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# ON COURSE

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*The Newsletter of Handy  
Cross Joggers*

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## EDITOR'S RAMBLINGS

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I was chatting with a fellow club member the other evening when the subject of the AAA rule concerning runners changing clubs came up. It came up because it was mentioned that Steve Barrow had resigned from Wycombe Phoenix and was coming back to us on a first claim basis. Unfortunately, because of the AAA rule, Steve will have to serve a suspension before he can score for the club in any event he competes in and my companion expressed the view that he thought that this was fair because it stops runners chopping and changing clubs at the drop of a hat.

However, whilst I agreed that this was sensible in the case of very good track runners and international runners, I could not see that it was fair at our level because surely it doesn't really matter, at this level, if runners go from club to club. Besides that, in what other sport, at an amateur level, are you penalised for wanting to join another club whether to better yourself or just because you want to take part with your friends? So what do you think? I would be interested to know.

With the Wycombe Half Marathon fast approaching, in the next few weeks you will probably find yourself being constantly nagged either to volunteer to be a marshall or, if you are running the event, to get one (or several) of your friends or family to marshall in your place. Now I know that you may find the nagging a bit of a pain but it cannot be stressed too much that the course does need a lot of marshalling and with our club being responsible for such marshalling it wouldn't look too good for us if we were not able to carry out our responsibilities - would it? I can appreciate that it is nice to take part in your local half marathon but please remember that without people giving up their time to marshall and organise it, there would not be a race.

Chris Gentry

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### CLUB OFFICIALS

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

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LONDON MARATHON - Chris Gentry

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The club were once again well represented at London with 26 runners taking part and in what I have been told were ideal running conditions no less than half of them recorded personal bests for the distance - a very fine effort.

However, the race and more especially the results did highlight a slight problem which probably only occurs in mass participation events. This is the problem of the time taken getting over the start line and, from personal experience as well as from watching on television, I know that this can take several minutes. Now I know that a lot of runners think that this is unfair and therefore they start their watches when they cross the start line and take their own time as opposed to the official time. However others, whether because they are nearer the front or for other reasons, rely on the official time. Personally I have no strong views either way but the matter can cause a problem within the club if all the runners in a race don't use the same criteria because you can get the situation where a runner, using the official time, finishes ahead of a fellow club member but, because the other runner has used his own time, it appears that the first runner home has run a slower time. I think that you will agree that it is an interesting point so what do you think - official time or own time? I would be interested to hear your views.

Anyway I have obtained a copy of the official results of the London and for the club runners whose names I can find their official result is shown in brackets after their own time along with their finishing position:-

02695	Roger Wilkes	3hr 02min 41secs	(p.b.)	(3hr 04min 38secs)
02700	Dave Riddington	3hr 04min 36secs	(p.b.)	(3hr 04min 40secs)
03020	Jim Chilton	3hr 07min 30secs	(p.b.)	(3hr 07min 22secs)
03969	Ray Matthews	3hr 11min	(p.b.)	(3hr 14min 10secs)
04244	Ian Mallen	3hr 15min 51secs	(p.b.)	(3hr 15min 59secs)
04256	Dave Barraclough	3hr 16min 03secs	(p.b.)	(3hr 16min 04secs)
04648	Alex Johnson	3hr 17min 04secs	(p.b.)	(3hr 18min 30secs)
	Graham McLachlan	3hr 20min 05secs		
	Dave Woolley	3hr 31min		
10816	Kevin Duffy	3hr 48min		(3hr 50min 38secs)
11877	Vernon Martin	3hr 55min 43secs		(3hr 55min 46secs)
12849	Robert Farrier	3hr 55min 21secs		(4hr 00min 07secs)
13047	Martyn Franzese	3hr 53min 22secs		(4hr 01min 15secs)
	George Kenna	3hr 59min	(p.b.)	
	John Wheeler	4hr 02min	(p.b.)	
	Derek Skinner	4hr 03min	(p.b.)	
13343	Dave Larkin	4hr 03min		(4hr 03min 05secs)
	Phillip Holt	4hr 06min 22secs		
	Jack Sharpe	4hr 12min		
	Brian Sinclair	4hr 17min		
	Neville Murton	4hr 20min	(p.b.)	
	Anthony Fewell	4hr 36min	(p.b.)	
	Alastair Judge	4hr 37min	(p.b.)	
	Jim Powell	4hr 54min		
	Ray Harris	4hr 55min 11secs		
	Freda Powell	5hr 15min		

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## RUNNING EVENTS

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Here are details of a few local events coming up within the next few months which you may like to enter for. The races are all on Sundays unless otherwise stated:-

### July

2nd 11th (Tuesday)	Amersham $\frac{1}{2}$ marathon Bishopstone 8	10.30 a.m. (time unknown)
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### August

20th 27th	Burnham Beeches $\frac{1}{2}$ marathon Wycombe 5	11 a.m. (time unknown)
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### September

10th	Slough $\frac{1}{2}$ marathon	10.30 a.m.
	Slough marathon	10.45 a.m.
17th	General Portfolio Amersham 5	11.15 a.m.

### October

1st	Windsor $\frac{1}{2}$ marathon	1 p.m.
8th	Henley $\frac{1}{2}$ marathon	10 a.m.

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## SOCIAL EVENTS

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On Sunday 25th June the club are holding a picnic in Hughenden Park in High Wycombe and you and your families are invited to attend. The picnic will start at about 2.30 p.m. and the only thing that you need to bring is your own food and drink. Hopefully someone will provide a rounders bat so that we can have a game during the afternoon.

We used to have picnics like this a few years ago but because of the weather in the last couple of summers nothing has been organised until now. However because of the recent good weather it has been decided to resurrect them and I hope that you will be able to come along during the afternoon. Weather permitting, we will be there until early evening.

## RACE RESULTS/REPORTS



### Reading Half Marathon - 2nd April

Nearly 40 members of the club took part in this event and no less than 11 recorded personal bests, a fine achievement considering the cold and wet conditions and the undulating course. Not only that but 12 of the club runners finished in under 1½ hours which once again shows how the standards in the club are continuing to improve. One of the p.b.'s came from John Flint who, not for the first time, was the first club runner and, as usual, he was chased home by Eric Buckle also with a personal best. The other nine runners who set personal bests were Jim Chilton, Dave Riddington, Roger Wilkes, Benjy Benjamin, Graham McLachlan, Ian Mallen, Gerry Grosse, John Wheeler, and Pam Wilkes. The club results were:-

John Flint	1hr 16min 28secs	Eric Buckle	1hr 17min 20secs
Roy Williams	1hr 19min 48secs	Dave Woolley	1hr 21min 05secs
Jim Chilton	1hr 21min 30secs	Dave Riddington	1hr 22min 24secs
Roger Wilkes	1hr 23min 14secs	Benjy Benjamin	1hr 23min 40secs
Graham McLachlan	1hr 26min 12secs	John Bradbury	1hr 26min 17secs
Ian Mallen	1hr 26min 24secs	Bob Carter	1hr 27min 07secs
Irene Smith	1hr 30min 22secs	Trevor Hart	1hr 30min 37secs
Gerry Grosse	1hr 35min 20secs	John Wheeler	1hr 37min 39secs
David Waterman	1hr 38min 05secs	Vernon Martin	1hr 39min 40secs
Brian Sinclair	1hr 41min	Margaret Moody	1hr 41min
Hans Wessel	1hr 41min	John Gardner	1hr 41min 48secs
Pam Wilkes	1hr 45min 14secs	John Tredwell	1hr 46min 45secs
Terry Smith	1hr 46min 45secs	Jenny Hart	1hr 51min 20secs
Rose Priest	1hr 51min 26secs	Jack Sharpe	1hr 54min 20secs
Vivien White	1hr 58min 47secs	Peter Gould	2hr 07min 15secs
Allyson Unitt	2hr 20min 20secs	Paula Parkin	2hr 11min 15secs
Ray Harris	2hr 12min 16secs		

### Sonning Common Half Marathon - 16th April

In windy conditions and over an undulating course the highlight of this race, from the club's point of view, was the excellent victory in the women's race by Irene Smith. Other than this success and Ian Haddock's personal best, the other notable event in this race was Eric Buckle being the first club runner home - finishing in front of John Flint for once! The full club results were:-

Eric Buckle	1hr 17min 55secs	John Flint	1hr 18min 10secs
Benjy Benjamin	1hr 24min 27secs	Ian Haddock	1hr 25min 55secs
John Bradbury	1hr 26min 47secs	Irene Smith	1hr 30min 12secs
John Wheeler	1hr 38min 04secs	Rose Priest	1hr 56min 26secs
Vivien White	2hr 02min	Lyn Simmons	2hr 02min
Allyson Unitt	2hr 09min 01secs	Paula Parkin	2hr 11min

### Shakespeare Marathon, Stratford-upon-Avon - 22nd April

Whilst most of the club seemed to be competing in London a team of four of our runners took part in this event and won the team prize. Not only that but two of the four, John Hawryszczuk and John Flint, also recorded personal bests. Considering the wet & cold weather and the tough course the performances from the quartet were quite outstanding. Their times were:-

John Hawryszczuk	2hr 42min 45secs	John Flint	2hr 48min 30secs
Roy Williams	2hr 56min 14secs	Mike Stone	3hr 05min 14secs

### Pednor 5, Chesham - 1st May

This is one of the Bucks Grand Prix Series of races and the first home for the club was Peter Smith who finished in an excellent 7th place overall. The only lady from the club competing was newcomer Phillipa Melhuish and, for the first time, the club had a wheelchair competitor in Keith Wilson. Unfortunately the hill half way round the course, allied with the poor road surface, meant that the event was really not very suitable for wheelchairs and, in the circumstances, Keith did extremely well to finish the race. The full club results were:-

Peter Smith	27min 14secs	John Flint	29min 07secs
Mike Nolan	29min 09secs	Dave Riddington	30min 15secs
Chris Gentry	32min 21secs	Ron Newman	34min 35secs
Martyn Franzese	34min 54secs	John Gardner	35min 50secs
Vernon Martin	36min 23secs	Hans Wessel	37min 29secs
David Plato	37min 30secs	Roland Smith	42min 42secs
Phillipa Melhuish	44min 45secs	Keith Wilson	56min 50secs

### Icknield Way Half Marathon and 10k - 13th May

From personal experience last year I can say that this half marathon is one of the hardest races around, with its mixture of cross country footpaths and road, but it is also one of the nicest. The 10k is one lap of the course with the half marathon being two laps and the club had successes in both races with Margaret Moody being the first lady vet home in the shorter event and Dave Woolley the first male vet in the longer one. The full results were:-

#### 10k

Margaret Moody	47min 38secs	David Plato	50min 57secs
Rose Priest	53min 15secs	Vivien White	67min 07secs

#### Half Marathon

John Flint	1hr 27min 12secs	Dave Woolley	1hr 27min 14secs
Benjy Benjamin	1hr 29min	Roger Wilkes	1hr 29min 15secs
Dave Riddington	1hr 30min 18secs	Mike Stone	1hr 34min 09secs
Vernon Martin	1hr 46min 11secs		

### Quantel Littlecote Challenge 15k and 2.8k - 21st May

They say that "mad dogs and Englishmen go out in the midday sun" but perhaps that should now read "mad dogs, Englishmen and runners....." because we had 20 runners taking part in the 15k which started at midday on possibly the hottest day of the year. Whilst the heat seemed to affect the runners in the longer race, with times slightly down on what would normally be expected, in the shorter event Peter Smith had

no such problems and he won the event. In the longer race perhaps a mention should be made of Jim Chilton being beaten by his son Alan - but, there again, to save Jim's blushes, perhaps not. The club results were:-

2.8k

Peter Smith 8min 35secs

15k

Derek Prosser	59min 33secs	John Hawryszczuk	1hr 00min 15secs
Alan Chilton	1hr 01min 18secs	Mike Stone	1hr 03min 10secs
Jim Chilton	1hr 06min 04secs	John Bradbury	1hr 06min 25secs
Alex Johnson	1hr 09min 22secs	Graham McLachlan	1hr 09min 44secs
Ian Mallen	1hr 10min 02secs	Vernon Martin	1hr 15min 00secs
Gerry Grosse	1hr 15min 24secs	John Wheeler	1hr 18min 35secs
Hans Wessel	1hr 18min 38secs	John Gardner	1hr 20min 44secs
Derek Skinner	1hr 28min 21secs	Rose Priest	1hr 29min 54secs
Peter Gould	1hr 34min 10secs	Myrtle Edwards	1hr 38min 40secs
Allyson Unitt	1hr 43min 30secs	Paula Parkin	1hr 48min 10secs

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**TIME TRIALS - Chris Gentry**

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The changing of the clocks in April saw the re-appearance of the time trials for this year and after a slow start, numberwise, for the first one in April, the second one, in May, saw 21 club members taking part - a much better turnout. From the results sheets it is particularly pleasing to see the number of new names cropping up and I am sure that these newcomers will find the time trials a useful way of measuring their progress in the sport. Of course this does not only apply to newcomers and it would be nice to see more of the faster runners supporting these trials. I understand that the June one will be on Tuesday, 6th June and let us hope that it is well supported.

Anyway here are the results of the first two:-

April 11th

Michael Tackley	27min 50secs	Stephan Naunko	28min 56secs
Jenny Hart	31min 11secs	Rose Priest	32min 11secs
Allyson Unitt	33min 45secs	Peter Gould	35min 35secs
Paula Parkin	35min 47secs		

May 9th

Roger Wilkes	24min 00secs	Ian Mallen	24min 41secs
Martin Bordon	25min 58secs	Trevor Hart	26min 05secs
John Gardner	26min 46secs	Gerry Grosse	26min 59secs
Hans Wessel	27min 25secs	Frank Brown	27min 37secs
Stephan Naunko	27min 38secs	Martyn Franzese	28min 14secs
Margaret Moody	28min 18secs	Jenny Hart	30min 57secs
Rose Priest	31min 30secs	Allyson Unitt	34min 09secs
Phillipa Melhuish	34min 37secs	Jack Sharpe	36min 30secs
Ann Lewis	36min 58secs	Margaret Steele	37min 32secs
Ray Harris	42min 06secs	Alison Thomas	44min 25secs
Debbie King	44min 42secs		

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**CLUB PERSONAL BESTS by Chris Gentry**

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With so many club members setting personal bests in races recently I thought that it might be a good idea to compile a record of these in respect of four events - marathon, half marathon, 10 miles, and 10k. So I went back through the copies of the reports I have submitted to the press over the past couple of years or so and have come up with the following list. I hope that it is correct but if you find that your p.b.'s are wrong or if your p.b. for any of the four events is not mentioned, then please let me know. Equally if you run a p.b. in the future then again let me know so that I can keep the records as up to date as possible.

	<u>½ marathon</u>	<u>marathon</u>	<u>10miles</u>	<u>10k</u>
John Flint	1hr 16min 28secs	2hr 48min 30secs	-	-
Eric Buckle	1hr 17min 20secs	-	-	-
Jim Chilton	1hr 21min 30secs	3hr 07min 30secs	-	-
Dave Riddington	1hr 22min 24secs	3hr 04min 36secs	-	-
Roger Wilkes	1hr 23min 14secs	3hr 02min 41secs	-	-
Benjy Benjamin	1hr 23min 40secs	-	-	-
Graham McLachlan	1hr 26min 12secs	-	-	-
Ian Mallen	1hr 26min 24secs	3hr 15min 51secs	-	-
Gerry Grosse	1hr 35min 20secs	-	-	-
John Wheeler	1hr 37min 39secs	4hr 02min	-	-
Pam Wilkes	1hr 45min 14secs	-	-	-
Ian Haddock	1hr 25min 55secs	-	-	-
Lyn Simmons	2hr 01min 04secs	-	-	-
John Gardner	1hr 35min 50secs	-	72min 31secs	42min 41secs
David Plato	1hr 39min	-	-	44min 40secs
Tony Barnard	1hr 25min 43secs	-	-	-
Jenny Hart	1hr 49min 53secs	-	-	-
Rose Priest	1hr 51min 12secs	-	-	-
Dave Barraclough	1hr 20min 50secs	3hr 16min 03secs	-	-
Lyn Kirchner	1hr 56min 12secs	-	-	-
Paula Parkin	2hr 07min 30secs	-	-	-
John Hawryszczuk	1hr 17min 27secs	2hr 42min 45secs	-	-
Mike Stone	-	2hr 58min 10secs	-	-
Fiona Kerr	1hr 54min 03secs	-	-	-
Roy Williams	-	-	59min 58secs	-
John Bradbury	1hr 24min 09secs	-	64min 08secs	-
Robert Farrier	-	-	73min 15secs	-
Margaret Moody	-	-	76min 26secs	-
Vivien White	1hr 59min 50secs	-	89min 12secs	-
Alex Johnson	1hr 25min 23secs	3hr 17min 04secs	-	-
Chris Gentry	1hr 22min 48secs	3hr 15min 47secs	62min 43secs	-
Ray Matthews	-	3hr 11min	-	-
George Kenna	-	3hr 59min	-	-
Derek Skinner	-	4hr 03min	-	-
Neville Murton	-	4hr 20min	-	-
Anthony Fewell	-	4hr 36min	-	-
Alastair Judge	-	4hr 37min	-	-



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## AN UNPLANNED BIATHLON by Steve Parrett

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In 1985 I decided to attempt to get fit and to attempt a half-marathon on behalf of a charity. So, I picked the Wycombe Half as a target, circulated sponsor forms, started walking, jogging, and finally running six times a week, carefully following a schedule set by Cliff Temple of Running Magazine. Things went very well - no injuries - I felt confident!

About four weeks before the race I read in the Star that a running club (the Joggers) were going to run certain sections of the course on the three Tuesdays before the actual race and that all-comers were invited to join in. As an aside, I must say that this should be done every year, I believe that the Joggers will always pick up new members using this method.

I digress..... on the first Tuesday we were told that we would be running out past Daws Hill, down Whitepit Hill, then back along the course until we got to the Rye where we would join the infamous Marlow Hill back up to the Sports Centre. I teamed up with another newcomer and we followed the rest of the pack around with no problems. We even managed to do the hill without stopping. Even more confident!!

The next Tuesday we were sent out on the same course, but this time I stayed on my own as I was finding running with other people fairly strange. As I came past High Wycombe Rugby Club the heavens opened, rain came down in thick sheets and by the time I had reached the entrance to the Rye it seemed to double in intensity and I was looking forward to finishing. As with the previous week I cut across the football pitches because I remembered that there was a path that led to Marlow Hill. Now, despite me telling you that I was a complete newcomer to High Wycombe, you may find the next bit unbelievable - I swear that it is absolutely true.

I ran past the tennis courts then up a grass bank with the rain still hammering down. I then came to what looked like a road covered in water (it seemed to me that its drainage needed sorting out). I stepped out confidently.... when the water got to my knee I started to think this was an enormous pothole but when the water reached my waist it became very clear that this was not a road at all but a cunningly disguised canal and when the water closed over my head I realised what an absolute idiot I had been. There was nothing for it but to swim back to the bank and pull myself out.

Even worse than the experience itself was getting to the top of the hill where a lot of other rain-soked joggers refused to believe my story! My only defence is that nobody, but nobody is going to admit to running into a stretch of water by mistake unless they really did do it.....are they?

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### Editor's End Note

You need to keep your wits about you when you are running because paths and roads are dangerous places. Since the last Newsletter we have had Myrtle Edwards appearing in the local press with her fractured wrist and Ian Haddock has had to take time off from running after badly bruising his leg when he fell over a car that backed out of a garden in Cressex Road. So the message is - keep your eyes open!

