



Bulletin

Editorial

Handy Cross Runners have been seen in many places over the summer: Mike, Debbie, Margaret and Vernon ran a 10K in Le Touquet, Evie competed in the Snowdonia Marathon involving running, cycling and climbing Snowdon, Paul Palmer and Alison Alexander travelled up t'north for the Great North Run, while Paula Parkin travelled in the opposite direction for the Great South Run, Trevor Free ran the Wolverhampton and the New Forest Marathons on successive weekends, Mike Blowing, Ken Hemmings and former member Becky Hawkins, running her first marathon, travelled to Berlin, Rod Palmer completed the London to Brighton again, Pete and John endured the extreme heat of Belgium in the Descent de la Lesse and too many of our lady members to mention enjoyed the Flora Light Challenge in Hyde Park. Well done everyone, I hope you were all wearing your club vests.

Congratulations to Helen for winning the Gerry Grosse Trophy and our men's team of Pete, Trevor, Duncan and John who won the Windsor Half Marathon competing against over 5000 other athletes and with Pete Edington won the Blenheim 10K. Congratulations also to Debbie James who won her age group in the Henley Half Marathon and Sue Walker in the Wendover 5. Helen Murdoch, Ann & Paul Palmer, Dave Nash and Paul Jennings have all competed in recent triathlons.

The cross-country season started with a very good turnout at the first race in Watford, let's hope this year we will have no problems with flooding, foot & mouth, plagues and pestilence etc..

Martin Dean

October 2001

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In This Issue

A new schedule for Mike's Wednesday night training sessions on the track and Alex's Tuesday evening sessions, the results of the Gerry Grosse Trophy, the dates of this seasons cross-country events and lots of race results.

New Members

Welcome to the following new members:-

Peter Astles, Gill Brooks, Sarah & Duncan Clarke, Neil Ferguson, Jennie Grassly, Mark Hoad, Andrew Johnson and Debbie Jones.

People

Congratulations to Ann and Paul Palmer who were married on 1st August, also on the marriage of former members Adrian Reynolds and Sandra Bremner.

We were all very sorry to say good-bye to Sylvia and Andy Pearson, although as they have only moved to Oxford they are not too far away, so we hope to see them again soon.

Also leaving us is Diane Milroy, who's article on the Tresco Marathon was enjoyed by all in the last Bulletin. It seems like only yesterday she first joined. She has sent Mike an e-mail which I have reproduced on a later page.

It was nice to see Pat and Alan Chilton running with us once again when they were in the country for a short holiday recently, although in Alan's case it was running in front of most of us.

If you feel brave enough, ask Liz how she enjoyed her holiday in Menorca.

The Ridgeway Relay

The delayed Ridgeway Relay was finally run on a wet and windy day in September, unlike last years race which was on the hottest day of the year.

Congratulations to our ladies team, who won the team prize for the second year in succession and beat the mens' team as well! I believe they won a bottle of champagne, but I didn't see any of it, probably because I was in the wrong team.

The best laid plans of mice and men, or in this case Nick Martin, were spoilt by an accident on the Marlow by-pass which delayed our two team members who were to run the penultimate leg, making them over ten minutes late in starting.

I also had a fright, on returning to collect my car from the car park at Barberry Castle I found the gate closed! Fortunately it wasn't locked and I managed to retrieve the car and get back to Marlborough for a most enjoyable post-race meal.

Well done to Nick for organising this event which is one of the highlights of the year. Perhaps next year there will be no problems for you.

Christmas Disco

This year's Christmas Disco will be on Friday 14th December instead of the customary Monday before Christmas. It would be good to see a large turnout this year and as it's on a Friday, you won't have to get up early the following day.

Mystery Tour

Another delayed event, the mystery tour was completed in darkness, at least it was for the slower runners, but it was a lovely warm evening with a nice pub near Leighton Buzzard providing food at the finish.

This years event was not as well supported as in the past, but this was probably due to the early start at 6 o'clock and the number of people on holiday in August.

Thanks to Pete for organising it again, does anyone know any more canals he can use for the next event which will be on a Sunday morning some time before Christmas?

Apologies

To Sue and Terry for leaving your names off the list of Wycombe half marathon finishers, also anyone else I may have missed.

Quiz Night

This joint social event with Marlow Striders was enjoyed by forty participants who were arranged in ten teams of four. The quiz was divided into eight very different rounds with a fish'n'chips supper halfway through. The winners were Eric Buckle's team, appropriately named "The Winners", by just half a point.

Thanks to Dawn and Debbie for arranging the event and to Alan Gates who supplied the questions (and answers) and played the role of Magnuss Magnusson magnificently.

Walking in Scotland

Last year when Debbie and I walked the West Highland Way, we were so impressed by Glen Coe that we decided to return one day and climb some of the mountains in the area.

So this year Debbie, Mike Alan and myself joined a fifth walker George, a London Underground train driver, along with Jeff our tour guide, to enjoy a weeks organised climbing and scrambling.

Jeff was an extremely dedicated guide who insisted on joining us on our first evening to plan the week's activities. The next day we found he adopted a rather different approach to walking from ours. Having decided which particular peak we were to climb, he then headed directly towards it, ignoring footpaths, peat bogs, undergrowth and near vertical ascents on a direct route to the top. He explained that he always carried a rope, first aid kit and emergency rations just in case, and that he hasn't lost anyone yet.

Naturally being in the area we had to climb Ben Nevis, but naturally with Jeff, not by the conventional route. We approached from the north and enjoyed occasional glimpses of the famous North Face through breaks in the clouds before joining the Carn Mór Dearg Arrête, a narrow ridge leading to the summit. The route down the well trodden tourist trail was much quicker.

Most people are disappointed with the rock-strewn, untidy, mist-covered and crowded summit of Ben Nevis and we were no exception, especially when someone on a mobile phone uttered the immortal phrase, "Hello, it's me, I'm on the top of Ben Nevis!"

Jeff's unconventional approach to climbing mountains also applied to coming down them. When we decided it was time to descend from a three thousand foot high ridge, he would find some suitable gully, slide down the scree until we found a stream, then follow the stream down into the valley.

This approach came unstuck twice, the first time we had to hack our way through virgin forest and the second time in Glen Nevis, when we found a slippery and near vertical rock face to descend. However Jeff's trusty rope appeared and we were lowered one at a time to safety. I will never forget the hilarious sight of Debbie from below, dangling from the rope and spread-eagled across the rock face, looking like Garfield sliding down a car window!

The Youth Hostel where we stayed, like most Scottish hostels, is self-catering, so most evenings we walked a mile up the road to the famous Clachaigh pub for a meal and a few beers. The climbers bar was always full of outdoor types wearing very serious walking gear and talking about Munros, cols, ridges, ropes and axes.

One evening at the Clachaigh we had to rescue Mike from the clutches of a large American lady from Montana who drank pints of beer, played the bagpipes and offered to share her tent with him if we were locked out of the hostel.

Apart from climbing Ben Nevis, we also "bagged" several Munros, scrambled along some hairy ridges, crossed a stream on a rope bridge and learned to navigate in bad weather in the mountains. We also got very wet, but what do you expect in Scotland? All in all, it was a great holiday.

Cross-Country Events

Saturday and Sunday Leagues

Saturday 3rd November 2001
Oxford (?)

Sunday 11th November 2001
Datchet (?)

Sunday 25th November 2001
Metros

Saturday 1st December 2001
TBA

Sunday 9th December 2001
Sandhurst

Sunday 16th December 2001
Reading (?)

Sunday 6th January 2002
Tadley

Saturday 12th January 2002
Tring

Sunday 20th January 2002
Bracknell

Sunday 3rd February 2002
Burnham (?)

Saturday 16th February 2002
TBA

Sunday 17th February 2002
Handy Cross

Future Events

Sunday 4th November 2001
Marlow Half Marathon
Regents Park 10K

Sunday 18th November 2001
Herbert's Hole Challenge 10K

Saturday 24th November
Parliament Hill Fields Cross-Country

Sunday 25th November 2001
Eynsham Blenheim Colour 10K

Sunday 2nd December 2001
Regents Park 10K
Luton Marathon

Sunday 9th December 2001
Hog's Back 9

Sunday 30th December 2001
Cliveden Cross-Country 6

Sunday 17th February 2002
Wokingham Half Marathon

Results

Amersham 5

Clive Girling in 40.23
Peter Astells in 41.40
Pat Carter in 47.03
Joanne Willock in 48.40
Katie Palmer in 48.42
Rose Priest in 53.08
Sue Walker in 54.59
Alison Alexander in 54.59

Cabbage Patch 10

Peter Edington in 1.02.56
Nick Martin in 1.11.20
Mike Hickman in 1.11.23
Debbie Ridout in 1.18.21 pb

Tetsworth 10K

Paul Palmer in 41.47 pb
Mike Hickman in 46.30
Debbie Ridout in 48.35 pb
Liz Davey in 49.37
Steve Lynch in 56.30
Dave Nash in 59.07

Wendover 5

Alison Alexander, Sue Walker and
Rose Priest all in 62 minutes

Great South Run

Paula Parker in 1.44

Bearbrook 10K

Trevor Hunter in 34.42
Ken Hemmings in 40.58
Paul Jennings in 43.52 pb
Geoff Medlicott in 45.19
Mike Hickman in 46.25
Terry Eves in 49.10
Debbie Ridout in 49.30
Dave Nash in 54.05
Mike Blowing in 1.00.13

Bracknell 10K

Debbie Ridout in 49.20
Mike Hickman in 49.36
Steve Lynch in 58.23
Joanne Willock in 59.54
Sue Walker in 1.06.47
Alison Alexander in 1.07.42

Tring 15K Ridgeway Run

Dave Leighton in 1.19.14 (30th)
Rod MacClean in 1.15.36
Rod Palmer in 1.17.15
John Bradbury in 1.18.16
Mike Hickman in 1.22.07
Debbie Ridout in 1.25.42
Clive Girling in 1.26.33

Henley Half Marathon

John Peerless
Debbie James in 1.36.42
Liz Davey in 1.43.46

Windsor Half Marathon

Pete Smith in 1.15.50 (11th)
Trevor Hunter in 1.17.54 (22nd)
Duncan Clark in 1.18.37 (27th)
John Dooley in 1.21.34 (51st)
Paul Palmer in 1.33.18
Trevor Free in 1.35.57

Burnham Beeches Half Marathon

Trevor Free in 1.31.07
Paul Palmer in 1.33.51
Des Mannion in 1.38.39
Adam Koffler in 1.38.43
Paul Jennings in 1.38.51
Tony Crockett in 1.41.40
Alan Songhurst in 1.44.57

Jog Shop 20

Pete Edington in 2.55.11
Rod Palmer in 3.08.52
Stephan Naunko in 3.26.54
Debbie Ridout in 3.36.49
Mike Hickman in 3.36.49
Clive Girling in 3.49.03

Berlin Marathon

Becky Hawkins in 3.58.31
Mike Blowing in 4.38.42

St Albans Half Marathon

Des Mannion in 1.39

Great North Run

Paul Palmer in 1.34.03
Alison Alexander in 2.25

Descent de la Lesse ½ Marathon

Pete Smith in 1.25.17 (23rd)
John Dooley in 1.28.51 (47th)

The Grizzly

Ken Hemmings in 3.05.02
Trevor Free in 3.06.34
Rod Palmer in 3.20.12
Mike Stone in 3.34.08
Tim Jefferson in 3.44.25
Mike Hickman in 4.02.01
Debbie Ridout in 4.02.01
Mike Blowing in 4.27.00
Peter Astells in 4.42.30

Watford Cross-country

Angela McLoughlin in 33.44 (Ladies)
Duncan Clark in 30.38 (4th)
Phil Stephens in 31.27 (9th)
Dave Bosley in 32.04 (13th)
Trevor Hunter in 32.08 (14th)
Benji Benjamin in 35.37 (45th)
John Peerless in 38.10 (70th)
Nick Martin in 39.45 (86th)
John Bradbury in 40.50 (95th)
Richard Walker in 45.43 (114th)

GERRY GROSSE TROPHY - 5,000m HANDICAP RACE HELD 22-8-01
(Incorporating the Wednesday Track Group 5,000m Handicap race).

RESULTS.

<u>Position</u> <u>post h'cap.</u>	<u>Name.</u>	<u>Club.</u>	<u>Actual</u> <u>fin pos'n.</u>	<u>Target</u> <u>Time.</u>	<u>Actual</u> <u>Time</u>	<u>Differ'ce</u> <u>+ or -</u>
1	Kimberley Ridout	0	16	30:49	28:32	-2:17
2	Helen Murdoch	HX	14	29:22	27:22	-2:00
3	Jayne Slater	MS	15	28:43	27:34	-1:09
4	Richard Evans	MS	1	20:11	19:19	-0:52
5	Margaret Moody	HX	7	21:44	21:13	-0:31
6	Dawn Segrue	MS	17	29:11	29:10	-0:01
7	Paul Palmer	HX	2	19:27	19:39	+0:12
8	Sue Neale	HX	10	22:33	22:48	+0:15
9	Mike Bratby	HX	11	24:05	24:22	+0:17
10	Des Mannion	HX	6	20:31	20:54	+0:23
11	Keith Hicks	HX	13	25:39	26:03	+0:24
=12	Adam Koffler	HX	8	21:00	21:27	+0:27
=12	Gerry Grosse	HX	12	24:30	24:57	+0:27
14	Mark Letsome	MS	4	19:25	20:09	+0:44
15	Eric Buckle	MS	3	18:49	19:50	+1:01
16	Trevor Free	HX	5	19:05	20:15	+1:10
0	Steve Barrow	Guest	9	00:00	21:40	0:00
DNF	Alex Thomason	HX	0	25:18	DNF	0:00
DNF	Richard Walker	HX	0	23:07	DNF	0:00

RACE RULES.

All runners set off at the same time, and are not told in advance of the target times that have been set for them. The target times are set using recent race results as a basis for their calculation. Upon completion of the race, their actual finishing times are compared to their target times and the differences are calculated.

The above table ranks these differences in order, starting with the person who made the greatest improvement on their target time. That person was Kimberley Ridout. As Kimberley is not a member of Handy Cross Runners she does not qualify to compete for the Gerry Grosse Trophy, but as a regular at our Wednesday track sessions she won the Wednesday Track Group plaque. Well done Kimberley for being our most improved runner.

Helen Murdoch was a close second, and was the most improved runner qualifying to compete for the Gerry Grosse Trophy, which she wins for a second time. Keep up the good work Helen.

Paul Palmer was awarded a plaque for being the Handy Cross Runner's member of the opposite sex making most improvement against the target time.

Dawn Segrue was the person who came closest to achieving her target time (She was within 1 second), and received a bottle of wine in recognition of this.

Trevor Free was awarded a bottle of wine for being the runner with the biggest deficit against their target time.

Thanks to all of you for taking part, and to all those who turned up to help.

Finally. Many thanks to Gerry Grosse for providing the trophies. We wish you and your wife every happiness in your new home. Keep in touch.

Enjoy your running everyone!

Mike Hickman

Michael Hickman

From: "Diana Milroy" <Diana.Milroy@eWare.com>
To: <mikehick@btinternet.com>
Sent: 01 October 2001 14:20
Subject: membership

Hi Mike,

Hope you are well! I am back from my travels to Munich, and, although I am still working 2 days a week near London, my base is now back in the west country in Bath.

I will therefore no longer be able to join you to train. I was wondering if you could pass my details on to John, the membership secretary, to cancel my membership.

I am still running regularly, and hope to join a local club in Bath. I am currently working up to the Snowdonia marathon at the end of October (can't get enough of those hills - I blame Handy Cross!), and will definitely do Tresco again next year.

I would also be delighted if you could pass on my regards to Dave, Keith, Liz, Debbie, Martin, Sue, Ellen, Mike, Alex and everyone else who remembers me, and who I had the pleasure to run with during 2001.

I hope to bump into you over the coming months, and may even come back to have another go at Bradenham Woods!

Kind regards,

Diana Milroy
Tel: 0771 263 1938

(address details were:
17 Falcon Rise, Downley, High Wycombe, HP13 5JT)

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WEDNESDAY TRAINING PROGRAMME UP TO 26-12-01.

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities should enjoy and benefit from these sessions.

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

- 3-10-01 6 x 800 "Differentials". 1st lap of each, at steady (5k) pace. 2nd lap, hard effort. (400m jog recovery).
- 10-10-01 4 x 1600m (400m jog recovery).
- 17-10-01 "Downer" 6 laps effort/4 laps/2 laps/1 lap/half lap. (400m jog recovery).
- 24-10-01 2 x 8 laps of sprinting straights and jogging bends. (400m jog recovery between sets).
- 31-10-01 Relay session 2 x 12 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 7-11-01 "Upper" half lap effort/1 lap/2 laps/4 laps/6 laps. (400m jog recovery between each).
- 14-11-01 Hill session (Knights Hill), 8 x full circuits maintaining effort until 2nd corner. Recover on remainder.
- 21-11-01 5k Time Trial.
- 28-11-01 Run anti clockwise for 3 min's. Turn around and run for 3 min's. in opposite direction attempting to run further on the return leg. (3 min's. (400m) jog recovery). Do this 4 times in all.
- 5-12-01 5 x 1200m. (400m jog recovery).
- 12-12-01 Pyramid session 200/400/600/800/1000/800/600/400/200m. (200m walk/jog recovery).
- 19-12-01 400m Relay (each person will run a total of 12 laps). Teams will be decided on the night.
- 26-12-01 **NO SESSION.** Join us earlier for our traditional Boxing Day run. HAPPY NEW YEAR FOLKS. THANKS FOR YOUR SUPPORT IN 2001.

Mike Hickman,
01494 525474
e-mail mikehick@btinternet.com

Handy Cross Runners Tuesday Club Session

- Sept 18** **8 x 100m 85% effort 4 x 100m 100% - 6 x 100m 85% effort**
- Sept 25** **5 x 200 m 85% 2 mins rest /5 x 200m full effort 2 mins rest 5 x 200 m 85%**
- Oct 2** **2 x 400m / 2 x 600m / 2x 400m / 2x 600m Jog recovery on 400s 2min rest on 600s**
- Oct 9** **Time Trial over 10k approx**
- Oct 16** **6 x 300m interspersed with 6 x 200m easy incline**
- Oct 23** **Hill Session 6 full and 4 short**
- Oct 30** **1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs**
- Nov 6** **8 x 400 full speed up incline / 8 x 200m easy recovery**
- Nov 13** **3 x 400 mtrs / 3 x 600 mtrs / 3 x 400 mtrs**
- Nov 20** **8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%**

All sessions will commence with a warm-up and stretch, and warm down

Keep the dream alive !

Alex Johnson UK Athletics Coach
Handy Cross Runners



Presentation of cheque for £650 to PHAB following the Marlow 5