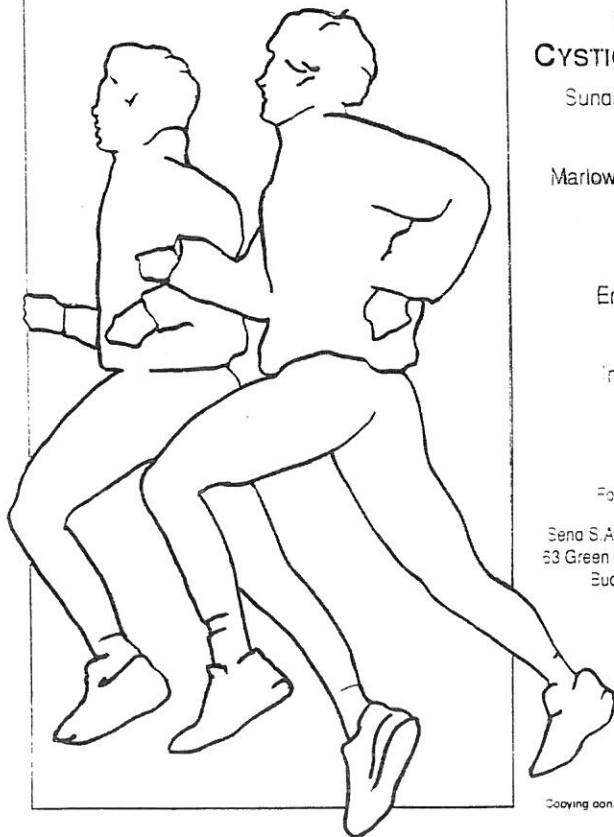




Handy Cross Joggers Bulletin

Handy Cross Marlow 5



**10th Anniversary
Fun Run**

in aid of
CYSTIC FIBROSIS

Sunday 25th April

11am

Marlow Football Club

Enter NOW

Teams

Individuals

For entry forms

Send S.A.E. to: Mrs J. Smith
63 Green Hill, High Wycombe,
Bucks HP13 5QF

Chairmans' Chatter

It only seems like yesterday. I was putting pen to paper and talking about Christmas. Here we are almost a quarter of the way through the year, and facing our usual excursion to London. At the last count we had over 70 people making the pilgrimage to what has been called the greatest marathon in the world. The risk we took in booking a double decker bus seems to have paid off, the excitement of those entered is reaching the usual hiatus.

At this time my mind wanders to our other halves at home, as they put up with talk of "doing a twenty" on a Sunday morning. We arrive home, fall into the armchair completely wacked out. Waking later in the day and stumbling to the food cupboard and scoffing everything we can lay our hands on . . . who says running's not fun!

My thoughts also go out to those club members who have been unwell recently Chris Gentry who has spent a few days in Hospital, John Gardener who is finding it difficult to run, Jackie Harbour and Alex Thomasson who are injured, and anyone else who I have not mentioned. Let us all hope they quickly recover and are back running with us soon.

Good luck goes to Christine Chapmen who has recently moved with her family to Cambridgeshire.

However when one door closes another opens, so let me welcome Horace, Sharon, Lile, Maggie and Pat on behalf of the Club I hope you enjoy running with us.

Alex Johnson

Club Officials

President	Vernon Martin	0494 443344
Chairman	Alex Johnson	0628 523322
Vice-Chairman	Ron Newman	0628 528025
Treasurer	Ian Mallen	0494 442367
Secretary	Gerry Grosse	0494 451506
Events Secretary	Peter Edington	0494 563730
Membership Secretary (men)	John Bradbury	0494 441577
Membership Secretary (women)	Sarah Player	0628 72149
Social Secretary	Rose Priest	0494 529761
Publicity Officer	Chris Gentry	0494 439692
Kit Officer	Roy Williams	0494 713927

Forthcoming Events

For event entry forms see Peter Edington

Get your race results into

Chris Gentry 0494 439692

Sunday before 5pm

I detail below some of the more popular events coming up in the next few months in which Handy Cross Joggers normally partake in significant numbers.

Make a note in your diaries of the following major events. Details of these events and others will be found laid out on the tables at club nights.

London Marathon - 18th April 1993

This event has now closed, however why don't those of you who haven't got numbers come along to experience the atmosphere and share in your fellow runners' suffering. Bring your kit with you as there still may be a last minute number on the coach.

Handy Cross Marlow 5 - Sunday 25th April

This event is organised by us and we need as much support as possible from you either by marshalling or running. The race itself is run over a picturesque, slightly undulating course through wooded glades, forest tracks, paths and fields, Oh! and of course a small section of pavement. Finally to cap the event you will finish in front of the packed stands of cheering supporters in Marlow football club where you receive your well earned medal.

Sonning Common half marathon - Sunday 9th May

This race is always popular with Handy Cross joggers and is run through quiet lanes and quaint villages.

5K Series - 19th May

This series proved extremely popular last year and we have decided to take part again. For those of you who didn't partake last year, they are run on summer evenings over flat courses. There are sandwiches and other light snacks at the end of each race. So come along and mingle with other clubs in a communal atmosphere.

The Presidents Trophy 13th June 1993

Due to the success of The Barnet Cup the committee have decided to run a summer version calling it The President's Trophy. We hope it will be as enjoyable and well represented as the November turn-out. **We need all your race results to calculate your handicap for The Presidents Trophy and Barnet Cup, so please put them on the list.**

Kelkheim 1/2 Marathon - Germany

FRIDAY 27TH - MONDAY 30TH AUGUST 93

Luxury coach, accommodation & race entry

**** £100 ****

After last years great success once more Handy Cross Joggers venture into Europe the "Team Bus" features video, toilet, coffee and cocktails. We will also be repeating last years inclusive tour of the Rhine and sight seeing will be organised for the Saturday.

Race day is Sunday 29th August followed by the annual Beer Festival.

"An event not to be missed"

Book now & return the appropriate slip & £26 deposit per person, Payable to "Handy Cross Joggers" give the money to Ron Newman - Duncan

Hosts needed for German visitors

After last years visit a group of 20-25 will be running in 1993. Please help make their visit a great success by providing accommodation for one or two of our guests. a complete programme of social events will be organised by the committee which you will be welcome to attend with your guests including a civic reception.

Race day is Sunday 19th July.

Return the appropriate slip and give to Ron Newman - Duncan

I will be able to host a guest from Kelkheim during the Wycombe half marathon

Name: _____

Telephone No. _____

Guests preferred - Male/Female/Couple (delete)

Please reserve me a place of the Kelkheim Trip

Name: _____

I would like to bring the following guests: _____

SOCIAL

Social Secretary Rose Priest.

Annual Dinner

Friday April 23rd at the RBL (as usual), price £13.50
if you wish to pay for your dinner through installments please see Rose.

If you have any ideas for events or wish to help organise any events contact Rose.
We will require people to help with the 5K Series on The Rye again this year.

*Domonique has given birth to a baby girl, back in February.
We all wish them the very best.*

*Chris Gentry, has recently recovered from pneumonia. He doesn't run very
often with the club but he does an awful lot for the us. If anyone wishes to drop
him a line or give him a call I'm sure he'd be pleased.*

24 Pheasant Drive, High Wycombe, Bucks.

The Committee would like to know when people do a PB, have Birthdays,
get married or injured! - anything, so we can all wish them the best.
Please let Alex know.

Please pay your subs to John Bradbury or Sarah Player.

If you are already a member of The Judo Centre - £8
Associate (not using the club facilities at all) - £8

A husband and wife pay - £28

Single - £20

If a new member wishes to join the club after April 1993 - £16.

These membership fees are valid until April 1994.

Ye Old Bits & Pieces

Handy Cross Marlow 5

Sunday April 25th will be the day of the 10th annual Fun Run, held again this year at Marlow Football Club, starting at 11am.

This years charity will be Cystic Fibrosis.

We want to make this 10th run a resounding success, and again this year we are calling on all club members for support. The "we" I refer to is the sub committee formed to organise the event, Trevor Hart, Sarah Player, Joy Smith and yours truly. We can't do it all on our own if we are to achieve our objectives:-

** a thoroughly enjoyable, trouble free morning out for all the runners and their supporter.*

** a maximum field of 500 runners*

** minimum cost through maximum sponsorship*

** a whacking great cheque for Cystic Fibrosis*

The help we need is

1 Advertising the event with posters in shops, offices, pubs, factories, in fact any where that will get publicity.

2 Distributing entry forms to family, friends and anyone else likely to run.

3 Help on the day, route marshalls, finishing, recorders, help set-up the start/finish, drink station - and more.

4 Some people to represent the club in the run - and make a winning team!

Keep the day free and let us know what you can do.

We would be very grateful if you could put together a map (with water stations, toilets and miles marked) of a route in order that we can compile a booklet of various runs.

Hand your map into any of the committee as soon as possible.



The First Aid Kit is in the office should anyone need it at any time during normal opening hours of the Judo Club.

Roy Williams
has booked the coach for
the London. Cost £4.50
as always first come
first served.

RUNNER OF THE YEAR

please pick-up a form
and vote
for me
this year!

This is the last bulletin
to be posted.

If you were happy to receive
your copy of the bulletin by
post please let Joy Smith have
several stamped addressed
envelopes in which to send
out your fututre copies.

Mrs J. Smith, 63 Green Hill, High Wycombe, HP13 5QF