

# Bulletin



**W**e were all very saddened to hear of the death of Ray Elliot last month after a long illness.

Ray was a very enthusiastic member of the club, always ready to help marshal and calculate handicaps. He competed in many races, including the London Marathon and became a qualified coach. He even came to our last Christmas disco, in spite of his illness.

One of only two of the club's devoted QPR fans (I won't embarrass Pete by revealing the

name of the other one) Ray was very popular, as could be seen by the large number of people at his funeral.

Mike tried to enliven the funeral proceedings when he desperately tried to locate the pocket containing his (ringing) mobile phone. His antics worried Alex, as they resembled someone having a heart attack! I'm sure Ray would have been as amused as the rest of us to have seen him.

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## The Jog Shop Jog

This is a very laid back event which starts between two supermarket trolleys in the Asda car park at Brighton Marina. It began life as a twenty mile run which, when actually measured, proved to be an extra 350 yards longer. The start this year was six minutes late, but the course was at least well marshalled, which hasn't always been the case in the past.

Climbing out of the Marina, the race goes along the cliffs parallel to the sea front for three miles before turning inland and climbing a steep slope called 'The North Face' up to (appropriately) the South Downs. A short drop and climb is followed by 'The Yellow Brick Road', an incongruous stretch of concrete across the Downs, before 'The Big W', the origins of this name being obvious from the course profile.

A short downhill respite leads into 'Death Valley', before climbing 'The Snake' up to the top of the Downs again from where the marina is visible about five miles away. This last downhill stretch takes the runners back to the sea front for a final two miles.

The race is like a summer version of the Grizzly without the mud! On a hot and sunny day it would be very tough, as there is

little shade and the heat is reflected from the chalk tracks across the Downs. I found it surprising that there was so much open countryside within such a short distance of one of the countries newest cities.

Congratulations to Dave Leighton who completed such a hard run in under three hours. Our finishers were:

Dave Leighton in 2.49

John Bradbury in 3.06

Rod Palmer in 3.08

Jock McClean in 3.10

Mike Hickman in 3.29

Debbie Ridout in 3.36

Martin Dean in 3.36

Mike Hickman hasn't run since this race, serves him right for finishing in front of me!

The winners in 1903



(Some of) Debbie's thoughts during  
the Jog Shop Jog

3

1

"I think someone's following  
me"



"Ah good, I think he's going the  
other way"



2

"Yes, he's still there"



4

"Yes, thank goodness, he is  
going the other way!"



### The Power of the Pen

**I** was very pleased when Alison told me my article about the Tough Guy in a previous Bulletin, had inspired her and her sister Helen to enter the race next year. Unfortunately I now feel obliged to join them. However they may think twice about it when they watch the video!

### The Ridgeway Relay

**O**ur three teams in this year's event all competed strongly, with the Ladies team coming second to Headington Ladies by just twenty six seconds! A total of 35 teams took part from 19 different clubs.

Once again it was a great club effort by everyone involved and another successful day organised by Nick Martin, who deserves everyone's thanks. Next years race is June 20th 2004.

### The Hottest Day (ever)

**W**hat were you doing on Sunday the 10<sup>th</sup> of August when the highest officially recorded temperature was measured? Debbie, Mike and I decided to run to Hambleden and return along the river. By the time we got to Marlow we had drunk all our water, which we had already replenished at Hurley and were

reduced to a slow walk, which promised to become a crawl back to the club. At this point Trevor and John saw us and offered a lift back to the club, which we naturally declined (for all of two seconds)!

### The 5K Series

**T**he 5K series is over for another year and the nights are drawing in already. Our race was very popular this year with over three hundred runners. Congratulations to Chris Bradfield of Datchet Dashers who won all six races in the series.

Well done John Peerless, Lucy Couturier, Linda Gaitskill and Grace Wilson, who all ran in every event, also Helen and Ian Murdoch, who between them also competed in each one. Margaret Moody finished first or second in her category in all the races she completed.

### The Wycombe Half Marathon

**T**he Wycombe Half was also very successful with nearly nine hundred finishers, including former member Becky Hawkins. It was lovely to see her again. Congratulations to Benji on completing his 22<sup>nd</sup> run, to Sue, Margaret, Debbie Jones and Ellen who won the 2nd Ladies team prize and Phil, John Dooley, Benji and John Peerless, the 5th Men's team.

# Results

## Wycombe Half Marathon

Phil Stephens, 23rd in 1:26:58  
John Dooley, 33rd in 1:28:39  
Benji Benjamin, 55th in 1:31:51  
John Peerless, 77th in 1:33:48  
Sue Fenn, 184th in 1:42:31  
James Peerless, 186th in 1:42:35  
Margaret Moody, 255th in 1:46:39  
Debbie Jones, 258th in 1:46:47  
Mike Hickman, 307th in 1:48:51  
Terry Eves, 345th in 1:51:13  
Becky Hawkins, 421st in 1:55:24  
Ellen Haynes, 453rd in 1:57:29  
Adam Koffler, 509th in 2:00:44  
Beverley Black, 511th in 2:00:57  
Eddie Maguire, 554th in 2:03:31  
Harvey Lyon, 568th in 2:04:24  
Shaun Bryant, 594th in 2:06:05  
Alison Packman, 640th in 2:09:15  
Cecil Hamilton-Jones, 684th in  
2:12:27

Ray Ramon, 713th in 2:14:12  
Martyn Fox, 716th in 2:14:20  
Linda Gaitskell, 824th in 2:29:29  
Julie Dean, 825th in 2:29:39

## Wooburn 10K

Michael Hollis, 25<sup>th</sup> in 44.21  
John Bradbury, 42<sup>nd</sup> in 47.28  
Mike Hickman, 60<sup>th</sup> in 49.10  
Kirsti Robertson, 94<sup>th</sup> in 49.42  
Liz Davey, 72<sup>nd</sup> in 50.53  
Alison Packman, 134<sup>th</sup> in 58.01  
Dave Nash, 140<sup>th</sup> in 58.56  
Linda Gaitskill, 165<sup>th</sup> in 63.00  
Grace Wilson, 167<sup>th</sup> in 63.00  
Stella Gwilliam, 180<sup>th</sup> in 74.15

## Bearbrook 10K

Sue Fenn, 138<sup>th</sup> in 49.21  
Russell Fenn, 212<sup>th</sup> in 55.54

## Dorney 5K

Alison McQuater in 19.48 (pb)

**Results of the 2003 Gerry Grosse Trophy 5,000m Handicap Race  
(Incorporating the Wednesday Track Groups 5,000m Handicap Race)  
held on Wednesday 27<sup>th</sup> August.**

**H**elen Murdoch set a new personal best by thirty seconds and, as the runner who made the most improvement in times recorded for the distance over the past year, won the Gerry Grosse Trophy. Keep up the good work Helen!

Dave Nash won the plaque awarded to the male runner making the most improvement to his times recorded over the last year. Well done Dave!

James Peerless set the fastest time of the evening (18:05) for which he won a bottle of wine.

Alison McQuater won a bottle of wine for being the person coming closest to the times I set for this evening's event. She was spot on.

Mike Blowing was awarded a bottle of wine as the person showing the biggest deficit against the times I set. Sorry to have raised your hopes by announcing you as the winner Mike, before quickly realising my mistake of putting your plus time result in the minus column on my sheet. Take it as "payback" for all those jokes about my ears!

Linda Gaitskell was awarded a bottle of wine for savouring the running experience of the evening more than anyone else.

Well done Linda! Your time was very close to your PB and shows how well your training is going. Keep it up!

Special thanks to Jane Slater of Marlow Striders for guiding Linda round at such a good pace. Her own performance was worthy of an award, as injury has kept her from running for most of the 5k series. The time she ran with Linda was over five minutes faster than her last 5k race.

Helen Lugton of Marlow Striders won the Wednesday Track Group plaque which is awarded to the person among my Wednesday night regulars making the most improvement to their times recorded over the past year. Things are looking good for Dublin, Helen!

Many thanks to Ann Palmer and Charlotte for expertly carrying out the lap recording, also to Vernon Martin for doing the timekeeping, and of course to Gerry for providing the trophies. It was good to see you again Gerry.

Thanks to everyone for turning up and taking part. Hope to see you all back next year.

Mike Hickman.

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#### **THE GYPSY WARNING**

Whilst crossing from the car park to the racecourse at the recent Royal Ascot meeting, looking quite resplendent in morning suit and top hat, and sporting a Royal Enclosure members only badge, I was accosted by a gypsy woman entreating me to buy a spray of her "lucky" white heather, to whom I retorted dismissively, "On yer bike!"

However, this remark incurred the displeasure of my accompanying memsah'b, who thought it out of keeping with such a grand occasion and suggested that I should have just said, "No thank you," politely but firmly.

Shortly after this incident, I was approached by yet another gypsy woman hawking her heather, to whom I said, somewhat curtly, "I have been instructed to inform you, politely but firmly, "No thank you!" However were it up to me I would have said, "On yer bike!"

To which she retorted , as quick as a flash, "Well on your bike too darlin', and I 'ope it's a tandem so you can both get on it!"

Terence Eves, Esquire

THE SONG OF THE UNGIRT RUNNER  
(Charles Hamilton Sorley 1895-1915)

We swing ungirded hips,  
And lightened are our eyes,  
The rain is on our lips,  
We do not run for prize.  
We know not whom we trust,  
Nor whitherward we fare,  
But we run because we must,  
Through the great wide air.

The waters of the seas  
Are troubled as by storm.  
The tempest strips the trees  
And does not leave them warm.  
Does the tearing tempest pause?  
Do the treetops ask it why?  
So we run without a cause  
'Neath the big bare sky.

The rain is on our lips,  
We do not run for prize.  
But the storm the water whips  
And the wave howls to the skies.  
The winds arise and strike it  
And scatter it like sand,  
And we run because we like it  
Through the broad bright land.

I've brought this poem to your attention not just because it epitomises (eh?) why we run, (even the more ungirt of us who can only understand the last two lines) but far more significantly because it was incorporated in "Clockwork Mice" a film about a group of dysfunctional misfits for whom running is life's only pleasure, and there ends any similarities with Handy Cross Runners.

*Terry Eves*

### Handy Cross Divers

Congratulations to Angie McCoughlin who, after recently executing a near-perfect half somersault, when crashing to the ground in the upper foothills of Munday Dean, has been accepted into the elite Handy Cross Diving Team, consisting of Liz Davey, Dave Nash and Terry Eves.

The troupe can be seen performing thrice weekly, stumbling and tumbling throughout the area, seeming oblivious to the damage they inflict on pavements and footpaths and, not least, to themselves. They are available at no charge for village fetes and Bar Mitzvahs, however parental discretion is advised as many of their spectacular, death-defying stunts should not be witnessed by those of a nervous disposition.



## The phantom Handy Cross poet strikes again!

*Overheard outside the HCR ladies locker room, or was it in the carpark?*

Were I given the choice, I'd not want her voice,  
Her Oz drawl makes her sound kinda dumb.  
And I don't like her songs, but I'd die for her thongs,  
If only I had Kylie's bum.

I don't need her chest, 'cos up top I've been blessed,  
With great throopenies\* just like me mum.  
It's only my rear gives me cause for a tear,  
Oh if only I had Kylie's bum.

I should be so lucky, my knees are just ducky,  
And so are my thighs and my tum,  
I'd be really top totty if I had her botty!  
How I wish that I had Kylie's bum.

I could move out to Sydney, Al Chilton did didn't he?  
And eat prawns off the barby yum-yum.  
Get a part in a soap, cross my fingers and hope  
I get spotted just like Kylie's bum.

With Rolf Harris I'd mate, drink 4X by the crate,  
Play a didgeridoo till I'm numb,  
And I'd do it for weeks if it firmed up my cheeks  
What I'd do just to have Kylie's bum!

But I'm sure I'll just stay, take the hard way,  
And to Alex's sessions succumb,  
And by running 5Ks till the end of my days,  
I'll aspire to acquire Kylie's bum.

*\*Believed to be a somewhat obscure reference to an old English coin colloquially*

Question:

Why did the ageing ageless Handy Cross Lothario (*sic*) decline a lift home in Ms Superbod's Jaguar on the pretext that he was trying to boost up his mileage only to accept a lift a few days later in Adam "Mr Cool" Koffler's open-top Mercedes?

Answer:

Because he's stark, raving bonkers, completely off his trolley and utterly and irreparably brain dead! That's why.

## Congratulations

To "bestest friends" Allyson and Paula who were married in July. As they always do everything together (including running several marathons) they decided on a joint wedding and all four went to Rome for their honeymoon.

To Terry Eves who has just celebrated (?) forty years of marriage and is looking forward to another forty.

To Ann and Paul Palmer who both competed in the London Triathlon, where Ann completed the sprint distance of 750m swim, 20k cycle and 5k run in 1.49, while Paul did the Olympic distance of 1.5k swim, 40k cycle and 10k run in 2.49.

To all our runners who took part in the inaugural Wallingford 10K, which was advertised as being approx. seven miles but was actually over eight due to a lack of marshals near the start!

John Peerless was 3<sup>rd</sup> man home with Alison McQuater 3<sup>rd</sup> lady. Also running were Angie McCoughlin, Lucy Couturier and Helen Murdoch with a dodgy tummy!

## Message from Helen to Trevor

"You are very consistent. The only improvement I can see that you could make is with your legs. You have the same problem as I had until it was pointed out to me. When you breathe your legs split, you need to try to keep them together. Practice kicking but using one arm and breathing every stroke. I do three one arm and three on the other but if you are bilateral you will have to try to do the 25 with just the one arm."

A prize to the first person who can tell me what she was referring to.

## Luton Marathon Relay

This three laps event of just under nine miles takes place at the same time and course as the full marathon. For the last two years HCR vet ladies have picked up first prize at this race - let's hope they can do it again.

I am more than happy to facilitate the organisation of team entries, so please let me know if you would like to compete. The cost is £19:50 per team i.e. £6:50 each. Just let me know by email, or give me a call on 07850753525.

Nick Martin

### **New Members**

A very warm welcome to everyone who has joined us since the last Bulletin. Unfortunately due to administrative problems, I don't have your names and addresses, but I will make sure you are all mentioned personally in the next issue.

### **Leaving**

It seems only recently that I welcomed new member Kirsti Roberts and now she has left us already! Before going however, she managed to qualify for the World Triathlon Championships, a magnificent achievement. We all wish her well in her new job in Bristol.

Also rumoured to be leaving are Eri Tanimoto and Paul Jennings (but not together).

### **Disco**

Make a note in your diary, the annual Christmas Disco will be held at the Judo Club on Friday 19<sup>th</sup> December.

### **Cross Country**

We've had a lovely summer but it will soon be that time of the year again, so please make a note of the dates for this season.

### **Pantomime**

Another date for your diaries, this one on the Friday before the disco, the 12<sup>th</sup> of December. Come along to see Aladdin at the Wycombe Swan with all your friends at a reduced rate. Lucy may even be dressing up for the occasion!

### **It Pays to Advertise**

If you would like to place an advertisement in the Bulletin you will be very welcome in return for a small donation.

### **Mystery Run**

The biggest mystery was where were you all? Only eight runners turned up and we had a coach that could carry fifty!

This was very disappointing especially in view of Pete and Steph's hard work in arranging the trip. The day was further spoiled because of a weight restriction on a bridge, which meant the route had to be hastily rearranged.

However the people who did turn up had a very enjoyable run along the River Thames from Henley to Pangbourne on a gloriously sunny morning.



**Sunday Cross Country League**

Sunday 9th November - Datchet  
(Confirmed)

Sunday 16th November - Metros

Sunday 30th November - Sandhurst

Sunday 14th December - Reading

Sunday 11th January - Tadley  
(Confirmed)

Sunday 18th January - Bracknell

Sunday 1st February - Finch  
Coasters (Confirmed)

Sunday 15th February - Handy Cross

**Saturday Cross Country League**

Saturday 11<sup>th</sup> October - Watford

Saturday 1<sup>st</sup> November - Luton

Saturday 29<sup>th</sup> November - TBA

Saturday 10<sup>th</sup> January - Slough

Saturday 14<sup>th</sup> February - Wing

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Sunday 12th October

Henley Half Marathon

Sunday 19th October

Abingdon Marathon

Sunday 2nd November

Marlow Half Marathon

Sunday 7<sup>th</sup> December

Luton Marathon

Friday 12<sup>th</sup> December

Pantomime @ Wycombe Swan

Friday 19<sup>th</sup> December

Christmas Disco

## Handy Cross Runners Tuesday Club Session

All Sessions will begin with warm - up and Drills!!

- Sept 9      5 x 200 m 85%, 2 mins rest. 5 x 200m full effort, 2 mins rest.  
5 x 200 m 85%
- Sept 16     2 x 400m, 2 x 600m, 2x 400m, 2x 600m. Jog recovery on 400m  
2min rest on 600s
- Sept 23     Hill session 6 x short & 5 long hills
- Sept 30     6 x 300m interspersed with 6 x 200m easy incline
- Oct 7       1.5 mile fartlek session 4 circuits includes 200/400/600 mtrs
- Oct 14      8 x 400 full speed up incline / 8 x 200m easy recovery
- Oct 21      Time Trial over 5k approx
- Oct 28      8 x 100m 85%, 2 mins rest. 4 x 100 m full speed, 2mins  
rest. 6 x 100m 85%
- Nov 4       5 x 200 m 85%, 2 mins rest. 5 x 200m full effort, 2 mins rest.  
5 x 200 m 85%
- Nov 11      4 x 800m with 2mins recovery on each circuit

Alex Johnson UK Athletics Coach Telephone: 01628-523322

## Wednesday Training Programme Up To 31-12-03.

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.

- 1/10/03 Pyramid session. 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery).
- 8/10/03 "Downers" 3 x 800/400/200m (200m jog recovery). (400m between sets).
- 15/10/03 Hill Session (Knight's Hill), 8 x full circuits maintaining effort until 2<sup>nd</sup> corner. Recover on remainder.
- 22/10/03 Relay session. 2 x 10 x 200m (per person) in teams of 3. (400m jog recovery between sets).
- 29/10/03 **I AM ON HOLIDAY.** "Parlauf" session 12 x 400m. (200m jog recovery). (400m between sets).
- 5/11/03 8 x 600m (200m walk/jog recovery).
- 12/11/03 "Uppers" 3 x 200/400/800m 200m jog recovery). (400m between sets).
- 19/11/03 5 x 1000m, (400m jog recovery).
- 26/11/03 5k Time Trial. (Please wear a stopwatch).
- 3/12/03 "Parlauf" session 6 x 800m. (Held over from the last programme by unpopular request. A really complicated Mike effort! 1<sup>st</sup> person jogs 400m as recovery whilst 2<sup>nd</sup> is running 800m effort. If person who is doing effort passes person on recovery lap twice then recovering runner has to start his effort from that point and run the remainder of his recovery lap as effort in addition to the 800m).
- 10/12/03 5 x 1200m. (400m jog recovery).
- 17/12/03 Hill Session (Knight's Hill), 8 x full circuits maintaining effort until 2<sup>nd</sup> corner. Recover on remainder. (See the Knight lights!)
- 24/12/03 No session. Merry Christmas everybody.
- 31/12/03 No session. Happy New Year!

Mike Hickman uk: athletics coach (L3 Mar). Telephone 01494 525474