

MAR 95



Handy Cross Joggers Bulletin



After 26 miles that medal weighted
a ton!

Chairman's Chatter

As this is the last Bulletin before the AGM I would like to take the opportunity to explain the work that the committee have been involved in in the last few months.

As you are no doubt aware the club has increased its membership of late, we have also taken on new roles and responsibilities, such as coaching, and a new cross country race series. In addition to this we need to improve our communication links with the BAF and Wycombe Area Sports Council(WASC), where I now hold the position of Deputy Chairman.

To this end we looked very closely at our committee structure, and decided now was the right time to develop a strategy which allowed us to meet these challenges and provide you, the runner, with the facilities that you needed to enjoy your sport.

At the AGM I will be presenting a new committee structure which is as follows:-

Executive committee

Chairman - Treasurer - Secretary - Events and Publicity Secretaries.

In addition to their normal roles the above mentioned people will be responsible for:-

ChairmanCoaching Sub-Committee

Treasurer.....Membership secretary (now one person) + KIT SECRETARY

Secretary.....Social sub-Committee

Events.....Marlow 5 Sub Committee and Cross Country Race program

Publicity.....Press Officer

Many of the current elected officers are willing to stand again, however the role of secretary needs to be filled, as Caroline only accepted to step in until we could find another person to perform this key role. I would like to thank Caroline very much for her support and wish her well in her new career. Of course if you wish to be considered for any of the current positions please ensure you put your name forward at the AGM which is planned to be held at the Judo Centre from 7:15pm on Thursday April 20th 1995.

To remind you of the current committee here is a list

Chairman - Alex Johnson

Deputy Chairman - Ron Newman *

Secretary -Caroline Weekes

Events- Peter Edington

Social- Rose Priest Duncan Kennerson

Membership-Ladies Sarah Player/ Mens John Bradbury

Press- Chris Gentry

Kit- Roy Willians

Treasurer - Ian Mallen

* Indicates not a position under the new strategy.

I look forward to your support and seeing you at the AGM

Alex

Events Secretary - Peter Edington

Since the last bulletin in December, the club has enjoyed considerable success and recognition through your efforts in a variety of events.

Highworth Invitation Half Marathon

An intrepid team of 12 ventured westwards to defend the trophy won last year and once again brilliant performances by all those who took part allowed us to return home triumphantly with the trophy. The full results on a fairly tough course were as follows:

John Dooley	1-73-50	Stephan Naunko	1-31-29
Eric Buckle	1-19-54	Bill Hudson	1-31-04
Nigel Lloyd	1-23-19	Nick Martin	1-32-29
Jim Chilton	1-25-54	Alex Thomason	1-34-21
Sally White	1-26-34	Adrian Reynolds	1-35-31
Peter Edington	1-26-34	Mike Hickman	1-40-40

Wokingham Half Marathon

This race as usual attracted a large contingent from the club and in almost ideal running conditions 3 PB's were set by John Dooley, Bill Hudson and Terry Eves. The full list of results is as follows.

John Dooley	1-13-37	Alex Thomason	1-33-00
Eric Buckle	1-19-02	Peter Mackley	1-36-02
Peter Edington	1-24-12	Terry Eves	1-37-15
Des Irwin	1-24-14	Duncan Kennerson	1-49-57
Rod Palmer	1-27-48	Sally White	1-51-15
Bill Hudson	1-28-40	Dave Nash	1-54-07
Jock McClean	1-29-54	Maureen Edington	1-57-29
Nick Martin	1-30-02		

Today's Runner Cross Country League

As you are aware this was the first year the club had entered the competition and during the course of the series, some 35 runners represented the club. The series in run on very much the same lines as the 5k summer series being more of a social run, albeit muddy, with food and drink afterwards. At the time of writing the overall series results are not in, but I expect Alan Chilton to be awarded the runner of the series trophy and the club to have finished 3rd out of thirteen clubs participating. Well done to all those who took part. For those of you who did not run, think about it for next year, you never know you may enjoy it. The full results are printed overleaf.

TODAY'S RUNNER CROSS COUNTRY LEAGUE RESULTS

NAME	DATCHET 20/11/94		METROS 4/12/94		TADLEY 8/1/95		READING 29/1/95		BURNHAM 19/2/95		BRACKNELL 26/2/95	
	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME
DAVE	78	36:31			114	39:20	95	48:05				
PAT	38	45:42										
ALFRED	61	35:55	63	36:25					44	36:52	89	39:38
ALEX	71	36:24	41	35:09					45	36:54	31	35:38
ERIC			25	33:50	26	33:41	19	41:21			21	34:43
CHRIS									144	46:13		
MIKE											4	32:15
ALAN			1	29:52			2	37:57	1	30:16		
JIM			40	35:05	47	35:32						
MARTIN			147	41:00								
JOHN	11	32:16	6	31:44	4	30:51	3	38:09	5	31:19	29	35:22
KEVIN	221	43:51										
MAUREEN	46	46:57	52	52:26			50	64:00	35	52:07		
PETER	58	35:44	74	36:52	58	36:19	67	46:02	50	37:08	40	36:19
MARTYN	268	47:22										
STEVE	274	48:13			251	49:56						
CHRIS	44	34:59			113	39:20					41	36:22
JOHN							89	47:39				
ALEX	167	41:11	161	41:48	150	41:13					152	44:49
PETER	109	38:10			116	39:34	103	48:50	96	40:16	84	39:16
ROD	79	36:33										
MARGARET			10	42:26			15	53:05				
ADRAIN			166	42:16								
WENDY					14	42:41						
DEREK	70	36:23										
IRENE												
JOY	31	44:55			22	44:12	13	52:46				
PHIL			9	31:59	11	32:03	28	42:09	20	34:03	16	33:56
RICHARD	275	48:15							160	49:32		
ALEX	142	39:56										
SALLY			2	38:11	2	37:28			2	37:12	2	37:17
ROGER			95	37:53	72	37:19	94	48:02				
ROY									87	39:44		
DAVID									59	37:38		
ANDY					202	44:37	130	50:27				

Skittles Evening

The skittles evening produced some unlikely pairings, the most unlikely of them all being myself and Sally White. Special thanks should be given to Kevin Fuller for organising this event and ensuring the whole thing went smoothly or in some cases bouncingly. The results were:

1st Lady - Sandy Childs
1st Man - Lee Johnson
1st Pair - Sally White and Peter Edington

Forthcoming Events

The following are some of the major events in which we are involved. Please make a note in your diaries so as you do not miss any of the action.

Sunday 30th April - Handy Cross Marlow 5.

This also happens to be Maureen's mothers birthday. Cards should be sent to 10 West Common Road, Uxbridge, Middlesex.

The 5k Series

Wednesday 17th May - Wargrave
Tuesday 30th May - Burnham
Tuesday 13th June - Marlow
Wednesday 28th June - Maidenhead
Wednesday 12th July - Datchet
Tuesday 25th July - Handy Cross

Sunday 16th July - Wycombe Half Marathon

Skittle Evening

The Risley Pairs

Well what can I say?

Sat at the front of the coach with Mr Chairman and his good lady wife we could feel the excitement and slight trepidation could be felt oozing from the seats behind us as we set off on our journey to the 1st Risley Pairs.

Upon arrival it was everyone for themselves as 50 Handy Cross Joggers converged on the bars at the Dog & Partridge.

After a drink *or was it 3?* it was time for 'the off'.

I won't embarrass anyone as to their "skills" or "techniques" but I shall make a suggestion for next time based upon the evenings event.

If you miss all 9 skittles with your 1st ball do not panic. If you then miss all 9 skittles with your 2nd ball just try and relax ignore the hussed silence and forget that 98eyes are watching you. If you miss for the 3rd time all 9 skittles which by-the-way are only a few yards away and are quite large, then maybe skittles is not for you.

If, on the other hand you manage to hit some of the skittles some of the time but not as many times as everyone else then perhaps its worthwhile trying again.

I could go on but no.

The evening itself was a great success and a good time was had by all.

Winners were Pairs Pete Edington & Sally White (*and what a pair*)

Man Lee Johnson

Lady Sandy Childs.

The next event will be May 26th. £7.50 a head to include return coach travel, supper and skittles.

See Kevin Fuller for more details.

Checked Shirts Seen in Sands

The Hoe Down to end all others took place this weekend. There were checked shirts, cowboy boots and even waistcoats to be seen as Handy Cross Joggers hit Sands Village Hall for the mother of all Barn Dances.

We formed circles, we spun partners, we stripped willow's, we even promenaded!

We went around the outside, we went around the inside, we dosey doded, by the end of the night we could have been on come dancing.

It was a great night which was roughly enjoyed by all. So did I hear 'what's next'?

Track Night

As of Wednesday 26th April we have booked the track at Handy Cross Sports Centre for 20 weeks between 7.30 and 8.30pm. Any one can use it and everyone is welcome.

Club Officials

President	Vernon Martin.....01494 443344
Chairman	Alex Johnson01628 523322
Vice-Chairman	Ron Newman01628 528025
Treasurer	Ian Mallen01494 442367
Secretary	Caroline Weekes.....01494 536867
Events Secretary	Peter Edington01494 563730
Mbsp Sec. (men)	John Bradbury.....01494 441577
Mbsp Sec. (women)	Sarah Player01628 540513
Social Secretary	Rose Priest01494 529761
	Duncan Kennerson01494 440592
Publicity Officer	Chris Gentry01494 439692
Kit Officer	Roy Williams01494 713927

Ye Old Bits & Pieces

Treat yourself after the Marathon
Joy Smith's physiotherapy and massage on 01494 530325
(we have received good reports for those aching muscles)

Pat and Alex's coaching is available to anyone.
Join in on the Tuesday Club!

Skittles

26th May £7.50 incl.

return coach, supper and Skittles. See Kevin

London Marathon Coach

leaves the club at the 6.30am.

Good Luck everyone.

Sarah will not be there to cheer-on and encourage Steve to "keep it up".

Annual Dinner Dance

Friday 7th April, 1995

See Rose or Duncan

price £13.75 each

Who Said What?

"She always gets a stop prize, she's a blond bimbo"

"A suntan isn't everything"

"What did Alan do in the Bath?"

"We want to get more women in the club"

"I have to shut-up I've used up all my words for the month"

"Don't worry, I know where we are"

"I'm not that good"

No prizes for correct answers. This is just a bit of fun!

Stop Press Stop Press Stop Press

Alex and Pete will be organising another Pathfinders

RUNNER OF THE YEAR

to be elected at the Dinner Dance,
forms available from Peter, *who is my campaign manager.*

AGM Thursday 20th April

at The Judo Centre.

This is your club and anything you wish to raise must be put in writing to the Secretary by 13th April. All posts will be up for re-election.

Handy Cross Marlow 5, 1995

Charities: Vinio House School for disabled children, High Wycombe
Marlow St. John's Ambulance

30th April at 11am

Please report to Dave Riddington or add your name to the list of marshalls.