



# Handy Cross Joggers Bulletin



## Chairmans Natter

The name of Handy Cross Joggers is now becoming synonymous with sheep. The latest incident occurred on Sunday 29th May 1994 when Roy William, Mike Stone, Benji and Peter Edington were running along the road towards Finnamore Wood from Frieth when they came across three sheep wandering over the road. What followed was a scene from one man and his dog as Roy achieved a perfect 10 for his lift drive and pen. Phil Drabble would have been proud. Roy, being a country yokel, then repaired the fence.

I am pleased to be able to report that a significant number of people have already volunteered to marshall the Wycombe half marathon. However as the June 1st deadline approaches we are still looking for at least 30 more. You may recall, we agreed at the AGM in October, that if the required number of marshalls was not achieved then all club members names, who had not volunteered would be put into a hat and a draw held. If your name was drawn out of the hat you would be expected to marshall or to find someone to take your place if you were unable. The draw will be held at the committee meeting of 13th June 1994 at 7.30 pm which anybody is welcome to witness and the lucky 30 will be notified soon after.

It is with some dismay that I have to report that a number of subscriptions are overdue. Would those of you who have not paid please pay either John or Sarah as soon as possible.

On a more upbeat note we now look forward to the 5K series, Presidents Trophy Penn 7 and Wycombe  $\frac{1}{2}$ . All these events will be published well in advance and details will be found laid out on club nights. If you wish to enter any of these or other events please take a form and have a go. The club does put teams in a number of events and these teams would include anybody who wanted to take part. Please do not feel you have to be good to be part of the team. Where the club is entering a team in an event it will be announced and a committee member will be organising the entries.

Finally now that the better weather is here and we have been able to discard our winter warmers, we are hoping to organise a club cross country run in order that these people who do not usually run together can get to know each other. Watch out for details.

Bye for now and keep on running.

Alex

## **Club Officials**

President.....	Vernon Martin	0494 443344
Chairman .....	Alex Johnson	0628 523322
Vice-Chairman .....	Ron Newman	0628 528025
Treasurer.....	Ian Mallen	0494 442367
Secretary.....	Caroline Weekes	0494 536867
Events Secretary.....	Peter Edington	0494 563730
Mbsp Sec. (men).....	John Bradbury	0494 441577
Mbsp Sec. (women) .....	Sarah Player	0628 580425
Social Secretary.....	Rose Priest	0494 529761
.....	Duncan Kennerson	0494 440592
Publicity Officer .....	Chris Gentry	0494 439692
Kit Officer .....	Roy Williams	0494 713927

LONDON MARATHON CLUB RESULTS

Alan Chilton	2hr 24min 20secs (P.B.)
John Dooley	2hr 44min 16secs
Jim Chilton	3hr 04min 48secs (P.B.)
Steve Barrow	3hr 10min 20secs
Ron Newman	3hr 14min 20secs (P.B.)
Ray Matthews	3hr 15min 28secs
Rod Palmer	3hr 18min 20secs (P.B.)
John Bradbury	3hr 19min 28secs
Des Irwin	3hr 19min 38secs (P.B.)
Dave Welfare	3hr 25min 30secs
John Flint	3hr 26min 30secs
Les Irwin	3hr 30min 48secs (P.B.)
Dave Riddington	3hr 36min 01secs
Adrian Reynolds	3hr 40min 07secs (P.B.)
Ian Mallen	3hr 40min 13secs
Dave Woolley	3hr 44min 30secs
Kevin Fuller	3hr 49min 01secs (P.B.)
Mike Owen-Evans	3hr 52min 36secs (P.B.)
Martin Dean	3hr 57min 48secs (P.B.)
Vernon Martin	3hr 58min 16secs
Bill Hudson	3hr 59min 18secs (P.B.)
Ray Pethers	4hr 05min 39secs (P.B.)
Dave Nash	4hr 06min 23secs (P.B.)
Pat Carter	4hr 19min 55secs (P.B.)
Duncan Kennerson	4hr 42min 25secs
John Soden	5hr 08min 10secs (P.B.)
Jack Sharpe	5hr 15min 10secs

## MEMORIES OF A FIRST MARATHON

When my alarm woke me on Sunday 17th April my first thought was "Why am I getting up at 5 o'clock on my one lie-in day of the week?" Then I remembered that today was the long awaited day of the London Marathon and not only was I losing several hours sleep, but I had to run 26 miles as well!

The sight of bleary eyed Handy Cross Joggers waiting for the coach on a cold and windy morning did nothing to lift the spirits, but Sarah enlivened things by drawing her own ticket in the raffle held during the journey.

On arrival at Greenwich the runners split up and headed for their respective starts. I trudged off to the Red Start with the other "also-rans". After a cup of tea and a long queue for the Gents, it was time to hand in the kit bag and head for the start. As it was a cold morning, I did not relish the thought of a long delay in leaving the park, so I guiltily crept in to the "3 hour finishers" section knowing I would be very lucky to finish within four. However I spotted Vernon standing in the same section which made me feel less guilty.

As it happened only 4 minutes of the race had elapsed when I crossed the start line and I was able to discard my "bin bag" just in time to appear on TV. I was surprised to see the number of male runners darting off to the side of the road before the first mile had been completed. I wonder why they never show that on the BBC coverage?

With the first three miles over, we joined the runners from the other two starts and now the race really turned into an event, with so many people participating and watching. Going round the Cutty Sark, I was surprised to find a Race Marshal standing in the way. Then I realised he was guarding us from a dangerous looking bollard!

By now I was really appreciating the facilities provided, water every mile and Isostar every five, this was wonderful! On the way to Tower Bridge, I was passed by several exotically dressed competitors including a "Running Daffodil". At the bridge the crowds were much thicker and I headed for the right hand side unsuccessfully looking for the Bucks Free Press photographer. However Alex was easily spotted in the crowd wearing the white club top and Sarah could be heard from 50 yards away!

Soon after the bridge the halfway mark appeared and I was feeling really good. But this didn't last and halfway round the Isle of Dogs all the water, Isostar and the cold weather began to make itself felt. At last I had to stop and endure the sound of hundreds of runners passing me, while I was passing something else. At least I had avoided the dangers of dehydration!

Back to the Tower where Handy Cross supporters were much in evidence. We were warned by the Marshals that Sue Barker was lying in wait in the grounds, but unfortunately (?) I missed her. The Military Band provided a pleasant contrast to the numerous Pop Groups and Discos around the route and I found the infamous cobbles were less fearsome than anticipated.

I spotted my wife along Blackfriars Embankment and waved so that she would think I was enjoying myself. Soon afterwards I was caught by Mick who was the first Handy Cross Jogger I had seen since the start.

"How do you feel?" He enquired.

"Knackered!" I replied.

"I feel really good." He gloated. Bastard!

"Look there's Vernon in front." He observed.

"Where?" I asked, by this time seeing only a blur of legs and feet.

"There, right in front of us!" At last my eyes focussed on the familiar hand in a cross logo and we drew alongside Vernon.

"How do you feel?" We enquired.

"Knackered!" He replied, so we left him behind in true Handy Cross style.

Soon after this Mick left me as well and I was beginning to understand why experienced runners say the race only starts after 20 miles. Birdcage Walk seemed to stretch endlessly ahead and I was beginning to hate everyone especially the crowds shouting

"Come on Caesar!"

"Who the hell was Caesar?" I wondered when a runner dressed in a Roman Toga and crowned with gold laurel leaves came pounding past.

Eventually the finish was in sight with four hours and one minute on the clock. My tired brain was just able to calculate that I would finish in under 4 hours, after deducting the delay at the start, before it told my legs to stop running. At last it was all over. By the time I had collected medal, blanket, goody bag and kit I was feeling murderous. "Never again!" I swore as I struggled through the crowds at the end of the Mall. The lack of space in which to change and the absence of any familiar faces, was changing my mood into one of black depression until I finally found a quiet space under Admiralty Arch, where I put on some warm clothing and ate some of the freebies from the goody bag.

At last beginning to feel human again, I made my way to the meeting place, where I was pleased to see the "H" tree adorned with the club flag. After sharing experiences with the other finishers, a feeling of pleasant satisfaction was soon dispelled with the news that the coach was parked in Hyde Park and we had to walk to it!

However in retrospect this walk provided a useful warm down and following a peaceful return journey, most of which I slept through, we arrived safely at the Judo Club seriously considering entering for next years London Marathon.

HANDY CROSS MARLOW 5 FUN RUN - Sunday 24th April, 1994

After all the talk recently (at not one but two Annual General Meetings), about the club members marshalling events, one of the nicest things I heard after this years Handy Cross Marlow 5 was that the race was well marshalled with lots of people out on the course. This was very good - well done everyone - now let's hope that this dedication is maintained for the forthcoming Wycombe Half Marathon! Before leaving the subject of marshalling, I understand that one or two of the marshalls had a little trouble with members of the public but that they dealt with these in a manner which brought credit to the club - again, well done!

Anyway, apart from the marshalling, the rest of the event organisation seemed to go pretty well and this was due, in no small part, to the efforts of Sarah Player, Roger Wilkes, Dave Riddington and Trevor Hart who put in a lot of hard work behind the scenes as well as on the day. There were a few minor problems but these were only to be expected, with almost a completely new Committee taking over the organisation of the event, but we live and learn and hopefully these problems won't happen again.

Talking of "on the day" work, the efforts of Vernon Martin, Kevin Duffy and Martyn Franzese and their band of helpers was really outstanding when it came to the putting up of the Start/Finish banners and the finishing funnels with Rose Priest and Jenny Hart doing sterling work on the "late entry" desk - I would like to take this opportunity of publicly thanking them for all their hard work.

From all accounts the race itself was enjoyed by the competitors both at "the sharp end" as well as by the fun runners although I'm told that we might be "done" for misrepresentation by calling it a "Fun Run" as the course itself apparently does not lend itself to the term "Fun".

Finally, they say that if you give a person a uniform it brings out the worst in them but never before have I seen it happen when someone merely puts on a marshalls bib - until Sunday that is! The club member concerned shall remain nameless but if I ever see an advert for traffic wardens or stewards at Wycombe Wanderers then I will bear this person in mind (only joking Ray, honest).

Chris Gentry,  
Club Publicity Officer.

## EVENTS SECRETARY

Since the last bulletin a lot has changed. Firstly the weather has got warmer although perhaps wetter which has heralded the revelation of many lily white legs, with certain notable exceptions. Secondly the spring months have encouraged many of you to participate in the vast array of races which abound at this time of year.

Following the clubs victory at the Highworth invitation half featured in the last bulletin, large turn outs have been achieved in the Wokingham  $\frac{1}{2}$ , Reading  $\frac{1}{2}$ , London marathon, Sonning Common  $\frac{1}{2}$  and Prestwood 10k. These large turnouts continue to raise the profile of the club locally and nationally through the performance of all the runners. It is particularly encouraging to note all the PB's which are being set by you all the way through the field. Obviously the effects of all that winter training are now coming to fruition.

Particular mention should also be made of those runners who took part in the firemans marathon. Rod Palmer, Stephen Naunko, Roy Williams, John Bradbury, Dave Riddington, Mike Stone, Dave Woolley and Derek Roe all completed this gruelling cross country marathon in the most appalling of conditions. The mud and slurry was so deep in places that I was concerned that Dave Riddington may drown, being only 4ft 11ins tall.

By the time you read this the 5k series will be well underway which normally attracts the biggest turn out of all from the club. In the light of this the club has decided to invest in a further trophy to be awarded at the end of the series. The criteria has not yet been decided but could be on the basis of best dressed runner or best style, hairdo or other, ideas welcome.

Forthcoming events include the Penn 7 and Wycombe half marathon. These races normally attract large numbers from the club both in terms of participants and helpers. The dates are June 19th and July 17th respectively and you should make a note in your diaries. The club normally enters teams in both these events and thus if you wish to enter either race you should give your name and money to Peter.

Finally our 5k is on July 26th, the Rye and Bassetsbury manor have been booked as before. However we will be needing some help setting up the course and in the kitchen so if you can get down from about 4 pm to lend a hand please let Peter know.

# Awards 1993/94

**Jogger of the year 1993**

**Pat Carter**

selected by the club runners  
Joint runners up Rose Priest, Sarah Player

**Cross Country Championship**

Men - Dave Woolley  
Ladies - Eila Mansfield

**Chairmans Award**

This award was presented by Alex Johnson to

**Peter Gould**

for outstanding contribution to the club

Several standard certificates where also awarded to members for  
their achievements



## Ye Old Bits & Pieces

Please make your pledges to food for our 5Kseries event.

17th July on the Rye.

*Tuna sandwiches!*

### Kelkhiem

THE 1/2 MARATHON TRIP WILL BE GOING AHEAD AGAIN THIS YEAR. RON AND DUNCAN WILL BE ORGANISING THIS TRIP. IT WOULD BE NICE TO HAVE SOME LADIES ATTEND.

RON AND DUNCAN ARE WAITING TO RECEIVE MONEY FROM ANYONE WHO INTENDS TO GO. YOUR PLACE IS BOOKED ONLY ON RECEIPT OF YOUR DEPOSIT.

**Subs are now overdue,  
letters will be arriving at anyones home who has not paid  
this years subs and wish to remain a member.**

Again, we are asking members to come up with some ideas for social events. If people think particular events would be interesting let Rose or Duncan know so they can look into it.

### B-B-Q

MARGARET HAS KINDLY OFFERED TO HAVE BAR-B-QUE THE FIRST WEEKEND IN JULY  
DATE TO BE CONFIRMED.

Joy Smith has started to do physiotherapy and massage.

Anyone interested can contact her on 0494 530325

(we have received good reports for those acing muscles)

### Dates for 5K Series

May 18th Wargrave

May 31st Burnham

**June 14th Marlow**

June 29th Maidenhead

July 13th Datchet

July 17th Handy Cross

Price £3 series

guests £6 series

as always retain your number for the whole series

Each race starts at 7.30pm

*We will need help on the day*

