



Handy Cross Joggers Bulletin

EDITORIAL

Fast on the heels of the last Bulletin comes yet another exciting production full of news, views and articles ! OK, calm down, it's not that good, but I have received some articles recently which has enabled me to put together another issue earlier than expected, with the cross-country dates hopefully included before the first event . So the message is; provide me with lots of contributions and I will produce more frequent Bulletins .

The club's tradition of travelling far and wide to compete, and hopefully increase our profile, has been upheld recently by; Pete Smith who won the New Forest Marathon at his first attempt over this distance, Trevor Hunter in the famous world record breaking Berlin Marathon, Rod MacClean, Pat Carter, Rose Priest and Jenny Hart in the Robin Hood Marathon, Rod Palmer in the High Peak 40 and Mike Hickman in the Great North Run, another event which set a record, this one for the largest number of competitors (over forty thousand) in any event in this country . Mike is hoping to help members spread their wings further by hiring a Youth Hostel for a weekend away, hopefully in conjunction with an event nearby, more information on later pages .

Closer to home, several club members ran (or walked) the Chiltern Marathon, an event where map reading skills are very useful, unless you are as knowledgeable as Stephan ("I know all the footpaths round here, I do") Naunko . However, he was later spotted at Buckmoorend asking directions from a passing motorist ! Unfortunately the driver did not know the locality very well either, as he was from France, but he did suggest helpfully, "Is that not the house of your Mr Blair ?" pointing to the nearby Chequers ! Stephan did finish the event in joint first place, but the following week he was a DNF in the Cabbage Patch 10, I am not sure if he was lost on that occasion .

Handy Cross Joggers now have a Web site, helping to raise the club's profile even higher . Trevor Hunter has organised this, but being a technological dinosaur I am unable to access it personally, but I understand it contains contacts, information about the club and results . It may eventually make the Bulletin redundant ! Further information is available on a later page and if you have any queries please ask Trevor, not me .

An interesting event held on the track at Handy Cross on a wet and windy Wednesday evening, was the Gerry Grosse Trophy, organised by Mike Hickman . An ingenious handicapping system had been painstakingly devised by Mike, such that everyone started at different times and would, in theory, finish at the same time . This worked very well, perhaps too well, as most people finished so closely to each other that the marshals were not certain who had crossed the line first or how many laps they had completed ! However by common consent it was decided that Margaret Moody was the winner, followed by Alex Thomason and Pat Carter .

Much better weather blessed Mike's next effort, the Pubfinders challenge, which he organised in conjunction with Nick Martin . Following footpaths in the Hughenden Valley, a total of ten or twelve pubs were visited by teams of two runners, with a simple question to answer at each one . In spite of Jock's obvious advantage of having prior knowledge about most of the local hostelrys, the 10 pub event was won by Allison Gower and Duncan Kennerson, while Dave Leighton and Stephan Naunko were first round the 12 pub course . Everyone enjoyed the sandwiches supplied at the last stop, the Le De Spencer Arms in Downley .

A welcome return to the club to two people we have not seen recently, Mike Stone who now lives in Monmouth, but has been running with us recently during the week, and also competed in the Abingdon Marathon, and Eric Buckle (new members were heard enquiring "Eric Who ?") hopefully about to make yet another comeback .

On the social front, Handy Cross Joggers went to the dogs ! Thirty six club members enjoyed a great evening of racing organised by Duncan Kennerson at the Oxford Stadium, some successful gamblers even coming away better off than they went . Even the less lucky punters agreed that the evening was great value for £5, which included free entrance, a basket meal, a pint of beer and a free bet, we also had the club's name mentioned in the programme . For anyone who missed the event or who would like to repeat the experience, Duncan has arranged a further trip on Thursday 12th November . Another date for the social diary is the Christmas Disco, which will be held on Monday 21st December at the Judo Club .

Congratulations to Pat and Alan Chilton on their recent marriage . Congratulations also to Margaret Moody and Rod Palmer, both of whom achieved recent pb's, Margaret in the Henley Half Marathon, Rod in the Abingdon Marathon . And hopefully while their form lasts, congratulations to Wycombe Wanderers on winning a league game at last, although I understand a proposed sponsorship deal with a dog food manufacturer (Spillers) has fallen through, as the name of their most popular product (Winalot) was regarded as incompatible with the football club !

A conversation overheard at the Olympic Games :-

"Excuse me, are you a pole-vaulter ?"

"No, I am a German actually, but how did you know my name is Walter ?"

Martin Dean
01494 530511

22 October 1998

TODAY'S RUNNER

CROSS COUNTRY LEAGUE

Date	Venue	Time
8th November 1998	Datchet	11.00
6th December 1998	Metros	11.00
20th December 1998	Reading	11.00
10th January 1999	Tadley	11.00
24th January 1999	Bracknell	11.00
7th February 1999	Burnham	11.00
21st February 1999	Handy Cross	11.00

All races are approximately 9k long and are run in a very convivial atmosphere. The cost of entry to each race is £1.00 which covers the cost of your number as well as food and refreshments after the race.

We intend to hold our race in Bradenham Woods as per last season, with the start and finish on the access road which runs through the woods and to use the car park outside the RAF station in Walter's Ash as our base.

The format is the same as the 5k where the host club provides sandwiches and refreshments for the other clubs. We will also need help in setting out the course, marshalling the event, car parking, recording results, serving tea etc.

Do come along and try at least one of these events, you may find that you enjoy it.

SATURDAY CROSS COUNTRY LEAGUE

Date	Venue	Time
17th October 1998	QPH Kingsbury	Normally the women's race is at 2.00 with the men's at 3.00, meeting at the Judo Centre at 12.00
7th November 1998	Watford	
5th December 1998	Luton Vauxhall	
16th January 1999	TBA	
13th February 1999	Banbury	

Other Dates for the Diary

Trip to Oxford Dog Racing Stadium, Thursday 12th November .

The club Christmas Disco will be held on Monday 21st December at the Judo Centre, usual arrangements for food .

Advice from Doctor Drake

Dr Drake says....."Hey, fat boy...."



Relax, I don't mean you ! Because as an experienced runner your body size is probably just about right for the strenuous exercise you do in jogging or running for pleasure .

However it's a good idea to keep an eye on your weight, since being over or under weight can seriously damage your job !

The best way to do this is to work out your Body Mass Index (BMI) . This is your weight in kilograms divided by the square of your height in metres . So a 72kg person who is 1.8 metres tall has a BMI of :-

$$72/(1.8)^2 = 22$$

To avoid doing the sums (my brain hurts when I do it) look up your Imperial height and weight in the table shown to get an instant readout of your BMI .

		Weight (lb)																					
		100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205
Height	5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
	5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
	5'4"	17	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
	5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
	5'6"	16	17	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
	5'7"	16	16	17	18	19	20	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	5'8"	15	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	5'9"	15	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	5'10"	14	15	16	17	17	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
	5'11"	14	15	16	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
	6'0"	14	14	15	16	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	6'1"	13	14	15	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	6'2"	13	13	14	15	15	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
6'3"	12	13	14	14	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
6'4"	12	13	13	14	15	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

Source: Shape Up America

If your BMI is :-

Less than 20	you are underweight
Between 20 and 24	normal weight range
Between 25 and 29	slightly overweight to overweight
Over 30	you are officially obese

Don't Panic ! More than half the UK adult population is overweight and about 15% are clinically obese, mainly due to the fact that we eat too much and exercise too little - unless you're a runner of course.... As a runner you should eat little and often and avoid slimming diets, as these can hinder, not help your health and fitness . More about that next time....

My First Marathon.

1 After two years of running, but only about once a week,
Half-Marathons were the biggest challenges, I could offer to my feet.
I knew what thirteen miles did to me, and of all the pain,
So the thought of any further, could not be my aim
To run a whole Marathon, you have to be a special breed,
You need huge mental stamina, and come from athletic seed.

2 But one thing that always got to me, was non-runners reply,
When I said I ran Half-Marathons, they'd say only half way why?
Then in January Nineteen Ninety Eight, I was in a nasty car crash,
Thirty minutes hanging upside down, before me I saw my life flash.
So I made myself a promise, not to let it all tick by,
I will run a Marathon, before I end up in the sky.

3 It was too late to enter London, but there were others I could do,
And going to another city, I could take a holiday too.
I contacted sportstours, to see which marathon to run,
For once I wanted a holiday, where there was not too much sun.
I decided upon Paris, my favourite city in the world,
But this only gave me ten weeks, because in April it was held.

4 I joined a gym so that I could train, on my way home each day,
The treadmills were very boring, but I could run my worries away.
Gradually building up the distance, until twenty miles each week,
It was not ideal training, but at least it was time on my feet.
Also I knew I needed some real races, to put under my belt,
After each Half-Marathon, the better that I felt.

5 Camberley was the first, and proved to be extremely tough,
After running just six miles, I felt I'd had enough.
Next one was at Bath, where my roots are from,
My time down to one twenty eight, this was my favourite one.
The week later it was Reading, for experience in a mass race,
With so much pushing and shoving, it was so hard to judge the pace.

6 Then two weeks of easing off, time to allow my body to mend,
But I still hadn't run more than 13 miles, and neither had my friend.
Finally off to Paris, with six people in our group,
Two of us running, the others thought we had gone round the loop.
Paris was so beautiful, the perfect way to prepare,
If there is a better place to do a marathon, I do not know where.

7 The day before the race, off to the pasta party we went,
The most exquisite tasting pasta, as you would expect from the French.
Only a handful of English competitors, had come across to run,
Being so near to England, I'm surprised more did not come.
Then early into bed that night as the big day lay ahead,
With all the nervous excitement, I was asleep before my head hit the bed.

8 The moment the alarm rings, I jump up right away,
Another litre of Lucozade, I can't believe it is really the day.
I go and knock on James's door, but he is already wide-awake,
Then down for breakfast, Coffee, Croissant and Cake.
The other English runners, make no attempt to come and talk,
They had come in drunk last night, not a good idea I thought.

9 Then to the start line, the Metro whisked us on our way,
It didn't really matter that it was a very wet day.
But where are all the toilets? We did not have a clue,
Found them in the station, with a thirty-minute queue.
Then to the Arc-de-Triomphe, thirty thousand already there,
We were right at the back, but did not really care.

10 As the announcer called out countries, there were cheers from all around,
But as he called out England, we were the only ones to make a sound.
Then the final countdown, but where will people store their bags?
So people throw down their shell suits, as if they were old rags.
Finally the starting hooter, and the crowd gave a huge cheer,
Tripping over someone's rubbish, was my main fear.

11 Running down the Champs-Elysee, was a breathtaking sight,
We know fully understood, all the Marathon hype.
We tried to stick together, which was easier said than done,
And some people even stopped, before reaching kilometre one.
Then the crowd started thinning, ten kilometres came in a flash,
We knew that we had to hold back, but I really wanted to dash.

12 We headed to the East of Paris, to what on the map had looked like a hill,
But when we finally got there, the incline was not much of an ordeal.
After one hour forty minutes, the half way mark was reached,
Now with every step, our distance record was breached.
I tried not to let this worry me, as we were at an easy pace,
And I'm used to putting in more effort, in a normal race.

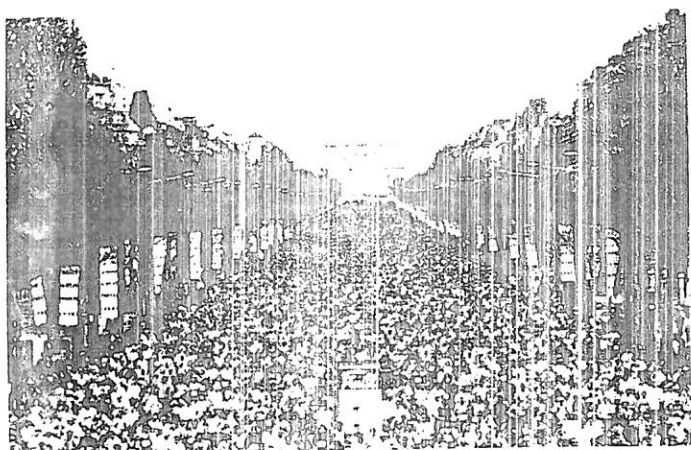
13 At twenty-eight kilometres, I felt my first pain,
As my legs started stiffening, I started to run lame.
We headed back to Paris, using the Eiffel Tower as a gauge,
As James shouted how F..... far, with out of character rage.
We went through the infamous tunnel, and a wreath someone lay,
Passing the spot of Diana's death, as James pulled away.

14 I then remember the immortal words, of a marathon running friend,
The two halves of a marathon are twenty, and then the six to the end.
Working out the conversion, I realised we had over six miles to go,
My legs started cramping even worse, and my speed began to slow.
We both stopped for water, but this proved to be a mistake,
As the build up on lactic acid, began to overtake.

15 Only five kilometres from the end, and I loose James in the crowd,
But I now know we will both make it, for which we can be very proud.
Now putting in total effort, but the kilometres take just as long,
As I approach the finish, I hear the crowds singing songs.
The final four hundred metres, seem to take an age,
As the Marathon Epic, reaches its final stage.

16 What an emotional moment, as I cross the finish line,
An hour quicker than I expected, with a three hours twenty eight time.
I had never felt so exhausted, and I felt I might collapse,
Every ounce of energy out of me, the marathon had sapped.
But why is no one helping me? Can't they see how bad I look?
Then I realise everyone else looked the same, in spite of how long it took.

17 But where was James in all this, I hope he finished okay,
I waited for twenty minutes, but then had to be on my way.
As I got on to the Metro, lots of people had a look,
I think it showed on my face, what the marathon took.
Back at the hotel two hours later, James did arrive okay,
And then we compared stories, of this most amazing day.



The London Triathlon.

Four thousand people going to do a Swim, Bike & Run.
Some will take it seriously, others do it for fun.
As the days draw nearer, the nerves begin to appear.
"Can I complete the swimming?" is a common fear.
And what about after cycling, you have to get off and jog.
A new pair of legs then, would do just the job.

Before you're really ready, it's the day before the race,
Competitors talking of how, they will kick you in the face.
Then you see the freezing water, and you realise what you have done,
When you think about what you have to do, it doesn't seem such fun.
We saw a leaf fall from a tree, and blew into the dock,
We all watched in horror, as it sunk down like a rock.
Then you're almost ready, just store your bike up in the rack,
Amongst all these 'serious' bikes, you eventually find your gap.
Then you leave your precious bike, dangling on one wheel.
Looking at all the Tri-Bikes, 'Atleast it's not yours they'll steal'

Then it's time for the pasta party, but where has everyone gone?
They appear to have cancelled it, but forgot to tell anyone.
The caterer still sold pasta, but it would not be quite the same.
To meet the fellow competitors, was the reason that you came.
Atleast you will get to bed early, and you need all that sleep.
But first pin your number on, and pack your clothes up neat.

The alarm goes off at 5:30, as the big day had finally come.
Praying when you open the curtains, that you will see the sun.
It's still dark, and very cold, but atleast the rains stayed away,
Strangely the tension has lifted, and suddenly you feel okay.
One last check before you go, and then off to Canary Wharf,
Standing as a homing beacon, other buildings are just dwarfed

As you arrive at the start, you lay your clothes out by your bike.
All those athletic bodies, is quite a daunting sight.
Twenty minutes before the start, and you put your wet suit on.
Some people wearing full length, and other's wearing Long Johns.
One last check of the goggles, and a quick pull on the strap.
And finally putting over your head, you compulsory swimming cap.
As you make your way to the bridge, 'There's no turning back now'
As you get near to the water, you realise that it's foul.

Then like a bunch of lemmings, you jump in off of the side.
It's icy cold like never felt before, but atleast there is no tide.
A short swim to the start line, brings warmth back to your veins,
As you can see no further than one foot, 'You all must be insane'.

Now the starting hooter, as the race gets underway.
'Let the good swimmers go ahead', and then things should be okay.
A 1 that had been learned before, is forgotten in a flash.
In a desperate attempt to get warm, you try a fifty-meter dash.
Eventually without thinking, the rhythm starts to come.
And quite unbelievable, you manage to pass someone!
After four hundred meters, it's now time to turn back.
After taking five mouthfuls, is it time to swim on your back?
Starting on the second lap, the arms begin to ache.
You realise that after the swim, you'll be in quite a state!
Self preservation, pulls you through it in the end,
Even managing a little sprint, after the final bend.
Two helpful people, drag you from the dock,
One catches you as you collapse, as your legs begin to rock.
They ask how you are feeling, and you respond "OKAY!"
Not wanting to be stopped pulled out, what else could you say?

After finding where you put your bike, the wet suit will not come off,
But warmth returns to your fingers, after drying off with a cloth.
Some people cycle in their trunks, others put on running gear,
As you first get on your bike, you find it hard to steer.
For the first time aware of the crowd, as you hit the streets.
After what felt like forever, you get some warmth back to your feet.
At first it's very wincy, as your fight against the pedals,
Anybody that puts themselves through this ordeal, really deserves a medal.
On the way home with the wind on your back, your really begin to fly,
As you realise your over half way, with some relief you sigh.
Then back for two more laps, wind getting stronger all the time,
And eventually the cycles over, as you reach the finish line.
Back into the transition, but where is all your stuff?
Four thousand bikes, can't find your spot, boy this is really tough!
After a while you calm down, and remember where to go,
You decide to run in your trunks, but first the bike you stow.

Finally out onto the running course, the wind is now not so bad,
After all this, if you are over three hours, then you'll be quite sad.
As lumps start passing around your head, you begin to pick up pace,
Now that you know you can finish, you finally begin to race.
As you think about the finish line, your legs begin to hurt,
But the amazing crowd cheers you on, as you put on a final spurt.
Then it's finally over, as you cross the finishing line,
And it's time to go back home, atleast until next time!

Thanks to Trevor Hunter for his reminiscences of the Berlin Marathon
and the London Triathlon. I would have liked to see
the chicken infested water in the dock at Canary Wharf,
or is that a rather poultry' comment.

HANDY CROSS JOGGERS INVITE YOU ON A

Youth Hostelling Weekend.

Would you like to spend a weekend away in the company of other Handy Cross members, sometime during January, February, or March? If so, it is possible to rent Youth Hostels at this time of year at a very reasonable cost (approximately £15 - £20 per person for the weekend, assuming full occupancy). This would be on a self-catering basis, but all cooking utensils and crockery is provided. Most Hostels are centrally heated, and have showers. The sleeping accommodation is generally in small dormitories with bunk beds.


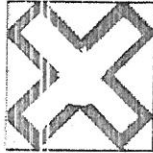

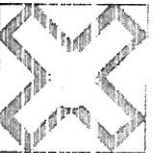
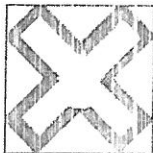
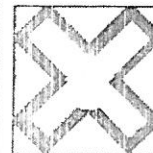
It should prove to be good fun to explore a new area. Perhaps those of us that cycle could take our bikes and do a bike ride on the Saturday. If there isn't a pub nearby, we could take our own liquid refreshments and maybe organise a quiz or some other activity in the evening. On Sunday we could do a long run, or find a local race to enter if there is one. For an extra £20 we can delay our departure from the Hostel until 5:00pm, which will give us ample time to shower and change before returning home.

I have photocopied details of those Hostels that I feel are within reasonable travelling distance and that are located in the more scenic areas. This information will be displayed on the Events Table on club nights. If you are interested, please add your name to the list attached to the details, stating your preference of location and month.

If sufficient people are forthcoming, I will try and organise a booking for the area and time of the majorities choosing. Once this booking has been made, places will be allocated on a first come first served basis with the money payable there and then. Member's partners are welcome to come, as long as they understand the limitations of the sleeping accommodation.

Mike Hickman
Telephone No. 01494 525474

Handy Cross Joggers

					
<i>HOME</i>	<i>ABOUT US</i>	<i>EVENTS</i>	<i>RESULTS</i>	<i>FINDING US</i>	<i>CONTACT US</i>

Latest News...

Future Events Dates

Results...

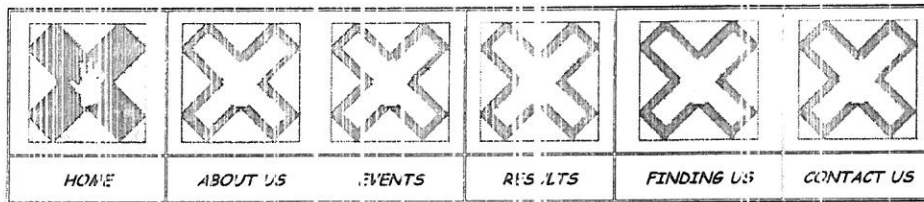
Links to Other Local Clubs...

Links To Other Sites of interest ...

Contact emails addresses...

<http://www.handycrossjoggers.freemove.co.uk/>

Handy Cross Joggers



Welcome to Handy Cross Joggers Web Site...

[Sign our GuestBook] - [Read our GuestBook]

*** If you Jog - Run with us *** If you Race - Race with us *** If you're Racy - Party with us ***

See the August edition of our bulletin on-line...

(Including our Wednesday evening training schedule).

Date	Latest News
September 20th 1998	Pub Finders (10 Pub Challenge) - Won by Alison and Durcan Kennerson Pub Finders (12 Pub Challenge) - Won by Stephan Nuanco and Dave Leighton
September 9th 1998	Well done Margaret Moocy! for winning the Gerry Grosse Trophy in very windy conditions. (This race was a 5Kilometre race with a handicap based on the times of the Summer 5K series).
September 6th 1998	Congratulations to Peter Smith for winning the New Forest Marathon. Quite amazingly this was his first ever marathon and his time was ~ 2 Hours 40 Minutes.

Links to Other Local Clubs...







- [Datchet Dashers](#).
- [Maidenhead Athletic Club](#).
- [Wycombe Phoenix Harriers](#).
- [Wargrave Runners](#)
- [Windsor, Slough & Eton Athletic Club](#)

Links To Other Sites of interest ...

- [British Athletic Federation](#).
- [International Athletic Association](#)
- [Runner's Web](#)



About H.C Joggers

					
HOME	ABOUT US	EVENTS	RESULTS	FINDING US	CONTACT US

"To provide an environment which enables people of all standards to enjoy the pleasure of road and cross country running."

*The 'Bulletin' is our club magazine with information about past and up and coming events -
The August '98 edition will appear here soon...*

Our club is affiliated to S.E.A.A and the B.A.F

A warm welcome awaits you from Handy Cross Joggers at Booker Judo centre every Sunday morning (9AM) and Tuesday and Thursday evenings (7PM).

The club, which was formed in 1978 at the beginning of the jogging boom, provides an environment which caters for all runners irrespective of age, sex or ability. We now have over 150 men and women members, aged 16 to 75, whose standards range from international to fun runner

The club has become one the premier road running and cross country clubs in the area and boasts excellent changing and social facilities.

As a club we are involved in a number of events namely the Wychcombe half marathon, the Marlow 5 mile fun run, cross country leagues and a summer 5K series. On the social side we hold an annual barbeque, dinner, Christmas party, skittles evening and ladies night. We also support local charities by raising funds through the races we organise.






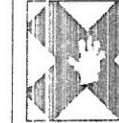
So, if you are already a runner or thinking of taking up running and do not wish to run alone, come along to see us and the facilities we have to offer.

On club evenings our members run a variety of distances at different paces. Our club coaches also organise personalised speed work sessions on Tuesdays with time trials being held on the first Thursday of each month for those interested in checking their progress.

On Sunday mornings we generally run longer distances either on the road or exploring the many footpaths and bridleways which abound in the area. This allows those interested in ornithology and keeping fit to kill two birds with one stone so to speak. On Wednesday evenings during the summer months we have exclusive free use of the Handy Cross track for training.

The newly refurbished judo centre facilities now include a large comfortable lounge bar, viewing gallery, conference rooms, toilets, showers, changing rooms and sauna. Membership of the running club is inclusive of the judo centre and therefore we are able to enjoy the full use of their facilities anytime.

How To Contact Us

					
HOME	ABOUT US	EVENTS	RESULTS	FINDING US	CONTACT US

Chairman: Alex Johnson

Club Secretary: Chris Gentry

Club Treasurer: Duncan Kennerson

Events Secretary: Faer Edington

Social Secretary: Rose Priest

Membership Secretary: John Bradbury

Club Magazine (The Bulletin): Martin Dean

Wednesday Night Track Sessions: Mike Hickman

Handy Cross Joggers Kit: Dave Nash

Hardy Cross Jogger: Alex Johnson

Handy Cross Jogger: Margaret Moody

Handy Cross Jogger: Nick Martin

Hardy Cross Jogger: Trevor Hunter

If you have any comments or suggestions about our Web Site Trevor Hunter would be pleased to hear from you.