

**Handy
Cross
Runners
Bulletin**

(temporary logo)

Editorial

As you probably already know, an overwhelming number of members voted for the name change at the AGM and we are now officially called Handy Cross Runners .

To mark the change of name it will be necessary to change the club kit, which gives us a chance to update our club colours and logo .

Do you have any skills in this area ? If so, perhaps you would like to design a new logo ? There will be a competition for the new design with a prize for the best entry .

In This Issue

The results of the Today's Runner cross-country league along with comments about the events can be found on later pages .

Ted Over has at last returned from his winter training holiday down under (no wonder the weather has changed) so look for more Tips from Ted in this issue .

Details of Mike and Nick's May Meander and the Ridgeway Challenge will be found on later pages.

Training Sessions

Programmes for Alex's Tuesday night sessions and Mike's Wednesday night track sessions can be found on later pages .

Martin Dean

May 2000

01494 530511

Annual Dinner

Many thanks to Rose and her helpers for the extremely enjoyable annual dinner and dance, held this year in the Woodlands Suite in Wycombe Wanderers ground at Adams Park .

Highlight of the evening was the appearance of the Village People (not the ones from Greenwich Village, these were the Bucks version, only three people and from such exotic places as Flackwell Heath, Great Kingshill and Great Missenden village) . The culmination of their act was to reveal their (would you believe) transvestite underwear !

During the evening, Pete Smith was voted Handy Cross Runner of the year, while the Chairman's awards went to Sylvia Pearson, for her improvement in fitness throughout the year and Trevor Hunter, for all the splendid work he has put into the club's web page on the internet .

The venue was not very popular with Duncan Kennerson who, being a confirmed Fulham FC supporter, spent the whole evening with his back to the finest football pitch in the second division .

This was the last year that Rose Priest will be organising the dinner, so once again thanks to her for all her hard work not only this year but for all the previous years as well .

Pat Carter and Debbie Ridout will be organising the event next year and would welcome any suggestions from members to make it an even more enjoyable evening .

Who's Scilly now ?

While fourteen of her colleagues battled their way round the London Marathon course with thirty thousand other competitors, Pat Carter enjoyed a much quieter marathon with only thirty one other runners, on Tresco in the Scilly Isles .

Pat finished in fourteenth place in a time of four hours and eighteen minutes .

Tips From Ted

Goodytwo shoes .

It was even before the cobbles on my first London . My feet felt like two slabs of stir-fry beef, red-raw and burnt on the outside . Worse still, my market-stall trainers, still with only five hundred miles on the clock, were disintegrating . With nine miles to go would they survive, as with each step the splits in the sides got bigger and bigger.....

I prayed that they would hold up and swore that I would pay £100 no, make it £200, for a new pair at that moment. Imagine the pain and embarrassment of not finishing.....

"You didn't make it then, how come?"

"Er, my trainers fell off...."

"Pity about the £1000 sponsorship money promised you...."

I know better these days . I try to treat my feet with respect by buying them the best . It's difficult though with the huge variety of shoes and prices around, and runners are often

put off buying new because of the uncertainty over their decision; you have to run a hundred miles or so before you know if they're going to be OK for you .

I reckon you should be prepared to shop where the assistants are runners like yourself . Take your old trainers to show them and say you've got £50 to spend . That way you stop them flogging you the £99 designer pair . A good shop will let you walk around or run down the street to try them out .

Don't forget to wear running socks and try to make it the afternoon when your feet will have swelled to something like their running size .

I operate a "double or quits" system . If I "click" on a new pair I negotiate a price to buy two pairs . Typically I would expect to pay £95 instead of £120 for the two pairs . Having used one pair for a week, I either keep the second pair or get a refund .

Having two pairs of identical shoes is, "Brilliant" as Paul Whitehouse would say . You always have a dry pair handy and if you rip one shoe you have an immediate substitute . Provided you alternate their use you should be set up for eighteen months to two years .

Did I finish the race ? Not arf . I asked a St. John's guy if he had any gaffer tape. No way - but he did bandage my shoes with Elastoplast which enabled me to finish in a, "personal worst" time!

Have a good run .

T.G.I.Over

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The People Column

It was sad to see Becky Hawkins leave recently, she may not be very big, but she had a big impact on the club during her time with us . We all wish her the best of luck in her new post at Addenbrooks Hospital and look forward to seeing her again in the Wycombe Half Marathon .

I was glancing through the adverts in my daily paper the other day when I thought, "that picture looks just like Helen" . When I read the caption it said, "*Helen Murdoch, Housewife, High Wycombe*" .

I won't say what the advertisement was for, but the "after" picture was certainly an improvement on the "before" !

Some people are collectors of all sorts of things, one member of the club even keeps his old running numbers and has a pristine collection of space blankets .

So keen is he to preserve his space blankets, that he insists on borrowing other peoples rather than use his own to sit on .

I won't reveal his identity, just wish him a speedy recovery from his recent hernia operation .

Congratulations to Liz Davey who was first in her age group for the second year in succession in the newly resurrected Naphill 10k .

Wycombe Half Marathon

The official charity for this years race is the British Olympic Association, the organisation that supports our athletes before and during the 2000 Olympics in Sydney .

So if you know someone running in this years event who doesn't have a charity to run for, ask them to choose this one . In return we have been promised an Olympian to start this years race .

Events in Burnham Beeches

Future events in Burnham Beeches are in jeopardy following last winters cross-country run .

As you probably know, this beautiful area belongs to the Corporation of London and events are only held there with their permission . They were less than happy with a number of issues arising at the cross-country, such as the number of cars brought to the event and the way they were parked, the attitude of some marshals and the use of the woods as toilets .

To help overcome these problems, the forthcoming evening 5k run will start from the school used in the half marathon, the organisers ask competitors to share cars where possible and not use the trees for toilets .

Some of the criticisms may also need to be considered when planning our own events . We tend to regard running as a quite and environ-mentally friendly pastime, yet we forget the impact a large number of runners can have, particularly when they are all hyped up for a race.

Compton 40

As part of my London Marathon training, I decided to run in the Compton 40 earlier in the year . I'm afraid I chickened out of running the full distance and opted to do the 20 mile run, the course being in the form of a figure-of-eight, starting and finishing in Compton and passing through it at half way .

I could see why the event is so popular, it being well organised, with good changing facilities, a meal and showers at the end and covering the scenic Newbury Downs out to Streatley and back, with refreshments provided every five miles .

It took me over three hours to complete the twenty miles, but Rod Palmer only took five hours and forty six minutes to complete the 40 mile course, finishing in 13th place, while Mike Stone covered the same distance in 6.02 .

I hope to return next year and attempt the longer distance, but I think my time will be considerably slower than both Mike and Rod's .

Money

If you are reading this Bulletin and have not yet renewed your annual subscription, you may not be reading the next one !

Not a terrible fate I must admit, but more importantly, you will no longer be a member of the club nor qualify for the reduced membership fees at Lifestyles when renewal is due in August .

So make sure you continue to enjoy all the benefits of club membership by renewing now .

The Franzese Column

Martyn was driving a consignment of penguins to the zoo recently, when unfortunately his lorry broke down on the motorway .

He phoned the AA and while he was waiting became anxious about his load, so he stopped a passing van and asked the driver to take the penguins to the zoo, giving him a £50 note .

After the AA had finished, Martyn carried on to the zoo, but could find no sign of the penguins or the van .

However as he drove down the road, he saw the van driver walking along the path with the penguins waddling along in a line behind him .

"I thought I asked you to take the penguins to the zoo," said Martyn .

"I did," said the van driver,

"But I had some change over from your £50 note, so now I'm taking them to the pictures !"

Martyn was having trouble with his cycle computer before the start of the recent Pedal Push charity bike ride .

Despite much cursing and thumping, it still would not work .

I suggested the gap between the detector on the forks and the magnetic chip on the spokes could be too wide, but on closer inspection I found his front wheel was back to front !

(Only one of these stories is true . Yes you're right, it is the second one, Martyn would never give anyone a £50 note !)

The Fireman's Marathon

We had four prize winners in this tough and gruelling event, made even harder this year by the copious amounts of mud following the recent wet weather .

Rod Palmer was the first man over 55 in a time of four hours and twenty six minutes and Trevor Hart was fastest man over 60 in 5.26 .

Trevor Free and Nick Martin won the men's over 45 team prize in an aggregate time of 5.05 .

The event was tinged with sadness by the sudden death of the organiser's brother, on the previous Wednesday, and great credit is due to Eddie Gutteridge for continuing with the race in such unfortunate circumstances . This years run was dedicated to the memory of his brother .

I Apologise

As many of you will know to your cost, the last Bulletin was subjected to a weight check by the Post Office and found to be too heavy for the stamp provided .

Most of those with High Wycombe addresses were returned and I was able to deliver these by hand, but I'm afraid the rest were subjected to an excess charge and had to be collected from local PO's .

This was particularly annoying as I wanted this edition to arrive in plenty of time before the AGM, but the best laid plans of mice etc...

So again my apologies to those people who had to pay extra postage, I will weigh all future editions to avoid any repetition of this embarrassment.

Forthcoming Events

Sunday 4th June

Handy Cross May Meander

Tuesday 6th June

Marlow 5k

Sunday 11th June

Wargrave 10k

Sunday 18th June

Ridgeway Relay and Penn 7

Tuesday 20th June

Datchet 5k

Wednesday 5th July

Maidenhead 5k

Sunday 9th July 2000

Wycombe Half Marathon

Tuesday 18th July

Handy Cross 5k

Handy Cross AGM

The existing committee was re-elected and includes Duncan Kennerson, who was persuaded to remain as our treasurer after a particularly moving speech by Debbie Ridout . As nobody else volunteered to edit the Bulletin, I'm afraid you're stuck with me for another year .

Results

The Grizzly

Mike Stone in 3.12
Mike Hickman & Trevor Free in 3.13
Dave Leighton in 3.22
Jock MacClean in 3.31
Rod Palmer in 3.3.32
Tim Jeffers in 3.37
Mike Blowing in 3.58
Chris Busby in 4.37
Richard Stone in 4.15

Maidenhead Good Friday 10

Pete Edington in 1.05.10
Trevor Free in 1.05.27
Lynn Johnson in 1.10.21
Richard Walker in 1.23.56
Dick Croxson in 1.24.24
Dave Nash in 1.27.09
Debbie Ridout in 1.28.35
Rose Priest in 1.41.33
Debbie Collier in 1.44.45
Paula Parkin in 1.46.57

Paris Marathon

Nick Martin in 3.25.03
Pete Edington in 3.25.43
Mike Hickman in 3.27
Alan Gates in 3.38 (pb)
Andy Pearson in 3.42
Debbie Ridout in 4.54
Sylvia Pearson in 5.07
Debbie Collier in 5.07

London Marathon

John Dooley in 2.35 (pb)
Pete Smith in 2.36 (pb)
Dave Redhouse 3.13 (1st marathon)
Rod Palmer in 3.13
Nick Martin in 3.18 (pb)
Margaret Moody in 3.26 (pb)
Rod MacClean in 3.29
Martin Dean in 3.47
Harvey Lyon in 4.05
Trevor Hart in 4.07
Mike Blowing in 4.15
Vernon Martin in 4.27
Helen Murdoch in 4.50
Dick Croxson in 4.54
Jack Sharp in 6.48

Simon Light
14 Ellenborough Close
BRACKNELL
Berkshire
RG12 2NB

27 February 2000

Bracknell Forest Runners
Burnham Joggers
Datchet Dashers
Finch Coasters
Handy Cross Joggers
Maidenhead Athletic Club
Marlow Striders
Metros
Reading Road Runners
Sandhurst Joggers
Sheen Shufflers
Tadley Runners
Thames Valley Triathletes

Cc Dave Mann (National Co-ordinator)
Paul Larkins (Editor - Running Fitness Magazine)

Dear Cross Country Rep

Thames Valley Cross Country League 1999-2000

Enclosed are the final positions of this years league. Congratulations to Reading, for the clean sweep of Men's, Ladies' and Overall. Congratulations also to Bracknell, who were right on their tails, with only a couple of points separating Reading and Bracknell at the end.

I am sorry I didn't get to speak to aliof the club reps after Handy Cross. Enclosed are the comments I got from the clubs I did get to see at the end.

- Good Mix of events
- Some events too hard
- Don't change what is working
- Is it possible to start the races earlier in the day (10:00/10:30) ?
- Is it possible to start the events earlier in the year (October), or have another event before Christmas?
- Could other clubs host events (as well as existing events, or possibly in rotation with existing hosts) ?
- Some host clubs do not provide enough food; the end runners do not get any.
- Limit numbers of runners from each club?
- Host clubs should ensure First Aid cover.
- Disappointing to see no support from Today's Runner (Running Fitness) at the local league level, like historically when there were running shoes/sweatshirts etc.

It is obviously not possible to keep everyone happy, all of the time. If anyone else has comments, please feel free to contact me. We have about 6 or more months to decide if we want to change anything.

All the results I have in Excel or Word etc are published on the Datchet Dasher Web page. Last years results are also available.

<http://homepages.which.net/~simon.light/ddhome.htm>

Please call me if you have any queries, or concerns.

Regards



Simon Light
Telephone/Fax 01344 411278
e-mail simon.light@which.net

Todays Runner (Running Fitness Winter) Cross Country
Thames Valley League
1999-2000

MEN									
		Datchet	Metros	Reading	Tadley	Bracknell	Burnham	Handy X	TOTAL
1	Reading Road Runners	13	13	13	10	13	13	11	86
2	Bracknell Forest Runner	12	11	12	13	12	12	12	84
3	Sandhurst Joggers	10	12	10	13	11	11	8	75
4	Sheen Shufflers	9	10	11	11	10	9	13	73
5	Burnham Joggers	7	9	5	7	9	5	9	51
6	TVT	11	3	7	4	6	10	7	48
7	Datchet Dashers	8	8	6	9	7	2	2	42
8	Finch Coasters	4	5	8	8	5	8	4	42
9	Metros	5	7	4	5	4	7	10	42
10	Maidenhead AC	6	6	9	3	3	4	5	36
11	Handy Cross Joggers	2	4	3	1	8	6	1	25
12	Marlow Striders	1	1	2	6	2	3	6	21
13	Tadley Runners	3	2	1	2	1	1	3	13
WOMEN									
		Datchet	Metros	Reading	Tadley	Bracknell	Burnham	Handy X	TOTAL
1	Reading Road Runners	13	13	13	11	12	13	13	88
2	Bracknell Forest Runner	12	13	9	13	13	12	13	85
3	Sandhurst Joggers	10	9	12	12	11	11	11	76
4	Burnham Joggers	11	11	2	10	8	10	8	60
5	Sheen Shufflers	8	10	11	8	4	8	11	60
6	Maidenhead AC	9	8	10	8	10	9	5	59
7	Finch Coasters	7	7	7	9	9	7	7	53
8	Datchet Dashers	6	7	5	6	6	6	6	42
9	Metros	2	4	8	5	7	5	9	40
10	Marlow Striders	4	2	3	5	5	4	4	27
11	TVT	3	3	6	3	3	3	2	23
12	Handy Cross Joggers	1	5	4	1	2	2	1	16
13	Tadley Runners	5	1	1	2	1	1	3	14
OVERALL									
		Datchet	Metros	Reading	Tadley	Bracknell	Burnham	Handy X	TOTAL
1	Reading Road Runners	13	13	13	11	13	13	11	87
2	Bracknell Forest Runner	12	11	12	13	12	12	13	85
3	Sandhurst Joggers	11	12	10	12	11	11	9	76
4	Sheen Shufflers	10	10	11	10	9	10	12	72
5	Burnham Joggers	8	9	5	7	10	6	8	53
6	Finch Coasters	5	5	8	8	8	8	4	46
7	TVT	9	3	7	3	5	9	7	43
8	Datchet Dashers	7	8	6	9	7	2	2	41
9	Metros	4	6	4	5	4	7	10	40
10	Maidenhead AC	6	7	9	4	3	5	5	39
11	Marlow Striders	1	1	2	6	2	3	7	22
12	Handy Cross Joggers	2	4	3	1	6	4	1	21
13	Tadley Runners	3	2	1	2	1	1	3	13

Handy Cross Runners May Meander

This year the May Meander will be held on June 4th

The venue is the Black Boy pub at Hurley, please be there at about 9:15 for a 9:30 start

There will be a choice of 13, 8 and 5 mile meanders; more details will be available on the day.

Few map-reading skills are required. We are providing especially commissioned footpath maps which are much easier to read than the traditional O.S. maps.

Food is provided for those who make it back before the pub closes

Directions to the Black Boy: -

Take the A404 from HW towards Marlow
At the Bisham roundabout go straight across, and continue on the A404. After just over a mile, take the exit signposted A4130 Henley. At the roundabout turn right and head towards Henley. The Black Boy is situated about 4 miles along the A4130 on the right hand side just outside Hurley.

Please park in the pub car park. This is fairly large, but share cars where possible so as to leave room for the pub's regular customers.

See you on the day. All offers of drinks will be gratefully received.

Cheers,
Nick & Mike

24/05/2000

The Ridgeway Relay Challenge 2000

The Ridgeway Relay Challenge is a team relay, organised by Marlborough Running Club. This will be the eleventh year in which this annual event has been staged. It is run over ten legs, the legs varying in length from 5.1 miles to 11.9 miles. Teams compete for a team trophy on the basis of shortest total time taken to complete the course. (Last year Handy Cross Joggers were 17th out of 32 teams.) Cut-off times are applied on some legs to ensure the race finishes by 8 p.m., but teams will not be disqualified for missing the cut-off times, it simply means the next leg is started before the previous runner arrives - hard luck if he or she is running both legs!

All teams must include at least 2 ladies.

Competitors may run more than one leg, but must run complete legs and all changeovers must take place at the designated locations.

This year it is being held on Sunday June 18th starting from Ivinghoe Beacon at 07:30 finishing at Marlborough Leisure Centre at about 20:00.

Based on an initial flow of enthusiasm from about 20 Club mates I have entered two teams for this very competitive challenge.

To date we have only 8 confirmed runners despite the initial enthusiasm. If you would like to take part, please let me know as soon as possible and confirm your place with the £3 entry fee.

Thanks

Nick Martin
(01753877662)

Handy Cross Runners Tuesday Coaching Sessions

- June 6 Session Cancelled due to 5k race at Marlow
- June 13 10k Time Trial
- June 20 Session Cancelled due to 5k race at Datchett
- June 27 Mixed sprints on grass this is Fun !!
- July 11 Hill session
- July 18 Session Cancelled due to 5k at Handy Cross
- July 25 Mixed session on grass
- Aug 1 Mixed session on grass

I will be on vacation during August still to be planned but when I am at the club on Tuesdays I will arrange a session.

Alex Johnson



Who is this mystery Handy Cross Runner, asleep on a
SPACE BLANKET after the Paris Marathon ?

WEDNESDAY TRAINING PROGRAMME, UP TO 27-9-00.

Venue:- Athletics track at High Wycombe Sports Centre, starting promptly at 7:00 p.m..
All members are welcome to take part.

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 5-7-00 NO SESSION, MAIDENHEAD 5k
- 12 -7-00 6 x 800m, (400m jog recovery).
- 19-7-00 4 x 1200m, (400m jog recovery).
- 26-7-00 4 x 1600m, (400m jog recovery).
- 2-8-00 Out and Backs Pyramid session. Run for set time in one direction (1/2/3/4/3/2/1 min's.), and return to start point quicker. (Recovery = same duration as out time).
- 9-8-00 2 x 10 laps of sprinting straights and jogging bends, (400m jog recovery between sets).
- 16-8-00 2 x 10 x 200m, (200m jog recovery), 4 min's. rest between sets.
- 23-8-00 Parlauf session, 12 x 400m.
- 30-8-00 THE GERRY GROSSE TROPHY 5,000m HANDICAP RACE/Wednesday Track Group 5,000m Handicap Race.
- 6-9-00 6 x 800m, (400m jog recovery). I may not be here.
- 13-9-00 Pyramid session, 200/400/600/800/1200/800/600/400/200m, (200m jog recovery on 200/400/600 efforts and 400m jog recovery on 800/1200m efforts).
- 20-9-00 5 x 1200m, (400m jog recovery).
- 27-9-00 4 x 1600m, (400m jog recovery).

Mike Hickman.
01494 525474

Lifestyles Membership.

Will Lifestyles members please note, that if they fail to renew their membership of Handy Cross Runners, this will result in them being excluded from our corporate status agreement which is due for renewal on 1st August.

We would like to encourage those of you who joined Handy Cross Runners as "members of convenience" in order to get cheaper gym membership, to come along and take part in our training sessions. Running outdoors in the countryside, especially at this time of year, is much more enjoyable than belting out the miles on a treadmill at the gym. The 5k Summer Series of races are taking place throughout May, June and July. Runners of all abilities enjoy participating in these, and the most novice of them find they can easily handle this relatively short distance by mixing a few walking breaks in between the running.

If you are not at all interested in running, you can contribute something to the club, by helping out with the marshalling duties at the Wycombe Half Marathon on 9th July. If you could help with this, please contact one of the committee members.

Wednesday Track Sessions.

Apparently, some members think that these sessions are aimed at the faster runners belonging to the club. I would like to make it clear that all members are welcome to come along and take part. All that is required is a desire to improve as a runner, and to have a bit of fun whilst doing it. For those who have never tried it, speed-work can pay great dividends in terms of faster race times, and the track is a good and safe training environment with the added benefit of being an accurately measured distance. Come along and try it. The more people, the merrier the session will be!

Mike Hickman



ACCOUNTS 1999 – 2000

Balance Sheet for Year Ending 31st March 2000

DEBITS

Balance C/F	1705.61
Dinner & Dance 99	1044.54
AGM Hall 99	25.00
London Coach 1999	330.14
Cross Country	115.00
Kit	178.84
Tax	884.00
Christmas Dance	150.00
AGM Hall 2000	25.00
Judo Subs	888.00
Sports Affiliation	100.00
Flowers	73.08
First Aid	20.00
Handy Cross Track	240.00
Wycombe Wanderers Hall 2000	100.00
Shields & Engraving	51.60
Clubs Run's	280.62
Showers	240.00
Postal & Bulletin	327.41
Newlands Run	20.00
Judo Alarm	86.95

6010.63

CREDITS

Balance B/F	1154.86
Dinner & Dance 99	417.00
5K Series	143.83
London Coach 1999	142.00
Sunday Cross Country	166.00
Kit	315.00
Tax Refund	8.84
Christmas Dance	102.00
CWS Cheque Refund	169.00
Club Subs	2339.50
Council Donation	60.00
Interest	35.36
Donations	5.00
Marlow Striders	120.00
Dinner & Dance 2000	166.00
London Coach 2000	2660.00
Marlow 5 Loan Returned	400.00
Cash in Hand	00.24

6010.63

Club Treasurer

D. C. Kennerson

Club Chairman

