



# The Bulletin

Handy Cross Runners  
Newsletter

October 2011

## Congratulations

**T**o Ellen and Frank on their recent marriage.

## New Members

**A** very warm welcome to new members Mark Dewey and Beverley Nothman (and don't forget your free tee shirt):

## Dinner/Dance

**I** think everyone who attended our dinner/dance at Uplands had a really good time and would like to thank Lucy for all her efforts in organising it. Although it was a little cold at first, things soon warmed up when Lucy put a shilling in the meter and Sam started dancing!

Thanks also to Helen, Duncan, Mike Hickman, Liz and Gerald who all helped Lucy and to everyone who donated raffle prizes.

## Future Social Dates

|                        |   |
|------------------------|---|
| Wednesday 7th December | Ladies night out<br>(details to follow)               |
| Saturday 10th December | Panto at the Wycombe Swan (see page 4)                |
| Friday 16th December   | HCR Christmas disco at the Judo Club                  |
| January 2012           | Quiz night with Des & Lucy<br>(dates to be confirmed) |
| May 2012               | Outing to Olympic Stadium<br>(dates to be confirmed)  |

## Wednesday Night Training Programme

Wednesday night sessions have resumed on the track at Handy Cross (see page 10)

## Cross Country

**T**he last Bulletin gave the dates of the Thames Valley League Sunday morning cross country races. We now have the dates of the Apex Sports Chiltern Cross Country League races which are on Saturdays. This league is for athletics clubs in the North West Home Counties and consists of two divisions. It is more competitive than the Sunday morning events and there are no tea and sandwiches afterwards, but it is free! There is also the opportunity of competing in regional and national events. The dates are:

October 8th at Luton  
(where we had an excellent turnout: see page 4)

November 12th at Watford

December 3rd at St Albans

January 14th at Slough

February 11th at Wing

And to remind you of the Sunday morning fixtures, these dates are:

|                    |               |
|--------------------|---------------|
| 30th October 2011  | Metros        |
| 13th November 2011 | Datchet       |
| 27th November 2011 | Sandhurst     |
| 11th December 2011 | Handy Cross   |
| 18th December 2011 | Reading       |
| 8th January 2012   | Tadley        |
| 22nd January 2012  | Bracknell     |
| 5th February 2012  | Finchcoasters |

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## Last Words (almost) on the Wycombe Half Marathon

Hi Martin,

Thought I'd write to you, as you run the club magazine. Could you pass this on to anyone else you think would like to see it.

My wife and I took part in the Wycombe Half (her) and the 10K (me) races, a week or so back and decided we'd let you know how well we thought it was all run.

The marshalling and support around the course was great. The goody bag contained, as one of our club members said, "enough stuff to stock a small shop". Then there was the excellent medals and also a 'proper' running t-shirt. It was a nice touch to have a different medal for the separate races. The Swindon Half, 5 miler and Fun Run all get the same medal.

There were a few more from our club (Slinn Allstars from Swindon) taking part and we all came to the same conclusion, it was excellent. So we'll be back next year and hopefully bring along some more of our club members. Keep up the good work. See you again.

Regards.

Keith & Sara Pryke (Slinn Allstars)

### And finally the last words

(for this year anyway) are that Grant and Stone have renewed their sponsorship of the event (and the Marlow 5) for the next five years.

Pete is looking for nominations for charities to benefit from next years events, so if you have a favourite charity, let Pete or any of the race committee members (Chris Gentry, Dave Riddington, Mike Hickman, Helen Moseley, Sally White and Cheryl Sayer) know about it.

### A Suggestion from Lucy

....for fun only!!! It was discussed at the recent committee meeting how brilliant the advertising for Grant & Stone is on the back of our tee shirts and how we have spotted people wearing them in various places.

Based on this and purely for fun.....send in your photos if you spot a person wearing one whether in the UK or abroad. I will certainly be sending one of me wearing a 'Grant & Stone' t-shirt when I climb Machu Picchu next year (I hope).

## Summer Evening Mystery Runs

Unfortunately these runs have now finished, but we did fit two more in before the light finally faded, one from The Five Horseshoes at Maidensgrove and the last from The Crown at Radnage, both very pleasant pubs that will be good venues next year. Thanks to everyone who arranged the runs.

While we can no longer have evening runs we can still enjoy similar Sunday morning events. Mike Hickman is planning an Inspector Morse tour around Oxford (my alma-mater) and we are going back to London to upset the Christmas shoppers on the 4th of December for the Ralph McTell tour. We will have runs of different distances and a walk through the streets and parks, probably starting near Marble Arch.

## The Chiltern Marathon

This popular event is held every September, starting and finishing at Lane End village hall and following a different route every year. It is a challenge walk, to complete twenty six miles in nine hours, but runners are allowed to start an hour after the walkers. There are no marshals, but four pages of directions to carry and a map to memorise at the start.

This year the route went via Piddington and Butler's Hanging to meet the Ridgeway at the bottom of Lodge Hill. Here I caught up with Trevor Hunter and Chrissie Quinn who were walking, "much harder than running" claimed Trevor.

The route left the Ridgeway and went into Chinnor for the first checkpoint, where I came across Debbie, Sinead, Julia and Denise. Now, four women following a map seemed to my male mind a bit of a recipe for disaster, so I was about to gallantly offer to help when I found they had all the assistance they needed from Mr Sat Nav! So I wished them good luck and carried on.

Back on to the Ridgeway again to cross the A40, then left up the hill to the second checkpoint before going through the Wormsley Estate to Stokenchurch and on to Radnage village hall for the third checkpoint. This event is notorious for the number of steep hills the organisers find and this year was no exception, as we crossed all the ridges to Bradenham before climbing back up to West Wycombe then down to the Garden Centre for the last checkpoint before returning to Lane End.

Congratulations to everyone who competed, especially to Penny Cutler who finished in under five hours.



### My First Festival

Until this year I had never been to a music festival, put off by sights on TV of Glastonbury and Reading swimming in mud, I was a festival virgin!

I decided to change things this year and my first was the five day Larmer Tree Festival on the Dorset/Wiltshire border, which is a lovely site with lots going on; singers, groups, films, street theatre, comedians and performers. I was looked after by my two eldest grandsons and their parents, so didn't do anything silly.

The music was mostly modern folk I think, not knowing much about the music scene, but if it became too boring, there were plenty of other things to do. Unfortunately the weather was awful and we were paddling around in mud by the third day.

Summing it up: lovely location, good loos and showers, lousy weather, didn't like the music.

The second was the one day Folk at the Oak Festival at Hatfield House, where we were celebrating Alice and Trevor's wedding. This was a lovely location, beautiful weather and a very happy occasion. The music was of course folk, but there were other attractions.

Summing it up: lovely location, super weather, happy occasion, didn't like the music.

Finally it was the three day Rewind Festival at Henley, celebrating 80's music and highly recommended by Mike Hickman. There was also a fairground, live karaoke and a silent disco. Each evening finished with an impressive fireworks display and there was an excellent air display on the Sunday.

Now rock stars, unlike runners, don't age well, so most of the groups only contained one or two (or possibly none) of their original line ups, but seen from a distance they put on some good performances.

Summing it up: lovely location, good weather, smelly loos, good showers, didn't like the music.

I think next year I might go to a literary festival instead, at least I wouldn't have to put up with music I don't like!

### The Tour of Britain Cycle Race

Having avidly watched every stage of the Tour of Britain during the week (well, you've got to have something to do in the afternoon) I went to London to watch the final stage on the Sunday.

This stage was in two parts, the first was a 5.4 mile time trial starting in Whitehall and following a course through Trafalgar Square, along the Embankment to the Tower then back down to Big Ben and Whitehall, followed by a ten lap race round the same course.

It was great to see such stars as Mark Cavendish, Geraint Thomas, World Champion Thor Hushovd and race leader Lars Boom up close and it was noticeable how many of them were scarred and bandaged as a result of several crashes in the previous stages.

After the time trial there was a similar event for some very good amateur riders (who still took nearly 50% longer than the professionals) followed by a general four lap ride by people being sponsored for the Prostate Cancer charity.

The starting squad of ninety six riders had been reduced to eighty five over the week and two more were eliminated for slow rides in the time trial before the road race began. I was close to the finishing line but there were no exciting intermediate sprints to watch as two riders had broken away in the first lap and maintained their lead until the closing stages, when they were swept up by the fast moving peleton, gearing themselves up for the final sprint for the line.

As the race was reaching its climax a crowd of photographers came along and stood in front of me, completely obscuring my view of the finish, so all I saw was the bobbing heads of a bunch of riders accompanied by a babble of noise from the race commentator before Mark Cavendish swept by with his arms in the air! The following Sunday he did the same thing in the Professional Road Race World Championship in Copenhagen.

*If you were wondering what these last two articles have to do with running, well nothing much, but I've got to fill the Bulletin with something!*



### The Red Kite Kanter

**T**his new event started and finished in Henley from the same venue as the Oxon 20/40 earlier this year. Unlike that event, where route instructions are provided, twenty five grid references were given to plot on the map, then you had to find your own route and answer a simple question at each checkpoint.

I arrived at the start just as Trevor, Chrissie and Penny were about to leave, so tagged along with them and two of Penny's colleagues. We were all walking (it was too hot to run) and Trevor had plotted the checkpoints on his phone, so route finding was quite simple and I didn't need to look at my map once! The route took us along the river to Hambleden via the weir and up the valley to Turville where we bumped into Alison Gowers. Then up to the windmill, down again then up to Cadmore End, where we came across Meg on her bike.

We retraced our route down the valley and back to Hambleden where a very posh wedding was taking place with four vintage Rolls and three red London buses in attendance. The route returned to Henley along the opposite bank and just as we were wondering if we would bump into any more HCR's, we passed Debbie Harris driving through the town.

By following the course correctly, it was about twenty miles and we finished in under seven hours. Thanks to everyone for your company and thanks to the Thames Valley local group of the LDWA for organising the event.

### You Shall Go To The Ball!....

**T**he most enchanting pantomime of all is coming to the Wycombe Swan and you can be there in the front row with lots of friendly Handy Cross Runners.

Star of stage and television Lesley Joseph, best known for her role as Dorien Green in *Birds of a Feather*, will lead the cast in the role of The Fairy Godmother, alongside Wycombe Swan pantomime favourite Matt Slack as Buttons.

Cinderella features glittering costumes, stunning sets and an abundance of comedy. One of the highlights of Cinderella is the stunning rags-to-riches transformation of Cinders into Princess Starlight and her magical journey to the Royal Ball. This production will feature an unforgettable pantomime scene as a breathtaking, animatronic Flying Pegasus whisks Cinderella to the Ball!

There will be a good crowd of us and we generally make an evening of it with a quick meal before the performance. We had a great time last year with much laughter and it is a really good start to the festive season which fast approaches.

Please contact Lucy as soon as possible to secure your tickets.

#### Club Kit

Linda has some of the 'old style' club kit available  
(can still be worn in races)

Ladies Vest one only size 36

Men's Vest Various sizes

Shorts Various sizes

Sweatshirts one only XL £16

Vests £10 (save £6)

Shorts £5 (save £8)

#### New Stock

Technical Tee shirts £8

Vests Men's/Ladies £16.50

Be Safe and Be Seen this Winter

Fluoro Bibs from £5

Snap Bands £4

Kit will be available on Tuesday nights

Cheques to Handy Cross Runners please



**"Whilst out running...Craig came across a couple of Game Birds!"**



**So he shot them!**

**Chiltern Cross Country League (Luton)**

**Ladies Team:**

- 15th Tora Stracey 26:52
- 16th Charlotte Ing 26:59
- 17th Ellen Fulcher 27:01
- 19th Margret Moody 27:11 (2nd in category)

- 29th Soraya Bux 29:21
- 37th Angie Peerless 30:49 (3rd in category)
- 50th Donna Bolton 36:28
- 51st Julie-Ann Ryan 38:54

**Men's Team:**

- 13th Frank Fulcher 31:41 (2nd in category)
- 45th Howard Taylor 36:38

- 52rd Paul Dineen 37:15
- 67th John Peerless 38:55
- 70th Mike Hollis 39:41
- 96th Mike Hickman 48:45

**Henley Half Marathon**

- Julian Dicks 1:27:02
- Paul Dineen 1:37:17
- Des Manion 1:56:43
- Terry Eves 1:56:49



# Results

## Down Tow Up Flow Half Marathon

Karen Letham 1:35:12  
Jo Smith 1:47:58  
Paul Palmer 1:48:02  
Charlotte Ing 1:48:45  
Emma Russo 1:52:31  
Jo Cassells 1:55:00  
Hannah Platt 2:01:20  
Jacqueline Ing 2:11:17

## Dorney Dash 10K

Sally White 44:28  
Margaret Moody 44:48 (1st in cat)  
Diana Charles 47:54  
Soraya Bux 48:34 (PB)  
Gemma Taylor 51:02

## Bearbrook 10K

Frank Fulcher 36:09  
Howard Taylor 40:10  
Mike Hollis 43:04  
Margaret Moody 45:51 (1st in cat)  
Emma Keys 46:10  
Charlotte Ing 46:52  
Mike Hickman 52:48  
Fred Ashford 53:32  
Jacqueline Ing 54:00  
Terry Eves 54:23

## Yateley 10K

John Dooley 42:10

## Maidenhead Half Marathon

Howard Taylor 1:27:16  
Charlotte Ing 1:42:26  
Jo Smith 1:44:08  
Diana Charles 1:45:39  
Emma Russo 1:48:39  
Soraya Bux 1:51:59  
Gemma Taylor 1:52:54  
Jo Cassells 1:55:26  
Terry Eves 1:57:10  
Jacqueline Ing 2:00:15  
Craig Atkins 2:01:24  
Helen Moseley 2:10:32  
Denise Manson 2:22:05

## Burnham Beeches Half Marathon

Howard Taylor 1:28:06  
Paul Dineen 1:36:26  
Terry Eves 1:56:33  
Soraya Bux 2:04:54

## Medmenham 10

Julian Hucks 1:10:14  
Mike Hollis 1:18:19  
Karen Letham 1:40:25

## Wooburn 10K

Frank Fulcher (1<sup>st</sup> v40) 36:19  
Howard Taylor (1<sup>st</sup> v50) 40:45  
Brendon Gilbert 42:26  
Mark Hobson 47:05  
Sally White (1<sup>st</sup> fv40) 47:27  
Ellen Haynes 47:39  
Soraya Bux 51:13

## Shardeloes 10K

Peter Astles 50:53  
Mike Blowing 58:29

## South Bucks 10K

Howard Taylor 40:47  
Mike Hollis 42:35  
Margaret Moody 46:52 (1st in cat)  
Soraya Bux 48:32 (pb)  
Angie Peerless 51:52  
Anne Bateman 52:30  
Linda Weedon 56:22

## Oxford Half Marathon

Craig Atkins 1:49:14 (pb)

## Windsor Half Marathon

Denise Manson 2:28:26  
Lorraine Warman 2:43:53

## Pilgrims Marathon

(Off Road)

Penny Cutler 4:05 (2<sup>nd</sup> ladies vet)  
(one week after completing the Chiltern Marathon)



## 2011 Gerry Grosse Trophy 5K Handicap Race Results

This year's running of our annual handicap race to compete for the Gerry Grosse Trophy took place on Tuesday September 6<sup>th</sup> around the Cressex Road/Cressex Industrial Estate Time Trial circuit. We had a brilliant turnout with twenty seven runners lining up to start. Unfortunately three of these had to pull out after the first lap due to health issues.

Lucy Couturier was the winner, knocking a staggering one minute and fifty one seconds from her best 5K time of this season. She gets possession of the Gerry Grosse Trophy, bearing the names of all the previous winners, for a year. She was also presented with a plaque to keep, inscribed "2011 Gerry Grosse 5K Handicap 1<sup>st</sup> Lady". It is great to see Lucy running so well. Well done Lucy!

Another runner who deserves a special mention is Jacqueline Ing. She also ran fantastically on this undulating two lap circuit to reduce her season's best 5K time by one minute and twenty one seconds. Ordinarily this would have been a winning effort, so take great pride in that Jacqueline. Des Mannion was awarded the plaque for "First Man". He was only eight seconds outside his target time. Good running Des!

Bottles of wine were given to: -

Frank Fulcher for setting the fastest time of the evening.

Charlotte Ing for coming closest to the target time I'd set (She was 1 second under).

Martin Dean for being the person returning the largest deficit between his target time and that taken.

Nick ? (A newcomer to our ranks whose surname I failed to record) for being the person enjoying the experience longest.

### Actual Times Taken

|                            |       |                |       |
|----------------------------|-------|----------------|-------|
| Frank Fulcher              | 17:41 | Michael Clare  | 24:44 |
| Alun Jones                 | 19:54 | Jacqueline Ing | 25:02 |
| Paul Dineen                | 20:34 | Michelle Booth | 25:03 |
| James Cunnane (Seamus)     | 20:40 | Fred Ashford   | 25:38 |
| John Peerless              | 21:43 | Janet Barrow   | 25:49 |
| Ellen Haynes (now Fulcher) | 22:14 | Martin Dean    | 26:54 |
| Charlotte Ing              | 22:22 | Lucy Couturier | 27:08 |
| Des Mannion                | 22:59 | Celia Edwards  | 27:10 |
| Diana Charles              | 23:47 | Helen Moseley  | 27:14 |
| Trevor Free                | 24:16 | Linda Weedon   | 28:33 |
| Soraya Bux                 | 24:23 | Mike Blowing   | 28:59 |
| Jean-Baptiste Thiebaut     | 24:41 | Nick ?         | 31:32 |

Many thanks to everyone who took part. Thanks to Gerry for providing the trophy. Sorry you couldn't be with us this time.

Mike Hickman



### Black Park Parkrun 5K

Resumé of Handy Cross Runners performances – 23<sup>rd</sup> July – 8<sup>th</sup> October 2011

The order shown below is based on the age graded performance and not time taken for the runs. There were 12 runs in total over the period with weekly attendances now holding steady at about 250. On the final run of this period, 8<sup>th</sup> October there were 216 recorded finishers – England rugby brought numbers down.

Over the period **Margaret Moody** scored **88.25%** in the Age Graded performance. She is again leading the Black Park age graded league table.

**Howard Taylor** is the only runner to record a PB over the period. 8<sup>th</sup> October was run no. 118 since Black Park parkrun started in July 2009. Some amazing statistics can be taken from these runs.

The course record stands at **15:31** set by Rowan Axe (JM20) from Cardiff AC. The Ladies record, once held by Sam Amend, is now **17:59** set by Nicki de la Salle of Nottingham AC.

The total distance covered amounts to 92,935kms with an average run time of **26:53**.

Looking at the race times below Handy Cross Runners stack up quite well. Most runs being better than the Black Park average run time.

| Name           | Runs | Best time | %     | PB? |
|----------------|------|-----------|-------|-----|
| Margaret Moody | 1    | 22.33     | 88.25 |     |
| Howard Taylor  | 1    | 19.41     | 76.80 | PB  |
| Angie Peerless | 3    | 25.05     | 75.95 |     |
| Linda Weedon   | 5    | 26.54     | 75.03 |     |
| John Peerless  | 3    | 20.44     | 74.12 |     |
| Michelle Booth | 1    | 24.08     | 69.27 |     |
| Peter Astles   | 1    | 21.48     | 68.73 |     |
| Martin Dean    | 6    | 25.08     | 66.71 |     |
| Paul Palmer    | 1    | 23.06     | 64.86 |     |
| Ann Palmer     | 5    | 28.57     | 56.36 |     |

A reminder that the runs are FREE and take place every Saturday morning in **Black Park Country Park, Wexham near Slough**. They start at **9 am**.

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](http://www.parkrun.org.uk/black-park). More information including pictures of what you are missing can be drawn from that website or <http://picasaweb.google.co.uk/georgemardall>.





# Tuesday Night Training Programme

|                           |  |
|---------------------------|--|
| October 11 <sup>th</sup>  | 10-12 x 400m (Oak Crescent) (200m recovery)  |
| October 18 <sup>th</sup>  | 6 – 8 x 600m Cressex Road/John Hall Way circuit (recovery on remainder)  |
| October 25 <sup>th</sup>  | 5 - 7 x 800m (Oak Crescent) (200m recovery)  |
| November 1 <sup>st</sup>  | Slope session (Halifax Road) 9 – 12 efforts up slope (recovery back down)  |
| November 8 <sup>th</sup>  | 4 – 5 x 1000m (Oak Crescent) (200m recovery)   |
| November 15 <sup>th</sup> | Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit   |
| November 22 <sup>nd</sup> | 3 - 4 x 1200m (Oak Crescent) (200m recovery)   |
| November 29 <sup>th</sup> | 2 - 3 x 1-mile efforts around Cressex Road/Marlow Road/Rupert Avenue circuit   |
| December 6 <sup>th</sup>  | 5K Time Trial. Cressex Road/Cressex Industrial Estate circuit  |
| December 13 <sup>th</sup> | Hill session, 6 - 7 long and 2 short. Knights Hill (See the lights)  |
| December 20 <sup>th</sup> | Relay Session on Dave Nash Estate (in teams of 3) 2 x 10 laps per team   |
| December 27 <sup>th</sup> | Pyramid Session (Oak Crescent) 200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery). If anyone is about. I'll be there! |

Keeping the dream alive



# Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill 6:00pm or 7:00pm. I'm told that the track is not being used by anyone else until next June so I have drawn up the schedule below as a guide to club members who wish to make use of it unofficially.

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

- 5/10/11 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 12/10/11 5 x 1200m (200m walk/jog recovery)
- 19/10/11 4 x 1600m (200m walk/jog recovery)
- 26/10/11 "Upper" 200/400/600/800/1000/1200/1400m (200m walk/jog recovery)
- 2/11/11 3 x 2000m (200m walk/jog recovery)
- 9/11/11 5K Time Trial (Please wear a stopwatch, time yourself and let me know your results)
- 16/11/11 "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery)
- 23/11/11 2 x 12 x 200m (200m walk/jog recovery) 5 min's rest between sets
- 30/11/11 Paarlaf session 12 x 400m
- 7/12/11 9 x 600m (200m walk/jog recovery)
- 14/12/11 7 x 800m "Differentials" 1<sup>st</sup> lap of each at 5k pace, 2<sup>nd</sup> at hard effort (200m walk/jog recovery)
- 21/12/11 5 x 1000m (200m walk/jog recovery)
- 28/12/11 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)

Mike Hickman

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