



Handy Cross Joggers Bulletin

Editorial

Congratulations to Margaret Moody for winning the Veterans equivalent of an Olympic Gold Medal at the World Championship in Gateshead . Details appear on a later page .

Congratulations also to Pete Smith who gained 2nd place in the Yately 10k Series of races and 10th in the Windsor half-marathon, Trevor Hunter who was the fastest Handy Cross Jogger in the Burnham half-marathon and 5th in the Marlow Rowing Club triathlon, Stephan Naunko and Rod Palmer who were 2nd and 3rd in the Chiltern Marathon and John Dooley who was 2nd in both the Veterans cross-country 10k and the Henley half-marathon .

What a Shower

I was in trouble for my remarks about the showers at the Judo Club in the previous Bulletin, so I must say that they are now very much improved . Hopefully the refurbishment of the sauna won't take as long .

Layout

Following the overwhelmingly enthusiastic response to the new layout of the Bulletin (one person has commented favourably so far) I have decided to retain the new format for the time being .

Martin Dean

October 1999

01494 530511

Margaret puts Handy Cross on the map

Margaret Moody enjoyed a very successful summer as well as raising the clubs profile when she was a member of the winning marathon team in the biennial World Veterans Athletics Championship held at Gateshead in August .

Running the tough and hilly course in a time of three hours and thirty eight minutes, Margaret was the third scoring member of the Great Britain team which finished ahead of South Africa and Germany .

This was a very unexpected prize for all her hard training as she had not even dreamt of winning a medal in such a prestigious event, let alone winning gold ! Margaret followed up this success when she was the first lady in the Veterans Athletic Clubs 5 mile race in Battersea Park later in the month in a personal best time of thirty five minutes and fourteen seconds .

She is now entitled to wear the red, white and blue Great Britain running vest, which will be something to look out for in local events .

Margaret's next event is a trial for the Great Britain cross-country team .

Gerry Grosse Trophy

Congratulations to Helen Murdoch for winning this years Gerry Grosse Trophy 5k Handicap Race organ-ised on the track by Mike Hickman . Full results are on a later page .

Baby for Sarah

Former member Sarah Player, who now lives in Singapore, gave birth to an 8lb 9oz baby girl on 21 September . Mother and Francesca Elizabeth Giovanna are both doing well . Sarah can be contacted via the Internet, so if anyone wishes to send their congratulations via this modern miracle, her e-mail address is available from Trevor Hunter .

Training Sessions

Programmes for Alex's Tuesday sessions and Mike's Wednesday track sessions can be found on later pages . Alex has also prepared a work-out schedule for people using the Gym and even offers to accompany you there ! An offer not to be missed .

Further Diary Dates

If the cross-country season has started then Christmas can't be far away and the date for this years Handy Cross Joggers Christmas Disco is Monday 20th December at the Judo Club . Duncan Kennerson will be happy to store any items donated for raffle prizes before the event .

A man goes into a café and orders a coffee and a croissant . When the waiter serves him the customer says, "This croissant isn't fresh - it's yesterday's ! Can't I have one of today's ?" The waiter replies, "Of course you can, sir . Come back tomorrow ."

Who's Who in Handy Cross Joggers

Mike Hickman's Lifestyles initiative has been so successful that we now have more than twice the number of members necessary to qualify for corporate membership .

I hope we will see some of these new members out running on Tuesday and Thursday evenings and perhaps even participating in the cross-country events later in the year .

For the benefit of the new members I have reproduced the "Who's Who in Handy Cross Joggers" from the last edition of the Bulletin .

Chairman :- Alex Johnson
01628 523322

Secretary :- Chris Gentry
01494 439692

Social Secretary :- Rose Priest 01494
529761

Events Secretary :- Peter Edington
01494 862314

Membership Secretary :-
John Bradbury 01494 441577

Treasurer :- Duncan Kennerson
01494 440592

Kit :- Dave Nash 01494 446620

Wednesday Track Sessions :-
Mike Hickman 01494 525474

Bulletin and Publicity :-
Martin Dean 01494 530511

What Do You Think Of It So Far ?

Lifestyles are requesting people's comments on the Wycombe Sports Centre and I have reproduced a copy of the questionnaire at the back of the Bulletin .

One question asks what additional facilities you would like to see provided . If enough members return the form and requested lights to be installed around the running track, we may be able to persuade them to do this before the winter .

New Members

Welcome to the following new members :-

James Bateman, David and Olwen Elliott, Gerry Lancaster, Shirley Montague, Sara Rasala, Joanne Willock, Lyn Johnson, Barbara Webb, Christine Anne Waters, Andrew Pearson, Ellen Haynes, James and Josephine Young, David and Jo Brickwood, Lesley-Ann Gurney, Amanda Hare, Karen Williams, Lucinda Darby, Phil Holt, Binjit Johnson, Helen Murdoch, Suzanne Smith, Simon Wilkinson and a welcome return to former members Ian Mallen and Bob Carter .

If any of you would like to put your initial impressions of the club into writing, I am always looking out for contributions .

Autumn Amble

On a damp and miserable Sunday morning, teams of two left Alison and Dave's house in Turville equipped with a large scale map and a list of clues with which to find their way round an eight or twelve mile cross-country course, covering some of the most beautiful areas of the Chilterns .

Although the early drizzle soon turned into a full-scale downpour, everyone thoroughly enjoyed running the route worked out by Dave and solving the clues to his cryptic questions . He claimed it only takes just over two hours to run .

Over three hours later and clutching the tattered remains of soggy maps and unreadable answer sheets, most people had finished and then proceeded to embarrass Alison and Dave's neighbours by removing their wet running gear in full view outside the back door .

An early casualty, after about five miles, was Jock MacClean who left partner Mike Hickman to negotiate the course on his own . Jock claimed this was due to exhaustion after running from home to the Judo Club and then to Turville, but I think a copious quantity of alcohol consumed on the previous evening also had something to do with it !

Mike finished eventually and we all enjoyed seeing his bedraggled figure appear at the top of the hill by the windmill, while we sat in the dry and warm drinking mugs of tea and eating some delicious food . He gave us a cheerful wave before slipping on his backside and sliding down the hill into Turville.

Apart from the weather, this was a thoroughly enjoyable event and it was a shame that so few people turned up after all the hard work Alison and Dave had put into it (although this meant there was more food for those of us who did run) . However we now have a new route which can be run again at a later date and would make a good long Sunday morning run from Booker .

Thanks again to Alison and Dave for organising such an enjoyable event and how I envy you living in my favourite village .

Walking in the Lakes

I was fortunate enough to spend a lovely, sunny week in the Lake District in early September, staying in Youth Hostels . I must say the accommodation provided by the YHA has improved tremendously since my last experience of hostelling in the 60's . There is now a choice of meals with wine and beer available, comfortable beds, no washing-up or cleaning to do and all for less than £20 a day ! The hostel at Ambleside was particularly impressive with a glass-fronted restaurant overlooking Lake Windermere .

Although the weather was glorious, I found the warm temperatures soon dropped when I climbed the mountains, to such an extent that two Tee shirts, a sweatshirt and wind proof jacket were necessary at 3000 feet . Don't expect to "get away from it all" if you go walking in the Lakes, I found crowds of walkers, fell runners, mountain bikers, dogs and the ubiquitous sheep on top of all the mountains .

Sheep, as we all know, are normally very shy animals who run away when you approach them (although Martin Franzese assures me you can surprise them if you approach quietly from behind and wear a kilt) but I came across one brave sheep at the top of Skiddaw that not only approached people, but even stuck its head in their rucksacks looking for food!

I hired a bike one day to see more of the region and managed to find Les and Des Irwins' sports shop in Windermere. They are both very happy with their new life in this beautiful area and have a well-stocked and successful sports shop. They are always very pleased to see any visitors from Handy Cross.

While staying in a hostel near Keswick, I met a family who the previous evening had enjoyed a banquet on top of a mountain with twenty other people all wearing evening dress. This was to celebrate the twentieth anniversary of a friend's kidney transplant. The food and tables were transported to the summit while the guests walked to the top in their bow ties and ball gowns, which must have been a wonderful sight.

One of the benefits of jogging is that you can cope with walking long distances reasonably comfortably, but it is necessary to take additional clothing and emergency food rations if you plan to scale the peaks.

However the rewards are considerable, on a clear day you can see both Scotland and the Isle of Man from the Lake District.

Mike Blowing, Mike Blowing

So good (or is it big?) they made him twice. Customers in Mike's shop could be forgiven for thinking they are seeing double when confronted with a life-sized cardboard cut-out of their favourite shopkeeper against a background of skyscrapers.

The model is to publicise his run in the New York Marathon in November and to help him raise his pledge of £2 000 for Cancer Research. Club members are also welcome to sponsor Mike and I am hoping for a report on the race for the next Bulletin.

Incidentally did you know that the third-biggest marathon for UK runners, after London and last month's inaugural Puma Edinburgh Marathon, is the New York City Marathon with over 3 000 British runners competing.

Cross Country

Yes, it's that time of the year again! On later pages you can find the dates of both this winter's Chiltern League Division 2 (Saturday) and Today's Runner League (Sunday) fixtures. For people not familiar with the delights of cross country, the Saturday league events are run in categories (men, ladies, juniors) while in the Sunday events everyone runs together with food and drink provided afterwards like the 5k Summer series.

Tips from Ted

Let's do it in style.....

What's your running style ? Do you trot, canter, jog, shamble or roll ? Do you pump your arms or hang them limply by your side ? Does your head roll up or down with each stride ? Do you slam the ground or merely whisper over the surface ?

The bad news is.....

If you are unhappy with your style you are unlikely to easily change it . After all you've used it all your life .

The good news is.....

By analysing your style you can tweak your technique to improve the way you run and shave minutes off your pb.

There are many factors which influence your running efficiency; What follows are just a few of them for you to think about and apply to your own style .

Watch the elite runners . They seem to float by soundlessly ; they hardly seem to touch the ground . There's a clue in that . Every time your foot touches the ground friction occurs which takes energy away from your motion forwards, so the longer you are in the air the more efficient you are . It's why coaches stress the need to stretch often and open your stride in running . Easier said than done if you've got short, fat, hairy legs !

Now try running up a short hill ; firstly with short steps at a slow pace and secondly with longer steps at a higher pace . The latter is far more efficient provided you have the energy .

Which brings us to fitness . If your whole body is fit then you are much more able to adopt an upright style to balance your running . Your head and neck should be in line with your back to allow maximum lung efficiency . Your chest and shoulders also play a part propelling you forward, with your arms able to pump up with each stride, helping the body upwards and forwards . So don't neglect these in your daily exercises.

That's enough for now . On your next Sunday run take time to play around and experiment with your style . Or have a laugh imitating how others run .

But whether you are a twinkle toes or a foot slammer

.....have a good run .

T. G. I. Over

© Handy Cross Joggers

Joggers Travels

Handy Cross has been represented recently in far away places by Jock MacClean in the Glasgow half-marathon, Debbie, John, Trevor, Pete and Stephan in Belgium and Helen Murdoch in the Edinburgh marathon . See later pages for reports on the last two events and also the first stage of Debbie and Sylvia's Ridgeway Walk .

THE RIDGEWAY- We did it our way.
Sylvia Pearson and Debbie Collier - The Domestic Duo.

It all started one rainy October evening. Deb and I were discussing life, the universe and the state of our ironing baskets, when we got onto the subject of ambitions. I dreamt of lying on a hot, sandy palm fringed beach, having my feet massaged by Keanu Reeves. Brad Pitt would be feeding me with strawberries dipped in Belgian chocolate, whilst the Chippendales flexed their pecs with the orange glow of the dying sunset glistening on their oiled ~~SunKissed~~ skin.

Deb however being of a rather perverse nature, suggested that we should walk the Ridgeway, but no no no even better, why don't we run and walk the Ridgeway? It's always been an ambition of hers apparantly, well she doesn't get out much. It must have been the virtual strawberries or something still loitering in my mind, but I let my guard slip momentarily as I agreed that it sounded like an excellent idea.

Time passed until we planned an out of town run near Christmas Common. " Why don't we run a bit of the Ridgeway to get a feel for the terrain before we embark on the whole lot? " suggested Deb. " Good idea," I agreed - You know I really must attend one of those assertiveness training courses:

- "Learn how to say NO"
- "Say what you mean"
- "Quickly change the subject when the word Ridgeway pops into a conversation."

So off we merrily trotted and all was well until we left Tarmac and came to a path. " Here it is ," said Deb and in we plunged. I am a Northerner and used to hearing tales of Bog Snorkling and Wellie Chucking but I was unprepared for the deep, sticky, smelly mud interspersed with vast sludgy puddles. Our feet sank in, our shoes were sucked off and we squelched about 100m in 5 minutes and then made a slow motion exit of the Ridgeway. Any sane person would have heeded that little inner voice screaming " IF THIS IS THE RIDGEWAY - FORGET IT! "

Spring had sprung and the summer was approaching when Deb and I started planning our jaunt. We decided to tackle the beast over the August Bank Holiday weekend Friday to Monday. Our menfolk were volunteered to move our belongings from one abode to the next so that we could travel light.

DAY 1 - IVINGHOE BEACON TO CHINNOR (23 MILES)

We decided to start at Ivinghoe (East to West) because Deb - Queen of effort, worked out that it would be more down than up in this direction. I wasn't gonna argue, this babe speaks my kinda language. Also we would be less likely to drop out at the end of day one rather than the end of day three. (We were being met in Chinnor to be whisked home for the night before recommencing our journey.)

We consulted our guide books, Debs text read from East to West but the maps had been drawn by a four year old, my book read from West to East but had great O.S. maps. So we decided to run the down hills and the flat bits and walk uphill - we didn't want to burn out so early in our endeavour.

My husband and kids dropped us off at about 9.45am in the car park near Ivinghoe Beacon. The kids refused to get out of the car and grudgingly waved from the back seat as my husband drove off into the sunshine without a backward glance.

We strode off purposefully looking for the start. We didn't expect a huge "It might be you " finger pointing down from the sky, but we thought there may be some indication as to where the starting point was. Usually you just follow the maelstrom of runners and the smell of horse linament but these clues were unavailable. We deduced that we had to go up hill, then we came across a Ridgeway sign and followed it until we met a man and his dog. They directed us in the opposite direction back down across the road and up another hill. Well we got to the Trig point finally and officially started our journey at 10.24 am. We synchronised our watches and started running down the hill for exactly 59 seconds.

" Ooh it's a bit rocky isn't it?"

" We'd better walk down this bit, we don't want to do ourselves an injury do we?"

This set the tone for the rest of the day.

BANK HOLIDAY RIDGEWAY SAGA

I had always wanted to cover the ridgeway and in a fit of madness agreed to tackle it over 4 days with Sylvia. We intended running a lot of it, but being made of softer stuff managed to walk a considerable part of it. We coerced the partners to take our belongings between b+b's and to take us to and collect from either end. We carried only water and essentials - plasters, change of clothes, money, cuddly toy, nail varnish, make up etc (only joking)

DAY 1

The start - Ivinghoe Beacon on a sunny Friday morning, initially the car park near the top, but we managed to go round in circles for 30 minutes before the trig point was reached (it could only get better). We were aiming for Wendover, according to the guide only 1 hill between us and lunch - but we should have known, it must have been written by a sadistic runner, anything under 600 feet high is not really mentioned, only the downhill parts. Lunch was in a fancy bistro - we hadn't really thought about our attire or our smells, so being positioned away from the other diners gave it away. We got the water packs filled whilst secretly pocketing mints for later. A quick pop into Budgens to get some fruit and we started again up the high street to the next hill. Coombe Hill was reached, we looked at the pointers showing us which direction certain points of interest were, but we could see 1 church and that wasn't anywhere on the map - obviously we needed practise. We reached Chequers, keeping to the path - wondering whether to deviate from it and possibly be shot, but Sylvia could not be persuaded. We got into the woods and there stopped for the first of many (over the next few days) blister breaks. We then proceeded to Whiteleaf Hill. Now if we had known beforehand, we could have taken ropes and absailed down to see the chalk "etching", but trying to peer over the top of the hill was impossible, we managed to see it from a distance when we got to the bottom. Up to now we had not deviated from the route (unless you count the start!), at the top of Lodge hill we went wrong, we were nearly home, but we decided to go down it and back up it again, as we felt our hill training was incomplete. We could have done without the extra mileage now, we were feeling tired and the pub at Chinnor beckoned. According to the book, we passed "2 houses and a tennis court, then the Chinnor road." The road took forever to arrive - the longest 10 words ever. What a relief to get the pints ordered and sit down. This day was definitely the longest and hardest, but did not know that yet, we thought it would all be like this!!!

DAY 2

Back to the start - Chinnor road

To be continued.....

From The Snail's Lane

I may not have been the quickest over the line, indeed by the time I hit the 13-mile mark; Espinosa had crossed the finish line 14 minutes ago. However, I now know what it feels like to finish a marathon and I'll bet I was elated as he was. I ran the inaugural Puma Edinburgh marathon on 26th September. I wish I'd known the high a few years ago, I'm sure I wouldn't have waited until I was 29 to run my first.

I doubt there is anyone in the club who hasn't run one but if you haven't, I'd try to find the time to run one. I would strongly recommend it. Just one thing though, if you're scared of heights, I would avoid Edinburgh. They run you across the Forth Road Bridge. All very picturesque but not my cup of tea, I'm afraid. Thanks to Mike Hickman and Debbie (sorry I don't know your surname), and Dawn from the Marlow Striders for all of your support. I nearly forgot thanks also to Pete Eddington for suggesting that I wouldn't make it, your ribbing made me even more determined.

Helen Murdoch

Well done Helen, as I said in the last Bulletin, you never forget your first, even at 29 ! However, you omitted to tell us your time, perhaps you're still suffering from vertigo ? Congratulations also on the letter you had published in this months Runners World .

Thames Valley Cross Country League

Fixtures for 1999-2000

All races start at 11 o'clock

Sunday	14th November 1999	Datchet Dashers
Sunday	28th November 1999	Metros
Sunday	19th December 1999	Reading Road Runners
Sunday	9th January 2000	Tadley Runners
Sunday	23rd January 2000	Bracknell Forest Runners
Sunday	6th February 2000	Burnham Joggers
Sunday	20th February 2000	Handy Cross Joggers

HANDY CROSS JOGGERS

CHILTERN CROSS COUNTRY LEAGUE DIVISION 2

LEAGUE FIXTURES 1999/2000 :-

Sat	16 th October 1999	Kingsbury
“	6 th November 1999	t.b.a.
“	4 th December 1999	Hardwick
“	15 th January 2000	Berkhamsted
“	19 th February 2000	Banbury

If you are interested in running in some or all of these fixtures please give your name and details to either John Dooley or Mike Hickman.

HANDY CROSS JOGGERS

TUESDAY CLUB SESSIONS

DATE

NOV 9	10 x 100m @ 80% 8 x 100m full speed 10 x 100m @ 80% 2 min rest
NOV 16	6 x 200m @ 80% 6 x 200m full speed 6 x 200m @ 80% 2 min rest
NOV 23	8 x 400m interspersed with 8 x 400m easy
NOV 30	8 x 600m interspersed with 8 x 600m easy (sprint final 100m)
DEC 7	6 x 800m interspersed with 6 x 200m easy (sprint final 200m)
DEC 14	Hill Session, 6 x Short hills, 6 x Full hills
DEC 21 & 28	NO TRAINING
DEC 21	Pyramid Session 100/200/400/800 400/200/100 x 2 sessions.
JAN 5	2 mile fartlek x 3 sessions
JAN 12	5 x 100m 2 mins rest 5 x 200m 2 mins rest 5 x 100m all at full effort
JAN 19	2 x 100m 2 mins rest 2 x 400m 2 mins rest 2 x 600m 2 x 400 easy
JAN 26	4 x 800m 4 x 800m easy 4 x 400m with 4 x 200m easy

All sessions will commence with a warm-up stretch.

Please ensure you wear warm clothes to start the sessions.

ALEX JOHNSON

WEDNESDAY TRAINING PROGRAMME UP TO 29-12-99.

Venue:- Athletics track at Handy Cross Sports Centre, starting promptly at 7:00 p.m..

ALL SESSIONS WILL START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/DOWN, FOLLOWED BY SRETCHING EXERCISES.

- 6-10-99 Run for 2 min's., turn round and run for 2 min's. in the opposite direction at a faster pace, so that you run further on the return leg. (400m jog recovery). Repeat 6 times.
- 13-10-99 2 x 200/400/800/1600m Uppers. (200m jog/walk recovery), 400m Jog between sets.
- 20-10-99 3 x 1600m at 95% effort, (400m jog/walk recovery).
- 27-10-99 Hill session (Knight's Hill), 8 x full circuits. Effort uphill and continue to 2nd lamppost after top corner. Recovery on remainder of circuit.
- 3-11-99 2 x 10 laps of sprinting straights and jogging bends. (400m jog recovery between sets).
- 10-11-99 2 x 10 x 200m, (200m jog recovery). 4 min's. rest between sets.
- 17-11-99 Parlauf session, 2 x 6 x 400m. 4 min's. jog between sets.
- 24-11-99 6 x 800m Differentials. 1st 400 at 5k pace, 2nd faster. (400m jog recovery).
- 1-12-99 4 x 1200m at 90% effort, (200m jog/walk recovery).
-
- 8-12-99 3 x 1600m at 90% effort, followed by 2 x 200m hard effort. (200m jog/walk recovery).
- 15-12-99 Hill session (Knight's Hill). 8 circuits, with effort maintained until 2nd corner. Recovery on remainder of circuit.
- 22-12-99 Fartlek session of approx. 45 min's. duration.
- 29-12-99 CHRISTMAS BREAK – NO SESSION. This is the time to make your plans for next year. Decide which races or distances you want to do well at, and set your target times down on paper so that you will have something to work towards in training. Allow time for recovery between races, and use shorter distance races and time trials as a guide to your progress leading up to key events.

HAPPY NEW YEAR!
MIKE HICKMAN
01494 525474

RESULTS OF THE GERRY GROSSE TROPHY 5k HANDICAP
& THE WEDNESDAY TRACK GROUP 5k HANDICAP
HELD 8-9-99.

<u>Position.</u>	<u>Name.</u>	<u>Target Time.</u>	<u>Actual Time.</u>	<u>Difference +or-</u>	<u>Category.</u>
1st.	HELEN MURDOCH	29:36	27:08	-2:28	G.G. & W.T.G.
2nd.	SHIRLEY MONTAGUE	31:40	29:14	-2:26	G.G.
3rd.	JANE SLATER	26:39	25:41	-0:58	W.T.G. only.
4th.	DAVE LEIGHTON	20:08	20:02	-0:06	G.G.
5th.	DEBBIE RIDOUT	24:10	24:08	-0:02	G.G. & W.T.G.
6th.	TREVOR FREE	19:01	19:41	+0:40	G.G. & W.T.G.
7th.	MIKE BLOWING	20:40	21:37	+0:57	G.G.
=8th.	DAVE NASH	24:42	25:41	+0:59	G.G.
=8th.	ALEX THOMASON	22:01	23:00	+0:59	G.G. & W.T.G.
10th.	LIZ DAVEY	22:02	23:07	+1:05	G.G.
11th.	ROD McCLEAN	19:24	20:42	+1:18	G.G.
12th.	GERRY GROSSE	22:33	23:57	+1:24	G.G.
13th.	BECKY HAWKINS	22:51	24:25	+1:34	G.G.
	IAN LITTLE	Est@24:06	22:27	-1:39	None.

Awards for the Gerry Grosse Trophy 5k Handicap.

Helen Murdoch won the Gerry Grosse Trophy for achieving the largest minus figure.

Shirley Montague won a bottle of wine for achieving the second largest minus figure.

Dave Leighton won a trophy for being the first person of the opposite sex achieving the next largest minus figure.

Becky Hawkins won a bottle of wine for achieving the largest plus figure.

Many thanks to Gerry for providing the trophies and wine.

Award for the Wednesday Track Group 5k Handicap.

Jane Slater of Marlow Striders won the W.T.G. Shield for achieving the largest minus figure of people qualifying to compete for this award.

Congratulations to those of you who won awards, and well done everyone else for getting so close to your undisclosed target times

Many thanks to John Bradbury, Vernon Martin, and Stephan Naunko who did the lap counting and timing, and who ensured that there were no hiccups this year.

Thanks to everyone for taking part, and to all those who turned up to support the runners.

GYM WORKOUT AND CONDITIONING

Some of you have asked me to prepare a conditioning work-out. This is a general work-out for all muscle groups and is designed to be completed within 45 mins. You must warm-up and stretch.

Each discipline is for 3 sets of 10 at 30lbs

1. Seated Rowing
2. Incline Press
3. Chest Press
4. Abdominal
5. Lat Pull Down
6. Pectoral Fly
7. Deltoid Fly
8. Shoulder Press
9. Low Back
10. Abdominal Crunch - 30 sits-ups
Oblique Left Crunch - 30 sits-ups
Oblique Right Crunch - 30 sit-ups
11. Abductors Sit
12. Abductors Sit
13. Seated Leg Curl
14. Seated Leg Extension
15. Bicep Curl
16. Tricep Curl

If you need assistance please ask, I would be happy to accompany you to the Gym.

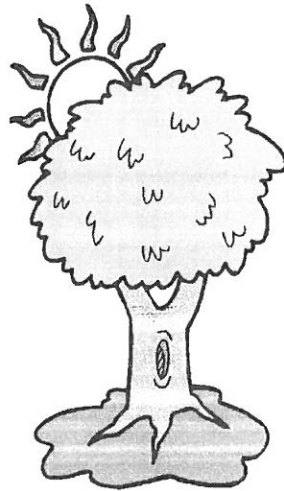
Alex Johnson - BAF Coach

**Tim Jefferson and Mary Kirman
have gone West!!!**

In search of pastures new, we have moved to a farmyard surrounded by them.....

Little Barn
Fovant
Salisbury
Wiltshire SP3 5JQ

Telephone: 01722 714516



All callers, visitors, waifs and strays welcome whenever you are in the area!

MARATHON PACE GUIDE

HERE is an easy table to help the runners find the correct pace they need to run in the marathon. It is important to maintain as even a pace as possible, and the chart is devised to give you a good idea of what pace to run at to give a particular time. Simply look at the minute time per mile and then compare this with the finishing time.

Mile Pace	5 Miles	10 km (6.2M)	15 km (9.3M)	10 Miles	20 km (12.4M)	Halfway (13.1M)	15 Miles	25 km (15.5M)	30 km (18.6M)	20 Miles	40 km (24.8M)	Full Marathon
4.45	23:45	29:27	44:11	47:30	58:54	1:02:16	1:11:15	1:13:38	1:28:21	1:35:00	1:57:48	2:04:33
4.50	24:10			48:20			1:12:30			1:36:40		2:07:44
5.00	25:00	31:00	46:30	50:00	1:02:00	1:05:33	1:15:00	1:17:30	1:33:00	1:40:00	2:04:00	2:11:06
5.10	25:50			51:40			1:17:30			1:43:20		2:15:28
5.15	26:15	32:33	48:50	52:30	1:05:06	1:08:50	1:18:45	1:21:23	1:37:39	1:45:00	2:10:12	2:17:40
5.20	26:40			53:20			1:20:00			1:46:50		2:19:50
5.30	27:30	34:06	51:09	55:00	1:08:12	1:12:08	1:22:30	1:25:15	1:42:18	1:50:00	2:16:24	2:24:12
5.40	28:20			56:40			1:25:00			1:53:20		2:28:20
5.45	28:45	35:39	53:29	57:30	1:11:18	1:15:23	1:26:15	1:29:08	1:46:57	1:55:00	2:22:36	2:30:46
5.50	29:10			58:20			1:27:30			1:56:40		2:32:56
6.00	30:00	37:12	55:48	1:00:00	1:14:24	1:18:39	1:30:00	1:33:00	1:51:36	2:00:00	2:28:48	2:37:19
6.10	30:50			1:01:40			1:32:30			2:03:20		2:41:41
6.15	31:15	38:45	58:08	1:02:30	1:17:30	1:21:56	1:33:45	1:36:53	1:55:45	2:05:00	2:35:00	2:43:53
6.20	31:40			1:03:20			1:35:00			2:06:40		2:46:03
6.30	32:30	40:18	1:00:27	1:05:00	1:20:36	1:25:13	1:37:30	1:40:45	2:00:44	2:10:00	2:41:12	2:50:25
6.40	33:20			1:06:40			1:40:00			2:13:20		2:54:47
6.45	33:45	41:51	1:02:47	1:07:30	1:23:42	1:28:29	1:41:15	1:44:38	2:05:33	2:15:00	2:47:24	2:56:59
6.50	34:10			1:08:20			1:42:30			2:16:40		2:59:09
7.00	35:00	43:24	1:05:06	1:10:00	1:26:50	1:31:46	1:45:00	1:48:30	2:10:12	2:20:00	2:53:40	3:03:33
7.10	35:50			1:11:40			1:47:30			2:23:20		3:07:55
7.15	36:15	44:57	1:07:26	1:12:30	1:29:54	1:35:03	1:48:45	1:52:23	2:14:51	2:25:00	2:59:48	3:10:06
7.20	36:40			1:13:20			1:50:00			2:26:40		3:12:17
7.30	37:30	46:30	1:09:45	1:15:00	1:33:00	1:38:19	1:52:30	1:56:15	2:19:20	2:30:00	3:06:00	3:16:39
7.40	38:20			1:16:40			1:55:00			2:33:20		3:21:01
7.45	38:45	48:03	1:12:05	1:17:30	1:36:06	1:41:36	1:56:15	2:00:08	2:24:09	2:35:00	3:12:12	3:23:13
7.50	39:10			1:18:20			1:57:30			2:36:40		3:25:23
8.00	40:00	49:36	1:14:24	1:20:00	1:39:12	1:44:53	2:00:00	2:04:00	2:28:48	2:40:00	3:18:24	3:29:45
8.10	40:50			1:21:40			2:02:30			2:43:20		3:34:07
8.15	41:15	51:09	1:16:44	1:22:30	1:42:12	1:48:10	2:03:45	2:07:53	2:33:27	2:45:00	3:24:24	3:36:20
8.20	41:40			1:23:20			2:05:00			2:46:40		3:38:29
8.30	42:30	52:42	1:19:03	1:25:00	1:45:24	1:51:26	2:07:30	2:11:45	2:38:06	2:50:00	3:30:48	3:42:51
8.40	43:20			1:26:40			2:10:30			2:53:20		3:47:13
8.45	43:45	54:15	1:21:23	1:27:30	1:48:30	1:54:43	2:11:15	2:15:38	2:42:45	2:55:00	3:37:00	3:49:26
8.50	44:10			1:28:20			2:12:30			2:56:40		3:51:35
9.00	45:00	55:48	1:23:42	1:30:00	1:51:36	1:57:59	2:15:00	2:19:30	2:47:24	3:00:00	3:43:12	3:56:00
9.10	45:50			1:31:40			2:17:30			3:03:20		4:00:22
9.15	46:15	57:21	1:26:02	1:32:30	1:56:42	2:01:16	2:18:45	2:23:23	2:52:03	3:05:00	3:49:24	4:02:32
9.20	46:40			1:33:20			2:20:00			3:06:40		4:04:44
9.30	47:30	58:54	1:28:21	1:35:00	1:57:48	2:04:33	2:23:30	2:27:15	2:56:42	3:10:00	3:55:36	4:09:06
9.40	48:20			1:36:40			2:25:00			3:13:20		4:13:28
9.45	48:45	1:00:27	1:30:41	1:37:30	2:00:54	2:07:49	2:26:15	2:31:08	3:01:21	3:15:00	4:01:48	4:15:33
9.50	49:10			1:38:20			2:27:30			3:16:40		4:17:50
10.00	50:00	1:02:00	1:33:00	1:40:00	2:04:00	2:11:06	2:30:00	2:35:00	3:06:00	3:20:00	4:08:00	4:22:13

Handy Cross Joggers Marlow 5 Account

Item	Debit	Credit
Balance b/f		£110.77
Interest 21 Sep - 13 Dec		£0.41
Interest 14 Dec - 21 Mar		£0.46
Interest 22 Mar - 14 Jul		£1.74
Loan from Handy Cross Joggers		£400.00
Printing of entry forms	£56.99	
Road Closure application	£60.00	
Address labels and stamps	£25.58	
Medals and numbers	£683.44	
Credit for 5K series numbers		£15.39
Programme printing - Batch 1	£90.48	
Programme printing - Batch 2	£18.80	
Photocopying, Laminating and black sacks	£20.00	
Trophy engraving	£12.40	
Junior prizes	£7.00	
Prizes M&S	£178.19	
Starting Gun etc	£23.98	
Entries		£2,868.00
Donations from Sponsors		£100.00
Additional Medals	£61.98	
P&P return medals	£7.95	
SEAA levy	£359.00	
Printing results	£141.00	
Envelopes and Postage for entries	£67.00	
Running Imp International	£187.95	
Envelopes for results	£10.55	
Postage for results	£76.00	
St John Ambulance Donation	£75.00	
Raynet Donation	£40.00	
Charity Donation	£500.00	
Handy Cross Donation returned	£400.00	
Balance c/f	£393.48	
	£3,496.77	£3,496.77



Wycombe Sports Centre Marlow Hill High Wycombe Bucks HP11 1SX Tel 01494 688151 Fax 01494 688158

17 September 1999

Dear Centre User

Can You Help Improve Wycombe Sports Centre?

We are currently starting our business planning process for the year 2000 and I would greatly appreciate your help in getting it right.

Your ideas for improvements to services, facilities and activities are important so please do take time to complete this questionnaire, it will count!

What do you like about this Centre?

What don't you like about this Centre

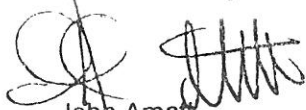
How can we improve the services and facilities we provide for you?

What additional activities or facilities would you like to be provided?

Please leave this form at Reception or post to John Amatt, Group Operations Manager, Wycombe Sports Centre, Marlow Hill, High Wycombe, Bucks, HP11 1SX.

Thank you for taking the time to contribute to the continued success of Wycombe Sports Centre.

Yours sincerely



John Amatt
Group Operations Manager



