

11/97



Handy Cross Joggers Bulletin

EDITORIAL

Rather sooner than I was anticipating, another edition of the Bulletin hits the door mats of the nation, this is due to the satisfaction survey with which the Committee wishes to obtain your views . A survey form is attached to the back of this Bulletin, could you please complete it and return to a committee member as soon as possible and if you are a couple, perhaps you could photocopy the blank form and then return one each .

Plenty has happened to report about in the past few weeks and without doubt the most notable success story was that of former Handy Cross Jogger Alan Chilton's run in the World Championship half-marathon in Slovakia . Alan was sixty first in a field of the best two hundred and eighty runners in the world, a marvellous achievement .

Following closely behind Alan in the fame stakes was Richard Stone for his participation in the first London Triathlon . No one who saw his picture in the Bucks Free Press could have failed to be impressed, the newsagents in Downley were sold out of copies within minutes of publication .

Do you remember the last time it rained (before this week that is)? I think it was on Saturday the 11th of October, because that was the day of the Glade Valley Harriers Chiltern League cross-country event at Aldbury common . This event really started the cross-country season with a bang (or was it a damp squib?) and brought the summer to an end, as it poured with rain all day long . However the weather failed to slow down Pete Smith, who won the race and the next in the series at Kingsbury .

Another in form runner at the moment is Pete Edington who won over the 14 mile distance at the Bucks Bumble, obtained a personal best in the Great Sam half-marathon and was first Handy Cross Jogger in the Marlow half-marathon .

Over the longer distances Rod Palmer continued to represent the club in a 40 mile run in Derbyshire and in the London to Brighton race, not the one for old crocks, he only took 8 hours !

Congratulations to Des Mannion who became a father a few weeks earlier than he expected . Despite his early arrival I understand mother and son are fine .

Finally another reminder about the Christmas Disco at the Judo Club on Monday 22nd December and the Clubs 20th anniversary reunion on Friday 20th February .

Keep the articles rolling in for the next Bulletin and let me know any race results for inclusion in the Bucks Free Press .

TODAY'S RUNNER CROSS COUNTRY LEAGUE

Date	Venue	Time	Cost
9 th November	DATCHET	11.00	£1.00
23 rd November	METROS	11.00	£1.00
21 st December	READING	11.00	£1.00
11 th January	TADLEY	11.00	£1.00
18 th January	BURNHAM	11.00	£1.00
1 st February	BRACKNELL FOREST	11.00	£1.00
15 th February	HANDY CROSS	11.00	£1.00

This cross country league is fairly low key and caters for all abilities. It is run on the same lines as the 5k summer series which you all enjoy with food and drinks provided after the race so come along and give it a try.

We need a minimum of seven men (including 2 vets) and three ladies (including 1 vet) to take part in each race to give us a chance of qualifying for the regional finals. So come along and see what you can do.

WEDNESDAY TRAINING PROGRAMME, UP TO 12-11-97.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7-00 p.m..

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

- 13- 8-97 20 laps, sprint straights and jog bends.
- 20- 8-97 6 x 3 min's effort (90 sec's jog recovery).
- 27- 8-97 12 x 90 sec's effort (90 sec's jog recovery).
- 3- 9-97 GERRY GROSSE TROPHY - 5k HANDICAP RACE.
- 10- 9-97 Paarlauf relay, 2 x 6 x 400m each person, (5 min's rest between sets).
- 17- 9-97 400/600/800/1200/800/600/400m. Pyramid session (90 sec's jog recovery).
- 24- 9-97 6 x 800m. effort, (1 min. jog recovery).
- 1-10-97 3 x 800/400/200m. "downers", (1 min. recovery), 4 min's jog between sets.
- 8-10-97 2 x 8 x 90 sec's effort (1 min. jog recovery), 5 min's rest between sets.
- 15-10-97 5k TIME TRIAL.
- 22-10-97 12 x 400m. @ half marathon pace, interspersed with 200m. @ 5k. pace.
- 29-10-97 Hill session (Knight's Hill), 8 x full circuit, effort on uphill and until 2nd. lampost.
- 5-11-97 4 x 1600m (2 min. jog recovery).
- 12-11-97 Fartlek session, 45 min's.

Mike Hickman.