



Bulletin

Welcome to the 'new look' Bulletin. Although Duncan is still happy with the cost, the Bulletin is becoming expensive! The July edition cost nearly £1.20 each, partly because there were twenty two pages and it cost 14p more than the normal 2nd class postage rate. Also Staples now charge 3p per page (plus vat) for copying. Does anyone know of a cheaper printing source? Any other ideas on cost savings? Please let me know your thoughts.

There were a number of contributors to the last edition which made it a good read (at least I thought so) and Helen Murdoch has virtually filled this one for me. However you don't need to produce pages of script or poetry to get published. I would welcome articles of any length, results, thoughts, opinions, tips and even recipes, hand written or typed. So next time you're doodling on the word processor, why not send it to me via e-mail for inclusion?

I know it's early to start thinking about next years dinner dance, but Debbie would like a display of photos (preferably amusing ones) for everyone to enjoy while they are waiting for their meal. So please get snapping and let her have the results.

Happy reading!

Martin Dean

Editor

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New Members

A very warm welcome to the following new members:-

Lucy Couturier, Stella Gwillium, Linda Gaitskill (and Ava), Ian Murdoch, Eri Tanimoto, Kate Sharp, Marion Baker, Elspeth Black and Alison McQuater

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Wycombe Half Marathon

Many thanks to those of you who gave up your time to help out with the organisation of the 21st Wycombe Half Marathon - and to your families who came along to help. I know some of you would much prefer to have run the race, but recognise that without the Club's involvement, the race could simply not take place.

It is invidious to pick out individuals for praise - many of you helped - but I will risk doing so. Not as a slight on others, but just to acknowledge that a few people turn out year in and year out, make a major contribution but are hardly seen. Stand up please John Bradbury, Kevin Duffy, Martin Franzese and Mike Hickman. Yes, I know that Mike ran the race as well, but no one could have done more in the months before the event, and on the weekend itself. And he found time for a bit of massage as well.

We have committed ourselves to organising the race next year (for the next 21 years if Alex is to be believed!). Each year is more difficult than the last - largely because of the exponential growth in traffic and street parking. We need you all to pledge your help, and to do so early to avoid the frantic last minute phone calls and the very real prospect that we might have to call off the race 2 or 3 days before it is due to happen if marshals can not be found.

Having reviewed this year's race, we are contemplating some major changes to the course which will make your involvement next year even more critical.

David Riddington
on behalf of the Organising Committee

I understand the day was very warm (25 degrees) This might account for some rather surprising times. The race attracted 1200 entries with 999 finishers and, apart from some adverse comments in a letter to the Star, was very successful. See opposite page for some comments on the event.

Handy Cross Runners Results

Phil Stephens in 1.19.14 (9th)
Pete Smith in 1.21.58 (15th)
John Peerless in 1.25.23
Dave Leighton in 1.31.12
Sally White in 1.31.53
Alfred Benjamin in 1.33.29
Peter Astles in 1.49.14
Sue Fenn in 1.50.23
Margaret Moody in 1.50.26
Adam Koffler in 1.50.56
Russell Fell in 1.51.16
Clive Girling in 1.51.18
Paul Palmer in 1.59.36
Mike Hickman in 2.00.07
Diana Milroy in 2.06.44
Mike Blowing in 2.11.40
Lucy Couturier in 2.15.51
Jennie Grassly in 2.20.10
Alison Alexander in 2.26.23
Sue Walker in 2.48.10 (first $\frac{1}{2}$)
Debbie Ridout in 2.48.47

Handy Cross Runners won the 2nd Men's Team Prize, well done Phil, Pete, John, Dave and Benjie.

My apologies to anyone whose result I may have missed

"This is how The Rye should be used"

High Wycombe Mayor Ian McEnnis

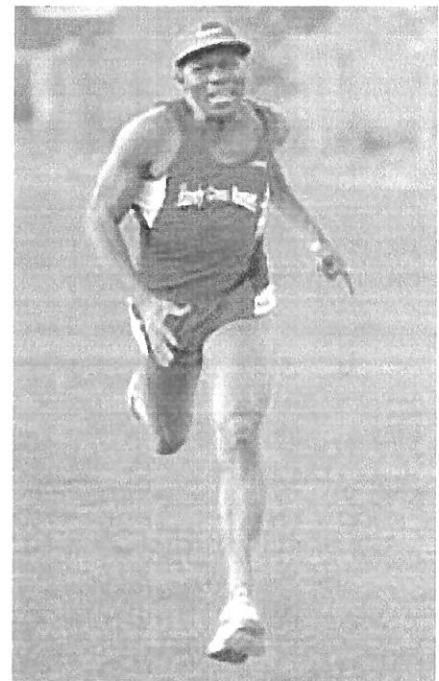
"It was boring"

Bucks Free Press reporter
Mathew Harris

"I really enjoy the event. I think it is
one of the best in the country"

Race winner Julian Critchlow of Watford Harriers

"It's a great event and I'll keep running it
as long as I'm alive... The last bit was
tough with that last hill they sneakily put
in near the end but I will be back next
year and I will be back every year until
I'm dead... This was my 72nd half mara-
thon. I did one in Trinidad and that was
a lot hotter than this. It was melting
[man], you can't compare the heat"



Handy Cross's own Benjie Benjamin after completing
his 21st Wycombe Half Marathon

"The start was very hot and we tried to stick to the shade
as much as possible but there isn't much out there"

Sergeant Nick Hussey, one of a team of four members of the
Royal Green Jackets who ran with 35lb packs on their backs in full army kit
and raised £500 for Wycombe Hospital

Answer to a Maiden's Prayer?

Once upon a time, in a land far away, a beautiful, independent, self-assured princess happened upon a frog as she sat, contemplating ecological issues on the shores of an unpolluted pond in a verdant meadow near her castle.

The frog hopped into the princess' lap and said,

"Elegant lady, I was once a handsome prince, until an evil witch cast a spell upon me. One kiss from you, however, and I will turn back into the dapper, young prince that I am and then, my sweet, we can marry and set up housekeeping in your castle with my mother, where you can prepare my meals, clean my clothes, bear my children, and forever feel grateful and happy doing so."

That night, as the princess dined sumptuously on a feast of lightly sautéed frog legs seasoned in a white wine and onion cream sauce, she chuckled and thought to herself,

"I don't f*****g think so."



A Simple Quiz!

- Q1 What do you put in a toaster?
- Q2 Say "silk" 5 times. , Now spell "silk".
What do cows drink?
- Q3 If a red house is made from red bricks, a blue house is made out of blue bricks, a pink house is made out of pink bricks, a black house is made out of black bricks, what is a green house made out of?
- Q4 20 years ago a plane is flying at 20,000 ft over the old country of Germany when two of the engines fail. The pilot, realizing that the last remaining engine was failing, decides on a crash landing procedure, but unfortunately the engine fails before time and the plane crashes smack bang in the middle of "no mans land" the land between East Germany and West Germany, in the middle of the Berlin wall,..... where would you bury the survivors, East Germany, West Germany or in "no mans land"?
- Q5 If on a clock the hour hand moves $\frac{1}{60}$ th of a degree every minute then how many degrees will the hour hand travel in 1 hour
- Q6 **without using a calculator** you are driving a bus from London to Milford Haven (Wales). In London 17 people get on the bus, in Reading 6 people get off, 9 people get on, in Swindon 2 people get off, 4 people get on, in Cardiff 11 people get off, 16 people get on, in Swansea 3 people get off, 5 people get on, in Carmarthen, 6 people get off, 3 people get on. The bus then pulls into Milford Haven bus depot.....

What is the name of the driver?

Answers on page 6

The Six Five Special

"We will be waiting to get you on the **right track** for the start"

"We have **engineered** the Programme"

"You may be feeling a little **tender** by the end"

"In the meantime keep up the **Training**"

"It's on the usual **lines**"

"To take part just turn up at High Wycombe **Railway Station** at 18:30"



With all these clues, it was pretty obvious that Nick and Pete had planned a mystery tour involving a journey by train! But in which direction and to where? But that was the mystery.

So on a lovely warm July evening, twenty nine Handy Cross Runners, clad in their running gear, excitedly headed north and alighted at Haddenham, looking rather incongruous against the tired, grey commuters.

Here we were met by Pete and given a choice of two different runs, long or longer! There was supposed to be an element of competition, counting the number of stiles en route, with a prize promised. I counted over fifty that we crossed, but was told that stiles seen but not necessarily crossed, counted also! In the end I don't know who actually won, or even if there actually was a winner, but the run was great.

After what seemed a long and circuitous route (crossing the same stile more than once, did that count as one, or two?) we finally arrived back in Haddenham to enjoy beer and some excellent sandwiches in a pub near the station.

Nick's planning had so far worked superbly and we were given a choice of two trains to return to Wycombe, one at 10 o'clock and another at 11 with a fallback last train at 11.30.

All the party poopers departed for the early train, leaving a hard core of drinkers to enjoy a few more pints before wandering down the road to the station to catch the 11 o'clock train.

At ten past eleven we were wondering what had happened to our train, when a 'jobsworth' appeared on the opposite platform and took great delight in informing us the line was now closed for maintenance work!

However all was not lost, as a coach had been sent to ferry us back to Princes Risborough to catch the last train from there. We boarded the coach and relaxed, until the driver plaintively enquired, "Where is Risborough station?"

Never mind Nick, as Rabbie Burns said, "The best laid plans of mice and men..." and it didn't spoil a great evening.

Thanks to you, Pete and Steph for planning the routes and I hope Steph has fully recovered from the chicken pox!



Nettle Warrior

So here it was at last, the day I had been in one way looking forward to and in another absolutely terrified about. There were ten of us due to do it at the start, but come the day there were only 3 brave enough, or is that stupid enough, to take on TOUGH GUY.

I stayed sober at a party the day before and drove home from Cambridge, leaving my children with a very inebriated husband, to be picked up the following day at 7:30 by my bodyguard, Nick Martin.

I'm not sure he wanted to talk much as he drove up the motorway with the hood down on his MGF. I needed the fresh air. I was positively terrified. I hadn't eaten or slept.

We arrived and headed straight for a look at the killing fields. There were lots of swamps with green slime on them. Nick told me I would be swimming through them, I thought he was joking! Then there were the 20-foot climbs with cargo netting to hold on to. The treacle mines (mud up to your knees) and the beams across the water. Hold your breath and under you go, popping up after you had cleared them.

Barbed wire to crawl under. Pipes to crawl through. Water slides to negotiate. Hills made of straw with only ropes to cling on to and any number of mud baths, water jumps and walls to climb over. A bacon sandwich was in order after that insight.

What a fantastic day, we did the 2-mile run? More like a speed march with lots of stopping and walking. I liked that bit. Until we got to the slalom, up and down the side of a very steep hill 5 times. I was glad of my Walsh's (thanks Debbie).

Then we did the killing fields with all 21 obstacles, I was glad that I had spent 70p on a pair of throw away gloves for the ropes. When we had completed the course once, joy of joy they sent you around for a second time. The heat was on as it was close to 30C.

I loved it, absolutely loved it. I was almost sad when I came to the end the second time around and I knew the end was in sight. I did actually hear someone behind say 'Can I go around for a third time?' Well I knew what he meant.

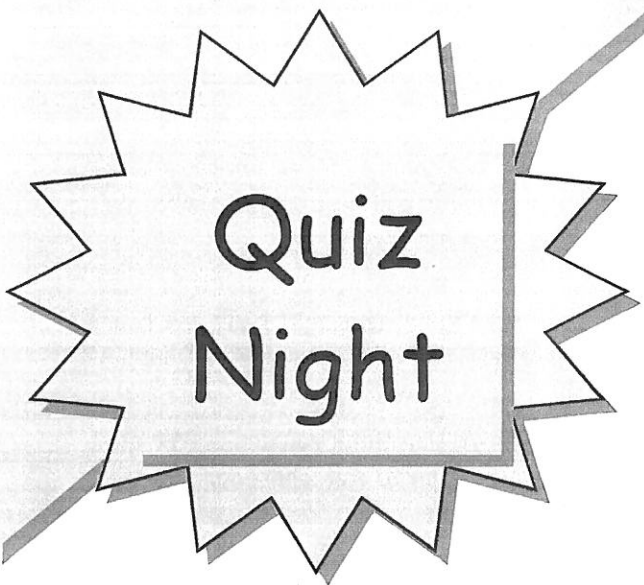
We finished in 3hrs 33mins. I couldn't believe we had had so much fun and it had taken that long. I could not have got around without Nick's support, but boy I'm glad I did. He was true to his word and stayed with me the whole time. I don't know what happened to Benji, I guess that I was just too slow for him. *(He did it in two and a half hours)*

Nick then proved on the way home that he could drive like Michael Schumacher by swerving and avoiding a side impact that just seemed inevitable to me. Amazing driving Nick.

Helen Murdoch

Answers to the Quiz

- Q1 You put bread in a toaster (not toast)
- Q2 Cows drink water (not milk)
- Q3 A greenhouse is made of glass (not green bricks)
- Q4 You don't bury survivors
- Q5 One degree
- Q6 Yourself (read the first line again)



Quiz
Night

Friday 4th
October

Sands Village Hall

7.30pm for 8pm

Fish and Chip Supper

£6 per person

Teams of six people

Please give your name, choice of food and payment to Debbie by September 26th

The Diary of a Spice Girl - Sue 'Posh' Neale

18 Feb '02 Sue and Debbie's first get together! Shall we shan't we...Can we Can't we? Who shall we be? Who will be with us? Abba...no! Westlife...No! Spice Girls...that's the one!

24 March '02 After a couple of weeks searching, the right girls are found and are willing! At the first meeting all is revealed. We're on!

14 April '02 The song is decided! "Who do you think you are?" We all take on our new identities and begin to talk choreography... Ah! None of us can dance!

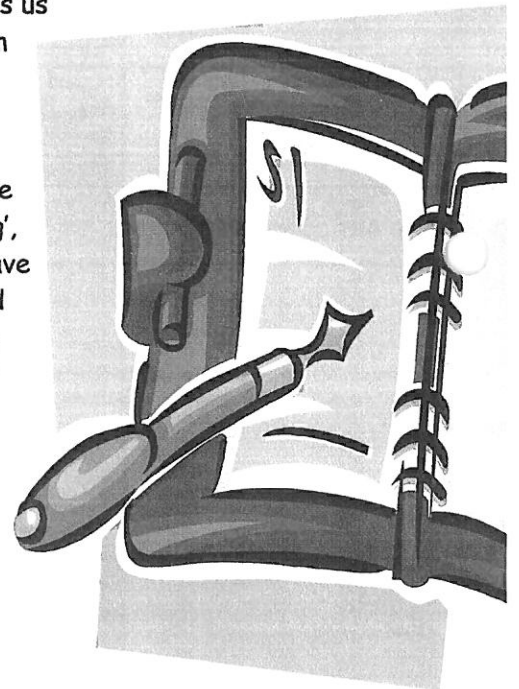
28 April '02 Scary (Sally) hosts the practice! Alan is not amused...his arm chair has been removed from in front of the TV so he goes to the pub! We now have a line up and starting positions!!

5 May '02 Posh (Sue) hosts and invites the first spectator for a little 'constructive criticism'. Steve is banished to the bedroom! A few glasses of wine later we have a BASIC routine.

19 May '02 Posh's dining room is cleared and the stage is set! Out come the props...on loan from another group of 'Wanna-be Spiceys'. Steve videos us so that we can criticise our performance constructively...and have a laugh!!!

We play it back and realise some are 'heeling' when they should be 'toeing', some go left others go right. We have microphones (well, felt tip pens and glue sticks!) but we keep forgetting to use them! And we don't know our lines.....

HELP!!!!



"Shall we shan't we?...
Can we? Can't we?"

"...the right girls are
found and are willing!"

"Who do you think you
are?"

"None of us can
dance!"

"...some are 'heeling'
when they should be
'toeing', some go left
others go right."

"...we don't know our
lines....."

"...we're on...nerves
are gone, adrenaline
is pumping and we are
grooving!!!"

The Diary of a Spice Girl – continued....

2 June '02 Our first dress rehearsal is a SELL OUT in front of an audience of next door neighbours and spice girl families. Weather permits an outdoor performance. First time round...NIGHTMARE. Second time...FAB!

9 June '02 Polishing and refining...and panicking.

28 June '02 One last practice and sorting out of 'order of events'. When, how, where... Props are checked and the cost of this event realised.....San Tropez sun tan treatment, false finger nails, wigs, Outfits, rolling pins, (microphones!), body art....!

29 June '02 D-Day.... We spend the early part of the evening sending signals across the dance floor and pacifying our nerves with alcohol. We've kept it a secret this long, we mustn't slip now. Dinner is over, presentations, Sister Act.....then it happens...

Baby gives us the nod - it's now or never. Mass exodus to the Ladies.... quick change and we're on....nerves are gone, adrenaline is pumping and we are grooving!!!

Then it is over we are BUZZING...on a high...

WOW...WOW ...WOW!!! EXCELLENT!!

We all agreed it was a brilliant experience. Our Agent has signed us up for an extra performance at Wycombe C of E School's Disco!!! And the touts are out for next year....Watch this space.

Well done Sue (Posh), Ellen (Ginger), Sally (Scary), Debbie (Baby), and Helen (Sporty) you were all great!

"Shall we shan't we?...
Can we? Can't we?"

"...the right girls are
found and are willing!"

"Who do you think you
are?"

"None of us can dance!"

"...some are 'heeling'
when they should be
'toeing', some go left
others go right."

"...we don't know our
lines...."

"...we're on....nerves are
gone, adrenaline is
pumping and we are
grooving!!!"

Who was that Poet?

Did you guess the identity of the mystery runner from the poem in the last Bulletin? It was of course Terry Eves. I think the "Come on Tel" at the end of the ninth verse was a dead giveaway.

Now can you guess the identity of this Handy Cross Runner, from these excerpts of an interview he gave to the Bucks Free Press?

A runner who has competed in every single Wycombe Half Marathon is hoping to complete the course for the 21st time in July.

-----, 47, has become something of a jogging junkie since he got hooked on the sport after entering the first Wycombe Half Marathon in 1981.

"It was being overtaken by 60-year-olds while I was in my twenties that made me determined to re-enter and do better!" he said.

Since then, ----- has completed seventy half marathons around the world, plus three full marathons. He has even been known to choose his holiday destinations so he can compete in foreign races while he is there.

The father-of-two's best time for a half-marathon is one hour

and 23 minutes, which he achieved about six years ago.

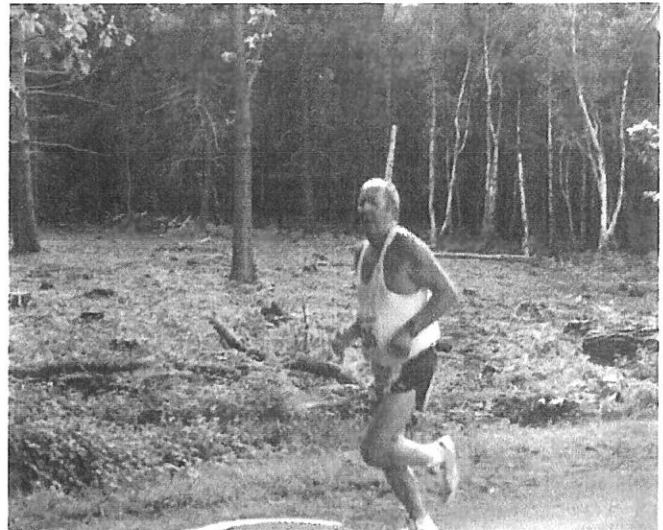
"I love running," he said.

"It's a discipline I enjoy and I like the competition. If I don't train for a few days, I can't sit still and I worry that I'm losing my fitness while everyone else is getting stronger."

-----, who is a member of Handy Cross Joggers (sic), runs about 35 miles a week and includes speed work and circuit workouts in his training.

He says the long run up Marlow Hill makes the Wycombe route a tough course.

"The first mile is a bit of a shock to your system and the long haul back from Bourne End is hard going too, particularly with the time of year being so hot".



Didn't He Do Well!

Dave Bosley won all three of the last summer 5k series with Pete Smith and Phil Stephens also in the first ten places. Both John Peerless and Benjie seem fated to finish just outside the single figures. Paul Palmer completed the London Triathlon in a superb time of under three hours. Pete Smith finished twentieth in the International 'Descent de la Lesse half marathon in Belgium in a time of 1-21-58.

Didn't She Do Well!

Marlow teacher Hayley Yelling smashed her pb in the Commonwealth Games 10,000 metre race, finishing just one place behind her sister in law in fifth place. Sue Fenn smashed her half marathon pb at Burnham by two minutes.

Going to the Dogs?

Oxford Stadium Six Pack Party Deal

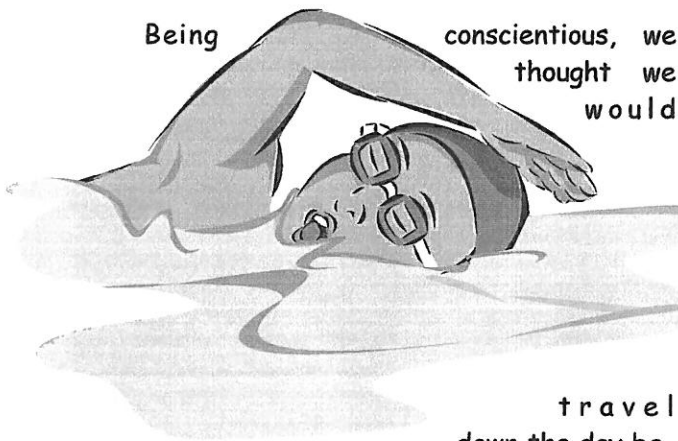
SAT 21-9-02

- | | | |
|----------|------------------------|-------------|
| 1 | Admission and Racecard | Worth £5.00 |
| 2 | Fast food meal | Worth £5.00 |
| 3 | Drink voucher | Worth £3.00 |
| 4 | Drink voucher | Worth £3.00 |
| 5 | Win tote bet | Worth £1.00 |
| 6 | Jackpot lucky-dip bet | Worth £1.00 |

All for just £14 including coach and reserved seating
See Duncan Kennerson for Details

Doing A Triathlon

Debbie Ridout made the mistake of saying to me that she would really like to do a triathlon. So within a few days I had found us one to do in Droitwich, sent off my entry form, and thanks to Paul and Anne Palmer (who did it last year) found us accommodation.



Being conscientious, we thought we would

travel down the day before to find out where the pool was and to work out the bike route. We found our B & B with no problems but then spent the next hour searching for the leisure centre. The map (virtually unreadable) said Briar Hill, which turned out to be Briar Mill and by the time we had found it we had travelled down so many roads that we had completely forgotten where the B & B was!

In desperate need of food, we decided to park up and find a café in town. First job, find town, Droitwich is not large. One hour later Debbie gave up looking for the town and went to Safeways in search of an in-store café, looked out the far window and lo and behold, in all its smallness, Droitwich..

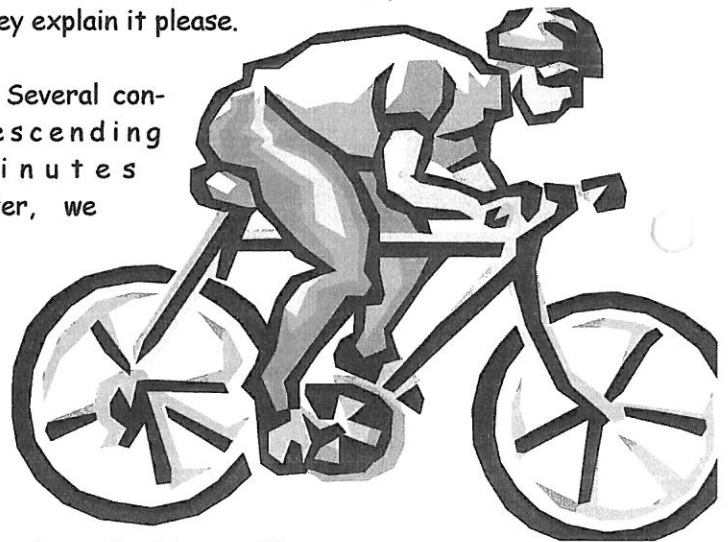
Joy of joy we finally find somewhere to eat and duly order sausage egg and chips for

me and bacon egg and chips for Debbie. Good food to eat the day before a triathlon (see nutrition section Runner's World!) The locals proved how clever they were when they asked who was having the sausage, 'me', I said and the waitress promptly gave it to Debbie. Maybe you had to be there, but Debbie and I were now becoming worried.

Having eaten we went on to look at the town, which took two minutes or so. We had complete hysterics over some singing unicorns and decided maybe we should leave the shop (and the town) before we were thrown out.

We retraced our steps to the swimming pool and found that they were setting up for the triathlon. I suggested to Debbie that we ask the guys to explain their absolutely pathetic map that had no road markings and was so dark that you couldn't work out where you were going on it. Debbie thought that was a bit rude, so I just played dumb and said that we were female and couldn't read maps and could they explain it please.

Several condescending minutes later, we



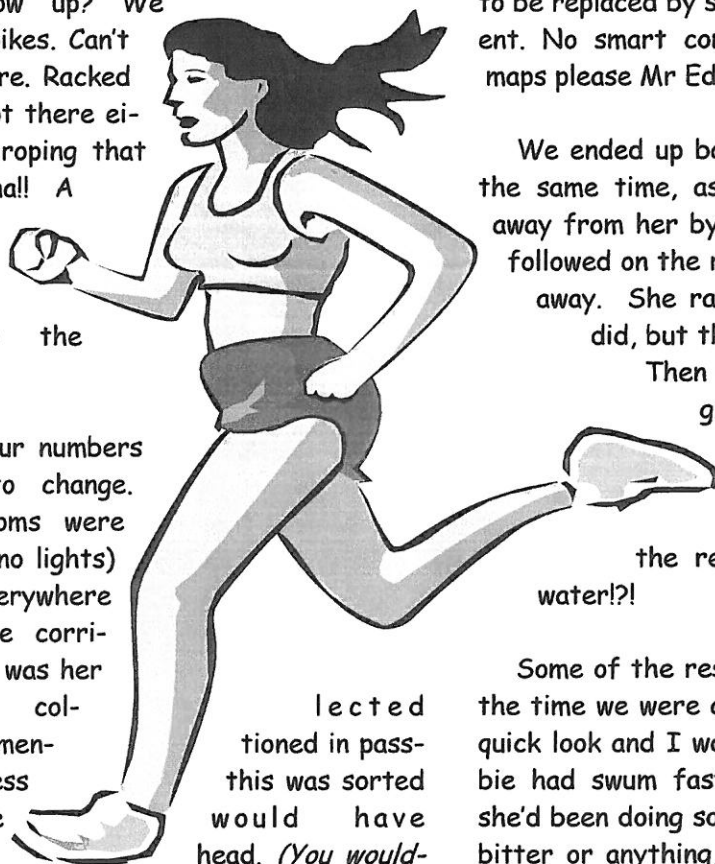
thought we had it, so off we trotted in the car to see what we were up against. Three hours later and we had gone down every road in and out of Droitwich (that

part didn't take long) and most of those around Worcester, but still could not work it out. Time to head back to the B & B for some zzzzz's.

Later we went back to see if the bike route had been marked out yet. It hadn't. We did however, manage to finally work it out, and content with our work, we headed to the pub for a meal and just the one drink.

The next day we arrived to find what could only be described as chaos. We parked and unloaded our bikes and were then told we couldn't park there. No one marshalling cars at 7:30. Event starts at 8.00. Did they think we wouldn't show up? We racked our bikes. Can't rack 'em there. Racked 'em again. Not there either. We're roping that bit off. Aha!! A marshal at last and still a full 10 minutes to the start.

We got our numbers and went to change. Changing rooms were pitch black (no lights) as was everywhere else bar the corridors. Debbie was her usual calm collected self and mentioning that unless out soon she someone's



lected
tioned in pass-
this was sorted
would have
head. (You would-
n't think she was that violent, would you?)

By 8am they had finally found the light switch and we had to make a quick change and get body marked. Nobody explained how they were going to set you off; they seemed to

think we'd know. I've done three tri's before but that didn't help me and this was Debbie's first. What an introduction. Finally we were off and swimming. Debbie went before me, but I managed to catch her in transition and we went off on our bikes with Debbie just in front. Then it happened. The day I have waited three years for. I overtook Debbie.

OK, we were on bikes and OK, she'd only ridden hers three times before the event and OK, she had new gears. I overtook her and that's an end to it.

The bike route that we had found incidentally had mysteriously disappeared overnight, to be replaced by something altogether different. No smart comments about females and maps please Mr Editor. (As if I would!)

We ended up back in transition virtually at the same time, as I hadn't managed to pull away from her by very much. The inevitable followed on the run and Debbie just blew me away. She ran 3 minutes quicker than I did, but then I'd been expecting that. Then it was all over and we were greeted at the finish with Water Melons and Bananas. But no water anywhere. I could put up with the rest of the mishaps but no water!?!

Some of the results had been posted up by the time we were about to leave and we had a quick look and I was amazed to see that Debbie had swum faster than I had. I reckon she'd been doing some sneaky training. I'm not bitter or anything, because I don't know if I mentioned it earlier, but I passed her on the bikes. No, how can you be bitter at someone like Debbie. She worked amazingly hard and she only beat me by 46 seconds.

Helen Murdoch (Not so Sporty Spice)

Welsh Castles Relay

This is a race that I didn't know much about. I saw it written up in Runner's World magazine and became interested. I know that John Pearlless has done it and so I thought I would investigate further.

The race is held over the second weekend in June, the Welsh Castles Relay is a team event, but each stage is a head-to-head race. There are ten 10 mile races, back to back. Then another ten the following day. Each stage starts on the arrival of the first runner of the previous one, so there are no batons to hand over.

The race pauses in Newtown on the Saturday night, where most athletes bed down in the community sports hall. If sleeping in the Sports Hall isn't your taste (and you should expect to be woken constantly), the Wales Tourist Board have a list of hotels, B&Bs etc at www.visitwales.com.

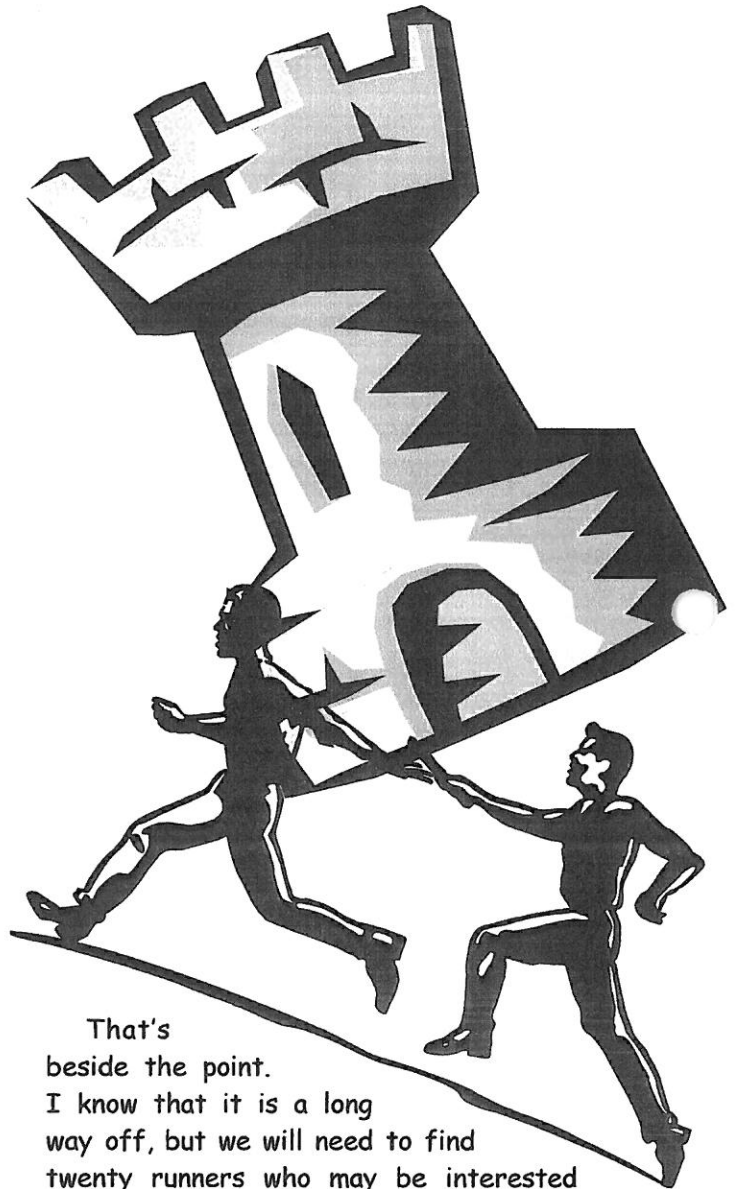
We will look into that once we know whether or not our entry has been accepted. I can't imagine it would be too costly, we are talking Wales here!

Races within the race. Mountain stages. There are six stages to this competition and the winning team is the one with the lowest aggregate time over these six stages.

I have taken this information from the website, which is at:-

www.lescroupiersrunningclub.org.uk/castles/

I have sent an email to the organisers and although they say that they are usually over subscribed, they are always looking for new teams for the event and so we might be lucky. They also said that it does not work on a first come first serve basis either, so quite how you get an entry accepted is beyond me.



That's beside the point. I know that it is a long way off, but we will need to find twenty runners who may be interested from Handy Cross before we have to open it up to Marlow Striders and any other local clubs. It would be nice if we could keep it within our own club and I already have five who are very keen, so I'm a quarter of the way there.

Anyone interested should see either myself, or Debbie Ridout. I know that it is a long way off but it would be nice to see if we could get a team together before the entry form arrives in January.

Helen



The Child Bereavement Trust

22nd August 2002

Mr Peter Edington
Handy Cross Runners
Lapwing Cottage
Broombar Lane
Great Missenden
Bucks HP16 9JD

Dear Mr Edington,

Thank you so much for the wonderful donation of £800.00 raised by the Marlow 5 fun run, which we are absolutely delighted to receive. It was lovely to meet you all last night, and very exciting to receive the enormous cheque!

The Child Bereavement Trust is very grateful for all the help we receive from people committed to improving care for grieving children and families. I can assure you that your donation will be very helpful to the work of The Child Bereavement Trust, particularly training the professionals whose support of bereaved families is so crucial. This work is highly valued and, sadly, increasingly in demand. I spoke with Dave, one of your members last night who's son had sadly died earlier this year and it was moving and so good of him to find time to explain why he was pleased that we had been given this gift.

Thank you again for your kind and most welcome donation, and for supporting The Child Bereavement Trust in such a wonderful way.

With best wishes,

A handwritten signature in black ink, appearing to read 'Jenni Thomas'. The signature is fluid and cursive, written over a light grey background.

Jenni Thomas OBE
Chief Executive

Results

5K SUMMER SERIES HANDY CROSS NUMBERS

No.	NAME	PAID	SEX	CAT	FOR OFFICIAL USE ONLY					
					WA	MS	BU	HC	MA	DA
400	Gerry Grosse		M	V60	25.18	24.59	25.04		25.12	25.13
401	Alan Songhurst		M	V40	23.10	21.19	22.10	22.46		22.22
402	Nick Martin		M	V50	19.02	20.02			20.38	19.42
403	Richard Woodrow		M	V50	25.38					
404	Debbie Jones		F	V40	21.03	20.37	21.00	21.31	21.22	
405	John Bradbury		M	V50	22.28					
406	Duncan Kennerson		M	V60		31.17	32.19	30.52		
407	Caroline Matthews		F	S		27.43	28.36	27.37		
408	Karen Williams		F	V40	23.56	23.25				24.24
409	Dave Nash		M	V60	26.31	26.08	27.07	26.50		26.39
410	Paul Jennings		M	V40	22.11		22.32			21.43
411	Debbie Ridout		F	V40	22.46	22.35	23.04			22.28
412	Dick Croxson		M	V50	28.09	26.56			29.31	
413	Ralph Chesswas		M	V40	21.50	20.48	21.34	21.48		21.24
414	Margaret Moody		F	V50	21.32	22.35			21.22	
415	Russell Fenn		M	V40	23.23	23.17		23.42		
416	Susan Fenn		F	S	23.02	22.49		23.28	23.10	
417	Paul Palmer		M	V40	19.29	19.02	19.29		20.11	20.28
418	Ann Palmer		F	S	29.43	28.26			31.09	31.46
419	Evie Deeley		F	V40	24.36					
420	Peter Edington		M	V40	18.18	18.10	18.49		19.11	18.57
421	Maureen Edington		F	S	27.16	25.47				26.31
422	Stuart Grosse		M	S	24.52	23.14	23.54	23.39	23.44	22.58
423	Trevor Free		M	V40	19.54	19.46	20.07			20.10
424	Stephen Breen		M	S	23.23					
425	Brian Sinclair		M	V50	28.33					
426	John Peerless		M	V40	18.00	17.54	18.34	18.37	18.30	18.19
427	Angie McLoughlin		F	V50	24.13	23.56	24.09		24.13	24.07
428	Alfred Benjamin		M	V40	18.51	18.33	19.22	19.06	19.01	18.46
429	Sue Cordery		F	V50	32.05			33.33		33.01
430	Barbara Crandon		F	V50	26.34	27.15		27.13		27.04
431	Jock McClean		M	V40	20.49	21.10	20.37	21.27		20.37
432	Liz Davey		F	V40	23.45	25.20	24.46		24.13	
433	Sue Neale		F	S	22.22	21.28				22.10
434	Eri Tanimoto		F	S	25.11	24.13		24.51		25.15
435	Mike Blowing		M	S	21.55	21.47		24.47		23.21
436	Peter Astles		M	V40	23.12			23.00		22.26
437	Phil Stephens		M	V40	17.17			17.42	17.33	17.27
438	Lucy Courturier		F	V40	28.16	27.10	28.45	28.52	28.07	29.06
439	Vernon Martin		M	V60	28.47	27.53	29.32		27.57	28.50
440										
441	Gill Brooks		F	S	24.36	24.26			25.15	24.38
442	Mark Hoad		M	S	19.51	19.34			20.06	19.45
443	Paula Parkin		F	V50	29.51	29.14		30.23	29.23	
444	Helen Murdoch		F	S	28.03	26.31	26.57	26.41	26.09	25.52
445	Ian Murdoch		M	V40	26.50	25.06		25.34	25.07	24.07
446	Alison Unitt		F	V40	32.49	31.24		32.07		

The Handy Cross Runners Newsletter

N°	NAME	PAID	SEX	CAT	FOR OFFICIAL USE ONLY					
					WA	MS	BU	HC	MA	DA
447	Martin Dean		M	V50	21.28		23.02		22.00	22.07
448	Steve Richardson		M	S	27.56			27.31	27.58	30.29
449	Margueritte Murphy		F	S	29.12		27.43	27.33		29.58
450	Andy Losty		M	S	29.13	25.33	27.45			29.59
451	Sue Walker		F	V40	31.22			31.39	31.55	
452	Stella Gwilliam		F	V40	33.41		33.56	32.10		31.50
453	Clive Girling		M	S	23.08					
454	Ron Corbett		M	V40	23.28	22.49		23.56		23.55
455	Kevin Crummack		M	V40	24.41					
456	Des Mannion		M	S	21.16	20.36			21.38	21.26
457	Alison McQuater		F	V40		32.00		23.19	22.34	
458	Sally White		F	S		21.27				
459	Trevor Hunter		M	S		16.58				17.07
460	Andy Cheetham		M	S		20.46		20.22		19.40
461	Elsbeth Black		F	V40		36.39	26.07			33.44
462	Alison Alexander		F	V40		28.20	29.31	29.49	28.24	
463	Marion Baker		F	S		36.39		37.20	37.42	35.22
464	James Peerless		M	S		18.20				
465	Hannah Blowing		F	S		32.25				
466	Rebecca Morrison		F	V40		32.45		33.56		
467	Katie Hemmings		F	S		32.41		33.57		
468	Rod Palmer		M	V50		20.11	20.41	20.32		
469	Katie Palmer		F	S		28.04	28.17	29.20		
470	Ben Palmer		M	S		25.22		25.02		
471	Dave Woolley		M	V50		21.18		22.04	22.04	
472	Russell Fell		M	V50		22.14		23.11		
473	Keith Hicks		M	V50		25.35			26.27	28.05
474	Lee Hutchinson		M	V40		22.23				
475	Chris Edington		M	V40		21.26				
476	Bronwyn Sangster		F	S		30.26				
477	Michael Bratby		M	V40		23.59			25.09	
478	Ellen Haynes		F	S		23.05				23.23
479	Stephan Naunko		M	V40		24.01		23.21		
480	Russell Vowles		M	S		25.32				
481	Andy Scott		M	S		24.09			24.44	
482	Colin Higgs		M	V40		25.39				
483	Terry Eves		M	V50		26.54			27.17	
484	Mike Roberts		M	S		21.25				
485	Ian Smith (G)		M	V40		30.28				
486	John Coombes (G)		M	V40		30.31				
487	Dave Boseley		M	S			17.32	16.55	17.00	16.56
488	Liz Darcy Evans		F	S				27.38	27.33	27.12
489	Tom Boseley		M	J				33.52		
490	Dave Leighton		M	V40				19.35		
491	Sally Kitching		F	S				34.36	28.58	28.50
492	Pete Smith		M	S				17.20		17.04
493	Viv White		F	V50				29.43		
494	Debbie Harris		F	V40				29.08		

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					WA	MS	BU	HC	MA	DA
495	Martin Harris		M	S				26.25		
496	Michael Nagle		M	S				24.21		
497	Judith Preston		F	V40				35.19		
498	Roy Temple		M	V40				17.30		
499	Tom Hemmings		M	J				28.04		
500	Sue Hewett		F	V40				29.09		
501	Steve Gorick		M	V40				31.03		
502	Rob Smith		M	S				32.35		
503	Fiona Phillips		F	S				30.30		
504	Chris Meeks		F	V40				32.50		
505	Sharon Dell		F	V40				36.35		
506	Cathy Price		F	V40				36.46		
507	Gina Beyer		F	S				31.21		
508	Joanne McKay		F	S				31.09		
509	Julie Welch		F	S				27.10		
510	Geoff Medlicott		M	S				22.24		
511	Diana Cusden		F	V50				32.37		
512	Jan Sawyer		F	V40				30.39		
513	Lindsey Sawyer		F	S				32.21		
514	Thomas Darcy Evans		M	J				28.06	28.15	26.26
515	Gill Welford		F	V40				39.18		
516	C Hamilton Jones		M	S				28.01		
517	Brenda King		F	V50				39.18	34.30	
518	Rachael Thomas		F	S				34.28		
519	Jeanette Worsdell		F	S				30.36		
520	Pamela Rees		F	V50				35.17		
521										
522	Matt Williams		M	S					21.12	
523	Guy Darcy Evans		M	V40					23.33	22.37
524										
525										
526										
527	Mike Hickman		M	V50					34.13	31.58
528	Linda Gaitskill		F	V40					34.13	31.58
529	Mark Black		M	S						22.37

Burnham Half Marathon

Jock McClean in 1.35

Des Mannion in 1.40

Alan Songhurst in 1.45

Sue Fenn in 1.47 (pb)

Brighton Jog Shop Jog

(20 miles)

John Dooley in 2.41

Peter Edington in 2.53

John Bradbury in 2.59

Rod Palmer in 3.19

Mike Hickman in 3.47

Hillingdon 5

Paul Palmer in 33.33

Ian Murdoch in 40.12 (pb)

Ann Palmer in 50.29 (pb)

Future Events



Sunday 15 September

Chiltern Marathon (Lane End)

Sunday 20 October

Abingdon Marathon

Saturday 21 September

Dog Racing at Oxford

Cabbage Patch 10

Blenheim 10K

Sunday 22 September

Amersham 5

Sunday 3 November

Marlow Half Marathon

Sunday 29 September

Windsor Half Marathon

Sunday 17 November

Herberts Hole Challenge 10K

Friday 4 October

Quiz Night at Sands Village Hall

Sunday 1 December

Luton Marathon & Relay

Sunday 6 October

Rowers Revenge Triathlon

Friday 13 December

Pantomime at the Swan

Sunday 13 October

Henley Half Marathon

Tring Ridgeway Run 15K

Friday 20 December

Christmas Disco at Judo Club

Alex's Tuesday Night Training Programme

- Sep 3 8 x 100m 85% 2 mins rest / 4 x 100 m full speed - 6 x 100m 85%
On grass
- Sep 10 2 laps of fields 4 x 400m effort over last 50 meter. On grass
- Sept 17 5 k time trial on road
- Sept 24 6 x 200m with 200 recovery @ 85%, 4 x 200m with 200 recovery
@ 100%
- Oct 1 Hill session 6 x short & 4 long hills (Monkton Farm)
- Oct 15 8 x 300m on closed circuit with increase over final 50m, 300m recovery
- Oct 22 Pyramid session 2 x 100m, 2 x 200m, 2x 300m, 2 x 200m, 2 x 100m
On closed circuit, warm downs as appropriate.
- Oct 29 3 x laps of Cressex circuit with speed intervals, and recovery

All sessions will commence with a warm-up and stretch, drills and warm down

All sessions on Grass are dependant upon the weather

Mike's Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm. All abilities should enjoy and benefit from these sessions.

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

- 4/9/02 THE GERRY GROSSE TROPHY 5,000M HANDICAP RACE / Wednesday Track Group 5,000m Handicap Race.
- 11/9/02 6 x 800m. (400m jog recovery)
- 18/9/02 Relay session 2 x 10 x 200m (per person) in teams of 3. (4 min's. rest between sets).
- 25/9/02 4 x 1200m (400m jog recovery), followed by 1 x 200m at full effort.
- 3/10/02 Pyramid session 200/400/600/800/1000/800/600/400/200m. (200m walk/jog recovery).
- 10/10/02 4 x 1600m. (400m jog recovery).
- 17/10/02 "Downers" 3 x 800/400/200m (200m walk/jog recovery), 400m jog recovery between sets.
- 24/10/02 Relay session 2 x 10 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 31/10/02 12 x 400m (200m walk/jog recovery).
- 6/11/02 5k Time Trial.

Mike Hickman,
01494 525474
Mobile 07947309923
e-mail mikehick@btinternet.com

It's Pantomime Time (Oh no it's not etc.) Again

NICK THOMAS and JON CONWAY for QDOS ENTERTAINMENT PLC present

Cinderella

DAVE BENSON PHILLIPS
as 'BUTTONS'

KEVIN WOODFORD
as 'BARON HARDUP'

DANNY LA RUE
as 'BARONESS VOLUPTUA'

13 DECEMBER 2002 -
19 JANUARY 2003

BOX OFFICE
01494 512000

WYCOMBE SWAN

I have reserved twenty seats for the first night performance which is on Friday 13th December at 7.00

Tickets are £10 each and will go to the first twenty people who have paid for them by the end of September.

If there is a demand for more seats, I will try to obtain them but cannot guarantee where you may be sitting.

At some point during the performance, one of the headline performers reads out a list of audience birthdays, so if this date falls on your birthday let me know and I will inform the Wycombe Swan.

If you would like to go, please fill in the details below and return this page to me with money ASAP

NAME

NUMBER OF TICKETS

PAYMENT

£ _____