


Bulletin



As the mud sets on the cross country trainers of winter and the hats and gloves of cold evenings moulder in the cupboards of destiny, it's time to look forward to the summer of the 5Ks (see the dates on page 10) and other delights. But first it's the London Marathon!

I have listed all our runners who I think have a number on page 3. If your name is missing, or if you have a story to tell about training, sponsorship, running your first marathon etc., let me know as I want to send the info to the Bucks Free Press. Also, don't forget Duncan is arranging coach transport to and from the event to save all the hassle of public transport and all for only £8.50

On Tuesday 28th March it's our AGM, which will be held at 8.30 in the Judo Centre, so you have time for a run first (see the agenda on page 14). Please try to attend because, as Alex Johnson used to say, "It's **your** club and this is a chance to have **your** say about how it's run." If you have anything you want to discuss, please submit it to Chris Gentry in good time.

On the social side, you can wine, dine and dance with friends at The Holiday Inn Cressex for only £22 per person on Saturday May 13th (not April 29th as I put in the last Bulletin) Everyone has a menu so make your choice and give your £10 deposit to Debbie or Mike as soon as possible to avoid disappointment.

Congratulations to Liz Davey who was voted 'Runner of the Year' at the Christmas Disco. Well done Liz, I'm sure she won't mind me saying it shows you don't have to be one of the top runners to be voted for by your fellow members, but is timely recognition for all Liz does for the club. Also congratulations to Pippa Kay Ashfield who married Andrew Thomas in November.

Welcome to the following new members: Fred Ashford, Clare Mitchell and Tim Sellers and the return of Paul Jennings and Geoff Medlicott.

Martin Dean 01494 530511

martin@martinjdean.sol.co.uk

The Final Progress Report

It has been a while since I took time to write an article for the Bulletin. Recently there have been a few developments so I thought it an appropriate time to get you all up to date.

Following my car accident in September 2004, I have been unable to run due to a broken knee injury. Last Friday I had to go for a Physical Assessment for Insurance purposes. I was hoping that the consultant would authorise an arthroscopy which would involve a camera going into the knee cap to assess its current state. I was, however, informed that this would not be an appropriate procedure as the pain I am experiencing is the onset of Arthritis.

This was a massive and unexpected blow but worse was to come. I have been told NOT to run. Impact sport will only exacerbate the condition of my knee. At some point I will need knee replacement surgery and the longer I can delay this, the better. I think, deep down, I knew this would be the case. The discomfort I feel whenever I weight-bare with my knee bent, has been warning me for some time.

I am going to see a Consultant at Wycombe Hospital for a second opinion, but will not hold my breath! I must therefore rely on PMA which I referred to in a previous article. I must look on the positive side and be grateful that I am able to swim and cycle with minimal discomfort and therefore I shall close my 'running' chapter and move on.

In case you were wondering what happened to the young woman who caused the accident, on Friday 3rd February she got a six month custodial sentence, a three year driving ban, she will have to re-sit her driving test,

and pay a fine. For once I think justice has been done.

I will keep up with all the news via Ellen and will endeavour to come and cheer you on at the 5K series, Marlow 5 and Wycombe Half Marathon.

Ta ta for now. Sue Neale

Best of luck with the second opinion Sue, hope to see you on 13th May if not before.

Highworth Half Marathon

A team of seventeen went down to Highworth to compete in the invitation Half Marathon and returned with the trophy for the seventh successive year and for the eleventh time in the events thirteen year history! We have now been awarded the trophy in perpetuity; Highworth Running Club will be providing a new one next year.

The winning team was lead home by Trevor Hunter, who finished in second place and had his photo in the Swindon Advertiser, followed by Frank Fulcher in fifth place with a personal best time, Phil Stephens, John Dooy and Caroline Ward who was the team's first lady finisher.

They were supported by team mates Aiden O'Donnell in a personal best time, Benji, Mike Hollis, James Bateman, Trevor Free, Howard Taylor, Debbie Jones, Peter Astles, Mike Hickman, Peter Edington, Martin Dean, Debbie Ridout and Mike Blowing

See times on page 9

Linda Weedon won a flight in a glider, one of the prizes donated for the Marlow 5. Her name was drawn from the hat by Liz Davey, hence the title:

Thank you Liz...

I know a lot of you thought I would never do it, but today I bit the bullet and did. Somehow or other I had missed the opportunities on the lovely summer days and warm evenings last year. It probably wasn't the best day I could have chosen, it was a bit cloudy and apparently no thermals, but as the time limit on the voucher was running low and the winter weather probably going to get worse, I though, "It's now or never" and bravely drove round to Booker Air Field.

I must admit there were several moments when I thought, "What on earth am I doing here?" One of those moments was being talked through the controls with a parachute strapped to my back and being told how to open the top of the glider in the case of emergency, "If the worst does happen, try to land on something soft!" I heard the instructor saying!!!....

All of sudden I was in the cockpit with the tow rope attached and we were ready to fly off into the wide blue yonder. Well alright, it was more grey than blue today, but so what? Amazingly I felt quite safe as the tug took off and towed us upwards. As there were no thermals the pilot took me up to 2500 feet instead of the normal 2000 so I would get a longer time in the air. Soon we were gliding through the air high over sunny!! Wycombe and we could see the tug disappearing back to the airfield. It was so peaceful and the views were amazing.

Mark, my pilot, was very good, he knew I was a bit nervous and promised to be gentle with me, no loop the loops etc. We flew near Marlow, then to Lane End and then back to Wycombe. The actual flying time was only about 15-20 minutes, but it was fantastic. I thoroughly enjoyed it, including the landing which was at about 70 mph. I would thoroughly recommend it to anyone thinking of having a go.

So Thank You Liz for picking my name out of the hat and Thanks to Booker Gliding Club for the opportunity.

Linda Weedon
Back on Terra Firma

London Marathon

These are the runners I am aware of:

Sarah Bates, Mike Blowing, Elaine Brewster, Lucy Couturier, Martin Dean, Russell Fell, Frank Fulcher, Mike Hickman, Debbie Jones, Victoria Stacey and Richard Stone.

Belated Christmas Greetings

From Gerry Grosse, who lost his address book just before Christmas:

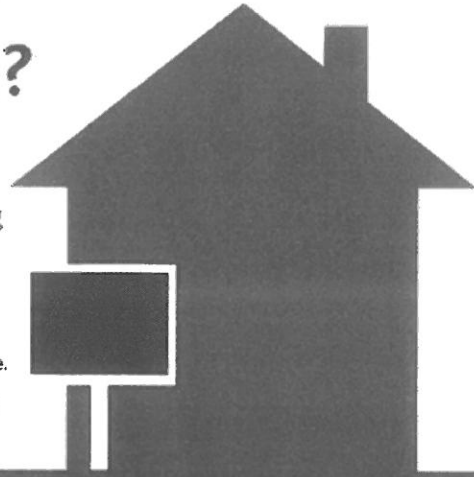
To those whose friendships I value,
But somehow addresses I've lost,
With the aid of computer and e-mail,
I send greetings at very small cost.
To wish you a very good Christmas,
At New Year have plenty of fun,
And next year get out for club training
You'll find you'll enjoy every run.

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Clay Lane High Wycombe Buckinghamshire SL7 3DJ



Sue Neale's husband Steve, is an independent mortgage broker based at Wycombe Airpark. Call him to discuss any mortgage or Life Assurance questions. If you refer a friend to Steve for mortgage advice and they complete on a mortgage arranged by Steve, he will pay you £50 as a thank you for the referral.

Club Standards

By now, many of you will have received a certificate indicating which running standard you have attained in 2005. They have been awarded in line with the criteria listed on our website. If you think you have attained a standard level and not received a certificate please let me know as soon as possible. For 2006 I will continue to monitor performance and I will award new standards to people as appropriate. The certificate will now also indicate which particular race triggered the award - something several people have asked me to include.

Ridgeway Relay

We have been invited to enter teams for the SEVENTEENTH ANNUAL RIDGEWAY RELAY on SUNDAY 18th JUNE 2006. I will make a further communication about this event over the next few months but in the meanwhile those who are keen to take part please make a note in your diaries.

Happy running

Nick Martin

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The Offside Rule Explained for Ladies

You're in a shoe shop, second in the queue for the till. Behind the shop assistant, on the till, is a pair of shoes which you have seen and which you must have. The female shopper in front of you has seen them also and is eyeing them with desire.

Both of you have forgotten your purses. It would be totally rude to push in front of the first woman if you had no money to pay for the shoes. The shop assistant remains at the till waiting.

Your friend is trying on another pair of shoes at the back of the shop and sees your

dilemma. She prepares to throw her purse to you. If she does so, you can catch the purse, then walk round the other shopper and buy the shoes.

At a pinch she could throw the purse ahead of the other shopper and whilst it is in flight you could nip around the other shopper, catch the purse and buy the shoes, always remembering that until the purse had actually been thrown it would be just plain wrong to push in front of the other shopper.

Thanks to Sally White for this simple explanation. Of course men understand the rule implicitly and for clarity, it should be emphasised that to remain onside, you must not be closer to the till than the other shopper at the moment the purse is thrown.

Running and body fat – walking the tightrope of optimum performance

At a glance:

- The relationship between the energy costs of running and the role of fat in supplying energy is explained;
- Evidence indicates that running training volume is more predictive of low body fat than calorie intake;
- The risks of drastic calorie restriction for body fat loss means that sensible body fat control strategies are vital.

All runners know that excess body fat can hinder running performance. But, according to Ron Maughan, the relationship between running performance, dietary intake and fat levels is not quite as straightforward as it seems

Although it's immediately apparent that there are substantial differences in physical characteristics between sprinters and long distance runners, elite runners at all distances come in a variety of shapes and sizes, and there are perhaps too many exceptions to make all but the broadest generalisations. Generally speaking though, sprinters have powerfully developed musculature of the upper body and of the legs, while distance runners have low body mass, with smaller muscles and extremely low body fat levels.

The one outstanding anthropometric characteristic of successful competitors in all running events is a low body fat content. The textbooks tell us that the body fat stores account for about 15-18% of total body weight in normal young men, and in young women the figure is about 25-30%.

'Normal', of course, is changing, and those ranges should be qualified as being normal for healthy people. Most of this fat is not necessary for energy supply and is simply extra weight that has to be carried throughout the race. This is not to say that people carrying extra fat cannot complete a marathon – they just can't do it in a fast time.

Our fat stores are important and the fat cells play many key roles. As well as acting as a reserve of energy that can be called upon at times of need, fat is important in the structure of tissues, in hormone metabolism, and in providing a cushion that protects other tissues.

An excess of body fat, however, serves no useful function for the endurance athlete. It can help the sumo wrestlers, and perhaps may not even be a disadvantage for the shot putter, but not the runner. Extra fat adds to the weight that has to be carried, and thus increases the energy cost of running. Even in an event as long as the marathon, the total amount of fat that is needed for energy

“The one outstanding anthropometric characteristic of successful competitors in all running events is a low body fat content”

supply does not exceed about 200g for the average runner.

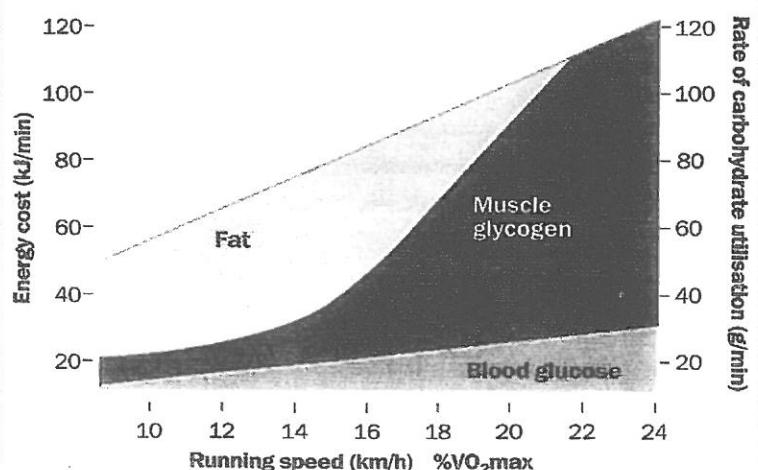
A very lean male 60kg runner with 5% body fat will have 3kg of fat; a typical elite 55kg female runner with 15% body fat will have more than 8kg of body fat. Non-elite runners will commonly have at least twice this amount, and many runners further down the field will be carrying 20kg or more of fat.

Although not all of this is available for use as a metabolic fuel, the amount of stored fat is greatly in excess of that which is necessary for immediate energy production. Within limits, reducing this will lead to improvements in performance, but if the loss is too sudden or too severe, then performance and health may both suffer.

It is probably not sensible for men to let their body fat levels go below about 5% and for women below about 10-15%. There's good evidence that the immune system is impaired when body fat stores are too low⁽¹⁾. A reduced ability to fight infections means more interruptions to training and more chance of being sick on race day.

For female athletes, there are some very immediate consequences of a low body fat level, including especially a fall in circulating oestrogen levels⁽²⁾. This in turn can lead to a loss of bone mass, causing problems for women in later life through an increased risk of bone fracture. Equally, though, performance will suffer if the body fat level is too high, so staying healthy and performing at peak level is a real challenge.

Contribution of fuel sources as a function of running speed



The left-hand vertical axis shows total energy expenditure in kilojoules per minute (kJ/min); the red shaded area at the bottom represents the contribution of blood glucose to energy supply level; the pink and black shaded areas show the relative contributions from fat and muscle glycogen respectively to energy demand.

Fat typically contributes about half of the total energy cost of a long run (this is very approximate, and will depend on speed, fitness, diet and other factors). The graph on page 4 shows that at low running speeds, the total energy demand is low and most of the energy supply is met by oxidation of fat, with only a small contribution from carbohydrate in the form of muscle glycogen and blood glucose (which is continuously being replaced by glucose released from the liver).

As speed increases, the energy cost increases more or less in a straight line, but the relative contribution from fat begins to decrease, with muscle glycogen becoming the most important fuel. The problem with running slowly to reduce body fat levels is that it takes a long time, because the rate of energy expenditure is too low. Run too fast, and you burn only carbohydrate, leaving the fat stores more or less untouched.

Importance of fat

To get an idea of the importance of fat, you can try the following sums. For simplicity, we'll assume that:

- ⊙ The energy cost of running is about 1 kilocalorie per kilogram body mass per kilometre;
- The energy available from fat oxidation is 9 kilocalories per gram;
- ⊙ About half of the energy used in a run will come from fat (this amount will actually be greater at low speeds and for fitter runners, and will also be higher if the run is completed after fasting overnight as opposed to just after a high carbohydrate meal).

Example 1

If you weigh 50kg, the total amount of energy you will use in a 10km run is $50 \times 10 = 500$ kcal. If all of the energy were to come from fat, this would use $500/9 = 56$ grams of fat. Half of this is 28 grams fat (almost exactly one ounce in old units).

Example 2

If you weigh 80kg the total energy cost of running a marathon (42.2km) is $80 \times 42.2 = 3,376$ kcal. If all of the energy were to come from fat, this would use $3,376/9 = 375$ grams. Half of this is 188 grams or around 7oz.

Three things emerge from this:

1. The amount of fat you need for even a marathon is small compared to the amount stored; a 70kg runner with 20% body fat has 14kg of stored fat. A 60kg runner with 30% fat has 18kg.
2. Even though the amounts of fat used may seem small, regular running will nibble away at the fat stores – good news if your aim is to use exercise to control or reduce your body fat levels. A runner who uses 28 grams three times per week will lose about 3.5kg of fat over the course of a year. The results are not immediate but, if you persist, the

cumulative results are impressive.

3. Running speed does not figure in the equation. If you run for 40 minutes, you might do 5km or you might do 10km.

Body fat and performance

In a study of a group of runners with very different levels of training status and athletic ability, scientists observed a significant relationship between body fat levels and the best time that these runners could achieve over a distance of 2 miles⁽³⁾. Although these results indicated that leaner individuals seem to perform better in races at this distance, some complicating factors have to be taken into account.

The relationship between body fat and race time may at least in part be explained by an association between the amount of training carried out and the body composition. It would hardly be surprising if those who trained hardest ran fastest, and it would also not surprise most runners to learn that those who train hardest also have the lowest fat levels. Indeed, body fat content does tend to decrease as the volume of training increases, as we found out some years ago when we studied a group of local runners in Aberdeen⁽⁴⁾.

We recruited a group of runners who had been running for at least two years, and asked some sedentary colleagues to act as a control group. All had maintained the same body weight for at least two months before we measured them, and all had had a constant level of physical activity over that time. We measured body fat levels and also got a record of the weight of all food and drink consumed over a one-week period.

As you can see from the following graphs, the runners covering the greatest distance in training had the lowest body fat levels. They also ate more food than those who did less running. There are, of course, some people who do not fit the line as well as others, but there are many factors that explain this variability. We would expect the people who eat more to be fatter, but no! The subjects who did

Jargonbuster

Anthropometric

The study of the dimensions of the human body, including height, weight, breadths and circumferences and the content and distribution of bone, muscle and fat

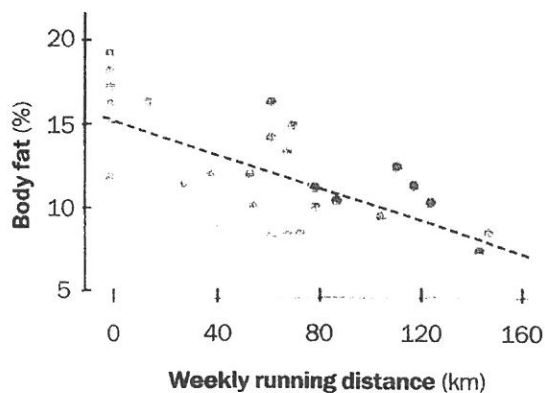
Oestrogens

A group of steroid hormones produced in female mammals by the ovaries, which play a number of different roles relating to sexual development, fertility and also bone health in women

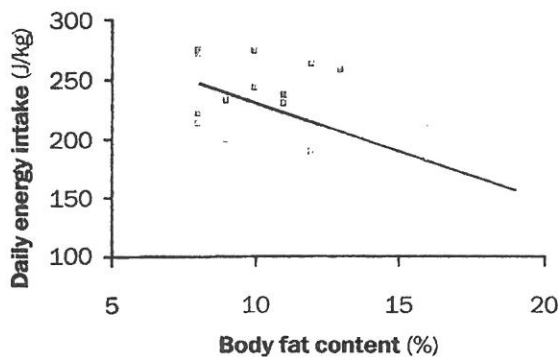
Low-glycaemic

Foods with a low-glycaemic index cause a relatively small increase in the blood glucose concentration after ingestion, and therefore smaller perturbations of metabolism

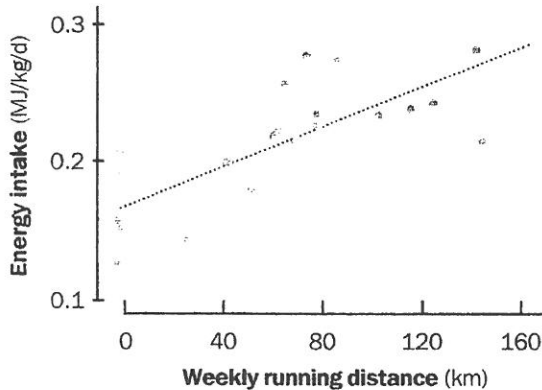
Relationship between body fat and weekly running distance



Relationship between calorie intake and body fat



Relationship between energy intake and weekly running distance



most running had the lowest levels of body fat, even though they did eat more. Thus, we can separate food intake from body fatness if we add exercise to the equation.

How is body fat measured?

There are problems in applying the standard methods for assessment of body composition to athletic populations, and it is not clear that any of the methods commonly used for the general population is entirely reliable. At health clubs and elsewhere, fat levels are usually assessed by use of skinfold callipers to measure the thickness of the fat layer that lies below the skin at various different sites on the body. The results are then fed into an equation that predicts the body fat level based on a comparison with more accurate measurements made on a group of 'normal' people. Predictive equations for estimating body fat content based on indirect methods are unreliable for several reasons, not least because the equations that are generated from normal populations are not applicable to elite athletes. Such methods have been widely used, but the results of these

measurements must be treated with caution, especially if you are an athlete.

Fat levels in elite runners

Skinfold thickness estimates of body composition in 114 male runners at the 1968 US Olympic Trial race gave an average fat content of 7.5% of body weight, which was less than half that of a physically active but not highly trained group⁽⁹⁾. Since then, similar measurements have been made on various groups of runners, and the findings are fairly consistent.

The low body fat content of female distance runners is particularly striking; values of less than 10-15% are commonly reported among elite performers, but are seldom seen in healthy women outside sport. The occasional exceptions to the generalisation that a low body fat content is a pre-requisite for success are most likely to occur in women's ultra-distance running, and some recent world record holders at ultra-distances have been reported to have a high (in excess of 30%) body fat content. However, this probably reflects the under-developed state of women's long distance running; as more women take part, the level of performance can be expected to rise rapidly, and the elite performers are likely to conform to the model of their male counterparts and of successful women competitors at shorter distances.

Although there's an intimate link between body fat levels and running performance, it's important to remember that reducing fat levels will not automatically guarantee success and may even be counter-productive. If you reduce fat by a combination of training and restricting diet, you are walking a fine tightrope. While a reduction in body fat may well boost running performance, cut down food intake too drastically and not only will training quality suffer, but the risk of illness and injury also increases dramatically.

Strategies for controlling weight and body fat while maintaining training

- Pay attention to the portion sizes you consume at meals to ensure that overeating does not occur due to habit;
- Use well chosen snacks between meals to maintain fuel levels for training sessions or to avoid excessive hunger, but avoid snacking for entertainment, for comfort or just to keep others company. Snacks can often be organised by saving part of a meal for a later occasion, rather than by eating extra food;
- Use low-fat – or at least reduced-fat – strategies in choosing foods and while cooking or preparing meals;
- Make meals and snacks more 'filling' by including plenty of salads and vegetables, by taking higher-fibre options when these are available, and by including **low-glycaemic** forms of carbohydrate;
- Keeping a food diary in which you write down everything you eat and drink for a week will help to identify the difference between your ideal eating plan and your actual intake. Many people are unaware of the habits that sabotage their eating goals.

Results

Highworth Half Marathon

Trevor Hunter 1:14:34 (2nd)
Frank Fulcher 1:17:37 (pb)
Phil Stephens 1:21:49
John Doey 1:23:57
Aiden O'Donnell 1:24:44 (pb)
Alfred Benjamin 1:28:17
Mike Hollis 1:31:32
James Bateman 1:34:27
Caroline Ward 1:35:31
Trevor Free 1:36:30
Howard Taylor 1:37:50
Peter Astles 1:42:30
Debbie Jones 1:43:53
Mike Hickman 1:45:23
Peter Edington 1:50:07
Martin Dean 1:55:10
Debbie Ridout 1:57:00
Mike Blowing 1:49:52

Dublin Marathon

Mike Hickman 3:45
Clare Sepede 5:10

Cliveden Cross Country

Dave Bosley 40:40 (9th)
Paul Palmer 49:47
Penny Cutler 51:38
Mike Hickman 55:35
Russell Dean 57:34
Debbie Ridout 59:10
Liz Davey 59:10
Martin Dean 1:02
Martin Brewster 1:04
Victoria Stacey 1:04
Meg Knight 1:06
Elaine Brewster 1:18

Bramley 20

John Dooley 2:10:46
Howard Taylor 2:22:42
Hannah Smith 2:43:26
Alan Wheeler 2:45:07
Russell Fenn 3:05:03
Martin Dean 3:25:33

Wokingham Half Marathon

Dan Charleston 1:22:32
Howard Taylor 1:28:35
Mike Hollis 1:29:34
John Peerless 1:29:50
James Bateman 1:30:51
Trevor Free 1:34:18
Penny Cutler 1:36:39
Margaret Moody 1:38:06
Alan Wheeler 1:38:40
Colin Knight 1:39:06
Russell Dean 1:50:06
Sarah Bates 1:50:06
Des Mannion 1:50:10
Liz Davey 1:51:23
Victoria Stacey 1:52:26
Richard Stone 2:05:34
Patricia Bromley 2:16:21

Bramley 10

Trevor Hunter 55.38 (5th)
Mike Holliss 1:06:51 (6th MV50)
Caroline Ward 1:07:53 (8th FS)

Berkhamsted Half Marathon

Trevor Hunter 1:15:49 (3rd)

Darinka Reilly 2:05:45

What's On?

Goring 10K

Trevor Hunter 34:20 (2nd)

Caroline Ward 41:47 (4th lady)

Mike Hollis 42:04 (3rd MV50)

James Bateman 42:08

Woodcote 10K

Mike Hollis 42.53

Caroline Ward 43.52 (3rd lady)

Alan Wheeler 47.38

Debbie Jones 47:45

Summer 5K Series (Provisional Dates)

May 16th Wargrave

May 30th Burnham

June 13th Marlow

June 27th Maidenhead

July 11th Handy Cross

July 18th Datchet

Other events

March 25th Compton Downland 20/40

April 2nd White Horse Half Marathon

April 9th Reading Half Marathon
Benson 10K

April 14th Maidenhead Easter 10

April 23rd London Marathon

April 30th Neolithic Marathon

May 1st Pednor 5

May 7th Marlow 5

May 13th Wine, Dine and Dance at the
Holiday Inn

July 9th 25th Wycombe Half Marathon

Congratulations

To Margaret Moody who finished in 2nd place in her age category in the South of England Veterans Cross Country Championships at Mad Bess Wood, Ruislip with a time of 27:42

To the men's team in the Chiltern League Cross Country, in the final league positions Trevor Hunter finished 2nd, Frank Fulcher 7th, Phil Stephens 9th and 1st vet and John Dooley was 6th vet

Tuesday Night Training Programme

- April 4th 10 x 200m @ 85% effort, 4 x 200m @ 100% effort (200m walk/jog recovery) Havenfield Road.
- April 11th Paarlaf session on M40 estate 10-14 x 310m.
- April 18th 8-12 x 400m (200m walk/jog recovery) Oak Crescent.
- April 25th 6-8 x 600m down slope John Hall Way (recovery on remainder of loop).
- May 2nd 4-6 x 800m Oak Crescent (200m recovery).
- May 9th Whistle Fartlek session on grass totalling 25 minutes of effort.
- May 16th **NO SESSION. Wargrave 5k.**
- May 23rd Hill session (Monkton Farm). 6-10 x long & 4 x short.
- May 30th **NO SESSION. Burnham 5k.**
- June 6th Relay session on grass 12-16 x 200m in teams of three.
- June 13th **NO SESSION. Marlow 5k.**
- June 20th Paarlaf session on grass. 8-12 x 400m (200m out then back).
- June 27th **NO SESSION. Maidenhead 5k.**

Keeping the dream alive.

Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities will 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.

- 5/4/06 6 x 1000m (200m walk jog recovery).
- 12/4/06 Pyramid session 200/400/600/800/1000/800/600/400/200m
(200m walk/jog recovery).
- 19/4/06 5 x 1200m (200m walk/jog recovery).
- 26/4/06 4 x 1600m (200m walk/jog recovery).
- 3/5/06 3 x 2000m (200m walk/jog recovery).
- 10/5/06 Relay session. 2 x 12 x 200m (per person) in teams of 3.
(400m jog recovery between sets).
- 17/5/06 Paarlauf session. 12 x 400m.
- 24/5/06 9 x 600m (200m walk/jog recovery).
- 31/5/06 6 x 800m Differentials. 1st lap of each at 5k pace, 2nd at hard effort.
(200m walk/jog recovery).
- 7/6/06 5 x 1000m (200m walk/jog recovery).
- 14/6/06 "Downer" 1400/1200/1000/800/600/400/200m. (200m walk/jog recovery).
- 21/6/06 4 x 1200m. followed by 200m. at full effort. (200m walk/jog recovery).
- 28/6/06 3 x 1600m. followed by 200m. at full effort. (200m walk/jog recovery).

Mike Hickman

UK: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST
Telephone 01494 525474 or 07947 309923 (Mobile). e-mail mikehick@btinternet.com

From: Christopher Sparks MBE
Public Awareness and Service Liaison

19 January 2006

Mr. P. J. Edington
Secretary, Handy Cross Runners
Lapwing Cottage
Broombar Lane
GREAT MISSENDEN
HP16 9JD



The Royal Air Force
Benevolent Fund

67 Portland Place
London W1B 1AR

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Fax 020 7636 7005
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Web www.rafbf.org



Dear Mr. Edington,

On behalf of the RAF Family may I thank you for your generous contribution of £30.00 forwarded to the Fund from Royal Air Force High Wycombe.

The Royal Air Force Benevolent Fund is, sadly, as relevant today as it was during and at the end of World War 2 and it is the survivors of that war with their partners that are one focus of our welfare efforts. Another focus is those still serving where we are able to assist when they are in financial distress. For instance, we were able to help a serving airman and his family purchase mobility aids for one of the children. Assistance which has really helped raise the quality of the child's life but would not have been within the family's budget without our help. And, when I say without 'our' help that is just what I mean because without your generosity we could not do what we do – Thank you once again.

Yours sincerely,

Patron Her Majesty The Queen
President HRH The Duke of Kent

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HANDY CROSS RUNNERS

2006 ANNUAL GENERAL MEETING



TUESDAY 28th MARCH 2006

8.30 p.m. at the Judo Centre

AGENDA

1. Apologies for absence.
2. Matters arising from the minutes of the 2005 AGM
3. Chairman's Report.
4. Treasurer's Report.
5. Event Secretary's Report.
6. Social Secretary's Report.
7. Committee Elections.
8. Any other business (only items of which notice has been given to the Secretary will be discussed under this heading).

Please note that no item of "Any Other Business" will be taken unless notice of it has been given to me in writing at least 14 days prior to the meeting. This is in accordance with Rule 12 of the Club Rules.