



The Bulletin

Handy Cross Runners
Newsletter

October 2006

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Welcome to the 'new look' Bulletin which was originally in response to the new Royal Mail pricing scheme to reduce the size and keep down postage costs. However as I still have hundreds of A4 sized envelopes to use up, I decided to keep it the same size and number of pages for the time being.

I may produce more regular (every two months or so) but shorter newsletters which can be folded and sent out in A5 size envelopes. I can also send it by email to everyone who would like to receive it this way, just let me have your email address. But don't let the smaller size put you off writing articles, all contributions are very welcome and will be used.

Congratulations to Rose Priest who achieved a significant birthday not long ago. On a sadder note, Alex would have been 60 in August. Commiserations to Helen Murdoch who lost her mother recently after a long illness.

When Mike Hickman was on holiday in Ireland, he looked up Alison and Helen (the Ninja Sisters) who both moved there a few years ago. They wished to be remembered to everyone at the club and as Helen has now returned to Wycombe, hopefully we will see her running with us again.

The cross country season is nearly with us and on page 12 you can find the dates for this winter's fixtures. Saturday League matches are from 8k to 10K for the men and 5.5k to 6k for the women while everyone runs the same distance in the Sunday League and tea & sandwiches are provided afterwards. If you're not sure about running, why not come and help marshal at our own event in Bradenham Woods in December?

Also in December is our annual trip to the pantomime at the Wycombe Swan and the Christmas Disco at the Judo Club.

www.handycrossrunners.freeserve.co.uk

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Where There's a Wheel, There's a Way!

James Bateman and Julia Downes were planning to do a Mountain Bike orienteering race...

This is James's story -

"Yesterday didn't go as well as planned. I went out on Saturday night with Julia and her flat mates and ended up (trying) to sleep for three to four hours on the couch in their house.

On Sunday morning we put Julia's bike in my car then hurriedly drove to my house. I grabbed the bike and various other things and set off.

Two miles into the journey we returned to my house since I had forgotten my cycling helmet, then set off again.

We arrived with about 20 minutes to spare at Alton and on removing my bike I discovered I was missing a major item, namely the front wheel, which was still sitting in my hallway and which I must have walked past four or more times that morning.

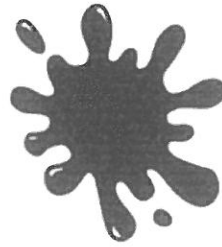
I rushed around trying to borrow a front wheel or find a local bike shop renting out bikes but I failed (the local bike shop is closed Sunday). I ended up reading a Sunday paper on a park bench for two hours, while Julia and Ian did the cycle race, both had an excellent ride."

What important piece of kit have you left behind? Anyone willing to own up will receive a mention in future Bulletins.

New Club Trophy

We are going to introduce a new club trophy to be competed for on an annual basis. This trophy will be in memory of our former club chairman Alex Johnson and will be a handicap event, over one of his favourite routes when he was still running.

This race will take place on a Sunday morning in February and will be arranged not to clash with the cross country and Wokingham Half Marathon.



.....the
way forward!

Purple Patch Running Weekends

24-26th November 2006

26-28th January 2007

Brecon Beacons

Chris and Claire Donald from Maidenhead AC have set up a small company offering weekend running breaks - initially in the Brecon Beacons.

You will be able to run along picturesque tow-path & river routes; rambling countryside & hill routes. All runs are of course optional; you can run as few or as many as you want, with something for everyone.....whether you are new to running or are already training regularly, this weekend will provide you with advice, motivation and great running.

The weekend costs only £150 per person with shared accommodation, which is basic but very clean and comfortable in twin, four-bed and six-bed rooms with bunks. All food & drinks are supplied from Friday evening dinner until Sunday light lunch. There is plenty of on-site parking and it is easy to reach, being situated in the centre of Brecon.

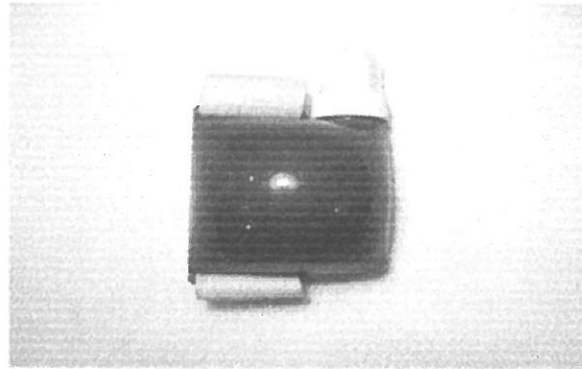
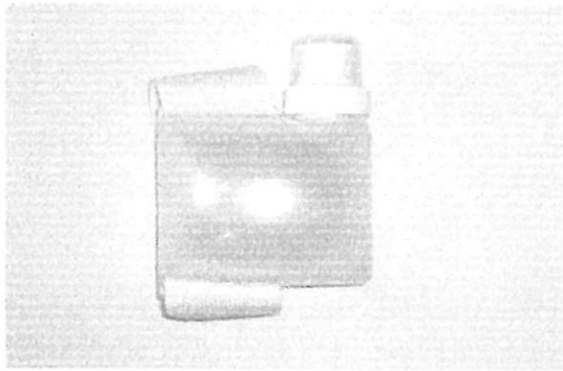
Also when the first person from HCR signs up they will donate 10% of the fee back to the club and each subsequent referral will generate 5%.

They can be contacted on :
chris@purplepatchrunning.com or 07860 650 579 or
01628 474 953



HYDRO-SPORT

Wrist Water Bottles That Keep Your Hands Free While Exercising!



Red, Green & Purple colour options also available.

Hydro Sport was invented as an alternative to having to carry water bottles while exercising. This new hands-free approach is simple and easy to use. You just fill them up with water and go! They also make a great unique gift for anyone on your shopping list.

Each cleverly designed Hydro-Sport holds 5.5 ounces of water or sports drink. It is strapped onto the wrist and has a pull top. It eliminates the need to carry water bottles, which can be cumbersome to carry and break your stride when you have to stop to take a drink. You just fill them up with cold water and go!! Both Hydro-Sports supply you with the necessary 11 ounces of liquid to complete your workout (ideal for a 10K run) without the risk of dehydration.

Each Hydro-Sport weighs a half pound, which is the perfect amount for running without putting stress on your joints. When they are filled with cold water Hydro-Sport cools your wrists and keeps you from overheating. Hydro-Sport makes a unique gift for any fitness minded person.

To order please visit www.hydro-sport.co.uk

£4.99 per set (2 bottles)



Wycombe Half

We had an excellent turn out for the twenty fifth anniversary of this race and the first year we have taken on complete responsibility for the organization.

We also had excellent coverage by the Bucks Free Press in the form of an eight page special pull out.

Congratulations to 'the ever present' Alan Wheeler and Benji, both running for the twenty fifth consecutive time and given race numbers 1 and 25 in recognition (no reflection on their finishing positions, although Alan lost a lot of time shaking hands with all his fans!)

Congratulations also to Trevor Hunter who won the Bucks Championship and finished in fourth place in the race. He also led home the second team with Phil Stephens (2nd MV 40), John Dooley and Benji (2nd MV50), while ten years old Harry Sepede was 2nd in the fun run! Full club results:

Trevor Hunter 1:14:54
Phil Stephens 1:19:42
John Dooley 1:27:18
Benji Benjamin 1:28:21
Dave Leighton 1:28:29
James Bateman 1:29:51
Kimberley Travers 1:40:40
Alan Wheeler 1:42:22
Russell Dean 1:45:14
Rod Maclean 1:45:47
Mike Hickman 1:46:05
James Young 1:46:12
Karen Jenkins 1:52:04
Phil Hutchby 1:56:25
Celia Edwards 1:59:48
Darinka Reilly 2:10:4
Martyn Fox 2:18:29
Stella Gwilliam 2:20:21

Bearbrook 10K

Mike Hickman had told me that the showers after this race were mixed, so purely in the interest of research I thought I would run it this year.

The summer long drought ended that day and it was wet, windy and miserable at the start, but good conditions for running apart from the wind.

With the race over I eagerly found the showers and stayed there so long they turned cold, but the only excitement was when a chap with a pony tail came in!

Well done to Trevor who finished second in a strong field of 463 finishers.

Trevor Hunter 33:32 (2nd)
Pete Smith 38:29
Dave Sanderson 40:16
Caroline Ward 41:43
Mike Hickman 47:20
Martin Dean 52:08

Chiltern Marathon

The Chiltern Marathon is not like the London Marathon, no prizes, no crowds, no goody bags, no marshals even, but plenty of hills and lovely scenery.

This year it was also very hot, but thirteen of us managed to complete the course along with a collection of runners, walkers and dogs. Map reading skills are as important as fitness, as a detour in the wrong direction can add miles to the twenty six you already have to cover! Times are of less importance, but here they are for the record:

Trevor Free, Russell Dean & Margaret Moody 5:55, Debbie Ridout, Mike Hickman, Linda Weedon, Meg Knight & Martin Dean 6:25, Rod & Margo Palmer 7:10, Sarah Bates & Kathryn Wesley 7:15 and Vernon Martin 7:50



Gender

You may not know that many inanimate objects have a gender, for example

Freezer bags: are male, because they hold everything in, but you can see right through them.

Copiers: are female, because once turned off, they take a while to warm them up again, they're an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong ones are.

Tyres: are male, because they go bald and are often over-inflated.

Hot air balloon: male, because to get it to go anywhere, you have to light a fire under it, and of course, there's the hot air part.

Sponges: female because they're soft, squeezable and retain water.

Web page: female, because it's always getting hit on.

Subway: male, because it uses the same old lines to pick people up.

Hourglass: female because over time, the weight shifts to the bottom.

Hammer: male, because it hasn't changed much over the last 500 years but it's handy to have around.

Remote control: female - ha! you thought it'd be male but consider this - it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying.

New Members

A very warm welcome to the following new members:

Jo Barnett, Mary-Anne Bunni, Martin & Linda Fisher, Brendon Gilbert, Pete Summers and Steve Woodley.

Don't forget to see Dave Nash for your free T shirt.

Consistent or What?

Does Dave Sanderson deserve a prize for the most consistent runner? He has finished his last three races in 1:27:36!

These were the Belvoir Half Marathon, followed by the Soham Half and finally the Grunty Fen Half (whatever that is).

Club BBQ

Many thanks to Maragaret Moody for again holding the BBQ in her garden and providing salad and puddings. Although it had been a cold day, the evening was very pleasant and everyone enjoyed themselves.

Ridgeway Classic

Many congratulations to Rod Palmer for completing this non-stop 85 mile race over very tough terrain in 20 hours and 30 minutes.

He was helped and supported by several club members during the epic race, notably Dave Leighton, Mike Hickman, John Bradbury, Lucy Couturier & wife Margo, also by some Aberdeen Angus burgers at Barbury Castle!

Evening Runs

The run from Great Missenden at the end of July was eventful for some of our lady members who were running at the back as they disturbed a wasps nest and several got badly stung! Although the routes were the same as last year, most of the groups managed to get lost, but found the pub at the end.

The final evening run from the Dew Drop Inn (which I always thought was 'the do-drop-in') could have gone horribly wrong as it was dark shortly after we finished. But thanks to leaders Debbie Jones, Pete Edington and Mike Hickman, nobody got lost.

These runs have proved to be very popular and well supported, let's hope we can repeat them again next summer.



Who is the mystery runner pictured at the seaside some years ago?

If you think you know, Ellen Haynes will confirm your suspicions.





Congratulations

To Trevor Hunter who finished 3rd in the Berkshire, Buckinghamshire, Hertfordshire & Middlesex Open 10,000 Metres championships, winning the Bucks category with a time of 34:10

Many congratulations to Sam Amend and Phil Stephens for taking part in the London Duathlon relay and helping their team to a superb 5th place with Phil running the 9k leg in 34:01 and Sam running the 5k leg in 19:10 with a total time of 1:33:56.

Also to Dave Leighton who achieved a personal best in the Burnham Beeches Half Marathon and Trevor Hunter for finishing the same race in third place.

Caroline Ward was 3rd lady in the Chalfont St Giles 10k while Paul and Ann Palmer seem to have taken part in every triathlon in the country this summer with Ann achieving several pb's.

Well done to Mary Anne Bunni who ran her first race in the Peppard 10k and Penny Cutler who ran the New Forest Marathon (her first) in a superb time of 3hours and 38 minutes.



Results

Milton Keynes Half

Rob McGrath 1:29:30
Andy Harrison 1:43:05
Terry Eves 1:48:19

Waddesdon Manor 5K

Trevor Hunter 16:52

Benson 10K

Apologies to Sue Walker for missing her name in the last Bulletin. She finished in 67:48

Burnham Half Marathon

Trevor Hunter 1:13:37(3rd)
David Leighton 1:26:10(pb)
Trevor Free 1:34:26
Ron Newman 1:41:11
David Duckworth 1:42:36
Alan Wheeler 1:44:07
Terry Eves 1:49:36
Des Mannion 1:49:52
Paul Burton 1:51:40
Celia Edwards 1:52

Amersham 5

Caroline Ward 34:53

Peppard 10K

Mary Anne Bunni 71:01

Bananaman Triathlon

Swim 800m / Bike 30.6km / Run 7.5km
Paul Palmer 24:55 / 59:18 / 39:37 = 2:03:50
Ian Murdoch 19:43/1:07:23/54:21 = 2:21:26
Ann Palmer 31:10 / 1:12:29 / 36:26 = 2.20.05

London Triathlon

Swim 750m / Bike 21km / Run 5.2km
Ann Palmer 1:41:28 (pb by 12 mins)

Swim 1500m / Bike 41.1km / Run 9.8km
Paul Palmer 2:47:37

Cambridge Triathlon

Swim 1.5km / Bike 40km / Run 10km
Paul Palmer 2:47:15

Concorde Triathlon

Swim 400m / Bike 20km / Run 5km
Paul Palmer 1:19:23
Ann Palmer 1.34.14 (pb)

Descente De La Lesse (23.4 km)

Trevor Hunter 1:29:29 (9th)
James Bateman 1:46:43
Caroline Ward 1:51:11

Descente De La Lesse (14.6 km)

Julia Downes 59:49 (1st)

Chalfont St Giles 10K

Caroline Ward 44:00 (3rd lady)
Alan Wheeler 49:00
Paul Palmer 46:53
Ann Palmer 60:02

Pewsey Vale Half Marathon

John Dooley 1:29:33 (3rd MV)

Berlin Marathon

Russell Fell 4:11

Windsor Half Marathon

Sam Amend & Phil Stephens 1:32:29

New Forest Marathon

Penny Cutler 3:38:55
Terry Eves 4:29:41

Robin Hood Marathon

Alan Wheeler 3:56.52

Hydro 5K

Pat Bromley, Alison Alexander & Rose Priest 34:51
Ann & Charlotte Palmer 42:00

Toronto Marathon

Tim Jefferson 3:38



Rowers Revenge Triathlon

Row: 4km, Cycle: 25km, Run: 7.5km

Paul Palmer 17.37, 59.31, 34.2 = 1.51

Ann Palmer 19.55, 61.01, 46.26 = 2.07 (pb)

Mike Blowing 1:48

London Duathlon

Run: 9km, Cycle: 22km, Run: 5km

Paul Palmer 1:48:35

Ann Palmer 2:17:52

Gerry Grosse Trophy / Wednesday Track Group 5k Handicap Race

There was a disappointing turnout for our annual 5k Handicap Race, which took place on Wednesday 23rd August. The low attendance could have been due to the appalling weather but the fact that Gerry Grosse himself was unable to attend due to him being on holiday was probably the main contributory factor.

Only eight runners turned out on a very wet evening to compete to win these very coveted trophies. All Handy Cross members were competing for the Gerry Grosse Trophy and those that number amongst my Wednesday night regulars for the Wednesday Track Group Plaque also. All participants were eligible to compete for the other prizes.

The competitors were started off at the same time with the aim of bettering the unknown (closed handicap) target times I had set for them based on the results of this years 5k series. The heavy rain soon destroyed the race numbers worn by the competitors so I was quite grateful for the small turnout, which meant lap recording was made relatively easy.

The winner of The Gerry Grosse Trophy this year, beating her season's best 5k result by 1 minute 27 seconds, was Donna Howlett. She was also awarded the plaque for "First Lady". Congratulations Donna!

Terry Eves won the plaque for "First Man". He was one minute inside his season's best time. He also won The Wednesday Track Group Plaque for the best performance of my Wednesday night regulars. Well done Terry!

Trevor Free was awarded a bottle of wine for setting the fastest time of the evening.

Lucy Couturier was awarded a bottle of wine for being the person coming closest to the target times I had set.

Blanche Morrisey of Marlow Striders was awarded a bottle of wine for being the person with the largest deficit between the time I predicted and the actual time that she took.

Nicola Bryant was awarded a bottle of wine for being the person who savoured the experience of this event for the lengthiest time.

Many thanks to Vernon Martin for officiating and doing the timekeeping and also to Brian Sinclair who turned out to support and encourage those taking part. Thanks also to Gerry Grosse without whose generosity in providing the trophy there would be no race. Last but not least thanks to all of you runners for taking part. You are all winners!

Actual Finishing Times

Trevor Free 19:59

Andy Harrison 20:07

Des Mannion 21:50

Blanche Morrisey (Marlow Striders) 23:40

Terry Eves 23:53

Lucy Couturier 25:11

Donna Howlett 25:29

Nicola Bryant 27:07

Mike Hickman



Tuesday Night Training Programme

October 10 th	Paarlauf Session (Dave Nash Estate) 12-15 x 338m
October 17 th	10-12 x 400m (Halifax Road) (200m walk/jog recovery)
October 24 th	6-8 x 600m (John Hall Way) (Recovery on remainder of loop)
October 31 st	I will be in Dublin but don't let that stop you enjoying 5-7 x 800m (Oak Crescent) (200m walk/jog recovery)
November 7 th	Hill Session (Halifax Road)
November 14 th	4-5 x 1000m (Oak Crescent) (200m walk/jog recovery)
November 21 st	Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit. (Efforts:- 251/485/694m Recovery:- 207/363/287m)
November 28 th	3-4 x 1200m (Once around small circuit Cressex Rd. John Hall Way and up footpath continuing to Turnpike Corner. (Recover back along Cressex Road to start point)
December 5 th	3 x 1 mile around Cressex Rd. /Marlow Rd./Rupert Ave. circuit (Recover back to start point)
December 12 th	Hill Session (Knights Hill) 6-7 long & 2 short (See the lights!)
December 19 th	5k Time Trial. Cressex Road/John Hall Way.
December 26 th	No Session. Try some Boxing instead

Keeping the dream alive



Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm.
All abilities will 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

- 11/10/06 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 18/10/06 5 x 1200m (200m walk/jog recovery)
- 25/10/06 Paarlauf Session 12 x 400m
- 1/11/06 I am in Dublin enjoying some post race Guinness to aid recovery.
Please do 4 x 1600m in my absence (200m walk/jog recovery)
- 8/11/06 "Upper" 200/400/600/800/1000/1200/1400m (200m walk/jog recovery)
- 15/11/06 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner.
Recover on remainder
- 22/11/06 5k. Time Trial. (Please wear a stopwatch)
- 29/11/06 "Downer" 1400/1200/1000/800/600/400/200m (200m walk/jog recovery)
- 6/12/06 2 x 12 x 200m (200m walk jog recovery)
- 13/12/06 7 x 800m "Differentials" 1st lap of each at 5k pace, 2nd at hard effort.
(200m walk/jog recovery)
- 20/12/06 Hill session (Knight's Hill), 8 x full circuits maintaining effort until 2nd corner.
Recover on remainder.
- 27/12/06 **No session (Enjoy a well-earned break)**

Mike Hickman

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

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e-mail mikehick@btinternet.com



Handy Cross Runners

What's On!

Saturday 14th October

Dogs @ Oxford

Sunday 15th October

Jog Shop Jog (20)

Princes Trust 10K @ Legoland

Cabbage Patch 10

Sunday 22nd October

Abingdon Marathon

Great South Run

Sunday 29th October

Dorney Lake 10K

Ricky Road Run

Sunday 5th November

Marlow Half Marathon

Friday 8th December

Pantomime @ Wycombe Swan

Friday 15th December

Christmas Disco

Chiltern Cross Country League (Saturday)

October 14th

Mob Match at Watford

November 11th

Mob Match at Luton

December 2nd

Mob Match at Culham

January 13th

Mob Match at Slough

February 17th

Mob Match at Wing

Thames Valley X Country League (Sunday)

Provisional Fixture List

November 12th

Datchet Dashers

November 26th

Sandhurst

December 3rd

Handy Cross

December 17th

Reading Road Runners

January 7th

Tadley

January 28th

Finch Coasters

February 4th

Bracknell Forest Runners

February 18th

Metros