

Jogging AlongAnnual General Meeting 1982

A.G.M.'s tend to be very formal, authoritarian and not very well attended. I'm pleased to say, though, that ours was just the opposite. It was well attended (60 or more members), as informal as possible, and everyone going out of their way to avoid being BIG BROTHER. It made for a friendly, relaxed meeting where members could air their views without the fear of being leaped on from a dizzy height.

Not much was achieved because most people seem quite happy and satisfied with the way things are running. The club is going from strength to strength, members are increasing, standards are increasing, so there seems little point in changing a successful formula.

The only serious point was of people being left to run alone, especially women and newcomers. We are constantly trying to overcome this problem. But it seems impossible to provide a foolproof solution while keeping the club informal. If the club became more formal, with rules, regulations and joggers organised into groups and compulsory runs, the problem would not exist. But formal organisation defeats the object of a friendly jogging club.

It is unfortunate, it is undesirable, but it seems likely that however hard we try, there will occasionally be someone who slips through the net and gets left behind. All I can add is that in an informal club it is a responsibility that needs to be accepted by ALL members and not just the few. If everyone became aware of not leaving anyone behind, the problem could be solved.

Amateur Athletic Association

Handy X Joggers are now affiliated to the A.A.A. This means that individual joggers are now eligible to become affiliated by paying an annual fee of £2.00. We wish to make it clear that there is no compulsion or pressure on you to join the A.A.A. In fact, it is only advisable to those people who wish to compete regularly in races.

The advantage of joining is that you become eligible to enter a larger and wider selection of races. And as attached members usually pay less than unattached runners, your £2.00 can be recouped in just 2 or 3 races. A.A.A. races are usually a higher standard than the average jogging events, this is good for runners who wish to improve their times as tougher opposition can spur you on.

It is accepted that many joggers run just for fun and have no desire to enter any competitions. But some joggers get themselves quite fit and yet have a slight fear or apprehension about competing. To those people I would suggest that you have a go at a couple of jogging events. Distance races are not the cut throat competitions that many people expect, in fact, they seem to foster a spirit of comradeship and co operation. 99% of runners would stop and help a competitor in trouble, rather than walk (or run) all over him.

For beginners or those in doubt, I would suggest to wait, get yourself fit first, then enter a couple of low key jogging events. If you enjoy them, then join the A.A.A. and widen your experience. As a generalisation I think it fair to say that people who do compete in races get more enjoyment and satisfaction from running than those who just jog for fun.

John White
Editor

Results

Handy x Joggers have really excelled themselves over the last few weeks. Congratulations to the mens 'A' team who came 2nd in the Silverstone Relays. Congratulations to the ladies team who came 5th at Hyde Park (this was out of thousands of teams). Full details of these will be given as the results become available.

Burnham Beeches ½ Marathon 5 Sept 82

Steve Barrow 79.45, Brian Bower 82.23, John White 82.46, Paul Blake 86.30, Mike Holt 93.01, Alan Edwards 93.02, John Spicer 100.48, Chris Gentry 101.02, Vernon Martin 101.03, Peter Anderson 103.51, David Spinks 105.14, Gregory Childs 107.01, Jack Sharp 109.05, Robert Farrier 109.41, Neville Barlow 109.44, Martin Franzese 109.48, Ray Harris 113.24. LADIES:- Bev Tomkins 96.30, Eila Mansfield 103.34, Marie Spinks 109.36, Esme Thomson 112.02, Carmel Ballard 129.30, Diane Spicer 130.13.

Tilehurst '10' 12 Sept 82

Steve Barrow 59.17, Brian Bower 61.30, John White 61.40, Derek Sawyer 64.52, Alan Edwards 67.36, Chris Wood 68.30, Peter Anderson 75.43, Chris Gentry 75.48, Robert Farrier 81.26, Terry Kinnane 89.25.

Amersham '5' 19 Sept 82

John White 28.14, Nigel Byrne 33.27, Edward Hoy 36.10. LADIES: Barbara Hoy 36.59, Rosemary Simmons 41.35, Mandy Youers 44.46.

Silverstone 19 Sept 82

3 mile relay 'A' team- Brian Bower 15.54, Mike Holt 18.16, Philip Rudd 15.50, Fred Hicks 14.40, Derek Sawyer 17.03, Steve Barrow 15.52.

'B' team- Malcolm Claxton 19.14, Gerry Grosse 19.52, Laurie Thomas 19.54, Peter Anderson 19.35, Brian Bower 16.35, Vernon Martin 18.55.

'C' team- Vernon Martin 18.30, Alan Edwards 17.56, Vic Smith 21.50, John Spicer 19.04, Robert Farrier 18.55, David Baker 19.35.

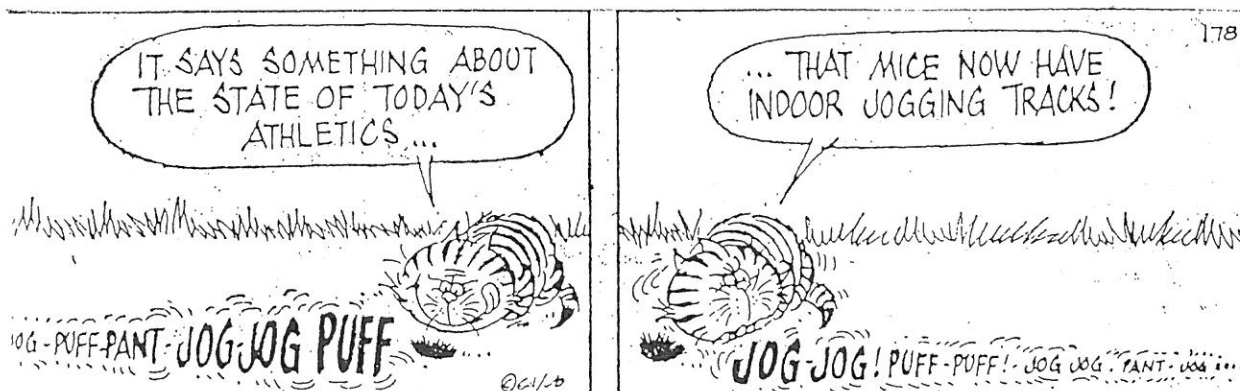
- No it's not a misprint, some runners actually ran twice.
Ladies teams not yet available.

6 Mile Race

Fred Hicks 30.44, Philip Rudd 33.19, Steve Barrow 33.30, Brian Bower 34.27, Derek Sawyer 37.02, Alan Edwards 39.17, Mike Holt 40.43, Robert Farrier 41.23, Vernon Martin 41.27, Peter Anderson 42.50, Laurie Thomas 43.52, Vic Smith 48.04.

Stone Veterans Marathon 3 Oct

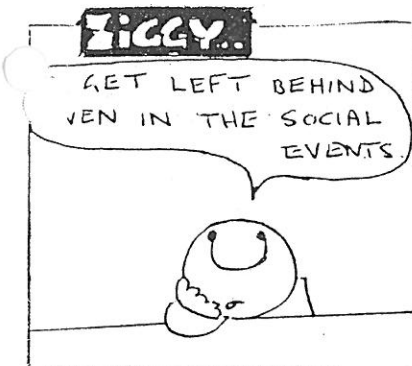
John White 2.50, Ted Watkins 3.35, Vernon Martin 3.41.



Forthcoming Events

- Sun Oct 17th Windsor ½ Marathon Pleasant run through Windsor Great Park. Starts 1pm. Charity Event - Entry £3.00.
- Sun Oct 24th Keep Hill Climb This is now going to be just an informal run for the benefit of Handy X Joggers. About 3 miles through woodland, including the steep Keep Hill. Starts 2pm from the Rye Outdoor Swimming Pool. It really is a joggers fun run.
- Sun Nov 7th Bracknell '10' Mile Road Race Starts 2.45pm from the Bracknell Sports Centre. Entry Fee 75p (attached) or £1.00 (unattached).
- Sat Dec 18th Guildford Hogs Back Road Race Hilly 11½ miles. Starts 2pm. Entry Fee £1.50(attached) or £2.50 (unattached)
- Mon Jan 3rd Tadworth '10' Mile Road Race. (Tadworth, Surrey) 2 lap course. Starts 11.30am Entry Fee £1.75 or £2.25 (unattached)

For further details and advice on entering any of these events contact Events Secretary : Vernon Martin.



A Bit on the Side

Aside from jogging we have the following social events:-

Sat Nov 27th Skittles evening at 'The Stonar Arms' Stonar, Near Henley. Starts 7.30. £3.00 per head, includes Chicken in the basket.

New Years Party For all the family. Sometime in January. Further details as they become available.

For details of social events see Carmel Ballard.

Discounts

Mike keen's have agreed to give Handy X Joggers a discount. This can make quite a difference, especially on things like running shoes, so don't forget to ask for it.

Bargain Offer Running Shoes at ½ Price I'm only kidding, but read on.

At some stage most of us buy a pair of running shoes that are either too big, too small or otherwise unsuitable. They may be used only once or twice, then relegated to the back of the cupboard and forgotten about. Although jogging is probably the cheapest sport, some items can be pretty costly, so if you have any shoes, clothes, tracksuits, books etc. that may be of use to someone else, give me the details to advertise them in the newsletter. No charge for the service, but PLEASE do write the details down and give me them BEFORE we start jogging.

I welcome any articles, information, comments and suggestions to be included in the newsletter. Unfortunately things I am told about in the middle of a run tend to go through one ear and out of the other. By the time I get back home I have completely forgotten. So any old scruffy notes will do, just to jog (pun) my memory.

Perhaps the next newsletter will produce some REAL bargain offers.

John White

