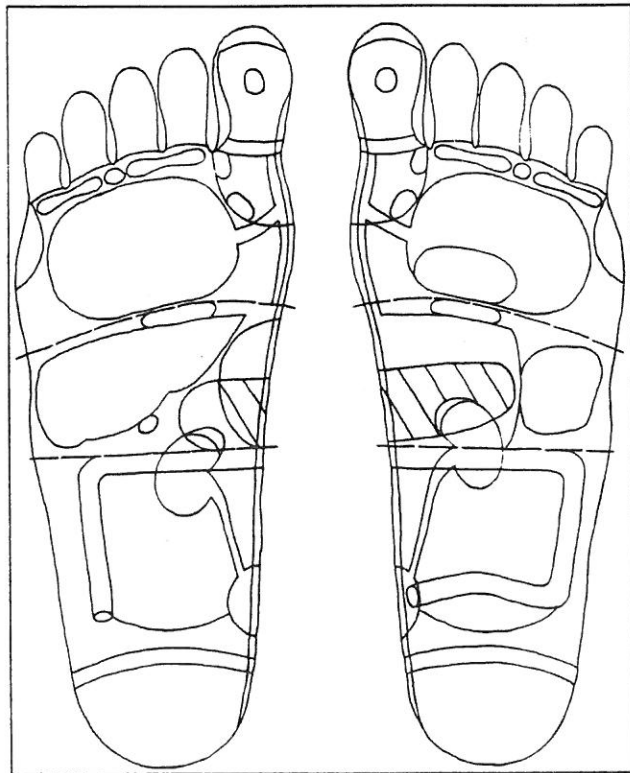




Handy Cross Joggers Bulletin



Chairmans Chatter

What a busy month for everyone, on the social scene we enjoyed our annual dinner and dance without doubt only possible because of the superb efforts of Rose Priest, Thank you Rose. On the running scene we had excellent performances from our runners in the London Marathon, followed just five days later by the Maidenhead 10 on Good Friday. Many of the Runners who ran London lined up for the 10, you will find the results later in this edition of the "Bulletin". I would also like to thank Gerry and his team for organising The Marlow 5, as usual they did a splendid job, and the day was a complete success.

May I also take this opportunity to welcome new members Tony Crockett, William Hudson, John Hunson, Geoff Harrison, Simon Key, Harvey Tait, Michael Wood, Steven Wood. who have joined us in the last few weeks.

Alex Johnson

Club Officials

President	Vernon Martin	0494 443344
Chairman	Alex Johnson	0628 523322
Vice-Chairman	Roy Williams	0494 713927
Treasurer	Ian Mallen	0494 442367
Secretary	Gerry Grosse	0494 451506
Events Secretary	Peter Edington	0494 563730
Membership Secretary (men)	John Bradbury	0494 441577
Membership Secretary (women)	Sarah Player	0628 72149
Social Secretary	Rose Priest	0494 529761
Publicity Officer	Chris Gentry	0494 439692
Kit Officer	Sarah Player	0628 72149

Results

Maidenhead 10

John Flint	61.50	Alex Thomason	67.56 pb
Eric Buckle	63.01	Ian Mallen	71.10
Roger Wilkes		Gerry Grosse	74.00
Dave Wooley	65.40	Kevin Hicks	74.14
Alex Johnson	65.40	Helen Wilkes	79.00

Individual Places Chilton X.C. League 1991/2 Four best places count.

Men.

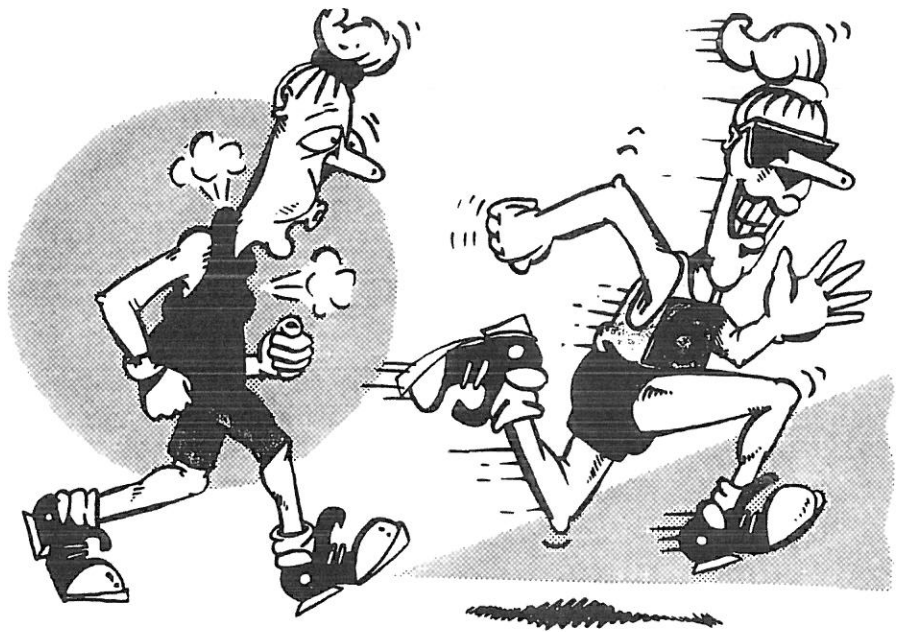
Alan Chilton	10
Ralph Chesswas	98
Philip Stephens	139
Roy Williams	331 1st Vet
Derek Sawyer	341
Alfred Benjamin	387
John Flint	390
Stephen Naunko	413
John Bradbury	542
Mike Stone	545
Trevor Hart	735
Vernon Martin	758

Ladies

Joy Smith	36
Margaret Moody	64
Eila Mansfield	83
Pamela Wilkes	117

Marlow 5

Alan Chilton	First Male
Eric Buckle	First Male Vet
Irene Smith	First Lady



London Marathon 1992

John Dooley	2.47	George Kenna	4.05
John Flint	2.55	Alex Thomason	
John Bradbury	3.06	Dave Nash	4.06
Alex Johnson	3.11	Sarah Player	4.25
Graham McClachaw		Sandy Childs	5.30
Ron Newham		Gina Borley	3.43
Roy Williams		Brian Childs	4.45
Trevor Hart	3.27	Duncan Kennerson	4.37
Roger Wilkes			

Well it is all over for another year! Sixteen weeks of training through the winter saw many jobs at home accumulating to an unacceptable level. a visit to my G.P. with three weeks remaining confirmed "shin splints" as the cause of pain caused by overtraining. His advice rest! did I take it? of course I didn't. Was it worth while? of course it was. The London Marathon is a superb event, with a few exceptions like trying to find your kit bag at the end of the race. Sharing stories at the race trying to come up with the best excuse as to why the time achieved did not match the plan. Looking at the television trying to spot oneself "looking good" nearly falling off the seat when a Handy Cross vest flashes across the screen. I read somewhere that one never stops learning so what have I learned this time? Next year I will train for seventeen weeks which leaves me one full week to train on developing my excuses and practising being able to tell them with a straight face. Did I ever tell you the one about.....

..... next year maybe

Alex

As I was taking on water at all the stations I decided, it was my big day, so treat yourself I told myself, so I tried out Gatorade.

Going home in the car, my mother had the the food bag enough for everyone! Her little girly (all 5ft 10" and ?? stone of her) had just completed the marathon, 'bless her'.

I opened my goodie bag and there it was, the carton of Gatorade, I passed it around as if it were a new form of tonic (mother likes ... & tonic) to my shame in the cool light of normality what kept me going through my second greatest achievement (it being my 2nd Marathon) was the most disgusting stuff I've ever tasted.

Sarah

Standards

(Reprint of Chris Gentry's Letter March 1991)

Some of you may be aware that during the last eighteen months or so the Club Committee have been discussing the introduction of club standards as a means of encouraging club members to continue training by giving them something to aim for. Due to various problems, the discussions have taken longer than perhaps they should have but finally it looks like we are now ready for the launch. Therefore, as an introduction, I thought that the best thing I could do was to print the "question and answer" notes that I originally prepared for the Committee on the subject. Accordingly these are set out below and, if after reading them you have any other questions, I or any other Committee member will be pleased to answer them, if we are able.

Why have club standards and what are they?

A very good question and I suppose the best way of answering it is to say that the introduction of standards has proved very successful in other running and jogging clubs in so far as it has encouraged runners of all abilities to be able to train with a particular goal in mind. The standards it is proposed to use have been based on those used by the Ipswich Jaffa club for a number of years and as their Vice President says "some of us are fortunate in that we are often in with a chance of winning or getting a place in an event, but most of us only achieve a 'personal best' from time to time" Therefore, especially for those club members, it was felt that by setting standards it would encourage members who, for instance, achieved a Bronze standard for a particular distance to improve to a Silver by putting in a little more effort and training.

Why 5 standards and 5 distances?

The Ipswich scheme has 7 standards but it seemed to me that the two I have missed out, 15 miles and 20 miles, are distances that are rarely run by members of our club and therefore it did not seem to me worthwhile including them. Also I have proposed the addition of a 5th standard because it seemed to me that by only having 4 standards it meant that the differences in the times between the standards was too large.

How will it work?

For each distance, certificates will be awarded to runners achieving the appropriate standard for the first time only. Club members will have the opportunity to accumulate a complete set of standards during the time they are in their particular age group. Once a new age group is reached a complete set of new standard certificates can be obtained.

What about rules?

It is thought that the less rules the better and therefore I have taken the liberty of adapting the following rules from those of other clubs:-

- (a) Only times recorded at those events measured to Road Running Club standards (or otherwise recognised by Handy Cross Joggers as being accurate or long) will be accepted under the standards scheme.
- (b) The runner's time shown on the official results sheet will be the only time recognised under the scheme. The only exception to this will

be the case of events where large numbers participate (e.g. London Marathon) when the runner's own clocked time will be accepted. Results sheets should be submitted as evidence of the time recorded and times should be reported as soon as possible after the event.

(c) Age groups will be determined by the members age on the day they ran the event to achieve the standard.

So much for the introduction, now here are the standards for both men and ladies:-

M E N

<u>Under 40</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:26:20	0:28:45	0:30:30	0:33:00	0:35:00
10k	0:33:00	0:36:00	0:38:00	0:41:00	0:43:00
10 miles	0:57:00	1:00:00	1:03:00	1:08:00	1:10:00
Half marathon	1:12:00	1:20:00	1:23:00	1:30:00	1:35:00
Marathon	2:35:00	3:00:00	3:12:00	3:30:00	3:40:00

<u>40 - 44</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:27:10	0:30:00	0:32:00	0:35:00	0:38:00
10k	0:34:00	0:37:30	0:40:00	0:43:30	0:47:00
10 miles	0:58:00	1:03:15	1:06:00	1:12:00	1:18:00
Half marathon	1:15:00	1:24:00	1:28:00	1:36:00	1:44:00
Marathon	2:40:00	3:05:00	3:20:00	3:45:00	3:55:00

<u>45 - 49</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:28:00	0:31:30	0:33:30	0:37:15	0:39:00
10k	0:35:15	0:39:30	0:42:00	0:46:30	0:51:30
10 miles	0:59:00	1:05:00	1:09:00	1:16:00	1:23:00
Half marathon	1:18:00	1:28:00	1:33:00	1:42:00	1:48:00
Marathon	2:45:00	3:12:00	3:30:00	4:00:00	4:10:00

<u>50 - 54</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:28:50	0:33:15	0:35:15	0:39:30	0:41:15
10k	0:36:15	0:41:30	0:44:00	0:49:15	0:52:00
10 miles	0:59:40	1:08:00	1:12:00	1:20:00	1:24:00
Half marathon	1:20:00	1:32:00	1:38:00	1:48:00	1:52:00
Marathon	2:50:00	3:20:00	3:40:00	4:1 :00 upto	4:18:00

<u>40 - 44</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:34:45	0:40:00	0:42:30	0:47:00	0:53:00
10k	0:43:30	0:49:00	0:53:00	0:59:00	1:05:00
10 miles	1:12:00	1:21:00	1:27:00	1:35:00	1:44:00
Half marathon	1:36:00	1:44:00	1:54:00	2:01:00	2:12:00
Marathon	3:23:00	3:52:00	4:09:00	4:20:00	4:36:00

<u>45 - 49</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:37:00	0:42:30	0:45:00	0:50:00	0:55:00
10k	0:46:30	0:53:00	0:56:30	1:03:30	1:08:00
10 miles	1:16:30	1:27:00	1:33:00	1:43:00	1:50:00
Half marathon	1:42:00	1:54:00	2:02:00	2:11:00	2:20:00
Marathon	3:36:00	3:55:00	4:10:00	4:26:00	4:54:00

<u>50 - 54</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:39:45	0:45:00	0:48:30	0:54:00	0:58:00
10k	0:49:45	0:56:30	1:00:00	1:07:00	1:12:00
10 miles	1:22:00	1:33:00	1:39:00	1:50:00	2:00:00
Half marathon	1:50:00	2:04:00	2:13:00	2:24:00	2:30:00
Marathon	3:52:00	4:15:00	4:35:00	4:58:00	5:15:00

<u>55 - 59</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:42:45	0:49:00	0:52:00	0:58:00	1:03:00
10k	0:53:30	1:01:00	1:05:00	1:12:00	1:18:00
10 miles	1:28:00	1:40:00	1:47:00	1:59:00	2:07:00
Half marathon	1:58:00	2:12:00	2:20:00	2:28:00	2:40:00
Marathon	4:20:00	4:35:00	4:55:00	5:21:00	5:39:00

<u>60 - 64</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:46:00	0:52:00	0:56:00	1:02:00	1:07:00
10k	0:57:45	1:05:00	1:10:00	1:18:00	1:24:00
10 miles	1:35:00	1:48:00	1:55:00	2:08:00	2:15:00
Half marathon	2:07:00	2:23:00	2:35:00	2:41:00	2:54:00
Marathon	4:25:00	4:55:00	5:10:00	5:29:00	6:05:00

<u>65 +</u>	Elite	Diamond	Gold	Silver	Bronze
5 miles	0:49:15	0:56:00	1:00:00	1:07:00	1:12:00
10k	1:01:45	1:10:00	1:15:00	1:24:00	1:30:00
10 miles	1:42:00	1:55:00	2:03:00	2:18:00	2:25:00
Half marathon	2:16:00	2:30:00	2:44:00	2:55:00	3:05:00
Marathon	4:35:00	5:00:00	5:29:00	5:52:00	6:31:00

<u>55 - 59</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:30:30	0:34:45	0:37:30	0:40:00	0:42:30
10k	0:38:30	0:43:30	0:47:00	0:49:30	0:53:00
10 miles	1:03:30	1:11:00	1:15:00	1:20:00	1:25:00
Half marathon	1:25:00	1:36:00	1:43:00	1:49:00	1:55:00
Marathon	3:00:00	3:30:00	3:50:00	4:15:00	4:33:00

<u>60 - 64</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:33:00	0:36:45	0:40:00	0:42:30	0:45:15
10k	0:41:15	0:46:00	0:50:00	0:53:15	0:56:30
10 miles	1:07:30	1:15:00	1:20:00	1:25:00	1:30:00
Half marathon	1:30:00	1:41:00	1:48:00	1:55:00	2:02:00
Marathon	3:15:00	3:40:00	4:05:00	4:25:00	4:55:00

<u>65 - 69</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:35:30	0:39:15	0:42:30	0:45:30	0:48:00
10k	0:44:30	0:49:00	0:53:00	0:58:00	1:02:00
10 miles	1:13:00	1:20:00	1:26:00	1:30:00	1:36:00
Half marathon	1:37:00	1:48:00	1:57:00	2:05:00	2:13:00
Marathon	3:30:00	3:55:00	4:23:00	4:53:00	5:17:00

<u>70 +</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:38:10	0:41:30	0:45:15	0:47:30	0:50:30
10k	0:47:50	0:52:00	0:56:30	1:00:00	1:05:30
10 miles	1:18:00	1:26:00	1:34:00	1:40:00	1:45:00
Half marathon	1:44:30	2:00:00	2:10:00	2:18:00	2:25:00
Marathon	3:45:00	4:15:00	4:45:00	5:10:00	5:42:00

L A D I E S

<u>Under 35</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:31:30	0:36:00	0:38:30	0:42:45	0:45:00
10k	0:39:30	0:45:00	0:48:00	0:53:30	0:56:30
10 miles	1:02:00	1:13:00	1:18:00	1:23:00	1:28:00
Half marathon	1:27:00	1:39:00	1:45:00	1:54:00	1:59:30
Marathon	3:04:00	3:25:00	3:40:00	3:55:00	4:10:00

<u>35 - 39</u>	<u>Elite</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 miles	0:33:00	0:37:30	0:40:00	0:44:30	0:47:00
10k	0:41:30	0:47:00	0:50:00	0:56:00	1:02:00
10 miles	1:08:00	1:14:00	1:20:00	1:27:00	1:33:00
Half marathon	1:31:00	1:42:00	1:50:00	1:57:00	2:04:00
Marathon	3:13:00	3:35:00	3:55:00	4:10:00	4:22:00

Forthcoming Events

Treasure Hunt 14th June

Summer 5K Series (leaflets available)

- * Fun evening out for all the family, all abilities * Start time 7.30pm *
- * Light refreshments * Price 50p for members and families £1 guests *

Kelkheim - Germany

Depart Friday 28th - return Monday 31st August 1992

- * Luxury coach * Accommodation * Race entry * £70 *
- * See Ron Newman or John Gardner *

Wycombe 1/2 Marathon July 19th

For event entry forms see Peter Edington 0494 563730

Get your race results into

Chris Gentry 0494 439692 or Ian Mallen

Sunday before 5pm

What's agreed at the Committee meeting this month

We have decided that the age limit for training will be 16 years. If members wish to bring anyone younger to club training nights they must take responsibility for them.

Ian will be prepare a proposal to harmonise our accounting year with the Judo Club and it will be open for discussion.

There will be a Time Trial Shield to be presented to the person who improves their time by the greatest percentage it will be engraved each month with their name. This shield has kindly been donated.

Awards 1991/2

Jogger of the year 1992

Alan Chilton

Selected by the club runners
Joint runners up Sarah Player, Jack Sharp & George Kenna

Cross Country Championship

Men	Alan Chilton
Runner up	Ralph Chesswas
Vet section	Roy Williams
Runner up	Mike Stone
Ladies	Joy Smith
Runner up	Margaret Moody.

The above awards were kindly supplied by Terry's of York and presented by Mr Bob Carter.

Chairmans Award

This award was presented by Alex Johnson to

Rose Priest

for her outstanding contribution to the club

Our Chairman also gave a special thanks on behalf of the club to

Jerry Jerome

who generously gives his time and patience in coaching anyone who wishes to benefit from his knowledge.

Ye Old Bits & Pieces

*Where to get your old trainers re-soled?
and ramour has it for just £10*

Geo. Robinson, 4 Stodman St, Newark, Notts
NG24 1AN Tel: 0636 703629

Burnham Running Club,
Barn Dance,

Sat 11th July
at the Haymill Centre Burnham,
Tickets £4.00

CLUB PICNIC

28TH JUNE

HUGHENDON PARK 2PM

Kit Price List

Paper Jackets	£5
White Sweatshirts	£12
Red T-Shirts	£6
White Vests ...	£11 (open) - £12 (closed)
Shorts	£5
Old Vests	£3
Flourescent tops	£6.30
Water Bottles	£1.99

White T-Shirts available to order
Kit available Tuesday's,
Thursday's & Sundays
or phone Sarah 0628 72149
to order

Riverboat trip,

Friday 29th May £15.00 a head Friends and Relatives welcome over 18s only
Bookings with deposit of £5 before May Tues 12 th.

10% Discount

Everyone knows we get 10% discount from Apex Sports shop in Farnham Common well if you take this coupon along to David Turner Sports they will be happy to give you 10% discount as well.

Kelkheim trip

organisers

Ron Newman & John Gardner

10% discount voucher

David Turner SPORTS

Marlow, High Street

*If you were happy to receive your copy of the
bulletin by post please let the committee know.
On this occasion the costs were met by a donator.*