



# The Bulletin

Handy Cross Runners  
Newsletter

March 2008

## Club AGM

**P**lease see the agenda on a later page. If you have any items that you would like to put on the agenda, please let Chris Gentry know as soon as possible on [Mailto:chris.gentry@sky.com](mailto:chris.gentry@sky.com)

This is your opportunity to have your say on how your club is run and its future direction. It is also your chance, if you wish, to stand for any of the committee positions and/or to get involved in the organisation of the races the club arranges.

## Ice Skating

**L**ucy is organising an Ice skating evening on Saturday 5th April 2008 at Bracknell. The cost to spectate & skate is £6:20, skate hire is £1:50 and a locker £0:60.

Anyone who is interested can drop Lucy an email or call her on 0788 1931930 or catch her at the club either on Tuesday or Thursday night.

## 30th Birthday

**T**he celebration of the Club's 30th birthday was a great success with people coming from as far away as South Wales and Somerset to meet with members old and not so old and enjoy a glass of champagne (well, sparkling wine actually!) Well done to Pete, Debbie and Mike and everyone else involved in all the hard work required in organizing this event.

## New Members

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

Vanessa Herbert, Howard Kent, Manfred McKenzie, Conrad Mills, Natalie Pitt, Nadim Ramzan, Sonya Thomson, Andy Walsh and a belated welcome to Darleen Taylor.

## Saga of the Aborted Cressex Carjack

*(Or: It could only happen to Terry!)*

**O**ver the Christmas period I was on the forecourt of Tesco Express in Marlow Road when I was approached by an elderly lady asking for directions to the John Lewis department store. I instructed her to turn right at the large roundabout and watched her walk off towards a small red car.

Minutes later when leaving the garage I glanced along the road only to see the car turning right at the mini-roundabout into Cressex Road. Compassionate soul that I am, and after all it was Christmas, I took up pursuit to redirect her, completely oblivious to the time and expense involved. Fortunately, I spotted that the car had stopped at red traffic lights halfway down the road, but as I approached they turned to amber.

Time being of the essence I screeched to a halt, leapt from my car, and yanked open the car door. I was somewhat surprised to see a young teenage girl behind the wheel but said in an extremely stern and authoritative tone, leaving no room for further misunderstandings, "Left! Left at the next roundabout!", to which she nodded acquiescently. On slamming the car door I glanced towards the passenger seat expecting to see the old lady, so was completely taken aback when I saw instead another equally terrified-looking teenage girl. Moments later the small red car, not surprisingly, turned left while I, rather quickly, turned right seeking to dispense yet more seasonal goodwill.

Terence Eves, Righter of Wrongs and All-Round Good Guy

[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk)

Phone: 01494 530511

Email: [martin@martinjdean.sol.co.uk](mailto:martin@martinjdean.sol.co.uk)



### News from Lydia

Just thought I would let you know how we are getting on in windy (very, very windy) Scotland.

Firstly and most importantly the running is great, loads of routes and running on the beach is fantastic, both Adam and I have already blown out the cobwebs in this way. The views along the coast really are quite stunning and the kids love it, we took them for a (rather cold) picnic at the weekend, in fact we have been on the beach nearly every day since we left England. To access one of the beaches you have to cross a very long wooden slat bridge over a river, poor Guinness, who was desperate to get to the beach, was shaking in his shoes crossing the bridge and was so intent on watching his feet on the slats that he bumped straight into a woman and her dog walking in the opposite direction. It was very funny and lots of people commented on our shivering, shaking dog, guess he will get used to it!

The house is gigantic, such a huge amount of space. In our bedroom we have two big wardrobes, two big chests of drawers, one massive chair and a rocking chair which usually fills two bedrooms and Adam insists there is still room for a pool table (there is actually room but no way....!!). As I mentioned earlier, the wind is amazing, nothing stays still in the garden, chil-

dren's toys, big wheeley bins, everything is just blown from one side to the other, I am still waiting for it to die down.... a week later still no change!

Georgina started at a lovely pre-school today and seems quite happy, it is attached to the primary school that she starts in mid August (they go back early here) so will give her a bit of continuity. Scarlett starts at a creche one morning a week on Thursday and I have sorted out swimming lessons and ballet lessons starting this week (been busy). I have also been enquiring about work, there may be some openings but need to investigate further. I have also joining a running club on Wednesday nights starting this week. Adam has joined the local golf club, 5 mins walk from work and views over the sea (don't think I am going to be seeing much of him!)

We are off to the mountains next weekend snow is forecast on Friday so hope to do a spot of skiing.

Hope you are well, would be good to hear from you and catch up with your news.

Lots of love

Thank you



email: davis.lydia@  
btinternet.com  
mobil 07711 518091

Dear All

Just to say thank you for the past 4 years. I am very sad to be leaving 'Handy Cross Runners' and will miss you all very much. Thank you for making me feel so welcome for all the hard training sessions (I think!) and for the support and hard work that goes on in the back ground. Look out for me at London I am still running for you and keep in touch! Love Lydia x



# Results

## Cliveden Cross Country

Brendon Gilbert 44:10  
 Mike Hollis 50:11  
 Trevor Free 51:5  
 John Peerless 53:1  
 Howard Taylor 53:45  
 Nick Martin 55:33  
 Des Manion 55:48  
 Ellen Haynes 57:39  
 Mike Hickman 57:59  
 Angie McLoughlin 62:00  
 Linda Weedon 62:21  
 Chris Lansdown 67:17  
 Grace Wilson 67:52  
 Laura Gwilliam 69:09  
 Ann Palmer 70:13  
 Lucy Couturier 70:13

## Bushy Park 5K

Lydia Davis 19:56  
 Fred Ashford 24:00

## Berkhamstead Half Marathon

Des Manion  
 Mike Hickman

## Wokingham Half Marathon

John Dooley 1:23:12  
 Richard Hubbard 1:30:21  
 Trevor Free 1:32:30  
 Giles Scoble 1:34:10  
 Howard Taylor 1:34:57  
 Paul Palmer 1:36:19  
 Margaret Moody 1:36:30  
 (3<sup>rd</sup> in category)  
 Penny Cutler 1:37:13  
 Mike Hickman 1:42:02  
 Des Mannion 1:43:42  
 Alan Wheeler 1:45:45  
 Sarah Bates 1:46:53  
 Phil Hutchby 1:52:38  
 Darinka Reilly 1:56:21  
 Nadia Ramzan 2:00:00  
 Deborah Gatesman 2:00:11

## Goring 10k

Trevor Hunter 36:19 (3<sup>rd</sup>)  
 Frank Fulcher 36:57 (4<sup>th</sup>)  
 Brendon Gilbert 38:55 (PB)  
 Mike Hollis 44:15  
 Debbie Jones 47:26  
 Asuka Wakatuki (PB)  
 Karen Pollard 56:32  
 Darleen Taylor 67:31 (fist race)

## Highworth Half Marathon

Phil Stephens 1:20:44  
 Julia Downes 1:27:01  
 (1st Lady)  
 James Bateman 1:28:34  
 Andy Harrison 1:40:48  
 Margaret Moody 1:41:19  
 Sean Ryan 1:41:09  
 Jenny Shorrocks 1:42:10  
 Mike Hickman 1:48:49  
 Peter Edington 1:55:55

## Milton Keynes Half Marathon

Trevor Hunter 1:15:31  
 Brendon Gilbert 1:21:56 (PB)  
 Andy Harrison 1:29:10 (PB)  
 Mike Hollis 1:34:41  
 Ellen Haynes 1:39:12 (PB)

## Reading Half Marathon

John Dooley 1:22:44  
 Sarah Hobbs 2:22:47

## Perivale 5

Lydia Davis 32:55 (2nd lady)

**Cross Country****Chiltern League****Slough****Ladies team:**

33rd Ellen Haynes 26:06  
 39th Tora Stacey 26:57  
 49th Deborah Gatesman 29:09  
 51st Angie McLoughlin  
 56th Donna Howlett 31:26

**Men's team:**

43rd Phil Stephens 30:36  
 63rd Frank Fulcher 31.36  
 69th Brendon Gilbert 31.53  
 103rd Benji 33.56  
 109th Martin Fisher 34.15  
 110th James Batman  
 115th Nigel Sanderson 34.26  
 124th Andy Harrison 34.53  
 141st Mike Hollis 36.20  
 151st John Peerless 37.36  
 153rd Dave Sanderson 37.42  
 177th Fred Ashford 43.20  
 178th Mike Hickman

**Wing****Ladies team:**

43rd Ellen Haynes 27:44  
 69th Angie Mchoughlin 31:10  
 86th Linda Weedon 33:55

**Men's team:**

23rd Trevor Hunter 33:25  
 38th Frank Fulcher 34:21  
 78th Brendon Gilbert 36:32

110th Phil Stephens 38:14  
 137th Nigel Sanderson 39:34  
 148th James Bateman 40:20  
 184th Andy Harrison 42:04  
 213th Dave Sanderson 44:01  
 243rd John Peerless 47:36

We had some excellent final season results:

Angie McLoughlin won the overall Ladies V55 prize for the season.

Senior men: 22nd Brendon Gilbert

Mens Vets 40: 12th Phil Stephens  
 22nd Nigel Sanderson

Mens Vets 50: 13th Benji  
 15th Mike Hollis  
 18th John Peerless

Ladies Vets 35: 6th Ellen Haynes

Unfortunately after gaining promotion last year, we were relegated back to the second division this season, but never mind I'm sure we'll go back up again next year. Do we get a parachute payment?

**Thames Valley Sunday League****Tadley**

44th Paul Palmer 39:06  
 58th Mike Hollis 40:16  
 157th Mike Hickman 48:46  
 170th Martin Dean 50:27  
 204th Donna Howlett 56:58

**Bucks County Championship****Men:**

Brendon Gilbert 22nd  
 John Dooley 31st  
 Benji Benjamin 43rd  
 Mike Hollis 56th  
 Dave Sanderson 61st

**Women:**

Ellen Haynes 22nd  
 Tora Stacey 28th

Congratulations to Frank Fulcher who completed the 10 mile **Tiggor Tor Fell** race which had 1750 foot of ascent. In spite of a howling gale he finished in 53rd with a time of 80:28. To John Dooley for completing his first ultra marathon covering the **Thames Ultra 50** with footpaths up to 3 foot underwater with a superb time of 8hr14mins. And to James Bateman for achieving a new personal best time at the **Tokyo marathon** with a time of 3 hours 23 mins.

**5K Dates**

Tuesday 13 May **Wargrave**  
 Tuesday 27 May **Burnham**  
 Tuesday 10 June **Marlow**  
 Wednesday 25 June **Maidenhead**  
 Tuesday 8 July **Handy Cross**  
 Tuesday 15 July **Datchet**

£5 for the series for club members, guests £3 per race (Guests should be restricted to friends and family)

Club kit should be worn

Categories are Junior, Senior, Vet 40, Vet 50, Vet 60, Vet 70 for both men and women



# Tuesday Night Training Programme

- March 25<sup>th</sup> Hill session, 5 - 6 long and 2 short. Knights Hill.
- April 1<sup>st</sup> 10 x 200m @ 85% effort, 4 x 200m @ 100% effort (200m walk/jog recovery)  
Havenfield Road.
- April 8<sup>th</sup> Paarlauf session on M40 estate 10-14 x 310m.
- April 15<sup>th</sup> 8-12 x 400m (200m walk/jog recovery) Oak Crescent.
- April 22<sup>nd</sup> 6-8 x 600m down slope John Hall Way (recovery on remainder of loop).
- April 29<sup>th</sup> 4-6 x 800m Oak Crescent (200m recovery).
- May 6<sup>th</sup> Whistle Fartlek session on grass totalling 25 minutes of effort.
- May 13<sup>th</sup> **NO SESSION. Wargrave 5k. (Provisional date)**
- May 20<sup>nd</sup> Hill session (Monkton Farm). 6-10 x long & 4 x short.
- May 27<sup>th</sup> **NO SESSION. Burnham 5k. (Provisional date)**
- June 3<sup>rd</sup> Relay session on grass 12-16 x 200m in teams of three.
- June 10<sup>th</sup> **NO SESSION. Marlow 5k. (Provisional date)**
- June 17<sup>th</sup> I am on holiday but please enjoy a Paarlauf session on grass. 8-12 x 400m (200m from the big tree to the end of the field then back).
- June 24<sup>th</sup> 6-8 x 600m on grass (200m recovery).

**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.

- 26/3/08 6 x 800m (200m walk/jog recovery). Followed by 200m @ full effort.
- 2/4/08 6 x 1000m (200m walk jog recovery).
- 9/4/08 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery).
- 16/4/08 5 x 1200m (200m walk/jog recovery).
- 23/4/08 4 x 1600m (200m walk/jog recovery).
- 30/4/08 3 x 2000m (200m walk/jog recovery).
- 7/5/08 Relay session. 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 14/5/08 Paarlaf session. 12 x 400m.
- 21/5/08 9 x 600m (200m walk/jog recovery).
- 28/5/08 6 x 800m Differentials. 1<sup>st</sup> lap of each at 5k pace, 2<sup>nd</sup> at hard effort. (200m walk/jog recovery).
- 4/6/08 5 x 1000m (200m walk/jog recovery).
- 11/6/08 "Downer" 1400/1200/1000/800/600/400/200m. (200m walk/jog recovery).
- 18/6/08 I am on holiday so, in my absence, please do 4 x 1200m. followed by 200m. at full effort. (200m walk/jog recovery).
- 25/6/08 **NO SESSION. Maidenhead 5k. (Provisional date)**

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

Telephone 01494 525474 or 07947 309923 (Mobile)

e-mail [mikehick@btinternet.com](mailto:mikehick@btinternet.com)



**HANDY CROSS RUNNERS**  
**2008 ANNUAL GENERAL MEETING**



**TUESDAY 1st APRIL 2008**

**8.30 p.m. at the Judo Centre**

Dear Member,

As you can see, from the above, the Club AGM will be held on Tuesday 1st April and the Agenda for the meeting is set out below.

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.

I hope to see you on the 1st.

Yours sincerely

Chris Gentry,  
Club Secretary.

**AGENDA**

1. Apologies for absence.
2. Matters arising from the minutes of the 2007 AGM (minutes attached)
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 Club Secretary will be discussed under this heading).

The Alex Johnson Memorial Trophy Handicap Race  
Held 24<sup>th</sup> February 2008.

Alex would have been proud to see so many people turn up and run what was one of his favourite routes. Twenty-nine runners and five walkers took part in the second running of this event.

Instead of setting off people at staggered intervals according to the time handicaps I allotted them, as we did last year, we set everyone off together with unknown (closed) handicaps. I would be interested to hear which way round people prefer it. Please let me know and next year I will go with the majority verdict.

The results are listed overleaf in finishing order, with the handicapped positions shown in the column headed "Finish Position". The person with the largest minus deficit against my calculated times being the winner. Remarkably we had two people tie for first place. They were Russell Dean and Terry Eves. They both deserved to take this coveted trophy but will have to satisfy themselves with holding it for six months each. Russell has continually improved over many months now, whilst Terry has done well to get back into good shape following a lengthy spell of injury problems. Ellen Haynes was narrowly beaten into third place by a margin of only five seconds. It would have been great to see these three battle it out had the race been run under open handicapped conditions.

The walking group were not competing for the trophy but merely taking the opportunity to train for the "Moon Walk" whilst at the same time those that knew Alex took time to reflect on the happy memories shared during his time with the club. Amazingly they completed the 8.3 mile course in less than two hours. Walking at more than four miles an hour over this undulating course is no mean feat.

Many thanks to all those who took part in this event. I hope to think that given this level of interest, we might be able to resurrect Sunday morning runs from the club. What do you think?

Last but not least, thanks to Peter, Debbie, Steph and Victoria for organising the finish. Thanks also to all those who turned out to support the contestants.

Mike Hickman.



## The Alex Johnson Trophy - Results 24-2-08.

	No.	Estimated Time	Actual Time	+/-	Finish Position	Min./MI
Dave Leighton	883	54:10	54:56	+ 0:46	18th.	6:37
Andy Harrison	972	57:51	55:24	- 2:27	4th.	6:40
Richard Hubbard	884	56:08	56:34	+ 0:26	16th.	6:49
Howard Taylor	885	58:59	58:43	- 0:16	11th.	7:04
Russell Dean	987	62:35	59:31	- 3:04	Jt. 1st.	7:10
Ellen Haynes	891	62:38	59:39	- 2:59	3rd.	7:11
Dave Sanderson	986	59:53	60:07	+ 0:14	14th.	7:15
Gary Tarr	892	62:10	60:28	- 1:42	6th.	7:17
Dave Claridge	992	64:22	62:29	- 1:53	5th.	7:32
Margaret Moody	985	59:51	62:33	+ 2:42	20th	7:32
Laura Broderick	988	62:14	62:57	+ 0:43	17th.	7:35
Fred Ashford	896	67:51	67:36	- 0:15	12th.	8:09
Darinka Reilly	897	70:05	69:48	- 0:17	10th.	8:25
Mike Blowing	984	69:48	71:05	+ 1:17	19th	8:34
Terry Eves	982	74:19	71:15	- 3:04	Jt. 1st.	8:35
Donna Howlett	893	75:44	74:40	- 1:04	8th	9:00
Martin Dean	991	72:00	76:30	+ 4:30	23rd.	9:13
Grace Wilson	950	74:17	78:13	+ 3:56	22nd	9:25
Kevin Duffy	990	80:00	80:25	+ 0:25	15th.	9:41
Cheryl Sayer	983	82:00	81:31	- 0:29	9th.	9:49
Martin Franzesi	989	83:20	82:08	- 1:12	7th.	9:54
Chris Lansdown	949	71:45	84:25	+ 12:40	28th	10:10
Stella Gwilliam	894	85:44	85:52	+ 0:08	13th.	10:21
Chloe Gwilliam	895	0	85:52	-	-	10:21
Debbie Harris	971	86:21	88:54	+ 2:33	21st.	10:43
Richard Stone	899	84:15	94:47	+ 10:32	25th.	11:25
Sue Walker	898	85:45	98:13	+ 12:28	26th.	11:50
Pat Bromley	900	85:32	98:24	+ 12:52	27th.	11:51
Rose Priest	993	93:31	98:24	+ 4:53	24th.	11:51
<b>Walking Group.</b>		0	119:00	-		14:20
Mike Bratby		0	119:00	-		14:20
Elaine Brewster		0	119:00	-		14:20
Carol Flynn		0	119:00	-		14:20
Jackie Griggs		0	119:00	-		14:20
Karen Williams		0	119:00	-		14:20

# Charity Ball in aid of Karen Jenkins



*As you may already be aware, I am suffering from a very rare form of cancer called Pseudomyxoma Peritonei. My friends and family are arranging a charity ball to help raise money that will benefit me and other people like me who are suffering from cancer. The ball will be held at Adams Park, High Wycombe (Wycombe Wanderers home ground) on the evening of Saturday 31<sup>st</sup> May. The charities I have chosen to give our support are 'The Sunrise Cancer Unit' Wycombe Hospital (where I have my chemotherapy and complimentary therapies) and The Pseudomyxoma Fund at The Christie Hospital, Manchester (where my treatment plans are decided).*

*We have whole tables that seat 12 people and ticket prices are £35 per person. This price includes a sit down meal and entertainment. The dress code is 'black tie'.*

*We would like to allocate whole tables first. So, if you would like to be on a table with someone you are familiar with please indicate that below too. Places are limited as the venue only seats 250 people, so I will need to know if your attendance is a definite, ..or a maybe. I will do my utmost to ensure definite attendances are guaranteed a place.*

*The organizing committee (mainly my school friends and my mum) are anticipating for the event to have live music in the form of a band, a celebrity (hopefully) as a compeer, a raffle and an auction along with some other little surprises to help raise money. If anyone can help with any of the above or have some good suggestions then please pass them onto me, anything would be gratefully appreciated. They are doing a great job so far.*

*If you are interested and would like to attend please contact me with your name, contact details, whether you are a definite or a maybe & your preferences regarding seating arrangements. My email address is [littlewormy2001@yahoo.com](mailto:littlewormy2001@yahoo.com).*



*All support would be gratefully appreciated. Thank-you, Karen Jenkins.*



## **Holiday apartment to let in Cala Ratjada,** **Mallorca.**

I have a friend who has a 4 bed holiday apartment with swimming pool in Mallorca (Majorca) and who is willing to let it out to members of Handy Cross Runners at a discounted price.

Rates are: -

1<sup>st</sup> Nov to 31<sup>st</sup> March = £30 per night.

1<sup>st</sup> April to 31<sup>st</sup> May = £40 per night.

1<sup>st</sup> June to 30<sup>th</sup> Sept = £50 per night.

1<sup>st</sup> Oct to 31<sup>st</sup> Oct = £40 per night.

In addition there is a £50 cleaning charge applied to each period of occupancy.

I recently spent a few days in this apartment and can tell you that it is very clean, well decorated, and well equipped. It is situated in a pleasant and accessible location close to the beaches and the town centre with it's many bars and restaurants.

Cala Ratjada is on the north east side of the island and is about an hours drive from Palma airport.

If you'd like more information visit the website

[www.holidaylettings.co.uk/35687](http://www.holidaylettings.co.uk/35687)

To enquire about availability, contact Colin Chamberlain by e-mail at [colin1803@btinternet.com](mailto:colin1803@btinternet.com) or by phone on 01494 533974. Please tell him that you are a member of Handy Cross Runners.

Mike Hickman

From: Group Captain J Good OBE RAF  
Station Commander



**Royal Air Force High Wycombe**

3 Site  
Walters Ash  
Buckinghamshire  
HP14 4UE  
Tel: 01494 496700  
Fax: 01494 497858  
Email: Judith.Good199@mod.uk

Mr P J Edington  
Chairman  
Handy Cross Runners  
Lapwing Cottage  
Broombar Lane  
Great Missenden  
Buckinghamshire  
HP16 9JD

20071218-Handy Cross Runners-U

18 December 2007

*Dear Mr Edington*

**TODAY'S RUNNER CROSS COUNTRY RACE – EXTERNAL CAR PARK AT ROYAL AIR FORCE HIGH WYCOMBE**

Thank you very much for the £25 donation to the Royal Air Force Benevolent Fund, for the use of the external car park at Royal Air Force High Wycombe. The Royal Air Force Benevolent Fund appreciate all donations which go to help our personnel in these difficult times. Your cheque has been forwarded to them.

*Yours  
Judith*

