



Congratulations

To Cheryl and Nick on the birth of baby Max on Sunday 15th July (yes, the day of the Wycombe Half) weighing 6lb 15.5 oz. Good excuse for not marshalling!

Olympic Torch Relay

Andy Warhol once famously said that everyone would be famous for fifteen minutes. For Mike Blowing it was fifteen minutes of **flame** when he carried the torch through cheering crowds on the streets of Aylesbury, supported by his family, friends and most of his local school. Since then he has been taking the torch to many local schools and charity events and raised lots of money. See Chris Gentry's article on page seven.

This was a very emotional occasion for Mike. As he waited to take his turn in the relay, surrounded by his friends and family, the one overwhelming thought that occurred to him was, "Who the hell's looking after the shop!" Well done Mike, it was a great day.

The Grant & Stone Wycombe Half & 10K

Was again very successful with three Olympians running. Julian Hucks was our fastest runner in the half with Benji maintaining his record of competing in every race since the event started over thirty years ago. Terry Eves performed his usual trick of finishing bloody but unbowed, while David Rees Hall and Padma Woods completed the 10k.

The Bucks Free Press was not very impressed by such a high quality field, claiming that the Olympian runners had pushed the locals out of the prize winning places.

Perhaps next year we should have a disclaimer on the entry form saying, "This is a local race for local runners, you're not welcome if you bain't be from round 'ere!"

Thursday Evening Pub Runs

Have come to an end for this year after enjoyable runs from pubs as far apart as Piddington, Benson, Hambledon, Radnage, Lewknor, Wheeler End and Bledlow. Many thanks to Trevor Free and his helpers for organizing these very enjoyable occasions.

Although we can no longer enjoy the light evenings, Trevor plans to organise similar events on Sunday mornings on the following dates:

14th October from The Hampden Arms
Great Hampden

25th November (venue to be agreed
possibly from Wendover)

16th December, Christmas Run from The Spade
Oak organised by Terry and Helen

Annual Dinner Dance

Was held at Uplands again and we were indoors this year. The meal was excellent and we were entertained with a montage of pictures from the Olympics supplied by Trevor Hunter. Well done to Lucy and her helpers for organizing the event. Please also support the social events below.

Dates for your Social Diaries in 2012

Friday December 7th: Panto at the Wycombe Swan

Wednesday December 12th: Ladies Christmas Dinner
(Venue to be confirmed)

Friday December 14th: Handy Cross Disco at the
Judo Centre

Martin Dean (Editor)

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My Olympics

Following all the training as a Games Maker, I was looking forward to my first shift driving round London in a brand new BMW covered in the Olympic logo.

Imagine my disappointment, shared with dozens of other drivers, when we were sent out to Heathrow to wait for passengers who never showed up! The only useful thing I did on my first three shifts was to bring a ladies jacket, which had been left at the airport, back to a Park Lane hotel. Apparently she was very grateful.

After this things began to improve slowly with still too few passengers for the number of cars, almost resulting in drivers fighting for the privilege of carrying them. Locog either overestimated the number of cars they would need or underestimated the number of passengers.

Many hours were spent outside hotels and games venues waiting for potential passengers (mostly members of the Games Family) who had requested transport to the venues of their choice, where they were guaranteed a place and generous hospitality. No wonder there were so many empty seats at many of the events.

However I did carry a famous boxer from Bolton who won a Gold medal in a previous games, the sports minister of Lithuania and the sports minister of South Africa, some volleyball players from Poland, who were almost too tall to fit in the car and a gentleman from Tonga, who emerged from the Dorchester Hotel wearing Bermuda shorts and a brightly patterned shirt.

I didn't see any of the games live as I couldn't get any tickets (incidentally, weren't the Royal Family lucky in the ticket ballot? They were able to obtain tickets for loads of the competitions.) I felt rather like a poor relation with my nose against the window, watching the great and good enjoying a wonderful party. I suppose not all the Games Makers were able to carry Usain Bolt's kitbag.

I did have a ticket for the technical rehearsal of the opening ceremony, but was working a driving shift on that evening so couldn't use it. However I managed to visit the Olympic Park (which was very impressive) on two occasions, but only on my days off and not to see any competitions.

Someone claimed the choice of games sponsors made satire redundant: a supplier of unhealthy fast food, a manufacturer of a fizzy drink product and a chocolate confectionary company, while a sponsor of the Paralympics is currently employed to remove disabled peoples benefits! It was ironic that in a sea of corporate names it was The Army and an army of unpaid volunteers who ensured the games could take place so successfully.

The performances of the athletes, particularly in the Paralympics were inspiring, but the highlights for me were the booing of the politicians at the medal ceremonies and the sight of Clare Balding high fiving the spectators on The Mall in the athletes parade.

Wearing the Games Maker uniform in London was quite rewarding as many people thanked us for our contribution to the games, while many others just wanted directions to the nearest Underground! At the end of it all I have many memories, a uniform I'm unlikely to wear again and a letter of thanks from the Prime Minister.

My predictions for the Olympic legacy are that very few extra people will take up sport, cyclists will still be unwelcome on the roads, attitudes towards the disabled will change little and we will go back to universal coverage of Premier League Football and F1 Motor Racing in the media. I further predict that Lord Coe will become an honorary member of the Royal Family and Boris Johnson will be elected Prime Minister.

Club Kit

Technical T Shirts £8.00

Long sleeve Technical T Shirts £14.00

Men's and Ladies Vests £16.50

Fleeces or hoodies can be ordered

We also have stock Florescent bibs and snap bands (to keep you visible now the nights are drawing in) and some old stock at reduced prices.

Please bring your cheque book if you want to buy anything, cheques to Handy Cross Runners please.

I will try to get to the club every Tuesday or you can email me at:

lindawedon@kurtmueller.co.uk



Tel's Tall Tales

My woeful account in the last bulletin of the brief but brutal meeting with the statuesque blonde skateboarder was preceded by a note from the editor, "This could only happen to Terry". I thought at the time this was a little bit unfair, but following subsequent (mis)adventures I am beginning to concede that perhaps he was right after all (*as the next **four** escapades clearly show! Ed.*)

(One) Having kept a low profile following the aforementioned encounter, I had decided not to run until midday when cyclists, skateboarders and fellow runners with any sense would be avoiding what was an unusually hot summer's day. Entries for the Poole Festival of Running had closed weeks earlier, but as the Poole Park venue was just a couple of miles from the beach I thought I'd jog over, once more in swim shorts (not Speedos) to see how it had gone.

As I entered the park I noticed that the road was bisected into 'male finishers' and 'female finishers' and the gantry clock in the distance was showing 9.00 minutes, to which I attached no significance. Thinking how pretentious it would appear to spectators, of which there were still quite a few, for me to cross the line in swimming trunks after the race had ended, I sidestepped up onto the pavement. Retrospectively this split-second decision was to save me from a lifetime of embarrassment.

Ambling past the finish line I spotted a compound containing piles of left-over goody bags, so asked the young girl overseeing them if I could have one, she seemed a bit unsure but nodded anyway, regrettably though I couldn't see any tee shirts up for grabs. However, as I walked away a typical jobsworth marshal demanded sternly, "Where did you get that bag, did you just help yourself?" I assured her I had been given it and nodded vaguely in the direction of the compound, at this point her younger colleague said it's alright it's not a problem. Still feeling self-righteously indignant I huffed, "I should think not, we give dozens of extras away!" and made off.

As I was leaving the park I saw a group of runners rapidly approaching and the terrible truth slowly dawned on me as I glanced back and saw the gantry clock now registering 16.00 minutes. I approached the nearest marshal, despite him glowering at my goody bag, who confirmed that the 5k was just finishing and the main event, the 10k, was not due to start until 2p.m.!

(Two) I was nearing the end of a long Sunday morning run and was just above the ski-slope in Abbey Barn Lane when I decided that rather than run up to the junction I would take the footpath across the fields. Having crossed the stile, I was faced with the option of the official footpath which cuts back diagonally across the cornfield to the top of Keep Hill, or alternatively what appeared to be a recently-made vehicle track of flattened corn running parallel to the woods, which would be considerably quicker.

Shortly after starting along this track I heard the sound of distant gunfire and recalled that the Prestwood Clay Pigeon Club held their shoots in the neighbouring woods every Sunday morning.

The further I went the louder the crashing and banging became, but having passed the point of no return I consoled myself with the belief that clay pigeons, like their namesakes, are supposed to fly and therefore there was no immediate danger at ground level.

But the noise reached a deafening level and was now accompanied by whooshing sounds overhead, and just as it reached a crescendo and I was seriously beginning to fear for my life, it suddenly stopped. Only to be replaced by unintelligible shouts, most of them ending in "off" from a group of wildly-gesticulating angry men in a clearing fifty yards to my left.

I was now faced with the age-old dilemma of 'Fight or Flight'. Though heavily outnumbered I assumed I was probably fitter than they were and undoubtedly faster but, on balance, they were heavily armed with an array of high-velocity shotguns and wearing army surplus camouflage fatigues, whereas I was just in a Marlow 5 high-vis tee shirt. So without further ado I gave a brief gesture of acknowledgement and dived headlong into the corn.

The following Monday morning I received a call from Grant and Stone asking to speak to the Suicide Runner of Flackwell Heath. They recounted how whilst out shooting they had been astonished to see a head bobbing about in the corn directly in the line of fire, as evidently some clays are not shot until the last minute, and they were yet more incredulous when having drawn my attention to the danger I was in I had just waved back at them!



(Three) Having run the last eleven miles of the Wycombe Half and dodging the St John's ambulance after crashing at mile two, I was awaiting my chance to really milk the crowd's sympathy by resembling a victim of Vlad the Impaler when I went to collect the Old F*ts trophy.

So, after all the trophies had been presented, and the crowd had drifted away, I approached our esteemed Chairman, prior to visiting the St John's tent, and asked if there had been a prize for my age group? "Of course", he replied, "Why, would you have won it if you had run?" Doh!

(four) Congratulations to me for completing a mystery run through the woods at dusk without falling over. Admittedly, there were probably more people photographing my severely injured shin than Harry Wales's privates, and yes, Lucy, the white bit showing was the bone, but I never fell over. I just trod on one end of a log and the other end came up and whacked me! Surely that couldn't only happen to me?

Terry Eves

Leaders wanted!

To enable HCR to implement the road closures essential to the running of our Marlow 5 and Wycombe races, we need trained people to help.

In 2008 a number of us attended a half-day course which equipped us to deal with highway closures in a safe and efficient manner, and gave us the confidence to deploy other marshals in an effective way.

To support this core group, and to ensure we have substitutes ready to take over this vital role, we are looking for volunteers (six or more) to undertake the training, with HCR picking up the bill for the course.

Without trained and accredited section leaders, our road races would simply not take place, so I would ask that you come forward to volunteer, and we will make all the necessary arrangements.

David Riddington

New Members

A very warm welcome to the following new members:

James Allchin, Jessica Barrell, Christine Frith,
Vikki Portwin, Allison Rose, Julie Kamau Thelwell,
Darren Wakefield, Lucy Zaboklicka, Mark and Padma Woods

Don't forget your t shirt.

Panto — Message from Lucy

PANTO TICKETS HAVE BEEN RESERVED!!!!

I have reserved the front two rows (thirty four seats) for the 2012 production of Wycombe Swan's *Snow White and the Seven Dwarfs*, starring Craig Revel Horwood and Anne Widdicombe.

Date: Friday 7th December 2012

Venue: Wycombe Swan High Wycombe

Time: 19:00hrs

Price: £21 per ticket (held at 2011 prices)

Wednesday Evenings

Are now regular club evenings, please come along and help Mike's beginners to feel part of our club. There are so many beginners now that Mike splits them into three groups; absolute beginners, improvers (who run up to four miles) and established improvers who manage six miles and with whom I have to struggle to keep up!

Summer 5k Series

After a dismal start with the cancellation of the Wargrave event and a very damp run at Burnham, the series finished in better weather at Maidenhead, where Frank finished 1st MV40, Steve 3rd MV40, Ellen 2nd FV40, Michelle 2nd FV50 and Linda 3rd FV60, while at Marlow Alun Jones was 1st MV50, Sally 2nd FV40 and Fred was 1st MV70.

Don't forget you can now do a 5k every Saturday morning, either at the very popular parkrun in Black Park or the newly established and rapidly growing Wycombe Rye parkrun.



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GREAT DEALS THIS XMAS FOR HANDY CROSS RUNNERS

Contact : craig.atkins@inxpress.com or 07790379408

Need a referral - Members who have used the service..... Linda Weedon, Tora Stracey and Lucy Couturier



The Cross Country Season

Will be with us soon. For new members, we belong to two cross country leagues, the first is: **The Apex Sports Chiltern League** (which is on Saturday afternoons) and is composed of athletic clubs from throughout the North West Home Counties. It has two divisions which run together, so don't be surprised to be competing with some really good runners!

There are separate races for men and women and for various different junior age groups. We usually meet at the Judo Club and car share to travel to the venues, so no one gets lost.

This season the fixtures are:

| | |
|---------------|--------------|
| October 20th | Oxford |
| November 10th | Shuttleworth |
| December 1st | Slough |
| January 12th | Luton |
| February 9th | Wing |

The second is the **Thames Valley Cross Country League** (which is on Sunday mornings at 11 o'clock) organised by local clubs in the Thames Valley. These events are more informal than the Chiltern League, everyone runs together and the host club provides tea and sandwiches afterwards.

These dates are:

| | |
|---------------|--------------------------|
| 11th November | Datchet Dashers |
| 25th November | Sandhurst Joggers |
| 9th December | Handy Cross Runners |
| 16th December | Metros |
| 23rd December | Reading Road Runners |
| 6th January | Tadley |
| 20th January | Bracknell Forest Runners |
| 3rd February | Finch Coasters |

Runners Retreat

We had a very enjoyable Thursday evening at Marlow recently when Matt and Brian from Runners Retreat organised an evening visit for us to try out some trail shoes on an orienteering treasure hunt. Afterwards we went back to the shop to enjoy drinks and nibbles and buy the shoes at a discount if we liked them.

If you enjoyed orienteering, why not try one of Alun Jones events:

Windsor and Eton Urban Race on Sunday
30th September

Hodgemoor Woods near Amersham on
Saturday 6th October

Many thanks to Runners Retreat and Mike for organising such an unusual run.

Quiz Night at West Wycombe

Mark Dewey organised a very enjoyable quiz night with an Olympic theme to raise money for the Sue Ryder charity. The team of 'Handy Cross Hopefuls' came second to a team led by Brian Sinclair, so a good evening for the club.

Future Local Events

| | |
|----------------------|---------------|
| Frieth Hilly 5 & 10k | 14th October |
| Oxford Half Marathon | 14th October |
| Henley Half Marathon | 14th October |
| Ricky Road Run | 28th October |
| Rugged Radnage 10k | 18th November |

Olympic Heroes Open Top Bus Parade

For Wycombe district's Olympic heroes will take place in Marlow and Wycombe on Saturday 29th of September and the organisers have invited Games Makers and Torchbearers at the civic reception.

Contact Nick Sykes at Wycombe District Council to register details of you or your friends or relatives who were involved on 01494 421207

Olympic Torch

As many of you will know, our very own Mike Blowing was fortunate enough to be selected to carry the Olympic Torch through the centre of Aylesbury. You may also know that Mike brought the Torch along to the Wycombe Half Marathon and spent all morning having his photograph taken with people who wanted to be pictured with it.

However what you may not be aware of is that, in his own free time, Mike also took the Torch to various schools in the area (*including Miss Platt's at Castlefield, Ed.*) and I was extremely grateful to Mike when he agreed to come along to The Downley School, where I am a governor, the week after the Half Marathon. Not only did he come along, he spent no less than two hours in the school so that all of the children could hold the Torch and many of them had their photographs taken as well.

You should have seen the faces of the children when they realised that they were not only going to see the Olympic Torch but that they were going to be given the chance to actually hold it (*Mike always asks people if they would like to hold it. Ed*)— it is something that I am sure they will remember for a very long time.

It was not only the children that were excited by having the Torch in school, the staff were as well and many of them also wanted to be photographed with it.

This was a memorable occasion for everyone who was there and I would like to publicly thank Mike for making this possible - thanks Mike!

Chris Gentry



"Is that
Elvis?"

"No, it's only
Mike Blowing"



Results

Bearbrook 10k

Paul Dineen 40:46
John Dooley 43:16
Darren Wakefield 58:36
Vikki Portwin 67:56

Down Tow Up Flow Half Marathon

Bev Nothman 1:53:54
Anne Bateman 2:03:20
Darren Wakefield 2:27:33

Wycombe 10k

David Rees Hall 44:13
Padma Woods 65:42

Wycombe Half Marathon

Julian Hucks 1:25:46
Manfred McKenzie 1:35:31
Benji 1:50:13
Damaris Daniels 1:51:11
Tom Riddington 2:00:01
Terry Eves 2:09:47
E-J James 2:10:18
Darren Wakefield 2:17:47

Maidenhead Half Marathon

Dave Hall 1:29:19 (PB)
Manfred McKenzie 1:32:25
Emma Russo 1:43:25
Karen Letham 1:51:50
Darren Wakefield 2:10:52
Helen Moseley 2:11:30
Sinead O'Toole 2:30:34

Wooburn Park 10k

Alun Jones 40:30
Paul Dineen 40:56
Dan Charleston 41:58
Michelle Booth 51:14
Vikki Portwin 68:27

Burnham Half Marathon

Pete Summers 1:22:30
Paul Dineen 1:40:50
Julie Bowler 2:13:54

New Forest Half Marathon

Brendon Gilbert 1:25:27

Shardeleos 10k

Frank Fulcher 38:41 (2nd vet)
Stephen Batham 51:48
Mike Blowing 56:58

3000 metres at Watford

Steve Roberts 10:07.4
Frank Fulcher 9:51.8

Princes Risborough 10k

Conrad Mills 39:42
Paul Dineen 41:46
Peter Astles 46:41
Michelle Booth 49:19 (1st FV50)
Yvette Rogers 50:01
Phil Hutchby 50:25
Darinka Reilly 57:44
Richard Stone 73:45

Medmenham 10

Paul Dineen 1:13:37
Margaret Moody 1:27:17
Charlotte Ing 1:27:29
Steve Batham 1:27:31

NSPCC Milton Keynes Half Marathon

Emma Russo 1:43:16
Beverley Northman 1:46:01
Denise Manson 2:13:17

Challenge Henley Ironman

Congratulations to Mark Dewey on completing this gruelling challenge in under twelve hours.



2012 Gerry Grosse Trophy 5k Handicap Race Results

This year's running of our annual handicap race to compete for the Gerry Grosse Trophy took place on Tuesday September 11th around the Cressex Road/Cressex Industrial Estate Time Trial circuit. Twenty members turned up on what was a fine still evening. Perfect conditions for running and setting good times.

The winner was Lucy Zaboklicka who bettered the target time I had set for her by 1 minute and 37 seconds. This came as no surprise to me as I have been watching Lucy improve week by week at the parkruns on The Rye. Well done Lucy! It's good to see that you are enjoying your running so much. She gets to look after the Gerry Grosse Trophy, bearing the names of all the previous winners, for a year, but it will need to have a plinth added to the base as there isn't room for any more names to be added. She was also given a plaque, bearing the inscription "2012 Gerry Grosse 5k Handicap 1st Lady" to start off what I'm sure will be a large collection of trophies over the coming years.

Craig Atkins won the plaque for being "First Man". He was 29 seconds inside his target time. It's great to see you running so well Craig. *(No irony intended Mike? Ed)*

Bottles of wine were given to: -

Frank Fulcher for setting the fastest time of the evening
Soraya Bux for coming closest to the target time (she was spot on!)
Terry Eves for being the person returning the largest deficit between his target time and that taken
Lucy Couturier (last year's winner) for being the person enjoying the experience longest

Actual Times Taken

| | | | |
|-----------------|-------|-------------------|-------|
| Frank Fulcher | 17:31 | Lucy Zaboklicka | 24:07 |
| David Rees Hall | 19:21 | Catalina Schouten | 25:07 |
| Paul Dineen | 19:49 | Craig Atkins | 25:27 |
| Howard Taylor | 20:27 | Amanda Peyton | 26:42 |
| James Cunnane | 22:01 | Fred Ashford | 27:11 |
| Jim Foy | 22:04 | Peter Edington | 28:14 |
| Sally White | 22:28 | Terry Eves | 29:53 |
| Ellen Fulcher | 22:40 | Meg Knight | 31:10 |
| Soraya Bux | 23:36 | Julie Thelwell | 31:50 |
| Michelle Booth | 23:50 | Lucy Couturier | 33:12 |

There were some super times set on this evening and you all deserve prizes, but what better gift can you have than that of being able to run. Thank you all for taking part and to Martin Dean for calculating the results so quickly. Thanks once again to Gerry for providing the trophy. You must come and see us soon so that all of our newer members can get to know the person who makes this race possible.

Mike



Tuesday Night Training Programme

| | |
|----------------------------|---|
| September 25 th | Relay session on Dave Nash Estate (in teams of 3) 2 x 10 laps per team |
| October 2 nd | Paarlauf session around Dave Nash Estate 12 – 15 x 328m |
| October 9 th | 10-12 x 400m (Oak Crescent) (200m recovery) |
| October 16 th | 6 – 8 x 600m Cressex Rd./John Hall Way circuit (recovery on remainder) |
| October 23 rd | 5 - 7 x 800m (Oak Crescent) (200m recovery) |
| October 30 th | Slope session (Halifax Road) 9 – 12 efforts up slope (recovery back down) |
| November 6 th | 4 – 5 x 1000m (Oak Crescent) (200m recovery) |
| November 13 th | Fartlek session 3 circuits clockwise Cressex Road/John Hall Way circuit |
| November 20 th | 3 - 4 x 1200m (Oak Crescent) (200m recovery) |
| November 27 th | 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave. circuit |
| December 4 th | 5k Time Trial Cressex Road/Cressex Industrial Estate circuit |
| December 11 th | Pyramid Session (Oak Crescent) 200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery) |
| December 18 th | Hill session, 6 - 7 long and 2 short Knights Hill (See the lights) |
| December 25 th | Why not get up early, put the turkey in the oven, go out for a run and spread some Christmas cheer. Merry Christmas everyone! |

Keeping the dream alive