

Handy Cross Joggers Newsletter



May 1988

Issue No.2

affiliated to the
A.A.A. and W.A.A.A

WHAT'S ALL THIS THEN (Part 2) by Chris Gentry

Who said it would never last then? I was very gratified to find that the first issue of the Newsletter was apparently well received - well one person thought it was alright which is encouragement enough for me! - so here we are for Issue No. 2. A lot of things have happened since the first issue. The London Marathon has come and gone (but not been forgotten by those who took part), the Reading $\frac{1}{2}$ marathon has been run and the Annual Dinner has been eaten. So what is there to look forward to? Well for those of us lucky enough to be going to Kelkheim there is that town's $\frac{1}{2}$ marathon to train for and for a lot more of you there is the Wycombe $\frac{1}{2}$. There are also a lot more races coming up and I have mentioned a few in the feature "Running Events". On the social side there is the Ancient Olympics Pageant in Reading and further details of this can be found elsewhere in this issue.

It never ceases to amaze me the distances that club members are prepared to travel to compete in events and I think that this is shown in the "Results" section this time with runners going as far afield as Portsmouth, Tunbridge Wells and Stratford - upon - Avon. If nothing else this roving spirit ensures that the name of the club is spread far and wide which can be no bad thing.

Till next time - keep on running!

CLUB OFFICIALS

Chairman	- Hans Wessel
Vice Chairman	- Alan Edwards
Secretary	- Esme Thompson
Events Secretary	- Vernon Martin
Treasurer	- Ian Mallen
Membership Secretary (Men)	- Derek Sawyer
Membership Secretary (Women)	- Esme Thompson
Publicity Officer	- Chris Gentry
Social Secretary	- Rose Priest

MARLOW FUN RUN - 22nd May, 1988

As many of you know part of the course for this event is along footpaths and unfortunately at this time of the year these footpaths tend to be a bit overgrown. Therefore volunteers are wanted to help clear the undergrowth. This will be done on Saturday 14th May starting at 9 a.m. If you are able to help then you should meet Pete Anderson just south of the Three Horseshoes P.H. on the old Marlow road at the beginning of the first footpath on the course. Again, if you can, please come armed with secateurs or similar implements. (Please Note: Reserve date for the above, in case of extremely adverse weather, is Saturday 21st May at 2 p.m.)

ALL OUR YESTERDAYS - Chris Gentry

After the photograph in the last issue of a mustachioed Vernon Martin out on the first Handy Cross Joggers run we have delved even further back in the archives this time to find this picture which was featured on the front cover of "Athletics Weekly" way back on the 4th April, 1959 - over 29 years ago. And who may you ask was this youthful E. Butcher wearing No. 5 in the picture - why none other than our own Esme Thompson.



S. Jarville (L.O.A.C.) hands over to E. Butcher in Ilford Ladies' Relay

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RUNNING EVENTS

Here are a few local (or reasonably local) events which you might like to take part in. All races are on Sundays unless otherwise stated:

May 21st (Saturday)	Chinnor $\frac{1}{2}$ Marathon & 10k	10 a.m.
May 28th (Saturday)	Leighton Buzzard 10	3 p.m.
May 30th (Holiday Monday)	Ridgeway $\frac{1}{2}$ marathon	1.30 p.m.
June 4th (Saturday)	Datchet Dash 10K	10 a.m.
June 5th	Leighton Buzzard $\frac{1}{2}$ marathon	9.30 a.m.
June 11th (Saturday)	Combe Hill Race	11 a.m.
June 11th (Saturday)	Naphill 10 & 3 mile fun run	12 noon
June 19th	Oxford $\frac{1}{2}$ marathon	10 a.m.
June 19th	Penn and Tylers Green $\frac{1}{2}$ marathon	3 p.m.
June 25th (Saturday)	Bourton 15	6 p.m.
July 3rd	Amersham $\frac{1}{2}$ marathon	10.30 a.m.

LONDON MARATHON RECOLLECTIONS by Brian Sinclair

After 4 years of unsuccessful applications I was at last rewarded with a place in the 1988 Mars London Marathon. Once I overcame the shock of being accepted I then counted the weeks to the big day and got down to serious training. The organisers kindly provide a training diary so with some luck and a mild winter my preparations went pretty well to plan. After a couple of warm-up half marathons, the 'Big Day' arrives. The coach full of Handy Cross Joggers arrived at Blackheath and we all walked to the start assembly area. It was warm and rather humid. The organisers laid on tea and coffee and there was plenty of room to spread out. There was a wonderful sense of atmosphere and anticipation. Helicopters positioned themselves overhead and after nervous exchanges of "what time are you aiming for" we left our bags on the coaches and lined up in our time slots. A countdown began, five-four-three-two-one "bang" it started, the clock did, we didn't - well not immediately - first a walk then a gentle trot we were off! Four and a half minutes later we crossed the start line. I think there was a sense of relief for most people, they were on their way.

The first four miles were uneventful but warm, the first water station was well patronised. The crowd support started almost from the beginning and by ten miles it was music and cheering all the time. Andy Pandy was running alongside me and I thought they were cheering me! Thirteen miles and Tower Bridge soon came up. The Bucks Free Press photographer came and went. I forgot to take a drink until 15 miles, I think the crowds and the music was getting to me. Then I realised there are some parts of London I still have not seen - what a way to go sightseeing! I didn't hit a "wall" but at 22 miles I started to feel tired all over but I know I will make it. There are surprisingly many people walking in front of me and it's difficult to run in a straight line, this was slowing me down quite a lot.

I was very pleased to see Westminster Bridge and the "300 metres to go" sign. 26 miles is a long way no matter how much you train. Once over the line I stop my watch and smiling faces tell us to keep moving. Well I felt fine, some people around me were not too good though. I received my medal, grabbed several thermal blankets and plenty of Mars bars. The main advantage of proper marathon training is at the finish. You feel great and if you are alert enough you never need buy another Mars bar!

After a brief nap in Jubilee Gardens, helped by a can of Guinness and a cheese sandwich, we all met up and exchanged experiences. Everyone agreed the atmosphere was unique and that London is 'the' marathon, the organisation is superb, you are cared for from start to finish and the whole of London comes out to cheer you on, what more could you want. By the way, I was 12,386th!

The full list of finishing times for Club members in the London Marathon is as follows:-

John Hawryszczuk	2hrs 53min 09secs	Roger Simmonds	3hrs 19min
Ian Mallen	3hrs 21min	Brian Brown	3hrs 22min

John Bradbury	3hrs 23min	Ray Matthews	3hrs 25min
Trevor Hart	3hrs 28min 14sec	Clive Easden	3hrs 32min
Dave Welfare	3hrs 38min	Brian Sinclair	3hrs 49min 58sec
Brian Janes	3hrs 58min	Alan Van Der Pant	4hrs 00min 06sec
Pauline Croxson	4hrs 00min	Vernon Martin	4hrs 08min
Derek Skinner	4hrs 10min	Peter Gould	4hrs 10min
Deborah Tyte	4hrs 13min	Richard Mold	4hrs 13min
Charles Jackson	4hrs 16min	John Wheeler	4hrs 23min
Jack Sharp	4hrs 23min	Rob Yandell	4hrs 23min
John Gardner	4hrs 28min	Lawrence Thomas	4hrs 28min
Jim Powell	4hrs 30min	Rose Priest	4hrs 32min
Alison Unitt	4hrs 33min	George Kenna	4hrs 36min 51sec
Derek Vere	4hrs 47min	Paula Parkin	4hrs 54min
Rosemary Simmonds	4hrs 55min	Ray Harris	4hrs 55min
Freda Powell	4hrs 55min	Joyce Harris	5hrs 30min

RUNNING KIT

The club have a good supply of running kit in club colours and with our distinctive logo on them available at reasonable prices. The items currently in stock are as follows:-

VIGA BULLET II VESTS (Red with White Logo)	£6-00
VIGA BULLET II SHORTS (Red Unisex, Inner Brief)	£6-00
T-SHIRTS (50% Cotton, 50% Polyester, Red with White Logo)	£3-50
SWEATSHIRTS (50% Cotton, 50% Polyester, White with Red Logo)	£8-00

Sizes

Vests, T-Shirts and Sweatshirts: **Small, Medium and Large.**
Shorts: **Small - 30"/33", Medium - 34"/36", Large - 38"/40".**

All items are available from Alan Edwards who, if he isn't in attendance on Club nights or Sunday mornings, can be contacted at home at :

32 Lyndhurst Close,
High Wycombe.
Tel. HW 30366.

RACE RESULTS/REPORTS

Portsmouth Half Marathon - 6th March

Alex Johnson and Vernon Martin both travelled to the south coast to take part in this event and it was Alex who ended up with a personal best with Vernon not far behind:

Alex Johnson	1hr 25min 23secs	Vernon Martin	1hr 39min 09secs
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Para's 10, Aldershot - 6th March

Over 1,000 people took part in this event, which is a 10 mile cross country race over an undulating and sandy course, and amongst this number was Derek Sawyer who finished in an excellent 222nd position thus showing his recovery from a lengthy injury. A full list of Club finishers and their times is:-

Derek Sawyer	69min	Richard Lunnon	74min
Kevin Duffy	77min	Martin Franzese	80min
Ians Wessel	80min		

Burghfield Common 10 - 6th March

After winning the inaugural Club Cross Country Championship the previous week Peter Smith followed it up by finishing 14th in this event and winning a prize into the bargain. Details of all the Club finishers are as follows:-

Peter Smith	57min 40secs	Roy Williams	60min 54secs
John Hawryszczuk	61min 13secs	Mike Stone	Time unknown
John Gibson	63min 40secs	John Flint	Time unknown
Ian Mallen	68min 17secs	Trevor Hart	Time unknown

Chiltern League Cross Country, Northwood - 5th March

In this, the last meeting of the season for our ladies team, tragedy struck Eila Mansfield when she fell tearing a hamstring in the muddy conditions. This deprived her of a certain prize in the veterans category for her performances over the season but on a happier note Ruth Baker won the trophy for being second overall over the season. Results:-

Ruth Baker	8th	Margaret Moody	15th
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St. Edmunds College Half Marathon - 13th March

Over a hilly course with strong winds John Hawryszczuk recorded yet another personal best in this his most successful season yet when he finished in 44th position in a time of 1hr 20min 42secs.

Sonning Common Half Marathon - 20th March

Eric Buckle made light of the undulating course to set a personal best which was a fine reward for all the hard training he had put in. The results of all the Club's runners were:-

Eric Buckle	1hr 20min 25secs	John Bradbury	1hr 25min 39secs
G. White	1hr 36min 36secs	Benjy Benjamin	1hr 37min 40secs
Brian Sinclair	1hr 40min 31secs	John Gardner	1hr 45min
Vivien White	1hr 59min 50secs	Ray Harris	2hr 16min 50secs

Hillingdon Half Marathon - 20th March

In this event Roy Williams confirmed his return to fitness after a lengthy period of injury with a fine performance which saw him only just failing to set a new personal best:-

Roy Williams	1hr 17min 43secs	Mike Stone	1hr 23min
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Tunbridge Wells Half Marathon - 20th March

Three members of the Club took part in the fifth running of this event and over an extremely tough course with a steep hill half way round Derek Sawyer continued his recovery from injury with an impressive run:-

Derek Sawyer	1hr 25min	Ann Wilton	1hr 56min
Graeme Kempson	1hr 58min		

Fleet and Crookham Half Marathon - 27th March

Neither the undulating course or the windy conditions could deter Eric Buckle who turned in yet another good performance with a time only seconds outside his personal best. Not so lucky was Jim Chilton who finished in agony with a suspected stress fracture. This was particularly tough on Jim who has had more than his fair share of injury problems. Names and times of Club finishers re:-

Eric Buckle	1hr 20min 58secs	Mike Stone	1hr 23min 10secs
Jim Chilton	1hr 24min 58secs	John Bradbury	1hr 25min 30secs
Ian Mallen	1hr 26min 48secs	Max Cowlin	1hr 32min 30secs
Vernon Martin	1hr 37min 21secs	Richard Lunnon	1hr 38min 22secs
Vivien White	1hr 57min 28secs	Jack Sharpe	2hr 02min 15secs
Rose Priest	2hr 03min 52secs		

Maidenhead 10 - Good Friday(1st April)

Well fuelled by copious amounts of hot cross buns 700 runners lined up for the 35th running of this event and in almost ideal conditions no less than five Club members recorded personal bests for the distance. They were Roy Williams, John Bradbury, Robert Farrier, Margaret Moody, and Vivien White but pride of place must go to Roy who broke the magical 60 minute barrier for the first time.

Details of all performances:-

Roy Williams	59min 58secs	Dave Woolley	63min 11secs
John Bradbury	64min 08secs	Alex Johnson	65min 15secs
Bob Carter	65min 54secs	John Flint	65min 50secs
re Chris Gentry	67min 46secs	Vernon Martin	73min 11secs
Robert Farrier	73min 15secs	Margaret Moody	76min 26secs
John Wheeler	80min 56secs	Deborah Tyte	82min 50secs
D. Waterman	82min 55secs	Peter Gould	83min 05secs
Vivien White	89min 12secs	Myrtle Edwards	89min 50secs
Rose Priest	92min 39secs	Paula Parkin	97min 25secs

Reading Half Marathon - 10th April

It was that man John Hawryszczuk again who, just a week before competing in the London Marathon, strolled to yet another personal best for the distance. He was the first Club member home, over a minute ahead of John Gibson and nearly two minutes ahead of Roy Williams. For the ladies Fiona Kerr also smashed her personal best time finishing over three minutes ahead of the next lady home. The list of names and times of Club finishers is:-

John Hawryszczuk	1hr 17min 27secs	John Gibson	1hr 18min 30secs
Roy Williams	1hr 19min 03secs	Derek Sawyer	1hr 21min 11secs
Dave Woolley	1hr 23min	John Flint	1hr 23min 50secs
Ray Matthews	1hr 25min 05secs	John Bradbury	1hr 25min 11secs

SOCIAL EVENTS

Those of you who have been regular attenders on Club nights or Sunday mornings (and I have got to admit that I have not been one of them) will have heard Vernon talking about an event the Club has been invited to take part in on Saturday, 25th June, 1988. The event is an ancient Olympics pageant which is being organised by Running Management Services Limited (the Company that organise the Digital Reading Half Marathon amongst other events) and the pageant is being put on as a backdrop to the Grant Thornton "British Olympic Appeal" Come and Run Day. As you may have guessed the event is being financed by Chartered Accountants, Grant Thornton, as part of their involvement as Official Sponsors to the British Olympic Team and, in particular, the medical backup.

Four other Clubs have accepted invitations to take part, Reading Joggers, Reading Roadrunners, Wargrave Runners and Finchampstead Coasters and therefore Handy Cross would be the fifth and probably the last because apparently the idea is that as there are 5 rings on the Olympic emblem it would seem appropriate to have 5 Clubs involved, each one adopting one of the colours and competing both under their Club name and also one of the areas of Ancient Greece (those, according to ancient record, almost certainly represented at the Games of the period) - Arcadia, Argolis, Laconia, Messinia and Peloponnesus.

Clubs taking part in the pageant will be required to assist in authentication. Thus, they will be required to dress up in costume depicting the period, as presented by the Organisers - this being the closest that they can go as apparently records show that men competed "starkers" and women not at all, two things that the Organisers want to avoid. The Organisers have ordered the material for the costumes so as to keep the cost down which means that there is no direct cost to the Club.

It would seem that there will be competition but this will be kept "light-hearted" and the event will need a commitment from a reasonable number of Club Members for the whole day - probably in the region of 15/20 people although, of course, the more the merrier. Performances of the pageant are scheduled to take place at 10 a.m., 12 noon, 2 p.m., and 4 p.m. as a buildup to other "Come and Run" activities that will be taking part.

Full details of the event are still to be finalised and Rose Priest will be attending a meeting soon in this respect. However in the meantime you should keep the date in mind and make every effort to support the event and ultimately the Club.

Editor's End Note

As I am sure you will appreciate it is important not only from the point of view of getting publicity in the local press but for this Newsletter for you to let me have the results of events you take part in. From the press point of view I really need your results by early Sunday evening and you can do this by either phoning me on H.W. 39692 or Vernon Martin on H.W. 443344.

