

**I**t was with great sadness that we heard of the death of former member Ray Harris at the age of ninety. Ray is well remembered for leaving water and cups outside his house in Lane End, which was most welcome for people returning to the club after a long Sunday morning run.

We retained the Highworth Half Marathon Trophy again in a close fought race, our team finishing first equal with Bourton Road Runners, See the results page for details.

Congratulations to Dave Bosley, who finished first senior man overall in the Chiltern Cross Country League Div 2, and also to Trevor Hunter who finished third. They both received their trophies after the last league match of the season at Luton where Dave, running with an injury, needed to beat his closest rival by at least ten seconds. Pete Smith finished second in this race with Trevor and Dave following in third and fourth places. A Handy Cross 2, 3 & 4!

Make a note in your diary for Saturday 7th June, which is the club's annual Dinner and Dance at Adam's Park. See menu on page 8.

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## It's Official...I am a Tough Guy!

**A**lthough I didn't feel like one. The day I had been dreading, 26th January, finally dawned. At 6 o'clock it was wet but relatively warm and when Nick Martin picked me up I was relieved to see he had the hood up on his MG.

We arrived at the Mr Mouse Farm for Unfortunates, just outside Wolverhampton, and proceeded to don warm clothing and chill-cheaters, along with several thousand other idiots, to hopefully enjoy (or at least survive) what's called the 'toughest survival challenge in the world' the notorious 'TOUGH GUY'.

This event started seventeen years ago as a fundraising scheme that was part protest at the way cross-country races were becoming too easy, part an antidote to rampant materialism and part a quasi-religious experience reflecting the philosophy of Mr Mouse, who believes in salvation through suffering, reliance on the help of others and the old fashioned values of fifty years ago. There is a strong military theme with reminders of British soldiers exploits in various battles of the past.

To quote the man himself, "My aim is simple! I scheme, plot, plan, construct and engineer a day of physical and mental torture to reduce you to the pits of despair, to take your body to the extreme limits of endurance. Then, with the help of 'Him' above and those stuck in the glue around you, we bring you back to this world with renewed reality."

So, what is it really like? Well he's not kidding, it was tough! The race is 'eight country miles' long, starting at the top of a precipitous slope, which you descend on your feet with the aid of ropes if you're lucky and on your bum if you're not.

A jog round the 'Killing Fields' trying not to look at the fearsome horrors in store, is followed by a pleasant mile run to the Vietcong Forest where you crash through the undergrowth to emerge by a deep stream with six foot high banks, which has to be criss-crossed

ten times. Then through another seemingly pathless wood to the Elephants Graveyard, a deep slurry pit with several eight foot high walls to cross before slaloming up and down the side of a steep hill half a dozen times.

A quarter mile run up a stream is followed by another slalom, another wood and lots of deep, gooey mud before the entrance to the Killing Fields via the 'Tiger', a construction of two, 30 foot high wooden structures, climbed by cargo nets and with concealed electric fence wires to make it more interesting!

Now the fun really starts with the Colditz walls to cross followed by the 'Guns of Navarone' Behemoth, a fearsome rope bridge which you abseil from into the Fiery Holes (burning straw bails) then, to douse your flaming garments in the Somme trenches, before crawling through a tunnel of tyres. This is followed by Dead Leg Swamp and the Vietcong Tunnels, two foot in diameter with just the feet of the runner in front to guide you. The marshals exhort you to "Keep running and keep smiling!" With more deep and muddy pools to run through and rope bridges to traverse before the dreaded underwater bridges, which are too horrible to describe but require total immersion in freezing muddy water six times!

After this shock the rest became a hazy blur, though I remember two bridges of oil drums, a giant haystack, a rope crossing over the Dragon Pool (which, if you fell in, you had to swim from) and a twenty metre crawl in the mud under barbed wire with yet more deep and muddy pools thrown in. At last the finish is in sight, after a scramble over six huge concrete pipes and the ascent of the starting hill before running into a barn for a space blanket and hot soup, most of which I spilt because I was shaking with cold! Congratulations to Nick and Paul Jennings who both finished in front of me.

Am I glad I did it? Definitely yes! Will I ever do it again? Well, after a nice warm bath, a hot meal and a few days reflection on the experience, I think I can honestly say.....

.....**DEFINITELY NOT!**

The Tough Guy's Lament

First a bum slide, down Mule Mountain side,  
With a rope to assist if you're lucky,  
(One slip and you're crushed underneath)  
But give a loud shout, let it all hang out,  
This race is just for the plucky.

Through the goats' pen, your starter for ten,  
The Killing Fields look uninviting,  
(But the fun has only just started)  
To the woods for a mile, in Vietcong style,  
It's beginning to get quite exciting.

Into the stream, which is not very clean,  
Then in it again and again,  
(That's why it's called Dead Leg Brook)  
Though cold and wet, it's not up to the neck,  
At the end's where you get all the pain.

The Elephants' Graveyard, has walls that are hard,  
But the slurry beneath is quiet deep,  
(It's okay if you land on your feet)  
But not on your head, you'd rather be dead,  
Or curled up on the ground in a heap.

Now up the hill, using fell runners skill,  
And then back down it once more,  
(Club runners are better at this)  
Then up it again, and again and again,  
It's really becoming a bore.

Six miles like this, with none to be missed,  
When the Killing Fields come into sight,  
(First the Tiger has to be tamed)  
On the Colditz walls, I near lost my ...mind?  
I'm beginning to suffer from fright.

Climb up the ropes, hold on tight folks,  
Then slide down into the fire,  
(With explosions close to your ear)  
In mud and water, just like the Somme slaughter,  
"Was that not my funeral pyre?"

In a tunnel of tyres, my poor knee expires,  
Then into the Dead Leg Swamp,  
(Where I sink right up to my bum)  
Someone gives me a hand, and I manage to stand,  
It's starting to seem like a romp.

"On!, On!" yells a marshal, seeming impartial,  
To the suffering I'm feeling within,  
(As we crawl through the Vietcong Tunnels)  
Though you can't see a thing, just bear it and grin,  
To back out of them would be a sin.

The Paradise climb's, a misnomer I find,  
As it's now becoming quite hellish,  
(With water and mud everywhere)  
A queue at the funnel, for the dread water tunnel,  
This part I really don't relish.

The water was cold, but I had to be bold!  
Held my nose, closed my eyes,  
Took a drink!...(It tasted most horrid)  
"What's the symptoms please, of Weill's disease?"  
I anxiously asked the St Johns guys.

Here Nick skipped the trip, through the murky dip,  
(They'd forgotten to switch on the heater)  
But his secret is quite safe with me!  
He'd had quite enough, of the watery stuff,  
Now he wants to sell his chill-cheater.  
(see page 12)

To stop you from shivering, the course is delivering,  
A haystack, a bridge and more dross,  
(Plus a trip through the Pig Village)  
Then a walk on the water, where you really oughter,  
Like Jesus, be carrying a cross.

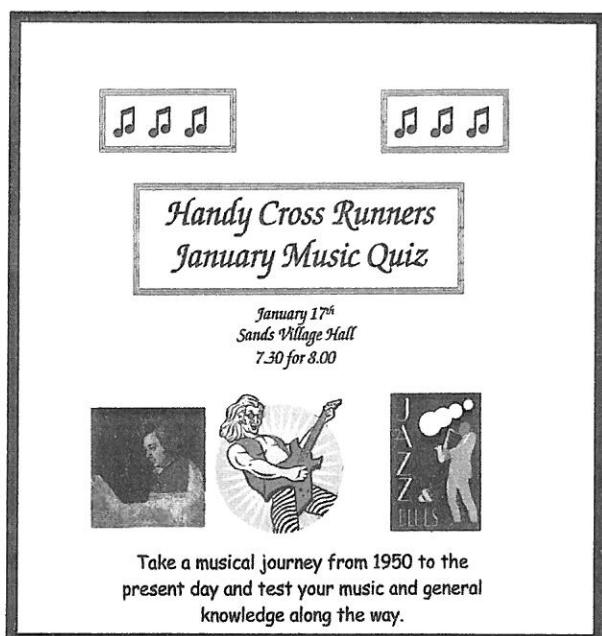
A sweet damsel fair, with mud in her hair,  
Perched above the Dragon Pool yet.  
"I want to cross, without falling off"  
Said she with a smile, as she faced this new trial,  
" 'Cause I don't want to get f\*\*\*ing wet!"

We crossed on two ropes, clinging like goats,  
(Though frozen right through to the core)  
Until we were out in the middle  
But the ropes came apart, she fell like a ...leaf?  
And I last saw her swim for the shore.

Now under the wire and crawling in mire,  
On through the cruel Tyre Torture,  
(It can't be much further I thought)  
Just the pipes to kill, then up Clod Foot Hill  
At last! And there's no more cold water!

All my soup I spill, this feeling's unreal,  
I can't stop my hand from shaking,  
(And I smell just like a farmyard)  
Though I scrub all week, but yet I still reek,  
While the memory leaves me quaking.

Tough Guys will repent, when they read my lament,  
Their decision this race to enter,  
(Though it's cheap at this time of the year)  
So if you want to go round, it's twenty five pound,  
A bargain for such an adventure!



**D**espite initial reservations that insufficient people were interested, Ian's music quiz was a great success with over ninety people taking part. It very was nice to see a strong contingent from Marlow Striders there, especially as they didn't win!

The wining team was once again The Drifters, who have won all three quizzes we have held so far, but they were given some hard competition by Sarah's Birthday Party team, who were only half a point behind.

Instead of swapping answer sheets for marking by other teams, always a source of good natured dispute in the past, we had two very professional and impartial markers in the form of Helen and Debbie, which allowed the evening to proceed more quickly.

The fish'n'chips arrived at just the right time, but before we realised it the caretaker also arrived to close up. This brought the evening to an abrupt end without anyone having the chance to thank Ian and his helpers for organising such an enjoyable event.

So on behalf of all the contestants, thanks for all your hard work to Ian, Helen, Debbie, Mike and anyone else involved in making the evening such a success.

## Club AGM

**T**o everyone's relief the current committee all offered to continue in their present positions and Debbie is expanding her empire by forming a social sub-committee.

The bad news is that the judo club wishes to increase their subscription by £3 per year.

There was a plea for more help to marshal our events, particularly the Marlow 5 which is on target to attract a field of one thousand this year.

The club accounts are on page 16

## R U doing the London Marathon?

**I**f so can you check if I have included your name below to send to the Bucks Free Press. If you are and it's not please let me know. Also can you let me know if you are a virgin (marathon runner that is) and whether you are running for a charity.

Peter Astles (1st), Beverly Black, Mike Blowing, Pat Carter, Martin Dean, Pete Edington, Terry Eves, Mike Hickman, Mark Hoad (1st), Adam Koffler, Nick Martin, Paula Parkin, Allison Packman (1st), Ed Ramon, Pete Smith, Mike Stone, Heather Taylor (1st), Eri Tanimoto (1st)

## Benidorm Marathon (or half)

**H**ow about escaping from the cold and damp (and the cross country season) by running a marathon, or just a half, in the November warmth of Spain for about £300? Duncan will organise everything if enough people are interested and he'll even let you pay in instalments.

## Boston Marathon

**R**on Newman is running in the Boston Marathon instead of London this year and hoping to equal his time of 3.35 which he achieved exactly twenty years ago. He is also running in Chicago in October. Best of luck Ron.



## My bad day

**D**o you ever get days that just don't seem to go your way? Well mine was last Wednesday. I get up early to swim and was out of the house by 5:45am. I got home and was met by a tirade of abuse from Ian. I had gone out without shutting the front door properly and our dog had got out in to the front garden. He had had to get up at 6am to get her in and close the door. Oops!

Ian left for work and I was then making Rachel's sandwiches for school. She loves Corned Beef and so I was opening the tin when my thumb slipped and I sliced it open. My immediate thoughts were, "Oh no, will I still be able to swim on Saturday? Will I still be able to run on Sunday at Reading?" Never mind about the blood gushing and the pain that set in.

I had to call Ian back from work to patch me up and off to casualty we went. I saw the triage nurse who said it was quite deep and that I needed to see the doctor. The wait was an hour. I sent Ian home with Stuart and no sooner were they out of the door when the doctor called me in. Just a few steri strips and that was me. Ian wasn't even home when I called so I decided to walk home. A lot further than I had thought with a sore thumb and walking not running.

My "mum" then called me and asked if I'd like to come over as she was feeling poorly, I said I'd love to. Ian had driven me to the hospital in my car and in my haste to get into casualty I had left my keys in the car and Ian had returned and locked my car. I could see my keys but I couldn't get to them.

I called "mum" and she came to the rescue by visiting me instead. When she arrived I was ironing and she asked if that was wise given the day I was having. I managed to finish without burning anything fortunately.

Here's hoping I don't get many more of those to the pound. Helen

## Flora London Half Marathon

**I** hadn't intended doing this inaugural half marathon as the venue at Silverstone did not appeal given the open and windswept nature of the site, the boring course and my total lack of interest in motor racing (particularly Formula 1)

However daughter Julie had had her London entry rejected and decided to run this instead, so I volunteered to accompany her as it would be her first attempt at this distance.

Just like on race days there was a huge queue of traffic to park and we arrived at the back of a field of ten thousand runners, seven minutes late. Fortunately the organizers delayed the start by ten minutes. We ran the first three miles on the motor racing circuit before detouring into the middle for a few miles. Here we were entertained by a colony of hares racing up and down (they were fast but lacking in stamina!) This was followed by several boring miles round the perimeter before returning to the racing circuit for the final lap, but this time in the reverse direction.

At the start we were running with the sub-two and a half hours pacing group, but after a mile they slowed down to a walk, so we disdainfully left them and carried on running. Julie had returned from a Caribbean holiday two days before the race and was showing off her enviable sun tan, but the result of holiday excesses began to tell at nine miles when she had to start walking. This continued on and off to just before the finish where, to our utter shame, we were passed by, guess who? Yes, the sub-two and a half hours pacing group!

However by this time we didn't really care as it was cold and windy and most of the large crowd had already gone home.

Congratulations to Trevor Hunter who finished the race in seventeenth position. Apparently there were thousands cheering him on at the finish!

## The Reading Half

I know a lot of you don't enter because of the expense, but I have run it quite regularly and always enjoyed it so yet again I entered this year. I got up nice and early, managed to get there for just after 8, parked the car, put my baggage in and even had time to go to the loo. I was on the start for 9:30 on the dot.

Then it came over the Tannoy that there was a delay to the start of the race. We were being put back by fifteen minutes. This happened last year due to late arrivals and poor baggage handling. We had been assured that the race this year would start with or without us. Which was why I had arrived so early.

Fifteen minutes came and went and then the announcer started telling very poor Christmas cracker jokes. By 10 o'clock I was seriously thinking of going home. I was cold and then I realised I was also bored. I'd never been bored at the start of a race before. I'm usually full of adrenaline (not that it does me much good) and psyched up ready to go. Here I was yawning and shivering and wondering why I was there. I swore then that this was the last Reading I would run.

I heard someone near me ask what the time was and the reply came 10:20, we had now been stood for fifty minutes. Finally the wheelchair race was underway and we would be off in five minutes. I heard the Klaxon and waited and waited and finally we began to move. Preparation for London it certainly is because it took me thirteen and a half minutes to cross the line and there were still people behind me.

I began to run and because I was so fed up I was completely relaxed. I have never enjoyed a race so much. I ran without looking at my watch until mile 12 when I saw 1:50:42 and thought, "Can I up my pace and just get under 2 hrs?"

I tried, but began to feel queasy and decided that the time really didn't matter, it was more about having a good run. I finished in two hours

and nineteen seconds. Bit of a pain about the nineteen seconds but I enjoyed it and I had swum in a gala the day before. I blame it on the late start and the cold muscles.

I looked up the results on the web and despite the fact that you are chipped they still have you listed as the official clock time. A bit of a waste of money for the chip really. They do have your chip time but you are placed in order.

I swore I would never run it again only twenty four hours ago. I vowed all the way around that this was my retirement Reading and that I should just enjoy it for that reason. Well I can honestly say that I will almost certainly be entering again next year. I just hope the organisers learn to start on time.

Helen

## Club Results

Duncan Clark in 1.16 (31st)

Tony Crockett in 1.33

Alison McQuater in 1.37

Sue Fenn in 1.39

Ray Ramon in 1.42

Terry Eves in 1.43

Eriko Tanimoto in 1.54

Helen Murdoch in 2.00

Lucy Couturier in 2.02

David Plato in 2.17

## Another Bad Day!

During the race, Russell Fenn stood on an unopened bottle of water at a drinks station and broke his ankle!

## The Grizzly

"May you go to pieces and return whole"

**S**ome foolish people commented that last year's Grizzly was too easy! Unfortunately the organizers got to hear of this and decided to make this year's race much tougher and did they succeed!

The hills were much steeper, the beach sections longer, there were two bogs (of the muddy kind) and they even found some delightful hollows to run down and then clamber out of. Everyone's times were down on last year by at least thirty minutes (except Peter Astles, who smugly informed me that he was only eight minutes slower, b\*\*\*\*\*d!) My quads are still aching.

However it was still a great day out, though not for Rod Palmer, who drove all the way down with Nick and myself on the day, ran for five miles with stomach ache, pulled out and then had to drive us back home again!

Thanks for your support Sharon and Mary, they seemed to pop up everywhere on the course shouting encouragement, and congratulations to Dave Leighton who finished first for the club and in 256th place overall out of two thousand entrants. The club results were (last years times in brackets) :-

Dave Leighton in 3.06

Ken Hemmings in 3.11

Trevor Free in 3.12 (2.41)

John Bradbury in 3.25

Nick Martin in 3.27 (2.40)

Peter Astles in 3.38 (3.22)

Martin Dean in 3.45 (2.47)

Tim Jefferson in 3.53 (2.49)

Mike Blowing in 3.58 (3.26)

Mike Hickman in 4.01 (3.24)

Mike Stone in 4.06

## Message Received the day after our Cross-Country Event

**J**ust to say Sheen Shufflers really enjoy this fixture, and there is general consent that this is the best one. I thought I'd mention it just in case you were worried that numbers seemed a bit down yesterday.

## May Meander

**T**his years May Meander will be held on Sunday 4th of May and will follow the usual format ie: Nick doesn't know what on earth he is going to organise until a few days before!

However he tells me that money will be changing hands, it will probably monopolise Hughenden Park and you will need to smile.

## THE ROCKY HORROR SHOW

**N**ine Handy Cross Runners enjoyed this orgasmic show at the Wycombe Swan but only Lucy was brave enough to dress up (unless she always goes out like that on a Friday night).

Alex has now devised a new warm-up routine for his Tuesday night training sessions to the tune of The Time Warp.

## New Members

**A** very warm welcome to the following new members:

Andy Cox, Julie Dean, Allison Packman, Kirsti Roberts and Heather Taylor.

## The Wit and Wisdom of David Brent

If at first you don't succeed, remove all evidence you ever tried.

Remember that age and treachery will always triumph over youth and ability.

Quitters never win, winners never quit. But those who never win and never quit are idiots.

# Handy Cross Runners



Dinner & Dance

At

Adams park

On

**SATURDAY 7<sup>th</sup> JUNE 2008**

**7pm - 12 midnight**

## MENU

£25.00

### CHICKEN YAKATORI

*Skewers of tender Chicken breast, served with warm Soy Sauce on a bed of mixed leaves*

### ASPARAGUS AND BROCCOLI SOUP

*Topped with fresh Croutons and Parsley*



### HERBED ROAST SIRLOIN OF BEEF

*Served with crisp Yorkshire Pudding*

### MEDITERRANEAN VEGETABLE AND CHEESE WELLINGTON

### ROAST MONKFISH

*With a Cumin and Yoghurt sauce*

All served with fresh market vegetables and a choice of potatoes



### FRUIT SALAD BOWL, WITH VANILLA ICE CREAM

*Melon balls, pineapple, Mango, Red Grapes and Oranges bound in a Orange Liqueur Syrup*

### CHANTILLY PROFITEROLES WITH A TOFFEE SAUCE

*Crunchy Brandy Snap base with Peach & Brandy Cheesecake Filling*

### A SELECTION OF ENGLISH CHEESES

*With Celery Crudités & Black Grapes*



### FRESHLY BREWED COFFEE with CREAM AND MINTS



<u>NAME</u>	<u>STARTER</u>	<u>MAINCOURSE</u>	<u>DESSERT</u>

A deposit of £10.00 per person is required. Please hand deposits and menu choices to **DEBBIE RIDOUT**.



The Ruffetts  
40 Bleadon Hill  
Weston Super Mare  
Somerset  
BS24 9JN  
Tele: 01934 812611

12.03.03

Hi Folks,

I said farewell to some of you when I called into the judo Centre on the evening before we left Wycombe. Alex had some kind words for me on your behalf, which were much appreciated. We are now settling into our new home on the Mendips and I've already taken part in one local running event organised by the Weston Running Club in conjunction with the local paper. Four races were arranged, two fun runs a four-mile and 'the tough ten' which attracted over eight hundred runners. Needless to say I opted for the four, on a course that was almost dead flat with half the run on the sand and the rest along the prom avoiding Sunday morning strollers. That run was in complete contrast to the circuit I have from my home, as whichever way I go I'm faced with a steep climb at some stage, and when I say steep I mean 'Keep Hill'. In saying cheerio to you all I'd just like to add my thanks to all of you that have helped me enjoy my running over the years. For me the social side of club life is just as important as the activity, but just getting out for a relaxing jog has it's own rewards. To illustrate

On a warm day in the middle of August I went for a run at about 11am (you can do that when you're retired) and as I turned off Ragmans Lane onto the footpath that leads towards High Heavens, there in front of me was a red-legged partridge, (small brown game bird, game this one certainly was). It ran up the path in front of me, and although I wasn't pushing I gradually caught it up. As you would expect, as I got close it flew up, but straight along the path and then settled. I continued my run and closed on it again, and again it ran and flew on as I neared. I carried on and it did the same, but this time it didn't fly as far, and while it ran as I came closer it didn't fly nor dive through the hedge. It just sat on the ground as if to say 'I've done enough'. I picked it up and put it though a gap in the hedge and went on my way.

I thought no more of this, until one Sunday a couple of weeks later when I was out with the crowd (well, six of us anyway). When we reached the south end of Marlow Bottom I decided to turn for home up Hillside and let the rest carry on towards the river. As I got near to the top of the road I heard a vehicle, a truck I guessed, behind me. I thought little of it and carried on. Reaching the bridleway where the road ends I heard the engine noise again, but assumed it would turn into the driveway nearby. I became a bit concerned when, a little further on, I could still hear the engine revving. Looking behind you will imagine my surprise, there was a Very Large tractor filling the path. Where was I to go? The path still climbs there, and hedges on either side. Carry on running, it's hot, but if I put in some effort I'll find a gate, But the tractor's getting closer and it doesn't look as if it'll stop. I'm getting tired but I can't stop. Suddenly there's a gap on the left and through it I go. The driver gives me a cheery wave while I sweated and thought dark thoughts, and he turned into a field a few yards further along.

Now I have some idea what that partridge was thinking!

Good luck to you all, I hope to be back to cheer you on the Wycombe Half, and I aim to see you on the track for the 5K in September.





**Summer 5k Series**

Wargrave	Wed 14th May
Burnham	Tues 27th May
Marlow	Tues 10th June
Handy X	Tues 24th June
Maidenhead	Wed 9th July
Datchet	Tues 22nd July

**The Ridgeway Relay**

**T**his event takes place on June 22nd 2003 starting at 07:30. It's a 10 stage relay race managed by Marlborough Running Club.

It starts at Ivinghoe Beacon and follows the Ridgeway footpath all the way to Marlborough. Each stage is about 10 miles. Handy Cross Runners have been invited to participate and if there is sufficient interest I am willing to organise a team.

Please contact me if you want to take part or just want to know a bit more about it. Entries have to be in by the end of March and cost £3 per person. Nick Martin (07850753525)

*This is a great club event and we have won the Ladies team prize for the last two years. Please support Nick and help make it three in a row.*

Sunday 13th April

London Marathon

Friday 18th April

Maidenhead Easter 10

Sunday 27th April

Stratford Half & Marathon  
Bracknell Half Marathon

Sunday 4th May

Neolithic Marathon  
May Meander

Saturday 10th May

Icknield 10K & Half Marathon

Sunday 11th May

Marlow 5

Sunday 18th May

Prestwood 10K

Saturday 7th June

Handy Cross Dinner & Dance

Saturday & Sunday 14 & 15th June

Welsh Castles Relay

Sunday 22nd June

Ridgeway Relay

Sunday 13th July

Wycombe Half Marathon



# Results



## Highworth Half Marathon

Trevor Hunter in 1.15  
Alfred Benjamin in 1.23 (pb)  
John Dooley in 1.23  
Peter Edington in 1.26  
John Peerless in 1.26  
Alex Richmond in 1.28 (pb)  
Nick Martin in 1.32  
John Bradbury in 1.33  
Trevor Free in 1.33  
Des Mannion in 1.38  
Sue Fenn in 1.38 (pb)  
Ed Ramon in 1.42  
Mike Hickman in 1.45  
Paul Jennings in 1.48  
Debbie Ridout in 1.52

We once again retained the trophy, this year sharing it with Bourton Road Runners.

Congratulations to the winning team of: Trevor, Benjie, John, Pete and Alex and well done everyone else who ran.

## Watford Half Marathon

Alfred Benjamin in 1:25:35  
Trevor Free 1:34:09  
Nick Martin in 1:34:43  
Des Mannion in 1:35:51,  
Sue Fenn in 1:42:58  
Ed Ramon in 1:43:55  
Beverley Black in 1:57:39

## Wendover Multi-terrain 5

Ian Murdoch in 50.8  
Alison Alexander in 59.36

## Bramley 10 & 20

Paul Palmer in 1.13  
Debbie Jones in 1.14  
Adam Koffler in 1.23  
Helen Murdoch in 1.33  
Alison Alexander in 1.41  
Ann Palmer in 1.47 (pb)  
Rose Priest in 1.55  
Sue Walker in 1.55  
  
Sue Fen in 2.36 (pb)  
Ron Newman in 2.37  
Ed Roman in 2.42  
Martin Dean in 2.48  
Mike Hickman in 3.01  
Eri Tanimoto in 3.12

## Wokingham Half Marathon

Peter Smith in 1:11:51  
Trevor Hunter in 1:13:39 (PB)  
Duncan Clark in 1:15:39  
Peter Edington in 1:29:00  
Trevor Free in 1:29:19  
Ron Newman in 1:31:52  
Rod McLean in 1:34:42  
Michael Hollis in 1:35:15  
John Bradbury in 1:36:12  
Mark Hoad in 1:38:31  
Edward Ramon in 1:40:57  
Paul Palmer in 1:42:24  
Paul Jennings in 1:43:19  
Terry Eves in 1:43:25  
Mike Blowing in 1:49:04  
Beverley Black in 1:54:56  
Eri Tanimoto in 1:57:49 (PB)  
Lucy Couturier in 1:58:16 (PB)  
Patricia Bromley in 2:02:29  
Deborah Ridout in 2:06:57  
Michael Hickman in 2:06:57  
Ann Palmer in 2:21:42  
Rosemary Priest in 2:28:57  
Susan Walker in 2:33:11(PB)  
Alison Alexander in 2:33:11

# SAVE £££s on Computer Consumables !

ORIGINAL OR COMPATIBLE

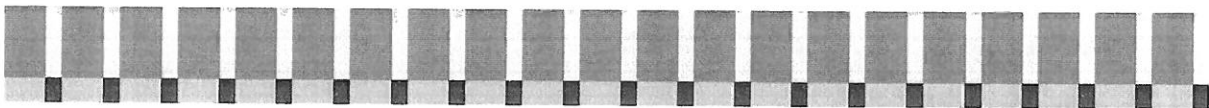
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**Canon**  **HEWLETT  
PACKARD** **EPSON brother**  
Expanding Possibilities

Contact Terry Eves for unbeatable prices

## WYCOMBE OFFICE SUPPLIES

TEL: 01494 520000 FAX: 01494 441999  
email [sales@wycombeoffice.co.uk](mailto:sales@wycombeoffice.co.uk)



For sale (*told you so*)

Men's Chill Cheater vest, shorts, socks, gloves and hat

(all medium size) Only worn twice.

Ideal clothing for events like the

winter Tough Guy.

*Sorry, he's changed his mind!*

No reasonable or unreasonable offer refused.

Please contact Nick Martin 07850753525



**HANDY CROSS RUNNERS - MARHALLING LIST**

Without the support of members, and their families and friends, we would be unable to organise the three races that are closely associated with Handy Cross Runners. Please commit to assisting with at least two of the three events. Our priorities are the Marlow 5 and Wycombe Half Marathon, both road races which require a large number of marshals to ensure the safety of runners. Without your help, the races will not happen. Please e-mail this back to me at [davidriddington@hotmail.com](mailto:davidriddington@hotmail.com) or fill in the copy held at the Club. Thank you.

<b>Name</b>	<b>Telephone and email address</b>	<b>Marlow 5 11<sup>th</sup> May</b>	<b>Wycombe Half 13<sup>th</sup> July</b>	<b>HCR 5k 24<sup>th</sup> June</b>

## Alex's Tuesday Night Training Programme

- April 1      8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%
- April 8      6 x 200m with 200 recovery @ 85%  
4 x 200m with 200 recovery @ 100%
- April 15     8 x 400m effort over last 50 meters with 2 min rest after 4
- April 22     3 x Laps of Cressex circuit with fartlek intervals and recovery
- April 29     8 x 400m effort over last 50 metres with 2 min rest after 4
- May 6       Hill session 6 x short & 4 long hills (Monkton farm)
- May 13      2 Laps 5k (approx.) Time Trial
- May 20      3 laps of Cressex circuit with Fartlek intervals and recovery  
(reverse circuit of April 22)
- May 27      8 x 300m on closed circuit with increase over final 50m,  
300m recovery
- Jun 3       Pyramid session 2 x 100m, 2 x 200m, 2x 300m, 2 x 200m, 2 x 100m  
on closed circuit, warm downs as appropriate.

(5K Series may effect time trial dates)

All sessions will commence with a warm-up and stretch, drills and warm down, wear warm clothing during warm up and stretches. Wear Fluorescent tops at night. When the evenings are lighter we will do the warm - ups and drills on grass.

Keep the dream alive!

Alex Johnson UK Athletics Coach

Handy Cross Runners

Telephone: 01628-523322 Mobile 07802 791878

## Mike's Wednesday Night Training Programme

### WEDNESDAY TRAINING PROGRAMME UP TO 25-6-03.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities should enjoy and benefit from these sessions.

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

- 2-4-03 "Downers" 2 x 1600/800/400/200m (200m walk/jog recovery). 400m jog between sets.
- 9-4-03 2 x 8 x 200m (200m jog recovery).
- 16-4-03 FOR THOSE WHO RAN LONDON, REST. Others, 13 x 400m. (200m jog recovery).
- 23-4-03 7 x 800m (400m jog recovery).
- 30-4-03 5k Time Trial. (Please wear a stopwatch).
- 7-5-03 4 x 1600m (400m jog recovery).
- 14-5-03 NO SESSION. WARGRAVE 5k.
- 21-5-03 2 x 10 laps of sprinting straights and jogging bends. (400m jog between sets).
- 28-5-03 Relay session 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 4-6-03 "Parlauf" session 12 x 400m.
- 11-6-03 6 x 800m "Differentials". 1st lap of each, at a steady (5k) pace. 2<sup>nd</sup> lap, hard effort. (400m jog recovery).
- 18-6-03 Pyramid session 400/800/1200/1600/1200/800/400m. (200m jog recovery, 400m after 1200 and 1600m efforts).
- 25-6-03 5 x 1200m (400m jog recovery).

Mike Hickman,  
01494 525474  
e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)



ACCOUNTS 2002 - 2003  
Balance Sheet for Year Ending 31<sup>st</sup> March 2003

**DEBITS**

Balance C/F	581.07
Kit	723.44
Greyhounds	1196.94
Dinner and Dance 2002	1744.51
London Coach 2002	346.96
Tax	2.34
Judo Club subs	1650.00
Christmas Dance	188.00
5k Series	44.02
Cross-country	141.58
Sands Village Hall	180.00
Bulletin	549.93
B.A.A.	10.00
S.E.A.A.	180.00
Postage and Stationary	28.16
Trophies and Engraving	75.38
Flowers	66.59
Dinner and Dance 2003	200.00
Club Runs	330.00

**8238.92**

**CREDITS**

Balance B/F	297.09
Kit	596.98
Greyhounds	656.00
Dinner Dance 2002	1888.00
London Coach 2002	131.00
Tax refunds	2.34
Club Subs	3305.00
Christmas raffle	122.00
5k Series	191.32
Cross-country	120.00
Sands Village Hall	388.90
Adverts	40.00
Interest	9.38
Donations	7.00
Fobs	15.00
Wycombe - Half Marathon	60.00
London Coach 2003	392.00
Cash in Hand	16.91

**8238.92**

*D. G. Kennerson*  
Club Treasurer

*[Signature]*  
Club Chairman