



The Bulletin

Handy Cross Runners
Newsletter

March 2007

We've done it at last! The club has finally achieved promotion from Division 2 of the Chiltern League Cross Country, finishing first out of eighteen local clubs by over 300 points. A superb effort by everyone involved:

Angie McLoughlin, Ann Palmer, Caroline Ward, Debbie Ridout, Deborah Gatesman, Ellen Haynes, Linda Weedon, Lydia Davis, Margaret Moody, Penny Cutler, Sam Amend, Wendy Bates, Benji, Brendon Gilbert, Dan Charlseton, Dave Bosley, Dave Sanderson, Frank Fulcher, James Bateman, John Dooley, John Peerless, Martin Fisher, Mike Hickman, Mike Hollis, Nigel Sanderson, Paul Palmer, Phil Stephens, Richard Hubbard, Steve Roberts and Trevor Hunter. Trevor and Caroline led the club home in most of the races.

Full results and individual awards on page 9.

Trevor also won the Finch Coasters cross country and the Highworth Half and achieved a pb in the Wokingham Half. Pbs were achieved at Highworth by James Bateman and Penny Cutler and also at Wokingham by Sam Amend, Deborah Gatesman and Penny Cutler (again). Sam Amend and Frank Fulcher qualified for the county cross country team.

We were all very sad to hear of Karen Jenkins recent illness and spell in hospital. She is back home now and visited the Judo Club recently to see everyone. She has all our best wishes for a rapid recovery and return to running soon.

www.handycrossrunners.co.uk

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Our AGM will be held on Tuesday 20th March and there may be important decisions to be made about future affiliations this year. See Chris Gentry's excellent explanation 'Who to affiliate to?' enclosed. (Shouldn't that be 'To whom to affiliate?'). I'm sure the choices facing the club will be further explained at the meeting.

This is also your chance to have a say about how your club is run and stand for election to the committee. See the minutes of last years meeting and agenda for this year enclosed.

What's On?

Sunday March 18th

Finchley 20

Sunday March 25th

Reading Half Marathon
Datchet Dashers 20 mile run

Sunday 1st April

White Horse Half Marathon

Friday 6th April

Maidenhead Easter 10

Sunday 22nd April

London Marathon

Sunday 29th April

Bracknell Half Marathon



On Being British (Continued)

Only in Britain can a pizza get to your house faster than an ambulance.

Only in Britain do supermarkets make sick people walk all the way to the back of the shop to get their prescriptions while healthy people can buy cigarettes at the front.

Only in Britain do people order double cheeseburgers, large fries and a DIET coke.

Only in Britain do banks leave both doors open and chain the pens to the counters.

Only in Britain do we leave cars worth thousands of pounds on the drive and lock our junk and cheap lawnmower in the garage.

Only in Britain do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.

Only in Britain are there disabled parking places in front of a skating rink.

Christmas Disco

This was much better attended than in previous years and consequently much more enjoyable. Thanks to Debbie and her helpers for organising it.

I was particularly pleased to win a bottle of bubbly in the raffle while Mike Hickman won the Runner of the Year trophy with Trevor and Elaine in second and third place. Well done Mike, thoroughly deserved!

In the draw for the three London Marathon numbers, Chris Lansdown, Donna Howlett and Andy Harrison were the lucky (?) winners with Russell Dean as reserve in case any of the three can't run.

A number of other club members are running in London this year including; Alison Alexander, Mike Blowing, Lucy Couturier, Penny Cutler, Lydia Davis,

Terry Eves, Mike Hickman. Colin Knight, Jock McLean, Rod Palmer Gary Tarr and Kim Travers.

If anyone else I have not mentioned is running, please let me know so that I can include everyone in a report for the Bucks Free Press nearer the event. Also, if you are running your first marathon, raising money for charity and/or have an interesting story, please let me know.

London Coach

Don't forget that if you want to take all the hassle out of getting to the start, Duncan is organising a coach again this year leaving the Judo Club at 06.30 sharp (and returning whenever) at a cost of just £9.

Non-runners and friends are welcome on a first come first served basis. Your seat is only guaranteed on full payment.

New Members

A very warm welcome to the following new members, don't forget your free T- shirt.

Kirsty Baxter, Joanne Busby, Alan Cook, Steve Roberts, Nigel Sanderson and a welcome return to Pippa Thomas.

Wycombe Half & Marlow 5

The club has secured a 3 year sponsorship deal with Grant & Stone for both the Wycombe Half Marathon and the Marlow 5 with an option to extend for a further 2 years. This will help us to make these races even bigger and better supported in the future.

Handy Cross Runners are particularly grateful to Richard Stone who helped broker the deal.

Last year we raised over £2500 for charity at the Marlow 5 (see the letter of thanks on the back page.



Belated Christmas Greetings

Alison Packman sent an email wishing us all a merry Christmas just too late to include in the last Bulletin. She broke her ankle on 1st December loading a horse into a trailer, so is now glued to crutches for the next 4-6 weeks - and not able to work, or ride her new horse. But she's still smiling and now has stomach muscles to die for using the crutches and even more muscle in her shoulders and arms!

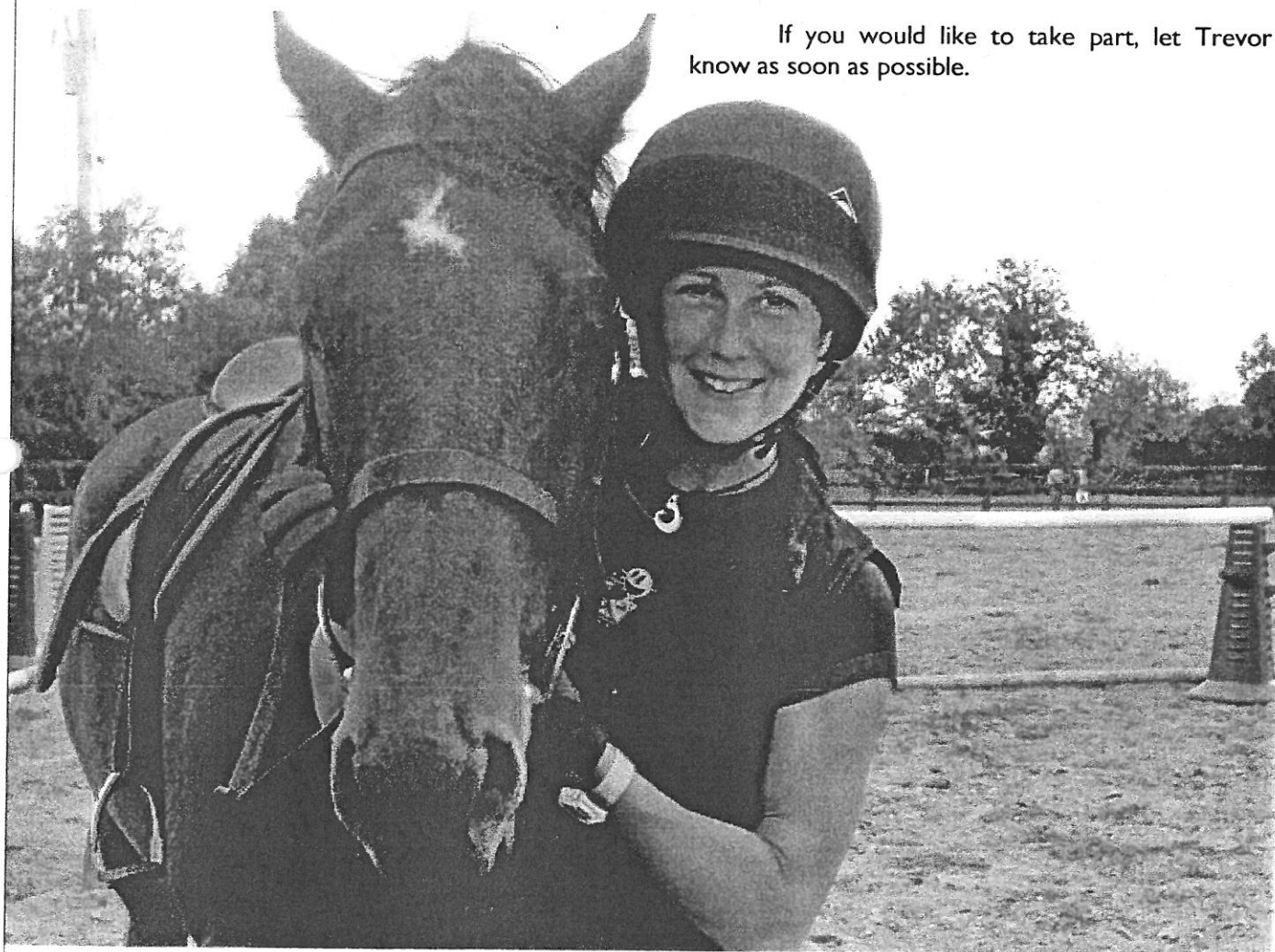
Her boss came 112th in the Dublin marathon and persuaded her to train for the Belfast marathon, which seemed a good idea at the time. Any one had a broken ankle and some tips on how to get it in shape again?

Ridgeway Relay

Trevor Hunter has taken on the task of organising the teams for this year's Ridgeway Relay, which will be on Sunday 17th June (Father's Day!). He has entered three strong teams; Men's, Ladies and Vets 50 and can enter a fourth team if more runners are interested.

If you've never run in this event before, it is what it says on the tin, an 89 mile long relay race along the Ridgeway, starting at Ivinghoe Beacon at 7.30 and finishing in Marlborough before it's too dark. Each team has ten runners and each one runs between five and twelve miles, depending upon which leg they are allocated.

If you would like to take part, let Trevor know as soon as possible.



Alison with new horse Upton, who she has only had for two months and now cannot ride.



Web Site

John Lewis Event

Regular users of our web site will know that Trevor has now secured a new URL:

www.handycrossrunners.co.uk

He has also put some exciting new features on the site such as:

1) A web forum, which will allow people to discuss any club matters such as; favourite routes, organising Sunday runs, injury advice, races entered etc. To access the forum you need to go to:

<http://www.handycrossrunners.co.uk/forum.htm>

You will need to register (personal details don't have to be supplied and email addresses can be hidden if you wish).

2) With a lot of help from Seamus, a 'Google Calendar' to detail races, events and Mikes Tuesday & Wednesday training sessions over the next few months, on:

<http://www.handycrossrunners.co.uk/events.htm>

3) Thanks to the contributions of many of our members, some more photos from 2006 on:

<http://www.handycrossrunners.co.uk/photos2006.html>

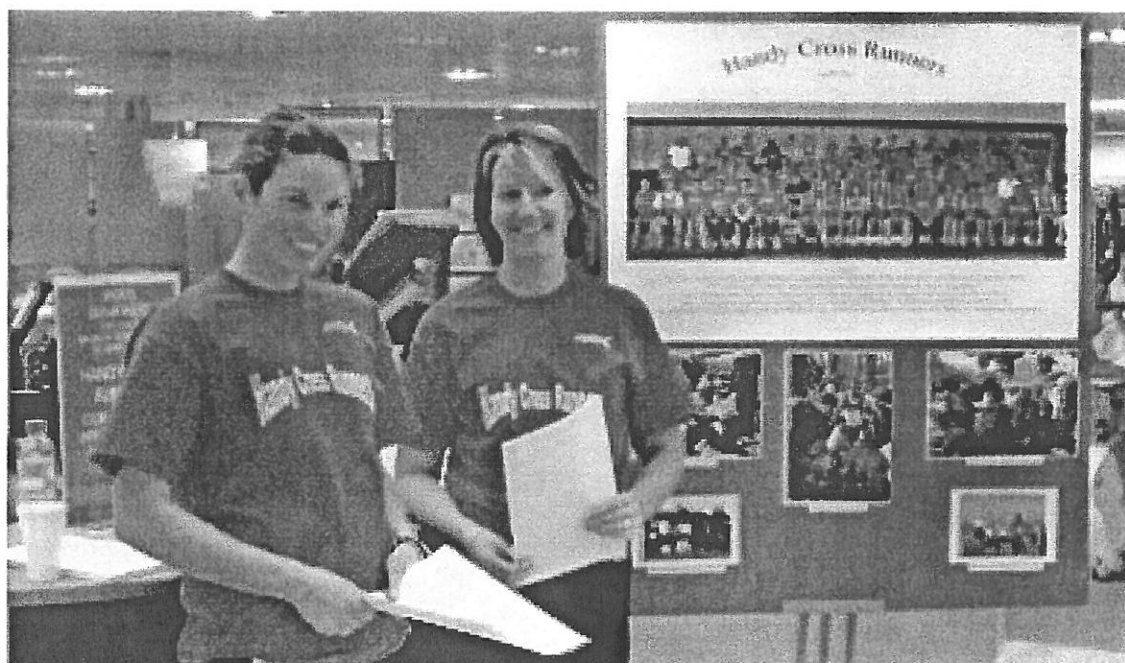
Anyone visiting the first floor of the John Lewis store in Wycombe on Saturday 27th of January could have been greeted by the unedifying sight of Mike Hickman, complete in club kit and revealing shorts, sweating on a running machine!

This was because the store was staging a shopping event entitled 'Get Fit, Stay Fit' and contacted us to see if we as a club would like to participate, as a way of promoting local awareness of both our club and their sports and fitness merchandise.

We were allowed to use the expensive equipment, which was great fun. And expensive it was. A running machine cost as much as twenty years membership fees to Lifestyles or a hundred years subscription to our club!

Fortunately we had some more rather more glamorous members on the stand (see picture below) to counteract the sight of Mike. Many thanks to Elaine Brewster, Amanda Gumus, Ellen Haynes & daughter Marissa, Jo Hutchby, Margaret Moody, Tora Stracey and Linda Weedon who all gave up some of their time to help promote the club.

Jo and Tora 'manning' our stand





Official Running Club Partner

David Bedford, Race Director of the Flora London

Marathon, has invited our club to join the Flora London Marathon Running Club Partnership. This is a new running initiative to encourage runners to get involved with their local running club in their preparation for the Marathon race in April.

They have recently reviewed the process that beginner runners go through from when they decide to run the Marathon until they collect their medal at the finish line. In 2007 more than 35,000 runners will complete the race having trained throughout the cold winter months (some more than others) in preparation for THEIR day in April. Many will train by themselves not knowing that help and support is close at hand. They believe that our club can help them to achieve their goals and want to put them in touch with us..... more than 20,000 Flora London Marathon runners accepted into this year's Marathon will be first timers!

At last years Marathon, they conducted a survey among first timers which showed that, had they known that running clubs were welcoming and the most effective place for a beginner to receive information on training, they would have made contact. Sometimes clubs are overlooked because of their perceived reputation of being only interested in fast runners!

The Flora London Marathon believe that it is in the interests of our sport that beginners wanting to run on a regular basis should seek the advice and take advantage of what their local running club offers.

A micro-site has been launched which you can check out on:

<http://www.london-marathon.co.uk/runningclubs/>.

Tuesday Night Walkers

For those of you who are injured, just starting to run or simply fancy an alternative to running on a Tuesday night, we have formed an informal walking group. We meet at the same time as the rest of the club every Tuesday for 1-1½hrs of brisk walking with some intermittent running depending on how we feel.

Long term injuries can make you feel detached from the club so this is a way of maintaining our membership and still feeling like runners. Plus, we get to talk more and networking is very important when you're unable to be part of the mainstream of club activity.

Karen Williams

Update from Sue Neale

Some of you will know that I am 'on my way back' since breaking my knee in September 2004. It's been a slow recovery and there is still a long way to go, but I can now trot around the track a few times in relative comfort. My leg is quite weak but I feel confident on the predictable, level surface of the track.

My aim is the summer 5K series so I will need to build up my distance and challenge myself on some 'off-road' terrain. I've been visiting the track on a Wednesday evening and joining Mike's regulars for their warm up and stretches. I've also accompanied the 'Walkers' on a Tuesday evening and it has been great to catch up and feel part of the club again.

Sue Neale



The Alex Johnson Trophy Handicap Race

Twenty-five people competed in the inaugural running of this race held in memory of Alex.

Handicaps were allocated to each runner in an attempt to equalise times so that in theory everyone should cross the finishing line at the same time. The person expected to take the longest time was started off first, then each successive person according to the handicap given them. I had calculated the handicaps on the basis of the course being 9 miles long, but I learned later that it was shorter (about 8 ½ miles).

There was a time period of 46 minutes and 24 seconds between the first and last runners to set off, so this set quite a challenge for the faster people who had to try and chase the others down. I hope that people didn't get fed up hanging around waiting for their start time. At least it was nice and warm at the club, which is more than could be said of the conditions in Marlow where Peter and co. were setting up the new timing system.

Apologies for not having any maps of the course to hand out. It was assumed, wrongly, that everyone would be fairly familiar with the area, it being a fairly straightforward route. We did have a few people who went adrift, but eventually they all made it to the finish.

In every race there has to be a winner though, however good the handicapping system is and Paul Palmer, who is really getting back to form at the moment, was first home, narrowly beating Rose Priest by a margin of ten seconds. Congratulations Paul for winning and well done Rose for a superb run. Full results can be found on the following page.

The occasion was also used to test the new timing system, which, after a few teething troubles during the set up, settled down to work well. Having several runners crossing the line in a short space of time was a more realistic test than had we started everyone off together and added the handicaps on afterwards.

The intention is that this will be an annual event, so at least people will be more aware of what to expect next time. I hope that those who expected to be taking part in a pleasant group run were not put off by my attempts to make everyone work a little harder. You all know I'm only doing it for your own good and that there is no sadistic side to my nature.

Thank you all for your support and thanks to Chris, Peter (and Victoria), Sally and Steph for doing the hard work of setting up the equipment at the finish and getting it to work.

Mike Hickman

The race was held on the closest weekend to when we tragically lost Alex on 23rd February 2004.



	No.	Estimated Time	Handicap	Elapsed Time	Actual Time	
Rose Priest	998	103:24	0	89:40	89:40	2
Sue Walker	987	99:15	4:09	102:54	98:45	21
Debbie Browne	970	93:50	9:34	102:56	93:24	23
Alison Alexander	975	91:27	11:57	100:58	89:58	20
Margo Palmer	994	90:40	12:44	98:32	85:48	14
Paula Potts	992	88:33	14:51	102:54	88:03	21
Stella Gwilliam	996	87:33	15:51	98:11	82:20	11
Martin Franzini	963	85:45	17:39	98:13	80:34	12
Richard Stone	997	85:45	17:39	97:45	80:06	9
Helen Murdoch	965	85:45	17:39	100:21	82:42	18
Ann Palmer	967	85:33	17:51	96:37	78:46	7
Lucy Couturier	991	81:45	21:39	94:57	73:18	3
Kevin Duffy	964	80:00	23:24	107:31	84:07	24
Darinka Reilly	961	79:12	24:12	95:26	71:14	4
Liz Davey	968	77:00	26:24	95:52	69:28	5
Debbie Ridout	969	76:15	27:09	97:12	70:03	8
Terry Eves	?	74:39	28:45	99:01	70:16	15
Paul Palmer	1000	72:45	30:39	89:30	58:51	1
Gary Tarr	966	69:24	34:00	96:10	62:10	6
Margaret Moody	999	65:45	37:39	100:45	63:06	19
Russell Dean	993	65:09	38:15	99:15	61:00	16
Penny Cutler	995	64:30	38:54	99:29	60:30	17
Howard Taylor	989	60:30	42:54	114:38	71:44	25
Dave Leighton	962	59:00	44:24	98:31	54:07	13
Dan Charleston	990	57:00	46:24	97:48	51:24	10

MORE RESULTS

Bramley 10

Margaret Moody 01:14:59
 Michael Hollis 01:21:29
 Tora Stacey 01:30:16
 Rosemary Priest 01:52:40

Bramley 20

Dan Charleston 02:12:17
 Dave Sanderson 02:23:06
 Penny Cutler 02:33:11
 Michael Hickman 02:34:59
 Debbie Jones 02:43:39
 Jock 02:46:18
 Chris Lansdown 02:57:10
 Alan Wheeler 03:27:17
 Alison Alexander 03:47:58



Results

Cliveden Cross Country

Trevor Hunter 39:15 (4th)
Frank Fulcher 40:06 (5th)
Phil Stephens 43:11
Dave Bosley 43:51
Sam Amend 48:39
Mike Hollis 48:39
Penny Cutler 49:39
Trevor Free 49:59
John Peerless 54:12
Paul Palmer 55:06
Jo Barnett 55:09
Mike Hickman 55:12
Ellen Haynes 55:57
Des Manion 56:07
Deborah Gatesman 57:46
Rod Maclean 60:01
Debbie Ridout 60:10
Martin Dean 60:18
Penny Fisher 60:59
Linda Weedon 61:10
Tora Stracey 61:41
Lucy Couturier 62:19
Asuka Wakatsuki 65:11
Meg Knight 67:12
Martyn Brewster 67:35
Katy Palmer 67:45
Rod Palmer 68:01
Ann Palmer 70:29
Clare Sepede 76:54

Highworth Half Marathon

Trevor Hunter 1:13:16 (1st)
Phil Stephens 1:20:18 (10th)
John Dooley 1:25:10
James Bateman 1:26:30(PB)
Benji Benjamin 1:27:34
Steve Roberts 1:28:47
Dave Sanderson 1:28:48
Caroline Ward 1:31:49
Trevor Free 1:34:20
Penny Cutler 1:36:12(PB)
Des Mannion 1:40:11
Mike Hickman 1:40:42
Deborah Gatesman 1:43:37 (First
half)
Debbie Ridout 1:57:30
Tora Stracey 2:01:02

Watford Half Marathon

Alan Wheeler 1:45:10
Sarah Nicholls 1:52:15
Darinka Reilly 1:58:51
Margo Palmer 2:12:29
Stella Gwilliam 2:15:59
Pat Bromley 2:32:02
Rose Priest 2:32:02

Wokingham Half Marathon

Trevor Hunter 1:12:32 (PB)
Dan Charleston 1:22:59
Phil Stephens 1:25:24
Sam Amend 1:25:33(PB)
Dave Sanderson 1:26:54
Martin Fisher 1:29:53
Lydia Davis 1:31:34
Seamus Cunnane 1:33:26
Penny Cutler 1:34:07(PB)
Mike Hickman 1:38:06
Des Manion 1:39:12
Deborah Gatesman 1:41:38(PB)
Alan Wheeler 1:43:50
Trevor Free 1:50:55
Debbie Ridout 1:51:26
Liz Davey 1:52:14
Linda Weedon 2:02:55
Donna Howlett 2:06:56

Bedford Half Marathon

Dan Charleston 1:23:07

Apologies to Kathryn Wesley, who's time in the last Bulletin for the Marlow Half was shown the same as Linda Weedon's. Kathryn actually finished in 2:01:18



Cross-Country

Saturday Chiltern League

In the seasons fourth race at Slough, we extended our lead to 152 points, thanks to a superb effort by the largest turnout ever, winning the match and scoring an amazing 911 points.

Trevor Hunter won the men's race followed by Frank Fulcher in 4th place, Phil Stephens (12) Dan Charleston (20) Brendon Gilbert (23) Dave Bosley (26) James Bateman (38) Steve Roberts (39) Alfred Benjamin (46) Dave Sanderson (47) John Dooley (58) Mike Hollis (80) John Peerless (85) Paul Palmer (95) and Mike Hickman (99).

In the ladies race Caroline Ward was first home for the club in 4th place, followed by Samantha Amend (7) Lydia Davis (8) Margaret Moody (19) Deborah Gatesman (24) Ellen Haynes (25) Debbie Ridout (37) Linda Weedon (41) and Angie McLoughlin (45).

And in the final race at Wing, we clinched promotion with excellent performances from Caroline Ward (5), Sam Amend (7), Lydia Davis (8), Margaret Moody (18), Ellen Haynes (28), Debbie Ridout (33) and Linda Weedon (39).

Trevor Hunter finished 2nd (having lost a shoe in the mud half way round) followed by Frank Fulcher (9), Phil Stephens (10), Dave Bosley (14), Brendon Gilbert (15), Dan Charleston (17), James Bateman (35), John Dooley (38), Dave Sanderson (48), Martin Fisher (53), Mike Hollis (59), and Mike Hickman (75).

The club finished the season as overall champions, overall ladies champions, overall men's champions, senior/junior/veteran men's champions, senior/veteran ladies champions, 3rd placed veteran ladies and 3rd placed veteran men.

Individually we had 2nd senior lady (3rd overall) Caroline Ward, 4th senior lady Sam Amend (6th overall), 3rd vet 35 lady Lydia Davis (7th overall), 2nd vet 55 lady Linda Weedon.

Overall and senior men's champion - Trevor Hunter, 3rd senior man (4th overall) Frank Fulcher, 15th senior man James Bateman, 3rd placed vet 40 Phil Stephens (on his birthday) 3rd placed vet 50 John Dooley, 4th placed vet 50 Benji, 5th placed vet 50 Dave Sanderson, 7th placed vet 50 Mike Hollis, 9th placed vet 50 John Peerless

Bucks County Championship

In the county championship held at Ampthill Park in January, Sam and Frank qualified for the county team for the first time.

In the 6K ladies race Sam Amend finished 5th, Margaret Moody (15) and 2nd in category and Ellen Haynes (17). While in the 12K men's race, Trevor Hunter was 4th, Frank Fulcher (6) Brendon Gilbert (18) Phil Stephens (20) and 4th in category, John Dooley (31) and 3rd in category, Benji (36) and Dave Sanderson (45).

Thames Valley Sunday League

In the Reading Road Runners race just before Christmas at Bearbrook College; Mike Hollis finished 67th with Margaret Moody (142) Steve Barrow (146) Mike Hickman (149) Liz Davey (162) Deborah Gatesman (173) Linda Weedon (201) Ann Palmer (249) and Donna Howlett (252).

Then at Tadley in the new year; Paul Palmer finished 109th followed by Mike Hickman (133) Deborah Gatesman (142) Debbie Ridout (178) Asuka Wakatsuki (194) Donna Howlett (209) and Ann Palmer (216).

For the first time in years Finch Coasters organised a race which was won by Trevor followed by Dave Bosley (11) Mike Hollis (67) Paul Palmer (96) Mike Hickman (99) Steve Barrow (125) with Margaret Moody 14th lady and Ann Palmer (54).

The final race in this seasons series was at Bracknell where Trevor finished 2nd followed by Dave Bosley (10) Mike Hollis (67) Ellen Haynes (114) Mike Hickman (115) Deborah Gatesman (121) Steve Barrow (154) Martin Dean (173) and Ann Palmer (203).



Tuesday Night Training Programme

- March 6th Fartlek session 2 -3 laps anti-clockwise Cressex Road/John Hall Way circuit.
- March 13th 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit.
- March 20th 5k. Time Trial. John Hall Way.
- March 27th Hill session, 5 - 6 long and 2 short. Knights Hill.
- April 3rd 10 x 200m @ 85% effort, 4 x 200m @ 100% effort (200m walk/jog recovery) Havenfield Road.
- April 10th Paarlauf session on M40 estate 10-14 x 300m.
- April 17th 8-12 x 400m (200m walk/jog recovery) Oak Crescent.
- April 24th 6-8 x 600m down slope John Hall Way (recovery on remainder of loop).
- May 1st 4-6 x 800m Oak Crescent (200m recovery).
- May 8th Whistle Fartlek session on grass totalling 25 minutes of effort.
- May 15th **NO SESSION. Wargrave 5k. (Provisional date).**
- May 22nd Hill session (Monkton Farm). 6-10 x long & 4 x short.
- May 29th **NO SESSION. Burnham 5k. (Provisional date).**
- June 5th Relay session on grass 12-16 x 200m in teams of three.
- June 12th **NO SESSION. Marlow 5k. (Provisional date).**

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.

- 7/3/07 Relay session 2 x 12 x 200m (per person) in teams of 3 (400m jog between sets).
- 14/3/07 Paarlaf session 12 x 400m.
- 21/3/07 8 x 600m (200m walk/jog recovery). Followed by 200m @ full effort.
- 28/3/07 6 x 800m (200m walk/jog recovery). Followed by 200m @ full effort.
- 4/4/07 6 x 1000m (200m walk jog recovery).
- 11/4/07 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery).
- 18/4/07 5 x 1200m (200m walk/jog recovery).
- 25/4/07 4 x 1600m (200m walk/jog recovery).
- 2/5/07 3 x 2000m (200m walk/jog recovery).
- 9/5/07 Relay session. 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery)
- 16/5/07 Paarlaf session. 12 x 400m.
- 23/5/07 9 x 600m (200m walk/jog recovery).
- 30/5/07 6 x 800m Differentials. 1st lap at 5k pace, 2nd at hard effort. (200m walk/jog recovery).
- 6/6/07 5 x 1000m (200m walk/jog recovery).
- 13/6/07 "Downer" 1400/1200/1000/800/600/400/200m. (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



Handy Cross Runners



18th December 2006-12-18

Mr PJ. Edington
Lapwing Cottage
Broombam Lane
Great Missenden
HP16 9JD

Dear Peter,

It was lovely to receive your cheque for £2517 in the post today and we are delighted with the fantastic amount your runners have raised for the playgroup from the Marlow 5 in May. We shall be writing to Mrs Snape to thank her for her separate donation.

This amount will make a considerable difference to the Playgroup. Our bank account is currently looking very depleted due to recent purchases of specialist equipment such as chairs, tables and standing frame.

Thank you and all your members for your support.

Best wishes for Christmas and the New Year.

Yours sincerely

Anita Davis and Jane Gibbons
Playgroup leaders