



The Bulletin

Handy Cross Runners
Newsletter

November 2013

After all the hot weather and light evenings of the previous months and the last of our summer pub runs from Wheeler End and Bledlow, we are back to the serious stuff of running around the streets in the dark, cold and wet. However it's not all bad news as we can now look forward to the cross country season starting in October (see page 2 for the dates.)

For those new to cross country and as a reminder for those who haven't competed for some time, we belong to two leagues; The Chiltern Cross Country League on Saturdays (in which primarily athletics clubs from Bucks, Berks, Oxon, Herts and Beds compete at all levels) and on Sundays The Thames Valley Cross Country League, open to the same running clubs that take part in the summer 5k series.

The Saturday league has two divisions and we are in the lower one, mainly because we don't have any juniors, rather than as a reflection on our runners abilities (we have been promoted to the first division in the past.) Men's and Ladies races are separate and over different distances.

The Sunday league is a little less serious (more fun?) and like the 5k series everyone runs together with the host club providing tea, sandwiches and cakes at the finish.

All the Sunday races start at 11.00 and you can compete in our own event, but we do need plenty of people to marshal and make sandwiches on the day before. However if you've seen our course you may prefer to volunteer for helping on the day rather than running, as it is a very hilly and muddy event.

These events are very enjoyable and help create a good club atmosphere as all runners contribute to the club's overall position at the end of the season.

Congratulations

To everyone who obtained a place in next year's London Marathon especially to the lucky recipients of our three club numbers; Fran Brown, Linda Weedon and Helen Moseley with Claire Ponsford as first reserve.

Well done to our bevy of beauties; Shelley, Karen, Hannah, Claire and Fran who all travelled to Newcastle for a long weekend to compete in the Great North Run and all finished in the same time! Also to Lucie, Steve and Fiona who travelled even further to run in the Loch Ness Marathon.

Dave Rees Hall achieved a new half marathon personal best time of 1:25:47, as part of the Henley half-ironman triathlon! Gareth Morris also achieved pb's at the Ickenham 5, the Cardiff 10k and the Bearbrook 10k and Helen Moseley in the Maidenhead and Royal Parks Half Marathons.

Brendon Gilbert finished 3rd in the Bournemouth Half while Margaret Moody and Angie Peerless both won their age categories in 10k's, Margaret at Wooburn and Angie at Lowestoft.

Well done to Vikki who ran in the Great South Run following her recent knee operation and to Sarah who is recovering from a serious cycle accident.

New Members

A very warm welcome to all the following new members, don't forget your free T shirt and don't forget to wear it in competitions.

Helen Edwards, Anna Johnston Pamela Kaushall, Tracey and Stephen Knock, Sandip Kooner, David Lightbourne, Nicola Reeves, Francesca Tiller, Teresa Watkins and Kaz Zaboklicka.

We were sorry to say goodbye to Janet Barrow and Leah Griffin who have both left the area recently. The best of luck in your new location and we hope you find another club as good as this one!

Martin Dean (Editor)

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Club Championship

This will be introduced at the beginning of 2014 in the form of a league open to everyone and equally winnable by all, as it is based on a handicapped points system for finishing times in nominated races and also for taking part in cross country and 5k events, marshalling our races and pacing other club members.

Results in the following nominated local races (any two out of three) at various distances will count towards each members final score:

5k Summer Series races at Marlow, Datchet and Wargrave

10k's at Risborough, Bearbrook and South Bucks

10 Miles/Half Marathons at Wokingham, Maidenhead and Marlow

There will be large and shiny trophies for the first male and female to keep for the year and a smaller one for them to retain.

Full details of how the league will work will be sent out soon and if you want to take part (and who wouldn't) you will need to sign up by email.

Your progress can be monitored quarterly through the Bulletin and more regularly on the Handy Cross Runners web site, which is being re-vamped at the same time. Many thanks to Charlotte and Paul for devising and administering the scheme and to everyone else involved in its planning.

Club Kit

Linda has a stock of fluorescent bibs for £5.00 each and snap bands at £4.00 each if you want to be ready early for the winter! She also has plenty of our latest design of vests, shorts and tee shirts.

Please bring your cheque book if you want to buy anything, cheques made payable to Handy Cross Runners please. Linda will try to get to the club every Tuesday or you can email her at:

lindawedon@kurtmueller.co.uk

Cross Country Dates

Sunday Thames Valley Cross Country League

10th November	Datchet
24th November	Sandhurst
8th December	HCR
22nd December	Reading
12th January	Tadley
26th January	Metros

Bracknell and TVT (fixtures tba)

Chiltern Cross Country League (Saturday)

9th November	Oxford
7th December	Milton Keynes
11th January	Slough (tbc)
8th February	Wing

Other Saturday afternoon cross country races

Berks, Bucks and Oxon cross country championships at Swinley Forest, Bracknell on the 16th November

SEAA Southern Masters, Shuttleworth, Beds on the 14th December

Bucks AA cross country championship at Luton on the 6th January

SEAA Main championships, Parliament Hill, London on the 25th January

National cross country championships, Nottingham on the 22nd February

Further Dates For 2013

17th November: Herbert's Hole Challenge and The Rugged Radnage 10k

1st December: Santa Fun Run in Marlow

11th December: Ladies Christmas Dinner

20th December: Annual HX Disco at the Judo Club



The Passe-a-Grille Hot Run

It was with some trepidation that I boarded the Orlando bound Virgin plane as I was still traumatised from the hot-coffee-in-the-lap episode of a few months earlier. (*Sounded like a lot of fuss over such a small thing! Ed.*) But the flight passed predominately cloud-free with just bits of minor turbulence along the way, similarly to the last fifty years of our marriage which was what we were going to celebrate.

Many thanks to all for your congrats and messages of goodwill. I won't bore or shock you with all the lovey-dovey bits but will just tell you about the incidents on the other three days. A week after arriving I noticed road-closure warnings advertising the inaugural running of the Tampa Bay Radio Hot Run. I had a bit of a knee niggles so hadn't intended running much while away and certainly hadn't contemplated a race. But all that changed when I read the pre-race publicity!

At its southernmost tip St Pete Beach tapers to Passe-a-Grille an area of craft shops, villas and restaurants about a hundred yards wide, bordered on one side by the beach and the Gulf of Mexico and on the other by Boca Ciega bay. The race was to be run through the streets and was to start at 7.20 precisely, on September 19th, the 5k would be two laps and the 10k obviously four.

The precise start time was so that runners would see the sun set over the Gulf at 7.30 and the Harvest full moon rising over the Bay at 7.40 so each lap promised a different level of lighting. There would be live bands and a cryogenic cooling mist to run through, a technical t-shirt, a three-inch wide medal, free photos and "When the race stops the party starts!" So afterwards there was to be cold drinks and a complimentary spread at The Hurricane Lounge seafood restaurant. How could any runner resist such an array of goodies?

Having decided to enter the 5k I discovered that late entry was an eye-watering \$45 so the 10k at the same price gave you more bang for your bucks. There was another decision to be made at the start when the Star Spangled Banner anthem was played and everyone stood ramrod straight with their hands on their hearts, so I decided to follow suit and be a fake American for five minutes rather than stand out as an alien among my fellow runners every one of whom was a Florida resident.

It is not unusual to have a violent evening thunderstorm at this time of year to cool things down which would have rained big time on this particular parade, but this was a perfect evening for a great sunset, not quite so perfect though for racing as the mer

cure at the off was nudging 90 degrees. To set your pulses racing girls just look at the photo of the starting line-up on www.hot101.5tampabay/hotrun

The course was a rectangle with two long sides each of just over half a mile and two much shorter sides. So when running north we saw the sun dropping into the ocean and even got the bonus of a clearly visible star which was evidently Venus. On the next lap running south we witnessed the moon rising out of the Bay, a truly awesome sight, completely fulfilling the much-hyped expectations. The other fulfilled expectation was that I would set off much too fast and so was desperately wondering, "Where oh where was the 1k marker?"

But surprisingly enough the 5k and 10k races were being run simultaneously yet the course was marked with mile markers! Plus the fact that the 5k runners had started a bit earlier so it was extremely difficult to judge your pace or position (would have been easier had I not pressed the Garmin stop button instead of the lap button at the first marker!).

As promised, the course was peppered with DJs, bands, cheerleaders, water and Gatorade stops and the biggest hit of all, the cryogenic blower which pumped out an icy-cold mist. I had to pass by the side of the finish line three times before actually finishing and each time there was rapturous applause for the finishers until at last it was my turn. It had been thoroughly enjoyable and exhausting at the same time and was made even more exhausting by wearing the giant HOT finishers medal!

And after the buffet came the prize giving!!! Three winners were announced in each 5-year age band from fifteen all the way up to me, two races, male and female, a total of 156 winners. Are you listening Handy Cross? Admittedly only the first in each category received a prize which when I collected mine it was a huge HOT medal twice the size of the previous one!

My time was 1:01:02 nothing special (*faster than Dave Nash! Ed.*) but not so bad considering the distractions and the conditions and I was 129th out of 290 finishers in the 10k, but many more did the 5k. Anyway, this race had always been more about having a great time rather than running a good time!

STOP PRESS!!!

Handy Cross Runners won the first team prize in the Marlow Half Marathon



The Passe-a-Grille Hot Run Continued....

We were dining under a starry sky one night at the beach restaurant, surrounded by flaming torches (that's to set the scene) when I saw a large black gentleman in a floral shirt approaching. My immediate thought was that he was either going to sell me something or, more likely, enrol me in some religious cult.

"Hi, I'm Stan from Indianapolis."

He opened, thrusting out his hand, and I motioned him to sit down. He continued.

"My wife and I have been watching you two and we've decided we'd like to grow old like you!" (and that's a compliment?)

"Are you sure, Stan?" I asked, "It's not always as good as this".

"Tell me, how long have you been married?"

"Well, I'm glad you asked, because actually we're here for our Golden Wedding Anniversary so it was fifty years last week!"

Stan congratulated us and shook hands again confirming that we got married three days before he was born.

"And tell me Terry do you have a secret you could pass on to us for a long happy marriage?"

"As a matter of fact I do and it's always worked for us, so listen good. Never, ever go to bed on an argument." I had Stan's full attention. "Stay up and fight!"

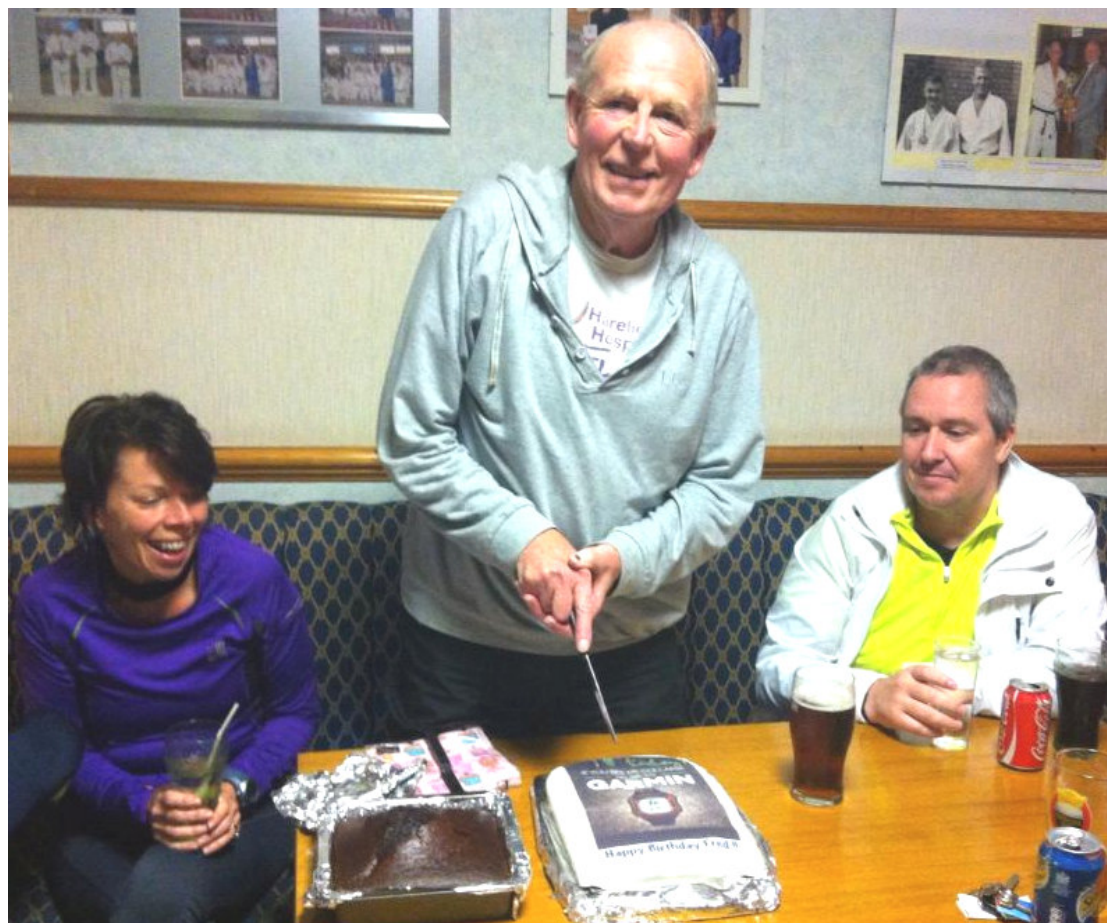
Stan's laughter echoed round the bar and out over the beach, and for the rest of the evening he was introducing us to all and sundry and asking me to tell them the secret! By the time we left everyone knew so I just feel privileged to be able to pass on such advice to so many.

Terry Eves

Wonderful advice, thanks Terry, glad to be able to pass it on to our members! (Ed.)

Here's Fred celebrating his, I think it was, 18th birthday at the Judo Club on Wednesday night.

Many thanks to Hélène for making the cakes.





Bopping Through Berlin

My first encounter with the Brandenburg Gate was in 2000 and it was not love at first sight! As a student of German I spent a very happy year in Germany and of course visited Berlin several times, but in that year I was unlucky. The Gate was undergoing renovation and was shrouded in a printed cover for several years whilst the works were completed – I was deprived of the opportunity to see the historic monument that had become symbolic of the split between East and West and the collision of two ideologies.

Fast forward thirteen years and I'm on the start line of one of the largest marathons in the world and my first attempt at 26.2 miles. Having been mentally preparing for a year and then the standard four months of concentrated official marathon training, I felt more than ready.

Training had been tough. Although I knew it would be difficult to maintain the work/life/running balance, running did consume everything. In order to maintain the mileage demanded on The Schedule I printed from the Runners' World website, I had to find nifty ways to achieve the longer mid week runs. I was often to be seen running home from work in Gerrards Cross along the A40 in the summer. Or I could be spotted loping up Marlow Hill on the way to a club session on a Tuesday night and then plodding down the hill back home. On Sundays I was a regular along the roads between Wycombe, Wooburn Green, Bourne End and Cookham.

The usual social summer activities were dumped in favour of long runs and alcohol abstinence. I was constantly hungry but making valiant attempts to ignore the call of the vending machine at work, especially on stressful work days.

I became a true disciple of The Schedule and anyone who knows me will appreciate how following a schedule and ticking off sessions appealed to my slightly obsessive nature! As the weekly mileage peaked at fifty miles, I started to wonder if race day would ever arrive. It felt as if I had been preparing for this race for my whole life!

Husband James and I had travelled to Germany the week before to catch up with friends and to start the final preparations (that is to say, eating potatoes and cakes and engaging in some relaxing tourism).

We arrived in Berlin by train on Friday and went straight to the marathon expo where I started to get a feel for the international flavour of the race and indeed the volumes of runners. We had to walk the length of the Tempelhof airport to collect race numbers – that was a marathon in itself! On the Saturday I had a very slow and gentle run to the Siegessäule, the race start, to have a look at the final race preparations.

It was early and there was a gentle mist rising from the Tiergarten park surrounding the start and yet there were glimpses of hundreds of other runners like me, all mentally preparing for the day ahead. It was a magical moment and I had goose pimples thinking about the race. I would not have believed in 2000 when I first arrived in Berlin that a decade later I would be there to run the 40th Berlin Marathon!

And so race day finally arrived. Running conditions were perfect. A bit chilly at 7:45 when we left the hotel a couple of kms from the start line but my coat of adrenaline kept me warm and I had a trusty bin bag ready for my long wait in the start pen. I was a bit disappointed to learn that I was in the last start pen having confessed in my original entry form that this was my first marathon. If I had realised, I could have applied for a better pen based on my half marathon time, so that was a lesson learned.

I had left a pile of kit with James and then it was time to enter the pen. We had to listen to some German warm up music and also Herr Doktor Marathon who dispensed some useful advice in both German and English. Tips such as 'drink plenty of water', 'do not run if you have a sore throat' and my favourite, 'do not sprint in the last kilometre'. I don't think that last one applied to Wilson Kipsang the eventual winner. It took twenty five minutes for our group to cross the line but then we were finally off, filtering round the Victory Column with 42km ahead of us.

The first half was relatively easy. I was on target pace and felt good. My legs were fresh and I stuck to my carb gel plan that I had practised in training. The atmosphere was incredible with bands and live music all along the route and crowds cheering us every step of the way. The food and drinks stations were a bit chaotic, but with 40,000 runners and the lack of a queue system in Germany generally, it was bound to be a bit of a free for all! I avoided the warm tea, the chopped up apples, bananas halves and stuck to water.

After about ninety minutes of running, I heard on the radio that Kipsang had just managed a new world record and there I was only about ten miles into the race! At the official Powerade station, my feet nearly stuck to the tarmac for a kilometre or so with all of the squished carb gel packets! James tried to spot me at the half way point but unfortunately, with the number of Danish runners wearing their national colours, I was hard to spot in my Handy Cross Runners' go faster vest (with special thanks to Linda Weedon).

Using the Berlin Marathon app which captured each runner's time every 5kms, he did manage to see me at 35km. He ran along the road and yelled at me for a bit and this was a welcome sight. A little later, there was an electronic wall where supporters could text in messages to help the runners! As I ran towards it (but without hitting the wall!), a little lump came to my throat as a message flashed up for me from James and my four guinea pigs; Poppy, Petal, Lily and Harry! That really did spur me on and I focussed and tried to forget that I was now running in unknown territory, twenty-two miles being my longest training run.

I kept wondering if I would hit the wall, but I still felt good (in relative terms!). As I reached the 40th km, I tried to remember the map of the course as I was certain I should be able to see the Brandenburg Gate by now. In the final section, there were lots of twists and turns, but still no Gate! Would it ever appear on the horizon? And then, finally, we turned the last corner and there it was, emblematic and green in the distance. There was an audible collective sigh of relief from the other runners around me and we all pushed on.

I reached the Gate, smiled for the camera and stopped my watch. Hang on – everyone around me was still running. Then I spotted the word 'Ziel' on a giant banner 0.2 kms ahead! There's still some more running to do! I picked my feet up again, James yelled at me some more from the stands in the finishing straight, and then I really was finished!

I collected my very Germanic medal and goody bag, slipped on a banana skin and saw all the runners lying on the grass outside the Reichstag. I had managed it!

I was still able to walk, I hadn't hit the wall and hadn't needed to use the portaloos. Although I was a bit disappointed with my time, I had really wanted to creep in under four hours, I had just finished my first marathon and now it was time for a big plate of chips and some pizza!

Having entered the race with words, "This is the only marathon I will ever run", I'm of course wondering which marathon to sign up for next... Many thanks to all those at Handy Cross who offered me pearls of running wisdom throughout the past year! Here's to the next one...

Damaris Daniels

Thank you and well done D! Perhaps you could run London next and let us know how they compare? Ed.

Our Cross Country Team at Watford





Results

Berlin Marathon

Pete Summers 2:45:41
Damaris Daniels 4:05:02

Loch Ness Marathon

Lucie Carter 5:00:47
Steven Battenti 5:00:48
Fiona O'Donovan 5:17:13

Shardeloes 10k (off-road)

Paul Dineen 44:39
Keith Round 46:13
Steve Batham 52:27
Darren Wakefield 56:19

Bradenham Bolt 10k (off-road)

Jacqueline Ing 55:11
Charlotte Ing 55:11
Joe White 59:32

Great North Run (Half Marathon)

Shelley Gardiner 2:03:28
Karen Letham 2:03:28
Hannah Platt 2:03:28
Claire Ponsford 2:03:28
Fran Brown 2:03:28

Medmenham 10

Mike Hollis 1:21:22
Charlotte Ing 1:26:35
Bev Nothman 1:32:37

Ickenham 5

Gareth Morris 29:26 (pb)
Brendon Gilbert 30:09
Craig Atkins 36:40 (pb)

Force and Frances Clark Powderham Castle 10k

Dave Nash 1:21:55

Cardiff 10k

Gareth Morris 36:20 (pb)

Wooburn 10k

Steve Roberts 37:56
Brendon Gilbert 38:20
Paul Dineen 40:32
Margaret Moody 46:42
(first in age category)
Stephen Batham 48:48
Egle Petrauskaite 54:34
Marilena Borhhini 65:42

Lowestoft 10k

Angie Peerless 43:14
(first in age category)

Maidenhead Half Marathon

Craig Atkins 1:49:45
Damaris Daniels 1:52:42
Helen Moseley 2:07:42 (pb)

Burnham Beeches Half Marathon

Penny Cutler 1:42:15
Stephen Batham 1:52:04
Steven Battenti 1:55:57
Lucie Carter 1:57:21

Bearbrook 10k

Frank Fulcher 35:21
Gareth Morris 37:37 (pb)
Keith Round 43:14
Ellen Fulcher 45:54
Margaret Moody 46:46
(first in age category)
Charlotte Ing 47:20
Steve Batham 47:49
Jacqueline Ing 49:08
Darren Wakefield 52:14
Lynn Ing 63:48

Great South Run (10m)

Mark Dewey 1:12:36
Darren Wakefield 1:30:24 (pb)
Seba Smiley 1:52:22
Vikki Portwin 1:57:51
James Dean 1:12:22
Martin Dean 1:41:38
Julie Dean 1:54:43



Gerry Grosse Trophy 5k Handicap Race Results

Our annual handicap race to compete for the Gerry Grosse Trophy took place on Tuesday 10th September around the Cressex Road/Cressex Industrial Estate Time Trial circuit.

Twenty-one members lined up for the start having no knowledge of the estimated target times I had set for them. The winner was Steve Batham who improved on the target time I had set by 58 seconds. Steve is only the fourth man to win the trophy in the seventeen years we have been staging the event. Steve's running has shown a marked improvement over the course of the last year. No doubt due to taking part in the Tuesday night sessions and joining Terry, Helen and Co. on their long Sunday runs. Great stuff Steve! He gets to display the Gerry Grosse Trophy, bearing the names of all the previous winners, at his home for the next year and was also presented with a plaque, bearing the inscription "2013 Gerry Grosse 5k Handicap 1st Man" to keep.

Last year's winner Lucy Zaboklicka won the plaque for being "1st Lady". She was fifty-three seconds inside her target time. It's good to see her making such a strong return to running. Well done Lucy!

Bottles of wine were given to:

David Hall for setting the fastest time of the evening.

Paul Joel for coming closest to the target time I'd set. He was one second under.

Martin Dean for being the person returning the largest deficit between his target time and that taken.

Lucy Couturier (again) for being the person enjoying the experience longest. (I will have to change this prize category as Lucy doesn't drink and we shouldn't keep tempting her to start 😊).

Actual Times Taken

David Hall	19:03	Phil Hutchby	25:03
Paul Dineen	19:21	Paul Joel	25:07
Keith Round	20:32	Fran Brown	25:22
Anne-Sophie Denis	22:05	Michelle Booth	26:25
Steve Batham	22:41	Helen Moseley	26:47
Lucy Zaboklicka	22:56	Jessica Barrell	26:59
Emma Russo	23:36	Michael Clare	27:01
Peter Astles	23:49	Martin Dean	30:09
Damaris Daniels	23:59	Lucy Couturier	30:24
Darren Wakefield	24:05	Craig Atkins	DNF
Hannah Vincent	24:08		

These were great times considering the undulating course and you all deserve prizes. I'm sure you will agree that those who did receive them deserved the recognition of the effort they put in. Thank you all for taking part and to Gerry for providing the trophy. We look forward to seeing you again soon Gerry.

Mike.



Results

List of Previous winners of the Gerry Grosse Trophy

1997	Nicy Edwards
1998	Margaret Moody
1999	Helen Murdoch
2000	Des Mannion
2001	Helen Murdoch
2002	Gill Brooks
2003	Helen Murdoch
2004	Jo Hutchby
2005	Ann Palmer
2006	Donna Howlett
2007	Helen Mengell
2008	Martin Dean
2009	Linda Weedon
2010	James Cunnane
2011	Lucy Couturier
2012	Lucy Zaboklicka

South Bucks 10k

Dan Charleston	40:06
Stephen Batham	40:06
Howard Taylor	40:23
Keith Round	42:08
Mike Hollis	44:42
Margaret Moody	45:11
Craig Atkins	46:05

Royal Parks Half Marathon

Phil Hutchby	1:52
Helen Moseley	2:02:11 (pb)

Bournemouth Half Marathon

Brendon Gilbert 1:21:17 (3rd)

Oxford Half Marathon

Gareth Morris	1:25:02
Paul Dineen	1:30:15
Karen Letham	1:48:07
Francesca Tiller	1:48:49
Diana Charles	1:49:16
Claire Ponsford	1:51:25
Hannah Vincent	1:53:12
Frances Brown	1:53:14
Martin Dean	2:20:03

Henley Half Marathon

Bev Northman	1:49
Nick Martin	1:59
Laura Cornwell	1:59

Ridgeway Run

Mike Hollis	76:50
Lucy Zaboklicka	1:22:48
John Peerless	88:56
Darren Wakefield	91:37
Angie Peerless	93:04

Ricky Road Run (10m)

Howard Taylor	1:10:48
Emma Russo	1:18:34
Bev Nothman	1:24:48
John Peerless	1:28:02
Angie Peerless	1:34:27

Chiltern Cross Country league at Watford

men's race:

11th	Frank Fulcher
18th	Pete Summers
35th	Gareth Morris
52nd	Mark Dewey
61st	Paul Dineen
73rd	Howard Taylor
118th	Craig Atkins
124th	Stephen Batham
132nd	Darren Wakefield
146th	Martin Dean

Ladies Race:

54th Frances Claire Brown

As a team we finished 9th out of 18 clubs in division 2, so top half, well done all! We could have easily finished top 5 if we had 3 more ladies. Fran really enjoyed it and will be recruiting more for the next race at Oxford on the 9th November. So put it in your diaries.

Frieth Hilly 10k

Brendon Gilbert	40:03
Steve Roberts	40:59
Mike Hollis	48:51
Emma Keys	52:22

Brentwood Marathon (off road)

John Dooley	3:59
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Tuesday Night Training Programme

October 22 nd	5 - 7 x 800m (Oak Crescent) (200m recovery)
October 29 th	Slope session (Halifax Road) 9 – 12 efforts up slope (recovery back down)
November 5 th	4 – 5 x 1000m (Oak Crescent) (200m recovery)
November 12 th	Fartlek session 3 circuits clockwise round Cressex Road/John Hall Way circuit
November 19 th	3 - 4 x 1200m (Oak Crescent) (200m recovery)
November 26 th	2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/ Rupert Ave. circuit
December 3 rd	5k Time Trial Cressex Road/Cressex Industrial Estate circuit
December 10 th	Pyramid Session (Oak Crescent) 200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery)
December 17 th	Hill session, 6 - 7 long and 2 short. Knights Hill (See the lights)
December 24 th	Christmas Eve so hang up your stockings and relax. Merry Christmas everyone!

Keeping the dream alive.