

Handy Cross Joggers Newsletter



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Issue No. 4

affiliated to the
A.A.A. and W.A.A.A

CHRIS'S COMMENTS by Chris Gentry

As I said in the first Issue my reasons for producing a Club Newsletter were to give details of up and coming running and social events, race results and anything else of interest but what I forgot to mention, although it was possibly obvious, was that it is open for any of you to submit contributions. However despite this omission on my part it has not stopped a few of you from submitting very welcome contributions and this issue sees articles from Mike Stone and Steve Parrett. My thanks goes to those two and if anyone else would like to write something I would be only too happy to print it.

Recently I collected some results from Vernon and came across a note from Club member Tony Barnard with a list of the races in which he had taken part during July. However not only had Tony given a note of his times but he had also taken the trouble to give a brief description of the course, his comments on the race, and the position in which he finished. I was so impressed by this that I decided to print all these details in the format in which Tony had submitted them and you will find this elsewhere in this Issue. I think that Tony has come up with a very good idea and I would be pleased to receive similar formats from other Club members. Perhaps we could make it a regular feature for the magazine?

CLUB OFFICIALS

Chairman	- Hans Wessel
Vice Chairman	- Alan Edwards
Secretary	- Esme Thompson
Events Secretary	- Vernon Martin
Treasurer	- Ian Mallen
Membership Secretary (Men)	- Derek Sawyer
Membership Secretary (Women)	- Esme Thompson
Publicity Officer	- Chris Gentry
Social Secretary	- Rose Priest

COMPETITION - Chris Gentry

As you will know, this Newsletter is only four issues old and since its' inception it has had the rather uninspiring title of "Handy Cross Joggers Newsletter". Therefore I think it is about time that we had a better title and this is where you come in. Because I can't think of a good title it seems to me that it would be a good idea to have a little competition for a new title. As with any competition there has to be a prize and there will be but I don't know what it is going to be yet - it will be a surprise prize! Please let me have your suggestions, in writing only, as quickly as possible in order that it can possibly be used for the next issue in a couple of months time.

PROFILES by Steve Parrett

This is the first in a series of short profiles to enable you to get to know the officers of the club. Hans Wessel, as Chairman of Handy Cross Joggers has kindly agreed to be the guinea pig in this venture, next newsletter it could be you!



Hans is a founder members of Handy Cross Joggers and has seen it grow from a small group of people to the thriving club it is today. However, Hans is unusual in that he pre-dates the jogging boom, as he started running in 1968 and apart from an Achilles Tendon injury a couple of years back has been running ever since.

Clearly as with most members Hans runs mainly to keep fit and runs about 3 times a week to keep his weekly mileage figure up between 20 and 30 miles. However, even with these lowish figures he has achieved respectable times in the half and the full marathons at 1.40 and 3.40 respectively.

As with most runners who have attempted it Hans found the atmosphere of the London Marathon to be unique and he has little hesitation in nominating it as his favourite race. This contrasts widely with his choice of favourite Handy Cross Joggers training run of a Sunday run to Winter Hill. This run is a particular favourite with a number of members and, for those who have not yet done it, it is an exhilarating run through Flackwell Heath, Sheepridge, Bourne End, a long climb to the best view in this area at Winter Hill, followed by a descent into Marlow before the long grind up Winchbottom. It's about 14 miles or so, but the view is well worth the effort. The surrounding environment is important for Hans as he has nominated the Windsor Half Marathon as his least favourite race mainly because it has such a boring route.

As he is Chairman of Handy Cross Joggers we asked Hans his thoughts about why the club has become so successful and his reply was:-

"The camaraderie amongst members is very strong, especially during long runs, and this makes them a lot easier. The real value of a club like Handy Cross Joggers is to see new members join who can only run a short distance and who are convinced they will never be able to do much better. However, within a short time they are contemplating and entering half marathons. I know only too well the sense of achievement this brings as if anyone had told me when I first joined that I would ever run a full marathon, I would have considered them in need of psychiatric assistance!"

RACE RESULTS/REPORTS

Bourton 15 - 25th June

In the last issue you may have noticed that there were no times recorded for a couple of the club finishers but these are now to hand and they were:-

Derek Sawyer 1hr 33min 50secs Roy Williams 1hr 35min 22secs

Abingdon Womans Own 10k - 26th June

As you might expect this was a race for women only and Lyn Kirchner certainly found the event to her liking as she recorded a personal best for the distance of 49min 55secs.

Prestique 10k - 26th June

Whilst Lyn was setting a personal best at Abingdon, Peter Smith was doing likewise in this event with an extremely good time of 33min 19secs.

Thame 10k - 26th June

This was certainly a busy day for races because whilst Lyn and Peter were setting their personal bests in other parts of the country two other club members were competing closer to home in this event. Their results were:-

John Gardner 44min 15secs Derek Shimer 48min

Amersham Half Marathon - 3rd July

For the third running of this race the organisers come up with a nasty surprise for the competitors when they moved the start to the top of the hill. This meant that the two ascents of the notorious Rectory Hill came after about 4 and 10½ miles instead of ½ and 6½ miles as before. However this change did not upset Dave Riddington who posted his fastest time of the year so far. The full results for club members were:-

Dave Riddington 1hr 26min Chris Gentry 1hr 27min 51secs
Brian Rankine 1hr 32min 15secs Vernon Martin 1hr 39min 58secs

Harry Hawkes 8 - 3rd July

This race is run over footpaths and starts and finishes at Thames Ditton after passing Hampton Court Palace. Heavy rain both before and during the race made the footpaths very muddy but this did not deter club member Robert Farrier who recorded his best time for the event of 59min.

24 hour race - 2nd/3rd July

That man Chris Wood was at it again because only a matter of just over two months after he competed in a 100k race he was back running his first 24 hour race. This event was held at Cholmsey near Birmingham and Chris finished in 21st position with a distance covered of an incredible 104 miles 112 yards. I know that Chris was extremely grateful to fellow club member Derek

Sawyer for all his help throughout the event. In fact I understand that on occasions it was only Derek's encouragement that kept Chris going. Well done Chris and Derek!

March 10 miles - 3rd July

Club member David Plato made the long trip to Cambridgeshire to take part in this event and recorded a good time of 80min.

Newmarket 10k - 10th July

David Plato continued his journey round the Eastern Counties of England and ended up in Suffolk for this event where he recorded a personal best for the distance of 47min.

Crowthorne Half Marathon - 10 July

This must go down as one of the worst publicised events ever but this did not stop Roger Wilkes from getting to know of its existence. The course is an undulating one and Roger managed a very good time of 1hr 28min. Perhaps next year the organisers will let more people in on the secret.

The Great North Run - 24th July

Many of you will have seen this race on television but might not have been aware that four of the club's women runners had made the long journey to the north-east to take part in this, the largest half marathon around. The journey appears to have been worthwhile for the runners and their results were:-

Rose Priest	2hr 09min	Vivien White	2hr 11min
Paula Parkin	2hr 19min	Alison Unitt	2hr 19min

Dartford Half Marathon - 24th July

After disappointing himself in the Wycombe Half the week before, club member John Hawryszczuk travelled to Kent for this event and surprised himself with a good time of 1hr 22min 13secs.

Swanage 12 - 31st July

Club member Jim Chilton took advantage of a holiday on the south coast to stretch his legs in this race and managed to finish in an excellent 26th place with a time of 76min 36secs.

Shaftesbury 10 - 6th August

In this high class event club member Tony Barnard was not outclassed and recorded a very good time of 69min 57secs.

Bidford-on-Avon Half Marathon - 14th August

Three members of the club made the journey into Shakespeare country to take part in this event as a warm-up for the Kelkheim Half Marathon and found themselves facing an undulating course and a windy day. However this did not deter the hardy trio who recorded the following times:-

Kevin Duffy	1hr 29min	Martin Franzese	1hr 33min 30secs
John Gardner	1hr 41min 22secs		

British Vets AAA Half Marathon - 21st August

This race was run over an undulating but pleasant course with the finish being in the Gosling Stadium in Welwyn Garden City. Husband and wife teams Roger and Pam Wilkes and Trevor and Jenny Hart took part as did the club's oldest member Ray Harris and their times were:-

Roger Wilkes	1hr 26min 30secs	Trevor Hart	1hr 32min 12secs
Pam Wilkes	1hr 47min 33secs	Jenny Hart	1hr 51min 24secs
Ray Harris	2hr 15min.		

Slough Marathon - 21st August

Two club members made the short journey to take part in the event and were greeted with almost perfect conditions for running. The duo both managed to break the 3hr mark and their times were:-

John Flint	2hr 53min 24secs	Roy Williams	2hr 56min 09secs
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THE JULY RACES of Tony Barnard

<u>Event</u>	<u>Time</u>	<u>Position</u>	<u>Performance</u>
<u>3rd</u> <u>Chingford Orion 10M</u> Single lap course through Epping Forest. Undulating plus long hill at 8 miles.	68min 20secs	113	Poor. Just back from holiday. Too heavy.
<u>10th</u> <u>Thames Valley Harriers 10K</u> Two lap course. Flat but poor organisation.	40min 06secs	123	Poor. No distance markers.
<u>17th</u> <u>Wycombe Half</u>	89min 30secs	209	O.K. Pleased with position. 1089 last year.
<u>24th</u> <u>Marwell Zoo 10K</u> Undulating. Two laps. Well organised. Good day out.	40min 26secs	134	Very poor. First two miles too fast.

TIME TRIALS - Chris Gentry

Since the last Newsletter there have another two time trials and whilst the first of these was well supported the second only had six runners taking part, and these were all ladies. As I said last time these time trials are a good way of assessing how your training is going and therefore I hope that they will be better supported next time. Talking of next time it is understood that the September event will be on Tuesday, 6th September.

Anyway the full results of the last two trials are printed below and it is pleasing to note that Lynn Kirchner has improved her time by over 3 minutes since her first attempt at the event. This I think goes to prove what I have been saying about the benefits of doing the trials.

July 5th

Eric Buckle	21min 33secs	John Hawryszczuk	23min 11secs
Chris Gentry	23min 36secs	Ian Mallen	25min 02secs
Benjy Benjamin	25min 26secs	Richard Lunnon	25min 40secs
Brian Sinclair	27min 21secs	Hans Wessel	29min 00secs
John Gardner	29min 00secs	Graham Wheeler	30min 48secs
Lynn Kirchner	31min 34secs	Judith Weaver	31min 35secs
Jackie Smith	31min 50secs	Vivien White	32min 19secs
Rose Priest	34min 15secs	Caroline Weekes	34min 26secs
Jack Sharpe	34min 48secs		

August 2nd

Eila Mansfield	30min 56secs	Lyn Kirchner	31min 17secs
Fiona Kerr	31min 19secs	Rose Priest	31min 31secs
Alison Unitt	33min 21secs	Vivien White	36min 53secs

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RUNNING EVENTS

Listed below are details of some of the local events which are taking place over the next few months which you may like to take part in. It is possible that Vernon will have entry forms so keep a look out on the table at the creche.

October 2nd	Windsor $\frac{1}{2}$ marathon	1 p.m.
October 9th	Henley $\frac{1}{2}$ marathon	10 a.m.
October 16th	Ridgeway Run (8.74 miles)	11 a.m.
October 23rd	Abingdon marathon	10 a.m.
October 30th	Great Sam $\frac{1}{2}$ marathon	10.30 a.m.

AND DON'T FORGET THE CROSS COUNTRY!

NOT ANOTHER GROPE PHOTOGRAPH! by Chris Gentry
(or how we managed to laugh our way to Kelkheim)

Well where do you start when it comes to writing about the four day trip to Kelkheim in West Germany undertaken by several club members over the recent Bank Holiday weekend?

I know where most of the party would begin - on the Friday we travelled to Germany and about half way across the Channel in the hovercraft. It was there that I unfortunately (well I thought it was unfortunate but a lot of people thought it was the best thing that has happened for a long time) suffered one of my rare bouts of sea-sickness probably brought on by the cup of filter tea (yes - tea!) I hurriedly swallowed at Dover. The sea-sickness itself only lasted about 10 minutes or so but the memory lasted for the whole trip in the minds of the rest of the party and it was mentioned at frequent intervals. In fact probably the biggest disappointment of the weekend for a lot of people was that I did not give a repeat performance on the way back.



So that's what happened to the filter tea!
(Cartoon courtesy of Lyn Kirchner)

For those of you who don't know, Kelkheim is about 400 miles from Calais and is situated close to Frankfurt and the Rhine. There were 18 in our party and we were split between two self drive mini-buses, one a 12 seater and the other a 15 seater. Unfortunately because of a mix-up with the insurance there were only three people able to drive in Europe which meant that those three, Hans Wessel, Martin Franzese and John Gardner, had to do an awful lot of driving and I think it is fair to say that the rest of the party were extremely grateful to the three for giving us such a safe journey with a special mention for John who was not so experienced as the others at driving on the "wrong side of the road".

In Kelkheim we all stayed with German families a lot of whom were runners and had made the recent trip to England for the Wycombe Half Marathon. It was about 50/50 between those Germans that spoke English and those that didn't and I was lucky enough to be "billeted" with Hans who some say can speak German better than he can speak English. I say lucky because the couple we stayed with only spoke a small amount of English and having Hans there made things a lot easier. In fact the only disadvantage was that at the dinner and breakfast table Hans and the German couple were talking merrily away in German with me sitting there trying to look intelligent (hard enough at the best of times!). Even for those of the party staying with non-English speaking Germans there were no real problems and I must say that all of our German hosts made us feel extremely welcome and nothing was to much trouble for them (so they did nothing - only joking honestly).

When we arrived at Kelkheim we were each handed a folder containing papers telling us all about Kelkheim and it was then it was discovered that they had gotten the impression that I was female because they had only been given my name as Chris. This meant that I was entered in the ladies race which I didn't object to as I thought that I might pick up a prize - unfortunately they soon realised I wasn't female (well it took them a couple of days) and I was re-instated in the mens race. However this was another incident I wasn't allowed to forget.

The great thing about our party was that everyone got on so well together which lead to a very relaxed atmosphere and this was particularly noticeable on the Saturday when we made the short journey to Rudesheim which is a small tourist town on the Rhine. After a trip on the cable car to see the Niederwald Monument we returned to the town and to a wine bar type of establishment where we sat, drunk and listened to the traditional German music. It was here after a few drinks that a few people got very relaxed but enough said about that here as it is still the subject of some backmail proceedings.

On the Sunday afternoon our hosts went to a lot of trouble and expense and prepared a splendid barbeque for us at their club headquarters which turned out to be in a sports complex with a football pitch, small outdoor swimming pool and a number of tennis court as well as a club house with a bar. It was here that someone (and I won't say who) had the bright idea of throwing the party leader, Hans, into the swimming pool (well it was a hot afternoon and we were all feeling in a good mood) but luckily for Hans we were persuaded by Martin Franzese to stop short of actually pushing him in although it was a close thing.

After the barbeque a number of us and some of the German hosts went to the fun fair which was in the middle of Kelkheim. It was here that several of us seemed to revert to our childhoods but in our defence we did have a terrific amount of fun on the dodgems, the ghost train, but especially on the ride which was a kind of enclosed swing. The idea with this latter ride was that two people stood in the enclosed swing at the same time, back to back, and tried to get the swing to go as high as it could. It was here that we had the incredible sight of Rose Priest, eyes closed and screaming, as one of the Germans tried to get the swing to go over the top - I don't think any of us will ever forget that sight. The day finished in the beer tent where a band were playing and dancing was taking place.

Half of the party travelled back on Monday with the others journeying on Tuesday and I was one of the unfortunate one's that came back on Monday. I say unfortunate because after a pleasant trip to Calais we were delayed for several hours because two of the hovercrafts had broken down. This meant that instead of arriving back in Wycombe at about 8 or 9 o'clock at night we finally got back in the early hours of Tuesday morning. Not very good for those working on Tuesday but I think that everyone will agree that this was only a minor hiccup in an otherwise extremely enjoyable weekend.

