



Apologies again! This time because Margaret Moody slipped off the bottom of the Ridgeway Relay report in the last Bulletin. She was our final runner in team 2 and her efforts lifted us from 38th (and last) place to 37th! The full team result was:

Team 2 (37th position) 37th Martin Dean 108:56, 29th Martyn Brewster 44:25, 35th Nick Martin 89:52, 38th Meg Knight 61:04, 35th Cheryl Sayer 100:36, 37th Helen Moseley 113:36, 35th Linda Weedon 87:25, 26th Fred Ashford 71:46, 33rd James Price 95:39, 21st Margaret Moody 75:17

Congratulations

To Jenny Shorrocks on the birth of her daughter Alice and to Margot and Rod Palmer on the arrival of their second grandson.

Future Events

Lucy is organising a trip to the Christmas Panto at the Wycombe Swan on Saturday 11th December to see Steve McFadden (Phil from EastEnders) as Captain Hook in *Peter Pan*. She has reserved thirty front row seats at approx £20 each.

She is also organising the Ladies Christmas Meal on Wednesday 1st of December at The Crooked Billet, Little Marlow. Please see Lucy if you would like to go to either event.

The club's own Christmas Party will be held on Friday 17th December at the Judo Club and Tora is holding a Christmas run on the 19th (see back page).

The Rotary Club of Marlow is holding a 5K Santa's Fun Run on Sunday 5th December in Higginson Park, with prizes for First 3 Father Christmases and First 3 Mother Christmases. Entry is limited to the first 1250 entrants. Each will receive a free Santa Claus costume and finisher's medal. Enter online or download an entry form from their website: www.santasfunrun.org

Cross Country

Yes it's that time of the year again! As usual there are two leagues in which to enjoy yourselves, the very competitive Saturday League and the more laid back Sunday League. Dates are:

Saturday League

13th November	Watford
4th December	Stowe
15th January	Luton
12th February	Wing (tbc)

Sunday League

14th November	Datchet
28th November	Sandhurst
12th December	Handy Cross
2nd January	Reading
9th January	Tadley
23rd January	Finchamstead
6th February	Bracknell (Provisional)
27th February	Metros (Provisional)

Please make a special note of our own event in December and try to be available for marshalling. We don't want a repeat of last year's poor turn out.

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: mj.dean31@btinternet.com



T Shirt Logos

We needed a message for the Marlow 5 and Wycombe Half T shirts and Darren House came up with these suggestions off the top of his head:

I Have, I Can, And I Will Run

Summer miles bring Autumn smiles

Run hard or walk home

Dream BIG, Run fast

I run because I like to; I win because I have to

Running begins not with the feet but with the mind

Whoever said it's not whether you win or lose
that counts...probably LOST

You ask me why I run? The same
reason I breathe, I have to

It hurts a lot less when you win

Everyone gets knocked down. Champions get back up

Trample the Weak. Hurdle the Dead

I will do today what you won't, so
tomorrow I can do what you can't

Everyone looks up at the stars in the sky, but a champion
climbs a mountain and gets one

Running is a mental sport and we're all insane

The faster you run, the quicker you get done

Love the hills and they will love you back

If you want to run with the big dogs,
you can't train with the puppies

Live to run...run to live

It's not the size of the dog in the fight,
it's the size of the fight in the dog

In a world of give and take, give what it takes

Cross-country runners do it in the woods

If you have to ask us why we run,
then you will never understand

Cross country is about where you are going
and who you left behind

Seven days without running makes one weak

Run, eat, sleep, repeat

Pain is just weakness leaving your body
It's just pain. It goes away

Champions train, losers complain.

The gun goes off. I am the bullet

We have promises to keep, teams to beat and miles
to go before we sleep

Cross Country--finally a practical use for golf courses

We've got more legs than a bucket of chicken

I'm faster than you because I run more

Run for Fun - Race for Place

Pain is temporary. Pride is forever

The wishbone will never replace the backbone

Runners don't die; they only smell like it

Slow and steady will win the race,
except in a real race

The road to hell is paved. Run Cross Country

While Vernon supplied these rather longer ones:

My grandpa started running five miles a day when he
was 60...Now he's 70 years old...and we haven't a
clue where he is!

I like long runs, especially when they are taken by
people who annoy me

The only reason I would take up running is so that I
could hear heavy breathing again

I have to run in the morning before my
brain figures out what I'm doing

I joined a health club last year, spent about
300 quid and haven't lost a pound!

Every time I hear the word 'exercise' I wash my
mouth out with chocolate

The advantage of exercising every day is so when you
die, they'll say, "Well, he looks good doesn't he?"

If you are going to try cross-country skiing,
start with a small country

Running twenty minutes can add to your life.

This enables you to spend an additional five months
in a nursing home at £2,500 a month

Every time I start thinking too much about how I
look, I just find a Happy Hour and by the time I leave,
I look just fine



Thursday Evening Mystery Runs

We had a most enjoyable run from Lane End in July organised by Ann and Paul Palmer. Several people retired to the Old Sun pub afterwards for liquid refreshment and possibly something to eat.

You will have read about the unfortunate spillage of drink on Cheryl in the last Bulletin, this should have prepared us for what was to come!

I ordered Ham, Egg and Chips which duly arrived and was delicious. In fact, it looked so good that several other people were tempted to order the same. However, they were told the pub had run out of eggs and could they choose something else?

By this time I had finished my meal and left, missing the sight of uncooked Scampi and soggy Chips that were served up! Mike Hollis ate his and was ill in the night, while the others refused to eat their meals and claimed a refund. For some reason my enthusiastic reports of the delicious meal I had enjoyed wasn't very well received, especially by Mike!

I missed the next Thursday evening mystery run, organised by Nick Martin, but managed the final one in September, which was organised by Des and Trevor and culminated in runners and walkers emerging from the woods in the dark with head torches

before enjoying an excellent meal in the Le De Spencer Arms in Downley. (See page 5 for Terry's adventures on this run)

Many thanks to everyone involved in organising the Thursday evening summer runs, hopefully we will be able to have some Sunday morning events in a similar format during the winter.

Competition

Did anybody notice the blue plaque on the gate of a house in Hambledon which everyone ran past on the Thursday evening mystery run in June?

A pint to anyone who can tell me which famous Lord was born there and two things for which he was famous. Also, the Le De Spencer Arms are the coat of arms of which local family?

Divers

Having reported on the exploits of the Divers in the last Bulletin, Terry promptly treated us to a spectacular effort on the next Tuesday evening run complete with all the requisite pain and blood, while Ann, Grace and Margaret have all provided competition recently (see next page).

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The Amazing Fall From Grace

Rarely if ever has a period seen so much activity on the diving front as that since the last bulletin.

This began with myself setting the early pace on the very same day that the last bulletin was published with a ground-breaking trip in the woods, incurring numerous cuts, but fortunately for me the very best professional help was on hand with the offer of 3-D treatment from Donna, Darinka and Deborah.

They recounted how, on an earlier Ladettes tour of the Lake District, Deborah had injured her arm and Darinka had known just the treatment which had been handed down through generations of Transylvanian soothsayers. This involved placing a large rock on the affected limb and bathing with pure spring water, I'm unsure in which order. Luckily for Deborah there had been a mountain spring on hand, however midway through the ritual they were distracted by the sound of another ladette who was tinkling ten feet upstream, so as the efficacy of the treatment remained unproven, I declined.

The following weekend, the regulars on the river run were joined by Ann and Grace, who obviously knew all the shortcuts as they would be trailing behind and then mysteriously appear some distance in front. It was after one of their forays into the undergrowth that Ann reappeared with injured ribs and covered in mud, which was in keeping with the theme as we were approaching the statue of the hippos.

I think that they somewhat unfairly held me responsible and took revenge on my wife on the following mystery run when she returned in a similar state. Numbers had been well down due to the terrible conditions and having been lured into the walk with Ann, Grace and Laura she found herself ankle-deep in mud and crawling under barbed wire fences. After a further fall Grace referred to us as the Eves of Self Destruction!

Two weeks after returning to work, Ann consolidated her position at the top of the leader board with a further dive in the Pangbourne 10K. However, Margaret won her age group in the Masters but has

not mastered the art of staying upright, as at the Burnham Half she appeared in glorious Technicolor with her face, arm and leg covered in bruises, having crashed to the ground on the pavement in Flackwell Heath and been ignored by passing motorists, obviously assuming she was just another of the area's drunks. So Margaret and Ann appeared to be the Diving Divas, despite my wife falling again and breaking her other wrist, which just confirmed Grace's epithet, but I think it's probably the time of year that makes us The Falling (L)eves.

Not to be outdone, however, the best was left until last with this Amazing Fall from Grace which is best summed up in her own words in an email I received.

"Well I'm now a member of the Eves 'Give Us a Break' club when Ann and I went for a run in Marlow as she has fallen twice recently and wanted to avoid the trip hazards on the Mystery Run, like running through the woods in fading light! We had got within 100m of our car when the road came up and not only smacked me in the face, but also squashed my ribs and broke a finger.

As a result I am now in a half plaster and can only half laugh at jokes because of the pain. (*I bet that doesn't half hurt! No, only when I laugh*) I was running like a train until I was derailed, but the hospital weren't too sympathetic. I can't drive for four weeks and I may need an op on my hand."

UPDATE 28 September

"I have had to have my finger pinned at Stoke Mandeville as it was dislocated as well as broken, but I'll be back when I have finished the pain killers and anti-biotics."

Get well soon Grace, and to all you Divers who don't yet know it "May all your landings be soft ones!" and remember, it's only funny until someone gets hurt – then it's hilarious! (But don't tell Grace 'cos it hurts her to laugh!)

Terry



The Telstars

It was to be the final mystery run of the year and seeing that Ellen, Frank, Sally and Phil (S not H) had chosen the shorter option, I was anticipating what promised to be a good fast run. Shortly into the run however, Trevor handed me his map and asked would I assume control as he was finding it too tough. So, regrettably, I had to make a sacrifice for the greater good of the group and although running well within myself I decided to regroup and wait for the stragglers by the Harrow. As it was still quite light I suggested that we add a loop to the proposed route and perhaps run up to Speen or Kingshill, as minutes earlier we had briefly met with those doing the long run who had headed off in that direction.

When my suggestion was met by a sea of shaking heads, I looked for a bloke for back up, as it is a well-known fact that girls can't be as decisive as us men and could easily be persuaded to go the extra mile. So I scanned the dissenting faces looking for the inevitable support then, as I felt the panic rising, I scanned them again individually; Laura, Donna, Gemma, Kat, Liz, Cheryl, Fran, Amanda, Lucy, Rachael and Helen, slowly the terrible truth dawned on me, there was to be no male back-up as there were no other blokes present, just eleven young maidens (well, once they were!) and me. (*This is terrible sexist stuff Terry, you should know better, it should be "and myself" not "and me"! Ed.*)

Having been forced into this unenviable position, my first thought was to leave them to fend for themselves and rush off after the earlier group. But I could ill afford the five-minute start they'd had, so having exhausted the alternatives I decided to take seriously the mantle of responsibility that had been thrust upon me and strive to guide them safely through the difficult, wooded terrain that lay ahead. I firstly told them that I realised they were probably rubbish at map reading and navigating but just to trust me, and I was further encouraged when one of them referred to the group as Terry's Tarts! Although this epithet had a certain cachet I thought it would encourage too many knockers (*sic*) so thought Telstars more apt.

Night was rapidly falling when we finally set off on the hazardous trek toward the distant forest and hardly had we started when an ear-splitting clap of thunder and a short, sharp shower thankfully silenced the cacophony of high-pitched gossiping voices that surrounded me. Whilst sheltering under a tree it was

suggested that to pass the time we hold an impromptu Miss Wet Tee-shirt competition, but the motion was defeated by eleven votes to one, and quite rightly so.

Having been disorientated by this excitement I proceeded to lead them three times round the village hall car park looking for the footpath, before one of my appointed deputies, who we'll call C.S. (it's a gas, gas, gas!) discovered it in an adjacent field. This footpath led ever upwards and confirmed my worst suspicions that some of these fit birds were not as fit as they looked, but at long last we arrived at the edge of the woods. I began to rue the day many years ago when my mum insisted I join the Church Lads Brigade instead of the Boy Scouts, but on the other hand, it seemed highly likely that we could be doing a lot of praying in the hours ahead.

So without further ado, we plunged into the eerie darkness and I instantly realised that nothing in my life thus far had prepared me for the experience of being lost with eleven scantily-clad babes in the wood and the realisation that, if I was to fall, I would be unlikely to survive to tell the tale. Having wandered round aimlessly for what seemed like hours after A.P. (an ap for every occasion) mistakenly said she knew the way.

Hysteria was beginning to take over, but I bravely fought it without it spreading to the girls and our ordeal came to an end when a gap in the clouds enabled me to catch the briefest of glimpses of the Ursa Minor constellation, by which I triangulated the position of the Le De Spencer Arms and led them triumphantly back to base.

There would now have followed an eye-witness account detailing the scenes of absolute debauchery when the Handy Cross Ladettes, ably assisted by a guest Belgrave Harrier, descended on The Falcon to celebrate Donna's birthday - had I not finally succumbed to the significant rewards to let "What goes in The Falcon stays in The Falcon!"

Terry

**Get Your Kit Off Linda**

If anyone wants any running kit, Linda is available on the first Tuesday and Thursday of every month. It would help her if, when purchasing kit, you could pay by cheque made payable to Handy Cross Runners. If anyone needs anything during the month please email her on linda.wedon@kurtinudr.co.uk Monday to Wednesday from 8.30am to 5.00pm and on Thursday from 8.30am until around 2.00pm. Otherwise you can ring her landline number 01494 881110 and leave a message if she's not there.

She is currently looking at new sweatshirts and fleeces to keep you warm in the winter months and will hopefully have some new kit soon. If anyone has any ideas for anything else we might need kitwise, please let her know.

With the dark evenings now upon us you need to be seen to be safe. Linda has Fluorescent bibs available at £5.00 and £12.00, also Snap Bands at £4.00.

I cycled over to Henley to watch the Half Marathon finishers (so much easier than running) and was very pleased to see that our large turnout of eleven members were all easily identified, as they were all wearing their club kit!

New Members

A very warm welcome to the following new members (and don't forget your free t shirt):

Reena Bowden, Sinead O'Toole, James Price, William Seaton and Malcolm Williams

Chiltern Three Peaks Challenge

The first Chiltern 3 Peaks Challenge last year was very enjoyable, so I thought I would do it again this year, especially as the organisers (Iain Rennie Hospice at Home) increased the options from five or nine miles to eighteen, the length of the Ridgeway from Princes Risborough to Ivinghoe Beacon via the 'peaks' of Whiteleaf and Combe Hill and with a free bus back.

The start was staggered this year which was a great improvement on last years mass start, although less spectacular. The barbecue at Wendover was also better organised as you didn't have to walk back up the hill to continue.

Several Handy Cross Runners (walkers?) also enjoyed the day, but less than took part last year.

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2010 Gerry Grosse Trophy 5K Handicap Race Results

As the track has been put out of bounds to us on Wednesday evenings, this year's running of our annual handicap race to compete for the Gerry Grosse Trophy took place on Tuesday September 7th around the Cressex Road/Cressex Industrial Estate Time Trial circuit.

I had hoped we would have a large turnout, especially as it was being held on a club night, but only thirteen members took part. This may have been due in part to the fact that Gerry himself was unable to come up from the West Country to be with us. The recording of times was much easier than at the track as there were only two laps to count.

This year's winner was James Cunnane (Seamus) who bettered his target time by fifteen seconds. He gets to look after the Gerry Grosse Trophy, onto which his name will be engraved alongside the previous winners, for a year. He was also presented with a plaque to keep, inscribed '2010 Gerry Grosse 5k Handicap 1st Man'. Seamus has come back to form this summer after a lengthy spell of injury problems. Angie Peerless was awarded the plaque for 'First Lady'. She was only seven seconds outside her target time.

Bottles of wine were given to; Howard Taylor for setting the fastest time of the evening, Craig Atkins for coming closest to the target time (he was spot on) Cheryl Sayer for being the person returning the largest deficit between her target time and that taken and Jo Hutchby, for being the person enjoying the experience longest.

Actual Times Taken

Howard Taylor	19:29
James Cunnane (Seamus)	21:23
Chris Lansdown	22:50
Dave Claridge	23:29
Craig Atkins	23:51
Angie Peerless	25:22
Fred Ashford	26:06
Cheryl Sayer	26:10
Linda Weedon	27:09
Terry Eves	28:01
Donna Bolton	29:12
Lucy Couturier	30:41
Jo Hutchby	33:23

Many thanks to all of you for taking part. Thanks also to Gerry for providing the trophy and for being with us in spirit. See you soon Gerry

Mike.

Mike's Beginners

As you probably know, Mike Hickman has organised a very successful beginner's group, which meets at the Sports Centre on Wednesday evenings.

In fact it's so successful they seem to have formed their own club, rather than becoming integrated with the rest of us! This may be because they feel they would be unable to keep up on a club run, but actually they could easily manage and this would help them to improve.

I was surprised to find that all the beginners were ladies, but then, thinking about it, I realised that no man would go to a 'beginners running group'. A man would prefer to come to the club, attempt to keep up with Trevor and Frank and half kill themselves in the process, rather than admit to being 'a beginner'!

If you are free on a Wednesday evening, why not go along and help Mike and get to meet this very enthusiastic group of new runners?



Results

Bearbrook 10K

Howard Taylor 41:54
Craig Atkins 49:23
Cheryl Sayer 51:47
Terry Eves 53:03

Yateley 10K

Pete Summers 37:12
Howard Taylor 40:23 (pb)

Burnham Beeches Half Marathon

Dave Sanderson 1:34:41
Margaret Moody 1:44:21 (1st FV60)
David Claridge 1:46:07
James Price 1:56:08
Terry Eves 1:58:51
Cheryl Sayer 1:58:35
Mary-Anne Bunni 2:05:58
Soraya Bux 2:07:08

La Descente de la Lesse (22K)

Trevor Hunter 1:26 (18th)

Bacchus Marathon

Pete Summers 3:07:50 (2nd)

Haarlemmer 10K

Frank Fulcher 35:38 (3rd)
Ellen Haynes
(4th lady and 1st in age group)

Peppard 10K (Cross Country)

Trevor Hunter 38:43 (4th)
Mike Hollis 45:19 (23rd)

Pangbourne Multi-terrain 10K

Paul Palmer 52:03
Ann Palmer 64:00

Wooburn Park 10K

Frank Fulcher 36:30 (4th & 1st v40)
Mike Hollis 43:49
Cheryl Sayer 53:44
Sarah Roberts 54:57
Donna Bolton 58:16

Windsor Half Marathon

Pete Summers 1:25:24
Cheryl Sayer 1:55:47
Jo Smith 1:55:50

Dunstable Downs Marathon

John Dooley 4:08

The Beat Half Marathon

Ann Palmer 2:12:37

Great North Run

Darleen Taylor 2:15

Medmenham 10 Mile

Mike Hollis 1:18:25
Howard Taylor 1:19:02
Margaret Moody 1:23:08 (4th lady)
Penny Cutler 1:24:00 (5th lady)
Cheryl Sayer 1:30:57

3.5 Mile Fun Run

Will Seaton 35:27

Amersham 5

Peter Astles 42:07

Henley Half Marathon

Dave Claridge 1:48:14
Paul Palmer 1:51:53
Terry Eves 1:56:29
Asuka Wakatsuki 1:58:58
Craig Atkins 1:59:04
Soraya Bux 1:59:11
Cheryl Sayer 1:59:54
Frances Brown 2:03:42
Laura Cornwell 2:10:38
Rachael Cullen 2:10:43
Ann Palmer 2:17:23

**Inaugural South Bucks 10K Road Race**

(www.southbucks10k.org.uk)

Sunday 3rd October

This was the first running of the South Bucks 10k Road Race and initial reports suggest it was well received. It was conceived by the team who bring together the weekly Black Park 5k runs each Saturday morning. The marshals and officials all came from the Black Park parkrun pool of volunteers. Within those ranks were experienced club runners as well as newcomers introduced through Parkrun.

The weather leading up to race day suggested it might be a wet time out on the roads. This may have given the forty-seven pre-entered competitors a good reason to stay in bed. Well, it didn't rain, having stopped about four hours earlier, however it did return just as the final runners were finishing. That still didn't dampen the spirits of many who stayed on for the presentation and prize draw. Three of the five Handy Cross Runners picked up prizes – good value for money.

The course is flat and fast and run over two laps, finishing in Black Park Country Park. This offered the opportunity of personal best times and I believe many achieved their goal. The leading runners' times reflected the fact that the course was fast. The winner was Shaun Collins, Enfield and Haringey AC, in 32 minutes and 3 seconds. The ladies category had another fast time with Liz Hartney of Reading Road Runners winning in 37 minutes and 33 seconds.

Handy Cross performances saw Howard Taylor (41:42) first home followed by Soraya Bux (51:47) Rachael Cullen-Heighway (52:18) Angie Peerless (52:40) then Linda Weedon (54:34). Also involved with the race was John Peerless who acted as race referee. He was responsible for overseeing the race and ensuring it was up to ARC standards of organisation. Thank you John for your valued contribution.

As this is only 20 minutes from Wycombe it might just be the one to place in your diaries next time round.

Fred Ashford

First Chiltern Cross Country Race**(Oxford)**

ladies race:

17th Margaret Moody (1st in category) 27:37

23rd Ellen Haynes 28:29

33rd Tora Stracey 30:53

36th Deborah Gatesman 31.53

37th Sarah Roberts 32.03

43rd Donna Bolton 35.12

mens race:

8th Frank Fulcher 32.40

26th Steve Roberts 37.07

56th Howard Taylor 41.00

72nd Mike Hollis 42.58

78th Benji Benjamin 44.19

96th Chris Bolton 49.43

**Black Park Parkrun 5K**

Resumé of Handy Cross Runners performances: 31st August to 9th October 2010

The order shown is based on the age graded performance and not time taken for the runs.

There were eleven runs in total with weekly attendances averaging at 175 runners.

Two Handy Cross Runners scored over 80% in Age Graded performance.

Margaret Moody leads in the Black Park Age Graded league percentage table. Alun Jones is placed 11th. Next comes Linda Weedon placed 44th in the overall table.

A reminder that the runs take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at 9 am and are free to enter. However you must register in advance (once only) to place your name on the data base for results and receive a dedicated race number in the form of a barcode. This is then brought to each event.

Register at www.parkrun.org.uk/black-park More information, including pictures of what you're missing, can be drawn from that website.

We'd like to see more Handy Cross Runner out there. We are swamped at present with Burnham Joggers.

Congratulations to all who've run so far.

Fred

Name	Runs	Best time	%
Margaret Moody	2	22.03	88.89
Alun Jones	2	19.12	80.03
Linda Weedon	3	25.40	77.53
Howard Taylor	2	20.04	74.67
Angie Peerless	1	25.27	73.87
Fred Ashford	1	25.30	71.96
David Duckworth	2	21.50	69.24
Peter Astles	5	21.57	67.73
Paul Palmer	1	21.59	67.63
Soraya Bux	1	24.42	60.05
Vernon Martin	2	37.08	55.30
Ann Palmer	2	29.15	55.16
Gemma Taylor	1	27.54	53.05



Tuesday Night Training Programme

- October 19th 6 – 8 x 600m Cressex Road/John Hall Way circuit (recovery on remainder)
- October 26th 5 - 7 x 800m (Oak Crescent) (200m recovery)
- November 2nd Slope session (Halifax Road) 9 – 12 efforts up slope (recovery back down)
- November 9th 4 – 5 x 1000m (Oak Crescent) (200m recovery)
- November 16th Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit
- November 23rd 3 - 4 x 1200m (Oak Crescent) (200m recovery)
- November 30th 2 - 3 x 1-mile efforts around Cressex Road/Marlow Road/Rupert Ave. circuit
- December 7th 5K Time Trial Cressex Road/Cressex Industrial Estate circuit
- December 14th Hill session 6 - 7 long and 2 short Knights Hill (See the lights)
- December 21st Relay Session on Dave Nash Estate (in teams of 3) 2 x 10 laps per team
- December 28th Pyramid Session (Oak Crescent)
200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery)

Keeping the dream alive



**Tora would like to invite all members, family
and friends of Handy Cross Runners
to a Christmas run**

At:



White Pond Farm
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On:

Sunday 19th December

9.30am arrival for a 10.00am start

In memory of Karen Jenkins

There will be a walk of about 4 miles, a run of about 6/8 miles
and another run of about 10 miles (routes yet to be confirmed).

Followed by a BBQ, mince pies & mulled wine. Soft drinks
will also be available.

There will be a small charge of at least £5 per head with all
proceeds going to Karen's 'Big Smiles' charity. Please give
generously to this very good cause.

Please RSVP to straceytora@hotmail.co.uk