



# Handy Cross Joggers Bulletin

## Editorial

I would like to think that the increased number of runners in the cross-country events recently are a testament to my comments in the last Bulletin . If this is true, perhaps I could use my new found powers to suggest that members always wear a club vest or tee shirt when competing in races .

We had a magnificent turn-out of over twenty runners in the Wokingham Half Marathon recently, but the impact was partially lost because so many wore tops other than Handy Cross ones .

I know some people are excused because the official kit doesn't fit them (and I won't mention Mike Blowing here) but there are few other acceptable excuses, especially as we now give new members a free shirt or vest . So my message this time is, "wear your club colours with pride," when competing in future events and help raise the club profile by your visible presence .

Martin Dean

March 2000

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## In This Issue

The dates for this summer's 5k series can be found on later pages. For those people unfamiliar with these popular events, each local running club takes it in turn to host a 5k (3 miles) run, mostly off-road and in pleasant locations, on a (hopefully) beautiful summer evening and then provides food and drink afterwards.

These events are both competitive and social and enable you to measure your improvement (or not) in time and/or consumption of sandwiches, from race to race.

Also in this issue see Alex's article on the reasons behind the proposed name change and Sue's paean of praise to a certain Handy Cross runner.

## Training Sessions

Programmes for Alex's Tuesday sessions and Mike's Wednesday track sessions can be found on later pages.

## PC or not PC

Comments have been made about some of the sexist jokes in the Bulletin recently, so I was very interested in a story I overheard after the Highworth Half Marathon.

Apparently the club were so concerned about non politically correct language, that the subject was discussed at their AGM.

Following this discussion, the next item on the agenda was the selection of candidates for the 'Running Totty of the Year' competition!

## Annual Dinner

Our next social event will be the Annual Dinner and Dance which will be held in the Woodlands Suite at Wycombe Wanderers Adams Park ground on Friday 5th May.

This venue was used last year and everyone who attended enjoyed an excellent meal, in good company and followed by a top class cabaret! The only disappointment was that so few people turned up. So this year make sure you will be there, a good time is guaranteed but it will be even better with more people.

The menu is included in this Bulletin, please return to Rose Priest or Pat Carter with your deposit. Tickets are only £21 each.

## We Are The Champions

Handy Cross Joggers became the first name to be engraved on the Highworth Half Marathon trophy in the new millennium.

Thanks to a super personal best performance of 1.17.26 by Trevor Hunter, who finished 2nd overall, and strong support from fellow teammates Pete Edington, Stephan Naunko, Mike Hickman and Margaret Moody, we, "...took the west country by storm with an impressive team performance," according to the Bucks Free Press.

This was the tenth year of this competition, which we have now won three times, competing against the numerous local athletics clubs. Hopefully we can take an even stronger team (we only just had enough to qualify this year) and retain the trophy in 2001.

## New Members

Welcome to the following new members:-

Julian Allison, Steve Barrow, David Brown, Richard Croxden, Nicholas Dore, Alan Gates, Peter Newman, Sharon Price and Vivienne White .

A welcome return to former members Ralph Chesswas, Nicy & Harvey Lyon and Ron Newman .

## Barnet Trophy

Not an award for hairdressing, but a popular 5 mile handicap race from the Rye to Loudwater and back, with the chance to win a magnificent trophy .

This years winner was Richard Walker, with his wife Sue finishing third . Gerry Grosse was second and Dick Croxden fourth . Full results on a later page .

Well done Ray Elliot, ably assisted by Mike Hickman whose experience of handicapping is legendary, for organising this years run, which was thoroughly enjoyed by everyone .

## How to run a PB

Enter a well publicised race, such as the Epney 10, held near Gloucester, misread the title, assume you are running a 10k, and the rest is easy ! If you don't believe me, ask Becky Hawkins or Debbie Ridout for advice.

An interesting insight into Nick Martin's youth was revealed to Debbie, who met an old friend of his at this race .

Apparently Nick was a 'Dedicated Follower of Fashion' when aged sixteen and dressed in a burgundy suit; I leave the rest to your imagination !

## Christmas Festivities

Last years Christmas and New Years festivities started with a very enjoyable Christmas Disco at the Judo Club, many thanks to Rose Priest and her helpers for organising this event . The lucky (?) winners of the two London Marathon numbers in the raffle were Jock MacClean and Tony Fewell .

The excesses of Christmas were compensated for by eighteen members who met at Hazlemere the following day for Rod Palmer's Boxing Day run through the surrounding countryside, while a further fifteen club representatives ran in the annual Cliveden Cross-Country event on the Sunday .

## Shame at Marlow

The Marlow Striders Christmas invitation run was an enjoyable event, back in deepest dark December, with Mike Hickman winning the men's prize for finishing closest (by 25 seconds) to his predicted time .

Unfortunately the club was shamed in the following quiz, when our winning team was penalised by 9 points for cheating . The organisers claimed we had too many people, for which we can only blame the 'win at all costs' approach of team captain Eric Buckle .

## A Question of Safety (Pins)

Safety pins are an essential item in most runners kit bags, even if they are only used for pinning numbers on vests in races .

Where do you keep yours ? Mine are stored in a neat little box, but Trevor Hunter keeps his on a very tatty looking pin cushion, which looks as if it was made in a school handicraft class .

## Cross Country

The cross country season came to an end on a beautiful Sunday morning in Bradenham woods, when we once again entertained the other local clubs in the last of this years Today's Runner League events over our popular course (and made the usual cock-up of the junior race).

On the previous day, Pete Smith completed the Chiltern League 2nd Division competition at Banbury in the style which he started, by winning the last race of the series as well as the first and second .

Pete's magnificent achievement of three wins in four events, was unfortunately not quite enough and he came second in both the senior male category and second in the competition overall, by just one point .

Congratulations to Margaret Moody, who was successful in winning first prize in her age group, while John Dooley was 3rd in the men's over 40 age group .

These three winners have been well supported this season by team mates Trevor Hunter, Phil Stephens, Dave Lancaster, Mike Hickman, Benjie Benjamin, Richard Walker, Trevor Hart, Dave Redhouse, Debbie Ridout and Lydia Mayger (apologies to anyone I may have missed) but we have nevertheless usually struggled to form a team for these events .

The turnout for the Sunday League competition was also patchy, but we had lots of runners at Bracknell Forest and this was reflected in the results (i.e. we weren't last, unlike at Tadley) .

So next season, let's see plenty of people taking part in these events . It doesn't matter how slow you are, everyone's position counts and, most importantly, you will be part of the Handy Cross team .

## Handy Cross AGM

The club's Annual General Meeting will be held on Thursday 30th March at St Birinius Church Hall (just round the corner from the Judo Club) at 8.30, leaving plenty of time for a run first .

Regrettably Duncan Kennerson wishes to resign from his post as Club Treasurer this year, so we will need someone to fill his place, not an easy proposition in any sense of the word.

As Alex always says, "This is your club and the AGM is your chance to say how you would like to see it improved," so please make the effort to attend . There will be proposals to change membership fees and also the name of the club . Any items for inclusion on the agenda must be submitted to the committee at least two weeks earlier .

## The Fireman's Marathon

Also known as the Elizabeth Cullen Memorial Challenge, this popular event will be held for the last time this year, over the same course as last year .

So if you've always promised yourself that you would run in this tough but scenic race, or if you have enjoyed taking part in previous years, this is your last chance, as the organiser is retiring after this one .

## What's in a Name ?

Quite a lot in today's world of media hype and the importance of image, as I remember from my time at work (yes, I really did work once !) when I saw my old company metamorphose from the GPO via Post Office Telephones and British Telecom to become BT.

However is it so important in the world of sport ? Alex thinks it is and you can read his succinct reasons for the proposed change to the club's name on a later page .

Of course, not everyone will agree with him, but they may be uncomfortable about expressing their doubts because they feel this would be disloyal to Alex and all he does for the club .

I think this would be a misguided approach, as Alex is not the type of person to 'take away his bat and ball and refuse to play' if his proposal is not adopted .

So think long and hard about this proposal and make sure you attend the AGM, listen to the discussion and vote for what you think is the right course .

Incidentally I have given the club's name some thought recently and came up with a few options that would reflect both where we come from and what we do .

My initial attempt was 'M40 Junction 4 Joggers', but as we are not really connected with Handy Cross any longer, I thought 'Booker Judo Club Joggers' might better reflect where we come from, however that didn't scan very well and then finally, I had just the right name, one that was alliterative, described where we came from, what we did and how we do it . However I don't think the name 'Wycombe Wanderers Running Club' would please all the members .

## Wycombe Half Marathon

The planning for this years event is progressing satisfactorily except that we need more sponsors ! If you work for, or know of, a company who you think may be interested in receiving excellent advertising exposure by a mention in the race literature for the donation of a small sum, or perhaps something to help fill the goody bags, please see Alex or one of the committee .

I see the editor of the Bucks Free Press, Steve Cohen, has promised to run again this year . This is good news for us, as it should ensure additional publicity, which will help to make it the most successful event for years .

However we shouldn't rely on other people to publicise our race, especially as we have such a prominent part to play in its success this year .

It is up to all club members to make people aware of the event; through work, sporting, social and any other contacts you may have .

## Putting on the Style

Lonnie Donnegan used to sing, "As I look around me, I sometimes have to smile, Seeing all the young folk, Putting on the style ." As I look around me in Handy Cross however, I don't see many 'young folk' and I wonder if prospective members may be discouraged by the cost of joining.

For this reason I will be proposing at the AGM that a lower rate of subscription be applied to younger people to help lower the current demographic trend in the club .

## Anyone for the Grizzly ?

I obtained a number for the Grizzly back in October, but since then I was offered the chance of a holiday in Majorca, leaving on the day before the race . It was a tough choice, between a twenty mile run through mud, rivers, sandy beaches, up and down cliffs etc. or a week lazing by the Mediterranean, but in the end Majorca won .

If anyone else is brave or silly enough to take up the challenge of the Grizzly, they will be welcome to my number . I think Debbie Ridout will probably have a spare number as well, unless she hopes to run with her current injury, which she probably will .

## League of Winners

I can not believe how I feel  
Your winning chance is so real  
I know you will do your best  
To come home first and beat the rest .

We are proud of all you do  
You work so hard all year through  
It may be cold, wet or dry  
I never question your reason why .

We will shout, call your name out loud  
You make us smile and feel so proud  
Handy Cross will applaud your win  
No matter what position you finish in .

Sue Smith



## Millennium Morning

It was the first day of the new year, the new century and the new millennium; a lovely sunny morning with the mist still lingering in the valley, when Tom, Dick and Harry met for their pre-arranged new years day run to a local beauty spot at the highest point in the surrounding countryside .

As they jogged along, they discussed the previous nights celebrations, which Dick claimed were both special and mystical and which he had celebrated with other like minded people on the top of the hill they were running towards .

Harry regarded this particular new year as being just like any other and he had celebrated its arrival in his customary way, which was not at all !

Tom had celebrated the start of the new millennium at an enjoyable party, but he wasn't sure that this year was particularly significant .

Dick claimed it was very significant and had been convinced that something strange and mysterious would happen as the clocks struck midnight . He was rather disappointed that nothing of note occurred, even on the symbolic high point of open countryside where he and his fellow believers had congregated .

Harry thought it was all a load of old...., that there was nothing special about the year 2000, which was only a significant date to less than a third of the worlds population and couldn't be traced back to anything that had happened exactly two thousand years ago; and anyway, the calendars were changed to lose eleven days back in the 18th century, so how could the date be significant ? .

Tom wasn't too sure whether it was significant or not, but anyway it had been a good excuse for a party !

When they reached the hilltop, which was dominated by a large monumental cross, erected at the turn of the last century and visible for miles around, they were rewarded with a magnificent view over the surrounding sunlit countryside, a view which encompassed several counties .

Dick pointed out the prominent landmarks, some of which he claimed had remained unchanged for the last two thousand years .

At last they turned their backs on the view and ran towards the trees below them, which were partially obscured by the swirls of mist where the sun had not yet penetrated .

As they emerged from the trees they were suddenly confronted by a runner coming towards them with the sun immediately behind him, forming a strange glow around his head . He appeared to be wearing unfamiliar garments, almost like a robe and had flimsy looking sandals on his feet.

The stranger seemed to glide silently past them, possibly between them, Dick thought, although Tom wasn't sure . He neither spoke or even acknowledged their presence and when they turned round, he had been swallowed up by the mist lingering about the edge of the wood.

For the rest of their run they debated about what they had actually seen . Dick was convinced it was something both mysterious and ethereal, while Harry thought it was just another jogger, although he admitted dressed in unusual running gear . Tom however,.... wasn't really sure .

# 5K SERIES

This year's 5k summer series has now been agreed, so please put the following dates in your diaries. The format is the same as in previous years with the host club providing food and refreshments following their event for the other five clubs. The cost has again been kept down to £3.00 for the whole series or £1.00 per race.

<b>Wednesday</b>	<b>10<sup>th</sup> May 2000</b>	<b>Wargrave</b>	<b>7.30pm</b>
<b>Tuesday</b>	<b>23<sup>rd</sup> May 2000</b>	<b>Burnham</b>	<b>7.30pm</b>
<b>Tuesday</b>	<b>6<sup>th</sup> June 2000</b>	<b>Marlow</b>	<b>7.30pm</b>
<b>Tuesday</b>	<b>20<sup>th</sup> June 2000</b>	<b>Datchet</b>	<b>7.30pm</b>
<b>Wednesday</b>	<b>5<sup>th</sup> July 2000</b>	<b>Maidenhead</b>	<b>7.30pm</b>
<b>Tuesday</b>	<b>18<sup>th</sup> July 2000</b>	<b>Handy Cross</b>	<b>7.30pm</b>

The 5k series is the most popular event in our racing calendar with nearly all club members taking part. If you have not taken part before, why not give it a go this year, you may enjoy it.



## Other Events

## Results

Other Events	Results
Sunday 19th March	<b>Wokingham Half Marathon</b>
<b>Fleet Half Marathon</b>	Trevor Hunter in 1.17 (pb)
<b>Bath Half Marathon</b>	Pete Edington in 1.26
Sunday 2nd April	Trevor Free in 1.28
<b>"The Grizzly"</b>	Nick Martin in 1.28
Sunday 16th April	Rod MacClean in 1.29
<b>Flora London Marathon</b>	Mike Stone in 1.29
Friday 21st April	Margaret Moody in 1.33
<b>Maidenhead 10 (miles)</b>	Andy Pearson in 1.35
Thursday 27th April	Alan Gates in 1.35
<b>Silverstone 10k</b>	Martin Dean in 1.37
Sunday 7th May	Trevor Hart in 1.38
<b>Marlow 5 (miles)</b>	Liz Davey in 1.45 (pb)
Saturday 13th May	Mike Blowing in 1.45
<b>Icknield Way 1/2 &amp; 10k</b>	Becky Hawkins in 1.50
Sunday 21st May	Terry Eaves in 1.50
<b>The Fireman's Marathon</b>	Sylvia Pearson in 1.55 (pb)
Sunday 4th June	Mel Parsons in 1.57
<b>Handy Cross May Meander</b>	Dave Nash in 1.58
Sunday 18th June	Helen Murdock in 2.01 (pb)
<b>Ridgeway Relay</b>	Lynn Johnson in 2.05 (pb)
Sunday 9th July 2000	Debbie Collier in 2.17
<b>Wycombe Half Marathon</b>	

RESULTS OF THE BARNET TROPHY 5 MILE HANDICAP RACE  
HELD ON SUNDAY 27-2-00.

<u>Position.</u>	<u>Name.</u>	<u>Target time.</u>	<u>Actual time.</u>	<u>Difference + or -.</u>
1 <sup>st</sup>	Richard Walker.	43:00	40:13	-2:47
2 <sup>nd</sup>	Gerry Grosse.	41:00	38:22	-2:38
3 <sup>rd</sup>	Sue Walker.	56:00	53:35	-2:25
4 <sup>th</sup>	Dick Croxon.	42:00	41:15	-0:45
5 <sup>th</sup>	Pat Carter.	42:00	41:52	-0:08
6 <sup>th</sup>	Mike Hickman.	36:30	36:49	+0:19
7 <sup>th</sup>	Dave Leighton.	33:30	34:30	+1:00
8 <sup>th</sup>	Dave Nash.	41:00	42:07	+1:07
9 <sup>th</sup>	Nick Martin.	32:00	34:10	+2:10
10 <sup>th</sup>	Mike Blowing.	34:00	36:14	+2:14
11 <sup>th</sup>	Liz Davey.	37:00	39:16	+2:16
12 <sup>th</sup>	Martin Dean.	35:00	37:28	+2:28
13 <sup>th</sup>	Becky Hawkins.	39:00	41:30	+2:30
14 <sup>th</sup>	Terry Eves.	39:00	41:34	+2:34
15 <sup>th</sup>	Allan Gates.	34:00	37:34	+3:34
16 <sup>th</sup>	Bob Carter.	39:00	43:21	+4:21
17 <sup>th</sup>	Julian Allison.	34:00	42:00	+8:00

Rose Priest and Alex Johnson ran as pacemakers.

Congratulations to Richard who won the trophy and a club sweatshirt, and also to the other prizewinners, Gerry, Sue, and Dick, who were presented with items of club kit.

Many thanks to Ray Elliot, who organized the event, and to everyone who turned out to take part.

There will be further opportunities to check your five mile times, when Alex starts his regular time trials. This will allow the handicappers to be even more accurate in future events.



19<sup>th</sup> January 1999

Lifestyles Health and Fitness Studio, Court Garden Leisure Complex, Pound Lane, Marlow, Buckinghamshire. SL7 2AE.  
Tel: 01628 405255 Fax: 01628 405244 E-mail: [simonp@wll.co.uk](mailto:simonp@wll.co.uk) Website: [www.wll.co.uk](http://www.wll.co.uk)

Mike Hickman  
Handy Cross Joggers  
74, Gerald's Road  
Terriers  
High Wycombe  
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Ref: Handy Cross Joggers Corporate Membership

Dear Mike,

Hopefully you are settling into the routine of working again after the New Year.

Just a brief note to remind you as the organiser and the other members of your scheme what the benefits of membership are:

**Benefits of Lifestyles Membership:**

- Unlimited use of Lifestyles 1 & 2 facilities (excluding sunbeds) during all opening hours
- Free use of aerobics classes (excluding aqua aerobics)
- Free use of swimming pools at Wycombe Sports Centre & Court Garden Leisure Complex (public sessions only)
- Free computerised fitness assessments and reassessments providing a full fitness report
- Free individual induction and ongoing programme setting with an instructor
- Free Freestyle card (giving discounts & 7 day booking priority for court activities)
- Free car parking (as available) when using the facilities

I have experienced confusion with some members as to which aerobics classes are included in the membership, the answer is all classes **excluding Aqua Aerobics and Body Balance (which isn't an aerobics class)**. For full information on the classes that we run please see the Aerobic Timetable enclosed or visit our website.

If you have any questions relating to these matters or wish to discuss anything about your current corporate membership scheme please do not hesitate to contact me.

Yours sincerely

Simon Pell  
Assistant Commercial Manager

## Handy Cross Tuesday Club Sessions

- April 4            1.5 mile fartlek session, 4 circuits includes 200/400/600 mtrs
- April 11           5 x 100m 2 mins rest / 5 x 200 m 2 mins rest / 5 x 100m full effort
- April 18           2 x 400m / 2 x 600m / 2x 400m / 2x 600m
- April 25           Hill session 6 x full hills / 6 x short hills
- May 2              6 x 300m interspersed with 6 x 200m easy incline
- May 9              6 x 200m @ 80% / 6 x 200m @ full speed / 4 x 200m @ 80%
- May 16             1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs
- May 23             8 x 400 full speed up incline / 8 x 200m easy recovery
- May 30             3 x 400 mtrs / 3 x 600 mtrs / 3 x 400 mtrs on grass
- June 6              Hill session 4 x short / 8 x full / 4 x short
- June 13             8 x 100m full speed 2 mins rest / 4 x 100 m full speed on grass
- June 20             Time trial 10 k approx
- June 27             Mixed sprint events on grass this is fun !

All session will commence with a warm-up and stretch, and warm down

*I have still to plan my vacation this year but if any of the above sessions clash I will ask Mike Hickman to take them*

Keep the dream alive !

Alex Johnson BAF Club Coach  
Handy Cross

## WEDNESDAY TRAINING PROGRAMME, UP TO 28-6-00.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..  
All members are welcome to take part.

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 5-4-00 2 x 10 laps of sprinting straights and jogging bends, (400m jog recovery between sets).
- 12-4-00 2 x 8 x 200m, (200m jog recovery) 4 min's rest between sets.
- 19-4-00 FOR THOSE WHO RAN LONDON, REST. Others, 12 x 400m, (200m jog recovery).
- 26-4-00 7 x 800m, (200m jog/walk recovery).
- 3-5-00 5 x 1200m, (200m jog/walk recovery).
- 10-5-00 NO SESSION, WARGRAVE 5K.
- 17-5-00 4 x 1600m, (200m jog/walk recovery).
- 24-5-00 Pyramid session, 400/800/1200/1600/1200/800/400m, (200m jog/walk recovery).
- 31-5-00 8 x 800m at ½ marathon pace, interspersed with 400m at 5k pace. Continuous run, no recovery.
- 7-6-00 "Downers", 2 x 1600/800/400/200m, (200m jog/walk recovery). 4 min's. rest between sets.
- 14-6-00 Relay session, 2 x 12 x 200m (per person), in teams of three, (1 lap jog recovery between sets).
- 21-6-00 "Parlauf" session, 14 x 400m.
- 28-6-00 "Uppers", 2 x 200/400/800/1600m, (200m jog/walk recovery). 4 min's. rest between sets.

Mike Hickman.  
01494 525474

