



The Bulletin

Handy Cross Runners
Newsletter

October 2014

Apologies yet again for not producing a Bulletin for such a long time (ok so you hadn't noticed). The delay was partly caused by Terry Eves who I asked several weeks ago for his customary contribution, but he promptly jumped off his garage roof in order to avoid this onerous task!

I pointed out that despite his traumatic trip by ambulance to the John Radcliffe and the handicap of several broken ribs, a punctured lung and a broken elbow, editorial deadlines are meant to be kept! So during his long and painful convalescence he has kindly produced an article describing his recent exploits.

Incidentally I have heard a rumour that when people receive the Bulletin they look first of all for Terry's article and then delete the rest! So to save you all a lot of time I have put it on the next page!

Since the last Bulletin club members have enjoyed a 5k summer series, Thursday evening pub runs from as far afield as Bradenham, Watlington, Hedgerley, Stokenchurch, Wheeler End and Hughenden Valley, two visits to Runners Retreat and a quiz evening at the Judo Club which raised £600 for Sally's Wooden Spoon charity, won by Pete Astle's (rather large) team.

We organised the successful running of the Marlow 5 and the Wycombe 10k and Half Marathon with new Race Directors Sally and Paul as Dave Riddington has stood down after many years. We entered two teams in the Ridgeway Relay (finishing 15th and 43rd) and our runners have travelled far and wide to compete in many and varied races as you can see from the results.

Now we can look forward to the winter cross country series and the social activities that Lucy is arranging for the festive season.

New Members

A very warm welcome to the following new members; Gillian Alexander, Sam Alexander, Brian Brown, Lisa Cobb, Kate Cobben, Kiah Ellis-Cork, Chris Davis, Ian Davis, Anne-Sophie Dennis, Matt Fowler, Hannah Grayton, Tanya Hughes, Carmen Hostether, Claire O'Hehir, Nicola Hutchinson, Rosie Jones, Charmaine Jones, Duncan Jones, Reuben Jones, Richard Jameson,

Louise Kent, Joanne Knights, Vicky Lyle, Bilquis Mahmood, Alex Morris, Zoe Moon, Alison Price, Natalie Paget, Alison Price, Chris Power, Richard Putman, Jolyon Roe, Pippa Simpson, Quentin Scott, Annabel Shiroy, Maggie Silvey, Jennifer Sharp, Phil Tippet, Aman-deep Uppal, Dave Wallace, Teresa Watkins, Gareth Ward and Lisa Walker.

Congratulations

To Hannah Vince on the birth of her baby boy in August.

To Sally for completing the Lands End to John o' Groats (or was it the other way round?) cycle challenge and raising lots of money for charity.

To the parkrun organisation, which has grown from just a few runners in Bushey Park on an Autumn Saturday morning into a worldwide organisation which celebrated its tenth anniversary in early October.

To Mike Hickman on the successful outcome of his knee replacement operation. Mike was back at the club as soon as he had been discharged from hospital, hobbling along on crutches to supervise the efforts on Tuesday nights and the beginners on Wednesday and Saturday morning. We were all pleased to see him and hope he will soon join in with these sessions.

Annual General Meeting

The free drink for everyone attending the AGM didn't have the desired effect of increasing turnout, but did make the existing committee so popular that they were returned to office once again unopposed. The club now has over one hundred and seventy members and for those who have difficulty in finding us, our name now appears on the road sign for the Judo Club.

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The Greatest Diver

Most of us at one time or another, particularly after a painful fall, have qualified to join the hallowed ranks of the Handy Cross Divers, but regretfully I appear to have been falling for longer, more often and certainly more painfully than the rest of you.

My last pub run ended with my having a cut through to the bone, on my last Wycombe Half I fell after one mile and ended looking like an extra from *Saw III* having spent the preceding twelve miles dodging St Johns. A leisurely run along the Bournemouth promenade was truncated by a bone-jarring collision with a blonde skateboarder and even a routine walk by a swimming pool resulted in multiple lacerations and a broken thumb. These just in the last two years.

My greatest pleasure is running across the fields and through the woods on summer evenings but I decided some months ago that due to a combination of bad luck and failing eyesight this pursuit had become far too risky, and that henceforth I would only run off-road on Sunday mornings where my frequent stumbles are eagerly anticipated by Tels Belles who tote a wide range of first-aid prerequisites. I always instruct them, however, 'Nil by mouth!' Little did I realise that my greatest fall was becoming ever more imminent.

Having repaired my fragile garage roof, I gingerly traced my way back on all fours and only dared to stand up when I reached the relative safety of the edge. "Job's a good 'un" I thought to myself. It was some time later that I found myself lying on the patio and I realised that although I wasn't in pain, I was unable to move. My first concern was how to attract attention but luckily my wife heard my first call and the ambulance arrived in minutes.

The medics immediately cut my clothes off before manoeuvring me onto a spinal board whilst administering oxygen, inserting a morphine drip and telephoning the air ambulance which was coming from Southampton but would be landing at a nearby school field. Shortly after, a second ambulance arrived with a supervisor who said that as the helicopter was refuelling, it would probably be quicker to go by road to the John Radcliffe trauma unit. It was only at this stage did I realise that my injuries could be serious, but surreally wasn't too worried, probably because of the morphine.

My wife and daughter accompanied me in the ambulance which they say was sometimes travelling in excess of 100 mph in the Friday afternoon motorway traffic. I've no doubt this is true as I had no head injury when we left but a significant graze when we arrived, due to sliding up the board every time we braked.

In retrospect I now realise that falls from this height can often be life changing, so there was general relief when a scan revealed that the extent of the injuries were five broken ribs, a broken elbow and a punctured lung. Keep running folks because they advised me that had I been less fit the outcome could have been considerably different! The only work to be done at the time was to temporarily plaster the elbow after which I would be sent to the trauma ward prior to an operation. Always having had an inherent fear of hospitals, the thought of an overnight stay was not something I relished.

My arrival on the ward was like walking on to the set of *Casualty*. A motorcyclist had crashed having taken ketamine, he was also carrying a kilo of ketamine, and was on licence for supplying Class A drugs. Despite having two broken vertebrae he was understandably anxious to leave before the police arrived to arrest him and having gone out for a smoke he never returned. Until the following morning, that is, by which time the effects of the drug had worn off and he was in great pain but again discharged himself after being fitted with a plaster jacket.

I evidently could not have an op on my elbow until my chest had been drained, so the following morning the consultant came round with a group of trainees to insert the drip, after a local anaesthetic he announced to his entourage, "I am now going to make an incision in the chest large enough to insert my finger." You're what??? Not a pleasant feeling!

I had always thought that if I had to spend time in hospital it would be a great opportunity to catch up on reading, TV etc. But I found that I descended into a semi-vegetative state in between the constant rounds of drugs, blood tests, meals, X-rays, temperature and blood pressure tests, so there was little time for anything else and if I went anywhere I had my chest drain trailing behind me like Mary's Little Lamb! This state was undoubtedly also induced by the endless supply of Tramadol and Oramorph on demand.



Cross Country

At last the big day of the op arrived, so I was prepped at 6 a.m. and the legendary notice "Nil by mouth!" went on the end of my bed and I was to be number four. At 5 p.m. I was informed that time had run out, so it would be postponed until the next day and I could now eat normally. Big day two, prepped by 6 a.m. Nil by mouth, I was number three. At 3 p.m. time out again. Big day three, prepped, Nil by mouth, and I was fifth in line, as I hadn't been done when I was number three or four, I wasn't at all hopeful, but hooray, I eventually went down for the operation which entailed inserting a large figure 8 of tension wire in my arm secured by a pin at each end and three days later I was discharged.

Many thanks for all your Get Well messages and cards, big thanks to Craig, Tara and Jessica, Mike and Martin for visiting (much appreciated) and special thanks to Bev and Amanda for humouring me and becoming my odd bedfellows!

The treatment I received on the NHS was second to none, the ambulance men, the nurses and assistants, indeed every one I came into contact with at the JR Trauma Unit made my stay as comfortable as possible and showed a degree of care and attention far greater than what could possibly be expected.

UPDATE two months on:

I've finally kicked the tramadol and my ribs, which were evidently untreatable, still hurt like buggery and my lungs aren't inflating fully so I shall be short of breath for some time (not good news when I've a marathon to run in six months time.) But far more importantly I still don't know why I fell but I was told that it would be difficult to fall on to a patio from a height of eight feet without incurring far greater injuries than I did! For which I shall be eternally thankful!

Terence Eves

Thanks Terry, I think I've said before, "It could only happen to you!"

It was good to see Terry out running with the Beginners Group last week, but we were worried that he may have incurred some brain damage as a result of his fall as he left the group early to return to the Judo Club and was found later wandering along the road looking for the old Booker Cottage Hospital!

Now that winter is here we can look forward to having some fun running in the two cross country leagues we compete in.

Previous competitors need no introduction but new members may wish to know that the Chiltern League races take place on Saturday afternoons and are attended by athletics clubs from Bucks, Berks, Herts and Oxon. There are separate races over different distances for men, ladies and juniors.

The Thames Valley League races are on Sunday mornings at 11 o'clock and organised by local running clubs similar to the summer evening 5k series. Everyone runs together with sandwiches, cakes and tea at the finish provided by the host club. All the runs are free to members as the club pays all the entry fees.

We organise a race in the Sunday League in Bradenham Woods. Provided that we have enough marshals, members are welcome to run in this event although I wouldn't recommend it as the course is very hilly and usually muddy as well!

Chiltern League Cross Country

Nov 8th	Priory Marina, Bedford
Dec 6th	Stockwood Park, Luton
Jan 10th	Campbell Park, Milton Keynes
Feb 7th	Teardrop Lakes, Milton Keynes

Thames Valley League Cross Country

Nov 9th	Datchet Dashers
Nov 23rd	Sandhurst Joggers
Nov 30th	Handy Cross Runners
Dec 14th	Metros
Dec 21st	Reading Road Runners
Jan 11th	Tadley



Chester to Wycombe by Bike

Pete Astle's plan for a cycling holiday in France was scuppered by a lack of places on the cross channel ferries in early July, so six of us set out from a certain shop in Kingshill to cycle to Milton Keynes, catch the train to Chester then cycle back over four days. Virgin Rails trains can only accommodate four bikes at a time (there's a joke there somewhere) so we sent two people on one train with the rest of us following an hour later. On the journey we saw the steam engine 'Tornado' and I explained its significance as the only steam engine to be built in this country since the 1950's (must get out more) to the three other bored passengers.

Chester looked lovely but we didn't have time to admire the architecture as we headed towards Wales and the first of many hills on which I was to be left behind. Descending the steep hill into Ruthin, Pete claimed to have sped across a cattle grid at 38 mph (I crossed it at 8 mph some time later) and we stayed the night in a rather grand castle converted to a hotel. In the evening we played charades and other hotel guests were amazed by Pete's mime of *Free Willy*.

The next day we climbed the Horseshoe Pass (I walked most of it) and dropped into Llangollen where I expected to find everyone in a café, there was no sign of them but I stopped anyway. As I climbed up to the canal aquaduct at Chirk it began to rain and continued for the rest of the day. On my lonely journey between Oswestry and Shrewsbury I went through a little village called Knockin. It wasn't much of a place, just one main street with a shop in the middle (bit like Great Kingshill) but the shop was called (yes you've guessed it) 'The Knockin Shop'

We stayed the night in Ironbridge and next morning I set out towards Bridgnorth while the others admired Thomas Telford's magnificent erection, the very first of its kind. Ignoring a Road Closed sign I found a mile later that it actually was closed and I had to struggle between a muddy embankment and a fence for two hundred yards rather than turn back.

While waiting to turn out of a side road the other five whizzed past with a cheery wave and zoomed off towards Bridgnorth.

The Severn Valley Railway station at Bridgnorth was heaving with a 1940's revival weekend (made me feel young again). Unbeknown to me the others were having coffee there while one of their

bikes was being repaired, so I was surprised when they caught me up before Bewdley, but I was soon left in peace when they left me at the first hill!

I continued plodding away through Worcester and Evesham to our last overnight stop in a lovely Cotswold hotel.

Being the Cotswolds the next day saw me left behind very early on the first hill, but as I was on familiar ground I was quite happy to plod along across Oxfordshire by way of Traitor's Ford and Hook Norton. Being a Sunday there were lots of other cyclists around, many taking part in a Birmingham to Oxford charity ride and the Oxford 100 endurance event.

Resisting the temptation to put the bike on the train at Bicester, I finally arrived home a couple of hours after the others having enjoyed four days of mostly my own company and staying in very comfortable hotels (I normally stay in Youth Hostels). Thanks again to Pete for making all the arrangements and to the others for their company (in the evenings at least).

Walking in Austria

I have extolled the virtues of Collett's Mountain Holidays in the past (see previous Bulletins ad nauseum) so was delighted to find they had extended their operations to Austria this year.

Their base is in the pretty little alpine village of Erwhald, just over the border from Germany. The company offer two guided walks each day, one hard, one not so hard and the hard walk on the first day was up the highest mountain in Germany 'The Zugspitz' which is 2962m high.

As this would be my only opportunity in the week I was there, I signed up for it but woke in a panic in the middle of the night and realised it would not be a good idea given my current level of fitness, so I opted out in the morning and joined the easier walk over 'The Sommerbergjochle' (what wonderful names they have in German).

The next day I was extremely glad that I had been sensible as I felt I had run a marathon the previous day when walking down stairs to breakfast. To rest my weary legs from walking I borrowed a bike from the hotel and set off for Garmisch Partenkirchen (another lovely name) over the German border.



These bikes are left unlocked in a stand outside the hotel and are free for guests to borrow and return at any time. They don't bother with locks and you can leave the bike anywhere with no worries about having it stolen.

Garmisch was the venue for the 1936 Winter Olympics and still has a ferocious looking ski jump (not the original) which descends into an arena surrounded with original artwork from the Fascist Era. The town itself is from much earlier and is very pretty, but I needed to hurry back as my hotel provided free cakes and coffee for guests between four and five o'clock. They advise cyclists to return to Erwald by train as it is all uphill, but I scorned this advice, got lost and eventually returned long after the cakes had disappeared!

Having opted out of the walk up the Zugspitz I purchased a travel card that allowed free use of the many cable cars, buses and chair lifts in the area and went up the mountain next day by the easy way in the chair lift. The border between Austria and Germany runs along the top and the Germans have constructed a huge platform with magnificent views, a museum and several cafes, as befitting the summit of their highest peak (there are thirteen higher mountains in Austria).

After descending by cable car I did a walk up to the Eibseeblick, which is an old border crossing in the middle of the woods with a very old sign announcing that the border gate (now long gone) is closed overnight between 18.30 and 09.30. It must be two miles on either side to the nearest habitation so someone had an unenviable trudge up a mountain track twice a day in the past to close the border gate. I stayed out too long again and missed afternoon coffee and cakes once more.

Rain was forecast for the following day and as the organised walk was up the Hammersbach Gorge this seemed like a good option as the gorge is very narrow and wet anyway. This was a spectacular walk unlike any other gorge walk I have done. The gorge is very narrow and the sides are steep and very high. The path skirts round sheer drops and through narrow and low tunnels like something from Lord of the Rings. On the descent through a forest there is a 'fairy glade' with wooden stools and brightly coloured fairy slippers fixed to the tops (honestly).

For the following two days I wanted to make the most of my travel card so I went to two local lakes (Seebensee and Heiterwangersee) using buses and cable cars and managed to get back in time for coffee and cakes, hurray!

Club Kit

We have in stock the following items:

Club Vests £18.00 each

T shirts £8.00

There are a few hoodies various sizes £18.00

We also have some Fluorescent bibs £5.00 and £12.00 and snap bands at £4.00 each, these are also good for cycling.

Old style kit; we have a couple of Cotton T Shirts XL or L for £5.00 each and Sweatshirts XXL for £5.00 each.

Payment by Cheque please payable to Handy Cross Runners, or cash is always accepted.

If anyone would like to order a Fleece for £26.00 each please let me know as I do not keep these in stock.

If you are a new member you can collect your Free T Shirt on a Tuesday, I will also try to get to the club on at least one Wednesday each month

Thanks

Linda

The Bannister Mile

The Oxford Half Marathon is routed from Cowley down the Iffley road, passing the site where Roger Bannister was the first person to break the four minute mile.

Competitors in this year's race were diverted off the Iffley Road and onto the track where they completed their own (chip timed) mile before returning to the course which takes them over Magdalen Bridge and through Christ Church Meadows before returning to Cowley along the Thames towpath.



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or e-mail chalets@clifftops.org.uk

Please Quote Reference 104

SORRY NO PETS, NO SMOKING

Today's Lunchtime Tempo Run

First mile at 7:20 pace, I must try much harder,
Maybe I should have thought more, before keep raiding
the larder?
Through Booker woods now and past our childhood
home,
Lots of lovely memories, of where we used to roam.
Forty years have past and gone, but pretty much looks
the same,
Just a lot more cars, as I come down Limmer Lane,
Mile two must be good, as average is near seven minute
mileing,
If the legs didn't hurt so much, I definitely would be
smiling.
Legs starting to turn over nicely, in spite of last nights
Fartlek,
When I tried to beat guys twenty years younger, and to
keep my self respec'.
Onto mile three now, and around the Asda's bend,
Now sub seven minute mileing average, my Garmin is
once again my friend.
Getting close to my start point, I want to finish the run
short.

But giving up early, goes against everything I've been
taught.
The hill up to the cinema now, legs now screaming,
Revisiting memories of glories past, and a comeback I
keep dreaming?
The mile and a half Cressex loop, then I've done my
five,
Heart rate near maximum, its great to be alive.
Hip badly tying up now, but stress fracture holding out,
Overcoming adversity, is what life is all about?
Original goal of five miles achieved, and deposited in the
bank,
But think I can average sub 6:45 if one more mile in
tank?
So six of my best it was, with forty minutes on the
clock,
I know I've done in thirty not so long ago, but that
doesn't matter a jot.
Never give up on your dreams, as Jo Pavey showed
what can be done,
For me there's no feeling in the world, as a lunchtime
tempo run.
Trevor Hunter



Results

Regents Park British Heart Foundation 10k

Craig Atkins 47:43

Lisbon Half Marathon

Angela Peerless 2:02:25

Goring 10k

Steve Roberts 39:03
Margaret Moody 48:34
(1st in age cat)
Darren Wakefield 58:26
Vikki Portwin 1:07:15

JP Morgan race, Battersea Park 5.6k

Vikki Portwin 33:22 (5k pb)

Wycombe 10k

Margaret Moody 48:08
Annabel Shiroy 50:17

Wycombe Half Marathon

Jolyon Roe 1:51:24
Richard Jameson 2:01:37
Benji Benjamin 2:07:12
Richard Putman 2:24:10

Dorney Dash 10k

Gareth Morris 39:22
James Allchin 39:41
Paul Dineen 42:09
Steve Batham 47:27
Jacqueline Ing 48:57
Annabel Shiroy 49:35
Damarais Daniels 49:48
Phil Hutchby 55:18
Chris Power 56:11
Jessica Barrell 59:07
Gillian Alexander 1:14:38
Lorraine Warman 1:20:29

Up Flow Down Tow Half Marathon

Brendon Gilbert 1:24:27
Dave Moist 1:42:50
Darren Thorley 1:46:05

Marlow Duathlon (7k Run 25k Bike 7k Run)

Mark Dewey 2:01:34
Michael Handley 2:06:35
Sally White 2:09:46 (2nd FV40)
Rachael Cullen-Heighway 2:34:24

Lakeland 100

(105 miles and 6500m of ascent)
Pete Summers 69th in 33hrs 37mins

Finchley 20

Pete Summers 2:10:37
Gareth Morris 2:13:24
Dan Charleston 2:15:54
Soraya Bux 2:57:49

Milton Keynes Half Marathon

Darren Thorley 1:35:11 (pb)
Helen Moseley 2:00:15 (pb)
Paul Joel 2:04:07 (pb)

Thames Trot Ultra Oxford to Henley (46 miles)

Emma Russo 8 hrs (3rd in age cat)

Caerphilly 10k

Chris Davis 45:41

Blackpool Marathon

Soraya Bux 4:12:43

Brighton Marathon

Jo Smith 3:47:12

Manchester Marathon

Gareth Morris 3:14:22

Paris Marathon

Emma Todd 3:48:40

Wrap Up And Run Harewood House 10k

Brian Brown 1:16:07

**Marlow 5**

Steve Roberts 29:29
Robert James 42:26
Pamela Kaushal 44:32
Carmen Hostetler 43:57
Chrissie Quinn 53:11
Kiah Ellis-Cork 50:19

Water of Life Half Marathon

Charmaine Jones 2:03:39

Bournemouth Bay Half Marathon

Terry Eves 2:16:55

Frenchay 10k

Darren Wakefield 58:31
Vikki Portwin 65:46

Ridge Off Roader (10k)

Gareth Morris 44:51
James Allchin 45:34
Emma Keys 52:53
Teresa Watkins 60:23

Bracknell Half Marathon

Damaris Daniels 1:44:51 (pb)
Des Mannion 1:47:56
Babajide Evanson 1:48:04 (first half)

Milton Keynes Half Marathon

Darren Thorley 1:35:11

Prestwood 10k

Steve Knock 39:14
James Allchin 40:20
Robert Pettingell 40:47
David Moist 47:07
Tom Astles 47:53
Emma Keys 48:30
Steve Batham 48:32
Damaris Daniels 49:28
Yvonne Sutton 51:05
Peter Astles 51:06
Phil Tippett 57:00
Vicky Lyle 1:05:48

Reading 10k

Gareth Morris 38:37

Goring 10k

Steve Roberts 39:03
Margaret Moody 48:34
(1st in age cat)
Darren Wakefield 58:26
Vikki Portwin 1:07:15

Moonlight Cavallino Jesolo Half Marathon

Darren Wakefield 2.09.51
Vikki Portwin 2.22.23 (pb)

Flitwick 10k (8.5k)

Race distance shortened
due to accident

Darren Wakefield 46:26
Vikki Portwin 53:23

Regency 10k Leamington Spa

Julian Hucks 39:01 2nd VM50

Maidenhead Easter 10

Brendon Gilbert 1:01:13
Steve Roberts 1:02:21
Robert Petingell 1:03:33
Stephen Knock 1:03:35
Michael Handley 1:08:31
Darren Thorley 1:11:04
Penny Cutler 1:14:06
Damaris Daniels 1:16:48
John Peerless 1:17:53
Emma Keys 1:18:08
Stephen Batham 1:19:27
Jaqueline Ing 1:19:45
Charlotte Ing 1:21:39
Chris Lansdown 1:25:35
Angela Peerless 1:27:04
Darren Wakefield 1:27:38
Helen Moseley 1:30:04
Nicholas Martin 1:31:52
Jessica Barrell 1:33:01
Phil Burrridge 1:35:28
Vikki Portwin 1:40:43
Lynn Ing 1:50:37

Our Men's Team finished 4th and
our Ladies Team 6th

Beaconsfield Easter 5

David Hall 32:01
James Allchin 33:34
Michael Handley 34:26
Darren Thorley 35:47
Paul Dineen 36:33
Stephen Batham 40:18
Jacqueline Ing 40:24
Darren Wakefield 43:46
Colin Meads 44:09
Nichola Knevitt 53:24

**Run the Rock 5k**

Craig Atkins 26:44
Annobel Shiroi 29:02
Carmen Hostether 31:00

Run the Rock 10k

David Rees Hall 44:54
Stephen Knock 45:32
Stephen Batham 55:55
Paul Frith 58:21
Richard Jameson 1:01:06
Charmaine Jones 1:01:59
Teresa Watkins 1:04:41
Chris Lansdown 1:05:03
Phil Tippet 1:05:12
Darren Wakefield 1:06:17
Helen Sharp 1:19:04
Christine Frith 1:21:04
Stephanie Williams 1:21:09

Penn 7

Steve Knock 44:12 (4th)
Mark Dewey 54:22
Jacqueline Ing 55:33
Tracey Knock 1:00:48
Paul Joel 1:00:58
Fran Brown 1:01:33
Helene Galsworthy 1:07:42
Vikki Portwin 1:10:43
Robert James 1:12:44
Lynn Ing 1:13:16

Water of Leith 10k

Rosie Jones 48 mins

Otmoor Challenge Half Marathon

Robert Pettingell 1:28:52

Wargrave 10k

Dave Moist 45:30

Chiltern Chase 10k

Mike Hollis 46:54
Margaret Moody 48:07

Ickenham 5

Gareth Morris 29:45
Darren Thorley 34:58
Soraya Bux 39:17
Celia Edwards 44:20
Phil Burridge 46:32

St. Albans Half Marathon

Steven Battenti
Lucie Carter

Ealing Half Marathon

Jacqueline Ing 1:43:57
Soraya Bux 1:46:04

Windsor Half Marathon

Darren Thorley 1:35:11
Charmain Jones 1:51:27
Alex Morris 1:52:01
Nichola Knevitt 2:36:25

Henley Half Marathon

Reuben Jones 1:29:42
Jackie Ing 1:41:02
Charmaine Jones 1:45:55
Claire Ponsford 1:56:03
Lisa Walker 1:59:26
Nick Martin 2:03:51
Laura Cornwell 2:04:38
Anna Johnston 2:10:16
Miranda Enever 2:21:36

Great South Run (10 miles)

Paul Frith 1:32:24
Allison Rose 1:33:06
Helen Dell 1:40:21
Christine Frith 1:48:16
Stephanie Williams 1:50:51

James Dean 1:13:24
Julie Dean 1:45:46
Martin Dean 1:48:12

Gerry Grosse Handicap Trophy

Steve Roberts 17:56
Steve Knock 18:14
Trevor Hunter 18:43
James Allchin 19:10
Keith Round 21:07
(closest to target time)

John Peerless 21:57
Margaret Moody 22:04
Steve Batham 22:07
Charmain Jones 22:47
(ladies handicap winner)

Craig Atkins 23:18
Damaris Daniels 23:37
(largest exceeded time)

Phil Hutchby 23:59
Chris Lansdown 24:27
Phil Tippet 24:29
(overall handicap winner)

Robert James 25:07
Nicci Hutchinson 26:04
Angela Peerless 26:16
Sarah Roberts 27:58
Linda Weedon 28:43
Gillian Alexander 30:41



Tuesday Night Training Programme

November 4 th	Slope session (Halifax Road) 12 – 16 efforts up slope (recovery back down)
November 11 th	Turnbacks, John Hall Way from Cressex Link – Lansdown Way x 10
November 18 th	Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit
November 25 th	3 - 4 x 1200m (Oak Crescent) 200m recovery
December 2 nd	2 - 3 x one mile efforts around Cressex Road/Marlow Road/John Hall Way/Cressex Link circuit
December 9 th	5k Time Trial. Cressex Road/Cressex Industrial Estate circuit
December 16 th	Hill session, 6 - 7 long and 2 short. Knights Hill (See the lights)
December 23 rd	Relay Session on Dave Nash Estate (in teams of three) 2 x 10 efforts per person
December 30 th	Pyramid Session (Oak Crescent) 200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery)

Keeping the dream alive



Friday Night Training Programme

Venue:- Athletics track at Little Marlow. Starting promptly at 7:00pm. All abilities welcome to take part in these sessions or to do own personal training programme

Cost £1 payable on arrival

Each session starts with a warm up of dynamic mobility exercises and finishes with a cool down of easy running and static stretching exercises

24/10/14	1600m (400m jog recovery) 2400m (400m recovery) x 2
31/10/14	5000m Time Trial
7/11/14	Relay session 2 x 12 x 200m per person in teams of three
14/11/14	Paarlauf session 12 x 400m
21/11/14	9 x 600m (200m recovery)
28/11/14	Paarlauf session 7 x 800m Each runner jogs 400m recovery after their effort and has to complete this before next runner completes their effort, otherwise on being passed twice they have to start the next effort from that point
5/12/14	5 x 1000m (200m recovery)
12/12/14	5 x 1200m (200m recovery)
19/12/14	4 x 1600m (200m recovery)
26/12/14	Boxing Day (Night off)

Happy New Year all

Mike Hickman