

ON COURSE



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*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

I seem to have been a little lax recently in getting down to doing this Newsletter and I must apologise but one of the reasons for this was that, just about the time I was meant to be getting all the copy together, I caught yet another cold. Now, as I mentioned last time, my health seemed to be improving and so therefore this latest infection coming, as it did, just after I had finished my best race for some considerable time, the Icknield Way 10k, was a blow and left me a little fed up. In fact, it was so bad that I seriously thought of giving up running permantly and certainly I had no enthusiasm for this. However I am now over the cold and, whilst still not 100%, at least I'm back training again.

Recently someone came up to me to ask about the lack of reports and results from the last Chiltern Cross Country League and I have to say that I had hoped to print my recollections of the season in this issue. Unfortunately, although the article is almost complete, time and space has meant that it will have to wait for next time - still, rest assured, it will be a goody. Whilst on the subject of things missing from this issue, you may also notice the lack of time trial reports and, again, these will appear next time - hopefully!

Recently, on one of my rare visits to the Judo Centre on a Tuesday evening, I was quite taken aback by the number of new faces there were - in fact for a few minutes I hardly knew anyone. This influx of new runners is certainly encouraging for the club and, if you are one of these new members and are reading this Newsletter for the first time, I hope that you have been made welcome and will stay with us. Whilst on the subject of new members (although this could equally apply to those of you who have been with the club for a long time), it may be an opportune moment to draw your attention to the publicity we have been getting in the Bucks Free Press lately and, in order that we can keep this going, I need your results when you race - and this applies whether you finish first or last, or whether you are a newcomer or a founder member. My telephone number is **HW 439692** and if you could phone me as early as possible after your race the more chance I've got of getting something in the paper. I hope to be hearing from you!

Chris Gentry

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CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Alan Edwards
Vice-Chairman	-	Kevin Duffy
Secretary	-	Allyson Unitt
Events Secretary	-	Alex Johnson
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

LONDON MARATHON by Chris Gentry

So the London Marathon is over with for yet another year - the 10th running of what has become almost an institution - the biggest yet, although from reports I have received, possibly not the best. Apparently the record size of the field did have some draw-backs with the roads being too narrow in places to accommodate the number of runners and also there were apparently a few problems at the drinks stations for the runners near the back of the field. It could be that the London has finally reached saturation point and this could lead to numbers of competitors being held down in future years. If this is the case, it can only be hoped that a fairer way of allocating numbers will be devised so as to make as certain as possible that everyone who wants to run it has a chance to take part.

Anyway, best London or not, the race was still very successful as far as members of the club were concerned as 27 set off from Greenwich and all 27 finished on Westminster Bridge with 14 of them recording p.b.'s - an absolutely brilliant achievement. Amongst all the p.b.'s it is hard to pick out the very best performance but, if I was asked to put my head on the block and do so, I would have to plump for that of Roger Wilkes who capped an incredible few months by breaking the magical, and for me mystical, 3hr barrier for the first time. As one who has tried for so long to break this barrier I can fully appreciate Roger's achievement. Anyway, well done everyone who took part, whether you got a p.b. or not, and here are the times of all the club finishers:-

John Flint	2hr 48min 00secs	(p.b.)
Chris Minall	2hr 54min 50secs	
Roger Wilkes	2hr 58min 59secs	(p.b.)
Irene Smith	3hr 00min 30secs	(p.b.)
Alex Johnson	3hr 06min 00secs	(p.b.)
Roy Williams	3hr 11min 20secs	
Graham McLachlan	3hr 14min 32secs	(p.b.)
Brian Brown	3hr 19min 13secs	
Dave Woolley	3hr 19min 15secs	
Roy Horn	3hr 22min 43secs	(p.b.)
Trevor Hart	3hr 23min 50secs	
Ron Newman	3hr 27min 00secs	(p.b.)
Eila Mansfield	3hr 31min 50secs	
Pat West	3hr 47min 00secs	(p.b.)
Vernon Martin	3hr 51min 35secs	
Martyn Franzese	3hr 55min 00secs	
Brian Janes	3hr 55min 00secs	(p.b.)
Tony Fewell	4hr 07min 00secs	(p.b.)
Jenny Hart	4hr 07min 50secs	(p.b.)
Vivien White	4hr 10min 00secs	(p.b.)
Allyson Unitt	4hr 25min 01secs	(p.b.)
Jim Powell	4hr 26min 00secs	
John Gardner	4hr 29min 10secs	
Hans Wessel	4hr 30min 00secs	
Jack Sharpe	4hr 31min 00secs	
Marcus Youers	5hr 30min 00secs	(p.b.)
Freda Powell	5hr 45min 00secs	

RACE RESULTS/REPORTS



Fleet Half Marathon - 25th March

Although this is one of the biggest half marathons in this part of the country it was not very well supported by the club with only three members taking part. However this may have had something to do with the Reading $\frac{1}{2}$ being run the following week but, never-the-less, it did mean that the honour of being the first club member home fell to Hans Wessel who also managed a p.b. for the distance. The finishing times for the trio were:-

Hans Wessel	1hr 39min 40secs	John Wheeler	1hr 44min 25secs
Myrtle Edwards	2hr 10min 15secs		

Reading Half Marathon - 1st April

April Fools Day it may have been but five members of the club proved that they were no fools by registering p.b.'s in this race which was run in almost ideal conditions. The famous five were Roger Wilkes, Irene Smith, Andy Green, Ron Newman, and Tony Fewell but it was not all good news for the club because both Pam Wilkes and Bob Carter were reduced to walking, suffering respectively from an injured knee and dehydration. Luckily neither runner was any the worse for wear after their experience. There were 27 finishers for the club and their times were:-

John Flint	1hr 17min 55secs	Chris Minall	1hr 20min 37secs
Roger Wilkes	1hr 22min 40secs	Roy Williams	1hr 23min 10secs
Dave Woolley	1hr 24min 10secs	Irene Smith	1hr 24min 33secs
Dave Robson	1hr 25min 10secs	Dave Riddington	1hr 27min 27secs
Graham McLachlan	1hr 27min 54secs	Andy Green	1hr 27min 57secs
Terry Smith	1hr 31min 52secs	Ron Newman	1hr 32min 30secs
Benjy Benjamin	1hr 34min 47secs	Trevor Hart	1hr 35min
Vernon Martin	1hr 38min 20secs	Martyn Franzese	1hr 39min
Dave Waterman	1hr 43min 12secs	John Wheeler	1hr 43min 53secs
Jenny Hart	1hr 49min	George Kenna	1hr 49min 59secs
Tony Fewell	1hr 49min 59secs	Brian Sinclair	1hr 53min
Alan Edwards	1hr 53min	Rose Priest	1hr 55min 39secs
John Gardner	1hr 58min 31secs	Jack Sharpe	2hr 00min 05secs
Myrtle Edwards	2hr 11min		

RAF Halton 4 miles - 1st April

Members of this club are getting very sneaky lately with Alex Johnson following the example of Eric Buckle and slipping off to do a race whilst no-one else from the club was looking. Needless to say he was

the first (and only) club member home but, not only that, he was also 7th overall, first vet over 40 (for which he won a prize), and recorded a very good time of 22min 43secs. Well done Alex but, beware, we'll all be there next year!

Maidenhead 10 - 13th April (Good Friday)

Where do I start with this one? I say that because the performances of the club members taking part showed, once again, that the standards in the club are improving rapidly with no less than eight recording p.b.'s for the distance. The eight were John Flint, Eric Buckle, Roger Wilkes, Irene Smith, Alex Johnson, Trevor Hart, Jenny Hart, and Rose Priest. Not only that but Irene's time was a course record in the ladies 35+ age group and she was the 3rd lady home - a remarkable performance. In all, there were 25 runners from the club taking part and their finishing times were:-

John Flint	57min 31secs	Roy Williams	61min 05secs
Eric Buckle	61min 40secs	Roger Wilkes	61min 58secs
Dave Woolley	62min 00secs	Irene Smith	63min
Alex Johnson	63min 34secs	Dave Riddington	64min 08secs
Mike Stone	65min 37secs	Derek Sawyer	66min 41secs
Trevor Hart	68min 13secs	Chris Gentry	69min 06secs
Ron Newman	71min 00secs	John Bradbury	72min 38secs
Vernon Martin	73min 03secs	Gerry Grosse	75min 14secs
Dave Waterman	75min 20secs	Margaret Moody	75min 35secs
Pat West	77min 43secs	Jenny Hart	80min 11secs
John Gardner	81min 09secs	Vivien White	86min 33secs
Rose Priest	87min 58secs	Allyson Unitt	99min 40secs
Paula Parkin	99min 49secs		

Tugwood 10k, Burnham Beeches - 16th April (Easter Monday)

More success for the club in this event with Peter Smith finishing in an excellent 3rd place and Eila Mansfield and Pat West both picking up prizes, Eila for being first vet in the 50+ category and Pat for being the third lady in the 40/49 category. Unfortunately I don't have the finishing times for Eila and Pat but the rest of the times were:-

Peter Smith	32min 45secs	Alan Chilton	34min 34secs
Tony Barnard	44min 04secs	Alan Edwards	49min 51secs
Helen Newman	50min 05secs		

6 x 1 mile Relay, Burnham Beeches - 16th April (Easter Monday)

This race was held after the 10k and the team from the club comprising Peter Smith, Esme Thomson, Steve Barrow, Tony Barnard, Pat West, and Alan Chilton finished in 5th place overall in a total time of 37min 21secs.

Duchy Marathon - 6th May

Club member Stuart Gray made the long journey to Cornwall to take part in this race and over a hot and hilly course finished in a brilliant 5th place with a time of 2hr 49min 17secs.

Shinfield 10k - 7th May

It was a busy day for club member Roger Wilkes because he did this race in the morning and the Pednor 5 in the evening. In this event he did very well to record a p.b. of 37min 56secs.

Henley-on-Thames 5.2 miles - 7th May

This race was also held on Bank Holiday Monday morning and the trio from the club that took part found that the course was on footpaths. Undeterred they all finished and their times were:-

Tony Fewell	40min 20secs	Vivien White	41min 52secs
Rose Priest	43min 30secs		

Pednor 5 - 7th May

This was held in the evening round the country lanes just outside Chesham and the tranquil setting obviously suited Alan Chilton who stormed round to finish in 5th place. Further down the field there were p.b.'s for two club members, Roy Williams and John Wheeler, and the full list of club finishers was:-

Alan Chilton	26min 55secs	John Harvey	27min 46secs
Steve Barrow	28min 57secs	John Flint	29min 01secs
Roy Williams	29min 27secs	Dave Woolley	30min 05secs
Ralph Chesswas	30min 27secs	Eric Buckle	30min 29secs
Steve Woolley	30min 50secs	Roger Wilkes	31min 12secs
Dave Riddington	31min 43secs	Jim Chilton	32min 32secs
Peter Eddington	35min 09secs	Steve Parrett	35min 12secs
Kevin Hancock	36min 08secs	John Wheeler	36min 42secs
Vernon Martin	36min 58secs	Martyn Franzese	37min 00secs
John Gardner	37min 06secs	Alan Edwards	43min 00secs
Rose Priest	45min 04secs		

Sonning Common Half Marathon - 13th May

Those of you that have run this race before will know that it is not the easiest one around but Alan Chilton and Irene Smith didn't find many problems with it this year. Just look at what they did - Alan was first club runner home, 3rd overall and set a p.b. and Irene did even better by being the first lady home, 37th overall, 3rd finisher from the club and also setting a p.b.! As David Coleman is apt to say "quite remarkable". Another p.b. was set in this race, this time by a newcomer to the club, Peter Eddington - well done Peter. The finishing times for the club members taking part were:-

Alan Chilton	1hr 12min 36secs	Chris Minall	1hr 19min
Irene Smith	1hr 22min 25secs	Graham McLachlan	1hr 26min 24secs
Brian Brown	1hr 28min	Jim Chilton	1hr 29min
John Bradbury	1hr 29min 55secs	Trevor Hart	1hr 30min 56secs
Bob Carter	1hr 33min	Peter Eddington	1hr 36min 25secs
Ron Newman	1hr 38min	John Gardner	1hr 46min 35secs
Jenny Hart	1hr 53min 54secs	Duncan Kennerson	1hr 56min 03secs
Rose Priest	1hr 56min 31secs	Vivien White	1hr 56min 49secs

Bucks County Track Championships, Milton Keynes - 19th May

The club has had a lot of success on the road lately but here the success was on the track with both Gerry Grosse and Peter Smith being crowned County Champions. Gerry's victory came in the 3,000 metres walk, which he won in a time of 16min 13.2secs, whilst Peter won the senior 1500 metres title in a time of 4min 13.5secs. The congratulations of the whole club go to both of them.

Icknield Way 10k, Chinnor - 19th May

Now, after all I've said about Alex Johnson and Eric Buckle sneaking off to compete in races where no other club members were running, I suppose that Dave Riddington and myself could be accused of doing the same here because we were the only two from the club competing - of course I would deny this! That said I know that Dave was very pleased to be the first home for the club and his time of 40min 23secs for 10th place was no mean achievement on this far from easy course. I must say that I was also pleased with my run and I finished in 12th place in a time of 40min 58secs.

Help the Aged 6 miles, Marlow - 20th May

From the reports I received, this event was not very well organised although I understand that the course was a pretty good one, starting and finishing in Higginson Park. The finishing times of those club members taking part are set out below and you will notice that in three cases I haven't got the first names of the runners. I apologise for this but if any of you three are reading this then please let me know your names and I will print them next time. Anyway, the finishers were:-

John Harvey	32min 19secs	Steve Barrow	32min 49secs
Ralph Chesswas	33min 40secs	Peter Eddington	39min 58secs
Kevin Hancock	40min 10secs	John Gardner	41min 09secs
Vernon Martin	42min 38secs	Gerry Grosse	42min 40secs
Alan Edwards	44min 02secs	M. Wallace	44min 18secs
D. Kencross	47min 00secs	Richard Stone	49min 00secs
D. Nash	51min 17secs		

In the 3 mile race which was held in conjunction with the above-mentioned 6 miler, Peter Gould managed a time of 29min 06secs.

Chesham 5 miles - 28th May

Yet another excellent performance from young Alan Chilton in this race where he finished 5th in a time of 24min 57secs.

Datchet Dash 10k - 2nd June

The venue for this race was the picturesque Thames-side village of Datchet and you would have thought that, considering the locality, the organisers could have found a more attractive course - crossing over the M4 twice and running round a factory grounds I don't find very inspiring. That said, the course is flat and fast which seemed to suit Alan Chilton who finished in a very good 5th place. Further

down the field there were p.b.'s for Roy Williams, Dave Riddington and myself and the full list of club finishers was:-

Alan Chilton	32min 37secs	John Flint	36min 09secs
Roy Williams	37min 38secs	Jim Chilton	39min 12secs
Dave Riddington	39min 26secs	John Bradbury	39min 55secs
Chris Gentry	40min 24secs		

TUFFMAN TRIATHLON by Derek Sawyer

This was held over the May Bank holiday weekend 5th, 6th, and 7th May, 1990 with each of the three disciplines on a different day.

The swim for the slower swimmers, like me, started at 5.45 p.m. on the Saturday evening. The distance was 2.4 miles in a 25 metre pool (154 lengths) with 6 competitors to a lane. I had a good swim because I had predicted 1hr 40mins whereas I did 1hr 24mins and it felt good as I swam well within myself.

The bike section was held at Chobham on Sunday as a time trial with pairs of riders starting at 30 second intervals from 7.30 a.m. I started at 7.40 on the 9 laps and made the 112 miles (2 weeks before this I was worried about finishing in the cut off time of 7 hours). The game plan was to ride 43 min laps average. I was so worked up I rode a 34 min first lap then a 36 min lap. On lap 3 I had to stop for the toilet and rode a 38 min lap, it was starting to get pretty hot now but I was still riding well. Two more 36 min laps for 4 and 5 meant that I reached this point in 3 hours on the dot. I went through a bad patch on laps 6 and 7 and lost interest in the times (what would be the wall in a marathon) then energy came in waves, every incline was a mountain. My right foot kept cramping on the last lap and I could hardly walk when I got off the bike (in a true Ironman I would then have had to run a marathon). I had a shower and a massage and felt o.k. after about an hour although I was hungry and thirsty. Oh yes! the time for this section was 5 hrs 40 mins which is 19 plus m.p.h.

Monday morning 7.45 a.m., the marathon and I feel surprisingly good, no real stiffness. I started at the back, in fact last, slowly warming up and easing into a relaxed run by 2 miles and started to pass people. With a 2½ mile loop and 3-8 mile loops it's a long way to go. I find myself at the start/finish line after 1 small loop and 1 large loop in 72 mins which is a bit fast but I decided to go as fast as comfortable for as long as possible and then walk/jog if need be - it never came to this. At the end of the next lap, reached in 2 hours 10 minutes, I was struggling a bit and drinking at everyone of the 11 drink stations. In the last lap I had a very bad patch but picked up in the last 2 miles and nearly sprinted in to the finish - or, at least, a good imitation of a sprint. The time for the marathon was 3hrs 12mins.

My total time for the whole event of 10hrs 16mins is to be confirmed.

Now to train for a proper Ironman!

BITS & PIECES

It has recently been discovered that running can seriously affect your mathematical ability! This amazing discovery was made at our very own club a few Sunday mornings ago when it was announced that only 50 entries had so far been received for the Marlow 5 but that 500 medals had been ordered. Quick as a flash, Martyn Franzese responded that this meant that every runner could have 2 medals each! A collection is now being organised to try to raise enough money to buy Martyn a calculator (with easy instructions).

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The Marlow 5 seems to have been a great success, even though a few runners thought that the new, improved two lap course was harder than the old one lap one - still you can't please everyone. As I said last time, John Gardner and Gerry Grosse put a great deal of time and effort in organising the event and I am pleased that it all went well for them - well done you two.

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I am a little worried about club member Margaret Moody! Shortly after her mishap in the Hillingdon $\frac{1}{2}$ marathon I am informed that she took part in the Maidenhead 10 and about half way round she performed a strip-tease in front of the President, Vernon Martin. As you can no doubt imagine, this rather surprised Vernon and such surprises, at his age(!), could have serious consequences but rather more worrying is that perhaps Margaret's experiences at Hillingdon affected her more than was thought.

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Since the last issue the club has had it's Annual Dinner/Dance and I'm sure that everyone who attended enjoyed themselves very much. This was due, in no small part, to the excellent job that the club Social Secretary, Rose Priest, made of the organisation and she well deserved the flowers that were presented to her. Rose didn't like to make a speech at the Dinner but she has asked me to thank everyone for the flowers. Also at the Dinner I was delighted that the winner of the "Jogger of the Year" award, on which club members had an opportunity to vote, was George Kenna - it was a well deserved award for this most popular of club members.

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Finally, we may not have the greatest runners in our club (Eric Buckle excepted of course!) but, on the evidence of the Annual Dinner, we must have some of the best after-dinner speakers in Alan Edwards, Alex Johnson, and Bob Carter who all kept everyone well entertained.

NEWLAND PARK ROAD RELAYS - Chris Gentry

This was only my second experience of road relay running, the first being at the Silverstone race track several years ago, and I must admit that, despite the cold weather (well it was held on the 24th March so what did I expect?) and the fact that I wasn't very fit, I thoroughly enjoyed the event. We had an excellent turn out from the club with sixteen runners taking part. We were split into four teams of four runners by Alex Johnson and what a good job he made of it with the four members of the "A" team all recording better times than those of the other three teams which, of course, is how it should be but, even so, it is extremely difficult to achieve.

As you can see from the heading, the event was held at Newland Park which, in case you didn't know, is near Chalfont and the race consisted of each of the team members running a "leg" of the 2.8 mile course. The course started about three-quarters of the way along the long drive from the road to the large house in the grounds before going round the back of the house and then onto the narrow country lanes, with the finish of each lap being the stretch of drive from the gate to where the lap started. The course was quite flat and conditions were good for running.

We found ourselves up against some really good quality opposition and our "A" team did very well to finish 12th team overall with Peter Smith, on the last leg for that team, recording the second fastest time of the day for his lap. I was the last off for the "C" team and I realised that our team was not going to win the event when the winning team's last runner came home some minutes before our third runner, Alan Edwards, was even in sight. This meant that all I had to aim for, on my leg, was to stay ahead of the last runner from our "D" team. Unfortunately this happened to be young Stephen Woolley, son of Dave, who is an extremely promising runner and I was very pleased that I had a two minute lead on him at the change over. Even so, as you can see from the results below, Stephen did manage to reduce that deficit by over a minute by the end and I was relieved to finish ahead of him.

As I said before, this was a very enjoyable event and I hope that next year we can get even more club members to take part. Anyway, the full results for our four teams taking part this year were as follows:-

"A" team

12th team - composite time 59min 13secs

Eric Buckle	15min 40secs
John Flint	15min 14secs
Alan Chilton	14min 30secs
Peter Smith	13min 46secs

"B" team

27th team - composite time 65min 49secs

Dave Woolley	16min 13secs
Roy Williams	15min 58secs
Alex Johnson	16min 10secs
Derek Sawyer	16min 44secs

"C" team

37th team - composite time 74min 19secs

Peter Gallagher	16min 51secs
Vernon Martin	21min 04secs
Alan Edwards	19min 03secs
Chris Gentry	17min 21secs

"D" team

38th team - composite time 75min 00secs

Roger Wilkes	16min 45secs
Pam Wilkes	21min 00secs
Vivien White	21min 03secs
Stephen Woolley	16min 12secs

APOLOGY

It seems that this is rapidly becoming a regular item in the Newsletter - doesn't it! This time it is "Jogger of the Year", George Kenna, who I must apologise to because, after stating last time that he did a p.b. in the Hillingdon Half Marathon, I completely forgot to mention his time. So, sorry George, because your time of 1hr 49min 09secs was certainly worthy of mention.

YOU'VE GOT TO LAUGH - HAVEN'T YOU!



