
ON COURSE



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*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

Here we are again eh! and I must first apologise, as I have done on many other occasions, for the late appearance of this edition of "Life With The Joggers". The fact is that my home life was disrupted somewhat at the end of April/first few weeks of May by illness in the family which put me out a little and before I knew it the May edition has turned into the June one.

So what have we to talk about this time? When I took up running, many years ago now, I thought how simple it all was. Apart from the sheer physical effort you put in there appeared to be no silly rules to spoil your enjoyment of what is, in essence, a very natural activity. However I soon learned that, as in every sport, there lurks in the background the faceless rule makers, determined to make life more complicated. What I wasn't aware of, until recently, was how stupid some race organisers are when it comes to interpreting these rules. This was brought home to me a few weeks ago when I learned that, despite winning the ladies race at the Highland Farm 10k, club member Irene Smith wasn't regarded as the winner - because she was a vet! Now I've heard some ludicrous things before but none more so than that. Surely to goodness, if a runner is good enough to be first home in a race then that runner deserves to win the first prize, no matter how old that person is. If the organisers of this particular race only want runners to run in their own age category then they should organise a series of race for all the different categories but if they are organising one 10k then they must be prepared for a vet or, indeed, a junior to win the race and treat them accordingly. What do you think?

See you next time.

Chris Gentry

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CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Gerry Grosse
Vice-Chairman	-	
Secretary	-	Alison Banham
Events Secretary	-	Joy Smith
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

Chris Minall

Since the last issue of "On Course" the club has been shaken by the tragic death of Chris Minall, a stalwart of Handy Cross Joggers even though, because of work commitments, he rarely managed to attend a club meeting. Despite this he always wore the club colours with pride and not a little success.

I first got to know Chris a great number of years ago but at that time we were not that close and we lost touch until we met up again at the first Amersham half marathon in 1986. The race started at Amersham Football Ground but changing facilities were provided at a nearby school. Although I turned up ready changed, as usual, I still needed the changing room for the toilets and when I walked in the first person I saw was Chris, sitting there changing. He didn't notice me at first but as soon as he did he shook me by the hand and greeted me like a long lost brother asking me how I was and how the running was going. That's how I'll remember Chris, always friendly and always ready to talk to you.

Again because of his work our paths only crossed very occasionally over the next few years. However when his job brought him back to the area I used to run into him frequently at lunch times at Handy Cross Sports Centre - firstly in the exterior sports changing rooms and latterly in "Lifestyles". We both used the exterior sports changing rooms to change and shower for running but we very rarely arrived at the same time so we did not run together much. I think that our missing each other was accidental but it could be that Chris was deliberately trying not to run with me after an unfortunate incident one lunchtime. Let me explain. On this particular day I was just about to set off for my normal four mile run (out along Daws Hill Lane, turning left into Abbey Barn Lane, and then cutting back over the footpath at the top of the lane into Keep Hill Wood, before returning via the American Base) when Chris turned up and said that he would run with me. As he got changed I told him where we were going and, because he had run with the club for a long time, I thought that he knew the route because it was one the club had used many times - however I was wrong and Chris has never been that way before. Now those of you who have run across the footpath at the top of Abbey Barn Lane will know that the farmer sometimes puts wire at each end and that wire is sometimes slightly electrified. Unfortunately when we got to the wire we were talking so much that I quite forgot to tell Chris about it and he put his hands on it. As you may have guessed this was one of the days the wire was electrified and although Chris was unhurt, apart from a slight tingle in his hands, he complained about me, in a joking way, all the way back to the Sports Centre.

Although Chris appeared pretty relaxed generally he did take his running quite seriously and I remember how upset he was when his run in the Slough Marathon last year was disrupted by a missing race marshall leading him to go off course and add a further two miles. Although the organisers apologised Chris was not at all happy and, I believe, he refused to accept his medal on the day. He did calm down afterwards, but it was an example of how serious he was about his running.

As I said before, latterly I used to see Chris in "Lifestyles" at lunchtimes and we always used to spend at least ten minutes discussing what events we had done. However I stopped going there at the beginning of the year

and, because I hadn't been racing much, I hadn't seen Chris for some time although his name still cropped up in race results. Therefore news of his death, and especially the manner of it, came as a real shock to me - I still can't really believe it.

I've said before that there were periods when I didn't see Chris for quite sometime but it seems strange that I won't be bumping into him again at the Sports Centre or at a race - I'll miss you Chris.

Chris Gentry

APOLOGY

Now normally I get a name or a time wrong but on this occasion I got the sex of the runner wrong! In the last issue I gave the results of the Cliveden Cross Country and, in my defence, the only information I had was that an "M. Gould" finished in 65min 18secs just ahead of Peter Gould. So, putting two and two together and making five, I naturally thought that it was Marian Gould and that is what I printed. Just imagine my embarrassment when I was told that it was Michael Gould who had run and not Marian. So, once again, sorry to you both.

Spotlight On Club Members by Chris Gentry

The member under the spotlight is Manchester born George Kenna who was the 1990 club "Runner of the Year" - a well deserved honour.

As I say, George was born in Manchester but now lives in Marlow. He took up running in October 1986 but unlike other club members who only took up the sport for recreational purposes, George's initial reason for running was because, as he says,

"a BUPA medical examination at the time revealed that I was two stone overweight, my cholesterol was high, my blood pressure was on the limit, and my resting pulse rate was 72. The doctor ordered me to change my diet by cutting down on cheese and red meat etc., and also encouraged me to take up jogging."

George, being a sensible type of fellow, took this advice on board. He sorted out his diet, started jogging and two years later a further medical revealed that his bodyweight was O.K., his cholesterol and blood pressure were satisfactory and his resting pulse rate was down to 48.

The first race George took part in was the Reading Half Marathon in April 1987 when, after only about six months training, he ran a very creditable time of 1hr 57min. Since then he has gone on to greater achievements. He has run about twenty half marathons, bringing his personal best for that distance down to a respectable 1hr 49min 09secs, as well as taking part in no less than three London Marathons, his best time for which is 3hr 59min. All of this has been achieved through hard work and a yearly mileage of some 1,500 miles.

It was whilst out training that George had his most frightening moment as a runner but I will let him explain,

"I was attacked by two large alsatian dogs, one of which jumped on my shoulders and tried to bite me. I threw this one onto the ground and then shouted at them both. This obviously did the trick because they both ran into their house. Needless to say I had a few words with the owner who apologised profusely!"

Although George originally only took up running because of his doctor's advice he has also found that it is helpful in reducing the stress caused by his job as General Manager of a Water Treatment (Chemical) Company and his ambition for the future is simply to continue running for as long as he can. Apart from the recent problems with the "elite group", George says that he has enjoyed the time being a "Handy Cross Jogger" and I would say that the club has enjoyed having him a member - long may he continue to be so.

TIME TRIALS - Chris Gentry

As I write this we are exactly half way through this year's round of time trials - so shame on you if you have yet to take part!

This year, as you who have taken part will know, the time trials are being run over the same course as last year except we run the course the other way round. Although it shouldn't make that much difference, it does appear that the course is harder, with the run up New Road being quite tough. I have to admit that I might be responsible for this change of direction as I did suggest that by running it the way it was run last year runners were being forced to run "with" the traffic along Lane End Road and up Hornes Lane as opposed to "against" the traffic as is safer. So, sorry about that but 'tougher the better' eh!

Anyway, tough or not, the course still holds no fear for the faster runners of the club and, in May, Ralph Chesswas set the standard for everyone to beat when he recorded the fastest time so far of 21min 19secs - quite an achievement. However, as the time trials are meant to be a guide as to whether your running is improving or not credit must be given to Sandy Childs who, in just over a month, improved her time by over 3½ minutes - well done Sandy! The times for the three events held so far are as follows:-

April

Paul Morton	24min 15secs	Chris Gentry	24min 32secs
Ian Mallen	25min 52secs	Vernon Martin	28min 50secs
Keith Illingworth	29min 06secs	Gerry Grosse	29min 15secs
Dave Nash	30min 25secs	Sarah Player	33min 15secs
Sandy Childs	35min 53secs	Dominique Dodge-Wan	37min 39secs

May

Ralph Chesswas	21min 19secs	Roger Wilkes	22min 37secs
David Tomlinson	22min 49secs	Alex Johnson	23min 09secs
Dave Barraclough	24min 33secs	Joy Smith	25min 32secs
Ian Mallen	26min 00secs	Trevor Hart	26min 39secs
Brian Sinclair	29min 49secs	Jenny Hart	29min 53secs
Duncan Kennerson	29min 57secs	Alan Van Der Pant	30min 18secs
Rose Priest	31min 34secs	Sandy Childs	32min 22secs

June

Benjy Benjamin	22min 26secs	John Flint	22min 58secs
Roy Williams	23min 05secs	Dave Riddington	23min 31secs
Mike Stone	23min 34secs	John Bradbury	23min 43secs
Des Irwin	23min 52secs	Jim Chilton	23min 57secs
Ken Baxter	23min 58secs	Chris Gentry	24min 00secs
Kevin Hancock	24min 23secs	Kevin Duffy	24min 35secs
Dave Woolley	24min 36secs	Joy Smith	26min 47secs
Gerry Grosse	28min 04secs	Brian Sinclair	28min 53secs
Alan Van Der Pant	29min 09secs	Richard Stone	30min 16secs
Vernon Martin	30min 47secs		

FIREMANS MARATHON by Dave Riddington

On May 10th I ran my slowest marathon ever - taking nearly 2 hours longer than my previous "personal worst". Nevertheless, I felt elated by the experience and will want to tackle the same event again next year.

For the Firemans Marathon is no ordinary race, having a particular character of its own, and one where to take part truly seems more important than being competitive or achieving a good time (I have to say this having been on my feet for 5 hours 11 minutes).

The event is organised by the Buckinghamshire Fire & Rescue Service and is over a circular, single-lap course starting and finishing at the fire station in Princes Risborough. The total distance is 26.76 miles, putting it just over the traditional marathon distance and is run almost entirely offroad using the extensive network of footpaths and bridleways which make the Chilterns so accessible. Many race directors euphuistically refer to their courses as "undulating" but in the case of the Firemans, the organisers actually admit to hills which gives some idea of the topography competitors have to face. Indeed, in conversation with the promoter a few days before the event, he chuckled wickedly as he explained that he had changed the course this year to introduce some "real treats" for the runners.

The route heads south-west from Risborough over Lodge Hill and then turns south to Routs Green on the edge of Bledlow Ridge. It then proceeds in a generally south-easterly direction to West Wycombe Hill crossing and re-crossing the ridge. From the Golden Ball, runners track in a northerly direction via Cookshall Farm, Naphill, North Dean, Speen, Great and Little Hampden and Dunsmore before emerging at the obelisk on Coombe Hill. From there, the route follows the Chiltern escarpment south eastwards through Ellesborough, Cadsden and Whiteleaf before dropping back into Risborough.

The above description gives only a flavour of the route for it is unmarshalled and no map is supplied. Instead, runners must rely on four sheets of closely typed instructions of which the following is an example:-

"S/O RD, in 300 yds (before telephone box) TL on FP,
14ML S/O and BR around barn, over stile S/O uphill, (keep hedge on immediate R). At brow of hill bear 100 yds to L away from wood to go over hidden stile (90°) at JCTN of hedge, barbed fence ahead. S/O (keep fence on immediate R) to white houses ahead over stile RH corner. S/O to RD. TL pavement, turn 2nd R into "Grubbins Lane" (PC)."

The race is run in teams of two with pairs setting off at intervals between 9.30 am and 12 noon. Just as well really, as the brain cells tend not to work too well beyond 20 miles and this event is a case of two heads being better than one given the abbreviated and sometimes cryptic instructions (they are however very accurate and have clearly been produced by organisers who have run the course and understand the problems).

The semi orienteering nature of the race means that it is often a case of more haste less speed. My partner and I were overtaken four of five times by a young and fit pairing who clearly were travelling too fast for accuracy and kept going off route. I believe we reached Risborough before

them. The race rules specify that to complete the course, each runner must pass each checkpoint, of which there are 8, in the right direction.

My sincere thanks to Stephan Naunko who turned out to partner me at an hour's notice after Esme Thomson had to drop out with an injury. Being fitter than me, he nursed us round the course as well as doing the bulk of the navigating. Stephan finished about 3 minutes ahead of me, my legs virtually giving up in the last two or three miles.

Other finishers for Handy Cross, were Mike Stone and John Bradbury who completed the course in 5hr 14min having lost their way early on, and running considerably in excess of the marathon distance. Roy Williams finished in 4hr 45min having left his unfortunate partner John Flint in the hands of the St. Johns Ambulance at the 25mile mark. There was a solo effort from Chris Woods who finished in 5hr 29min.

All in all, an interesting and worthwhile day and memories of an event which perhaps has not received the support of the club to the extent it deserves.

MY AUTUMN TRIP by Derek Sawyer

This year autumn in England did not have much appeal so I decided to take a trip to Malta to take part in a couple of events and set out below are details of how I got on.

March 29th - Duathlon

No, not a bike/run event but a swim/run one. First off was a 700 metre swim in the sea which I completed in 11min 29secs. I then managed the transition phase in 51 secs before completing the 4k run in 14min 32secs. This gave me a total time of 26min 52secs and I finished 13th out of 23 finishers.

April 3rd - Sprint Triathlon

After a few days rest I took part in this event which started with an 800 metre swim in the sea which took me 14min 53secs followed by a 16 mile bike ride which I finished in 43min 50secs. The last phase was a 4 mile run which I completed in 25min 01secs to give me a total time of 1hr 23min 23secs compared to the winners time of 1hr 10min 10secs. However, I still managed to finish 24th out of 47 finishers.

PROBLEMS AT MAIDENHEAD - Chris Gentry

Those of you who took part in the Maidenhead 10 on Good Friday, and who requested the results, will probably have seen the A5 sheet headed "Race Report and Comment" which had been prepared by the organisers of the race, Maidenhead Athletic Club, but I think that it is worth bringing the contents of that sheet to a wider audience.

The organisers started off by saying how delighted they were with the turnout for the race this year but then go on to comment on road racing in general and, in particular, the Maidenhead 10. To this end they bemoan the fact that the opportunity of road runners to measure their ability in a race is disappearing fast because of a lack of consideration by some participants and they say:-

"It is therefore disappointing to have to report that a minority of participants in this year's race not only failed to comply with marshals' instructions, but also responded to Police with four letter words, chose their own course and cheated on the distance run. Some others urinated against St. Lukes Church wall, to the understandable annoyance of the vicar, local residents and decent people - this behaviour despite the presence of ample toilets at the Rugby Club and the Kidwells Park assembly area.

We must put it to all runners that unless consideration is given towards the vast majority of the population who are non-runners, then we will very soon have no opportunity at all to participate in road events. We must make it absolutely clear that individuals who do not wish to follow a moderate view should not enter our race in future - they, quite simply, are not welcome! We intend our race to be a family occasion and to be a major high standard sporting event in Maidenhead."

A hard hitting message I'm sure you will agree and one which I hope all road runners and, in particular, all club members will take heed of!

The organisers then drew attention to the problem they had, and which other race organisers have, with runners who entered the race on the day:-

"There were many runners who decided to enter on the day and in the end 23% of finishers had not entered in advance. Such a situation is little short of a nightmare for organisers in trying to judge numbers of medals required, etc. There is a temptation to turn people away on the day but this would be unpopular - the alternative is to risk flouting police authorised maximum numbers and consequent poor relations with our friends in blue - many of whom are volunteers for the day. Alternative solutions are that late entrants do not receive a medal at all but pay the same fee, or simply should not be allowed to run.

Race participants need to be aware of the increasingly involved procedure in organising a road event of any kind and do all they can to ensure the future of our sport/recreation."

On this point I would have thought that the answer was quite simple - they should publicise the fact that no entries will be accepted on the day. I have to say that I am one of those people who do like to enter races

on the day and the reason for this is because of the problems I have had in the past with illness which has necessitated missing a number of races for which I had entered thus losing the entry fee I had paid. However, having said that, if races, like the Wycombe ½, make it clear that they won't accept entries on the day, then if I want to do the race I will have to take the chance and enter beforehand. What do others think about this problem of entry on the day? - please let me know.

A BIG THANK YOU from Gerry Grosse

First, thanks to all of you who helped with the running of the Marlow 5. It was a great turn out of club members and, because we had a real team effort, it was a very successful event.

It would be wrong for me to single out anyone for special praise but the organisers (John Gardner, Joy Smith and I) would particularly like to thank those friends and relatives of club members who also contributed their time on that Sunday morning.

Now, more help! The Wycombe Half Marathon will be held on the 21st July. This will be the 10th running and, as the premier road running club in Wycombe, we have been asked again to help with the marshalls and feeding stations.

I'd like to think that we can do as good a job on this event as at our "5". We certainly need to encourage others to give a hand in order to make sure all the points are covered, so if you can persuade friends, relatives and local groups to turn up, Hans Wessel who is leading our activities will be pleased to hear from you.

Editor's Note

In the above article Gerry has thanked all the club members for the efforts with regard to the Marlow 5 but I think that the club owes a great debt of thanks to Gerry, John and Joy for the great deal of hard work they put into the event. So, on behalf of the club - **Thanks to all three of you.**

BITS & PIECES

I have been asked by John Gardner to mention that there are a few seats left on the coach going to the New Forest on the 8th September. Obviously the reason for the trip is to enable club members to take part in the half marathon or the full marathon but you can go just to spectate or for the day out if you want. So, if you are interested, contact John as soon as possible.

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Talking of trips, John is also taking names for people interested in going to Wycombe's twin town in Germany, Kelkheim, for the annual half marathon. It is intended that the party will leave Wycombe on Friday 23rd August returning on Bank Holiday Monday 26th August and I can assure you, from personal experience, that if you do decide to go you will have a great time. Again, if you are interested, please contact John.

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On the subject of club events I would like to take this opportunity to give credit to Rose Priest for all the hard work she put in to organise the annual club dinner which took place at the end of April. It was another good event and Rose deserves the thanks of the club for this.

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At a recent club Committee meeting I was asked to mention in the Newsletter the fact that there is a "silver" collection taken at each club meeting. Those of you who have been members of the club for a long time will know that the money collected is used to offset some of the costs the club has to bear and, in particular, it goes towards the money the club gives to the Judo Centre for maintenance. It is called a "silver" collection because the minimum each member is asked to contribute is 10p.

I know that a lot of people do contribute each time they attend but there are a number of people who don't, either because they are new members who are not aware of its existence or simply because they forget. Therefore the request is - **PLEASE GIVE EACH TIME.**

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On the subject of money, hands up those of you who know that club members can get a 10% discount on their running kit from Apex Sports at Farnham? Well we can, so it is well worth visiting the shop, which I understand is well stocked, to take advantage of this.

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Once you've got your kit you will naturally want to enter races, won't you? I am well aware that club members race all over the country on most weekends of the year but the number of results I get bears no resemblance to that. A classic example occurred with regard to the Sonning Common Half Marathon when I was asked how come Marlow Striders got publicity for their runners in the event whereas we didn't. My answer was simple - no one bothered to phone me with the results. So if you taking part in a race, don't be shy, give me a ring and let me know how you got on. My telephone number is HW 439692 and I'm at home most Sunday afternoons and evenings but please don't phone too late, I need a lot of sleep and go to bed very early.

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Finally - have any of you got a large garden and, if so, are you willing to let the club take it over for a barbeque later in the summer? If so, please let Rose know as quickly as possible.

DATES FOR YOUR DIARIES

The club Committee has recently been discussing the practicalities of holding a couple of club events in the near future and the following have been provisionally arranged:-

MONDAY JUNE 24TH

With the approval of John Lewis plc, which approval is still awaited, it is intended to have a series of races around the car park of their Cressex store starting at 8 p.m. The details of the distances for the races are still being worked out by Vernon Martin so keep your ears open for further information.

SUNDAY 4TH AUGUST

It is hoped to organise a running Treasure Hunt based on the successful one we had several years ago. Names of people who are interested in taking part are now being collected and you should contact Joy Smith or Rose Priest.

RACE RESULTS/REPORTS



National Veteran Women's Cross Country Championships - 10th March

This year the event was held at Ampthill in Bedfordshire and the club were represented by a trio of ladies. The course was not very muddy but I am lead to understand that runners had to negotiate a notorious incline known as Heartbreak Hill on no less than two occasions. However this did not deter our ladies and Esme Thomson did especially well to win a prize for her fine 2nd place in the over 50's race. The overall finishing positions of all three were:-

Esme Thomson	27th	Eila Mansfield	51st
Margaret Moody	57th		

Maidenhead 10 - 29th March (Good Friday)

Easter was a busy time for members of the club with this being the first race of the weekend. Although I understand that the weather conditions were pretty good for running, on looking at last year's results it would appear that, with a few notable exceptions, the finishing times were a minute or two down this time. The exceptions were Ralph Chesswas, John Bradbury, Roger Wilkes, Stephan Naunko, Joy Smith, and Dave Nash who all managed p.b.'s. As well as a p.b., it was also a good event for Roger Wilkes as he picked up a prize for being the first man home over 50 and he was joined in the prize stakes by Esme Thomson who was the first lady home over 45 - well done both of you! The finishers for the club were:-

John Flint	59min 21secs	Ralph Chesswas	60min 15secs
Chris Minall	60min 48secs	John Bradbury	61min 20secs
Roger Wilkes	61min 28secs	Brian Butler	62min 05secs
Dave Woolley	63min 12secs	Eric Buckle	63min 24secs
Stephan Naunko	64min 12secs	Alex Johnson	65min 05secs
Esme Thomson	66min 39secs	Dave Riddington	67min 37secs
Bob Carter	69min 19secs	Joy Smith	70min 57secs
John Gardner	75min 09secs	Vernon Martin	75min 58secs
Pam Wilkes	82min 00secs	Dave Nash	84min 00secs
Rose Priest	92min 28secs	Vivien White	93min 30secs

Tugwood 10k, Burnham Beeches - 1st April (Easter Monday)

This event is known as "the tough one" and I can now say, from personal experience, that it certainly lives up to its' name because for the first time I took part in it! For those of you lucky enough not to have had the experience I can tell you that it is not a race to take part in after stuffing yourself full of hot cross buns and easter eggs because it is run over a very undulating course with hardly any of it being flat. The veteren duo of Roger Wilkes and Esme Thomson who followed up their successes at Maidenhead by once again winning prizes, Esme for being the first lady

home over 50 and Roger, as well as setting a p.b. for the distance, being the second man home over 50. The results for club members were:-

Roger Wilkes	38min 28secs	Chris Gentry	40min 16secs
Dave Riddington	40min 50secs	Esme Thomson	42min 16secs
Eila Mansfield	47min 32secs	Pam Wilkes	49min 53secs
Dave Nash	54min 17secs	Rose Priest	57min 59secs
Vivien White	59min 44secs		

Reading Half Marathon - 7th April

From all of the reports I received about this race it would appear that the change of starting place was not an unqualified success and opinions were also divided as to whether Kendrick Hill was better early in the race as it was this year or later as in other years. The other major problem seems to have been the chaotic finish with runners queing up to cross the finish line. All in all, not a very good advert for a race that prides itself on being the second largest half marathon in the country. Anyway all of this obviously didn't put Alan Chilton off as he finished in an excellent 28th place, nor did it deter John Bradbury, Stephan Naunko, Grahame McLachlan, or Dave Nash who all set p.b.'s. The times for the club finishers were:-

Alan Chilton	1hr 11min 25secs	John Harvey	1hr 15min 15secs
Dave Welfare	1hr 18min 25secs	Chris Minall	1hr 20min 40secs
Ralph Chesswas	1hr 21min 39secs	John Flint	1hr 21min 40secs
Roger Wilkes	1hr 23min 13secs	John Bradbury	1hr 23min 36secs
Stephan Naunko	1hr 24min 57secs	Grahame McLachlan	1hr 25min 31secs
Alex Johnson	1hr 27min 26secs	Esme Thomson	1hr 28min 00secs
Bob Carter	1hr 33min 18secs	Gerry Grosse	1hr 42min 24secs
Margaret Moody	1hr 42min 57secs	Keith Illingworth	1hr 44min 00secs
Brian Childs	1hr 45min 43secs	John Gardner	1hr 45min 56secs
Duncan Kennerson	1hr 50min 00secs	Pam Wilkes	1hr 50min 47secs
Dave Nash	1hr 55min 04secs	Rose Priest	2hr 01min 14secs

London Marathon - 21st April

Whilst millions around the world watched on television over 30 club members lined up alongside a galaxy of international athletes for the journey from Greenwich to Westminster Bridge. Although we did not have anyone who broke the magical 3hr barrier this year, there were p.b.'s from no less than ten runners; Grahame McLachlan, Alex Thomason, Ralph Chesswas, Joy Smith, Peter Edington, Alister Judge, Bill Parkin, Dave Nash, Duncan Kennerson, and Keith Simpson. The results and times I have been given are:-

John Flint	3hr 04min 17secs	Grahame McLachlan	3hr 09min 17secs
Dave Robson	3hr 11min 55secs	Irene Smith	3hr 12min 58secs
Esme Thomson	3hr 14min 20secs	Jim Chilton	3hr 17min 14secs
Alex Johnson	3hr 17min 54secs	John Bradbury	3hr 18min 14secs
Alex Thomason	3hr 20min 37secs	Dave Welfare	3hr 22min 42secs
Ralph Chesswas	3hr 37min 19secs	Sid Simpson	3hr 39min 59secs
Joy Smith	3hr 43min 01secs	Brian Brown	3hr 46min 00secs
Ian Mallen	3hr 48min 52secs	Peter Edington	3hr 53min 41secs
Keith Illingworth	3hr 55min 27secs	Martyn Franzese	3hr 56min 00secs
Alister Judge	3hr 56min 00secs	Derek Skinner	4hr 05min 43secs

John Wheeler	4hr 16min 00secs	Bill Parkin	4hr 25min 00secs
Vernon Martin	4hr 30min 35secs	Jack Sharpe	4hr 32min 37secs
John Gardner	4hr 38min 00secs	George Kenna	4hr 39min 00secs
Jim Powell	4hr 40min 00secs	Vivien White	4hr 51min 00secs
Duncan Kennerson	4hr 51min 05secs	Brian Sinclair	4hr 59min 30secs
Keith Simpson	5hr 00min 00secs	Freda Powell	6hr 00min 00secs

Great Eastern Run - 12th May

According to the official results there were exactly 500 finishers in the 10th running of this half marathon and Brian Butler kept the Handy Cross flag flying high with his 152nd place in a time of 1hr 22min 11secs.

Highland Farm 10k - 26th May

Only two club members took part in this event but both of them did extremely well with Irene Smith winning the ladies race and the mercurial Eric Buckle recording a p.b. of 35min 58secs.

City of Norwich Half Marathon - 2nd June

The East Anglian air certainly seemed to suite club member Stephan Naunko because he managed to take some 1½ minutes off his best time for the distance in setting a fine p.b. of 1hr 23min 30secs.

Woodley Carnival 10 - 2nd June

The ten club members who took part in this event found that this year the organisers had slightly extended the distance to be run, from 15k to a full 10 miles. However over a very flat course and in warm conditions John Harvey did the club proud by finishing in an excellent 8th place. Further down the field there were p.b.'s for Paul Morton & Dave Nash and John Gardner did not return empty-handed because he won a spot prize of a key ring! Finishing times for the club runners were:-

John Harvey	56min 49secs	Paul Morton	65min 07secs
Kevin Duffy	69min 00secs	Gerry Grosse	75min 00secs
Hans Wessel	77min 00secs	Dave Harris	77min 25secs
John Gardner	78min 08secs	Martyn Franzese	82min 08secs
Dave Nash	83min 48secs	Brian Sinclair	84min 00secs

