

Bulletin



Don't forget your tickets for the pantomime, I still have some left. It's on Friday 13 December (is this a bad omen as it's the opening night?) There is an application form on the back page of this issue.

New Members

A very warm welcome to the following new members:-

Beverly Black, Penny Cutler, Chris Hamilton-Jones, Jackie Harding, Michael Hollis, Lindsay Hopkins, Eddie Maguire, Lisa Anne Reading and John Seear.

Many thanks for your suggestions on cost savings as requested in the last Bulletin, I'm only glad that no one suggested scrapping it altogether! Some of these I will put in place straight away, such as only sending one copy to each address. I will also bring an addressed envelope containing each new issue to the club as soon as it is printed, so that people attending on that particular night can take their own copies and the remainder can be posted.

We now have a sponsor for the Bulletin (see page 5) which will help reduce costs while still maintaining the quality and quantity of copy (I hope!). Some time in the future I will investigate the practicality of distributing it via e-mail.

Many congratulations to Alison McQuater who only joined us recently but has already helped win a team prize in the Amersham 5 and the Marlow half marathon, was first lady vet in the Henley half marathon and has also written an article for the Bulletin (see page 8). Well done Alison and thanks, keep up the good work (and the running as well)!

Martin Dean
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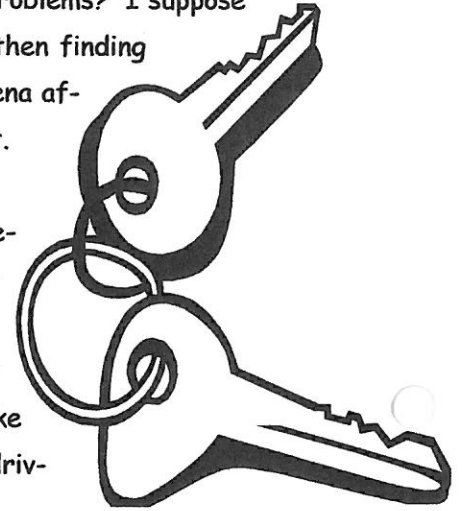
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Keys, Cars and Runners

Why is it that inanimate objects, like keys, cause runners so many problems? I suppose it's partly the difficulty of where to put them when you're running and then finding them again afterwards. Mark Hoad was the latest victim of the phenomena after a track session, but Mike Hickman has also had his problems in the past.

Of course, when they do have their keys is when the chaos begins because they enable runners to actually drive their cars. Maragaret Moody tried to demolish a tree in Higginson Park after the Marlow 5 one year (the tree is still there) while Liz Davey (bless her!) had an argument with a car park bollard at the Burnham 5k. John Bradbury decided he didn't like the shape of the rear end of his new hatchback, so he tried to alter it by driving into his garage, with the rear door up!



However I think I can claim the prize for the 'silliest thing to do in a car' when I recently drove into a car park with my bike on the roof rack, completely ignoring the eight foot high steel barrier across the entrance!

Another Handy Cross Team Event

The arrival of Adam's new daughter proved to be yet another Handy Cross team event as the midwife was non other than Ann Palmer!

While new mother Helen did all the hard work, Adam and Ann discussed such important things as training, injuries, diet and events.

Baby Jodie Francesca weighed in at 6lb 3oz on August 21st .



After giving us such epic poetry as *The Charge of the Light Brigade*, *In Memoriam* and *The Lady of Shalot*, the Poet Laureate Alfred Lord Tennyson (1809-1892) has risen again to produce a ballad celebrating the delights of Ellen 'n' Karen 'n' Sue!

MENAGE A TROIS (mange toute)

Some Handy Cross Runners are absolute stunners,
Believe me I've known one or two,
But few of the rest look their best in a vest,
Like Ellen 'n' Karen 'n' Sue.

Good things come in threes, but I'm brought to my knees
By this trio of temptresses true.
I just can't compete, will I always be beat?
By Ellen 'n' Karen 'n' Sue.

But wait for the day of the Datchet 5k,
And I'll show them just what I can do,
But my time's a disgrace, I can't keep up the pace
Of Ellen 'n' Karen 'n' Sue.

A total disaster, can't run any faster,
But who cares, for if only they knew,
That I really don't mind, I love running behind
Ellen 'n' Karen 'n' Sue

But one thing keeps me thinking, and drives me to drinking
Will I ever be able to choose?
Whose form is the best when displayed in a vest,
Is it Ellen's or Karen's or Sue's?

Alfred Lord Tennyson

Club Events Scheme

Nick Martin has asked me to publicise details of this Marlow Striders scheme which ensures a good turnout at designated races as well as rewarding the less fleet of foot. If there is any interest in setting up something similar at HCR then he will be happy to do the organising bit.

Trophies and certificates are awarded annually to the best male and best female in each of the following categories:-

Cross Country Race Series
5K Race Series
Road Running
Overall Category

Points are only awarded to those who run in a race designated as a club event. Each runner will receive 10 points for running in a club event regardless of finishing position.

Additional points are also awarded based on finishing position. The number of additional points available depends on the number of Club members running in the race. For example if there are ten Club members running then the first one over the finish line collects an additional ten points. The second one collects nine points and so on. So the more runners who turn out the more points there are on offer.

It sounds like a great idea to me, especially if it would encourage a better turnout at cross-country events! What do you think? Let Nick know if you would be interested.



Christmas Disco

Don't forget the Christmas Disco on Friday 20 December at the Judo Club. Debbie would like some prizes for the raffle please. She would prefer a small number of reasonably valuable prizes rather than a lot of inexpensive ones please.

If you were rejected for next years London Marathon, this is your second chance to obtain a number as the complimentary numbers issued to the club will also be raffled on the night. Don't forget to bring your rejection slip!

I don't wish to know that!

Apparently Russell Fenn pulled out of the Maidenhead 5k with Soleus problems in both legs as well as an Anterior Tibialis injury.

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A Message from Terry...

I would like to recount how, not for the first time, I recently experienced the now legendary camaraderie of Handy Cross Runners. A sunny September Sunday morning run had just become infinitely more enjoyable as we had finally managed to give Ron Newman the slip, leaving just myself, Adam Koffler, Dave Nash and Liz Davey. Our months of intensive training for the Gerry Grosse Trophy was coming to fruition and we were consequently six-minute miling along the Little Marlow road when Tragedy!!! Though no stranger to falling over, I took a tumble terrible even by my standards, which left me sprawled on the tarmac, winded, dazed and bleeding profusely from multiple lacerations.

It was lucky for me, however, that Dave was on hand and calmly took control of the situation by suggesting that we all walked for a couple of minutes to give me a chance to fully recover. He obviously knew what was good for me and thought it was important to keep my circulation going as after barely two minutes we set off at a blistering pace on a somewhat tortuous route back to the club.

I knew it was a matter of survival to keep up at all costs as only a few weeks previously this same group, plus Ron Newman, had abandoned a sextagenarian (moi) wandering disorientated in a Lane End forest.

Several hours later (or so it seemed to me) we finally arrived back at base and suddenly grey skies turned to blue when Adam offered to give me a lift home in his Audi TT sports car - with the hood down! WOW!!! Regrettably though my hopes were quickly dashed as I felt unable to agree to his request to get neither blood, sweat nor tears on his pristine upholstery.

On arrival back from any run I am normally greeted by the memsah'b with "Well, did you get lost, or did you fall over?" On this occasion however any such question was academic as my resemblance was closer to Mr Red straight from the set of "Reservoir Dogs" than to the youthful Adonis that had left home just a few hours earlier.

Later that day when I thought the worst was past, I became increasingly concerned that one of my extremities was starting to swell at an alarming rate, my left wrist actually, and finally went to A & E at 8.30 on Sunday evening, where extensive soft tissue damage and badly bruised ribs were diagnosed. This is where I must thank the third Handy Cross Samaritan as I think it was surely due to Liz Davey exerting her undoubted influence that I was able to leave Casualty six and a half hours later with my arm in a sling. Sincere thanks again to all concerned! Terry Eves MV+++

Good advice if you ignore Delia

Delias way #1:

Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.

The Real Women's Way:

Just suck the ice cream out of the bottom of the cone, for goodness sake, you're probably lying on the couch with your feet up eating it anyway.

Delias way #2:

To keep potatoes from budding, place an apple in the bag with the potatoes.

The Real Women's Way:

Buy Smash and keep it in the cupboard. It lasts for up to a year (or more if you ignore the best by date!).

Delias way #3:

When a cake recipe calls for flouring the tin, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

The Real Women's Way:

Go to the bakers. They'll even decorate it for you.

Delias way #4:

If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up".

The Real Women's Way:

If you over salt a dish while you're cooking, that's tough. Please recite with me The Real Women's motto: I made it and you will eat it and I don't care how bad it tastes.

Delias way #5:

Wrap celery in foil when putting in the fridge and it will keep for weeks.

The Real Women's Way:

Celery? Never heard of the stuff.

Delias way #6:

Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

The Real Women's Way:

The Fray Bentos pie directions do not include brushing egg whites over the crust and so I don't do it.

Delias way #7:

If you have a problem opening jars: Try using rubber gloves. They give a non-slip grip that makes opening jars easy.

The Real Women's Way:

Go ask the very gorgeous neighbour to do it.

Delias way #8:

Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.

The Real Women's Way:

Leftover wine?

Delias way #9:

When catering for an evening buffet, calculate food portions and timings a week in advance, so that you're not rushing on the night.

The Real Women's Way:

Nip into Marks & Sparks on the way home that evening, and buy everything in packets.

Delias way #10:

When you have finished the preparation for your buffet, wash up and treat yourself to a glass of wine.

The Real Women's Way:

Hide the packets and drain the last of that "pre dinner" wine bottle...

Race Report From Another County

Well, I should have realised what I was letting myself in for as I knew that the race was organised by the same mad lot that run the Grizzly! The Musbury Castle Challenge seven mile fell race just outside Axmouth looked like it would be a good advance warm-up for the cross-country season and, as I was planning to be in Devon that weekend anyway, why not?!

My one attempt at common sense in all of this was emailing the race organiser in advance to ask "just how hilly is hilly, then?" He replied that there was a testing six hundred foot climb in the first mile, and after that 'a good mix of terrain'. I would find out to my cost that he had been (very) economical with the truth!!

Still, the day dawned, beautiful, sunny, and warm. It couldn't be that bad, could it? I got talking to a local in the car park before the race, and he told me that one of his mates was a Sergeant in the Marine Commando base at Lympstone, and was bringing down a squad of marines on the pretext that they were needed to marshal the steeper slopes for safety reasons (alarm bells should have started ringing at this point). Unbeknown to them, their kit was stashed in the village hall and they would be told to run the race when they arrived. Ha Ha. Good old army humour, eh?! So, a race that had started four years previously as a friendly challenge between three local pubs had somehow turned into a Marine Commando training run!!! And, by the way, civilian marshals on quad bikes would be patrolling the steepest parts of the course in case anybody should get into difficulty!!!!

Pretty soon the field of around 140 were off, and the first half-mile seemed very innocuous: a gentle climb on a single-track road. Suddenly we turned sharp left into a wood and the ascent really began. Pain set in very swiftly thereafter: the slope became so steep and the

ground so uneven that not only was running impossible, but both arms and hands had to be used to scramble to the summit. A short period of relief followed as we ran relatively flat across the crest of the hill, before a sharp downhill ascent and then another punishing climb...and another....

At one point we were approaching the crest of a hill and I could see what looked suspiciously like a 'keep off the grass' sign, right on the horizon. Couldn't possibly be a 'keep off the grass' sign, I thought, as the whole seven mile course was pretty much on grass/mud/churned up cow-s***t (well, it was Devon after all!). As I got close enough to read the sign, I made out the words 'Danger! Steep Drop!'. Myself and the guy running about three paces behind came screeching to a halt just before we plunged over the edge, pausing just long enough to swear loudly and then hurl ourselves down the slippery slope.

Yes, I descended some of the way on my rear, but thankfully was not the only one to suffer that particular indignity. And then, oh joy, more hills! I have never experienced burning lungs and aching quads for quite such exquisitely intense periods of time!!! Walking up some of the gradients became a necessity about 2/3 of the way through the race, for all but the front runners. Those of you who ran the Amer-sham Five no doubt remember that punishing ascent up the hay stubble field at around 5-6k? Well, imagine that extended and repeated for about four continuous miles, punctuated by the odd 'steep drop' to keep your thighs working overtime!!!

I don't think I have ever been so glad to see a finishing line, and found myself almost laughing hysterically as I crossed it, realising that, unbelievably, I'd loved every lung-bursting, thigh-burning minute of it!!

Anyone fancy joining me next year??!!?

Quiz Night

Alan's second quiz was as entertaining as the first one last year, with a few variations on a similar format. Instead of ten famous Belgians, this time we had ten famous Swedes, which didn't include Graham Taylor (who was a turnip of course).

His recent holiday down under enabled Alan to set questions on Ozzie slang, which revealed a whole new meaning to the process of selecting a route.

An amusing round required team members to read extracts from TV programmes for everyone to identify and no one there will ever forget James and Trevor's impersonation of the Telly Tubbies.

The winning team was a semi-professional outfit led by Mike Hickman's wife (but omitting Mike from their numbers!) But at least Marlow Striders didn't win this year as none of them turned up. The evening was completed with a delicious fish 'n' chip supper.

Thanks again to Alan and Debbie for organising such an enjoyable event, we are all looking forward to another one next year.

Mystery Runner

Who was the mystery runner in the last Bulletin?

Those of you who had visited the Bucks Free Press Wycombe Half Marathon web site would have recognised the excerpts from an interview Benjie gave immediately after the race. Others would have realised who it was from the clues given. However I'm not sure if Benjie actually recognized himself as he hasn't mentioned it to me yet!

Ok that one was easy, now let's see if you know who this is a picture of?



The Rowers Revenge Triathlon

My only previous attempt at a triathlon was woefully inept as it took me ten minutes longer than anyone else to complete the swim! I think it would have been quicker to have walked on the bottom of the pool.

But the Rowers Revenge Triathlon at Marlow sounded more like my cup of tea, as there is no swimming involved, you have to row 4000m on a rowing machine instead.

However my entry wasn't accepted at first, as this now very popular event was over-subscribed and I was put on a stand-by list in case anyone dropped out. Forgetting all about it, I neglected to do any training. Then I received a message on the Saturday morning before the race to say there had been a late cancellation and I now had a place!

The event is very well organised with a bank of rowing machines set up in Higginson Park adjacent to the transition area where the bikes are parked. Having been body-marked (is this really necessary for a non-swimming event?) I lined up with a batch of nine other equally nervous competitors, all in the over 50's category, ready for the row.

It was at this point that I remembered I have only ever rowed 2000m before, but as I was in the company of other doddering old fogies, I wasn't too worried. At the command to start we began rowing and everything was fine until I noticed that my colleagues were one by one leaving the rowing machines to collect their bikes while I still had hundreds of metres to go! Eventually I was left alone to complete this stage, but I wasn't worried, "I'll catch them on the bike" I thought.

There were some very nice road bikes being used which I was able to admire briefly as their owners pedalled past me, but I wasn't discouraged, after all I was riding a mountain bike so I was at a disadvantage.

Somewhere around Skirmett however, I heard a rattling sound behind me that grew louder until the most decrepit old bike, complete with large knobbly tyres, was pedalled past me. More professional cyclists (well they looked like professionals) passed me on the way up the hill to Medmenham, but no sign in front of my fellow over 50's competitors, "Never mind" I thought, "I'm bound to catch some of them on the 7½Km run."

Now experienced triathletes will tell you, with all the knowledge gained from many competitions, that if you change down into a low gear for the last part of the bike ride and pedal furiously, your legs will be ready to run.

Well I tried it and it doesn't work, at least not for me. After 25km I could scarcely stand up and needed the bike to support me to the transition area. I walked slowly from there and then began to waddle out of the park before breaking into a slow and painful jog on Marlow bridge, dodging all the Sunday strollers and trying to look like an athlete.

Approaching Bisham my legs finally came to life and I actually passed several other competitors only to follow another runner down a wrong turning! After an embarrassing catching up process, I was back on track and managed to pass a few more people (but none of the over 50's that I had started with) before finally returning to Higginson Park, just over two long and painful hours after I had started.

Fortunately other Handy Cross Runners completed the event in more respectable times, Paul Jennings in 1.42.53, Helen Murdoch in 1.47.49 (but with Mark Hoad doing the running stage for her) and Ian Murdoch's team in 1.49.10 with Debbie Ridout running, Ruth doing the rowing and Ian the bike ride.

This multi-disciplined event left me feeling very tired, even though I have run other much longer distance events in the past. Perhaps next year I will do some serious training first!

Results



Tetsworth 10K

Mark Hoad in 41.42

Gill Brooks in 50.07 (PB)

Russell Fen in 50.48

Ian Murdoch in 52.12 (PB)

Alison Alexander in 64.30

Results of the Gerry Grosse Trophy/Wednesday Track Group 5,000m Handicap Race held 4-9-02.

Position	Post h'cap.	Name	Club	Actual Fin.	Target Pos'n.	Target Time	Actual Time	Differ'ce + or -
1		Gill Brooks	HX	14		24:26	23:29	-0:57
2		Gerry Grosse	HX	17		24:59	24:17	-0:42
3		Ian Murdoch	HX	13		24:07	23:30	-0:37
4		Terry Eves	HX	12		23:30	22:54	-0:36
5		Peter Astles	HX	9		22:26	22:12	-0:14
6		Mark Hoad	HX	2		19:34	19:21	-0:13
7		Ralph Chesswas	HX	5		20:48	20:38	-0:10
8		John Bradbury	HX	6		20:45	20:45	0:00
9		Margaret Moody	HX	8		21:22	21:33	+0:11
10		Mark Letsome	MS	4		20:08	20:29	+0:21
11		Dave Nash	HX	18		26:08	26:36	+0:28
12		Des Mannion	HX	7		20:36	21:16	+0:40
13		Sue Neale	HX	10		21:28	22:12	+0:44
14		Sally White	HX	3		18:23	19:29	+1:06
15		Ann Bowles	MS	15		22:00	23:45	+1:45
16		Mike Blowing	HX	16		21:47	23:54	+2:07
17		Eileen Heyes	MS	19		30:36	32:46	+2:10
-		Ian Gibbon	MS	1		None	18:21	-
-		Alex Saint-Mars	HX	11		None	22:18	-

The Handy Cross Runners Newsletter

Gill Brooks won the Gerry Grosse Trophy for having made the greatest improvement on her target time (-0:57). She was also presented with the Wednesday Track Group's winners plaque.

Ian Murdoch was awarded a plaque for being the Handy Cross runner's member of the opposite sex making most improvement against his target time (-0:37).

Bottles of wine were presented to the following:-

Ian Gibbon (Marlow Striders), for setting the fastest time of the evening (18:21). John Bradbury, for coming closest to his target time (Spot on!). Mike Blowing, for being the Handy Cross Runner with the biggest deficit against his target time (+2:07). Eileen Heyes (Marlow Striders), for enjoying her running so much that she made it last longest.

It was good to see the return to form of Sally White, John Bradbury, and Terry Eves. This justified my anticipation in being creative with their target times.

When I arrived to find the track infield was being used as a temporary car park and the track had been blocked with barriers, I thought we were in for a disastrous evening, but in true Handy Cross spirit we carried on regardless. With Martin Dean's help as a car park Marshal, the race continued uninterrupted as Martin skilfully shepherded the cars across the track during gaps in the field.

Thanks to all of you for taking part, and to Helen Murdoch (last years winner) and Vernon Martin for so competently doing the timing and lap recording.

Last but not least, many thanks to you Gerry for providing the trophies and thus making this event possible. Your own performance this evening was worthy of a trophy.

Well done everybody! Enjoy your running!

Mike Hickman

Thanks from everyone Mike for organising the event once again.

Chiltern Marathon

Rod Palmer in 4.42
John Bradbury in 4.50
Trevor Free in 4.50
John Peerless in 5.08
Martin Dean in 5.22
Clive Girling in 5.31
Debbie Ridout in 5.38
Mike Hickman in 5.38
Margaret Moody in 5.58
Debbie Brown in 6.58

Berlin Marathon

Trevor Hunter in 2.45.34 (PB)
Peter Edington in 3.12.11(PB)
Sally White in 3.23.43
Nick Martin in 3.41.26
Debbie Ridout in 4.42.11

Amersham 5

Alison McQuater in 35.49 (pb)
Gerry Grosse in 41.47

Lucy Couturier in 46.35 (pb)

Alison Alexander in 49.28 (pb)

Jackie Harding in 50.52 (pb)

Sue Walker in 53.29 (pb)

Stelle Gwilliam in 54.28 (pb)

Rose Priest in 55.45

Marion Baker in 58.42

Alison McQuater, Lucy and Alison Alexander won the 2nd Womens Team prize

More Results

I always admire anyone who competes in the Great North Run, after all it's an awful long way to go for a half-marathon and it must be very difficult to run in such a crowd. But this didn't put off Paul Palmer, who finished in 1.39, or Alison Alexander who smashed her pb of last year by eight minutes.

Another race I would like to run is the London to Brighton road race, which Rod Palmer completed this year in nine hours and thirty one minutes, with Mike Hickman's help and support.

John Peerless and Trevor Free completed the Abingdon Marathon in respective times of 3.02 and 3.28 while on the same day Paula Parkin and Pete Edington ran in the Cabbage Patch 10.

Blenheim 10K

Mark Hoad in 41.24 (60th)

Margaret Moody in 44.55 (1st fv)

Gill Brooks in 49.24 (pb)

Ian Murdoch 52.55 (pb)

Jackie Harding in 72.52

Sue Walker in 75.40

Marlow Half Marathon

Alfred Benjamin in 1.29

Alex Richmond in 1.32 (2nd lady)

Trevor Free in 1.35

Andy Cox in 1.37

Nick Martin in 1.38

Debbie Jones in 1.40

Henley Half Marathon

Pete Smith in 1.17 (8th place)

John Peerless in 1.23

Alfred Benjamin in 1.24

Alison McQuater in 1.35 (1st FV)

Debbie Jones in 1.36

Ron Newman in 1.36

Andy Cox in 1.42

Lucy Couturier in 2.01 (pb)

Pat Carter in 2.02

Dave Nash in 2.03

Steve Lynch in 2.05

Mike Bratby in 2.17

Alison McQuater in 1.43

Peter Astles in 1.48

Mike Hickman in 1.49

Rod MacClean in 1.51

Alan Songhurst and Debbie Ridout in 1.52

Beverly Black in 1.55

Dave Nash in 2.04

Lucy Courturier in 2.06

Mike Blowing in 2.07

Pat Carter in 2.08

Alex, Debbie J, Alison and Debbie R won the ladies team prize. Benjie ran in the Chiltern League Cross-country race the previous day.

Sunday 17 November
Herberts Hole Challenge 10K

Sunday 24 November
Hardwick Cross Country

Sunday 1 December
Luton Marathon & Relay

Friday 13 December
Pantomime at the Swan

Friday 20 December
Christmas Disco at Judo Club

Sunday 29th December
Cliveden Cross Country

What's On?



**Today's Runner Cross Country
League (Provisional dates)**

Sunday November 10th 2002	Datchet
Sunday November 17th 2002	Metros
Sunday December 1st 2002	Sandhurst
Sunday December 15th 2002	Reading
Sunday January 5th 2003	Tadley

Sunday January 19th 2003	Bracknell
Sunday February 2nd 2003	Finch Coasters
Sunday February 16th 2003	Handy Cross

Chiltern League Cross Country

Saturday November 30th 2002	Oxford
Saturday January 11th 2003	Wing
Saturday February 15th 2003	Banbury

Alex's Tuesday Night Training Programme

- Oct 29 3 x Laps of Cressex circuit with speed intervals and recovery
- Nov 5 Hill session 6 x short & 4 long hills (Knights Hill)
- Nov 12 2 Laps 5k (approx.) Time Trial
- Nov 19 8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%
- Nov 26 8 x 400m effort over last 50 meters with 2 min rest after 4
- Dec 3 6 x 200m with 200 recovery @ 85% 4 x 200m with 200 recovery @ 100%
- Dec 10 3 laps of Cressex circuit with speed intervals and recovery rev of 29 Oct
- Dec 17 8 x 300m on closed circuit with increase over final 50m, 300m recovery
- Jan 7 Pyramid session 2 x 100m, 2 x 200m, 2x 300m, 2 x200m, 2 x 100m
On closed circuit, warm downs as appropriate.

A very Happy Christmas to all my runners

All sessions will commence with a warm-up and stretch, drills and warm down wear warm clothing during warm up and stretches. Wear Fluorescent tops at night.

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners
Telephone: 01628-523322

Mike's Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities should enjoy and benefit from these sessions.

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

- 13/11/02 "Uppers" 3 x 200/400/800m (200m walk/jog recovery), 400m jog recovery between sets).
- 20/11/02 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner, Recover on remainder.
- 27/11/02 4 x 1200m followed by 1 x 400m (400m jog recovery).
- 4/12/02 12 x 400m "Parlauf" session.
- 11/12/02 7 x 800m. (200m walk/jog recovery)
- 18/12/02 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner, Recover on remainder.
- 25/12/02 Eating and drinking session. MERRY CHRISTMAS EVERYONE! See you all next year.

Mike Hickman,
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Mobile 07947309923
e-mail mikehick@btinternet.com

They seek him here, they seek him there...

The West doesn't know if he is dead or alive, but through the pages of the Bulletin I can exclusively prove that Osama Bin Laden is alive and living in a cave in Afghanistan, by printing the contents of a highly confidential memo received from him recently. I cannot of course reveal the source of this leaked document, but I do have permission to publish it in full :-

From: Bin Laden, Osama
To: All Team Mates, Afghan Office
Subject: The Cave

Hi guys. We've all been putting in long hours but we've really come together as a group and I love that.

Big thanks to Omar for putting up the poster that says "There is no I in team" as well as the Garfield that says "Hang In There, Baby". Very hilarious.

However, while we are fighting a jihad, we can't forget to take care of the cave. And frankly I have a few concerns.

First of all, while it's good to be concerned about cruise missiles, we should be even more concerned about the carpet dust in our cave. We want to avoid excessive dust inhalation, (a health and safety issue) - so we need to sweep the cave daily, I've done my bit on the cleaning rota.....have you? I've posted a sign up sheet near the cave reception area (next to the toaster).

Second, it's not often I make a video address but when I do, I'm trying to scare most of the world population, okay? That means that while we're taping, please do not ride your razor scooter in the background or keep doing the 'Wassup' thing. Just while we're taping. Thanks.

Third: Food. I bought a box of Dairylea recently, clearly wrote "Ossy" on the front, and put it on the top shelf. Today, two of my Dairylea slices were gone. Consideration. That's all I'm saying.

Finally, we've heard that there may be Western soldiers in disguise trying to infiltrate our ranks. I want to set up patrols to look for them. First patrol will be Omar, Muhammad, Abdul, Akbar, and Dave.

Love you lots, Group Hug. Os.

PS - I'm sick of having Osama's Bed Linen scribbled on my bed sheets - Cut it out Abdul, not funny anymore.

It's Pantomime Time (Oh no it's not etc.) Again

NICK THOMAS and JON CONWAY for QDOS ENTERTAINMENT PLC present

Cinderella

DAVE BENSON PHILLIPS as 'BUTTONS'

KEVIN WOODFORD as 'BARON HARDUP'

DANNY LA RUE as 'BARONESS VOLUPTUA'

13 DECEMBER 2002 - 19 JANUARY 2003

BOX OFFICE 01494 512000

WYCOMBE SWAN

I have reserved twenty seats for the first night performance which is on Friday 13th December at 7.00

Tickets are £10 each and will go to the first twenty people to pay for them.

If there is a demand for more seats, I will try to obtain them but cannot guarantee where you may be sitting.

At some point during the performance, one of the headline performers reads out a list of audience birthdays, so if this date falls on your birthday let me know and I will inform the Wycombe Swan.

If you would like to go, please fill in the details below and return this page to me with money (any cheques should be made out to me please) ASAP



NAME _____

NUMBER OF TICKETS _____

PAYMENT £ _____