
ON COURSE



NOVEMBER 1990

ISSUE 15

affiliated to the
A.A.A. and W.A.A.A



*The Newsletter of Handy
Cross Joggers*

EDITOR'S RAMBLINGS

It has been a long time since the last appearance of "On Course" and I must apologise for that but the main reason for the delay is that I have been very busy with other things recently.

Anyway, since the last issue a lot has happened in the club - some good and some not so good. On the positive side there have been the performances, on the roads and cross country, of club members such as Peter Smith, Alan Chilton and Irene Smith (to name just three) but on the other hand some of what has happened, behind the scenes, has been very disruptive and, in some people's views, almost destructive. I don't intend saying very much about the "behind the scenes" goings on save to say that you may be aware that such happenings have lead to the resignation of one of the officials of the club, Alex Johnson. His reasons for resigning can be found elsewhere in this issue and I hope that you will take a look at them - they make very interesting reading.

Unfortunately the activities in the club, allied with the other things that have been occupying my mind recently, have meant that this Newsletter has rather taken a back seat and the longer I have left it, before starting work on it, the more my enthusiasm has waned. Therefore, in a desperate effort to get this out I have had to set myself a deadline which means that this will be a rather shorter issue than normal and that it why you will find that the Race Results/Reports section only has details of races up to the end of September. But, never fear, the reports and results for October etc. will appear in the next issue which it is hoped will appear early in the new year.

Finally this time, as this is the last issue before the festive season, I would like to take this opportunity to wish you all a Merry Christmas.

Chris Gentry

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CLUB OFFICIALS

President	-	Vernon Martin
Chairman	-	Gerry Grosse
Vice-Chairman	-	Steve Barrow
Secretary	-	Alison Banham
Events Secretary	-	Joy Smith
Treasurer	-	Ian Mallen
Membership Secretary (Men)	-	John Gardner
Membership Secretary (Women)	-	Paula Parkin
Social Secretary	-	Rose Priest
Publicity Officer	-	Chris Gentry

(Editors Note - The following was written by Alex shortly after the special Committee meeting held on the 30th October)

Dear Handy Cross Joggers,

Many of you have asked me the question why did I resign from the committee, some have even said that it was the wrong decision to make. I have to say my reasons at the time were purely personal to me, and I thought, would not be in the best interest of the club to publicise the reasons. However on reflection I feel that certain criticisms were made, and I also feel that it is only fair, that as I was elected by the members, at least I should explain the circumstances behind my decision. I should point out that the following comments may upset some people, this is not my intention but nevertheless necessary for me to be as open and frank as possible.

Following the recent apparent break away by a few members of the club (the circumstances are well known to all) a committee meeting was called to understand and attempt to resolve the issues. At that meeting I tried very hard to play the role of " devils advocate " and present both sides of the argument. It is true to say that we never reached a decision. However a lot of comments were made during the meeting, and this, I felt was personally frustrating for me and unless a statement was forthcoming, would in no way satisfy the club members so clearly incensed by the whole issue and who were demanding an explanation from the committee.

During the meeting criticisms were made on many aspects of the club in recent years, they were.

- * The club does very little for the dedicated runner.
- * The club is becoming a 'middle aged jogging Club'.
- * The club does very little to encourage the younger members.
- * The club has steadily deteriorated over the last few years.

There were many other comments made against the clubs inability to publicise events, and results in the local press.

I personally refute these statements as being totally unfair to the club, the committee and its members. Furthermore I would like to say that in the last year alone the committee have had several meetings, when in previous years the committee met ONCE a year, this I might add is in their own time to further enhance the name of the club. The membership of the club under the direction of the committee had grown significantly, and the move to the judo centre a major contribution to establishing the clubs name.

In view of these comments, and the committees inability to deal with the issues on behalf of the club members whose views were expressed vehemently at the AGM, I had no alternative but to resign and give someone else the opportunity to take up my responsibilities.

The way is now quite clearly open for those who feel so strongly that the club should address the points raised earlier to either 'PUT UP OR SHUT UP'. However, my feeling is they will decline the invitation. As their motives are driven by self interest, rather than for the good of the members and the club.

Now that the emotion is out of the way, I have a personal message to you all you are part of an excellent club, I only have to look on the faces of those that turn up 3 times a week to trudge the streets in the Winter when it might just be little bit more comfortable around the fire, or others that reduce their 2 hour time by a minute, they are the ELITE in their category and are totally DEDICATED to personal satisfaction of a job well done, whether they are 17 or 70, 5 minute or 15 minute milers, men or women, even if they only want to run once a month, they are more than welcome to take up the sport of running, and run with us, and good luck to them.

Moreover and fundamentally, who says it's all about running ? we have an excellent social section. I have made many friends at the club since I moved to the area, and more to the point they will always be my friends. It does not matter what you call yourselves, or the name on your running vest, always be proud of what YOU do, and keep on jogging HANDY CROSS.

Alex Johnson
Events secretary 1989/90

THE APPLES AND PEARS HALF-MARATHON by Tony Fewell

I picked up the details for this race on the 7th October from the Club Table - (yes it is worth-while laying them all out 3 times a week!)

The race was a small, friendly affair with a brass band, swings and roundabout and as many apples and pears as you could manage to eat after the race was over.

Centred on Faversham in Kent, the course climbs along country roads away from the sea in a gentle incline which lasts for seven miles! Once you reach the top you get a panoramic view of the Thames Estuary and encouraging signs and shouts to say it's downhill all the way from now on. I struggled to halfway in 68 minutes but came home to finish in 1 hour 56 minutes, which shows how fast the course is. The winner made it in 1 hour 12 minutes.

The 10 o'clock start meant that we could leave High Wycombe at 7.30 a.m. and still be there in good time. Bed and breakfast that night was £12, followed by a day trip to Calais to buy some duty frees - I can thoroughly recommend this Autumn Weekend break!

RACE RESULTS/REPORTS



Bearbrook 10k - 15th August

This is a high class race and therefore the efforts of Peter Smith and Alan Chilton to finish in 4th and 10th places respectively were extremely good. As well as finishing 10th, Alan was also the first junior runner home and further down the field there were personal bests for Joy Smith, Duncan Kennerson, and Dave Nash. All in all a very successful race for club members and the times for all the club finishers were:-

Peter Smith	31min 54secs	Alan Chilton	32min 39secs
Dave Robson	39min 03secs	Joy Smith	46min 10secs
John Gardner	48min 10secs	Duncan Kennerson	49min 14secs
Dave Nash	52min 52secs		

Burnham Beeches Half-Marathon - 19th August

When you look back on the summer of 1990 you will probably remember it as being weeks of long, hot and sunny days - but not if you took part in this race because it was run in almost continuous rain. This meant that parts of the course had pools of water lying on them and it also led to the organisers having to move the start and finish because of problems with the wet grass. However none of this seemed to worry club member Derek Prosser who was first home for us, almost four minutes ahead of John Flint. The finishing times for the club runners were:-

Derek Prosser	1hr 17min 40secs	John Flint	1hr 21min 08secs
Steve Prosser	1hr 22min 00secs	Roy Williams	1hr 27min 00secs
Ralph Chesswas	1hr 27min 44secs	Roger Wilkes	1hr 27min 45secs
John Bradbury	1hr 28min 38secs	Stephan Naunko	1hr 30min 14secs
Keith Illingworth	1hr 43min 34secs	Vernon Martin	1hr 45min 02secs
Denny Wan	1hr 45min 13secs	Joy Smith	1hr 47min 31secs
Alison Banham	1hr 49min 00secs	John Gardner	1hr 57min 38secs
Brian Rankine	1hr 59min 30secs	Dave Nash	2hr 06min 49secs

Wycombe 5 - 26th August

For the first time ever I ran in this race and I can tell you, from personal experience, that it is not easy. This was the 34th running of the event and I shouldn't think that there have been many times it has taken place in such difficult weather conditions. However neither the undulating course nor the "sauna-like" conditions deterred Ralph Chesswas who was the first club runner home in 41st position overall. Not only that but his time was over five minutes faster than he had managed in the same race last year! Finishers for the club were:-

Ralph Chesswas	29min 58secs	Dave Riddington	31min 26secs
Dave Woolley	31min 45secs	Roger Wilkes	31min 52secs
Chris Gentry	32min 42secs	Margaret Moody	36min 20secs
Keith Illingworth	36min 48secs	Eila Mansfield	37min 25secs
Marie Spinks	39min 57secs	Pam Wilkes	41min 16secs
Vivien White	45min 30secs	Dave Nash	45min 46secs

Kelkheim Half-Marathon - 26th August

Whilst the runners in Wycombe were suffering from the heat, the quartet from the club who made the long journey to Germany to take part in this race found almost ideal running conditions. Despite the four-lap course they all did very well with Dave Barraclough leading the team home as he had done two years ago - obviously the continental atmosphere suits him! The times for the four of them were:-

Dave Barraclough	1hr 25min 50secs	John Wheeler	1hr 38min 00secs
Martyn Franzese	1hr 49min 35secs	Hans Wessel	2hr 04min 46secs

Aylesbury Half-Marathon - 2nd September

It is not very often that, in a local race, you find yourself running beside a famous television personality but runners in this event did just that when they found that Sir Jimmy Saville was also running - impressed? The weather was a little on the warm side for most runners but it seemed ideal for Alan Chilton who really excelled by finishing in 2nd place - a quite outstanding performance. No less a performance was turned in by Stephan Naunko who managed a p.b. for the distance. The finishers for the club were:-

Alan Chilton	1hr 12min 29secs	John Flint	1hr 21min 16secs
Chris Minall	1hr 21min 36secs	Jim Chilton	1hr 24min 26secs
Dave Riddington	1hr 27min 07secs	Stephan Naunko	1hr 29min 10secs
Andy Green	1hr 30min 10secs	Grahame McLachlan	1hr 30min 19secs
Chris Gentry	1hr 34min 08secs	Keith Illingworth	1hr 43min 35secs
Derek Skinner	1hr 56min 29secs	Duncan Kennerson	1hr 58min 00secs

New Forest Marathon and Half-Marathon - 9th September

A coachload from the club made the journey to the beautiful surroundings of the New Forest and 23 club runners took part in the shorter race with 6 competing over the full marathon distance. I am reliably informed that the courses for the two races were quite testing with plenty of long uphill sections and the weather was a little on the warm side for fast running. However the events were well organised with plenty of drinks stations which helped no less than 6 of our number to achieve p.b.'s in the shorter race. One of these was Alan Chilton who only a week after finishing 2nd in the Aylesbury race followed that up by finishing 5th here. The other five were Ken Baxter, Kevin Hancock, Denny Dodge-Wan, Peter Edington, and Maureen Edington. Meanwhile in the full marathon Irene Smith did the club proud by finishing 48th overall, 2nd lady, and 1st lady vet - quite a performance! Not so lucky was Vernon Martin who suffered an injury which led to him walking for the last 11 miles. Finishers for the club in both races were:-

Marathon

John Flint	2hr 58min 56secs	Irene Smith	3hr 08min 27secs
Dave Robson	3hr 26min 13secs	John Bradbury	3hr 31min 41secs
Grahame McLachlan	3hr 31min 45secs	Vernon Martin	4hr 20min 54secs

Half Marathon

Alan Chilton	1hr 12min 00secs	Steve Barrow	1hr 18min 55secs
Jim Chilton	1hr 22min 30secs	Ken Baxter	1hr 25min 14secs
Roy Williams	1hr 26min 01secs	Dave Barraclough	1hr 26min 58secs
Ralph Chesswas	1hr 27min 41secs	Benjy Benjamin	1hr 27min 57secs
Mike Stone	1hr 28min 00secs	Stephan Naunko	1hr 29min 11secs
Dave Woolley	1hr 30min 32secs	Roger Wilkes	1hr 33min
Kevin Hancock	1hr 33min 12secs	Denny Dodge-Wan	1hr 41min 03secs
Keith Illingworth	1hr 45min 06secs	Peter Edington	1hr 47min 50secs
Duncan Kennerson	1hr 51min 07secs	John Gardner	1hr 53min 29secs
Vivien White	2hr 01min 00secs	Alan Edwards	2hr 06min 36secs
Allyson Unitt	2hr 13min	Tony Fewell	2hr 13min
Maureen Edington	2hr 26min 15secs		

Amersham 5 - 16th September

This was yet another successful event for the club with three members picking up prizes for their efforts. The trio were Peter Smith who got a prize for finishing 3rd, Alan Chilton who finished 17th but was the first junior home, and Vernon Martin who was 2nd in the 55-59 age group - well done you three! The finishing times for all 20 of the club runners were:-

Peter Smith	25min 10secs	Alan Chilton	26min 31secs
John Flint	29min 03secs	Roy Williams	29min 42secs
Jim Chilton	29min 57secs	Dave Woolley	30min 33secs
Roger Wilkes	31min 30secs	Benjy Benjamin	31min 34secs
Mike Stone	32min 18secs	Peter Edington	34min 03secs
Joy Smith	35min 37secs	Keith Illingworth	36min 13secs
John Gardner	36min 31secs	Gerry Grosse	36min 40secs
Eila Mansfield	37min 03secs	Vernon Martin	37min 15secs
Duncan Kennerson	38min 46secs	Pam Wilkes	40min 09secs
Dave Nash	41min 52secs	Maureen Edington	47min 42secs

Great North Run Half-Marathon - 16th September

It was left to Alison Banham to fly the flag for the club in this televised event and she made sure that her journey was not wasted by recording a very good time of 2hr 01min for the run from Newcastle to South Shields.

Watford 10k - 30th September

Whilst most of the club were running in Oxford, Joy Smith travelled in the opposite direction to compete in this race and she recorded a very good time of 46min 09secs.

Oxford Half-Marathon - 30th September

What could be better on a wet and humid Sunday morning than a 13.1 mile run around the streets of Oxford? Well, for a lot of people the answer

to that question would probably be "almost anything" but for the club members who took part in this event it is what running is all about. Certainly Ralph Chesswas, Peter Edington, Tony Fewell and Maureen Edington seemed to enjoy themselves as they all managed p.b.'s and Irene Smith was the first lady vet home. The results for the club runners were:-

Chris Minall	1hr 22min 40secs	Ralph Chesswas	1hr 23min 05secs
Jim Chilton	1hr 23min 54secs	Dave Barraclough	1hr 25min 45secs
Irene Smith	1hr 25min 51secs	Stephan Naunko	1hr 30min 12secs
Peter Edington	1hr 36min 15secs	Martyn Franzese	1hr 42min 20secs
Ron Newman	1hr 42min 26secs	Gerry Grosse	1hr 42min 48secs
Kevin Duffy	1hr 43min 53secs	Alan van der Pant	1hr 43min 58secs
Duncan Kennerson	1hr 45min 43secs	John Gardner	1hr 48min 03secs
George Kenna	1hr 55min 00secs	Brian Sinclair	1hr 58min 08secs
Sarah Player	2hr 03min 29secs	Dave Nash	2hr 04min 09secs
Maureen Edington	2hr 15min 09secs		

DO YOU WANT TO RECEIVE THE NEWSLETTER BY POST? - Chris Gentry

For some of you this will be only the second time you will have received a copy of "On Course" and you are probably wondering why you have been so honoured this time!

Well the reason is that at the club A.G.M. in October it was proposed that, club finances permitting, copies of the the Newsletter should be sent to all paid up members on a regular basis. The proposal was accepted by the meeting but the Treasurer, Ian Mallen, has now had a chance to examine the financial implications and has found that, unfortunately, the cost would be prohibitive unless members were prepared to pay a small amount to cover postage etc. Obviously if you attend club sessions on a regular basis you probably won't want the magazine posted to you because you can always pick up a copy from the Judo Centre. However if you live away from Wycombe, or are otherwise unable to get to club sessions, but still want to keep up to date with club news, then please fill in the form below and return it to me at 24 Pheasant Drive, High Wycombe, Bucks, HP13 5JL as soon as possible together with a remittance for £1.50 to cover the cost of the issues for 1991.

I would like you to post "On Course" to me during 1991, please.

Name (Block letters please)

Address

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