

Jogging Along

Bingo - another full house for Handy Cross at the London Marathon. 34 starters - 34 finishers. And that's the 3rd year running that everyone has finished. As the man from the fairground said - "Everyone's a winner". Many first timers got excellent results, and many P.B.'s were shattered. There were too many good performances to single out anyone in particular. Everyone did well, and H/X also got it's fair share on T.V. coverage.

So straight on to the results, starting with the London. By the way - these London results are not yet confirmed.



John White

London 17 April 1983

Men Chris Minall 2.46, John White 2.46, Derek Elvey 3.07, Alan Edwards 3.21, Chris Gentry 3.24, John Tredwell 3.33, Kevin Duffy 3.37, Gerry Grosse 3.37, Paul Lambourne 3.37, Vernon Martin 3.44, Mike Holt 3.45, David Webb 3.47, John Borns 3.48, Nigel Byrne 3.51, Martin Franzese 3.55, John Spicer 3.58, Dave Lambourne 4.00, Chris Busby 4.08, Vic Smith 4.14, Jack Sharp 4.20, Richard Stone 4.20, Ray Harris 4.31, Robert Farrier 5.30.

Ladies - Esme Thomson 3.06, Marie Spinks 3.29, Margaret Moody 3.44, Irene Smith 4.00, Annabell Bax 4.01, Dianne Spicer 4.27, Mandy Youers 4.31, Pauline Lynch 4.35, Freda Barnet 4.49, Sheila Lawton 4.50, Mary Simmons 4.51.

Woking '10' 27 Feb 83

John White 56.30, Derek Sawyer 58.12, Brian Brown 60.56, Derek Elvey 61.03, Alan Edwards 65.23, Robert Farrier 74.49.

Hemel Hempstead '10' 20 March 83

John White 57.18, Brian Brown 60.35. - Yours truly won his first individual prize, a nice silver cup, for being the first vet home.

Stevenage '10' 27 March 83

John White 57.05, Derek Sawyer 59.33, Derek Elvey 61.09, Alan Edwards 65.04, Robert Farrier 71.13, Andrew Spinks 72.36, Pauline Lynch 85.45, Alison Smith 85.46.

Maidenhead '10' 1 April 83

The Maidenhead 10 is actually about 10½ miles, it also has a long hill on the course. And as the day was particularly cold and windy, the H/X results are exceptionally good.

Men John White 56.58, Nick Cowley 58.40, Derek Sawyer 59.40, Brian Brown 62.06, Chris Wood 66.22, Alan Edwards 66.28, Vernon Martin 70.13, Dave Britnell 70.48, Robert Farrier 72.16.

Ladies Esme Thomson 66.08, Marie Spinks 73.54, Margaret Moody 75.25.

Team Results 42 teams finished. H/X 'A' team 12th, H/X 'B' team 33rd. The 'A' team came in AHEAD of teams like Highgate, T.V.H., and even Maidenhead A/C.

Forthcoming Events

Wycombe ½ Marathon Voluntary part time vacancies, no experience necessary. Just a reminder that H/X joggers are helping to run this event. Many hands will be required to act as officials, marshalls, sponge collectors etc. Anyone not running and who is willing to help please contact Peter Anderson or Hans Wessel. Please try and persuade friends and relatives to help as well.

- Sun 15 May - QE2 Hospital ½ marathon. Welwyn Garden City.
- Sun 22 May - Inter Counties Vets 10k. Championships at Leamington Spa. Open to all vets. Trophies for all age groups.
- Sat 28 May - Leighton Buzzard '10'. Starts 3pm. Pleasant course, almost flat. Entry £1.00.
- Sat 4 June - Kingham Village '7½'. Kingham, nr Oxford. Starts 4pm. Entry 50p.
- Sat 11 June - Goldenlay Poly Marathon. Windsor, Berks. Starts 2.15pm. Undulating. Entry £1.00. Not suitable for beginners.
- Sun 12 June - Welwyn Garden City ½ Marathon. Herts. Starts 3pm. Good, fast course, mostly flat. £1.00 (unattached £2.00).
- Sun 19 June - Scotchbrooks Marathon, Woodly, Reading. Starts 8am. Should suit first timers. Entry £3.00 (£3.50 unattached)
- Sun 19 June - St. Albans 12.9 road run, Herts. Starts 10.30am.
- Tues 21 June - Tring Festival Runs 5k and 10k, Herts. Starts 7pm. Entry 60p.
- Sat 25 June - Chalfont Road Run 6 miles. Starts 1.30pm. Entry 50p.
- Sat 8 July - Rex Foulkes 20k, Aylesbury. Starts 3pm. Quite a hilly course. A dozen eggs to EVERY finisher. Good quality prizes distributed on a tombola basis - so everyone in with a chance. Good value for 50p entry.
- Sun 17 July - Wycombe ½ marathon. Starts 1pm.
- Sun 4 Sept - Burnham Beeches ½ marathon. Starts 2pm. This is a very pleasant run through the Beeches, also very popular. Entries are limited, so get your entry off immediately if you wish to run. Recommended for runners of all standards. Entry £2.50.
- Sun 30 Oct - Snowdonia Marathon. Starts 9.30am. Last year a small coach party went to compete in this marathon. It is hoped to do the same this year. Not an easy marathon. In fact one of the toughest, BUT I'm told it is a good, satisfying run. Entry £4. For further details and entry form for the Snowdonia contact Derek Sawyer.

Note: For further details and advice on entering any events contact the events secretary, Vernon Martin.

Time Trial - The next time trial will be on Sun 8 May at 9am.

Family Ramble - The family ramble is also on the 8 May and starts at 2pm from Hughenden Valley. Friends and family are welcome. Further details and map from John Gill.