
ON COURSE

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A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

Well have you noticed the new title and cover for the Newsletter? I do hope so, otherwise it means that there has been a lot of hard work put in which has been in vain.

The new title is the result of the competition set last issue and I'm pleased to say that three members managed to come up with a number of suggestions. The three were Allyson Unitt, Ray Matthews and Gerry Grosse and my thanks go to each of them for taking the trouble. So good were all of the suggestions that it was very difficult to pick a winner. But a winner there had to be and finally the title of "On Course" was decided on. This was submitted by Ray Matthews and just as soon as I can think of a suitable prize it will be presented to him. So hang on Ray, it is coming - honest!

Unfortunately from a running point of view my year has been an almost complete write-off because for long periods I have been laid low with a variety of illnesses. To make matters worse usually just when I thought that I was regaining some semblance of fitness I would suffer a relapse or a new illness. It was very frustrating, as I'm sure any of you that have been in a similar position, either through illness or injury, will agree. However one good thing that has come out of it is that it has enabled me to complete some of my build-up runs with some of the new members of the club. I have taken this opportunity to get to know them better and to encourage them to continue to run with us. I think that it is very important that we encourage runners, of all standards, to join the club and to remain members and I hope that, in some small way, I have been able to do this recently. So next time you are coming back from illness or injury why don't you take time out to run with some of the new members - from my experience I'm sure that both you and the new members will benefit.

Finally this time may I take this opportunity to wish you and your families a very Merry Christmas and a Happy and Successful 1989.

Chris Gentry

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CLUB OFFICIALS

Chairman	-	Hans Wessel
Vice-Chairman	-	Alan Edwards
Secretary	-	Esme Thomson
Events Secretary	-	Vernon Martin
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	Derek Sawyer
Membership Secretary (Women)	-	Esme Thomson
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

SOCIAL EVENTS



Christmas/New Year Party

The Club's Christmas/New Year Party will be held early in 1989, in fact, on Saturday 14th January and, as usual, it will be held at Marlow Football Club which, in case you didn't know, is in Oak Tree Road, Marlow. There will be a Fancy Dress competition for children and, in Rose's words "there will be games for all".

The party will be from 7.30 p.m. to 11 p.m. and the cost will be a paltry £2.50 per head for adults and absolutely nothing for children. Rose will be taking names of people wishing to attend shortly and, from past experience, I would urge you to get your names down fast because I can assure you that you won't go to a better party anywhere in 1989.

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Annual Dinner

As mentioned last time the Club's Annual Dinner will be held on Saturday, 29th April, 1989 which is the Saturday after the London Marathon. It will be held at the British Legion and further details of the event will be available shortly. However, in the meantime, please keep the date free in your diaries because it is an event not to be missed.

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Thanks

Finally this time thanks must be given to the Club's Social Secretary, Rose Priest, not only for organising the above events but also for all the work she put in to the recent, very successful, Skittles Evening in which she was helped by fellow Club member, Alex Johnson. The only thing is - how was it that Rose managed to win the skittles when she was forced to partner Kevin Duffy? It must go down as one of lifes' unsolved mysteries.

TIME TRIALS - Chris Gentry

The last of the time trials for the year was held in September and I'm pleased to report that 15 runners took part - a vast improvement on the August numbers.

For the second time in three months Eric Buckle recorded the fastest time for the 4 mile course but even so his time was still well outside the record set by Peter Smith in May and was also not as fast as Eric himself had done in the July event. The full list of runners taking part and their times is set out below:-

September 6th

Eric Buckle	22min 13secs	John Flint	22min 46secs
David Barraclough	23min 14secs	Roy Williams	23min 25secs
Tony Barnard	24min 52secs	Hans Wessel	26min 40secs
Brian Sinclair	27min 44secs	Margaret Moody	28min 34secs
Martin Franzese	28min 57secs	Nick Birch	29min 47secs
Vivien White	32min 42secs	Rose Priest	33min 20secs
Lynda Simmonds	33min 29secs	David Plato	33min 29secs
Jack Sharp	36min 42secs		

So that is it for the time trails for 1988 - if all goes to plan the first of the trails for 1989 will probably be held on the first Tuesday in April. In the past there have usually been prizes awarded for the runner recording the fastest time of the year, the most consistent runner, and the runner making the most improvement over the year. If I hear any news on this front I will let you know.

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RUNNING EVENTS



Locally this time of the year it is pretty quiet from the events point of view but I've set out below details of the races I know of (unfortunately I appear to have mislaid the start times of the Richmond and Fleet races, sorry!).

December 11th 1988	Hogs Back Race, Guildford	10.30 a.m.
December 27th 1988	Cliveden Cross Country (approx 10k)	11 a.m.
February 19th 1989	Wokingham $\frac{1}{2}$ marathon	10.30 a.m.
February 19th 1989	Southall $\frac{1}{2}$ marathon	10 a.m.
March 19th 1989	Richmond $\frac{1}{2}$ marathon	
March 19th 1989	Fleet $\frac{1}{2}$ marathon	
April 2nd 1989	Reading $\frac{1}{2}$ marathon	10.30 a.m.

Whilst on the subject of forthcoming events don't forget the club self handicap Christmas race to be held on Sunday 18th December - an event not to be missed. Listen out for further announcements from Vernon.

RACE RESULTS/REPORTS



Ifley Road, Oxford - 27th August

Eric Buckle tried his hand at track running and in the 3,000 metres he managed a personal best of 9min 42secs.

Wycombe 5 - 28th August

Only a day after his personal best for 3,000 metres, Eric Buckle managed yet another personal best this time for 5 miles. However he was only the second Jogger home nearly two minutes behind Peter Smith. The full list of finishers:-

Peter Smith	27min 40secs	Eric Buckle	29min 16secs
Jim Chilton	30min 43secs	Dave Woolley	31min
Roger Wilkes	32min	Robert Hayes	38min
Pam Wilkes	39min 12secs	Jack Sharpe	40min.

Burnham Beeches Half Marathon - 29th August

Over this far from easy course and despite his race the previous day Roger Wilkes still managed to set a personal best for this distance. Results:-

John Hawryszczuk	1hr 18min 35secs	Jim Chilton	1hr 24min
Roger Wilkes	1hr 25min 04secs	Tony Barnard	1hr 29min 09secs
Brian Rankine	1hr 30min	Alex Johnson	1hr 32min
Eila Mansfield	1hr 40min.		

Aylesbury Half Marathon - 4th September

John Flint took full advantage of this attractive and mostly flat course to be the first club member home but behind him colleagues Roy Williams and Jim Chilton were having a terrific tussle with Roy just holding off Jim for second place. Further back there was yet another inter-club dual this time between John Bradbury and Tony Barnard with John just coming home ahead. The full list of club finishers and their times:-

John Flint	1hr 20min 07secs	Roy Williams	1hr 23min 18secs
Jim Chilton	1hr 23min 36secs	John Bradbury	1hr 27min 00secs
Tony Barnard	1hr 27min 48secs	Chris Gentry	1hr 29min 01secs
John Gibson	1hr 30min.		

Courage Reading Half Marathon - 4th September

In this event Gerry Grosse was the first club member home but pride of place must go to Lynda Simmonds as she found the journey worthwhile by recording a personal best for the distance. Results:-

Gerry Grosse	1hr 42min	John Gardner	1hr 44min
Lynda Simmonds	2hr 05min	Ray Harris	2hr 20min.

Welwyn Garden City 10 - 4th September

Mike Stone and Bob Carter made the journey into Hertfordshire to take part in this well organised race and their times were:-

Mike Stone	63min 18secs	Bob Carter	67min 30secs.
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New Forest Marathon - 4th September

Vernon Martin travelled to this most picturesque part of the country and recorded a very respectable time of 4hr 04min 30secs for this event which is run over an undulating course.

Lytham St. Anne's Half Marathon - 4th September

Making by far the longest journey of this first weekend in September was Robert Farrier who travelled to the north-west of the country to take part in this event. Robert found a flat course but a rather windy one along the sea-front and he did well to record a time of 1hr 49min.

Richmond Half Marathon (date unknown)

Five of the club members took part in this event with Derek Skinner first runner home. However two of the ladies, Paula Parkin and Allyson Unitt won't want to remember this event because it is understood they were both sick. Full results:-

Derek Skinner	1hr 53min	Rose Priest	1hr 56min
George Kenner	1hr 57min	Paula Parkin	2hr 14min
Allyson Unitt	2hr 14secs.		

Woodstock 12 - 17th September

John Hawryszczuk was the only club member taking part in this race over a rarely run distance and recorded a good time of 76min 03secs.

Amersham 5 - 18th September

It was that man Eric Buckle again who, only a few weeks after setting a personal best for the distance, took no less than a half minute off it when he was the first Jogger home over this far from easy course. He was well supported by Jim Chilton who also set a personal best but not so lucky was Vernon Martin who had to pull out of the race after about 3½ miles with an injury. Results:-

Eric Buckle	28min 46secs	Jim Chilton	29min 50secs
Chris Gentry	31min 03secs	Kevin Duffy	32min 10secs
Tony Barnard	32min 40secs	Martin Franzese	33min 43secs
John Gardner	34min 53secs	Andy Smith	36min 00secs
Alan Edwards	39min 05secs.		

Licensed Vituallers Four Bridges Race - 18th September

Those three well known pub crawlers (only joking, honest!), Rose Priest, Paula Parkin and Allyson Unitt, took part in this 4/5 mile race which is run over the four bridges in London.

Claude Fenton 10, Reading - 25th September

The two lap course starting and finishing in the grounds of the Reading University is a good one for fast times so it was a pity that some of the faster runners from the club didn't take part. However this didn't deter John Gardner who set a personal best for the distance. Full list of club finishers:-

Chris Gentry	64min 16secs	Dave Riddington	70min 49secs
John Gardner	72min 31secs	Dave Plato	79min.

Robin Hood Nottingham Marathon and Half Marathon - 25th September

Four of the club's runners made the journey north for this event with Jack Sharpe taking part in the full marathon and Rose Priest, Paula Parkin and Allyson Unitt doing the half. Their results were:-

Jack Sharpe	4hr 28min	Rose Priest	1hr 56min 02secs
Paula Parkin	2hr	Allyson Unitt	2hr.

Windsor Half Marathon - 2nd October

Veteran Alex Johnson appears to have been the only club member taking part in this event but he did the club proud with a very creditable time of 1hr 30min.

Henley Half Marathon - 9th October

Usually this race is held in bright sunny conditions and therefore it came as quite a surprise this year when competitors found that heavy rain overnight had turned the parts of the course along the river bank very wet and muddy. However this did not deter John Gardner who managed to record a personal best for the distance. Results:-

Eric Buckle	1hr 21min 46secs	John Flint	1hr 24min 12secs
Jim Chilton	1hr 24min 46secs	Dave Woolley	1hr 26min
Mike Stone	1hr 27min	Kevin Duffy	1hr 31min 30secs
John Bradbury	1hr 31min 36secs	Bob Carter	1hr 32min
Ian Mallen	1hr 34min	Martin Franzese	1hr 38min
Bob Holt	1hr 39min	Dave Riddington	1hr 40min
Graham Wheeler	1hr 40min	John Gardner	1hr 40min 24secs
Brian Sinclair	1hr 42min	Gerry Grosse	1hr 42min.

Lincoln Half Marathon - 9th October

Two members of the club made the not inconsiderable journey to take part in this event and their times were:-

Alex Johnson	1hr 28min	David Plato	1hr 46min.
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Ridgeway One Third Marathon, Tring - 16th October

In almost perfect conditions Dave Barraclough managed to hold off a fierce challenge from fellow club member John Hawryszczuk to be the first Jogger home. Results:-

Dave Barraclough	53min 30secs	John Hawryszczuk	53min 38secs
Kevin Duffy	57min 30secs	Martin Franzese	60min 49secs.

Yellow Pages 10k, Reading - 16th October

A number of runners travelled to Reading to take part in this event and yet again there was a terrific tussle between two of them to be the first one home. This time the winner was Dave Woolley who just held off the strong challenge of Jim Chilton. Results:-

Dave Woolley	36min	Jim Chilton	36min 50secs
John Gardner	42min 47secs	Margaret Moody	45min 24secs
David Plato	46min	Rose Priest	50min 21secs
Lynda Simmonds	53min.		

Abingdon Marathon - 23rd October

This year saw the rebirth of this popular race but this time run over a new course which was not quite as flat as its' predecessor. Two club members took part but unfortunately only one, John Bradbury, finished and he recorded a very good time of 3hr 25min. Brian Sinclair was not quite as fortunate as he was forced to drop out in the closing stages.

Split Marathon and Half Marathon - 23rd October

In case you were wondering Split is in Yugoslavia and three club members ventured behind the Iron Curtain to take part. They found that the humid conditions were not very good for fast running and in the circumstances John Gibson can be proud of his 17th position in the shorter event in a time of 1hr 23min 17secs. However John Wheeler probably wasn't as happy with his performance in the longer event although unfortunately I don't have a note of his time nor that of Myrtle Edwards who took part in the Half Marathon.

Great Sam Half Marathon, Bracknell - 30th October

This race turned out to be the most successful for club members for quite some time with no less than eight personal bests being set. These were by Eric Buckle, Tony Barnard, Graham McLachlan, John Gardner, Gerry Grosse, David Plato, Jenny Hart, and Rose Priest. The full results of club members is:-

Eric Buckle	1hr 19min 03secs	John Flint	1hr 19min 23secs
Roy Williams	1hr 21min 47secs	Dave Barraclough	1hr 22min 04secs
Jim Chilton	1hr 23min 39secs	Ray Matthews	1hr 23min 47secs
Tony Barnard	1hr 25min 43secs	Bob Carter	1hr 27min 55secs
Alex Johnson	1hr 28min 13secs	Roger Wilkes	1hr 28min 13secs
Graham McLachlan	1hr 30min 40secs	Trevor Hart	1hr 32min 30secs
John Gardner	1hr 35min 50secs	Gerry Grosse	1hr 35min 59secs
David Plato	1hr 39min	Jenny Hart	1hr 49min 53secs
Rose Priest	1hr 51min 12secs	Derek Skinner	1hr 52min
Lynda Simmonds	2hr 05min 30secs	Allyson Unitt	2hr 11min
Paula Parkin	2hr 13min.		

Snowdonia Marathon - 30th October

If anyone is looking for the toughest road-run Marathon in the country they should try this one - I have and I can tell you that it is hard work. However the scenery for the run more than makes up for the torture you go through and I've promised myself that I shall do it again one day. This

year club member Chris Wood took time out from ultra distance running to take part and he did very well to record a time of 3hr 21min.

Harrow Half Marathon - 6th November

Three club members journeyed to outer London to take part in this event which is run over an undulating course. The weather was not ideal but this did not stop Rose Priest from following up her personal best of the previous week by being the first Jogger home. Results:-

Rose Priest	1hr 52min 24secs	Derek Skinner	1hr 55min
Paula Parkin	2hr 11min.		

New York Marathon - 6th November

Flying the club flag in the Big Apple was Robert Farrier who, despite the hot and humid conditions and the fact that he had been ill the week before, still managed to complete the course in 4hrs 50min.

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INTERNATIONAL RUNNING (and celebrating!) by John Hawryszczuk

Along with a party of runners, which included fellow club members Peter Smith and Steve Barrow, I recently travelled to Belgium to take part in my first international event - the annual Les Quatre Cimes du Pays de Herve race. The course is a tough and hilly one which starts and finishes in the village of Battice in the Ardennes. It is known as the scenic run or the race of the four peaks and it is mainly on country roads through small villages. The last 12k of the race was particularly hard with a 1-in-3 hill of 400/500m at the finish. The crowd support along the route, although sparse at times, was noisy and enthusiastic - especially in Battice.

Despite the tough course the race still managed to attract a field of over 500 runners from all over Europe and our team found itself competing against teams from France and Holland as well as from the host nation. However thanks to some fine performances we managed not only to win the team prize but we also managed to provide the first vet in Steve Barrow and the first junior in Peter Smith. In fact Steve finished 5th overall with an excellent time of 2hr 04min 09secs and Peter finished 11th also with a very good time of 2hr 07min 38secs. What about me I hear you say - well I managed to finish completely "wiped out" in 2hr 17min 09secs for 47th place.

After the race there was a fantastic Belgian reception which carried on well into the evening. We had come well prepared for the merry-making with a barrel of Brakspear's ale and this lead to a number of rather sore heads, as well as limbs, the next morning for the journey home.

A PRE-CHRISTMAS DRINK?

Knowing what a boozy lot Joggers are, it has been suggested that there be a pre-Christmas drink one evening possibly in the week prior to the festivities. This is not a new idea because a few years ago the club organised similar events at The Kings Head in Stokenchurch prior to Christmas. It was a nice informal affair with people popping in for a chat and drink or, possibly, a bar snack. Unfortunately for the last couple of years nothing has been arranged.

Therefore if any of you are interested in such an event please let Vernon Martin know as quickly as possible. If there are enough people interested a suitable venue and date can be arranged.

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TRAVEL - CHILTERN CROSS COUNTRY LEAGUE

As those of you who have been turning out for the club in this League will know, the next two meetings involve travelling fair distances at times of the year when such journeys might not be very pleasant. The first of these is on Saturday, 7th January, 1989 when the meeting is at Leighton Buzzard and the other is on Saturday 4th February, 1989 at Luton.

Now it is very important that we get as big a turn out as possible for these races and it has been suggested that it might be a good idea to hire a mini-bus to take runners who would prefer not to drive. Obviously there are advantages in doing this from the club's point of view because it will mean that it is likely that anyone putting their name down for the mini-bus is more likely to turn out on the day than they might possible be if they have to drive.

Therefore if you think that hiring a mini-bus is a good idea please let Vernon Martin know as quickly as possible so that arrangements for the hiring can be put in hand.

Editor's End Note

I had hoped to be able to include reports on the first two Chiltern League Cross Country races but unfortunately time and space have defeated me. However I hope to include these reports next time.

Lastly this issue I have to inform you that that British Telecom have seen fit to change my home telephone number by adding a "4" in front of the old one. Therefore if you want to phone me with race reports and results my new number is H.W.439692.