

Bulletin



It was with great sadness that we heard of Jack Sharp's death in September, at the age of 83. Jack was our oldest member but only took up running at 60, achieving a best time for the marathon of under four hours.

He brought fame to the club by being granted the freedom of the City of Nottingham when he ran the Marathon there a few years ago and regularly running the London Marathon, where he was interviewed going past the Tower. David Coleman commented that he often saw Jack and his fellow Handy Cross Joggers on the roads around Wycombe.

As well as being a runner, Jack was also a musician, playing the trumpet in the Marlow Town Band for many years. He was a very popular man as could be seen by the numbers attending his funeral at the parish church, where we found his name was actually Daniel Sharp.

His widow sent us a card which has been scanned onto page 3.

We all wish Sue Neale a speedy recovery from the car crash she had in September. One good thing that came out of her enforced but temporary retirement from running, is that she had the time to write an article about her amusing experiences in the hands of the NHS, see it on page 4.

The cross-country season has started again and we had an excellent turnout in the first Chiltern League match at RAF Halton. Trevor Hunter was 1st, Dave Bosley 3rd and Phil Stephens was 5th, Micky Middleton took part in her first cross-country while Helen Murdoch and John Peerless were both returning from long term injuries.

See page 5 for details of the Chiltern League and page 14 for the dates of the remaining fixtures and the Sunday League fixtures.

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A Sting in the Tale?

Actually it was near the start of the Chiltern Marathon, on the footpath between Par-moor and Skirmett, that we were attacked by a swarm of hornets!

I was stung several times but it could have been worse but for Debbie Jones and Nick Martin who helped repel them, for which Nick was rewarded by also being stung. Debbie had some spray which helped and another runner gave me some anti histamine tablets (at least that's what the chap who sold them to him in a nightclub said they were) and I gamefully decided to carry on to the first checkpoint.

After a few yards of running I realised I had pulled something above my right knee when trying to escape the hornets and was quickly reduced to a walk which soon became a hobble. This gave me time to reflect that I could have avoided them by taking a detour and that trying to run through them in 'Tough Guy style' wasn't such a good idea. I began to regret laughing at Lucy when she was stung by a wasp in an interesting place on an evening run recently (see p8).

A few miles later I also regretted not returning to the start at Lane End, as the first checkpoint was at Stokenchurch, ten miles into the marathon! I finally struggled into the car park at the Chiltern Sculpture Trail only to find I would have to wait for transport as another competitor was already being taken to hospital, having fallen badly.

I drove from Lane End straight to Wycombe A&E where they said, "Not another hornets sting?" and told me I would have to wait four hours to see a doctor. So I went home, had a bath, inspected my stings (too numerous to count) and returned for another long period of waiting.

At last I saw a doctor who decided to administer Piriton and Steroids intravenously, which was unfortunate as I'm a big baby when it comes to needles and nearly fainted, but at least they began to work immediately (they actually sent me to sleep, not too difficult at my age) and I finally emerged from hospital at seven o'clock.

However I was luckier than one woman who went into shock and had to be collected by ambulance. Thanks again to Debbie and Nick for your help and congratulations to Debbie for finishing as first lady. Also to Mike Hickman, Debbie Ridout, Linda Weedon and Rod & Margo Palmer who all walked/ran this event.

Tesco's Run

As a change from the same old runs, Pete arranged some off road routes starting and finishing in Tesco's car park in Amersham one Thursday evening.

Although offered a choice of routes, most people opted to stay together, either because they were feeling sociable or afraid of getting lost in unfamiliar territory.

The run took us along the Misbourne valley before heading up past Liam's (or was it Noel's) house to Coleshill, by which time it was becoming dusk. We finally found our way back across the fields to Amersham by heading for the lights which we could see at the bottom of the hill.

Eventually we made it and either went to a local hostelry for much needed refreshment, or did our shopping in Tesco's.

Thanks Pete for organising something different from the normal Thursday run.

Many thanks for the flowers sent in memory of Jack and for all the messages and cards we received from the Handy Cross Runners.

We know how much Jack loved his running and would have appreciated the many friends who ~~attended the service on~~ Monday.

Thank you also for the happy hours that Jack spent with you all over the last twenty plus years.

With our love and best wishes
Dinah Sharp
& family

The National Health Service

*"Get well soon Sue and write an article for the Bulletin as you convalesce," from Martin.
(I did say "please" Ed)*

Mmmrnm...What about? Can't share any recent running experiences - not running! Don't want to share the gory details of the accident - not my idea of entertaining reading. Where else have I been? What else have I done? What message can I deliver...?

I've decided to enlighten you on our National Health Service. A spell in hospital is to be avoided at all costs...read on!

It's 3.30pm on Thursday 9th September. I am in Wexham A&E. Steve is with me...I'm OK. The worst is over. I am out of the car - no neck/back injuries - perhaps a couple of broken bones - but I'm OK.

"All right my dear?" asks the nurse. "Yes, I'm fine," I reply. (Why did I say that?) "OK then dear, I just need to cut off your trousers." My mind struggles with her words - I am wearing my cool, baggy, Avril Lavignes - she can't cut them off. I look to Steve for support. He shakes his head...my Avrils are dead! Her scissors then do a nifty job on my sexy, black, M&S vest. In my almost naked state I am then vacuumed! I have apparently smuggled in some glass. But hey, I now lie in a backless, cotton print theatre gown - weh hey!!!

Up on the ward I am welcomed by two fellow inmates, lets call them Vera - around 80 and deaf, and Thelma - similar age, faculties intact! Our first night together was periodically disturbed by intravenous drip top-ups and blood pressure checks etc so hardly a good nights sleep.

Six am lights go on, wakey, wakey! No food since pre-accident, I'm starved but 'tea lady' walks straight past me, as does the breakfast trolley. "Nil-by-mouth" is displayed above my bed - surgery is imminent.

It's 2pm 24 hours since IMPACT, surgery is over. I'm back on the ward and aware of a slight discomfort in the bladder region. I realise I haven't 'been' for 24 hours!! I buzz the nurse and she returns with a bedpan!

Now I need you to share this with me...my left leg is totally immobilized, my right arm is bent in plaster, I have whiplash and a broken rib and I have to hoist my hips up to allow the nurse to slide the bed pan into the appropriate region. I then rest my rear on it, bent like a banana, to pee.

Could not!! Bladder bluntly refused!! Try again later, 4pm, repeat performance, ditto result! I guessed I needed to be vertical so at 8pm I call for a commode. The effort of getting out of bed makes me faint and to no avail, no peell Midnight - lets give the bedpan one more shot - zilch! At 3am I am in pain and feel like a rock is being harboured in my lower abdomen. I call for the nurse again.

"Ah yes dear, your bladder is in retention, you need catheterising." FAB!! I proceed to off-load more than 2 litres from my relieved bladder and at last drift off to sleep -for 2 hours before the 6am alarm call sounds!

It's day 3 and lunchtime. I have ordered Chunky Vegetable Soup! It arrives, looking like dishwater, but hey, it's food. Unbeknown to me Thelma, opposite, has asked for the commode.

Chiltern League Cross Country

Her medication is playing havoc with her digestion. First spoonful of soup approaches my mouth.... Thelma erupts!! I opt to pass on lunch. For tea I have an egg sandwich. It's not too bad actually. I've eaten a quarter, as Vera is sick on the floor. I pass on tea as well.

Ladies, this one's for you. On Sunday my arrives to add insult to injury! Due to my incapacity and catheter they have supplied me with ... a nappy!! It's now Monday, the Doctor says I can go home today IF they can get hold of a wheelchair for me. They can't! I have to endure another night.

Poor Vera loses the plot during the dark hours. As she delivers her prayers for all to hear, we learn that Hitler and swarms of black flies are in the vicinity - and they are coming to take us away. "HELP - take me home."

Today is Wednesday 29th September. I am now in the comfort of my own home and convalescing under my Mum's watchful eye. My message to you all is " Be grateful for small mercies." Enjoy your next 'pee', relish your next 'tea' and tonight, soundly sleep!

May I take this opportunity to say thank you to everyone who has sent cards, flowers, emails and all my visits, phone calls and well wishes are very much appreciated. Hope to see you all soon.

Suex

Thanks Sue, an 'interesting' experience, glad to hear you're recovering well, but what about Vera and Thelma, I think we need to know!

First of all I would like to thank all our runners who represented the club in the Chiltern League's first match at RAF Halton.

The Chiltern Cross Country League consists of two Divisions and is for UKA affiliated athletic clubs in the North-West Home Counties, specifically Bedfordshire, Berkshire, Buckinghamshire, Hertfordshire, Middlesex, Oxfordshire and Northamptonshire.

The league is organised into two divisions. Currently there are 14 clubs in Division 1 (Typically athletic clubs like Windsor/Slough & Eton) and 18 in Division 2 (Typically running clubs like ourselves and Burnham Joggers) and every position each runner makes up is another point for Handy Cross, e.g. - If there are 100 runners and you finish 80th that is an extra 20 points for our team!

Our team scores are based upon us getting 8 men and 4 ladies, which unfortunately we don't often manage to achieve, however if we did we would stand a good chance of promotion into the first division!

The scoring is based on the athlete's best 4 races out of the 5 in a season, their positions being added together to give their score. Leading athletes over the season can win the following awards:

First three senior men, first three male veterans over 40, first three male veterans over 50, first male veteran over 60, first three men in senior competition, regardless of age group, first three senior ladies, first three lady veterans over 35, first three lady veterans over 45 first three ladies in senior competition regardless of age group.

Full information can be found at <http://www.chilternccl.fsnet.co.uk/>

Trevor



Our 'gorillas' Sue, Alison, Lucy, Grace and Grace's son Jack, raised over £1,000 for the Diane Fossey charity which helps to protect the remaining 650 gorillas left in the wild. They completed the race in the centre of London on mini scooters! Well done everyone.

The Marlow 5

We presented a cheque for £1,500 to the Thames Valley & Chiltern Air Ambulance Trust, the proceeds from the Marlow 5.

This organisation has been operating for over 5 years and passed the 6,000 call-out stage, averaging four missions per day covering Berkshire, Buckinghamshire, Oxfordshire and parts of Northamptonshire and Hampshire.

Our contribution will help towards their annual costs of over £1 million per year.

Barnett Trophy

This year the Barnett Trophy was given to Laura Gwilliam and Vernon Martin for the most improved performances over the 5K series.

Internet Bulletin

You can now receive the Bulletin over the internet, helping to save the club money in printing costs and preserving a few more trees! Just give Trevor Hunter your e-mail address and he will do the rest.

New Sports Centre

Wycombe is to have a new sports centre to replace the existing one at Handy Cross. Does this mean we have to change the name of the club again? As the new centre is to be built at Cressex, how about The Cressex Crawlers?

Out of our Depth

Back in August, Julia Downes and I had the honour of being selected for our county running teams, in the inter-county 10K champs at Bishop Auckland (Durham). Julia for Sussex and myself for Bucks.

After the long drive the day before the race, we arrived at registration to pick up our race numbers and the lady at the desk said that Bud Baldaro was currently holding a seminar and would we like to listen to him. I have to admit to not knowing who he was, but apparently he is our top coach in the U.K, including coaching Tracey Morris to her amazing London marathon and Athens successes.

So we were taken down into a room and introduced. The 15 people in the room were sitting down with chairs forming a circle, he welcomed us in and told us to pull up some chairs...I recognised one of the faces as Michelle Lee, who runs for Milton Keynes and last time I saw her she went past me in the last mile of the Bramley 20 mile race, in a superb time of 1:56 - And her smile put us at ease!

After about two minutes I realised that this was not an ordinary set of people. Apart from being the oldest by at least 10 years, I was also the fattest! Bud started saying things like "So, tell me which races you would like to use for your commonwealth selection" and "You guys are the cream of the elite, and can demand some quite hefty appearance fees". It soon dawned on me that we were sitting with the U.K team!

The first half an hour I felt really out of place, and wanted to apologise and leave, but this would not have been fair on Bud... After a while I started to enjoy the experience.

Bud was brilliant and tried to include everyone in the discussions, at one point asking me, "So tell me Trevor, what do you think of Pliometrics?" I wanted to say, "Sorry, I don't believe in any kind of performance enhancing drugs" and when he asked if I had any questions, my wicked side wanted to say, "How long after the sex change operation can I compete, because that's the only way I'm going to the Commonwealth games!"...

But in all seriousness, it occurred to me that these people are just like you and me, just a bit more confident, focussed in their running goals and with a lot more natural ability! Before we left, he wished us all the best of luck in the race, and he would be looking out for our times! I was hoping he had gone home by the time I finished! But sure enough he was still around when I finished in a slightly disappointing 35 minutes and Julia and I had a quick chat to him before the Buffet!

N.B - With a bit of luck over the next few years Julia could be sitting in the same forum again, but this time as an equal, because she has the commitment, talent and confidence to make this possible! Maybe I shouldn't have left it until I was 27 years old to take up running!

Prague Marathon

Just to thank Lucy, Nick Martin, James Bateman and Trevor Free for their company at the weekend of the Prague Marathon...

Especially to Lucy who organised the hotel for ourselves... The first night we were there we had a huge room with a spa bath and a separate lounge. I thought this would be nice to use after the marathon, but unfortunately it turned out we had been put up in the president's suite by mistake and the next morning had to swap rooms for a more modest affair. ...

The next day Lucy and Nick arrived and we went exploring Prague's beauty and discussed the course. I had convinced myself that it was going to be as hilly as on the map I had downloaded off the web, it looked like there were several rapids on the river! In reality, these were tiny, so these are now known by us as the Hunter rapids! I'd like to think that the others were saying "Hunter is Rapid?"

The morning of the race we arrived at the start on a freezing cold, wet day, and started to get quite worried 15 minutes before the start when there were only a few people around. It turned out that the other 6000 were all hiding around the corner in the warm tents supplied!

The first 5K was on cobbles, which was not a bad thing as this stopped us going out too quickly, but then we had a long stretch running down the banks of the river, I saw several people diving under the ropes to cut a few miles off the course, and hope they were all disqualified?, The crowds towards the end really helped especially as we got back to the last 5K on cobbles again!

After the marathon was over I went back to the hotel and was having a nice relaxing soak in the bath, when the cleaner walked in, she screamed, said some un-translatable words of Czech and ran out! We all met up later and discussed the high and lows, and was very pleased to hear that Lucy had such a superb race, getting close to going under 4 hours!

A Bridge Too Far

Pete Smith, James Bateman and myself travelled to the very beautiful town of Dinant in Belgium last month. Unfortunately there had been so much rain, the organisers were faced with an unusual problem a few hours before the start of the 12K and 21K races!

...The bridge we where due to run over had been washed away!

But they did a superb job is keeping the races on, although this did result in an extra 3K, mainly up hill!

The other memory for me was of a 33kg lady disappearing into the distance! Well she is the European Mountain champion!

Lucy's Bum

A couple of months ago I got into to work to find and email with the subject line, "Lucy's Bum"... I thought, "Oh no, not more spam" and was about to delete it when I noticed that it came from Martin Dean's email address! (Definitely suspect then!).

And within it was the story on how poor Lucy had been out running one summer's evening, disturbed a wasp's nest and got stung in this delicate place!

Full of sympathy, Martin had managed to get a photo of Lucy icing the injury and had emailed it to me for inclusion on our web site...

...So I forwarded the photo to my home email, to allow me to upload it, however it never arrived!

The next day at work I got an email with the subject line "Lucy's Bum - Has been rejected by the server"! I guess it was too big, I mean the photo not the bum! Anyway a few weeks later I understand that Martin himself was the victim of some bee stings (*Hornets actually! Ed.*) so please send any photos my way, although none of his bum please!

Many thanks to Trevor Hunter for supplying the articles on these two pages.

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Club Standards

The club's committee is planning to introduce standards for selected races to provide the opportunity of winning something for those people who are not necessarily the fastest, but who take part in lots of races.

Can I suggest they include a category that will suitably reward the efforts of our divers?

How about a points system, one point for a fall, two if blood is drawn and three points for a full blown visit to A & E.

I think Terry would be in the lead at the moment.

Congratulations

To Margaret Moody for winning the Lady vets prize in the Battersea Park 10K with a superb new personal best time of 42:49, which not only won her age group, but also the age group below hers as well!

Also to Dave Lancaster who took part in the Carsington Duathlon in Derbyshire, with a superb time of 1hr 36mins for a 5K run, 30K Bike and another 5K run.

This was the final national ranking event of the series, leaving him 4th in the British Triathlon Association ranking for his age group and 24th overall.

Results

Flora Light 10K

Stella Gwilliam in 32:00
Laura Gwilliam in 34:00
Pat Carter in 34:39
Sue Walker in 35:30
Alison Alexander in 35:30
Rose Priest in 37:50
Paula Potts in 44:00
Ann Palmer in 50:00

Tring Ridgeway Run

Mike Hickman in 1.15.59
Debbie Ridout in 1.23.43
Ellen Haynes in 1.24.52
Liz Davey in 1.25.51
Angie McLoughlin in 1.35.29

Henley Half Marathon

Debbie Jones in 1.37
Jock MacClean in 1.40
Alan Wheeler in 1.40
Nick Martin in 1.44

Henley 10K

Pat Bromley in 55.00
Sue Walker in 59.26
Alison Alexander in 59.26

Amersham 5

Dave Duckworth in 36.56
Ellen Haynes in 41.00
Katy Palmer in 43.47

Bearbrook 10K

Margaret Moody in 45.59

Windsor Half Marathon

Des Mannion in 1.49
Linda Weedon in 1.58 (pb)

Blenheim 10K

Trevor Hunter in 34:42 (2nd)
David Bosley in 36:38 (8th)
Peter Smith in 38:17
Alfred Benjamin in 40:25
Paul Palmer in 44:28
Micky Middleton in 52:32
Linda Weedon in 56:11
Alison Alexander in 65:02
Ann Palmer in 65:38
Grace Wilson in 70:29

Burnham Half Marathon

Dan Charleston in 1:25:38
Dave Leighton in 1:30:29
Ralph Bernascone in 1:33:29
Alfred Benjamin in 1:37:12
Jock Maclean in 1:41:59
Terry Eves in 1:43:57
Peter Edington in 1:49:07
Trevor Free in 1:49:10
Paul Palmer in 1:54:03
Lucy Couturier in 2:00:03
Davina Crampton 2:05:37
Myrl Richardson in 2:13:38
Melanie Hill in 2:16:00,
Sam Potter in 2:23:22

Chalfont St Giles 10K

Sally White in 44.11
Michelle Margot in 45.50
Alan Wheeler in 46.02
Peter Astles in 49.00
Linda Weedon in 57.05

Ridgeway Run (89 miles)

Rod Palmer in 19 hrs & 5 mins
(4th overall & 1st in age group)

Maidenhead His'n'Hers

Dave Bosley in 28.03 (1st place)

London Triathlon

Paul Palmer in 2.47.25

Dorney Lake Triathlon

Alison McQuater in 1.54.58
Helen Murdoch in 2.01.10

Cotswold Triathlon

Alison McQuater in 1.18.30

Rowers Revenge Triathlon (4k row, 25k cycle & 7k run)

Paul Palmer in 1.444
Ann Palmer in 2.19

**RESULTS OF THE GERRY GROSSE
TROPHY/WEDNESDAY TRACK
GROUP 5k HANDICAP RACE HELD
ON 26-8-04.**

Handy Cross members were competing for the Gerry Grosse Trophy, and my Wednesday night regulars the Wednesday Track Group plaque. All participants were eligible to compete for the other prizes.

Our winner this year, beating her season's best 5k result of 33:25 by 2 min's 25 sec's, was Jo Hutchby. Well done Jo.

Peter Edington won a plaque for being the most improved runner of the opposite sex. He was 22 seconds inside his season's best time of 21 min's 31 sec's. He also won the Wednesday Track Group plaque for achieving the best result among my Wednesday night regulars.

Debbie Jones won a prize for being the person coming closest to the times I predicted. She was within 1 second.

Nick Martin won a consolation prize for being the person with the largest deficit between the time I predicted and the actual time that he took. He left the track for several minutes to go to the loo and then returned to finish the race. As I had not set any rule that people had to stay on the track throughout, I had no alternative but to award him the prize.

Dai Roberts of Marlow Striders won a prize for setting the fastest time of the evening finishing in 17 min's 5 sec's. He told me afterwards that he was not actually trying for a fast time, but merely using the occasion as an interval training session doing 1000 metre efforts.

Other notable performances of the evening were: -

Eric Buckle of Marlow Striders who beat his seasons best of 21:57 by 1 min 44 sec's, Terry Eves who beat his seasons best of 23:20 by 21 sec's, Russell Fell who beat his season's best of 21:33 by 17 sec's and Margaret Moody who was the fastest Handy Cross Runners member competing.

Many thanks for Stephan Naunko for doing the lap counting, Vernon Marin the time-keeping and to all those who turned out to spectate. Thanks also to Gerry Grosse who once again travelled up from Minehead especially for the race, and without whose generosity in providing the trophy there would be no race. Last but not least thanks to all the runners for taking part. You are all winners!

ACTUAL TIMES.

Dai Roberts (Marlow Striders)	17:05
Gerry Robinson (Marlow Striders)	20:01
Eric Buckle (Marlow Striders)	20:13
Richard Evans (Marlow Striders)	20:21
Margaret Moody	20:49
Peter Edington	21:09
Debbie Jones	21:14
Russell Fell	21:16
Des Mannion	21:37
Terry Eves	22:59
Blanch Morrissey (Marlow Striders)	24:05
Ann Bowles (Marlow Striders)	24:21
Lucy Couturier	25:45
Gerry Grosse	26:36
Nick Martin	27:54
Jo Hutchby	31:00
Mike Hickman	

Tuesday Night Training Programme.

- October 5th Pyramid session (Held over from last week). Oak Crescent.
- October 12th 6 x 400m (200m recovery). Dave Nash Estate.
- October 19th 5 x 600m up slope, (Recovery on remainder of loop). John Hall Way.
- October 26th **If I am back in time from Dublin!** 4 x 800m (400m recovery). Oak Crescent.
- November 2nd Hill session, 5 long and 5 short. Knights Hill.
- November 9th Parlauf session, 10 x 310m. Dave Nash Estate.
- November 16th 8 x 400m (200m recovery). Blenheim Way.
- November 23rd 6 x 600m down slope, (Recovery on remainder of loop). John Hall Way.
- November 30th Fartlek session. 4 circuits in clockwise direction. John Hall Way.
- December 7th Hill session, 6 long and 2 short. Knights Hill.
- December 14th 5k. Time Trial. John Hall Way.
- December 21st Relay session, 2 sets of 10 laps around the square in teams. Dave Nash Estate. **Happy Christmas Everybody!**
- December 28th No session. Enjoy a well-deserved break. Wishing you all A Very Happy, Healthy and Prosperous New Year!

Keeping the dream alive.

WEDNESDAY TRAINING PROGRAMME UP TO 29-12-04.

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.

- 6/10/04 8 x 600m (200m walk/jog recovery).
- 13/10/04 6 x 800m Paarlaf session. Whilst one person is running effort, the other has to complete 400m recovery.
- 20/10/04 5 x 1000m (200m walk/jog recovery).
- 27/10/04 "Upper" 200, 200, 400, 400, 600, 600, 800, 800, 1000, 1000m (200m walk/jog recovery).
- 3/11/04 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner. Recover on remainder.
- 10/11/04 5 x 1200m (200m walk jog recovery).
- 17/11/04 4 x 1600m (200m walk/jog recovery).
- 24/11/04 5k. Time Trial. (Please wear a stopwatch).
- 1/12/04 "Downer" 2000, 1600, 1200, 800, 400m (200m walk/jog recovery).
- 8/12/04 3 x 2000m (200m walk jog recovery).
- 15/12/04 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner. Recover on remainder.
- 22/12/04 Pyramid session 400/800/1200/1600/1200/800/400m (200m walk/jog recovery).
Have a Happy Christmas everyone!
- 29/12/04 No session. Wishing you all the Best of Health, Happiness, and Fortune for the New Year. I hope that 2005 will be a year of hard training and pb's.

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

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What's On?

Sunday Cross Country League
See Peter Edington for further details.

Provisional Dates	Venue
14th November 2004	Datchet 11AM
21st November 2004	Metros 11AM
28th November 2004	Sandhurst 11AM
12th December 2004	Handy Cross 10AM
19th December 2004	Reading 10AM
9th Jan2005-To be confirmed	Tadley
23rd January 2005	Bracknell Forest 10:30AM
6th Feb2005-To be confirmed	Finch Coasters

Chiltern League Cross Country
See John Dooley for further details.

Confirmed Dates	Venue
9th October 2004	RAF Halton
30th October 2004	Oxford/Horpath
4th December 2004	Luton
8th January 2005	Watford
12th February 2005	Wing

7th November
Marlow Half Marathon

21st November
Herberts Hole Challenge

5th December
Luton Marathon

10th December
Pantomime at Wycombe Swan

17th December
Christmas Disco

27th December
Cliveden Cross Country

16th January
Highworth Half Marathon
Wendover Woods 5

29th January
Watford Half Marathon

13th February
Bramley 20

6th March
Reading Half Marathon

13th March
The Grizzly
Finchley 20

17th April
London Marathon