



5/97

Handy Cross Joggers Bulletin

EDITORIAL

Since the last Bulletin a variety of events have been enjoyed with many runners achieving personal best times . The biggest was of course the London Marathon, in which John Dooley achieved a superb pb of two hours and thirty seven minutes . This event was made particularly memorable for me by the interesting coach tour of London we undertook on the way, and for the fact that I fell over twice, once at 15 and again at 22 miles, and still have the scars to prove it . All the London results are reproduced on later pages . Other events included the Paris Marathon, Reading and Portsmouth half Marathons and the multi-terrain Grizzly, an event which is reported on in full .

The final run of the years Sunday Cross-Country league, was again this year very successfully organised by Handy Cross Joggers on the notorious Bradenham Woods course . Although not blessed with the fine weather of previous years; on the day it was cold, wet and windy, all the participants seemed to enjoy it . Mike Hickman and Nick Martin organised the May Meander, an orienteering event over a 16 or 23 km route, results appear on a later page . Another very successful event put on by the club was the Marlow 5, for which the weather was fine, and one of our own members, Pete Smith, finished in a creditable third place . Results of the Marlow 5 are on a later page. Many congratulations to the hard working club members who organised these events and to the people who ensured their success by turning up on the day and helping .

The Summer 5K Series started last week at Wargrave, dates of the remaining runs can be found on later pages . I understand the results of the Wargrave 5K were available on the Internet the following day, which led me to wonder if the race was run at all, or whether it was a 'virtual' event that only happened in the imagination . If this was the case, could we look forward to the virtual marathon, for which one does virtual training ? This would save so much time and effort, every Tuesday and Thursday evening and Sunday mornings could be spent much more constructively, and then, after a virtual training run, you could relax in a virtual sauna following a virtual shower and then enjoy a virtual pint in the bar ! On second thoughts, perhaps that's not such a good idea .

On the social front, what a great evening the annual dinner and dance was this year . The changed venue of Wycombe Wanderers De Vere Suite was an inspired choice, the meal was excellent and the cabaret unbelievable . How the club can afford to employ the Vice Girls I do not know . Admittedly there were only three of them, Ginger, Scary and was it Sporty ? Anyway Baby was definitely missing ! One of the bar staff reckoned Master of Ceremonies Alex Johnson was funnier than some of the professional comedians who appear

there . Congratulations to Mike Hickman who was voted Runner of the Year and many thanks to Rose Priest for organising the evening . The only disappointment was the low number of people who attended, there was room for twice as many, which would have made it an even more enjoyable occasion .

The answers to the Pop Quiz in the last Bulletin have been included in this one; the winner was Allyson Unitt with an unbelievable 39 correct answers, with Chris Busby and Dave Nash in second and third places . Thanks again to Simon for providing this entertaining quiz .

The AGM in April saw the unopposed return of the current club committee . An interesting point raised was the lack of First Aid facilities at our Cross-Country run, do we have any trained First-Aiders in the club who could attend on these occasions ? Mike Hickman revealed details of a bargain discount offer for club members of gold membership from the Lifestyles Health & Fitness Studio, at both the Wycombe and Marlow Sports Centres . This is for the bargain price of £150 per year instead of the normal £375, a massive saving of £225, if we can provide 24 people from the club . See details on a later page .

We regretfully said good-bye earlier this year to former Handy Cross Jogger Alan Chilton, who has emigrated to Australia . Although he left us to run for Hounslow Athletic Club two years ago, Alan was without doubt our most successful runner, having won both the Wycombe and Marlow half-Marathons (he holds the course record at Marlow) represented England in both the World Championship half-Marathon and the Dubai Marathon (which he won) and he also won the AAA 10K National Championship . Alan represented this club in both the London and New York Marathons and with his father Jim, holds the record combined time for a father and son partnership in the London Marathon. We all wish him the best of luck in his new life .

The Wednesday evening track training sessions continue throughout the summer, the club has paid for the use of the track at Handy Cross Sports Centre and members of all abilities are encouraged to come along and enjoy these sessions, which are guaranteed to improve your race times . A new weekly schedule for this summer can be found on later pages . Also in this issue, as promised, is the first of a new series of "Tips from Ted" by the popular and well-known Bucks road runner, Ted Over . There are also some "Tips from Alex" in the form of some interesting and instructive "how to do it" (running, that is) drawings supplied by club coach Alex Johnson . Enjoy !

The Runners Pop Quiz

Sixties and Earlier

1 You do not want to be in Sunday's pie, and there's a farmer with his gun, so...

Run Rabbit, Run Rabbit, Run Run Run

2 Spencer Davis is in perpetual motion

Keep On Running

3 Jo Jo Gunn says...

Run Run Run

4 Johnny Preston got chased in the forest

Running Bear

5 Dion's litigious friend

Runaround Sue

6 Del Shannon has one that keeps escaping

Runaway

7 The Four Seasons hail a female

Girl Come Running

8 Beatles' advice to a panicky female on their White Album

Run For Your Life

Seventies stuff

9 Bruce Springsteen's self-proclaimed birthright

Born To Run

10 The Eagles' most enduring album title

The Long Run

11 The flouride fraternity of Bee Gees sing to come back

Run To Me

12 Bad Company were in the company of wolves

Running with the Pack

13 Jackson Browne really needs to visit a petrol station

Running On Empty

14 Lindisfarne are almost back

Run For Home

15 Steve Miller was inspired by Woody Allen!

Take the Money And Run

16 Three Degrees preceded by a definite article

The Runner

17 Paul McCartney elopes with his troupe

Band On the Run

18 Jonathan Richman loves cartoons

RoadRunner

19 Candi Staton's advice to the immature

Young Hearts Run Free

20 The Doobie Brothers were waiting and waiting and waiting by the railroad

Long Train Running

21 Neil Young thinks we might live forever

Long May You Run

22 Tami Lynn plans her escape

I'm Gonna Run Away From You

23 Sweet are bloodhounds

Fox on the Run

The Runners Pop Quiz

Eighties & Nineties

24 Aren't those Stray Cats daredevils!

Runaway Boys

25 Kate Bush tackles the slopes

Running up the Hill

26 Christopher Cross emulates a sailboat

Run Like the Wind

27 Tears for Fears know what we all desire

Everybody Wants to Run the World

28 Bryan Adams conceded to temptation

Run To You

29 Level 42's relative experience

Running in the Family

30 Cheryl Crow's advice to a newborn

Run Baby Run

31 Did you know that Lionel Richie used to play in the Shadows?

Running with the Night

32 "Come On Eileen" sang Kevin and friends

Dexy's Midnight Runners

33 REO Speedwagon could not stop for supplies

Take it on the Run

34 Aerosmith's rapping partners

Run DMC

The Totally Obscure Section

35 Emmylou Harris sings Paul Kennerley on eclectic Cimmaron

Born To Run

36 Al Stewart was one step from the authorities on 24 Carrots

Running Man

37 Credence Clearwater Revival had to make their way through the trees

Running in the Jungle

38 New Order order a double

Run 2

39 The Undertones think that she is a slippery eel

She's a Runaround

40 Ry Cooder's may be an oldie, but she's a goody too

Look at Granny Run Run

The Grizzly 1999

Advertised as "not just another multi-terrain running experience - THE multi-terrain running experience" and described as "the toughest multi-terrain race in Europe" the Grizzly is a 19 mile run, with a 7 mile "cub" run; over shingle beaches, cliffs, hills, knee deep mud, streams, tracks and very few roads, held annually in March at Seaton in East Devon .

Some flavour of this race can be gained from the information pack which says it is "A seriously beachy race for running animals and other persons of doubtful sanity" in which competitors are requested to pin or nail their numbers to the front of their vest and not bolt them to their spine !

The weather conditions this year were sunny and warm, but heavy rain on Friday meant that the going was very heavy in parts, so much so that teams of marshals had to be stationed along the worst stretches of mud to help extricate runners who became immovably stuck under their own efforts (this happened to most of us) .

One thousand six hundred runners from Holland, Germany, and the USA as well as from all over the UK, competed in this race organised by the Axe Valley Runners, who come up with a philosophical theme every year for the race, this year's was "Insanity and In Health". This small club of fifty members, ten of whom took part in the race, manages to find two hundred marshals to direct the runners around the course, as well as providing entertainment from an Irish band, a bagpiper and various types of taped music at the more inaccessible parts of the course .

The whole population seems to involve themselves in supporting the race, probably because it brings in a lot of money at an otherwise quiet time of the year . A holiday camp is used as the race headquarters, and this camp provides accommodation to runners and puts on a pasta party on Saturday night, a Yoga session and church service on Sunday morning and a celebration buffet on Sunday evening for those staying overnight .

The management of the camp welcomes the staging of this event, as it means that it gives the staff a good induction before the start of the season. Guests are normally asked to vacate their accommodation no later than 10:00 am on the day of departure, but we runners were allowed the luxury of returning for hot baths after the race . The camp swimming pool was available for all competitors to use, after they had hosed themselves free of mud .

This race increases in popularity each year . It might be good fun if more Handy Cross members were to enter next year . This race provides a good warm-up for the London, and the camps facilities, bars and entertainment makes for an enjoyable weekend break for runners and non-runners alike .

Survivors are given a free T shirt .Our fastest survivor was Mike Stone, finishing in three hours and seven minutes, closely followed by Rod MacClean in 3.09, Mike Hickman in 3.20, Tim Jefferson in 3.47 and Chris Busby in 4.12 .

Mike Hickman

FORTHCOMING EVENTS

5k Series

Wednesday 12th May	Wargrave	All races start at 7.30 £3.00 for the series See Peter Edington for numbers and details
Tuesday 25th May	Burnham	
Tuesday 8th June	Marlow	
Tuesday 22nd June	Datchet	
Wednesday 7th July	Maidenhead	
Tuesday 20th July	Handy Cross	

Tips from Ted

Running hot, running cold

It's great to have the warmer weather back and be able to throw off the winter track suits . The reason is obvious - we need to get rid of excess body heat when we are running, so the fewer clothes the more efficiently we can do this . Just as we need to conserve body heat in the winter, so we need to disperse body heat in the summer months .

Think about body heat - it's what keeps us alive and working . A temperature of 98.4 degrees means that our tendons, muscles and joints are working at their maximum efficiency; if we run too hot or too cold we can trigger problems .

Just as you wouldn't jump in your car and roar up to Oxford doing 90 mph from cold, so you should ensure that you are warm and relaxed before you start to run at medium or fast pace .

Most of us neglect the 'warm-up' and charge directly into our running without a thought . And like most things you'll get away with it whilst you are young and flexible . But later on, after a few stretched or torn ligaments, pulled muscles and sore joints, you'll realise how vital keeping your 'engine' warm is .

But for the moment overheating could be the main problem . Make sure you drink 1½ to 2 litres of water a day, and on long runs lay out water supplies in advance, or make sure there are water taps en route . Dehydration can seriously effect your health and running ability .

As the Red Cross stated in their Guidance to Runners sheet in the 1986 Wycombe Half Marathon :-

"Dehydration can cause problems . Urine should be pale straw in colour . Drink plenty before the race...!"

Have a good run .

T. G. I. Over

Marlow 5 Miles

More than 400 runners enjoyed the annual Handy Cross Joggers five mile race in Marlow on Sunday . Started by the Mayor in the pleasant surroundings of Higginson Park, this popular race around the streets of Marlow was enjoyed by all the competitors and helped raise money for the Sir Aubrey Ward home for the elderly .

The winner was Mike Simpson of Hounslow Athletic Club in a time of 24 minutes 24 seconds, followed by Andy Magnall in 25.30 with our own Pete Smith in third position in 26.46 . The first lady home was Haley Yelling of Hogs Trotters in a time of 26 minutes 50 seconds, followed by Lisa Hollick in 28.31 and Caroline Weatherill in 29.35 .

The highest placed men's athletics team was Hillingdon AC, followed by Reading Road Runners and Finch Coasters with the women's prize also going to Hillingdon AC, followed by Marlow Striders and again Reading Road Runners . First social team was Hogs Trotters, followed by Chelton Chasers and Keen Limpers .

Other prize winners were: Fastest Junior Male, Chris Steptoe, Fastest Junior Female, Rachel Ward, 1st Female Vet over 40, Jenny Dawes, 1st Male Vet over 40, Simon Vines, 1st Female Vet over 50, Linda Rayman, 1st Male Vet over 50, Michael Lewis, 1st Female Vet over 60, Val Scotton and 1st Male Vet over 60, Brian Fossard .

Congratulations to the organising committee who took over this event for the first time this year and thanks to everyone who turned up on the day to marshal and help to do all the other essential things that need to be done for a successful race .

Quotes from the Grizzly Programme

" A bear, however hard he tries, grows tubby without exercise ."

" Perfect speed is.....being there "

" There's a door up ahead, not a wall "

LONDON MARATHON

Six Joggers achieved personal best times in this years London and a further three competed over 26 miles for the first time .

RESULTS

John Dooley	2.37	P B	Martin Dean	3.54	
Trevor Hunter	2.57	P B	Phil Holt	4.01	
Rod Palmer	3.12	P B	James Dean	4.08	First Marathon
Ron Newman	3.20		Pat Carter	4.09	P B
Pete Edington	3.22		Mike Blowing	4.09	P B
Jock MacClean	3.26	P B	Peter Osborne	4.42	First Marathon
Nick Martin	3.35		Vernon Martin	4.50	
Margaret Moody	3.38		Dave Larkin	4.50	
Trevor Hart	3.40		Jenny Hart	4.58	
Allison Gowers	3.44	First Marathon	Allyson Unitt & Paula Parkin	5.25	
Eila Mansfield	3.48				
Mike Hickman	3.51		Stephan Naunko	time	undisclosed

May Meander Results

16 km Route

Position	Team	Time
First	Liz Davey & Trevor Hunter	2 hours 33 minutes
Second	Brian Sinclair & Des Mannion	2 hours 37 minutes
Joint third	Debbie Ridout & Chris Busby	2 hours 38 minutes
Joint third	Sylvia Pearson & Ron Newman	2 hours 38 minutes
Fifth	Mike Blowing & Phil Holt	Several days

23 km Route

Position	Team	Time
First	Trevor Free & Jock MacClean	2 hours 12 minutes
Second	Alison Gowers & David Redhouse	2 hours 13 minutes
Third	Pete Edington & Dave Leighton	2 hours 18 minutes
Fourth	Stephan Naunko & Tim Jefferson	2 hours 18 minutes
Fifth	Margaret Moody & Rod Palmer	2 hours 29 minutes

LIFESTYLES MEMBERSHIP AT REDUCED RATES.

At last, I have received details in writing to confirm that members of Handy Cross Joggers will be able to join "Lifestyles" at a reduced rate.

If 24 people from our club join, they are prepared to reduce the cost of their "Gold" membership from £375 to £150 per person. A huge saving of £225. Full details can be found attached.

The management of "Lifestyles" say that none of the 24 people required should be existing members of theirs, but those that are, will be able to renew their membership at the reduced rate when the time comes for them to do that.

Please point out to any of your family, friends, or colleagues who might be interested in joining a Fitness Centre, that if they become members of Handy Cross Joggers they will be able to make a large saving on the cost of enrolling with "Lifestyles". Who knows, we might be able to persuade them to take up running also!

If you are Interested in joining "Lifestyles", please add your name to the list which may be found on the "Events Table" on club nights.

Mike Hickman.

Benefits of Gold Membership

Unlimited use of Lifestyles 1 & 2 facilities (excluding sunbeds) during all opening hours .

Free use of aerobics classes (excluding aqua aerobics) .

Free use of swimming pool (public sessions only) .

Free computerised fitness tests and retests providing a full fitness report .

Free individual induction and on-going programme setting with an instructor .

Free Freestyle Card .

Free car parking (as available) when using facilities .

WEDNESDAY TRAINING PROGRAMME, UP TO 29-9-99.

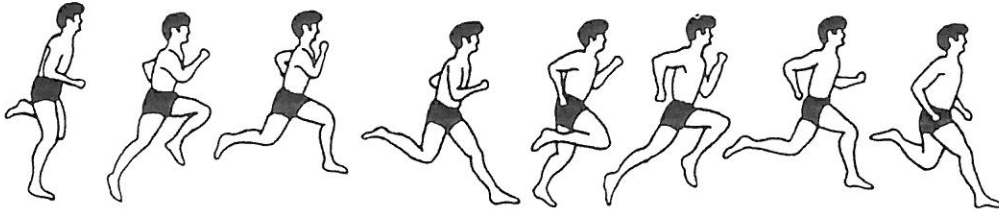
Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..

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

- 16-6-99 "Downer", 8/6/4/2/1 min. (increasing effort as times lessen), (2 min. jog recovery).
- 23-6-99 "Parlauf" session, 2 x 6 x 400m, (5 min's. jog between sets).
- 30-6-99 6 x 800m @ 90% effort, (400m jog recovery).
- 7-7-99 NO SESSION, MAIDENHEAD 5k.
- 14-7-99 2 x 10 laps of sprinting straights and jogging bends, (5 min's. jog between sets).
- 21-7-99 "Parlauf" session, 2 x 12 x 200m, (5 min's jog between sets).
- 28-7-99 Fartlek session (in groups), of approx. 45 min's. duration. (I MAY NOT BE HERE).
- 4-8-99 12 x 400m @ 90% effort, (200m jog recovery). (I MAY NOT BE HERE).
- 11-8-99 Pyramid session, 200/400/600/800/1200/800/600/400/200m, (200m jog recovery).
- 18-8-99 6 x 800m @ 90% effort, (200m jog recovery)
- 25-8-99 4 x 1200m @ increasing perceived rates of effort. (1st @ 80%, 2nd @ 85%, 3rd @ 90% 4th @ 95%). (200m jog recovery after 1st & 2nd, 400m after 3rd).
- 1-9-99 4 x 1600m @ 90% effort, (400m jog recovery).
- 8-9-99 THE GERRY GROSSE TROPHY 5,000m HANDICAP RACE / Wednesday Track Group 5,000m Handicap Race.
- 15-9-99 "Overtakers" (in groups), approx. 45 min's. duration.
- 22-9-99 2 x 12 x 200m @ 95% effort, (200m jog recovery), 5 min's. rest between sets.
- 29-9-99 400m Relay (each person will run a total of 12 laps). Teams will be decided on the night. Officially, this is the end of our paid usage of the track for this season. However, our Wednesday sessions will continue as normal (I hope!).

Mike Hickman.
01494 525474

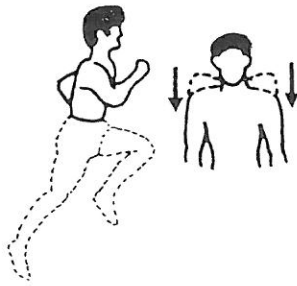
THE RUNNING ACTION - DRILLS



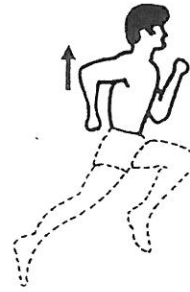
The running action



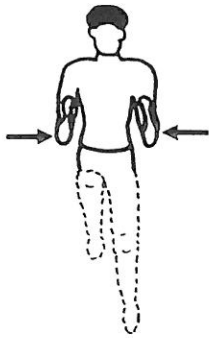
Running tall.



Low shoulders.



Rear elbow drive.



Elbows in.



Rear leg drive.



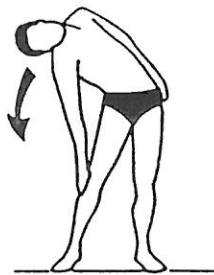
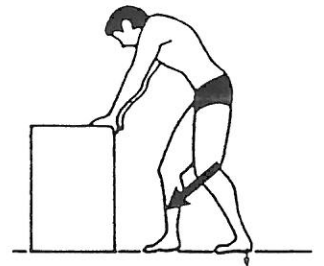
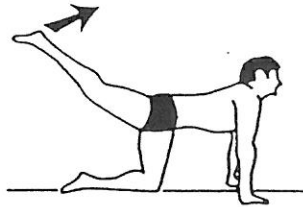
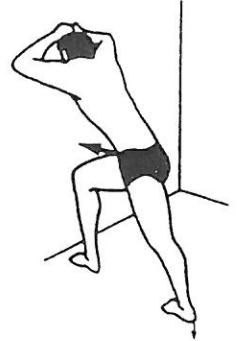
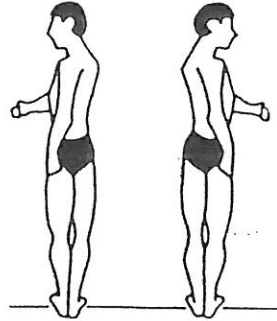
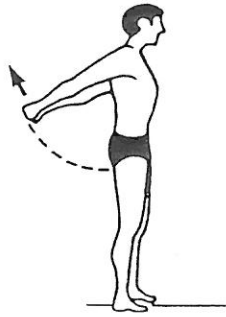
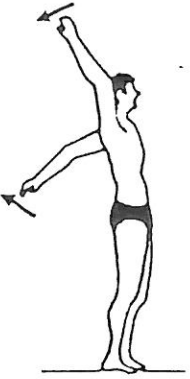
High knees.



Lower leg reach.

ALEX JOHNSON

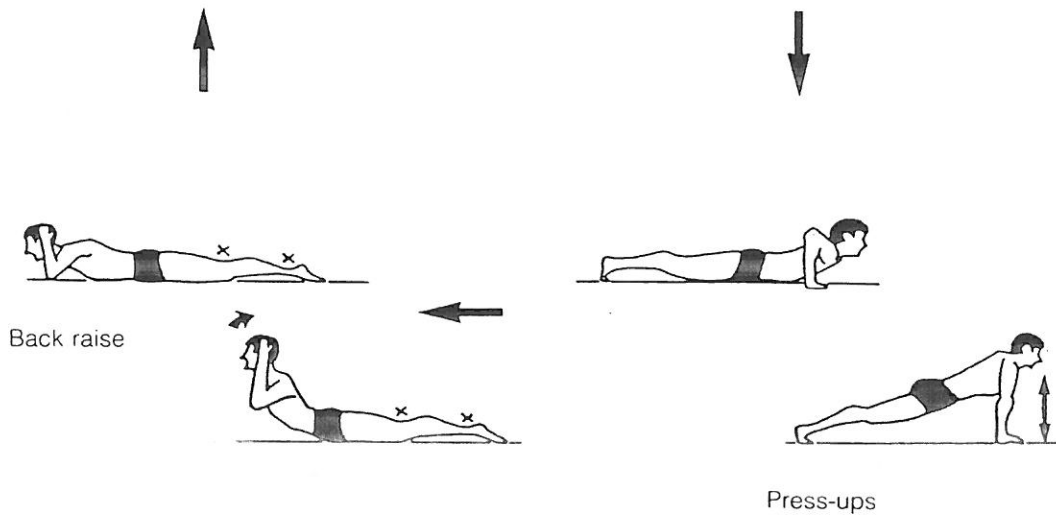
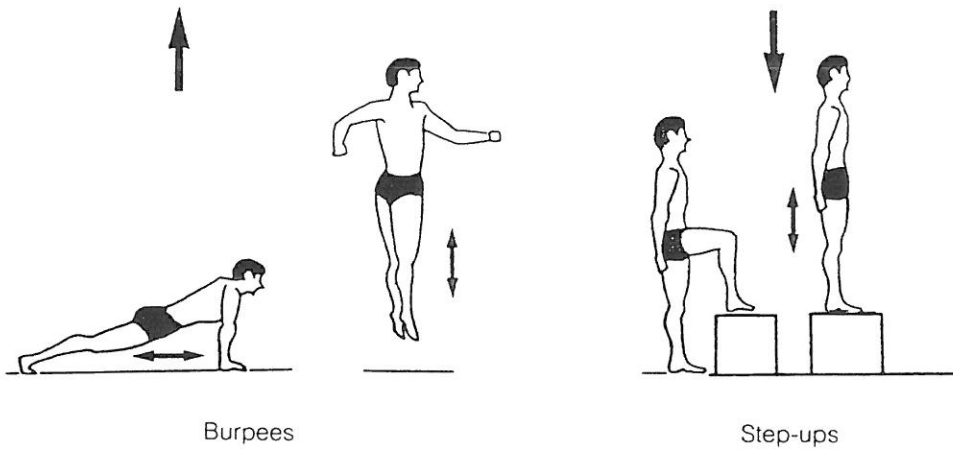
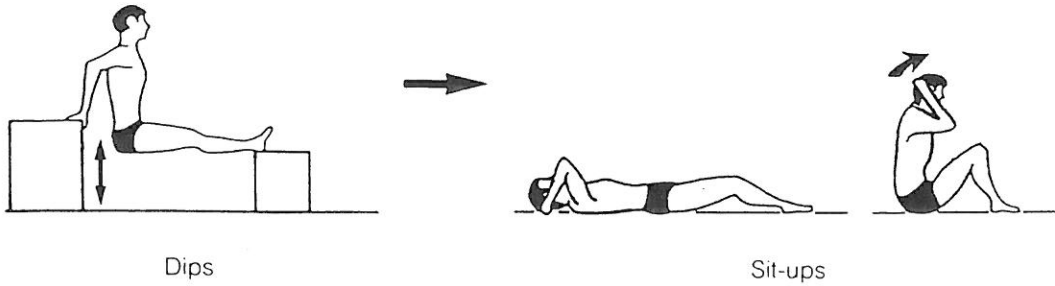
MOBILITY TRAINING



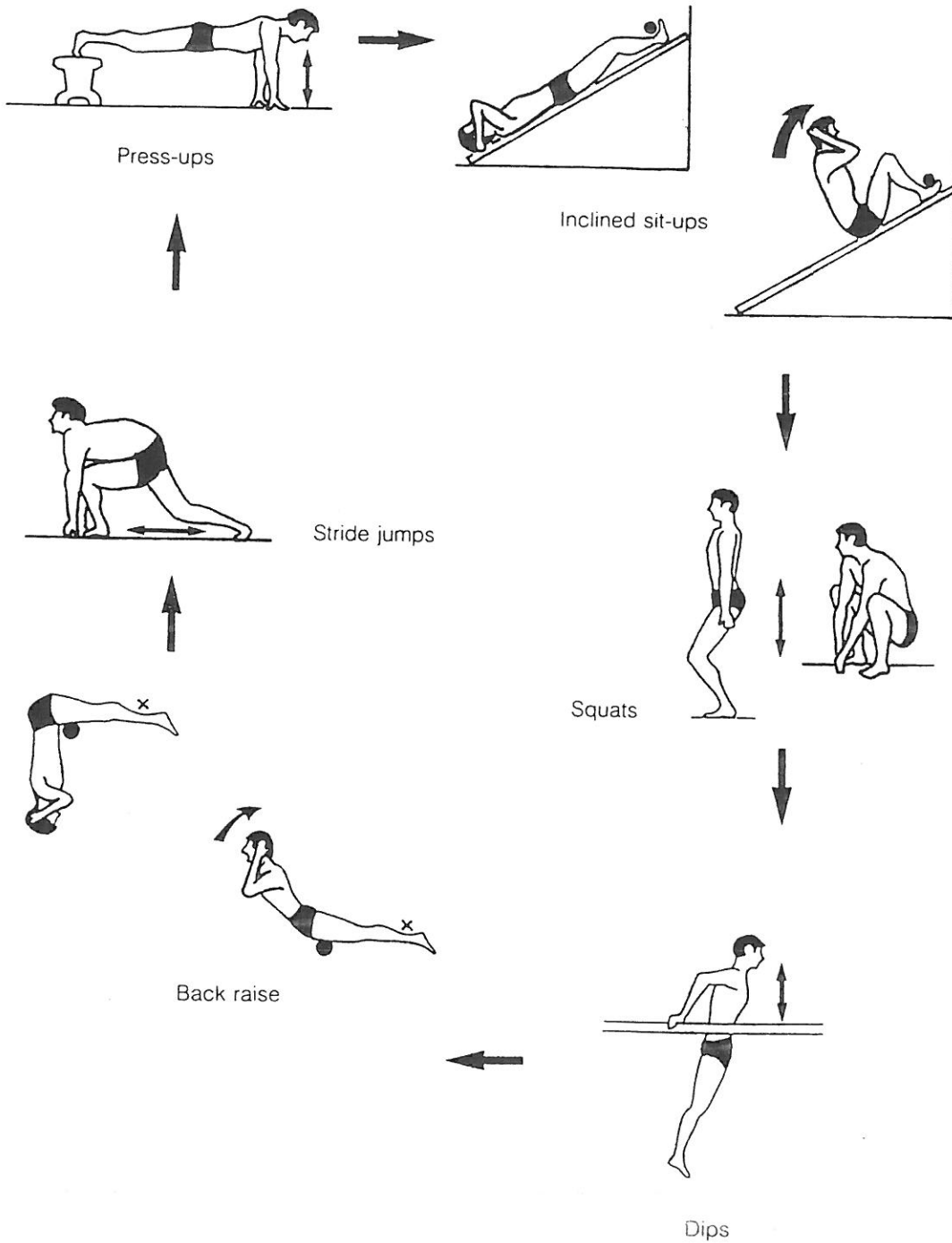
ALEX JOHNSON



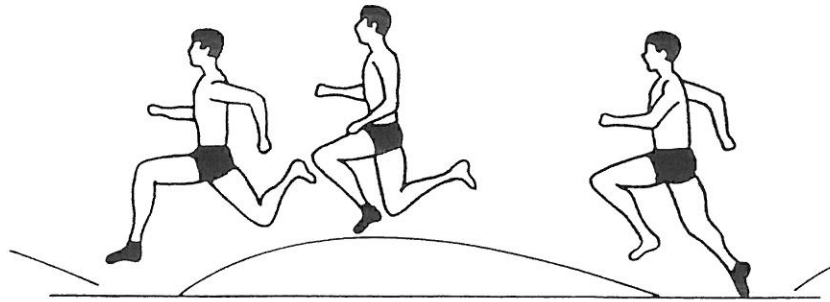
CIRCUIT TRAINING - BASIC



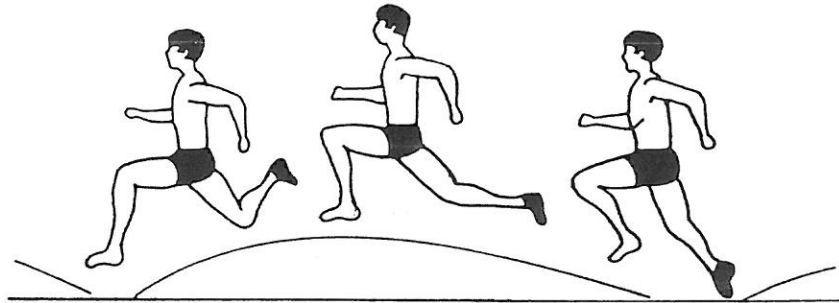
CIRCUIT TRAINING - ADVANCED



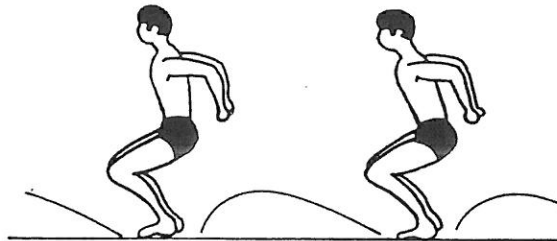
PLYOMETRICS



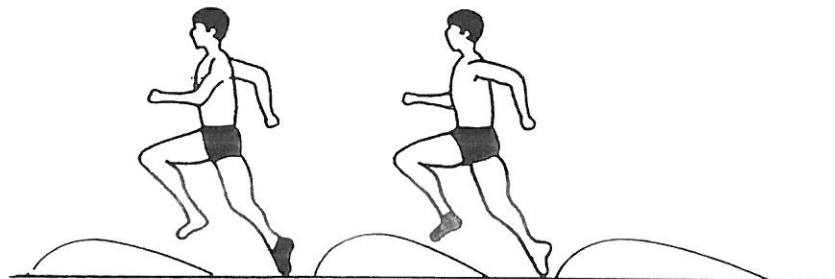
High knee hops



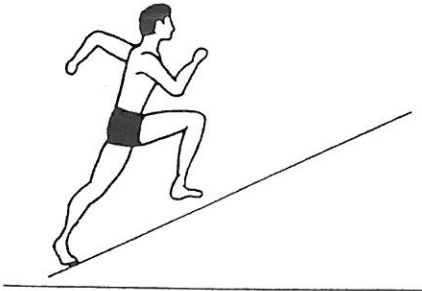
Bounding.



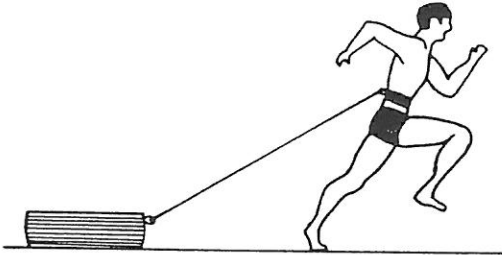
Squat jumps



RESISTANCE TRAINING



Hill runs.

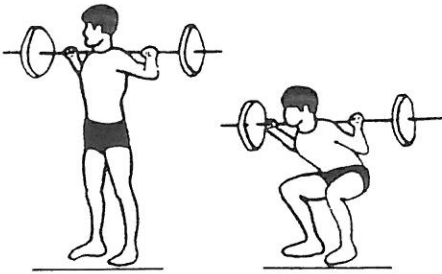


Towing.

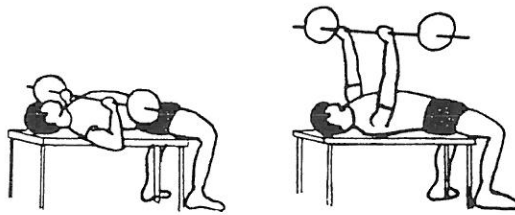


Weighted jacket.

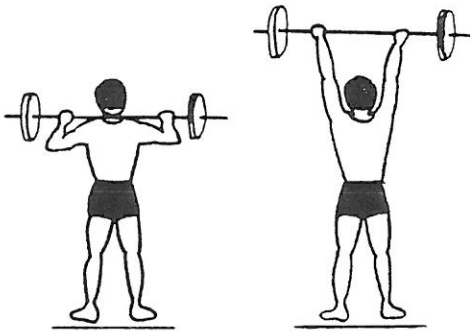
WEIGHT TRAINING



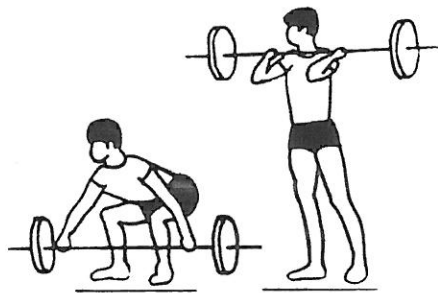
Back squat.



Bench press.



Press behind neck.



Cleans.