



The Bulletin

Handy Cross Runners
Newsletter

May 2007

There was an excellent turnout for our AGM in March at which the existing committee were unanimously re-elected. The minutes are shown on pages 2 to 5.

Finances are very healthy (see Balance Sheet on page 8) and we have 163 members, thirty four of whom joined this year.

The club voted to affiliate to the (newly formed) Association of Running Clubs and to monitor the position with respect to England Athletics. If matters change significantly an EGM will be called.

As a result, membership fees will be reduced this year and possibly next year also. The fee this year for membership of Handy Cross Runners will be £15 rather than £18, the fee for the Judo Centre will remain the same at £15, therefore next years membership fees will be £30 for single membership and £45 for a couple. So no excuse for not renewing your membership (if you haven't done it yet) especially as Steph will remove anyone who hasn't from his database and you won't receive the next Bulletin!

Summer seems to have arrived at last and we celebrated by holding our first Thursday evening pub run from the Plough at Cadsden. This was very well attended by about forty members (and one dog) who had a choice of 5 or 9 mile runs organised and led by Peter Astles and Mike Blowing, followed by a convivial meal and a pint. Further events are scheduled on 24 May from the Royal Standard at Forty Green and 28 June from Hambleden.

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Another sign of summer is the 5K series which, for anyone who hasn't run in them before, are six evening competitions organised by different local clubs, the host club providing cakes and sandwiches at the end of the run. It's best to obtain a number for the whole series from Mike Hickman for only £5 (see dates below)

The club's annual dinner dance has been arranged for Saturday 23 June and the price of the tickets has been reduced from last year! The menu and booking form is enclosed with this Bulletin, so don't miss the opportunity to come and socialise with all your running friends and see them out of their shorts and vests for a change.

New Members

A very warm welcome to the following new members, don't forget your free T- shirt.

Helen Byrne, Diane Champion, Tim Jefferson, Chrissie Quinn and Josephine Smith.

What's On?

5K Series

15th May (Tuesday)	Wargrave
29th May (Tuesday)	Burnham
12th June (Tuesday)	Marlow
27th June (Wednesday)	Maidenhead
10th July (Tuesday)	Handy Cross
24th July (Tuesday)	Datchet

Sunday 17th June	Ridgeway Relay
Saturday 23rd June	Annual Dinner
Sunday 15th July	Wycombe Half



Minutes of the Annual General Meeting of Handy Cross Runners held on Tuesday 20th March 2007 at the Judo Centre attended by Duncan Kennerson, Margaret Moody, Peter Edington, Stephan Naunko, Chris Gentry, Brian Sinclair, Sally White, Mike Blowing, Debbie Jones, Pat Bromley, Rose Priest, Sue Walker, Peter Astles, Howard Taylor, David Leighton, Martin Dean, Terry Eves, Dave Nash, Mike Hickman, Elaine Brewster, David Riddington, Mike Hollis, Trevor Hunter, Russell Dean, Alan Wheeler, Steve Roberts, Dave Sanderson, Kirsty Baxter, Jessica Todd, Fred Ashford, Frank Fulcher, Ellen Haynes, Grace Wilson, Richard Stone, Alison Alexander and Vernon Martin.

1. Apologies for absence

There were apologies for absence from Karen Williams, Stella Gwilliam, Clare Sepede, Darinka Reilly, Debbie Ridout, Lucy Couturier, Gerry Grosse, Sue Neale, Chris Lansdown, Karen Jenkins, Martyn Fox, Donna Howlett, Keith Hicks, Paula Potts and Martyn Brewster.

2. Matters arising from the minutes of the 2006 AGM

2.1 Memorial for Alex

Peter explained that the Committee had explored the options put forward at the 2006 AGM but none of them seemed viable. Therefore the Committee decided to introduce a trophy to be competed for specifically by club members. This was a handicap race run in February over the Finamore Wood course much loved by Alex and the inaugural winner of the trophy was Paul Palmer.

2.2 Coaches

Vernon mentioned that other coaches in the club didn't help Mike with the coaching but Peter pointed out that Mike was now the coach whose training had been paid for by the club. It was mentioned that if anyone in the club wanted to qualify as a coach the club would help them.

3. Chairman's Report

Peter presented his report and firstly thanked all of the committee members individually for their help during the year as well as thanking a number of other club members who had done so much work during the year to make the club such a successful one.

Peter then reported as follows:-

David Riddington had been awarded life membership of the club because of all of the hard work he undertaken on behalf of the club.

Membership of the club had increased this year and now stood at the largest it had ever been with 163 members including 34 new members this year.

The club now had a database to enable the club standards to be administered better.

The club had been very successful in the Chiltern Cross Country League and had gained promotion to Division I.

The club had been chosen as a Flora London Marathon partner club.

Information and Members Packs had been introduced and these seem to have been well received.

There had been a series of successful summer evening runs and Peter thanked everyone who had organised these.

The club events in 5k series and in the Sunday cross country league had been well attended although the cross country at Bradenham could have done with a few more marshals.

The Marlow 5 had been very successful with 1,500+ entries before the day and the largest number of finishers ever. £2,500 was given to the chosen



charity, Marlow Opportunity Playgroup.

The Wycombe Half Marathon was also very successful with 1,200 + entries and over 900 finishers. This year we also gave medals for the finishers in the Fun Run for the first time.

Because of the significant surpluses from both races the club decided to purchase a timing system so as to process race results more easily and this was tested for the first time at the Alex Johnson event in February.

The club has been fortunate enough to obtain a three year sponsorship deal for both the Marlow 5 and the Wycombe Half Marathon from Grant & Stone which means that the club can grow both races significantly. Peter finished by thanking the club for allowing him to be its Chairman.

4. Treasurer's Report

Duncan presented the balance sheet and it was agreed by the meeting. It was noted that a balance of nearly £1,900 was being carried forward to the next financial year.

5. Event Secretary's Report

Mike started by saying that running is enjoying a steady growth in popularity as can be seen from the very healthy state of the club's membership and also the fact that many popular events are selling out well before race day with entries on the day being an exception or a very expensive option. He went on to report on the following:-

Marlow 5 - once again this had a record number of entries with many people being disappointed that only limited entries were offered on the day. The finish was hectic but things had gone fairly smoothly thanks to the hard work of the people there.

5k series – the series saw a decline in overall numbers but this was due to the new rules that restricted entry to club members and their immediate

families. The club race on The Rye had 238 competitors and the club managed to have 95 people representing it in one or more of the events.

Wycombe Half Marathon – last year was the first time that the club had been totally responsible for the organisation of the race and thanks to some cost savings the finances of the race are in a better state than recently. Mike thanked those club members who had helped with the organisation of the race but went on to say that the club had decided to introduce a restriction on club members entering the race with entries only being accepted from club members providing they recruit a substitute person (not a fellow club member) to marshal in their place.

Cross-Country – the Sunday Thames Valley Cross Country race series was poorly patronised by club members and the club failed to field a full team at all of the venues. The club event was extremely popular with runners from other clubs and Mike thanked all of those people who helped out on the day. He went on to say that the highlight of the year had to be the clubs promotion to Division 1 of the Chiltern League and congratulated all of the people who had taken part during the season.

Icknield Half Marathon and 10k – the club had won the men's team prize in the half marathon with the ladies winning the team prize in the 10k

Princes Risborough 10k – in this event the ladies had won the team prize.

Mike finished by drawing attention to the team spirit which makes the club what it is.

6. Social Secretary's Report

In the absence of Debbie it was noted as follows:-

Annual Dinner – this was very well attended and this year it is planned for the end of May.

Xmas disco – it was noted that this had been well attended.



London Marathon

Dog racing – this had been enjoyed by the people who had attended but it was noted the coach that had been hired had not been in a very good condition

Barbeques – there had been two of these which had been enjoyed by all.

7. Committee Elections

After very little discussion it was unanimously agreed that the existing Committee would be re-elected en bloc and therefore the following will be the Club Committee for the forthcoming year:-

Chairman	Peter Edington
Secretary	Chris Gentry
Treasurer	Duncan Kennerson
Membership Secretary	Stephan Naunko
Social Secretary	Debbie Ridout
Events Secretary	Mike Hickman
Publicity Officer	Martin Dean

8. England Athletics

There was a very lengthy discussion on the paper that had been circulated before the meeting on the question of which organisation the club should affiliate to and it was finally proposed that the club should affiliate to the ARC only at the present time but review the situation with regard to England Athletics during the year. This proposal was voted on and was agreed with 6 members abstaining and 2 voting against.

Because of this decision it was then proposed to reduce the club membership fees to £30 for individuals and £45 for couples and this was agreed

There being no other business the meeting finished at 9.45 p.m.

We had twenty two members competing in this years London Marathon, the hottest ever and some excellent coverage in the Bucks Free Press (especially for Sam Amend) with a picture of all our finishers.

Well done to everyone, especially to Dan Charleston who was our first finisher with a pb as well and to Sam Amend who was one of the top 100 women finishers. Also special congratulations to Gary Tarr, Kim Travers, Nicola Bryant, Chris Lansdown, Donna Howlett and Alison Alexander who were all running their first marathons.

Dan Charleston 3:03:57 (PB)
Sam Amend in 3:07:01
Dave Sanderson 3:19:33
Lydia Davis 3:23:06
Mike Hickman 3:26:00
Mark Hoad 3:31:32
Penny Cutler 3:34:33
Kim Travers 3:49:24
Gary Tarr 3:49:40
Andrew Harrison 3:52:09
Terry Eves 3:55:57
Colin Knight 3:56:49
Sarah Nicholls 4:03:58
Debbie Jones 4:16:55
Rod Palmer 4:17:43
Nicola Bryant 4:23:23
Mike Blowing 4:37:10
Lucy Couturier 4:44:24
Jock McLean 4:51:46
Chris Lansdown 5:25:18
Donna Howlett 5:50:04
Alison Alexander 6:05:19



Results

Berkhamsted Half Marathon

Trevor Hunter 1:13:57 (2nd)
Mike Hickman 1:37:18
Trevor Free 1:39:48
Des Mannion 1:45:37
Lucy Couturier 2:05:08

Goring 10K

Caroline Ward 42:07 (3rd Lady)
Paul Palmer 44:32
Asuka Wakatsuki
Darinka Reilly 54:23
Ann Palmer 58:00
Clare Sepede 61:54

Milton Keynes Half Marathon

Andrew Harrison 1:34:11
Lydia Davis 1:36:19
Liz Davey 1:52:30
Terry Eves

Banbury 15 mile

Trevor Hunter 1:26:09 (4th)
Frank Fulcher 1:29:53 (8th)
Penny Cutler 1:53:13 (3rd in cat)
Alan Wheeler 2:02:44
Nicola Bryant 2:10:30

Fleet Half Marathon

Dan Charleston 1:22:21
Asuka Wakatsuki 1:59:00

Reading Half Marathon

Trevor Hunter 1:12:10 (PB)
Frank Fulcher 1:15:30 (PB)
Phil Stephens 1:17:10
Dan Charleston 1:19:02 (PB)
Sam Amend 1:24:42 (PB)
John Dooley 1:25:14
Dave Sanderson 1:28:48
Chris Lansdown 1:49:20
Jessica Todd 1:53:11
Donna Howlett 2:02:21 (PB)
Amanda Gumus 2:22:12

Carterton 10K

Paul Palmer 42.22
Ann Palmer 55.51 (PB)

Oakley 20 (Bedford)

Lydia Davis 2:26:07

Bournemouth Half Marathon

Terry Eves 1:54

Maidenhead 10

Trevor Hunter 55:33
Phil Stephens 59:19
John Dooley 64:27
Sam Amend 64:38
Mike Hollis 66:29
Andy Harrison 68:03
Paul Palmer 68:53
Trevor Free 70:06
Colin Knight 71:33
John Peerless 72:04
Mike Hickman 73:27
Peter Astles 74:11
Des Mannion 75:59
Russell Dean 77:30
Alan Wheeler 78:04
Debbie Jones 78:12
Liz Davey 79:53
Darinka Reilly 84:51
Linda Weedon 88:20
Angie Mcloughlin 89:17
Margaret Moody 89:46
Mike Blowing 91:31
Ann Palmer 93:03 (PB)
Tora Stacey 97:20
Michael Owen-Evans 100:59
Richard Stone 101:30

White Horse Half Marathon

Paul Palmer 94:47
Gary Tarr 96:28
Penny Cutler 97:31
Jock Maclean 1:48:18
Asuka Wakatsuki 1:55:34 (PB)
Ann Palmer 2:02:53 (PB)



Tuesday Night Training Programme

May 15 th	NO SESSION. Wargrave 5k.
May 22 nd	Hill session (Monkton Farm). 6-10 x long & 4 x short.
May 29 th	NO SESSION. Burnham 5k.
June 5 th	Relay session on grass 12-16 x 200m in teams of three.
June 12 th	NO SESSION. Marlow 5k.
June 19 th	Paarlauf session on grass. 8-12 x 400m (200m out then back).
June 26 th	6-8 x 600m on grass (200m recovery).
July 3 rd	Whistle Fartlek session on grass totalling 25 minutes of effort.
July 10 th	NO SESSION. Our 5k.
July 17 th	Hill session (Monkton Farm). 6 x short & 4 x long.
July 24 th	NO SESSION. Datchet 5k.
July 31 st	Paarlauf session. 10-12 x 300m.
August 7 th	10-12 x 400m (200m recovery).
August 14 th	Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit.
August 21 st	6-8 x 600m (200m recovery).

Keeping the dream alive.



Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities will enjoy and benefit from these sessions.

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

- 16/5/07 Paarlauf session. 12 x 400m.
- 23/5/07 9 x 600m (200m walk/jog recovery).
- 30/5/07 6 x 800m Differentials. 1st lap at 5k pace, 2nd at hard effort. (200m walk/jog recovery).
- 6/6/07 5 x 1000m (200m walk/jog recovery).
- 13/6/07 "Downer" 1400/1200/1000/800/600/400/200m. (200m walk/jog recovery).
- 20/6/07 4 x 1200m. followed by 200m. at full effort. (200m walk/jog recovery).
- 27/6/07 **NO SESSION. Maidenhead 5k.**
- 4/7/07 7 x 800m (200m walk/jog recovery).
- 11/7/07 6 x 1000m (200m walk/jog recovery).
- 18/7/07 5 x 1200m (200m walk/jog recovery).
- 25/7/07 4 x 1600m (200m walk/jog recovery).
- 1/8/07 Pyramid session 200/400/600/800/1600/800/600/400/200m (200m walk/jog recovery).
- 8/8/07 400m Relay session in teams of 3. (1st runner runs his/her effort lap. As 2nd runner takes over, 1st runner begins his/her recovery. When 2nd runner finishes, the 3rd runner takes over and the 2nd begins his/her recovery. The 1st runner must complete his/her recovery before the 3rd runner completes their effort lap. Continue until each person has run 12 efforts).

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

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Handy Cross Runners Accounts 2006 – 2007

Balance Sheet for Year Ending 31st March 2007

DEBITS

Balance C/F	£ 1,904.90
KIT	£ 567.60
London Coach 2006	£ 373.94
TAX	£ 7.06
Judo Club	£ 1,886.50
Christmas Dance	£ 200.00
Cross Country & Club Runs	£ 710.53
5k Series	£ 111.14
Dinner & Dance	£ 2,095.00
Oxford Greyhound	£ 690.00
Bulletin	£ 360.11
B.A.A	£ 10.00
A.B.A.C	£ 25.00
S.E.A.A	£ 45.00
Stationary	£ 120.98
Trophies & Engraving	£ 133.06
Flowers	£ 18.00
Club Accessories	£ 1,045.05
BBQ	£ 54.97
Panto Refund	£ 9.50
Dataflame Website	£ 40.97
C.D.S Printing	£ 623.67

TOTAL £ 11,032.98

CREDITS

Balance B/F	£ 1,874.94
KIT	£ 350.00
London Coach 2006	£ 208.50
TAX	£ 7.06
Subs	£ 4,706.50
Christmas Dance	£ 100.15
Cross Country	£ 348.05
5k Series	£ 469.00
Dinner & Dance	£ 2,208.50
Oxford Greyhound	£ 300.00
London Coach 2007	£ 432.00
Interest	£ 28.28

TOTAL £ 11,032.98

Club Treasurer

D. G. Korman

Club Chairman

P. J. Edington