
ON COURSE



MARCH 1991

ISSUE 17

affiliated to the
A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

Well, despite my gloomy forecasts of last time, it looks like "On Course" remains on course and I have to thank everyone who spoke to me after the last issue, to reassure me that my efforts with the Newsletter are not unappreciated.

Many of you who have been members of the club for a long time will, I am sure, remember John Tredwell (known to his 'friends!' as "Twinkletoes") who ran with us up to a few years ago. Although no longer an active runner, John still lives locally and likes to keep in contact with the club via this Newsletter. Recently I received a letter from him asking to be remembered to those at the club who knew him and also commenting on the recent problems the club has had. These problems reminded John of the early days of the club when, as he says, "having done 2 laps of the roundabout we were allowed to run as far as Cressex where we all sat on the wall and waited for the slower runners." Those were the days, eh!

Talking of club members, like John, who have disappeared from the scene as it were, it was nice to see the name of Dave Welfare appear on the list of results I was given for the Watford $\frac{1}{2}$ marathon run on the 3rd February. A few years ago Dave, with a lot of hard training and dedication, reached a very high standard in his running but then was unfortunately struck down with, I believe I am right in saying, an injured neck. I haven't seen Dave for quite some time but I'm very pleased that he is back running and certainly his time at Watford, 1hr 24min 38secs, was not at all bad.

Finally this time I would like to draw your attention to the article elsewhere in this issue about the forthcoming introduction of a Club Standards scheme. I hope that, after reading the article, you will think that the scheme is a good idea and one that you will want to participate in.

Chris Gentry

* * * * *

CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Gerry Grosse
Vice-Chairman	-	
Secretary	-	Alison Banham
Events Secretary	-	Joy Smith
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

Spotlight On Club Members by Chris Gentry

The spotlight this time falls on Gerry Grosse who, despite only becoming Chairman of the club in October of last year, has since impressed everyone with the quiet and efficient way he has taken over the reins during the last, turbulent, 2 or 3 months.

Gerry was born in Balham ('Gateway to the South' as he says) in March 1936 and he moved to High Wycombe from Bromley in Kent at the beginning of the 1980's. Whilst in Bromley Gerry was very keen on race walking but when he moved he took up running because, as he says,

"I was no longer able to take part regularly in race walking events or group training for race walking".

The first running race that he took part in was shortly after he arrived in Wycombe when he competed for his firm in a club/company relay held on the Rye. The distance each runner had to do on that occasion was only 2 miles but since that time Gerry has progressed to competing over longer distances including, on one occasion, the classic 26.2 miles at London.

In the early days Gerry still wanted to compete and therefore did a lot of his training on his own but he then discovered the club and, as he says,

"Having been involved in active sport for many years I suppose it was natural for me to join in the running boom of the 1980's. However it was the good club spirit in Handy Cross Joggers that encouraged me to join in and really enjoy being part of the club."

In all Gerry has competed in no less than 37 half marathons (including all nine Wycombe's), 3 ten mile races, and 3 10k's, the last of these 10k's being in 1984. His p.b's for the various distances are 1hr 35min 20secs for the half marathon which he achieved at Reading in 1989; 73min 28secs for 10 miles achieved at Oxford in 1990; and 34min 17secs for 5 miles.

Despite all that he has achieved in the last 10 years or so, Gerry still has two ambitions, running-wise, for the future. The first of these should be comparatively easy to achieve and that is his wish to run in this year's Wycombe half marathon so as to keep up his record of having run in every one of them. The other ambition, to break 1hr 35min for the half marathon distance, will take a little more effort and training but, given good health, this should not be beyond Gerry to achieve.

Finally I would like to take you back to Gerry's only experience with the full marathon distance and it was at London in 1983, after finishing in a very commendable time of 3hr 37min, that Gerry had his most embarrassing moment in the sport. I will let him explain:-

"After the race I wandered into Embankment Gardens looking for my family. As I passed a group of people sitting on a bench a little old lady, 90 if she was a day!, got up and insisted I sat down in her place and bought me a cup of tea! So much for the intrepid athlete!"

PROPOSED CLUB STANDARDS - Chris Gentry

Some of you may be aware that during the last eighteen months or so the Club Committee have been discussing the introduction of club standards as a means of encouraging club members to continue training by giving them something to aim for. Due to various problems, the discussions have taken longer than perhaps they should have but finally it looks like we are now ready for the launch. Therefore, as an introduction, I thought that the best thing I could do was to print the "question and answer" notes that I originally prepared for the Committee on the subject. Accordingly these are set out below and, if after reading them you have any other questions, I or any other Committee member will be pleased to answer them, if we are able.

Why have club standards and what are they?

A very good question and I suppose the best way of answering it is to say that the introduction of standards has proved very successful in other running and jogging clubs in so far as it has encouraged runners of all abilities to be able to train with a particular goal in mind. The standards it is proposed to use have been based on those used by the Ipswich Jaffa club for a number of years and as their Vice President says "some of us are fortunate in that we are often in with a chance of winning or getting a place in an event, but most of us only achieve a 'personal best' from time to time" Therefore, especially for those club members, it was felt that by setting standards it would encourage members who, for instance, achieved a Bronze standard for a particular distance to improve to a Silver by putting in a little more effort and training.

Why 5 standards and 5 distances?

The Ipswich scheme has 7 standards but it seemed to me that the two I have missed out, 15 miles and 20 miles, are distances that are rarely run by members of our club and therefore it did not seem to me worthwhile including them. Also I have proposed the addition of a 5th standard because it seemed to me that by only having 4 standards it meant that the differences in the times between the standards was too large.

How will it work?

For each distance, certificates will be awarded to runners achieving the appropriate standard for the first time only. Club members will have the opportunity to accumulate a complete set of standards during the time they are in their particular age group. Once a new age group is reached a complete set of new standard certificates can be obtained.

What about rules?

It is thought that the less rules the better and therefore I have taken the liberty of adapting the following rules from those of other clubs:-

(a) Only times recorded at those events measured to Road Running Club standards (or otherwise recognised by Handy Cross Joggers as being accurate or long) will be accepted under the standards scheme.

(b) The runner's time shown on the official results sheet will be the only time recognised under the scheme. The only exception to this will

be the case of events where large numbers participate (e.g. London Marathon) when the runner's own clocked time will be accepted. Results sheets should be submitted as evidence of the time recorded and times should be reported as soon as possible after the event.

(c) Age groups will be determined by the members age on the day they ran the event to achieve the standard.

So much for the introduction, now here are the standards for both men and ladies:-

M E N

<u>Under 40</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:26:20	0:28:45	0:30:30	0:33:00	0:35:00
10k	0:33:00	0:36:00	0:38:00	0:41:00	0:43:00
10 miles	0:57:00	1:00:00	1:03:00	1:08:00	1:10:00
Half marathon	1:12:00	1:20:00	1:23:00	1:30:00	1:35:00
Marathon	2:35:00	3:00:00	3:12:00	3:30:00	3:40:00
<u>40 - 44</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:27:10	0:30:00	0:32:00	0:35:00	0:38:00
10k	0:34:00	0:37:30	0:40:00	0:43:30	0:47:00
10 miles	0:59:00	1:03:15	1:06:00	1:12:00	1:18:00
Half marathon	1:15:00	1:24:00	1:28:00	1:36:00	1:44:00
Marathon	2:40:00	3:05:00	3:20:00	3:45:00	3:55:00
<u>45 - 49</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:28:00	0:31:30	0:33:30	0:37:15	0:39:00
10k	0:35:15	0:39:30	0:42:00	0:46:30	0:51:30
10 miles	0:58:00	1:05:00	1:09:00	1:16:00	1:24:00
Half marathon	1:18:00	1:28:00	1:33:00	1:42:00	1:48:00
Marathon	2:45:00	3:12:00	3:30:00	4:00:00	4:10:00
<u>50 - 54</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:28:50	0:33:15	0:35:15	0:39:30	0:41:15
10k	0:36:15	0:41:30	0:44:00	0:49:30	0:52:00
10 miles	0:59:40	1:08:00	1:12:00	1:20:00	1:23:00
Half marathon	1:20:00	1:32:00	1:38:00	1:48:00	1:52:00
Marathon	2:50:00	3:20:00	3:40:00	4:15:00	4:18:00

<u>55 - 59</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:30:30	0:34:45	0:37:30	0:40:00	0:42:30
10k	0:38:30	0:43:30	0:47:00	0:49:15	0:53:00
10 miles	1:03:30	1:11:00	1:15:00	1:20:00	1:25:00
Half marathon	1:25:00	1:36:00	1:43:00	1:49:00	1:55:00
Marathon	3:00:00	3:30:00	3:50:00	4:10:00	4:33:00

<u>60 - 64</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:33:00	0:36:45	0:40:00	0:42:30	0:45:15
10k	0:41:15	0:46:00	0:50:00	0:53:15	0:56:30
10 miles	1:07:30	1:15:00	1:20:00	1:25:00	1:30:00
Half marathon	1:30:00	1:41:00	1:48:00	1:55:00	2:02:00
Marathon	3:15:00	3:40:00	4:05:00	4:25:00	4:55:00

<u>65 - 69</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:35:30	0:39:15	0:42:30	0:45:30	0:48:00
10k	0:44:30	0:49:00	0:53:00	0:58:00	1:02:00
10 miles	1:13:00	1:20:00	1:26:00	1:30:00	1:36:00
Half marathon	1:37:00	1:48:00	1:57:00	2:05:00	2:13:00
Marathon	3:30:00	3:55:00	4:23:00	4:53:00	5:17:00

<u>70 +</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:38:10	0:41:30	0:45:15	0:47:30	0:50:30
10k	0:47:50	0:52:00	0:56:30	1:00:00	1:05:30
10 miles	1:18:00	1:26:00	1:34:00	1:40:00	1:45:00
Half marathon	1:44:30	2:00:00	2:10:00	2:18:00	2:25:00
Marathon	3:45:00	4:15:00	4:45:00	5:10:00	5:42:00

L A D I E S

<u>Under 35</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:31:30	0:36:00	0:38:30	0:42:45	0:45:00
10k	0:39:30	0:45:00	0:48:00	0:53:30	0:56:30
10 miles	1:02:00	1:14:00	1:18:00	1:23:00	1:28:00
Half marathon	1:27:00	1:39:00	1:45:00	1:54:00	1:59:30
Marathon	3:04:00	3:25:00	3:40:00	3:55:00	4:10:00

<u>35 - 39</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:33:00	0:37:30	0:40:00	0:44:30	0:47:00
10k	0:41:30	0:47:00	0:50:00	0:56:00	1:02:00
10 miles	1:08:00	1:13:00	1:20:00	1:27:00	1:33:00
Half marathon	1:31:00	1:42:00	1:50:00	1:57:00	2:04:00
Marathon	3:13:00	3:35:00	3:55:00	4:10:00	4:22:00

<u>40 - 44</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:34:45	0:40:00	0:42:30	0:47:00	0:53:00
10k	0:43:30	0:49:00	0:53:00	0:59:00	1:05:00
10 miles	1:12:00	1:21:00	1:27:00	1:35:00	1:44:00
Half marathon	1:36:00	1:44:00	1:54:00	2:01:00	2:12:00
Marathon	3:23:00	3:52:00	4:09:00	4:20:00	4:36:00
<u>45 - 49</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:37:00	0:42:30	0:45:00	0:50:00	0:55:00
10k	0:46:30	0:53:00	0:56:30	1:03:30	1:08:00
10 miles	1:16:30	1:27:00	1:33:00	1:43:00	1:50:00
Half marathon	1:42:00	1:54:00	2:02:00	2:11:00	2:20:00
Marathon	3:36:00	3:55:00	4:10:00	4:26:00	4:54:00
<u>50 - 54</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:39:45	0:45:00	0:48:30	0:54:00	0:58:00
10k	0:49:45	0:56:30	1:00:00	1:07:00	1:12:00
10 miles	1:22:00	1:33:00	1:39:00	1:50:00	2:00:00
Half marathon	1:50:00	2:04:00	2:13:00	2:24:00	2:30:00
Marathon	3:52:00	4:15:00	4:35:00	4:58:00	5:15:00
<u>55 - 59</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:42:45	0:49:00	0:52:00	0:58:00	1:03:00
10k	0:53:30	1:01:00	1:05:00	1:12:00	1:18:00
10 miles	1:28:00	1:40:00	1:47:00	1:59:00	2:07:00
Half marathon	1:58:00	2:12:00	2:20:00	2:28:00	2:40:00
Marathon	4:25:00	4:35:00	4:55:00	5:21:00	5:39:00
<u>60 - 64</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:46:00	0:52:00	0:56:00	1:02:00	1:07:00
10k	0:57:45	1:05:00	1:10:00	1:18:00	1:24:00
10 miles	1:35:00	1:48:00	1:55:00	2:08:00	2:15:00
Half marathon	2:07:00	2:23:00	2:35:00	2:41:00	2:54:00
Marathon	4:20:00	4:55:00	5:10:00	5:29:00	6:05:00
<u>65 +</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:49:15	0:56:00	1:00:00	1:07:00	1:12:00
10k	1:01:45	1:10:00	1:15:00	1:24:00	1:30:00
10 miles	1:42:00	1:55:00	2:03:00	2:18:00	2:25:00
Half marathon	2:16:00	2:30:00	2:44:00	2:55:00	3:05:00
Marathon	4:35:00	5:00:00	5:29:00	5:52:00	6:31:00

RESEARCH INTO HILL TRAINING by Jerry Jerome

The first two coaches to popularise hill training were Arthur Lydiard of New Zealand and Percy Cerutti of Australia. Lydiard's successes included Peter Snell (3 gold medals), Murray Halbeg (a gold in the 5k), etc. Cerutti's successes included John Landy, who took Bannister's world record, and Herb Elliott, perhaps the greatest miler of all time.

LYDIARD'S METHOD

Run 100 miles a week in the winter for ten weeks, follow this with six weeks of running up and down a long steep hill for six days of the week followed by a 20 mile run on the seventh. The hill had to be 800m long minimum. Before the session started there was a 15 minute warm-up run on the flat. The ascent was to be made with a high knee-lift and forceful push-off from the rear leg. On reaching the top the athlete jogged on the flat for 400m away from the hill, on the way back he would either do a fast 200m stride or a fast 400m one. The descent was to be done at a fast pace. Once on the level the runner would do a fast 200m away from the hill, followed by a 200m jog away, then on the return a fast 200m stride and 200m jog. Or a fast 400m away from the hill and a slow 400m back. A total of 9 miles was done in this fashion. Lydiard described this as the hardest part of all his training programmes. More recently Lydiard has stated that this should be done every other day in the winter and once a week in the summer, this is because many athletes have been injured doing this sort of training every day for six weeks. Also Lydiard advocated at first a 1 in 3 gradient and to run down such a hill at a fast speed also caused injuries, a 1 in 10 hill is now recommended.

Observations

The formula of 10 x 100 miles and 6 x hills in weeks is a dangerous one. The words WORK UP TO 10 x 100, etc should prefix this formula. As an example, in October, the 1st week can be 5 miles a day, 2nd week 6 miles a day, and so on until 14 miles a day is reached by the first week in December. Similarly, only a third of Lydiard's hill quantity should be attempted in the first week, so that three weeks will be taken to reach the maximum of nine miles every day uphill running.

CERUTTI'S METHOD

This is even harder than the Lydiard system, for the hills are run on sand dunes but only at the week-end on two consecutive days. One session would be up to fifty SPRINTS up a short (60m) 1 in 5 hill. One session of 10 mins non stop running up a longer hill (100m) but steeper. One session of repetition runs over a 2,000m undulating sand route. Hills in Britain which compare to those found in Portsea, Australia, are to be found at Braunton, Devon, and Merthyr Mawr, South Wales.

Observations

It has been noticed that many Welsh athletes are far better at running uphill on sand than established Great Britain runners, however, on the flat they cannot equal the performance of British internationals. This is because the former spent too much time sand-running to the detriment of faster flat

running. The ratio should be one session sand-running, three sessions flat running, if it is to be effective.

NURMEVIKIVI

This physiologist (Russian) was the first to make a medical study of hill running. Three groups of athletes were used. One group did 8 x 400 strides up a 1 in 6 hill and the others did 8 x 150 strides, with jog back rest, the third group did 8 x 200 on the flat. All athletes were monitored by heart transmitters (telemetry). It was discovered that although running 50m less in distance, the 8 x 150 group recorded much higher pulse rates than those doing 200m. The speed of the runs were at 30 seconds pace for 200m. Also, the recovery period of one minute after a run saw the 8 x 150 group recovering less and less, reaching a high of 160 whereas the level group doing 200s reached a high of 140. The 400 group had to cover the distance in 80 seconds, their pulse readings were less than the 150 group but more than the 200 group, their recovery was better. The athletes did the session three times a week for six weeks.

Observations

The conclusion was that 400m runs were ideal for stamina and an increase in haemoglobin levels and erythrocytes. The 150 group showed a marked increase in the alkaline reserve and therefore this form of training was ideal for the 800m runner, however, haemoglobin and red cell levels dropped. To a lesser extent the same was said of the 200s on the flat group who showed both an increase in stamina and alkaline reserve but not to the extent of the other two groups. It was thought that in the winter athletes should do two sessions a week of 8 x 400 uphill and one of 8 x 150 and in the summer one of each.

PISKU and URGENSTEIN

These two Russian physiologists did an experiment lasting six weeks on 94 athletes who trained only three times a week. The groups were divided into the following activities:- steady running (30 min), pure sprinting up to 100m, interval 200s, 600m reps, uphill running, fartlek, and a mixture of the lot. The athletes were examined before every training session and after. At the end of six weeks they were competitively tested at 100, 200, 400 and 600m. The most successful were the group of hill runners, followed by the interval 200m group and the poorest group were the steady runners. However, it was noticed that the steady running group recovered from all the test runs much faster than the other groups.

Observations

The two physiologists concluded that a combination of steady running, hill running and interval work, would bring about a more balanced development. It would seem that hill running and interval work bring about a quick improvement in condition but that steady running made for a longer lasting fitness.

OZOLIN

This physiologist was puzzled by a stalemate reached by sprinters doing full out work on the track. They reached a point in their work-outs where they could not improve speed. He conducted three trials. One group did all their fast work on the track, one group all uphill and another group a mixture of both. His conclusions were that around a month before the major competition

goal, sprinters should do one-third of their work on the flat, one-third uphill and one-third downhill. The gradient is **VERY IMPORTANT** not more than 1 in 10 uphill, and not more than 1 in 20 downhill. He found that the downhill group began to run improved times on the flat within a short time. A further experiment conducted by the famous American Coach, Bud Winter, whose athletes have broken world records from 100 to 400m and the 400m relay; and also the National Coach of Yugoslavia, have confirmed Ozolin's findings.

FINNISH METHOD

The Finns sought to carry Lydiard's theories further by **BOUNDING** uphill, this either means "the step" action of the triple jump or a running on the spot action with a slow progression forwards. Vasala's coach, having tried it, spoke out against it saying that the achilles tendon was stretched too much and many injuries occurred. However, in small doses it has a place in the winter programme. The maximum distance would appear to be 100m and the incline not more than 1 in 10.

MARLOWE METHOD

Bill Marlowe, coach to former world record holder for 200m, Peter Radford, advocated hopping up a short steep hill on alternate legs, running down after each hop and changing legs for the period of 4 minutes. This is extremely exhausting work and at first periods of 1 minute with a minute's rest should be tried before going for the full 4 minutes. A good substitute is hopping up the stadium steps.

FRENCH EXPERIMENT

To find the effect of strength acquisition, the French conducted an experiment where one group did weight training, one group ran ordinarily up a hill and a third group ran uphill using a racing stride. The latter group acquired greater leg strength. Details of this work are not at hand and should be treated with caution.

APOLOGY

What can I say? Try as I might I seem incapable of avoiding making mistakes in this Newsletter. This time the mistake involved not one but two club members, Stephan Naunko and Steven Garratt, and it occurred because in the last issue I reported that Stephan had run in the Wexham Park 10k whereas, on the date in question, 14th October 1990, he was nowhere near the place. In fact it was Steven who competed in the event. So, my apologies to both Stephan and Steven!

One Friday night in September last year I was quietly sitting at home when, out of the blue, I got a telephone call from Wing Commander Dick Dauncey, the Chairman and Press Liaison Officer of the High Wycombe Town Twinning Association. He had heard that a small party from the Joggers had taken part in the 1990 Kelkheim Half Marathon and what he wanted was an article about the trip for "Gemini" the Newsletter of the Association. No problem I thought, all I need to do is have a word with the people that went, get a note of the funny things that happened to them on the trip, and write the article. Unfortunately it wasn't as easy as that because the Wing Commander went on to say that he needed the article by the following evening at the latest! So, after a quick telephone chat with Dave Barraclough, I had to sit down and write the article straight away. Anyway for the many of you who don't see the Association Newsletter I reproduce below the article that eventually appeared - together with the photograph which also appeared.

One of the nicest things that has come from the twinning of High Wycombe and Kelkheim has been the friendship that has arisen between the running communities of the two towns especially with regard to the visits made by members of Handy Cross Joggers to Germany to take part in the annual Kelkheim half marathon and the reciprocal visits made by German runners to take part in the Wycombe half marathon.

Over the recent August Bank Holiday weekend a quartet from Handy Cross Joggers travelled to Kelkheim to take part in this year's race and, after a long journey by road, they received a warm welcome from the people of Kelkheim. As in other years, the runners stayed with German families in the town and the hospitality they received was excellent. The German families went out of their way to make the runners feel at home which was much appreciated as it enabled the runners to relax before the race. On the day of the race, Saturday, and on the Monday after the race, the German hosts took time out to show the Joggers the sights of Kelkheim and the surrounding districts and the runners were very impressed by what they saw. The area is extremely picturesque.

The race itself, held on the Sunday, was extremely well organised and after it was all over the party from the Joggers was invited to join the celebrations that had

been organised by the Germans for a party visiting the town from Kelkheim's twin town in France. The French party turned out to have a number of disco dancers amongst its number and they kept the party atmosphere going by giving an impromptu performance to pop music.



*Our Vice Chairman, Edwin Burrows, with
Martyn Francis, one of the Handy Cross
Joggers*

RACE RESULTS/REPORTS



Wendover Woods 5 Hill Race - 16th December, 1990

You may recall that in the last issue of "On Course", Grahame McLachlan gave his impressions of this race and they were far from complimentary! Unfortunately, at the time, I did not have any results of the race to hand but I now have them and the club results are set out below. One thing that caught my hand from the results was that club member Derek Sawyer finished right behind the first lady home, Caroline Owen-Thomas, just as he had in the Aylesbury Half Marathon - now I'm not one to talk but.....!

Ralph Chesswas	36min 42secs	Roy Williams	37min 41secs
Derek Sawyer	38min 08secs	John Flint	39min 27secs
Bob Carter	40min 10secs	Grahame McLachlan	41min 17secs
Kevin Duffy	43min 02secs	Vernon Martin	47min 58secs
Martyn Franzese	48min 07secs	Vivien White	55min 29secs

Cliveden Cross Country - 30th December, 1990

Again this was a race where the results were not available for the last issue but I have now obtained a copy of them and the times for the club runners are set out below. Before that though, I have to say that the conditions for the race were the best I have ever known and it was a real privilege to run in such beautiful surroundings.

Dave Woolley	42min 06secs	Roger Wilkes	43min 29secs
Phillip Stephens	44min 03secs	John Flint	44min 17secs
Roy Williams	45min 01secs	Bob Carter	45min 39secs
John Bradbury	46min 33secs	Esme Thomson	46min 58secs
Derek Sawyer	46min 58secs	Chris Gentry	47min 38secs
Alex Johnson	48min 25secs	Chris Carter	48min 45secs
Peter Gallagher	52min 16secs	Trevor Hart	53min 28secs
Jacqui Harbour	60min 08secs	Dave Nash	62min 27secs
Marian Gould	65min 18secs	Peter Gould	67min 42secs
Caroline Weekes	68min 33secs	Rose Priest	73min 02secs

Inter-club Cross Country, Amersham - 12th January, 1991

This was the first cross country of the new year and the club were well represented. Both the men and the ladies had to contend with pretty tough courses, with the mens race being just over 5 miles and the ladies 3 miles. The results for the club were:-

<u>Men</u>			
Dave Woolley	30min 24secs	James Bond	31min 23secs
Roy Williams	31min 32secs	John Flint	31min 41secs
Benjy Benjamin	32min 00secs	Dave Barraclough	32min 04secs

Dave Robson	32min 22secs	Mike Stone	32min 52secs
John Hudson	33min 16secs	Alex Johnson	33min 39secs
Vernon Martin	39min 25secs	Dave Nash	45min 03secs

Ladies

Jacqui Harbour	24th	Vivien White	30th
----------------	------	--------------	------

Ladies Southern Counties Cross Country Championships - 26th January

The quartet of ladies from the club were up against tough competition when they travelled to Horspath, Oxfordshire to take part in these championships. Over 300 of the very best lady cross country runners in the south took part but the quartet did very well with Esme Thomson leading them home. The results for the foursome were:-

Esme Thomson	124th	Margaret Moody	154th
Eila Mansfield	183rd	Jacqui Harbour	188th

Watford Half Marathon - 3rd February

This race has always been the first major half marathon of the year but despite the fact that it is comparatively close to home, it has never been a very popular one with club members - that is until this year when we had 16 runners taking part. In spite of the sub-zero temperatures the race seemed to be an eventful one for club members with Alex Johnson and Dave Robson having a race for the line, Irene Smith winning a prize for being the first lady vet home, and John Harvey, Stephan Naunko and Joy Smith all setting personal bests. I have managed to get hold of a copy of the official results and these are set out below for the club members who competed. In some cases the official finishing times are very close to the ones the individuals supplied but in some cases they are very different, therefore I hope I don't upset anybody by using the official ones.

John Harvey	1hr 15min 11secs	Chris Minall	1hr 20min 26secs
Ralph Chesswas	1hr 21min 55secs	Dave Welfare	1hr 24min 35secs
Irene Smith	1hr 25min 20secs	Brian Butler	1hr 26min 12secs
Stephan Naunko	1hr 26min 35secs	Alex Johnson	1hr 28min 30secs
Dave Robson	1hr 28min 44secs	Tony Barnard	1hr 29min 16secs
Kevin Hancock	1hr 35min 43secs	Joy Smith	1hr 39min 17secs
Keith Hicks	1hr 42min 33secs	Brian Childs	1hr 51min 51secs
Dave Nash	1hr 58min 45secs	Linda Butler	2hr 22min 54secs

Lower Earley 5 - 24th February

Our resident Lower Earley expert, Eric Buckle, was again the only club runner to take part in this race - just as he was back in early December. This time the weather was warm but a little windy and Eric recorded a very good time of 29min 09secs. He was supported in the race by his girlfriend, Dawn Segrue, who, despite being a member of a rival club, did well to set a personal best for the distance of 42min 02secs (Editor's Note: That's a fiver you owe me Eric for mentioning Dawn!).

* * * * *

LATE RESULTS

Kesteven 10 miles - 2nd December, 1990

Ever prepared to go any distance to avoid fellow club members in races,

Alex Johnson took part in this 10 mile race and recorded a very respectable time of 63min 32secs.

Reading 15k - 16th December, 1990

Roger Wilkes was our sole representative in this race over a rarely run distance and he managed a very good personal best of 59min 58secs.

"The Dave Robson Tour"

Dave seems to be rapidly gaining the reputation of being the club's most well travelled racer and in a matter of just over a month, he took part in events as far afield as Bristol and Scotland. The races he took part in and his finishing times were:-

Yate (Bristol) 10k - 16th December, 1990 - 38min 50secs

Blairgowrie 3.8 miles - 1st January, 1991 - 21min 40secs

Highworth Invitation Half Marathon - 20th January, 1991 - 1hr 26min 10secs.

A CELEBRITY IN THE CLUB by Chris Gentry

Those of you who do not read "Running Magazine", or, indeed, those of you, like me, who do have the magazine but missed it, might not be aware that we have a celebrity in our midst!

Who is this, you might ask? Well none other than Roy Williams who was featured on the Vets page of the February 1991 issue. It would appear that back in 1986, the magazine picked out a number of runners who were just about to become vets and one of them was our very own Roy. Five years on the magazine decided to go back to those runners, because this year they are due to move up to the next five-year age group, to see how they have fared and also to see what they planned to do now. For those who missed it, this is what they said about Roy:-

"He trains five to six days a week still, though 'trains harder to stand still'. In 1988 he ran 10 miles' p.b in 59min 58secs; 1990, five miles p.b, 29min 27secs. He runs marathons now in 2hr 55min. His hopes as an O45 are to keep injury free and to do a 2hr 50min marathon. His advice to any vet is to join the local club rather than run on your own. 'I look forward to hearing from the Vets column in 1996!'"

BITS & PIECES

Race Entries

If you enter any races, please put your name on the list which is available at club meetings, or alternatively, let our Events Secretary, Joy Smith, know. In particular, so that we can get as much publicity as possible, we are compiling a list of all our members who intend to participate in the 1991 ADT London Marathon and, if being sponsored, the name of the chosen charity.

Similarly, when you have completed an event, please enter the details on the second list, or tell Joy, so that we can publish your achievements in this magazine.

* * * * *

Wycombe Half Marathon

As a club, we have an obligation to provide marshalls for the Wycombe Half Marathon. However, if you do intend to run, please let Joy have your entry form (and cheque!) as soon as possible so that she can deal with the team entries.

* * * * *

Time Trials

I've noticed recently that the evenings are becoming lighter and that has reminded me that the "dreaded" Time Trials will soon be with us again. They usually start in April, so keep your ears open for an announcement of the date of the first one and make an effort to take part. You never know, you might be able to beat the best time for the course, 19min 05secs, set by Alan Chilton or, there again, perhaps not!

