



Handy Cross Joggers Bulletin

May 1996

*Please note 5k Series change
See back page for details*

EDITORIAL - ERIC BUCKLE

They said it couldn't be done. They said you can't organise a race in Marlow at 11 o'clock on a Sunday morning, taking it through the High Street twice, especially when the sun comes out.

Roger Wilkes said it could be done and he proved it - perfectly. Many thanks to Roger for all the hard work he put in and also to Dave Riddington for organising the marshalling on the day. I spoke to several runners after the race and they all spoke highly of the course and the organisation. Thanks also to the people who put themselves out to help with finish and the marshalling.

Unknown to everyone else Stephan and I held a competition to find the two best marshals on the day and we will pay out of our own pockets for the prize. The winners were Eric Buckle and Stephan Naunko.

The lucky winners will be whisked off to a local bowling alley of their choice where they will be dined on cheeseburgers and spicy fries washed down with a carafe of budweiser. Afterwards they will bowl the night away to the sounds of Paul, Chris, Jane and the skittles.

Well done you two! I've a strong feeling you may win next year as well.

The Friday before the race we held our annual dinner and dance at The Crest Hotel. The numbers attending were 20% up on the previous year and considering that two years ago we almost put an end to this event through lack of interest, this is a good sign for the future.

Thank you to Rose for her work towards the event and to Duncan for his work also. A good time was had by all especially John Bradbury who apparently couldn't sleep when he got home so he stayed up all night and pebble dashed the front door.

On the 8th May Alex Johnson goes into hospital for his operation and will be in for twelve days. On behalf of the club I should like to wish Alex good luck and a speedy recovery.

And finally.....

I wouldn't want anyone to think I was getting soft in my old age with all this back slapping so I'd like to finish on a sour note.

Six weeks ago John Bradbury, our membership secretary sent everyone a letter to say that the membership fee was now due but up to now he has received less than half. Those of you who have not paid are not being fair to the club members who have paid, but most of all to John who has been doing this thankless chore for many years now. Every year he has to remind and then beg the same handful of people who never pay until the last possible moment.

ANNUAL GENERAL MEETING

The annual general meeting was held on the 25th March 1996 and fairly well attended. During the course of the meeting a number of officials stepped down from their duties and others took their places.

Ian Mallen who has been club treasurer for the past twelve years finally got his sums right and was allowed to step down. I should like to thank Ian for all the work he has done over this time in keeping the club solvent and being a calming member on the committee in respect of some of the wackier ideas that have been put forward. Pat Beeston also stepped down after one year as secretary in order that she could concentrate more on coaching.

A welcome back to Chris Gentry, who was our publicity officer but who has now taken up the important post of club secretary. Chris served on the committee for many years doing some valuable work for the club regarding its constitution and has been heavily involved with the Wycombe half and Marlow five. It is good to have him back on board. Duncan Kennerson who was one of our social secretaries has taken over from Ian as treasurer and cites on his CV that counting money is synonymous with counting gold tops. All the best from us all.

Club Officials

President	Vernon Martin	01494 443344
Chairman	Alex Johnson	01628 523322
Treasurer	Duncan Kennerson	01494 440592
Secretary	Chris Gentry	01494 439692
Events Secretary	Peter Edington	01494 563730
Membership Sec.	John Bradbury	01494 441577
Social Secretary	Rose Priest	01494 529761
Publicity Officer	Roger Wilkes	01494 715663
Kit Officer	Dave Nash	01494 446620
Bulletin	Eric Buckle	01494 482736

EVENTS SECRETARY - PETER EDINGTON

It is always difficult to try to think of something original to say in my report when you have done a number before and Stephan said today that he was fed up of me taking the proverbial out of him. However it was good to see Steph paired off at the dinner dance and I am very happy for him. Although between you and me I don't think that their relationship will last very long. Sorry Adrian.

Since the last magazine not many results have been recorded on the sheets. If you want to see your name and achievements in print for all to take note, then please write them down. This is the only way I get your results unless you phone Roger for him to put them in the press. However Alex Thomason has been quite prolific amongst us racing at Hyde Park, Wokingham, Brent, Portsmouth, Hillingdon and Maidenhead over the last three months recording some excellent times and no doubt picking up some prizes in his age category.

Today's Runner Cross Country League

Overleaf you will find printed all of the results from this league for our club. There are no times from Ruislip as they only sent positions, presumably because the recording sheets got a good soaking on the day.

Next year we intend to run our own race. The course has been established in Bradenham Woods and is very picturesque albeit a little undulating. We will need a lot of help on the day and thus will be asking you to get involved at an early stage.

FORTHCOMING EVENTS

5k Summer Series

The dates for this years 5k series have now been agreed as shown on the back page. You should note that the first 5k is at Burnham and not Wargrave as in previous years. This is due to roadworks taking place in the Cockpole Green area making it hazardous to run in the area due to the diverted traffic.

The series follows the same format as in previous years with each host club laying on food for the other clubs after the race. You will find a list, on the table at club meetings for you to pledge the food you want to bring on the evening of our race.

The cost has been kept the same at £3.00 for the series. You will be issued with a number which you should retain for the whole series.

Pathfinders with Marlow Striders - 26th May

As you know we are organising a pathfinders run with Marlow Striders following our successful run with them at Christmas. The course has been mapped out but is still subject to change if I cannot find it again. The idea is to pair off with a Marlow Strider and then set off to find the various stations and collect the discs. This time, not only will you be sent off in different directions but may be running different courses, depending on how far you wish to run. Beware who you follow!

After the event there will be a social gathering in the bar and therefore would everybody please make an effort to bring along a plate of sandwiches or cakes to entertain the Striders. Trophies will be presented to the winning teams in each section.

Track

This year we will be starting to use the track from Wednesday 22nd May 1996, but the arrangements will be slightly different. The club will not be purchasing a block session for all our members use, so therefore, in addition to purchasing your track pass you will have to pay for each individual session. The costs last year were £1.50 for an annual pass and £1.50 a session. It's unlikely that these costs have increased significantly. I hope to see you there along with all our coaches, Alex Johnson, Pat Beeston, Mike Hickman and Vernon Martin.

LETTERS TO THE EDITOR

Dear Editor

In response to the letter featured in the last Handy Cross Joggers bulletin, I wish to voice my opinion in support of the new bulletin editor.

I feel it is very unfair for a member of the club to threaten his membership just for the sake of hearing a few home truths.

Eric has taken up a very difficult post, which nobody else volunteered for (surprise surprise) and I find it quite remarkable that a member is willing to stop his membership just for the sake of hearing Eric's opinions. Surely he's allowed to have his opinion without receiving stropy letters from members feeling guilty about the truth.

Instead of writing these sort of letters members should get more involved by attending arranged functions.

So thank you Eric for having the guts to speak the truth, I'm sure we will all benefit from it.

Duncan Kennerson

Duncan Kennerson

TODAY'S RUNNER CROSS COUNTRY LEAGUE 1995/96 RESULTS

NAME	DATCHET 12NOV95		RUISLIP 03DEC95		TADLEY 07JAN96		READING 21JAN96		BURNHAM 04FEB96		BRACKNELL 18FEB96	
	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS
Alfred	34.53	37										
Alex			36									
Sandra	40.26	9	49	30	35.34							
Eric			18						34.58	40		
Chris					48.16	166						
Bob	43.03	170	163									
Ralph	33.53	25	15									
Eileen			67									
Liz	47.33	36			49.49	31			47.50	40		
Martin					41.07	113	38.22	146				
John					32.23	2			32.03	9	34.35	4
Peter	37.39	85	148		39.45	91			39.35	122	43.26	108
Kevin	40.31	136										
Trevor												
Mike					41.52	121			41.34	146		
Phil									40.56	139		
Alex	43.37	179	168						45.03	178		
Philip	34.27	32										
Chris	45.36	197										
Nick												
Vernon					39.50	91						
Jeanette	44.35	24							38.56	110	42.07	87
Margaret					45.17	17			45.05	179	48.20	19
Rod	37.04	71	16		44.12	14						
Adrian									41.33	14	42.07	88
Sean			149		43.16	131						
Joy	46.01	32			44.03	137						
Richard												
Roger	37.34	82	80		51.50	180						
Roy	41.38	149			38.34	69			37.15	79	40.39	65
Dave									37.53	89		

ON REFLECTION - ALEX JOHNSON

I moved to Flackwell Heath ten years ago, my first experience of Handy Cross Joggers was to visit the club (then based at the crèche) on the morning of the Marlow 5 in May 1987. I jogged from my home and arrived at the crèche at 9 am. The only person I saw was John Flint, who said that he was jogging down to Marlow Football Club. I explained I had already jogged from home a distance of 4 miles, but John convinced me that it wasn't far and how he was going to take it easy. I should have realised what "take it easy" means. It is Handy Cross Joggers speak for there is no way you are going to keep up with me mate!

After studying at Cambridge University the year before, I thought I was very fit, playing football and rowing for the college and also playing squash to county standard, however distance running was a whole different ball game (excuse the pun). I had always been quick over 100 and 200 metres.

Later that morning I met up with the other joggers who were marshalling the race, they then all decided to run back home. I had run close on 15 miles by the time I arrived home. I fell into the hallway, slept all afternoon, but I was hooked.

I decided to run the Amersham half marathon a few weeks later which I did and clocked 1 hour 56 mins. Over the years I improved and ran 1 hour 24 mins for a half, 60 mins for 10 miles at Maidenhead and a 3 hour 4 min 6 sec London Marathon.

So now after being a member of Handy Cross Joggers for nearly ten years it is time for reflection. I have run over 100 half and full marathons, I have been a member of the committee for the last 5 years and although injury now looks to have beaten me I would like to develop my coaching skills and retain my position on the Area Sports Council.

I have been told that the operation which will replace my left hip will allow me to walk, but running will be impossible. Well, we will have to see won't we, my aim is to run one more marathon, so don't be surprised if you see me at the starting line in 1998.

During the time I have been at the club many people have come and gone, I have met many of them socially and they still my friends today.

So John Flint, you taught me a lot that first day, but do you remember the time I beat you in the London? Oh! And Roy Williams was behind us that day. Trouble was that he wasn't fit, but that's another story, I'll tell you about next time.

SOUTHDOWN 80 - GERRY GROSSE

Following the exceptional performance of our runners in last years event I thought I would record their comments for posterity and to help anyone who wanted to try the run in 1996. However time passed and here we are with Southdown '96 almost on us. Margaret, Rod and Trevor each gave me their story and despite the fact that its too late to give training tips for this year I'm sure you will still find their tale interesting and who knows - perhaps next year? The race covers 80 miles along the South Downs trail from Petersfield to Eastbourne 99% off road. Starting at 9am on Saturday with a 27 hour time limit. In 1995, 390 started, 309 finished.

Rod Palmer

Rod began his training in January for the "London" 40 to 50 miles per week through to March. April average 48 miles including a 37 mile and 40 mile, May average 39 miles, June stepped up to 50 mile first week, 57 mile second week, easing down over the last two weeks.

Diet during the last week included lots of carbohydrates (rice, pasta and jacket potatoes). Savoury rice and bread the night before, Fruit and Fibre cereal and tea three hours before the event. Drank a bottle of "High five" before the start.

During the race drank High five or water at every support point (five miles apart) and sometimes a swig of Coke. Didn't eat much just 2 bananas, 2 kitkats and half a ham sandwich. Even after the race, didn't eat until dinner the next day, just drank lots of tea and coffee.

For kit Rod took 2 spare pairs of running shoes, lots of socks, spare vest, T shirt, thermal top and waterproof top. He didn't change socks or shoes during the race as his feet were comfortable. Starting in vest and shorts but changed to T shirt in the afternoon and added the thermal top when the sun dropped in the early evening.

Support was provided by John Bradbury who met Rod every 5-6 miles, for although there are support stations its essential you have your own drinks and support.

Rods final comment, Great support and companionship among the runners, always someone to talk to and the time flew by.

Rods time - 13hrs 8 mins - average 9min 51secs per mile.

SOUTHDOWN 80 (CONT.)

Trevor Hart

It was all Margaret Moody's and Rose Priest's fault. I'd been thinking about doing the race for a number of years considered the training required and organisation would be too time consuming. Early in the year Margaret said she had entered and Rose offered to come and help Jenny support me. So I submitted my entry and started training, 30 - 40 miles a week in February up to 50 - 60 miles a week by mid April. The longer mileage weeks included reasonably paced runs round the Marlow 1/2 marathon course and 20 along the Thames. I also did 2 ultra runs, the Henley 40 in mid April and at the beginning of June 45 miles from Richmond to Marlow along the Thames footpath. I also ran the last 22 miles of the South Downs course during a week in which I covered 82 miles, my biggest weekly total. This run was organised for all the Handy Cross entrants by Mike Stone and was extremely valuable in order to avoid route problems in the latter stages of the race.

On the day the weather was good. I told myself "its not a race but a nice day in the country" to avoid setting off too fast, and I had resolved to walk up the steep hills. Even though the pace seemed slow the first 26 miles was covered in 4 hrs 18 mins. Jenny and Rose plied me with bananas and dried apricots and refilled my water bottle and I was off on the next section. I carried 2 bottles, one water the other isostar and drank every couple of miles refilling every 10 -15 miles. Supporters weren't allowed at the official stations to avoid traffic problems.

At half way the organisers had laid on hot food. I had a 10 minute break and some rice pudding. This helped to slow my second 26 miles to 4 hrs 35 mins but I felt good and started to think of a reasonable time. This was almost my downfall - literally! As I ran down Ditchling Beacon I didn't see a boulder in the path and fell, landing on my hands. Two large flaps of skin hanging from my palms, I was covered with dust and blood. I didn't stop at the First Aid post, I didn't want them fusing or worse insisting I pull out, so I continued till I met Jenny and Rose 4 miles further on. I stopped for 10 -15 minutes while they cleaned me up and started the final 22 miles. The hands stung for a while but gradually I felt better. With only about 6 miles to go it was getting dark. I collected a torch from my faithful helpers and joined a Reading Road Runner who was hoping to beat his PB of 15 hours. We chatted as darkness slowed us till we got to the last mile through Eastbourne. Now on roads we picked up the pace and fairly sprinted to line - 14 hrs 17 mins. With reasonable efficiency I was greeted with the news that I was first in the 55 -60 age group.

A quick shower, sausage, mash and beans and I reflected on a marvellous day.

SOUTHDOWN 80 (CONT.)

Margaret Moody

You might think why would anyone want to run 80 miles. Well, when you are competing in other events and get talking to fellow joggers about runs you have done and they have done the "Southdowns 80" kept appearing.

Why not have a go, I thought to myself. Finding a partner to train with was no problem, Marie Spinks is as daft as me, so plans went into action. Application forms went off in November and our entries were accepted.

We decided to train using time and not mileage as our target. Planning routes off road, varying them and increasing the time was important. Ordnance survey maps were used in the planning of routes to keep us to footpaths and tracks. Our training runs consisted of 2 longish runs a week and 2/3 much shorter routes but this often varied. We used the Thames footpath a lot of the time as we could run in either direction and the lock keepers were very friendly towards us as we became regular visitors.

We always carried water and money with us in case of emergency, water was also put out around the county by friends in different areas. Training meant running at all hours of the day, from very early morning, leaving home at 5 o'clock to get a good run in before going to work or running in the dark to get experience so we would leave home at 10 o'clock pm.

We seemed to training forever and thought the day of the race would never come - well, it did. It was the only chilly morning in June that we arrived at Petersfield, our support team had their instructions, directions, food and spare clothes for us. We checked in, (the ladies went straight to the front of the queue) purchased the T shirt at this stage just in case we didn't make it and then went off to the start line.

Took the start at a very moderate pace, Mike Stone had given us lots of guidance and one thing was to take it gently. Everyone around us was talking, we met several people who over the months we had spoken to about the event, it was like a family reunion. Before we knew it we had completed 26 miles in just over 4 & 1/2 hours and had already gone through 4 of the 16 checkpoints. You didn't need to follow the directions at this stage because you could always see someone in front of you.

The checkpoints were a joy to see, always a nice cup of tea on offer with home-made cakes, sandwiches and biscuits. Our support team always met us at this point to find out what we required at the next checkpoint. They didn't just appear at CP's but popped up all around the course. They anticipated our needs especially when the sun came out and they badgered us to wear our sun hats and when the sun went they were there with our jumpers and later torches.

SOUTHDOWN 80 (CONT.)

There are many long hills on the Southdowns but there is usually some reward after having struggled to the top. After Trueleigh Hill, which is at 41 & 1/2 miles you get a wonderful meal of instant mash potato, tinned mince and baked beans followed by rice pudding and tinned fruit. This was one of the best meals I had ever eaten and wasn't I hungry.

The marshalling on the course was excellent, we had to cross the A27 road to get to Newmarket Inn (57 & 1/2 miles) but this was not a problem. This was one of the busiest CP's (no.10) and the spectators had good facilities, i.e. pub and restaurant, it was a good place to stop and get your breath, sort out kit change and generally relax a short while. We stopped for about 25 minutes but soon stiffen up so got on the way again. From here on in we felt we were on home ground as Mike Stone had led us over this area a few weeks before.

Light began to fall and people started to group up, we met 3 men who were to stay with us the rest of the way. Parts of the course were lit by beacons and you just headed for them. The barn at Itford Farm (64 & 1/2 miles) was a welcome sight, here we had cornflakes. I administered first aid to some of the group, and then we were ready again. A group of about 9 of us left together to tackle the very steep hill knowing we had only 11 miles to go. Two men from Portsmouth Joggers knew this part of the course very well so we walked at a very good pace - it was now too dark to run.

There was no talk of dropping out, just a dream of finishing in under 20 hours. We were all encouraging each other and the miles gradually disappeared. The final track down was very chalky and steep and every step jarred the now very tired joints but when we reached the main road we all had a new lease of life and sprinted the last mile home.

What a wonderful reception we got at the Rugby Club, hugs all round. Certificates and trophies were presented, then a shower, cooked breakfast (at 3 o'clock in the morning), and into the car and home.

I went to bed for an hour but couldn't sleep, my legs were still running, so I got up and started plans for next years race. I just know we could beat 18 hours 27 minutes.

Margaret said that with hindsight they should done more hill work.

DATES FOR YOUR DIARY

RACE EVENTS

5K SUMMER SERIES

15th	May	Burnham
28th	May	Wargrave
11th	June	Marlow
26th	June	Maidenhead
10th	July	Datchet
23rd	July	Handy Cross

WYCOMBE 1/2 MARATHON

14th	July	The Rye
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SOCIAL EVENTS

PATHFINDERS

26th	May	Judo Centre with Marlow Striders Social after
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BARBEQUE

19th	July	Margaret Moody's 19 Southfield Road Flackwell Heath
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TRAINING TIPS - PETER EDINGTON

Never run without identification and an emergency phone number.

On uneven surfaces, concentrate on relaxation.

Cool down slowly: sudden stops can interfere with heart rhythms.

When you get tired concentrate on rhythm and smoothness.

To postpone mental fatigue in a race, let someone else worry about pace for a while.

If you're tired, tuck in behind someone: drafting works, even at marathon pace.

If you bob up and down when you run, your stride may be too long.

RICE your injuries: Rest them, Ice them, apply light compression to them, Elevate them.

For a side stitch, bend over and exhale forcibly through pursed lips.

A sugary snack can sap, rather than boost, energy.