

Editors Comments,

This is the first of a new type of newsletter, which I hope will benefit more of our members. Any contributions, helpful advice or even constructive criticism will be greatly appreciated.

The Big One - The London Marathon - is over for another year. Compared with the 'London', everything else seems relatively unimportant. Handy Cross had 29 starters and 29 finishers (didn't we do well?). What can I say that hasn't been said before? The organisation was superb, the spectators and atmosphere were fantastic. The whole event was incredibly well run from start to finish. Talking of organisation, congratulations to Carmel Ballard for getting a whole coach load of us to the right place at the right time. Carmel even got most of us back as well - it was very much appreciated.

I'm sure all runners could sympathise with the runner who got  $\frac{1}{2}$  way round the course then said "sod this for a lark", and got the tube back to Tower Bridge. It certainly crossed my mind several times during those last few miles. After all, I only started jogging just to keep fit, no serious intention of marathon running, but it creeps up on you and eventually becomes a personal challenge.

In the end the 'London Experience' is worth all the effort. It is probably the only time in my life that I shall have  $\frac{1}{2}$  million people cheering and spurring ME on.

John White

ResultsLondon Marathon 9th May 1982

Steve Barrow 3.01, Brian Bower 3.01,  
John White 3.07, Derek Francis 3.18, Mike Harris 3.21, Ron Holland 3.26,  
Esme Thomson 3.28, Chris Wood 3.28, Derek Sawyer 3.29, Alex Orr 3.30,  
Dave Larkin 3.31, Marie Spinks 3.34, Tom Campbell 3.40, Vernon Martin 3.44,  
Alan Edwards 3.45, Chris Gentry 3.50, Neville Barlow 3.52, John Spicer 3.55,  
Jack Sharp 3.55, Peter Anderson 3.58, Paul Childs 4.01, Terry Orr 4.20,  
Gillian Southall 4.25, Philip Rothwell 4.26, Ray Harris 4.38, Carmel Ballard 4.39,  
Freda Barnett 5.15.

Maidenhead Easter '10' 9th April 1982

John White 62.00, Steve Barrow 62.28, Chris Wood 64.47, Alan Edwards 67.09,  
Derek Sawyer 67.49, Vernon Martin 68.11, Peter Anderson 70.54.

Ladies - Esme Thomson 68.39, Marie Spinks 74.43.

- Apologies to anyone, if they happen to be accidentally missed out. Future newsletters will hopefully contain full details of all events.

Tips for BeginnersCatch 22 - It gets worse before it gets better

It comes as a surprise, or even a shock, to many joggers that the harder they try to get fit the worse they feel. Instead of feeling fit and strong they feel tired and listless. Instead of feeling healthier they suffer from aches, pains and numerous minor illnesses. It can be disheartening, and is probably the reason why so many give up after just a few weeks.

Distance running is about strength AND stamina. How fast and how far you run depends upon 2 things 1) How strong you are 2) How much reserves of energy you have (your stamina). Starting jogging means trying to do 2 things at the same time - getting the muscles stronger AND increasing the stamina.

Now here is the Catch 22 situation. To get the muscles stronger means using the reserves of energy, which makes you feel tired and listless. To increase the stamina means subjecting the muscles to harder and longer work loads, which makes the muscles ache, more prone to injuries, and again makes you feel tired.

Initially, there is no way out of this situation. In order to become fitter you must go through a period of feeling worse. There is no quick, easy way out. Pushing yourself harder and harder every time you run will result in constantly feeling tired, always at the mercy of niggling aches, pains and minor injuries.

You can minimise the effects of feeling worse by becoming less ambitious. Allow yourself plenty of time for a long, slow build up. Keep running regularly but not pushing yourself too hard or too far.

Let yourself enjoy your jogging and you are less likely to give it up.

#### Forthcoming Events

- June 26: Chalfonts Carnival Road Races. Starts 1.30pm
- July 10: Rex Faulkes Memorial 20km Road Race at Aylesbury. Starts 3pm
- July 17: Amersham Carnival Fun Run
- July 24: Wycombe 1/2 Marathon
- Sept 5: Burnham Beeches 1/2 Marathon. Pleasant run through the beeches  
Good day out for the family - ideal spot for picnic afterwards.
- Sept 12: The Tilehurst '10'. 10 mile road race, near Reading Starts 11am
- Sept 19: Amersham 5 mile road race. A good class event run by Chiltern Joggers.
- Sept 19: Silverstone Relays. Team relay races around the actual Silverstone circuit (Approx: 2 1/2 miles)
- Sept 26: Hyde Park Fun Runs. Don't miss this one, it's a great day out for the family. Runs for everyone-Tiny Tots to Great Grandads. Take a big picnic and spend the whole day there. If you don't have a family, go along anyway and join someone else's
- Oct 3: National Veterans Marathon at Stone (Staffs)
- Oct 3: Avon Ladies 10 miles road race at Barnet (Plenty of free goodies for the ladies).
- Oct 10: Masters and Maidens Marathon at Guildford - Good run for beginners at marathon running
- Oct 17: Keep Hill Climb. Local event to be organised by Handy X Joggers.  
About 3 miles, BUT will include the very steep Keep Hill.

For further details and advice on entering any of these events please contact the Events Secretary - Vernon Martin.

#### A bit on the side

Aha! - I thought that might grab your attention. What I really mean is that aside from jogging, the Handy X Joggers do organise occasional social events. These have always been well attended and very successful.

- July 18: Family picnic and outdoor games at Wendover starting at 12 o'clock. There is time for your Sunday run first. There are plenty of pubs nearby to help you recover. Bring your own food and games equipment. (The outdoor games, by the way, are things like cricket, rounders, badminton - or water polo if it's raining hard).
- Dec 4: Skittles evening - further details later.

It has also been suggested that we have a regular meeting, say once a month, in a local pub, for drinks and chat. - Any comments or suggestions?

Further details of social events from Diane Spicer.