



The Bulletin

Handy Cross Runners
Newsletter

March 2014

Following the lovely sunny morning of the Marlow Half, which seems such a long time ago now, I received the following message from the organiser, "I can only apologise for the weather, the normal service of torrential rain and flooding will be resumed next year following an inquiry into this year's pleasant anomaly."

Well we didn't have to wait that long before conditions changed and we have had several race cancellations since then. Soon after the Marlow Half I sustained an injury (representing the club in two cross country events on successive days, what a hero) and have had to enviously (?) watch everyone going out running in the cold and wet.

At the end of the cross country season we finished 12th out of the thirty-three teams in the Chiltern League which is very impressive as we don't have any juniors. Darren represented the club in all five races and finished 19th senior man while Paul was 11th and Keith 16th in the MV40's competition and Howard was 6th in the MV50's.

In the Thames Valley League we were 13th out of fifteen teams with Darren running in most of these races also, he must really enjoy cross country!

However let's look forward now to the summer 5k series and the Thursday evening pub runs which Trevor Free has already planned. The dates and locations are on page 2.

Other forthcoming events are the London Marathon on 13th April, which you can travel to on the coach organised by Duncan to support our runners and watch Mo Farrah run his first marathon. We have the Ridgeway Relay on 15th June in which Ellen will be entering two teams plus our own races, the Marlow 5 on 11th May and the Wycombe Half/10k on the 20th July.

Maidenhead AC have generously offered us two complimentary places for this year's Maidenhead Easter Ten on Good Friday because we have been excellent supporters of the race over the years and they appreciate our participation. We have raffled these tickets and the lucky winners were John Peerless and Howard Taylor, but as Howard is injured, his number was re-raffed and Charlotte was the lucky recipient.

New Members

A very warm welcome to all the following new members;

Alan Barry, Helen Dell, Liz Ehrmann, Tracy Feehan, Paul Frith, Daniel Hunt, Nichola Knevitt and Darren Thorley and a welcome return to Julian Hucks. Don't forget to get your free T shirt from Linda on a Tuesday night.

Congratulations

To Tora who is getting married in April and has invited everyone to a very informal Post Wedding Lamb Roast for family and friends at her parent's farm in Stonor, on 27th April at around 1:00 pm. She has suggested we might like to organise a run and or a bike ride from there earlier and then join her afterwards to partake of the Lamb Roast. If anyone would like to organise something then please let Mike know and similarly if you would like to accept Tora's kind invitation to join her for the Lamb Roast, again please let him know so she can judge how much food to prepare.

Annual General Meeting

The club's AGM will be held on Tuesday 18th March at 8.30 in the Judo Club. In a final act of generosity the outgoing committee has decided to give a free drink to every member who attends (not to ingratiate ourselves or buy votes but to encourage a good turnout).

So please come along and have your say in how the club should be run and maybe stand for election to one of the committee positions (for example we could do with a new editor for the Bulletin as the present one has been doing it for nearly twenty years).

Martin Dean (Editor)

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Alex Johnson

It seems hard to believe but it is now ten years since Alex died so unexpectedly. For those people who never had the privilege of knowing Alex, he was our chairman for twelve years, during which time he was instrumental in moving the club to our current premises, renaming it (we were previously called Handy Cross Joggers) and entering us into the cross country leagues and the 5k Summer Series. His popular Tuesday night training sessions (now successfully continued by Mike) were always well attended.

Outside the club he was the deputy chairman of the Wycombe and Marlow Sports Council, chaired the Wycombe Half Marathon Committee and provided commentaries for this and the Marlow 5 each year. He also wrote a weekly column of training tips in the Bucks Free Press before the Wycombe Half.

In spite of all these commitments, he was always very interested in everyone's achievements, from the fastest to the slowest, from the newest runner to the most senior member and always mentioned their results at the Tuesday night club gathering.

We particularly remember Alex at this time each year through the handicap run and trophy named after him (see next column and results on p 11) and we are proud to continue "Keeping the Dream Alive" as he would have wished.



The Alex Johnson Memorial Trophy Handicap Race Sunday 23rd February 2014

Coincidentally, as well as being the Sunday closest to the 10th anniversary of Alex's untimely passing away at the age of fifty-seven, Vernon Martin tells me that it also marked the 36th anniversary of the founding of our club which was formed by a small group including Vernon and Bill Wells, manager of the Sports Centre at that time, that used to meet up very informally at the centre to go for a run.

On this the 8th staging of the race in his memory, two walkers Pat Carter and Rose Priest, set off at just after 8:00am to walk the 8.25 mile route to Riley Park in Marlow.



At 9:00am they were followed by sixteen runners, the majority of whom had never had the pleasure of running with Alex but who just wanted to share in the club spirit of "Keeping the (his) Dream Alive".

The way I estimate predicated times is by using what I consider to be the most suitable (the best) of recent race results and then applying a mathematical formula which takes into account the distance that the time was set against. For example if I was considering using a time from a marathon, I would not simply divide the time by 26.2 then multiply by 8.25 because, as you would expect, the pace should be much faster over the shorter distance.



Penny Cutler was the first person to touch the gates of Riley Park but this year's winner, after the handicaps had been taken into consideration, was Chris Lansdown. Chris bettered my predicted time by one minute and thirty-two seconds. It was great to see Chris running so well after a long spell of not running as well as he should. Hopefully this will spark new life into your running Chris.

He narrowly beat last year's winner Helen Moseley, who bettered my predicted time by one minute and nineteen seconds and beat her last year's time by fourteen seconds. It's good to see that your marathon training is going so well Helen. Other brilliant performances were set by Phil Burridge and Paul Frith.

Jacqueline Ing had to make an unscheduled pit stop which ruined her chance of a second win and Steve Batham made an unfortunate long diversion around the back of Riley Park, which may have prevented him from achieving the double of winning both the Gerry Grosse and the Alex Johnson trophies.

Craig Atkins put in a great performance after his recent bout of illness to be the second person home and Stephanie Williams did really well to complete what I believe to be the longest distance she has ever run, ably assisted by her sister Christine Frith. Steph was only four minutes and forty seconds over the time I had predicted for her. Well done Steph and well done to all of you for taking part. Pat and Rose walked the course in exactly two and a half hours which is great walking.

Many thanks to Martin Dean for helping to direct the runners around the course and to Vikki Portwin for supporting on her bike. Thanks also to Vernon Martin and Liz Davey for coming to support at the finish.

Mike Hickman



Thursday Evening Pub Runs

These will be on the following dates:

8th May from Bradenham Manor

29th May from The Bull and Butcher at Turville

19th June from The Chequers at Watlington

10th July from the White Horse at Hedgerley

31st July from The Rainbow at Middle Assenden

21st August from the Chequers at Wheeler End

4th September from the Fleur de Leys
at Stokenchurch

The first run from Bradenham is confirmed, the following dates and locations will be confirmed closer to the time. These will follow the usual format of a choice of distances for the runs plus a shorter walk, followed by a drink and meal if you wish, so something for everyone.

We also have provisional dates for the first three 5k's: Wargrave on May 13th, Burnham on May 27th and Marlow on June 10th.

Club Kit

Linda also has some old style kit to clear at the rock bottom bargain price of only £5.00 each!

Male vest

Size 38, three available

Size 44, three available

Size 48, one only

Ladies vest

one only size 36

Unisex shorts

XXL, two available

Sweatshirts

Small, three available

Medium, three available

Large, one only

Cheques to Handy Cross Runners please :
Cash is also accepted. Please see Linda at the club on a Tuesday, first come first served and please form an orderly queue!!



It's nearly ten years since Terry regaled us with his woeful saga and there are now many in the club who have not had the mixed-message benefit, so it's probably worth another airing of:

A Runner's Tale

For fifty years I'd done my best all exercise to shun
The archetypal couch potato was me in ninety-one.

I didn't own a bicycle and I could hardly swim,
There was no way wild horses could
drag me to a gym,

A set of basic golf clubs would set me back a "oner"
So with breath-taking naivety I thought
"I'll be a runner!"

(How was I to know a runner has to pledge his life,
And that to run is more important than his
children or his wife ?)

I joined the local running club, Handy Cross by name,
Always bringing up the rear was my only claim to fame.

But even so I persevered and in time
became much faster,

For I was now a servant and running was my master.
I became the county champion, not too hard to do,
For their old legs were wearing out while mine were
good as new.

Five K's ten K's - ran them all, running was my fix,
It was great to be a runner way back in ninety-six !

And then I ran the "London", three-twelve was my PB,

Good enough for others but not enough for me,
For surely on the fast start with no queuing at the gate
A sub-three would be likely if I upped my mileage rate.
So I started training twice a day - eighty miles a week,
What's an odd knee niggle or a little ankle tweak,
For I was now a runner and had a runner's brain,
Not for me R-I-C-E, I could run through pain.

But for years of pavement pounding the price to pay
was great,

And my body hit the buffers hard in nineteen
ninety-eight

So I saw a host of experts and spent a load of dough,
Just to listen to opinions that I didn't want to know.

Though they finally convinced me my last
race had been run,

I'd come way back in second place and
Father Time had won.

No pressure now, no stop-watch, no need
to watch my weight
No fartlek, parlauf, track sessions who cares about
heart-rate?

No hills, no drills, no creatine, no more sweaty socks,
My life was back to normal watching
football on the box

And I started seeking solace from the friends
that I once knew,
My old mate Tennents Super and my buddy
Special Brew!

Of course I felt despondent when I still
recalled so well,
How the streets of Deptford echoed to the shouts of
"Come on Tel!"

But I still had my memories to last me
through the years,
And I'd be reminded daily of my precious souvenirs,
A drawer half full of medals, cups and several XL T's,
A dodgy back, a bunion and a pair of wonky knees.

Epilogue 2005

I'd love to make a comeback though I've had to rule
one out,

Due to bouts of arthritis and a painful dose of gout,
And though I'd rather be a has-been than a never-was,
I missed not only running but good times at
Handy Cross

So you'll find me in the beech woods, or jogging
by the stream

No time now for Personal Bests, only time to dream,
And enjoy the sights I'd once rushed by, and the views
I'd failed to see,

Like the half-dressed Lycra lovelies who stop and
wait for me.

Terry Eves MV60+

(MV60++ now surely? Ed)



Barcelona Half Marathon

I met Paul Dineen, Samantha Amend and Alexander Miller of Datchet Dashers at Heathrow in a state of great excitement at escaping the British weather. After the deluge we have experienced in recent weeks, the prospect of 18-20°C with minimal rain seemed like a distant memory which would soon become familiar again. Just at the thought of arriving in such an environment one would have thought we were embarking on a trip to the Caribbean, the way we were talking about these giddy temperatures. Nonetheless it was great to escape the monsoon and off we set. However, our plane was delayed by an hour due to the next band of rain and high winds hitting the UK!

We arrived at Barcelona Airport around early evening and as Sam had an international invite to come out and run the race, we were met by a chauffeur who drove us to our hotel for no cost, which was much appreciated. After dumping our bags at the hotel, obtaining the Wi-Fi code and doing the obligatory status tagging, we embarked on a restaurant a stones throw from the hotel and ate some tapas. Sam thought it amusing to take a photo of us guys with a beer, due to the fact that I was drinking water! To be fair it's not very often you will see that, so the picture was warranted.

The next morning Paul and I set out for a good cafe across the road that I had discovered a couple of years ago, where they do a great deal on sausages or bacon with eggs, bread, orange juice and coffee, all for six Euros. The breakfast of champions!

Arriving back at the hotel we found Sam & Alex had discovered the hotel gym. As we entered the gym we saw Sam doing her full skipping rope routine. Alex pointed at the digital display on the cross trainer he was pounding and proudly announced he was just going over the 10K mark in 31 minutes! I then had to remind myself this was the day before we were to run the Barcelona Half Marathon.

We then headed for the Expo to collect our numbers, meeting Sam's friend Vicky along the way. After collecting our numbers we spent the rest of the day relaxing in the sun at the local cafes, avoiding the trap of doing too much walking the day before a race. Dinner that evening was at an Italian restaurant where carbohydrate loading took place. This time everyone else obliged with my previous nights choice of drinking water.

Next day we got up early to do the usual pre-race routine of stretching, banana munching and yawning (bearing in mind the race started at 8:45 am which is 7:45 am in the UK). The weather felt a good temperature for racing and the hotel was a mile to Arc De Triomf, which is Spain's answer to the Paris Arc De Triomphe. As this was a mile away it constituted half the warm up.

I entered the sub 1hr 20 start pen about ten minutes before the race started. The pen quickly filled up with an abundance of much faster runners. The thought of barging to the front for a mug shot with the Kenyans was appealing, but the prospect of being mowed down, not so appealing. People did get mowed down and I was glad to start about seven rows back.

From the gun I embarked upon my notorious first mile in 5:35 to find myself in front of Sam and Alex who was pacing her. Naturally after three miles in, the springs popped out of my head and steam came out of my ears as the 'blow up' took place. Alex then overtook me with the comment, "Bold move Gareth, bold move" with Sam in tow. I then managed to hang on for the next seven miles at six minutes per mile pace with the last third of the race at more of a 6:30 pace.

The PB was officially off the cards but I was still happy to finish with a time of 1:22:29 considering the silly start. Sam and Alex both did 1:17:35. Paul finished in 1 hour 40 which is a great time when you consider he had hardly been able to do any running in the build up to the race with recent niggles. We later found out Florence Kiplagat set a new woman's World Record for the Half Marathon with a time of 65 minutes and 38 seconds! This lays testament to the fact it is a flat and fast course. After the post race chit chat we went back to the hotel for a welcome shower before going out to enjoy the city with a more flexible license.

We met in the afternoon for some beverages before saying goodbye to Vicky who was heading home. We then went out for dinner and paella seemed to be the most popular choice that evening. Some more beer was consumed after the meal and the exact time of the nights end was somewhat vague.

After saying farewell to Sam and Alex the next morning, Paul and I had another day to explore the city. We took a short Metro trip from Passeig de Gracia to Espanyol where we visited the great building which boasts The Magic Fountain of Montjuic where Pavorotti and Freddie Mercury famously sang at the 1992 Olympics. Unfortunately the fountain was turned off on this particular day.



We then took a look at the Olympic Stadium where Linford Christie won the 100M and Sally Gunnell the 400M Hurdles. The plan was to take a cable car up to Montjuic Castle but it was out of service so we caught a bus instead. This at least saved some Euros. The view from Montjuic Castle is fantastic, giving a vantage point over the whole city and it was a glorious sunny day with a temperature of 20°C.

We took a stroll down to the bay and onwards to the beach where there are many bars. This seemed quite suitable since we were thirsty again after all the walking. We went back to the same restaurant as the previous night but had a few less drinks this time!

On the final morning we packed our bags to leave with the same thought: it had been a good long weekend with a view to doing the odd race abroad again sometime in the future.

Gareth Morris

Run England Beginning Runner's Groups Starting in March

Mike will be starting the following Run England Beginner's Groups shortly and would be most grateful if you could tell all your non-running friends, colleagues and relatives about them.

'From Couch to parkrun'

This is a ten week long course for people with little or no running experience who would like to begin in a safe, enjoyable way with the support and companionship of others. We will lead you very gradually via a weekly increasing ratio of running to walking, to a stage where you will comfortably be able to take part in our local weekly 5k parkrun and join our club's Improver's Group on a Wednesday evening.

Starts on Saturday 15th March at 10:00 am and each Saturday thereafter (after parkrun) meeting outside The Lido at The Rye.

'Walk 2 Get Fit 4 Running'

This is a ten week long course for adults who are not yet ready to begin running but would like to build up their fitness gradually in preparation for when the next beginning runner's course commences in the summer.

Starts on Wednesday 19th March at 5:45 pm and each Wednesday thereafter, meeting in the bar of the Wycombe Judo Centre.

'Handy Cross Runners Beginner's Group'

This is a ten week long course for adults with little or no running experience who would like to begin in a safe, enjoyable way with the support and companionship of others. We will lead you very gradually via a weekly increasing ratio of running to walking, to a stage where you will comfortably be able to run for 3 miles (5k) and join our club's Improver's Group. Starts on Wednesday 19th March at 7:00pm and each Wednesday thereafter, meeting in the bar of the Wycombe Judo Centre.

All of the above courses are free of charge and led by Mike Hickman who is a qualified Level 3 England Athletics Coach and Run England Leader.

2013 Report From Our (Un) Social Secretary, Lucy

Halloween Run

About a dozen or so HCR runners turned up to the Club on 31st October unrecognisably dressed as ghouls/ghosts & scary things-some may say not much different from the norm!

It was unusual that the day fell on a Thursday so there was no escape for the faint hearted. We took a route from the club down Marlow hill towards the centre of Wycombe (some people we passed didn't even notice the difference) we ran into the centre and promptly scared all of the Next staff (where I work at weekends, or did!) Sadly they recognised me even through the outfit, which doesn't say much. After a photo shoot outside we went back to the club for some jacket potatoes & fillings kindly arranged by Fiona in the bar.

Other club members joined us after their more serious run, all in all a good evening and nice to see the bar buzzing after a run again. Well done to everyone that participated and also to Michael Clare who was so well disguised we didn't recognise him at all until half-way through the run.

The next 31st that falls on a Thursday is in 2019, Terry and I wondered how many of us will see that one???



Ladies Christmas Dinner

Twenty or so ladies went out for our annual dinner and by popular demand, we went back to the very hospitable 'Chequers' in Wheeler End.

Again we were delighted by the excellent service and food at this ever popular pub. We have had our Summer runs from there followed by a BBQ the last couple of years and know this is a favourite with our runners who live in the area.

The evening was lovely, we had our own table with all the usual Christmas decorations and the food was excellent, if I have to complain about anything it was the amount of food, just too much!! Note to self next year to order only two menu choices as we all felt a bit like the Turkey, well & truly stuffed! (Pardon the pun!!)

Handy Cross Panto Trip

As usual HCR runners, family and friends attended the annual Panto at Wycombe Swan on December 7th, always a good start to the festive season. Prior to the Panto about a dozen or so went to the Noodle Nation (or as Mike H refers to it as the Nookie Bar).

This year we occupied a record number of thirty-six seats in the Swan and occupied the first and second row of the stalls with a few late comers in the third.

The Panto this year was Cinderella and starred the very funny Shane Ritchie from EastEnders. I am always amazed at how it just gets better and better, I can honestly say that all of us had a ball (get it??) (Not really, Ed.)

I had managed to seat all the right people in all the right places....or so I thought! When I eventually sat down Nick Martin had changed my seating position so I was very central and consequently got picked on during the 3D glasses scenario. This meant I got covered in silly string (maybe it was the Mickey Mouse ears that attracted the attention?) The front row was as usual subjected to the normal out of control dried ice, water spray and verbal abuse.

We also witnessed the odd swear word or two (under Shanes breath) forgotten lines and uncontrollable laughter.

One of our younger members was invited up on stage to assist Shane Ritchie with the story book scenario, I think Helen wished it was her!

The first night is always an absolute must and I have already booked seats for 2014. This year it will be Dick Whittington with the star to be announced shortly.

Christmas Disco

The annual HCR disco on 20th December at the Judo Club was well attended this year. It was great to see such a fantastic turn out and although the Disco finished at midnight there were still many people there till the early hours. This year I may try to negotiate a later finishing time.

Thanks to everyone who brought food for the evening, we certainly had a good spread, just as well as we managed to shake off those extra calories we had put on.

It was also nice to see everybody out of their usual running gear, I think we all 'scrubbed up' really well.

The raffle proved a great success (thanks to all the people that donated the prizes) and we raised £152 in total.

Thanks Lucy, it's not an easy task organising social activities so she is always open to suggestions on improving our regular social events and any new ones members would like to see.

Race Advertising

Charlotte has suggested that instead of spending a fortune advertising our races in glossy magazines, we could investigate advertising via local media.

Perhaps you could all rack your brains and please let her know if you have had any local magazines/newspapers that we could look to advertise in... e.g. Village Voice covers Penn and Tylers Green, Bucks Free Press etc. She would be happy to speak to any 'contact' you may have within any magazine or paper.

Please send your ideas to littlemissing@hotmail.com

An Excerpt from Ron Hill's Blog

The Limassol 10 K

This was one of four races which started in waves. A marathon went off first, then a half marathon, then our 10 K followed by a mass corporate team 5K race. I stood just behind a 75 year old runner, **Fred Ashford of Handy Cross Runners**. At Paphos he was second to me in the 70 + category. That had surprised him as he had taken that prize a few times previously. I guessed he was out for revenge.

As soon as our wave started he was away. There was a head wind and I could find no one to shelter behind. All I could do was watch as he pulled further and further ahead. There were no K markers and the turn round point seemed to come up quickly. I glanced at my watch. 25:09 into the wind! A chance of a fast time. I was using the road, looking ahead and tangential to the bends.

Suddenly, I saw in the distance that Fred had stopped and was walking. I bore down on him but then he was moving again and I could not close the gap. The last two kilometres of the course was covered from edge to edge with the corporate competitors walking, totally oblivious to the finishing runners.

Not a good system when both sides of the carriageway were closed to traffic and only a handful of marathon runners were on the other side. I stopped my watch as I crossed the line, 48:29. Great! But the satisfaction was short lived. A friend told me that someone had run the race with a GPS watch and had found it was 500 metres short. That was unforgivable! Plus there were only awards for MV60s. Fred had clocked 48:12 so we were 1st and 2nd MV70s and I think Fred could have been 3d MV60



Fred

French Holiday Farmhouse To Rent in Cantal Auvergne

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Results

Cross Country

Chiltern League

Oxford

ladies team:

25th Margaret Moody
38th Emma Keys
54th Fran Brown
62nd Jess Barrell

men's team:

40th Steve Roberts
47th Dave Rees-Hall
62nd Mark Dewey
78th Paul Dineen
83rd Howard Taylor
92nd Keith Round
106th Mike Hollis
150th Darren Wakefield
155th Martin Dean

Milton Keynes

26th Steve Roberts
30th David Rees Hall
37th Gareth Morris
62nd Paul Dineen
73rd Howard Taylor
75th Keith Round
94th Mike Hollis
118th Stephen Batham

123rd Darren Wakefield

125th Phil Burridge

Slough

ladies team:

22nd Margaret Moody
24th Anne-Sophie Denis
40th Charlotte Ing
74th Kelly Rose

men's team:

16th Steve Roberts
19th Gareth Morris
47th Howard Taylor
63rd Keith Round
64th Paul Dineen
70th Mike Hollis
89th Steve Batham
95th Craig Atkins
105th Darren Wakefield

Wing (run at Milton Keynes)

ladies team:

18th Ellen Fulcher

men's team:

24th David Hall
17th Keith Round
128th Darren Wakefield
129th Phil Burridge

Thames Valley League

Datchet

48th David Lightbourne
152nd Tom Astles
160th Mike Hollis
222nd Craig Atkins
247th Pete Astles
266th John Peerless
286th Dave Duckworth
330th Daren Wakefield
335th Rachael Cullen-Heighway
341st Angie Peerless
354th Rod Palmer
356th Helen Mosely
357th Paul Joel
381st Martin Dean
385th Jo Knights

Sandhurst

5th Ben Hall
92nd Howard Taylor
109th Alun Jones
150th Tom Astles
165th Mike Hollis
211th Margaret Moody
227th Craig Atkins
240th Jackie Ing
247th John Peerless
251st Pete Astles
270th Gemma Taylor
276th Steve Batham
311th Darren Wakefield
313th Colin Meads
336th Paul Joel
337th Angie Peerless
346th Helen Moseley

**Reading**

30th Dave Hall
67th Alun Jones
88th Paul Dineen
89th Keith Round
124th Mike Hollis
195th Craig Atkins
206th Steve Batham
209th Jackie Ing
215th Charlotte Ing
256th Keith Wakefield
320th Helen Moseley

Bracknell

39th Dave Rees Hall
141st Mike Hollis
233rd Charlotte Ing
244th Steve Batham
306th Jess Barrell
322nd Helen Mosley
332nd Chris Lansdown

Handy Cross

78th Alun Jones
87th Tom Astles

Thames Valley Triathletes

91st Keith Round
227th Paul Joel
238th Darren Wakefield
252nd Helen Moseley
258th Chris Lansdowne
272nd Craig Atkins
297th Kelly Rose

Tadley

109th Tom Astles
110th Howard Taylor
147th Mike Hollis
219th Pete Astles
266th Craig Atkins
311th Darren Wakefield
338th Chris Lansdown

**SEAA Championships at
Parliament Hill**

390th Steve Roberts
424th Brendon Gilbert
488th David Rees Hall
839th Mike Hollis

**Bucks Berks and Oxon
Championships**

men's race:

51st Dave Rees Hall
76th Darren Wakefield

ladies race:

32nd Margaret Moody

**Bucks Cross Country Cham-
pionships at Luton**

44th Howard Taylor
53rd Paul Dineen
62nd Jo White

Cliveden Cross Country

36th Gareth Morris
39th Robert Petingell
132nd Mark Dewey
202nd Emma Keys
209th Stephen Batham
401st Teresa Watkins

Marlow Half Marathon

Gareth Morris 1:27:41
David Lightbourne 1:27:58
David Hall 1:30:28
Dan Charleston 1:30:26
Howard Taylor 1:33:16
Paul Dineen 1:34:01
Keith Round 1:36:52
Michael Handley 1:39:28
Emma Russo 1:44:05
Charlotte Ing 1:48:26
Des Mannion 1:55:16
Steve Batham 1:57:47
Darren Wakefield 2:00:38
Nick Martin 2:02:17
Paul Joel 2:17:31

Our men's team finished in second
place, well done!

Bath Half Marathon

William Birch 1:43:50 (pb)

Reading Half Marathon

Julian Hucks 1:27:33
Paul Dineen 1:29:09
Karen Letham 1:45:35
Francesca Tiller 1:46:36
Fran Brown 1:53:28
Mark Dewey 1:53:29
Claire Ponsford 1:55:42
Celia Edwards 1:59:55
Tracy Edwards 2:11:20

Silverstone Half Marathon

Chris Gentry 2:11:53

**Results of the Alex Johnson Memorial Trophy Handicap Race**

Act. Pos'n	Name	Pred'd Time	Act. Time	Time Diff.(+or-)	Min/Mile	HCap Pos'n
1	Penny Cutler	N/A	1:03:58	N/A	7:45	N/A
2	Craig Atkins	1:04:08	1:06:14	+2:06	8:05	6
3	Steve Batham	1:05:23	1:08:09	+2:46	8:16	7
Jt. 4	Jacqueline Ing	1:07:21	1:09:04	+1:43	8:22	5
Jt. 4	Charlotte Ing	N/A	1:09:04	N/A	8:22	N/A
6	Paul Frith	1:10:37	1:10:17	- 0:20	8:31	4
7	Phil Burridge	1:11:29	1:10:42	- 0:47	8:34	3
8	Darren Wakefield	1:07:01	1:11:33	+ 4:32	8:40	8
9	Chris Lansdown	1:14:53	1:13:2	- 1:32	8:53	1
10	Helen Moseley	1:14:56	1:13:3	- 1:19	8:55	2
11	Richard Jameson	N/A	1:18:30	N/A	9:31	N/A
12	Paul Joel	1:11:17	1:18:34	+ 7:17	9:35	10
13	Nick Martin	1:12:55	1:21:31	+8:36	9:53	11
14	Terry Eves	1:17:11	1:26:46	+9:35	10:31	12
15	Christine Frith	1:19:33	1:31:40	+12:07	11:07	13
16	Stephanie Williams	1:27:03	1:31:43	+4:40	11:07	9

Walkers

Pat Carter	2:30:00	18:11
Rose Priest	2:30:00	18:11

Rugged Radnage 10k

Steve Knock 44:11
Mike Hollis 49:49
Anne-Sophie Denis 53:02
Emma Keys 53:33
Lucy Zaboklicka 56:43
Peter Astles 57:08
Tracey Knock 59:59
Rachael Cullen-Heighway 1:00:04
Steve Battenti 1:02:29
Nick Martin 1:03:56
Helene Galsworthy 1:10:44
Fiona O'Donovan 1:11:12
Kelly Rose 1:12:55

Barcelona Half Marathon

Gareth Morris 1:22:29
Sam Amend 1:17:35
Alex Miller 1:17:35
Paul Dineen 1:40:00

Pednor 10

Brendon Gilbert 1:03:21

Woodcote 10k

Margaret Moody 48:27
(1st in age category)

**Berkhamsted Fun Run
(5 miles)**

Brendon Gilbert 30:03 (6th)

**Berkhamsted
Half Marathon**

Mike Hollis 1:41:21
Des Mannion 1:48:03
Jacqueline Ing 1:52:15
Charlotte Ing 1:52:17
Laura Cornwell 1:54:42
Stephanie Ing 2:00:16
Darren Wakefield 2:05:50
Seba Smiley 2:23:30



Tuesday Night Training Programme

March 11 th	3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit
March 18 th	5k Time Trial Cressex Road/Cressex Industrial Estate circuit
March 25 th	Hill session 5 - 6 long and 2 short. Knights Hill
April 1 st	10-12 x 400m (Oak Crescent) (200m recovery)
April 8 th	6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder)
April 15 th	4 - 6 x 800m (Oak Crescent) (200m recovery)
April 22 nd	4 – 5 x 1000m on the field (200m recovery)
April 29 th	Poobin Fartlek session on the field
May 6 th	Hill session (Monkton Farm) 8 – 10 x long & 4 x short
May 13 th	NO SESSION Wargrave 5k (Provisional date)
May 20 th	Relay session on the field 12-16 x 200m in teams of three
May 27 th	NO SESSION Burnham 5k (Provisional date)
June 3 rd	Parlauf session on grass 8 – 12 x 400m
June 10 th	NO SESSION Marlow 5k (Provisional date)
June 17 th	8-10 x 3 minutes on grass (1½ minutes in one direction then turn and race back to the start. One minute recovery)
June 24 th	6 – 7 x 800m on John Lewis field (200m recovery)

Keeping the dream alive