



# Bulletin

## Editorial

The new kit has arrived (see Dave Nash for details) and looks very smart, although it was confusing picking people out in the Marlow Half Marathon, as at least three different styles of Handy Cross kit was being worn . The winner of the prize for designing the new logo can now be revealed as ... Mike Hickman .

The Saturday cross-country league has got off to good start, with our top men (Pete, Dave, Trevor and John) claiming 2nd, 5th, 13th & 15th places at Kingsbury, 1st, 3rd, 9th & 14th places at Oxford and 3rd, 6th, 14th & 41st in the Bucks, Berks & Oxon Championship . However the number of ladies competing in these events (only two so far) is very disappointing, especially as we have quiet a large number of lady members now .

I missed the first two races but made it to the Datchet Dashers Sunday morning run on 12th November, only to find when I arrived that it had been cancelled . Was I the only one who didn't know ?

I recently overheard a club member admit that he read **most** of the Bulletin ! I was severely shocked, the Bulletin is compulsory reading from cover to cover the moment it lands on your doormat !

Fortunately some people do read it throughout, to the extent that they count the number of times Mike Hickman's name is mentioned in each edition ! For their information the 'Hickman count' is nine times in this edition, better check though, I may have missed a few .

Martin Dean                      November 2000

01494 530511

## In This Issue

The dates for this seasons Today's Runner Cross Country League fixtures are included and don't miss Gerry Grosse's *Reflections on the Amersham 8K* . A welcome return to Ted Over's *Tips from Ted* in this edition . The new schedule for Alex's Tuesday night training sessions is included on a later page and there is also a report about seven Handy Cross Runners who went for a tramp in the Lake District (the tramp survived) . Also, Dave has some unrepeatable bargains in club running kit . Don't miss it !

## Joint Ventures

We were recently asked by Marlow Striders to help them by marshalling in their half marathon and, to the club's credit, there were nearly as many marshals as runners from Handy Cross .

We have two more joint events with the Striders in the near future . An 'Indoor Games' afternoon on Sunday 26th November from 2.00 to 6.00; for teams of 6-8 with at least 2 men, 2 women and 2 children in a team (tea and cakes provided) and the ever popular 'predict-a-time' run on Sunday 3rd December at 10.00. Usual format, choice of different distances, predict your running time and leave your watch behind (guess who won last year, it begins with 'M' and ends in 'n'). There will be food, drinks and probably a quiz afterwards .

Please try to attend as these joint events are very enjoyable and benefit both clubs . The venue for both events is the Marlow Striders clubhouse in Pound Lane, further details from Debbie .

## Reflections on the Amersham 8K

I don't enjoy cross country - with all that mud, the uneven surface with tree roots, boulders and streams. Road is what I like, nice firm surface, you can see where you're going .

Multi-terrain is OK too . I tried that last year when they changed the Amersham 5 course in order to avoid the traffic on the A413 . That was a pleasant race, 4K on the road, a short distance on a nice dry footpath followed by a run downhill across a stubble field, then back onto the road and a final 400 meters on grass to the finish . Amersham is renowned for the hill at 6K that seems to go on forever, but Handy Cross Runners are used to hills !

I enjoyed last years run so I entered again this year . I should have realised it would be different as I drove towards Amersham with the rain coming down like stair rods but, ever the optimist, I was sure the weather would improve by the time we started .

It was only spitting with rain when I met up with Steve, Dick and Julian before the race and I started off in high spirits . We had been told there was a change to the course again this year to avoid the traffic on Rectory Hill . This would mean using a path up the side of the fields . This should have sounded a warning .

I usually have some idea of how I'm going to run before the race, and I had decided that 4 minutes 50 seconds per kilometre would suit me up to 6K and then I'd just have to adjust for the hill and the run in to the finish .

The first three K's were fine, running just inside my schedule I caught up with Julian and we ran together as the rain started to increase . Onto the footpath which wasn't too bad and out onto a very muddy field . Shoes getting clogged with mud we still maintained a good pace to the bottom and turned onto a tractor path - two ruts and grass between - still going well we passed 5K and, ...WHAM... over I went, three yards on my backside, mud up to my ears .

A couple of runners who we'd passed ran by calling, "You OK?" and were gone . I picked myself up feeling for broken bones, but I reckon there was just enough mud to have cushioned my fall . I started to jog and a marshal asked if I wanted a lift . Pride's a wonderful healer, I said I was all right and started to pick up some pace .

The hill we climbed had just about everybody walking and I was no exception, but I did manage to pick up a few places and as I got to the park I realised that I was just behind Julian again . He knew it too and wasn't going to have me beat him and away he sprinted (I must join Mike's Wednesday sessions to get some finishing speed) . Fortunately there were showers in the changing room, unfortunately I hadn't come prepared for a complete change, so home I went rather bedraggled .

I was pleased with my time, and I was reminded as to why I don't enjoy cross country . I'm not so sure about multi-terrain now, but will I run the Amersham 8K next year ? Probably .

Gerry

*See Gerry's and the rest of the  
Handy Cross Runners times on the  
results page*

## Tips from Ted

### "Wrap up you lot !"

It was two degrees centigrade when I went for a run through the streets the other night . The cold obviously didn't put off the joggers; I saw just as many as I do on much warmer nights.

One bloke nearly knocked me over as he came roaring out of his front gate; clad in vest and shorts, with legs the colour of uncooked chicken, he sped off at a great rate of knots .

A second jogger was an even bigger treat ! a single piece black lycra leotard was his choice, with, wait for it, **grey socks** ! Well really !

The third jogger I saw was a young woman in a blue and yellow track suit with shoe reflectors, a fluorescent vest and a big, big smile as she came by .

Now, which was the club runner ? The young woman of course . She was both warm and visible, and accommodating both to me and the pedestrians as she jogged by on the pavement .

The problems that arise when our bodies become cold are many . In particular, cold causes ligaments and tendons to contract and makes them more liable to tear, or even break, if movement is too sudden .

The clued-up club runner knows how essential it is to start warm and stay warm, and on dark, cold nights, to be visible to traffic and pedestrians . It is tempting and easy to miss out the warm-up exercises in preparation for a run . Also the tendency to start too quickly is a common fault which occasionally leads to a 'pulled fetlock' !

Deciding how much to wear is always a problem . It is usually better to overdress in order to conserve body heat . Remember you can always take layers off, but once cold it is difficult to regain your body heat.

One tip is to do a warm-up lap of, say, half a mile, at a slow pace . By the time you get back to the club or your car you will be warmed up and can decide whether to lose any layers or not .

Women (groan !) tend to be more sensible than men in wearing adequate clothing and conserving body heat . It is not cissy either to wear gloves or a hat, even if you do look like Benny of Crossroads fame ! Remember a lot of heat is lost from the crown of the head . (*Approx. 25% I believe, Ed.*)

If you do get seriously chilled your circulation becomes affected and you may experience pins & needles and numbness in your limbs . Time to get off the road and into a warm place !

Take a slow, hot bath rather than a shower and drink hot Bovril or Marmite to warm your insides . A further half hour under the duvet will bring you back to life and reduce the risk of catching a bug .

The number of runners who have the sniffles on Monday after the long Sunday run shows how easy it is to catch something when your body resistance is low .

So for goodness sake, wrap up !.... and have a good run .

T.G.I.Over

## A Lakeland Saga

This is the saga of Martin Franzese,  
Who went for a walk in the Lakes  
that was easy,  
He fell in a stream,  
Used words most obscene,  
And Striding Edge made him feel  
very queasy !

Seven intrepid Handy Cross Runners met in the Lake District on a sunny Friday morning in October to climb Helvellyn . I wouldn't say we were an eccentric bunch, just because Mike Hickman was taking photographs of post boxes (we all need a hobby), Debbie was talking to all the cows, sheep, pigs and any other four legged creatures we passed, Richard was constantly talking on his mobile, Martyn was being Martyn and Chris Busby was wearing what I took to be the latest fashion in walking gear, but was in fact builders overalls !

Within half a mile of the start we missed our turning and opted for a different route to the top, which followed a stream until the path split in two, either side of the stream . We were on the wrong path and needed to cross the stream, which most people achieved successfully, apart from Martyn who, after much hesitation and tentative attempts to use stepping stones, finally waded across .

The good weather held right to the top, where it was very cold, and we were rewarded with magnificent views . Because of our earlier wrong turning, we were now faced with a rocky scramble down to Striding Edge. Martyn took one look at the descent, said "Blow that", or words to that effect, and went back the way we had come ! However he had the last laugh because he was down much more quickly than the rest of us .

The following day our numbers were reduced to six, Martyn's feet hadn't recovered from the previous days soaking . We decided to climb the Fairfield Horseshoe, but when we were at five hundred feet the clouds came down and we spent the next five hours walking in thick mist . Naturally the cloud base lifted when we reached the bottom again .

By Sunday morning there were only four of us left to tackle Bow Fell in much better conditions, until we reached the clouds at two thousand feet, but the sun finally broke through in the late afternoon to provide us once again with some splendid views. This was one of 'Wainwright's Walks', described as only eight miles in the guide book . The fact that it took us nearly eight hours to complete is either a reflection on Wainwright or an indication of our walking fitness .

We did actually add a little to the recommended route due to Mike's map reading . He assured us that if we turned right at the crossing of two tracks by a shelter, we would be on the correct path for our return . Sure enough a crossing appeared in the mist but there was no shelter . Never mind, we turned right, then right again a little later, then right again even later to find ourselves at last at a crossing with a shelter ! We finally descended to the valley floor down a steep and rocky gully and dusk was looming when we returned to the car park .

That evening we moved on from our base at Ambleside Youth Hostel to one in Troutbeck and the following day enjoyed a short circular walk to, where else but Ambleside ! Before returning to Wycombe, we paid a quick social call on former members, Des and Leslie Irwin, at their sports shop in Windermere .

## Circuit Training with a Difference

As most of you know by now (and are probably bored to tears hearing about) I recently enjoyed a trip from Malaga to Portsmouth on my son's ship, the Royal Navy frigate HMS Marlborough, along with over thirty other fathers and sons .

Every afternoon the crew held circuit training on the flight deck (their helicopter having flown back to the UK) and they invited their guests to join in, an opportunity not to be missed, I thought .

About twenty others turned up, including the Captain and a few guests .

After the usual stretches we warmed up by running half way round the deck several times, but this didn't take long as the ship is only 133 metres in length .

This was followed by a strenuous session of tough circuits, made more entertaining by some nosy dolphins who swam alongside the ship and occasionally leapt out of the water for a better view .

We were sailing through the Straits of Gibraltar at the time, with a slight swell causing the deck to sway a little and making exercise difficult . This was exacerbated by the breeze blowing exhaust from the funnel down onto the flight deck, making conditions less than ideal, but the location made up for the all discomforts .

The following day the swell was much worse and circuit training was confined to inside the hangar . I missed it though, I was too busy being sea sick to do any more keep fit sessions for the rest of the trip !

## The New Kit

The new kit has been generally well received and has even had its first media airing in the Marlow Free Press, thanks to Pete Edington, the leading Handy Cross Runner in the Marlow half marathon . Thanks also to Mike Hickman who submitted the winning club logo design .

Unfortunately deliveries of the new kit are taking longer than expected, but once the initial demand is over there should be no problem .

However there are still some bargains to be had in the never to be replaced red & white joggers kit . The change has been at some cost to club funds, so any of the old kit you buy will help . Below is a list of what is available .

	was	now
Gents Vests M,L,XL,XXL	£13	£6
Ladies Vests M, L	£13	£6
Tee Shirts XL, XXL	£8	£3
Sweatshirt XXL(1 only)	£19	£9
Paper Tops L, XL	£5	£4
Polo Shirts L, XL	£10	£5

Dave Nash

01494 446620

07941 380902

## **New Members**

Welcome to the following new members :-

Russell Fell and Stephen Lynch, a belated welcome to Geoff Medicott and a welcome return to Sally White.

Now we are well into the second half of the subscription year, further new members will be enrolled at a reduced rate until next April .

## **Christmas Eve Run**

Mike and Nick will be organising a Sunday morning run on Christmas Eve (24th December that is) more details later .

## **Benidorm Half Marathon**

Duncan Kennerson will be organising another trip to the Benidorm half-marathon next year, probably costing around £350 to £400, but it won't be until next November, so if you are interested, you can start saving now. Further details from Duncan .

## **Christmas Disco**

This year will be on Monday 18th December at the Judo Club, wear your glad rags, bring some food and enjoy yourselves !

## **Commiserations**

to Margaret Moody on the death of her brother in Canada recently and

## **Best wishes**

for a speedy recovery to Kevin Duffy's wife Marilyn, during her current illness .

## **Forthcoming Events**

Sunday 26th November 2000

### **Sandhurst Cross-Country**

Saturday 2nd December 2000

### **Hardwick Cross-Country**

Sunday 3rd December 2000

### **Marlow Striders Predict-a-Time Run**

Sunday 10th December 2000

### **Metros Cross-Country**

Sunday 17th December 2000

### **Reading Cross-Country Wendover Woods Hillrace**

Sunday 7th January 2001

### **Tadley Cross-Country**

Saturday 13th January 2001

### **Berkhampstead Cross-Country**

Sunday 21st January 2001

### **Bracknell Cross-Country**

Sunday 4th February 2001

### **Handy Cross Cross-Country**

Saturday 17th February 2001

### **Banbury Cross Country**

## Results

## Amersham 5

### Henley Half- Marathon

John Dooley in 1.19.06  
Trevor Free in 1.29.32  
Nick Martin in 1.34.30  
Rod MacClean in 1.35.10  
Andrew Pearson in 1.43.21  
Maggie Potter in 1.50.13  
Dick Croxson in 1.58.00  
Rose Priest & Paula Parkin (6 mile fun run) in 1.00.08 & 1.05.30

### Chiltern Marathon

Mike Hickman in 4.10  
Trevor Free in 4.11  
Margaret Moody in 4.45  
Rod Palmer in 4.48  
Rod MacClean in 4.53  
Vernon Martin, Debbie Collier and Sylvia Pearson, walked the course

### Tring Ridgeway Run

Dave Leighton in 1.12.28  
Mike Hickman in 1.14.55  
Steve Barrow in 1.19.30  
Geoff Medicott in 1.19.49  
Mark Hermsen in 1.30.31  
Debbie Ridout in 1.35.23  
Liz Davey in 1.36.11  
Shaun Bryant in 1.36.12

### Blenheim 10K

Pete Smith in 33.58 (3rd place)  
Trevor Hunter in 35.40 (4th place)  
John Dooley (7th place)  
Dick Croxson

### Stroud Half Marathon

Nick Martin in 1.28  
Debbie Ridout in 1.56

David Bosley in 28.30  
Geoff Medicott in 37.18  
Julian Allison in 41.52  
Dick Croxson in 42.00  
Gerry Grosse in 42.02  
Steve Lynch in 43.00

### Cabbage Patch 10

Peter Edington in 1.5.06  
Nick Martin in 1.8.07  
Mike Hickman in 1.9.08 (pb)  
Debbie Ridout in 1.27.19

### Abingdon Marathon

Rod Palmer in 3.17.14  
Mike Hickman in 3.19.50  
Trevor Free in 3.22.06 (pb)

### London to Brighton

Rod Palmer in 8.19  
Mike Hickman in 8.35

### Marlow Half Marathon

Pete Edington in 1.29  
Trevor Free in 1.31  
Nick Martin & Dave Leighton 1.34  
Rod MacClean in 1.39  
Benjie Benjamin in 1.41  
Mark Hermsen in 1.42 (first ½ m)  
Mike Hickman in 1.43  
Des Mannion in 1.45  
Alan Songhurst (first ½ m) and Paul Jennings in 1.46  
Terry Eves in 1.52  
Liz Davey in 1.55  
Shaun Bryant in 1.58  
Dick Croxson in 2.01  
Dave Nash in 2.03  
Sylvia Pearson in 2.08  
Jack Sharp in 3.00



# TODAY'S RUNNER

## CROSS COUNTRY LEAGUE

Date	Venue	Time
<del>29th October 2000</del>	<del>Burnham</del>	<del>11.00</del>
12th November 2000	Datchet	11.00
26th November 2000	Sandhurst	11.00
10th December 2000	Metros	11.00
17th December 2000	Reading	11.00
7th January 2001	Tadley	11.00
21st January 2001	Bracknell	11.00
4th February 2001	Handy Cross	11.00

All races are approximately 9k long and are run in a very convivial atmosphere. The cost of entry to each race is £1.00 which covers the cost of your number as well as food and refreshments after the race.

We intend to hold our race in Bradenham Woods as per last season, with the start and finish on the access road which runs through the woods and to use the car park outside the RAF station in Walter's Ash as our base.

The format is the same as the 5k where the host club provides sandwiches and refreshments for the other clubs. We will also need help in setting out the course, marshalling the event, car parking, recording results, serving tea etc.

Do come along and try at least one of these events, you may find that you enjoy it.

## Handy Cross Tuesday Club Session

- 14/11      5 x 100m 2 mins rest / 5 x 200 m 2 mins rest / 5 x 100m full effort
- 21/11      2 x 400m / 2 x 600m / 2x 400m / 2x 600m  
Jog recovery on 400s 2min rest on 600s
- 28/11      Hill session 6 x full hills / 6 x short hills
- 5/12        6 x 300m interspersed with 6 x 200m easy incline
- 12/12      6 x 200m @ 80% / 6 x 200m @ full speed / 4 x 200m @ 80%
- 19/12      1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs
- 2/1         8 x 400 full speed up incline / 8 x 200m easy recovery
- 9/1         3 x 400 mtrs / 3 x 600 mtrs / 3 x 400 mtrs
- 16/1        Hill session 4 x short / 8 x full / 4 x short
- 23/1        8 x 100m full speed 2 mins rest / 4 x 100 m full speed

All sessions will commence with a warm-up and stretch, and warm down

Keep the dream alive !

Alex Johnson UK Athletics Coach  
Handy Cross Runners