutes late after getting lost on the DLR!

The first part of the day was common role training for all the T3 drivers who will provide "a driving service similar to that of a high-standard VIP limousine service" to Olympic Family clients, using BMW 320 cars. This could be on a 'request for transport' basis from the client or 'on-demand' service at busy times such as the finish of the Opening Ceremony, when the cars will collect clients as they leave and whisk them back to their hotels.

T1 drivers (like Damaris) will provide a dedicated service to one client and act as a personal assistant (and drive a 520!) while a T2 driver provides a service to only two or more clients. Unfortunately we will not be transporting any athletes nor will T3 drivers be allowed inside the Olympic Park.

Following the common role training we had a series of driver modules designed to encourage the safe transport of our clients, then familiarisation with the cars Satellite Navigation systems and the radios to be carried by each T3 driver. The sat navs are programmed with all the competition and non-competition venues and the routes between them, so I can't get lost! All the cars are also tracked by a control system so I won't be able to take it home either.

After lunch we were at last allowed to play with the cars, three drivers in each with a driving instructor to advise on technique and possible areas for improvement. The cars, with their distinctive logos and dark rear windows attracted a lot of attention as we drove between Olympic venues, so we waved graciously and pretended to be really important!

The next stage was to collect my uniform from the Distribution Centre at West Ham in June where we were given polo shirts, jacket, trousers, cap, trainers, socks, bag and umbrella in the distinctive London 2012 colours. The same week I completed my final venue training at the Park Lane Fleet Depot.

This started in the ballroom of the Grosvenor Square Marriot Hotel, my base for the duration of the games, before walking to the underground car park in Park Lane which has been taken over and kitted out by LOCOG as a transport base.

Here we were greeted by the sight of hundreds of brand new BMW's all lined up and ready to go. Four drivers were allocated to each car which we took turns to drive. We received instructions from the control people and drove to Wimbledon, Hampton Park, Heathrow, Wembley and Lords Cricket Ground before returning to the west end for a tour round the posh hotels which our clients will be using.

This was a very realistic session as it tested the efficiency of the radios and the sat nav system which proved to be not very reliable for some of the users, although we have been assured the problems will be sorted out before the Games!

We reluctantly returned the cars at last and began really looking forward to the start of transport services which begin on the 9th July with a limited service (collecting clients from the airports and taking them to their west end hotels for example) followed by four weeks 24 hour a day service during the Games then a similar service for the Paralympics. I have a schedule covering fifteen days of ten hour shifts some of which finish at three in the morning!

Good luck to Damaris, Meg, Margaret, Mike Hickman and Craig who will all be working as Games Makers.

## The Olympic Torch

**W**ill be travelling from Luton to Oxford on Monday the 9th of July and our own Mike Blowing will be carrying it on part of its journey through Aylesbury. Hopefully lots of club members will be able to go and cheer him on.

## Club Kit

Technical T Shirts £8.00

Mens and Ladies Vests £16.50

Still some Old style Kit still available at reduced prices

Mens vests (1 Ladies vest ) £10.00 each

Shorts £5.00 each

I will try to get to the club every Tuesday or you can email me at:

[lindawedon@kurtmueller.co.uk](mailto:lindawedon@kurtmueller.co.uk)

Linda



### **Pregnancy Massage for all those yummy mummies-to-be!**

Pregnancy massage available for all stages of pregnancy and post natally, with a fully trained and qualified massage therapist, based in High Wycombe. Please see website for further details: [www.bodytherapy.me](http://www.bodytherapy.me) or call Vicki on 07901 756173

### **Kelkheim Celebrations**

In the past runners from Handy Cross have travelled to Wycombe's twin town of Kelkheim to run in (and sometimes win) their half marathon. Their runners used to return the compliment to run in ours, but these mutual visits have not taken place in recent years.

However this year we have had an approach to take part in the 100th anniversary celebrations of their sports club, on 17th and 18th August. If you are interested in a short trip to Germany you will be guaranteed a warm welcome and an enjoyable few days (as well as a race). Speak to Dave Riddington or Chris Gentry as they have the necessary contacts.

### **Leaders wanted!**

To enable HCR to implement the road closures essential to the running of our Marlow 5 and Wycombe races, we need trained people to help.

In 2008 a number of us attended a half-day course which equipped us to deal with highway closures in a safe and efficient manner, and gave us the confidence to deploy other marshals in an effective way.

To support this core group, and to ensure we have substitutes ready to take over this vital role, we are looking for volunteers (six or more) to undertake the training, with HCR picking up the bill for the course.

Without trained and accredited section leaders, our road races would simply not take place, so I would ask that you come forward to volunteer, and we will make all the necessary arrangements.

David Riddington

### **New Members**

A very warm welcome to the following new members:

Steve Batham  
Julie Bowler  
Lucie and Samantha Carter  
Damaris Daniels  
Babjide Evanson  
Hélène Galsworthy  
Nicki Hale  
Ziggy Hill  
Denise Manson  
Kathryn Miller  
Laura Re  
David Rees Hall  
Yvette Rogers  
Catalina Schouten  
Helen Sharp (Cheryl's sister)  
Michael Smith  
Yvonne Sutton  
Natalie Thickett  
Rachael Watson  
and the welcome return of Ray Ramon

Linda will need to order some more t shirts!

### **Panto — Message from Lucy**

**PANTO TICKETS HAVE BEEN RESERVED!!!!**

I have reserved the front two rows (thirty four seats) for the 2012 production of Wycombe Swan's *Snow White and the Seven Dwarfs*, starring CRAIG REVEL HORWOOD (Strictly Come Dancing Judge) details as follows:

Date: Friday 7th December 2012  
Venue: Wycombe Swan High Wycombe  
Time: 19:00hrs  
Price: £21 per ticket (held at 2011 prices)

I will be collecting deposits in July of £10pp by cheque (payable to Wycombe Swan) or cash. These will secure seats on a first come first served basis. Please be aware that I have sold double figures to friends of mine.



## Annual Dinner Dance—A Message From Lucy

Please find details of our Annual Dinner Dance. As most of you are aware I have changed the date due to a poor initial response. Of course as soon as I changed the date many runners came forward to say they would like to attend! I do not want this to happen again as we have put down a large deposit. It would be most helpful if people could let me know sooner rather than later that they will be coming. It takes up much of my time and effort to organise and your co-operation would be much appreciated.

For all of you who enjoyed yourselves last year the venue is the same place and I am hoping we can have the same fantastic turnout yet again. For the people who didn't attend last year and for new members, Uplands is set amidst beautiful Chiltern countryside with landscaped gardens overlooking Hughenden valley. It is a classical mansion house with 18 acres of gardens to explore and free parking. If you would like an overnight stay then I will try to pursue some reasonable rates.

DATE: Saturday 8th September 2012  
VENUE: De Vere Uplands, Four Ashes Road, Cryers Hill, High Wycombe, HP15 6LB  
TIME: 19:00 hours for 19:30  
COST: £25 per person (we have managed to secure 2011 prices subsidised by HCR)

The evening will consist of a welcome drink (included in the price), 3 course meal & a disco till late!!!

### Handy Cross Annual Dinner Dance Menu

#### STARTERS

- 1 Mediterranean vegetable soup
- 2 Oven bake salmon & spring onion fish cake, fennel, cucumber & coriander chifonade, lime dressing
- 3 Chicken liver pate, red onion marmalade, toasted brioche, dressed leaves

#### MAIN COURSE

- 4 Slow roasted loin of pork, dauphinois potato gratin, red apple & thyme jus
- 5 Wild mushroom risotto, shaving parmesan
- 6 Grilled sea bass fillet, pilaf rice, mussel & vegetable Brunoise curry sauce

#### DESSERTS

- 7 Raspberry creme brulee, shortbread biscuits
- 8 Lemon tart, red berries coulis
- 9 Chocolate cheesecake, vanilla anglaise

Coffe & minted chocolates to follow

If you are interested (family & friends most welcome) please contact me by email at [lucille.couturier@sky.com](mailto:lucille.couturier@sky.com) or mobile 0788 1931930 or I am at the club most Tuesdays & Thursdays. Payment in the form of cheque payable to HANDY CROSS RUNNERS with your menu choice on the reverse please.

I will of course be asking for raffle donations nearer the time, we had some fantastic prizes last year including; free years membership of Handy Cross Runners, massages, wine/champagne, Handy Cross t/shirt and much more (thanks in advance).



Giving you **discounted** rates on parcels and freight across the UK and Worldwide. We only put your goods with worldwide recognised brands like Fedex, DHL, UPS, TNT.... Don't pay over the odds - drop me an e-mail or give me a call..... Run a business ?? we can help you save money J

Sameday \* Nextday \* UK \* International \* Imports \* Air/Road/Seafreight

Need a referral - Members who have used the service..... Linda Weedon & Tora Stracey

Contact : [craig.atkins@inxpress.com](mailto:craig.atkins@inxpress.com) or 07790379408

### **Cross Country (the last word)**

Apologies to Ellen, Soraya and Michelle who's attainments were chopped off in the last Bulletin.

The full article is reproduced below:

**T**his seasons cross country events were very well attended by club members, especially at the start of the season, when conditions were so dry it was like running off-road with no mud. Numbers dropped off towards the end when we ran through snow, mud and ice at Wing.

Commiserations to Steve Batham who, running in his first cross country for the club at Wing, fell in the first hundred metres and dislocated his shoulder! Is this a record for early membership of Handy Cross Divers?

In the Saturday Chiltern League we had our most successful year in terms of competitors. As a team we finished in a superb 7th position overall in division 2 (out of nineteen teams) second in the men's vets race and third in the Senior/Vets ladies team with individual successes by Frank Fulcher (2nd v40), John Peerless (5th v50), Paul Dineen (6th v40), Brendon Gilbert (8th senior man), Tora Stracey (3rd senior lady), Ellen Fulcher (3rd v45), Soraya Bux (8th senior lady) and Michelle Booth (8th v45)

In the Sunday morning Thames Valley League we had nineteen runners at Datchet which dwindled to eight at Tadley. Unfortunately the Finchcoasters event was cancelled and the season finished in January. We were twelfth out of fourteen clubs.

### **The Final Last Word**

**W**e already have provisional dates for next winter's Sunday morning cross country series even though we haven't had summer yet! These are:

- 11th November 2012 Datchet Dashers
- 25th November 2012 Sandhurst Joggers
- 9th December 2012 Handy Cross
- 16th December 2012 Metros
- 23rd December 2012 Reading Rosd Runners
- 6th January 2013 Tadley
- 20th January 2013 Bracknell Forest Runners
- 3rd February 2013 Finch Coasters



## The Beach Bash (Or It Could Only Happen To Terry!)

The expression that, “A bad day on the beach is better than a good day in the office!” is a mantra that has rarely failed me! Consequently the first hot day of the summer found me running along the Bournemouth promenade on what so far had been anything but a bad day.

I had just completed a couple of efforts between the piers and was enjoying a gentle jog recovery full of *joie de vivre* and things were about to get even better as I saw what appeared to be a fellow runner approaching. She was deeply tanned, wearing dark shades, a pink skimpy top, the shortest of shorts and was about six feet tall, from the crest of her long blonde hair to the base of what I now realized was a skateboard.

The promenade at this point is about thirty feet wide with high cliffs on one side and a vast expanse of sand on the other and being midweek was relatively uncrowded, so there was ample space for us to pass. So, chin up, chest out, I smoothly accelerated to ten-minute miling, estimating our combined speed when we passed would be about 26 mph, at which point I would give a perfunctory, laid-back “Hi!”.

However, I had completely failed to allow for the fact that as she came closer I became like a rabbit transfixed by oncoming headlamps (no pun intended) and what was even more disconcerting was that the distance between us was decreasing alarmingly.

In retrospect this was one chicken run that was destined to end in disaster from the outset. Me, visually challenged, and running into the sun with my cap pulled way down over my face and she, hurtling along with a pair of mirrored, look-great-but-can't-see-a-thing Raybans!

And so it was at the last possible moment we both took avoiding action and turned towards the beach. The first point of contact was the hard polymer front edge of the skateboard scything into my shin followed a nano-second later by the aforementioned headlamps slamming into my bare torso, sending us both in an arcing trajectory back on to the unyielding tarmac.

We lay motionless with our limbs entangled and the sun beating down on us for what seemed an eternity but in reality was somewhat less. As her breathing was erratic I was wondering if I should administer CPR and deeply massage her medallion point *a la Vinnie Jones*, or could such a kindly gesture be misinterpreted?

But my thoughts were interrupted when she softly murmured, “Why did you run into me?” to which I should have countered, “Why did you hurl yourself at me?” But this was not the time to fall out with my new bosom buddy, so I gallantly helped her to her feet (though perhaps it was she that helped me).

“Oh my God I’ve never knocked anyone over before, I’m so upset!” I was about to agree that I too had never knocked anyone over, but my mind raced back to the HCR trip to the Bracknell Ice Emporium when Ellen the Ice Maiden, now Mrs F, had somewhat hysterically held me responsible for a similar no-fault accident!

“Are you sure you’re OK?” She asked worriedly, holding my arm, “Yeah, I’m cool!” (That’s how we talk on The Beach!) “How about you?” and despite her reassurances I lingeringly patted her down just to make sure.

Then after we hugged, as people do who have just shared a traumatic experience, she sped off and I surveyed the damage that I had manfully shielded from her. Two bloodied elbows, a lacerated shin, an egg-sized lump on my thigh and a broken toe, now just how cool was that?

Terence Eves





# Results

## Bath Half Marathon

Bev Nothman 1:47:02 (PB)

## Finchley 20

Diana Charles 2:48:52

Russell Dean 2:53:58

Mike Hickman 3:01:15

Soraya Bux 3:03:37

Celia Edwards 3:07:45

Julie Bowler 3:26:18

Peter Summers 3:26:51

## Silverstone Half Marathon

Andrew Theaker 1:48:40

## Leighton 10k

Steve Roberts 38:02

Brendon Gilbert 38:18

Sarah Roberts 53:01

## Berkhamstead Half Marathon

Dan Charleston 1:29:09

Charlette Ing 1:43:28

Karen Letham 1:48:08

Jacqueline Ing 1:56:29

## Olympic Park Run

Seamus 33:49

Chris Lansdown 37:02 (pb)

## Milton Keynes Half

Brendon Gilbert 1:25:55

## Reading Half Marathon

Julian Hucks 1:20:26

Gareth Imms 1:33:49

Karen Letham 1:49:23

Catalina Schouten 1:58:48  
(first half marathon)

## Marlow Duathlon

(7k run, 25k bike, 7k run)

Brendon Gilbert 1:51:28

( 29:17, 53:03, 29:08)

Trevor Hunter 1:52:00

(28:59, 55:19, 27:42)

Andrew Theaker 2:05:56

(34:29, 57:27, 34:00)

Mike Blowing 2:25:09

(40:03, 59:55, 45:11)

Matt Piercy 2:27:17

(41:39, 55:21, 50:17)

Anne Bateman 2:28:07

(40:11, 68:29, 39:27)

## Maidenhead Easter Ten

Seamus 1:08:11

Mike Hollis 1:10:29

Paul Dineen 1:10:49

Sally White 1:14:16

Emma Russo 1:16:34

Jo Smith 1:19:07

Soraya Bux 1:20:27

Karen Letham 1:22:52

Manfred McKenzie 1:24:10

Nick Martin 1:27:55

Denise Manson 1:40:19

## Brighton Marathon

Gareth Imms 3:29:57

Emma Russo 3:41:11 (pb)

Jo Smith 3:42:12 (pb)

Diana Charles 3:48:54

Tora Stracey 3:49:54

Celia Edwards 4:09:15

Chris Lansdown 4:12:05 (pb)

Laura Gwilliam 5:12:28

Denise Manson 5:31:38

## London Marathon

Pete Summers 2:47:19

Julian Hucks 2:52:58 (pb)

Frank Fulcher 2:54:14

Bev Nothman 3:55:20

Julie Bowler 5:06:10

Helen Moseley 5:26:20

(1st marathon)

Debbie Harris 5:41:44

Vicki Causer 5:42:40

Stella Gwilliam 5:45:39

Lucy Couturier 6:11:19

## Kingston 16 mile Breakfast Run

Pete Summers 1:36:19

Julie Bowler 2:28:58 (pb)

## Grand Union Canal Run

(145 m from Birmingham

to London)

Pete Summers 30 hrs & 3 mins (3rd)

## St Albans Half Marathon

Paul Dineen 1:37:33

Jim Foy 1:53:57

**Aldbury Cross-Country Challenge (Hilly 5.3 miles)**

Steve Roberts 33:43 (1st place)

**Spa Regency 10k**JulianHucks 36:52  
(1st in age category)**Cambourne 10k**

Jim Foy 47:00 (first race)

**Northampton Run Fest Marathon**John Dooley 3:26:33  
(2nd in age category)**Chalgrove 10k**Frank Fulcher 35:38 (2nd & 1st v40)  
Trevor Hunter 36:38 (4th)  
Steve Roberts 37:17 (pb)  
Brendon Gilbert 37:36 (pb)  
John Dooley 42:54  
Ellen Fulcher 45:04 (3rd FV45)**Milton Keynes Marathon**Charlotte Ing 3:51:31  
Manfred McKenzie 4:19:18  
Jacqueline Ing 4:56:35  
(First marathon)**Bracknell Half Marathon**Conrad Mills 1:31:49  
Craig Atkins 2:17:29**Stoke Row multiterrain 10k**Trevor Hunter 38:53 (3rd)  
Dave Hall 44:08**Marlow 5**Steve Roberts 29:25  
Jullian Hucks 29:43  
Dave Hall 32:26  
Andrew Theaker 36:18  
Yvonne Sutton 43:06  
Janet Hudson 45:22  
Vicky Clarke 45:31  
Tanya Morris 52:39  
Paul Kingham 61:03  
Rachael Watson 60:52**Buckinghamshire & Oxfordshire County Championships 1500 metres**

Frank Fulcher 4:33 (7th)

**Prestwood 10k**Frank Fulcher 35:32 (3<sup>rd</sup>)  
Brendon Gilbert 38:09 (6<sup>th</sup>)  
Paul Dineen 41:57  
Mike Hollis 43:46 (1<sup>st</sup> V60)  
Ellen Fulcher 46:26 (1<sup>st</sup> F40)  
Peter Astles 49:36  
Michelle Booth 51:01**BUPA 10000**Mo Farah 29:21  
Gareth Imms 42:17 (pb)  
Cat Schouten 53:51 (pb)  
Julie Dean 75:44**Marlow FM 10k**David Hall 41:56  
Paul Dineen 42:28  
Jim Foy 50:34  
Jo White 54:06  
Phil Hutchby 54:37  
Gillian Gilfedder 78:33  
Louise Notcliffe 78:33**Penn 7**Alun Jones 46:33  
Paul Dineen 47:11  
Beverley Nothman 55:09 (pb)  
Margaret Moody 55:41  
(1st in category)  
Michelle Booth 57:59  
Phil Hutchby 59:14  
Jacqueline Ing 59:37  
Janet Barrow 59:38  
Rachel Cullen-Heighway 59:51  
Mike Blowing 1:05:21  
Terry Eves 1:07:01  
Hélène Galsworthy 1:12:36  
(1st race)**Dash for Dads 10k**Julian Hucks 42:36  
Damaris Daniels 58:57**Thame 10k**Emma Keys 44:16  
Peter Astles 45:48  
Tom Astles 52:09**Wargrave 10k**Frank Fulcher 35:41  
Steve Roberts 37:23  
Trevor Hunter 37:26  
Brendon Gilbert 37:34  
John Dooley 43:12  
Soraya Bux 49:45  
Denise Manson 59:41**Henley Sprint Triathlon**

(400m Swim, 25k Bike, 5k Run)

Mark Dewey 1:24:16





### The Ridgeway Relay

We managed to enter two teams again this year, the A team finishing in 13th place and the B team 40th out of forty-six teams. Everyone managed to be at the right place and at the right time for their leg (although I was still tying my laces when I took over from Joe). Well done to Ellen for organising the teams and many thanks from all the runners.

**13th Handy Cross Runners A - 11:24:41****40th Handy Cross Runners B - 13:34:43**

Leg1 15th Dan Charleston 01:16:52

36th Sally White 01:28:47

Leg2 14th Semaus 00:52:29

31st Jim Foy 00:55:27

Leg3 26th Gareth Imms 01:18:03

31st Penny Cutler 01:21:51

Leg4 23rd Tora Stracey 00:48:17

18th Russell Dean 00:46:20

Leg5 26th Paul Dineen 01:23:42

33rd Phil Hutchby 01:36:51

Leg6 5th Frank Fulcher 01:08:35

41st Angela Peerless 01:41:34

Leg7 24th Ellen Fulcher 01:15:05

25th Steve Batham 01:16:03

Leg8 16th Benji 01:00:38

34th Joe White 01:10:01

Leg9 20th John Dooley 01:22:18

44th Martin Dean 01:58:50

Leg10 2nd Trevor Hunter 00:58:42

37th Mark Dewey 01:18:59

*(The leg 9 runner in the B team appears to have let everyone down, he was painfully slow. I hope Ellen doesn't select him next year!)*



## Black Park parkrun 5K

Resumé of Handy Cross Runners performances

10th March to 23rd June 2012

You will notice some names have disappeared from the rogues gallery on page 11 whilst others have been added. The order shown below is based on the best age graded performance within this period and not time taken for the runs. This better reflects the effort and performance of the athlete relative to age.

There were 17 runs recorded in total over the period, including a Diamond Jubilee special. Weekly attendances now hold steady at about 350.

The fastest Handy Cross run time was by **Frank Fulcher** with **17.13** equalling his PB at Black Park. Over the period **Frank** scored highest in the Age Graded performance.

Damaris Daniels has the most runs with 13 closely followed by Martin Dean putting in 12 attendances.

The course record for the 5k course stands at **15:09** set by Ben Livesey of the Royal Air Force and Marlow Striders on the 10<sup>th</sup> March 2012. The Ladies record is held by Pippa Woolven of Wycombe Phoenix Harriers, a local junior international who has a time of **17.36** run on 24<sup>th</sup> December 2011.

The average run time for Black Park is **27.11**. If you are faster you are above par and below par for being slower. Looking at the race times on page 11 Handy Cross Runners stack up quite well. Most runs being better than the Black Park average run time.

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**. You must register in advance (once only) to place your name on the data base and receive a dedicated race number in the form of a barcode. This is brought to each event.

A café and toilets are on site. You only have to pay for parking. A concessionary parking charge of £2.50 per day visit applies before 9am at weekends. If you are late it will cost £3.50.

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 <https://picasaweb.google.com/101586674759876696412?noredirect=1>

Fred Ashford

**Don't Forget parkrun is coming to Wycombe!**

Fred is organising a pilot run scheduled for 24th July, which is a Tuesday night club 5k time trial

The launch date is Saturday 4th August



Name	Runs	Best time	%	Run No
Frank Fulcher	1	17:13 (pb)	81.12	145
Alun Jones	3	19:27	80.58	144
Mike Hollis	1	21:18	75.27	146
Angela Peerless	3	25:27	75.18	154
Ellen Fulcher	1	22:08	73.19	145
Linda Weedon	3	28:06	77.12	153
Brendon Gilbert	1	18:31	71.65	145
Michelle Booth	2	23:17 (pb)	71.15	140
Beverley Nothman	2	22:43 (pb)	69.01	152
John Peerless	3	22:38	68.48	148
Chris Lansdown	7	22:45	67.55	153
Peter Astles	3	22:58	65.24	152
Janet Barrow	1	25:34 (pb)	64.02	142
Damaris Daniels	13	23:24 (pb)	63.39	146
Gareth Imms	1	20:52	62.54	154
Mark Dewey	2	22:17	59.91	140
Martin Dean	12	27:09	62.37	141
Catalina Scouten	1	25:11	58.77	154
Ann Palmer	9	29:13	56.02	144
Helen Moseley	1	28:43	52.93	156
Grace Wilson	1	40:16	46.85	155



# Tuesday Night Training Programme

July 3 <sup>rd</sup>	5 – 6 x 800m on field (200m recovery)
July 10 <sup>th</sup>	NO SESSION. Wargrave 5k
July 17 <sup>th</sup>	NO SESSION. Marlow 5k
July 24 <sup>th</sup>	Pilot run for Wycombe parkrun on the Rye (Tuesday club 5k time trial)
July 31 <sup>st</sup>	300/600/900/1200/900/600/300m (200m recovery) John Lewis field
August 7 <sup>th</sup>	“Poobin” Fartlek session 5 – 6 circuits of field
August 14 <sup>th</sup>	5 x 1000m on field (200m recovery)
August 21 <sup>st</sup>	5 x 1200m (200m recovery). John Lewis field
August 28 <sup>th</sup>	3 x 1 mile around Cressex Road/Marlow Road/Rupert Avenue circuit (Recover back to start point)
September 4 <sup>th</sup>	The Gerry Grosse Trophy 5k Handicap Race
September 11 <sup>th</sup>	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
September 18 <sup>th</sup>	Relay session on Dave Nash Estate (in teams of 3) 2 x 10 laps per team
September 25 <sup>th</sup>	Pyramid session (Oak Crescent) 200/400/800/1200/ or 1600/800/400/200m (200m recovery)

Keeping the dream alive