



The Bulletin

Handy Cross Runners
Newsletter

March 2012

Congratulations

To Craig and Tara on the birth of an 8lb 5oz baby daughter on 23rd January.

New Members

Avery warm welcome to new members Clare Charleston and Jim Foy (and don't forget your free tee shirt).

Annual General Meeting

The club's AGM will be held on Tuesday 27th March at the Judo Centre. Please come along and have your say about how the club should be run next year, find out how much next year's subs will be and possibly stand for election for one of the positions such as Editor of the Bulletin (please). See agenda and last years minutes at the back of this Bulletin.

The Grant & Stone Marlow 5

and Wycombe Half & 10k

We have gained an excellent reputation in the past for the organisation of these races. Both events have featured in the Runners World top 100 races in the country, an accolade of which we can be very proud.

However to continue this success we must have sufficient marshals to ensure the smooth running of the events this year which will take place on Sunday 13th May (Marlow 5) and Sunday 15th July (Wycombe Half & 10k)

If you can marshal or help in either or both of these races, please email Dave Riddington on [Mailto:davidriddington@hotmail.com](mailto:davidriddington@hotmail.com) with your name and contact numbers. There will also be a form available on club nights for you to put down your details.

Social Events

Since the Christmas festivities we have enjoyed a quiz ably masterminded by Des Mannion to help his son with his World Challenge trip to Jordan.

The team I graced with my knowledge was equal second at the halfway point, when we were joined by Amanda. We finished joint last! Draw your own conclusions. However she did bring some nice nibbles so we won't blame her.

We lost one point when we supplied the correct answer which was marked as incorrect, but apparently the quizmaster is always right (even when he's wrong) so we claim seventh place. Congratulations to Team Ing who won the quiz and thanks to Des, Lucy and Mike for all their hard work.

Dates for your Social Diaries in 2012

Saturday June 23rd: Annual Dinner/Dance at Uplands

December 5th: Ladies Christmas Dinner (Venue to be confirmed)

December 7th: Panto at Wycombe Swan

Lucy has already reserved the front two rows for this year, thirty four seats at £21 each (same price as last year) for Snow White and the Seven Dwarfs starring Craig Revel Horwood, a 'Strictly Come Dancing' Judge (apparently) and she will be taking deposits in July.

December 14th: Handy Cross Disco at Judo Centre

Martin Dean (Editor)

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: mj.dean31@btinternet.com



2012 London Olympics

Meg Knight and myself moved a step closer to becoming Games Makers in February when we attended our Orientation Training event at the Wembley Arena. This was a very slick presentation session hosted by sports presenter John Inverdale with appearances by several celebrities and previous Olympic and Paralympics competitors.

This was to equip the ten thousand or so delegates (there are seventy thousand Games Makers altogether) with knowledge on the history of the Olympic and Paralympic Games and to introduce us to London 2012.

Some statistics that put the event into perspective are that the Games will be the equivalent of twenty six world championships over nineteen days followed by the equivalent of twenty more championships over the eleven days of the Paralympics with 15,000 athletes competing in 805 events in forty-six sports over eighteen venues.

We were shown the uniforms we will be wearing and given an insight into a day in the life of a Games Maker. We were encouraged to be **I**nspirational, **D**istinctive, **O**pen, **A**lert, **C**onsistent and part of the **T**eam, made memorable by the mnemonic **I DO ACT**.

We left the event with a Games Maker Workbook and CD to continue training at home before we attend our role specific and venue training.

Good luck to Margaret Moody who has also attended her Orientation event and to Mike Hickman and Craig who are both hoping to be Games Makers.

For those of us who like to travel...

(Some thoughts from Lucy)

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too good at physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very hard to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, and I don't remember what country I was in. It's an age thing.

Thanks Lucy, I wanted to be in Jeopardy as the papers said there were thousands of jobs there!

London Marathon

We are once again organising a coach to take runners and spectators to and from the London Marathon on Sunday April 22nd. The cost is £10 per person. The coach will leave our clubhouse at Wycombe Judo Centre, Barry Close, Booker at 6:30 am and will drop runners near the start at Blackheath. Spectators can get off there also or wherever it's convenient for the driver to drop them near to the marathon route. It will return from where it parks up on the Embankment at about 4:00 pm. If you would like a seat then please give Mike a cheque made payable to Handy Cross Runners at the club, or post it to him: Mike Hickman, 74 Gerald's Road, High Wycombe, Bucks HP13 6BW.

Club Kit

Vests £16.50

Technical T Shirts £8.00

Long Sleeve T's £14.00

The above stock items are available in various sizes. Fleeces £26.00 and Hoodies £19.25 can be ordered, prices to be confirmed.

We still have a small supply of old style vests for £10.00 each and shorts for £5.00. I will try to get to the club every Tuesday or you can email me at:

lindawedon@kurtmueller.co.uk

Linda



Independent Traders

It has been suggested that a spot could be reserved in the Bulletin for members of the club to advertise their services for the mutual benefit of everyone.

This would be free (but donations are always appreciated). If you want to be involved, send your advert by email, please keep wording to a minimum.

TOUGH GUY!

Two days before 'Tough Guy':

Trevor, "I'm worried that I'm not more worried, if u know what I mean."

Brendon, "I'm worried you're not more worried...but don't worry about it!"

I need to explain: The Tough Guy organisers describe their race as 'The Safest most Dangerous Event in the World'. On 29th January 2012, it was to be that Trevor (who wasn't worried) and me (who was) would find out for ourselves. Having entered Tough Guy many months before, full of bravado, I had no real idea what it involved. My mistake was to search on youtube in the weeks preceding. Do the same and you'll see what I mean!

On a chilly winter morning at 6:30am, we headed up the M40 to Wolverhampton. After a relatively mild winter to date, we cursed our luck as the temperature gauge read a steady minus one. With any 'ordinary' race, we'd be pleased with the cool temperatures, but of course this was no ordinary race.

On arrival at Tough Guy HQ, we made our way to registration to sign the Death Warrant, which does wonders for the nerves. You can even elect to be cremated with your ashes scattered on site. A nice touch but I don't think we could offer that on the Rye?

At just after 11am the main cannon fired allowing the first few thousand competitors to start. We were in the "Wobblemuckers" squad and started around three minutes after the first gun. It should be noted at this point that Trevor had elected to stay back with our two female team members to "assist" them safely around the course. Very chivalrous indeed, but I'm afraid my team ethic was abandoned and I just legged it out as fast as possible.

Just a few paces into the race, and the obstacles started. Large mud filled ditches with steep wet banks greeted us. The famous camaraderie kicked in straight away, with fellow competitors hauling you up or pushing from behind (I now see why Trev had hung back with the girls!). The run is listed as eight country miles. I've still not worked out how long that is, but it was a good challenge, scrambling over, under and through a variety of obstacles.

Mud, steep hills, freezing water, and cargo nets feature often! I lost feeling in my feet after just a few minutes into the run. Any water obstacles were bone chillingly cold, numbing through to the core.

Then it starts to bite. Before long we were neck deep in ice frozen water. Nothing can prepare you for the cold. From the waist down I could feel nothing as my legs felt like frozen stumps. But I kept moving fast to keep the core warm. A guy dressed in just gold hot pants streaked past me. Was I hallucinating, is he crazy?

Then we arrived at the 'Killing Fields' a feast of twenty-three fear inducing obstacles such; as Tyre Torture, Interrogation Pit, Death Plunge and Dead Lead Swamp, to name a few. It seems the fun was only just beginning as the next hour involved plunging into ice covered lakes, crawling through mud and water-filled tunnels, electrocution, barbed wire, fire, climbing over high platforms and much more.

The atmosphere all the way around was fantastic, and pulled me through the finish line in one hour and fifty minutes, shivering uncontrollably but ecstatic. After eventually getting changed (it's not easy when you can't feel anything) I rewarded myself with a mulled wine and a heated seat – fantastic!

But the real hero of the day was Trev. Anyone who can suffer three hours and twenty-nine minutes of that cold, in the name of being a true gent, is deserving of a special mention. Besides, it was probably only mild hypothermia he caught!

Would we do it again? Well, yes actually. My entry is already in for next year....
www.toughguy.co.uk

Thanks Brendon, anyone who enters the Tough Guy for a second time must be mad, as I know, having done it three times.



Trevor and Brendon before the 'Tough Guy' (pity there's no 'after' picture!)



Giving you **discounted** rates on parcels and freight across the UK and Worldwide. We only put your goods with worldwide recognised brands like Fedex, DHL, UPS, TNT.... Don't pay over the odds - drop me an e-mail or give me a call..... Run a business ?? we can help you save money J

Sameday * Nextday *UK* International * Imports * Air/Road/Seafreight

Need a referral - Members who have used the service..... Linda Weedon & Tora Stracey

Contact : craig.atkins@inxpress.com or 07790379408



Black Park parkrun 5K

Resumé of Handy Cross Runners performances

7th January- 3rd March

The order shown on page 7 is based on the best age graded performance within the period above and not time taken for the runs. This better reflects the effort and performance of the athlete relative to age.

You will notice some names have disappeared since the last Bulletin, whilst others have been added.

There were nine runs recorded in total over the period with weekly attendances now holding steady at about three hundred.

The fastest run time was by **Frank Fulcher** in **17.13**. Over the period **Margaret Moody** scored **87.22%** in the Age Graded performance. She is still leading the 'all comers' Black Park age graded league table with a score of **91.49%**.

March 3rd was run No 139 since Black Park parkrun started in July 2009. The course record stands at **15:31** set by Rowan Axe (JM20) from Cardiff AC. The Ladies record is held by a local junior Pippa Woolven of Wycombe Phoenix Harriers, with a time of **17.36**. The average run time is **27.03**. If you are faster you are above par and below par if slower, most HCR's being better than the Black Park average run time.

A reminder that the runs are **FREE** and take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at **9 am**. You must register in advance (once only) to place your name on the data base and receive a dedicated race number in the form of a barcode. This is brought to each event. Register at www.parkrun.org.uk/black-park. You only have to pay for parking. A concessionary parking charge of £2.50 per day visit applies before 9 am at weekends. If you are late it will cost £3.50.

More information including pictures of what you are missing can be seen on that website or <http://picasaweb.google.co.uk/georgemardall>

Good News, parkrun is coming to Wycombe!

As you know negotiations have been on-going regarding the setting up of a 5k parkrun on the Rye. Before we could select a date we needed to get clear of

the football season. So May would have been the first option but because of commitments already taken on board by the prime movers, myself, Samantha Amend and temporary transfers from Black Park, it was decided to set the launch date as 4th August.

Once this is up and running it will look after itself and Sam will act as Event Director. Her contacts with Bucks Sport has generated the interest and subsequent funding for the project, so really it is her initiative onto which I've patched myself.

There is a complex learning exercise for the core volunteers that took some time when I set up Black Park. All the statistics lurking behind the façade of parkrun have to be tested before the first run. For instance the setting up of a dedicated parkrun website for 'the Rye'.

Integrated into that site would be the programmes for results emails, update of runners statistics (some may come from other venues to try us out and will expect their name to be found) publication of results, a photo gallery and all the other wealth of information runners expect to find on a parkrun website.

To facilitate the learning and prior to the launch date, there will be a pilot run on a Tuesday evening to check out the systems. I'll get back on that to confirm time and date.

All runners on that pilot will need to be registered in the usual manner for the system to be tested. I know we have quite a few club runners now registered but any outsiders will need to be brought onto the data base.

All parkruns rely on volunteers. I was very fortunate at Black Park to have Burnham Joggers and Datchet Dashers on board from the outset. We've now moved on and almost half the volunteers are unaffiliated runners giving something back.

From my experience of Black Park parkrun I'm quite excited about introducing one to High Wycombe. If you would like to contact me with the intention of helping out, particularly in the early stages to get this on the road, drop me an email; fredashford@waitrose.com. Some have already given their names which have been noted.

In the meantime keep training and I'll see you all around sometime.

Fred



Results

Chiltern League Cross Country (Slough)

Men's team:

Frank Fulcher 7th
 Steve Roberts 19th
 Brendon Gilbert 23rd
 Paul Dineen 47th
 Mike Hollis 56th
 John Peerless 75th
 Joe White 82nd
 Mike Hickman 86th
 Martin Dean 88th

Ladies team:

Ellen Fulcher 17th
 Margaret Moody 20th
 Soraya Bux 26th
 Michelle Booth 37th
 Sarah Roberts 43rd
 Helen Moseley 49th

Chiltern League Cross Country (Wing)

Men's team:

Brendon Gilbert 22nd
 Paul Dineen 39th
 Martin Dean 62nd

Ladies team:

Tora Stracey 13th
 Ellen Fulcher 14th
 Michelle Booth 23rd

Thames Valley Cross Country (Tadley)

Steve Roberts 11th
 Paul Dineen 59th
 Mike Hollis 82nd
 Charlotte Ing 135th
 Mike Hickman 224th
 Sarah Roberts 231st
 Mike Blowing 239th
 Martin Dean 246th

Thames Valley Cross Country (Bracknell Forest)

Steve Roberts 16th
 Paul Dineen 78th
 Mike Hollis 115th
 Soraya Bux 222nd
 Michael Blowing 251st
 Mike Hickman 252nd
 Martin Dean 269th
 Jacqueline Ing 270th
 Fred Ashford 282nd
 Donna Bolton 294th
 Lucy Salter 299th

Bucks Country Cross Country Championships (Wing)

Ladies team:

Ellen Fulcher 16th & 4th in cat

Men's team:

Frank Fulcher 9th & 2nd in cat
 Paul Dineen 47th
 Joe White 57th
 (first cross country)

Men's V60 race:

Mike Hollis 3rd

Disney Half Marathon

Florida

Bev Nothman 1:48:02 (PB)

Bramley 20

Frank Fulcher 1:58:35
 (PB & 2ndV40)

Pete Summers 2:04:58 (PB)

Penny Cutler 2:44:56

Highworth Half Marathon

John Dooley 1:33:56

Charlotte Ing 1:40:50 (PB)

Diana Charles 1:44:14

Des Mannion 1:46:59

Soraya Bux 1:47:12 (PB)

Mike Hickman 1:59:55

Woodcote 10k

John Dooley 43:56

**Wokingham Half Marathon**

Diana Charles 1:40:13 (PB)
 Charlotte Ing 1:41:48
 Russell Dean 1:44:55
 Manfred McKenzie 1:44:51
 Soraya Bux 1:45:27 (PB)
 Tora Stracey 1:49:18
 Mike Hickman 1:52:51
 Jacqueline Ing 1:54:18
 Angie Peerless 1:56:50
 Donna Bolton 2:10:41

**Human Race Half Marathon
Dorney Lake**

Julian Hucks 1:24:32 (1st MV50)
 Bev Nothman 1:48:34
 Denise Manson 2:24:50

**Hardwick XStream 6 mile
Cross Country**

Steve Roberts 40:29
 Rob Pettingell 41:00
 Emma Keys 51:43
 Sarah Roberts 56:24

5k Time Trial Results Tuesday 6th March Cressex Industrial Estate Circuit

Kevin Lawrence 21:03
 Gareth Imms 21:05
 Mark Dewey 22:14
 Jim Foy 22:18
 Michelle Booth 24:04
 Joe White 24:16
 Karen Letham 24:34
 Janet Barrow 25:26
 Hannah Platt 25:50

Cross Country

This seasons cross country events were very well attended by club members, especially at the start of the season, when conditions were so dry it was like running off-road with no mud. Numbers dropped off towards the end when we ran through snow, mud and ice at Wing.

Commiserations to Steve Latham who, running in his first cross country for the club at Wing, fell in the first hundred metres and dislocated his shoulder! Is this a record for early membership of Handy Cross Divers?

In the Saturday Chiltern League we had our most successful year in terms of competitors. As a team we finished in a superb 7th position overall in division 2 (out of nineteen teams) second in the men's vets race and third in the Senior/Vets ladies team with individual successes by Frank Fulcher (2nd v40), John Peerless (5th v50), Paul Dineen (6th v40), Brendon Gilbert (8th senior man), Tora Stracey (3rd Senior lady), Ellen Fulcher

Black Park parkrun results

Name	Runs	Best time	%	Run No
Margaret Moody	2	22.34	87.22	134
Frank Fulcher	1	17.13	81.12	137
Fred Ashford	1	24.54	76.10	133
Ellen Fulcher	1	22.27	71.42	137
Chris Lansdown	3	22.36	67.40	132
Mike Hickman	2	25.13	65.30	135
Mark Dewey	5	20.49	64.13	135
Martin Dean	6	26.37	63.62	134
Janet Barrow	2	26.43	61.26	137
Ann Palmer	5	28.58	55.93	135
Peter Astles	1	28.04	53.38	138



Tuesday Night Training Programme

April 3 rd	10-12 x 400m (Oak Crescent) (200m recovery)
April 10 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
April 17 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
April 24 th	4 – 5 x 1000m (Oak Crescent) (200m recovery)
May 1 st	Poobin Fartlek session on grass
May 8 th	Hill session (Monkton Farm). 8 – 10 x long & 4 x short
May 15 th	NO SESSION. Wargrave 5k. (Provisional date)
May 22 nd	Relay session on grass 12-16 x 200m in teams of three
May 29 th	NO SESSION. Burnham 5k. (Provisional date)
June 5 th	Parlauf session on grass, 8 – 12 x 400m
June 12 th	NO SESSION. Marlow 5k. (Provisional date)
June 19 th	6-8 x 600m on grass (200m recovery)
June 26 th	Fartlek session on grass.

Keeping the dream alive



The Alex Johnson Memorial Trophy Handicap Race Held 26th February 2012

Blue skies and sunshine greeted us for the sixth running of the race held in memory of our previous chairman Alex Johnson, who died eight years ago. The event attracted twenty-two runners and four walkers. The walkers set off at 8:30 am and the runners at 9:30am. The day had started off rather badly for me as I managed to set off the alarm when unlocking the club. The alarm system had been changed and I had not been given the new code to turn it off. Things didn't improve when some people turned up for whom I didn't have any handicap times worked out. They had told me verbally that they would be taking part but I had forgotten to add them to my list.

To work out the handicaps, I look back over the year's results for each individual and compare those of various distances on tables I have which allow me to choose the best performance and estimate a time for each person to complete the 8.25 mile course.

The first person to finish was Trevor Hunter. Trevor had no recent form to work out a handicap on as he hasn't raced for ages due to injury problems. However he did give me an estimate of what he thought he was capable of and the fact that he was just twenty seconds over this showed how honest and what a good judge of his current fitness level he is. Well done Trevor and I hope this is the start of a long lasting comeback for you.

I was unable to announce the winner on the day as I didn't have all the handicaps calculated so everyone was kept in suspense until the following Tuesday at the club

The results are listed overleaf in finishing order, with the handicapped positions shown in the column headed "H.Cap pos". The person with the largest minus deficit against my calculated times being the winner. Jacqueline Ing was this year's winner of the trophy. Her good performance running to compete for the Gerry Grosse Trophy last September, followed by a string of improving performances since, meant that her handicap would be hard to beat. The fact that I had used her great time at the recent Wokingham Half Marathon to calculate her handicap made it even more amazing that she could better her handicap by 3 minutes and 17 seconds. Well done Jacqueline!

There were some other great performances. Namely from, Linda Weedon, Michelle Booth, Paul Dineen, Sally White, Margaret Moody, Debbie Jones, Penny Cutler, Denise Manson and Ann Palmer who got under or very close to the times I had estimated for them.

Some of you made it hard for your selves by running from Marlow to the club beforehand, so didn't stand an earthly chance of winning. I apologise to others among you whose training has not been going so well lately for choosing to set your handicaps on times set when you were much fitter. Let this be a wake-up call for you to get on and do something about it.

Next year, I plan to implement a cut off date for entry by e-mail only two weeks before the race. This will give me plenty of time to calculate the handicaps and also allow me to arrange for competitors to set off at staggered times so that the first person to cross the finishing line will be the winner. This will also lessen the traffic problems encountered in the early stages of the race and also limit the amount of hanging around at the end, as in theory everyone should finish at around about the same time.

Thanks to all of you for taking part and to those who turned out to support.

Mike Hickman



Results for All
Competitors in finish
order.

<u>Name</u>	<u>Estimated Time</u>	<u>Actual Time</u>	<u>Time Diff. (+ or)</u>	<u>H.Cap pos</u>	<u>Min/Mile</u>
Trevor Hunter	00:49:30	00:49:50	+0:20	7	6:02
Paul Dineen	00:57:33	00:55:49	-1:44	4	6:46
Sally White	01:01:49	01:01:10	-0:39	5	7:25
Margaret Moody	01:02:10	01:02:07	-0:03	6	7:32
Debbie Jones	01:05:05	01:05:34	+0:29	8	7:57
Penny Cutler	01:04:49	01:06:19	+1:30	9	8:02
Michelle Booth	01:08:44	01:06:39	-2:05	3	8:05
Jacqueline Ing	01:10:35	01:07:18	-3:17	1	8:09
Charlotte Ing	01:02:16	01:07:21	+5:05	12	8:10
Russell Dean	01:04:42	01:13:26	+8:44	18	8:54
Jo Smith	01:04:31	01:13:26	+8:55	19	8:54
Soraya Bux	01:05:07	01:13:26	+8:19	15	8:54
Emma Russo	01:05:37	01:13:26	+7:49	14	8:54
Linda Weedon	01:17:49	01:15:05	-2:44	2	9:06
Craig Atkins	01:07:27	01:15:38	+8:11	16	9:10
Martin Dean	01:10:46	01:17:21	+6:35	13	9:23
Bev Nothman	01:06:43	01:18:28	+11:45	21	9:31
Ann Palmer	01:20:33	01:22:25	+1:52	11	9:59
Mike Blowing	01:15:19	01:24:00	+8:41	17	10:11
Lucy Couturier	01:18:12	01:08:20	+10:08	20	10:21
Denise Manson	01:27:31	01:29:03	+1:32	10	10:48
Tanya (Bev's friend)	N/A	01:18:28	N/A	N/A	9:31

Walkers.

Julia Phaff	2:22:00	17:13
Pat Bromley	2:22:00	17:13
Paula Potts	2:22:00	17:13
Rose Priest	2:22:00	17:13



The answers to Linda's quiz for people old enough to remember 'Old Money'. For the youngsters:
There were four farthings in a penny (1d) twelve pennies in one shilling (s) and twenty shillings in one pound (£) which was also called 'a nicker' or a 'quid', five shillings was a 'crown', one shilling was 'a bob', sixpence was 'a tanner' and one pound and one shilling 'a guinea'.

	£	s	d	Answer
A stone	14	00	00	Fourteen Pounds
Type of transport			1 1/4	Penny Farthing
Type of singer	10	00	00	A Tenor
A poorly octopus	6	00	00	Sick Squid
Garment for a one legged woman		10	00	Half a Knicker
A half of royal headgear		2	06	Half a Crown
Up and down		1	00	A Bob
A leather worker			06	A Tanner
Mars, Jupiter and Venus (for example)			3/4	Three 'Far' Things (Geddit?)
Type of pig	1	1	00	A Guinea Pig
Answer	31	15	2	

And the answers to the Music Puzzle:

Ena and Jo saved for years for their dream holiday, cruising on a *Piano* Liner. The Captain, a boastful man who often blew his own *Trumpet* announced, "We shall not be sailing through the Bermuda *Triangle* ." "What a *Fiddle* " said Ena, "I was looking forward to that." "We shall however make a *Whistle* stop tour through the Caribbean, which will be even better," the Captain added. "It might be *Accordion* to him," thought Jo, "But not to me." The Captain continued, "If you want to go on a fishing trip give your name to the *Recorder* , you will embark on the open boat and the crew will *Castanet* over the side for you." "You can't trust him, he's a *Lyre* , so I don't think he'll *Drum* up much support for that." Said Ena angrily. "Nor do I," replied Jo, "I would prefer some entertainment. Would you like to go to the *Concertina* ?" "No I would rather listen to the *Banjo* " she said. "Perhaps they will play the *Tambourine* Man, I always liked the Byrds version." "Let's get an ice cream first" said Jo. "Two *Cornets* please." "I don't like this at all" muttered Ena, "I wish I had gone to the bar and I could have a *Bells* whiskey." "Ena you're an angel" said Jo "but I do wish you wouldn't *Harp* on so much."



**HANDY CROSS RUNNERS 2012 ANNUAL
GENERAL MEETING TUESDAY 27th
MARCH 2012 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 27th March and the Agenda for the meeting is set out below.

Please note that, in accordance with Rule 12 of the Club Rules, 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. I hope to see as many of you as possible on the 27th.

Yours sincerely

Chris Gentry,
Club Secretary.

AGENDA

1. Apologies for absence.
2. Matters arising from the minutes of the 2011 AGM (minutes attached).
3. Chairman's Report.
4. Treasurer's Report.
5. Event Secretary's Report.
6. Social Secretary's Report.
7. Committee Elections. The current committee (see item 8 of the minutes) are all willing to stand for re-election this year but if you wish to be considered for one of the posts then please arrange for another club member to propose you at the meeting.
8. Any other business (only items of which notice has been given to the Club Secretary will be discussed under this heading).

HANDY CROSS RUNNERS

Minutes of the Annual General Meeting of Handy Cross Runners held on Tuesday 29th March 2010 at the Judo Centre attended by:-

Duncan Kennerson, Alan Wilson, Fred Ashford, Frank Fulcher, Phil Hutchby, Trevor Free
Liz Davey, Lucy Couturier, Sally White, Cheryl Sayer, Des Mannion, James Cunnane
Peter Edington, Brian Sinclair, Terry Eves, Debbie Ridout, Helen Moseley, Chris Gentry
Margaret Moody, Mike Blowing, Pat Bromley, Eddie McLellan, Grace Wilson, Alison Alexander
Howard Taylor, Michelle Booth, Sue Walker, Peter Astles, Martin Dean, Amanda Peyton
Mike Hickman, Elaine Brewster, Mike Hollis, Ellen Haynes and Chris Lansdown

1. Apologies for absence

There were apologies for absence from Vernon Martin, Gerry Grosse, Rose Priest, Stella Gwilliam, Meg Knight, Linda Weedon, Trevor Hunter, David Riddington, Tora Stracey, Nigel Cairns, Mike Bratby, Martin Brewster, Karen Williams, Sue Neale, Ann Palmer, Paul Palmer, Paula Potts, Craig Atkins, and Laura Cornwell.

2. Matters arising from the minutes of the 2010 AGM

There were no matters arising from the minutes of the 2010 AGM but Peter advised the meeting that during the year Stephan Naunko had stepped down as Membership Secretary and that Ellen Haynes was approached, as she had been managing the club standards, and she agreed to take it on and manage the club database all in one place. He also advised that Debbie Ridout had stepped down as Social Secretary to be replaced by Lucy Couturier and that Amanda Peyton had been unable to continue with the role of joint Kit Officer leaving Linda Weedon to continue on her own.

3. Cross Country Races

After some discussion the meeting agreed that in future years the club should pay the entries for club runners who enter for both the Bucks Cross Country Championships and the South of England Cross Country Championships at Parliament Hill. It was also agreed that the club would pay for all cross country races in order to encourage club members to take part.

4. Chairman's Report

Peter started by thanking the members of the club committee and the race committees who had given up their time freely to ensure the smooth running of the club and the races. In particular he mentioned Chris, Duncan, Steph, Mike, Martin, Debbie and Linda on the main committee. In addition he also acknowledged the contributions of Dave, Cheryl, Sally and Helen (as well as Mike and Chris) on the races committees and additionally Trevor for the website, Ellen and Sue for the standards, Frank for the cross country and Lucy for the panto's. He also thanked all of the club members who helped and/or marshalled at club events.

Peter went on to mention that there had been a series of Thursday night runs through the summer from various locations and thanked everyone who had helped to organise these. He also reported that there were record entries in the Marlow 5 and the Wycombe Half Marathon but the Wycombe 10k had slightly less numbers than last year. All in all it meant that the club were able to donate £2,500 to the Iain Rennie Hospice at Home charity and £1,000 to the Robs Arttt charity.

Finally Peter made special mention of Mike's contribution to the club and pointed out that not only does he organise the sessions on a Tuesday night and the club handicap races but last year he started beginners courses up at the track on a Wednesday night with a view to those completing the course then joining the club. These sessions are proving very popular and the club has already seen the first influx of runners from what is known as the Handy Cross Academy.

5. Treasurer's Report

Duncan presented his last set of accounts as Club Treasurer and the meeting thanked him for all of his hard work on behalf of the club over the years. It was noted that the club was in a healthy financial position and was carrying forward a balance of £3,160.62 plus £28.58 in cash through to the next financial year. The accounts for the Marlow 5 and the Wycombe Half/10k were also noted by the meeting.

Following this it was noted that the Judo Centre subscription for the forthcoming year was to be increased from £20 to £24 and after some discussion it was agreed that the club subscriptions for 2011/2012 would be £40 for single members and £56 for couples.

6. Event Secretary's Report

Mike started by informing the meeting that his post in the club had been rebranded and is now called Club Coach which more accurately described what he did. He went on to mention that the 5k series was as popular as ever with very good club attendance which contrasted with club attendance at cross country races which was quite poor. As well as club members not taking part in cross country, Mike also mentioned that not many club members seemed to be taking part in races. Mike finished by thanking everyone for the support given to him over the year.

7. Social Secretary's Report

Lucy reported that the club had not done as much on the social front as in previous years but said that she would try to organise more things for the forthcoming year. However it was noted that the Christmas Disco had taken place as well as the visit to the annual Pantomime at the Wycombe Swan and that both events had been successful.

8. Committee Elections

After some discussion it was agreed that the following will be the Club Committee for the forthcoming year:-

Chairman	Peter Edington
Secretary	Chris Gentry
Treasurer	Sally White
Membership Secretary	Ellen Haynes
Social Secretary	Lucy Couturier
Events Secretary	Mike Hickman
Publicity Officer	Martin Dean
Kit Officer	Linda Weedon

There being no other business the meeting finished at 9.05 p.m.