



Handy Cross Joggers Bulletin



Club Officials

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Secretary.....	Caroline Weekes	0494 536867
Events Secretary.....	Peter Edington	0494 563730
Mbsp Sec. (men).....	John Bradbury	0494 441577
Mbsp Sec. (women).....	Sarah Player	0628 580425
Social Secretary.....	Rose Priest	0494 529761
.....	Duncan Kennerson	0494 440592
Publicity Officer.....	Chris Gentry	0494 439692
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Wycombe Half marathon.

Just two years ago the Wycombe Half Marathon was in doubt - the race director had resigned and the main sponsor had found the economic climate too difficult to justify putting money into an event, at the same time it was making people redundant. In stepped the new committee who shared the responsibilities of the 'race management' and supported by Derek Vere of Verco who was the friend who supplied the much needed cash to ensure that the race went ahead.

The rest all became history.....

If one can discount the fact that a new course had to be found and to obtain the race licence, the course had to be re-measured, and to the committees horror we found the previous course was about 400 metres short.

In stepped Roger Wilkes who gave up his own time to get the course measured and find a way we could still use the Rye. Hence the negotiations between the race committee and the Commander of the Daws Hill Air Base to allow us to use his facilities. Chris Gentry even managed to persuade the poor chap to take part. With instructions to yours truly to pick him out as he crossed the finishing line. Needless to say I missed him, I was expecting someone in combat jacket and flying helmet...it wasn't my fault.

This years event was a total success, although the number of entries were down on previous years. One of the key success factors of any race is the skill and number of race marshal's. I was very pleased to attend a wash-up meeting where it was mentioned that the marshal's had done an outstanding job.....Well Done Handy Cross and friends.

Especially those who gave up their Saturday afternoon to fill goody bags. I cannot fail to mention the lads at the Express diary...Duncan Kennerson for supplying the breakfast serial and of course John Gardner for driving the milk float, and as I had the benefit of a pre-race ride with him, my advice to anyone is, milkman drive like budding Nigel Mansells....you have been warned.

This year was another first for us, we had a direct radio link with 1170am local radio, and try as he might the race commentator could not get Alan Chilton to win the race.....never mind the way this chap is running he will next year.

So what of next year ? the race is planned for 16 July, and as part of the organising committee I intend to make it the best race and the cheapest race in the COUNTRY.

Alex Johnson

EVENTS SECRETARY - PETER EDINGTON

Since the last bulletin we have experienced a very good summer in terms of both weather and running.

5k Series

The 5k series, which started in May and finished in July, was well supported by all the participant clubs and each race was blessed with fine weather. Handy Cross was represented by 112 runners through the series including a number of guests. The results of the complete series for our runners, which are printed elsewhere in this issue, reveal, yet again, excellent performances from the club.

Our event, held on the Rye and afterwards at Bassetsbury Manor, proved to be very popular with 212 finishers and a mountain of sandwiches and sausage rolls consumed with some relish following the race. The club did itself proud in the spread which it laid out after the race. Well done to everybody.

The 5k trophy, awarded for the first time this year went to Sally White for a consistant performance over the whole series. If anybody has any ideas how we can award this trophy in future please let me know.

The Edington Johnson Pathfinder Challenge

The inaugural pathfinder race attracted 27 runners from the club and allowed people to run together who^d not normally, except trevor, and these new pairings to explore areas of countryside they may not have seen before. Some pairings managed to make a complete hash of it all, but I am too polite to mention Kevin, Kevin, Ray and Chris by name. (oops!). The results for those who completed the course are as follows:

1st	Dave Nash	&	Terry Eves	1-49-45
2nd	Jenny Hart	&	Peter Mackley	1-52-25
3rd	Martin Dean	&	Chris Hall	1-55-25
4th	Mike Hickman	&	Rod MaClean	1-58-00
5th	Trevor Hart			1-59-40
6th	Stephan Naunko	&	Duncan Kennerson	2-06-10
7th	Brian Sinclair	&	Nick Martin	2-12-00
8th	Gerry Grosse	&	George Kenna	2-12-30
9th	Rose Priest	&	Ron Newman	2-14-30
10th	Pat Carter	&	Alan Van der Pant	2-38-00
11th	Sarah Horner	&	Pat Beeston	2-55-00

Congratulations to Dave and Terry.

5K SUMMER SERIES HANDY CROSS

No.	NAME	CATEGORY	18 MAY 94 WARGRAVE	BURNHAM	14 JUNE 94 MARLOW	29 JUNE 94 MAIDENHEAD	20 JULY 94 DATCHET	26 JULY 94 WYCOMBE
400	MICHAEL HICKMAN	V40	22.14		21.50	22.03	21.14	21.54
401	GERRY GROSSE	V50	22.54		23.05	23.12	22.57	
402	ROY WILLIAMS	V40	19.45	19.22	19.30			
403	STUART GROSSE	S	20.44		20.19	20.25	20.18	20.38
404	MARTYN FRANZESE	V40	23.43	22.44	22.09	22.34	22.15	
405	DES IRWIN	S	18.19		17.39			20.31
406	LESLEY IRWIN	S			20.40	20.19	20.33	20.31
407	DAVID BARRACLOUGH	S	19.47		19.28			
408	ALEX THOMASON	V60	20.42	20.39	21.26	21.10	20.45	21.13
409	PAUL MORETON	S	20.11	19.59	19.80			19.31
410	PETER MACKLEY	S	19.20			19.45	19.22	
411	RON NEWMAN	V50	20.20					
412	CHRIS HALL	S	17.22	17.12	16.56	17.19	17.55	17.05
413	MARTIN DEAN	V40	21.32		21.15	21.50	21.36	22.13
414	DUNCAN KENNERSON	V50	24.27	23.38	23.21	23.47	23.12	23.29
415	ROD MACLEAN	S	21.20	19.56	20.57	20.44	20.20	
416	KEVIN DUFFY	V40	21.45	21.33	21.18	21.17	21.34	
417	SALLY WHITE	S		19.30	19.30	19.36	19.30	19.16
418	ERIC BUCKLE	V40		16.59	16.44	17.16	16.46	
419	CHRIS BUSBY	V40	22.33	22.18	22.05	23.04	22.53	23.04
420	RICHARD STONE	V40		26.56	25.05		25.48	25.45
421	SUSAN STONE	V40		33.52	35.32			30.10
422	GEMMA STONE	J			25.32			
423	DAVID NASH	V40		25.22	24.48	24.49	24.22	24.02
424	JOHN HUDSON	V40	18.42		19.06	19.20	18.32	
425	JOHN BRADBURY	V40	19.26	20.05	19.22	19.44	19.16	19.20
426	DAVID WOLLEY	V50	19.25	19.22	19.00	19.09	19.06	19.04
427	BRIAN CHILDS	V40	23.41	22.41		22.23	22.18	
428	SANDY CHILDS	V40		26.33	27.36		26.32	
429	ALEX BESSEY	S	18.20	18.54	20.21		18.07	17.46
430	GAVIN WAGG	S			20.04			
431	RAY ELLIOT	V40	20.40	34.12	20.00	20.23	20.04	20.09
432	ALFRED BENJAMIN	S	19.15	18.56	19.15	20.09	18.42	18.39
433	PAT BEESTON	V40	24.21			24.25		
434	ALEX JOHNSON	V40	28.25		20.18	28.34	20.32	
435	CHRIS GENTRY	V40						
436	BILL HUDSON	S		20.49		20.36	19.57	19.59
437	ROD PALMER	V40	19.22	19.14	19.12	19.30	18.50	18.49
438	NICK MARTIN	V40		20.22	19.55	20.13	19.32	20.04
439	KEVIN FULLER	S	20.48	21.02	20.25	20.43	20.50	
440	BRIAN SINCLAIR	V40	24.39	24.50				
441	WENDY RILEY	S	20.49	20.59	21.03			21.21
442	PETER EDINGTON	S	19.06	18.52	18.29	18.55	18.44	
443	NICOLA JOHNSON	J	28.23		27.26	28.33	33.18	
444	MAUREEN EDINGTON	S	25.32	24.42		24.22	25.19	
445	LEE JOHNSON	J	26.59		27.02	24.14	23.30	
446	ROSE PRIEST	V40	30.12		28.41		33.28	
447	BOB ALDERSON	V40	28.51		28.28			
448	JOE ALDERSON	J	21.54		21.40			22.24
449	MIKE STONE	V50	19.27	19.30	20.02		20.50	
450	CHRISTINE STONE	V40	29.27	28.15				30.11
451	TOM STONE	J	25.49	26.03	25.54			32.02
452	MIKE WALLACE	V40	27.15	27.21				
453	ESME THOMPSON	V50	24.41	31.03	24.27			
454	TONY BARNARD	V40	18.43	18.38	18.30	18.44	18.34	18.26
455	ALISON UNITT	V35	30.03		29.50	30.00	30.13	29.16
456	JUSTINA RAGGETT	S	28.51		31.38			

5K SUMMER SERIES HANDY CROSS

No.	NAME	CATEGORY	18 MAY 94 WARGRAVE	BURNHAM	14 JUNE 94 MARLOW	29 JUNE 94 MAIDENHEAD	20 JULY 94 DATCHET	26 JULY 94 HYCOMBE
457	TERRI WALSH	S	28.42		31.38			
458	MARJAN FRERIKS	S	25.59	24.41				
459	DAVID PLATO	S	20.54	20.30	19.54			
460	PAULA PARKIN	V40	30.04		29.51	30.03	30.14	
461	MARGARET MOODY	V40	21.59	22.23		21.59	21.51	22.07
462	JOHN DOOEY	S		17.59				
463	DANIEL ELLIOT	J		34.12	31.05			
464	JIM CHILTON	V40		18.33				18.24
465	TREVOR HART	V50		21.43	20.30	20.49	20.30	
466	JENNY HART	V50		26.27	25.22	26.01	25.11	
467	KIRSTY FULLER	J		42.16		38.17	37.48	
468	NATALIE TURFERY	J		42.16	33.05	38.17		
469	GEMMA TURFERY	J		34.29	33.05			
470	KATY PALMER	J		36.11		33.32		33.07
471	SARAH BRASTED	J		38.28				
472	TONY RICHARDSON	V40		16.30				
473	TONY SPENCER	S		18.16	17.56			
474	PHILIP MANTLE	J		24.08	21.58			17.57
	IAN CHILDS	J		22.20	21.43			
476	SARAH HORNER	S		30.52			36.48	
477	ALAN CHILTON	S		15.01	14.58	15.36		15.14
478	DAVE ROBSON	V40		20.57	20.29			
479	LOUIS WESTHOFF	S		21.22				
480	TONY FLANNERY	S		22.27	21.20	21.22	20.48	
481	JOHN NICHOLLS	V40		29.48	27.31	27.46	26.58	28.11
582	CRAIG RIBSON	S		19.50				
483	BELINDA DAVIES	S			20.30	21.00	20.23	
484	JOHN GARDNER	V40			26.34			
485	IAN MALLEN	V50			20.29	20.58		20.49
486	COLIN CHAMBERLAIN	V40			19.07	18.50	18.36	18.47
487	DONALD MACKAY	S			20.28			
488	LYNN KIRSCHNER	V40			30.07			
489	STEPHEN NAUNKO	S			20.57			
490	BRIAN BOWER	V40			18.57			
491	ROGER WILKES	V50			20.35			20.07
492	RALPH CHESSWAS	S				16.52		
493	HAYLEY SACTER	J				33.21	32.19	32.31
	RAY MATTHEWS	V40				22.50	21.34	
495	JEFF KEMP	S				19.36	20.08	
496	ALEX SHELDON	S				20.25		
497	DAVID CHAMBERLAIN	J				25.54		
498	MARGO PALMER	V35					33.07	29.57
499	GRAHAM FRAMPTON	V40					21.32	
500	JUDY BUSS	V35						28.47
501	PAUL CANSICK	J						27.22
502	GARETH LLOYD	S						16.41
503	LESLEY DUNN	S						22.16
504	RICHARD JUDD	S						18.37
505	RUSSELL GAMMON	S						17.25
506	CAROLINE MATTHEWS	S						
507	MICHAEL LOVEGROVE	S						19.01
508	JOHN FOSTER	V40						16.58
509	MARTIN WEEDON	V40						22.10
510	SHAUN ANDREWS	S						25.53
511	MALCOLM MOODY	V50						20.48
512	KATHY NEWSOME	S						20.49

NIJMEGEN VIERDAAAGSE - An Alternative to Jogging

The Nijmegen Vierdaagse is an International Four-day March established in 1908 by the Royal Dutch Organisation for Physical Culture (KNBLO) . It is held annually in the 3rd week of July in and around the ancient city of Nijmegen, which is in the East of Holland, close to the border with Germany and a few miles south of Arnhem.

Although not well known in this country, this is one of the worlds largest sporting participation events and is the Dutch equivalent of the FA Cup, the London Marathon and the Tour de France all rolled into one. This year was the 78th Vierdaagse with over 35,000 participants from 40 different countries.

The objective is to walk either 30, 40 or 50 Kilometres (depending upon age and ability) a day for each of the four consecutive days (a total of 80, 100 or 125 miles). The chosen distance must be covered by 5pm each day with start times of 4am(50K), 6am(40K) and 7.30am(30K).

Each days walk follows a different route but starts and ends in the centre of Nijmegen and is mostly on roads closed to traffic. Participants can be individuals, groups or teams, the biggest teams being from the military who march the 40Km route in uniform and carrying a 40lb pack and weapon.!

These military marching teams consist of at least 12 people and Great Britain was well represented along with Holland, Denmark, Germany, Sweden, Norway, Finland, Switzerland, Canada and the USA. They are great morale boosters for the other walkers with their marching songs and are very popular with the spectators.

Other teams included the Met. Police (in uniform) and several Cadet Units from this country.

My company (BT) sent a team of 170 (including 30 schoolchildren, a First Aid Team to treat the blisters and several helpers). We combined with the Nederlands PTT team who were over 700 strong and shared facilities with them (overnight accommodation, meals, first aid facilities and rest places along the route).

Nijmegen is the oldest town in Holland and holds its Zomerfest (Summer Festival) at the same time so a carnival atmosphere pervades throughout the week. Each town and village that the marches pass through put on a splendid show with bands, discos and spectators even at 6 o'clock in the morning.!

Some highlights of the four days included crossing the bridge over the River Waal (this was the one used in the film "A Bridge Too Far") walking the "Seven Hills of Nijmegen" (who says Holland is flat?), crossing the pontoon bridge over the River Maas built specially for the event and the cheering crowds lining the streets throughout the four days and particularly at the end of the final day when temporary stands are erected along the last 5 Kilometres into the town.

Successful completion of all four days earns the coveted KNBLO medal with its distinctive green and gold ribbon (recognised throughout Holland), a contribution to charity and a tremendous sense of satisfaction. This is not a race or a competition, in fact the motto of the event is "Colourful Nijmegen, no races, only people" and the abiding memories of international comradeship and mutual suffering will always remain with me.

So if you fancy a change from jogging (running shoes are ideal for this but you still need to train for walking!) why not try the Nijmegen Marches next July.?

Martin Dean

BUCKS CHAMPIONSHIPS
3000 METRES - VETS SECTION

By Eric Buckle.

The race plan was to stay on the heels of the leader, slow down if he slows down, speed up if he speeds up and then with two laps to go, accelerate past him and on to victory.

So what went wrong?

You're in 2nd place, 2½ laps gone, 5 laps to go, comfortable pace. All you had to do was stay with him for three more laps and then go for it. You'd have been 'Bucks Champion'. Got back home and phoned Chris Gentry, a good write up in the Bucks Free Press on Friday. Tuesday evening along to Handy Cross, taken a bow, received your applause, local hero, Bobs your uncle! But no. You get cocky and over confident. Overtake the leader with 5 laps to go, run out of steam with 3 laps left, he overtakes, the going gets tough, you give up and finish 3rd. The race is won in 9 minutes 44 seconds and you can beat that giving Duncan Kennerson a piggy back.

You've got to live with this for the next 12 months and maybe longer. Next year you'll be 43 and more 39 year olds would have become 40 which means more competition from younger runners. But worse. Yes, there's worse. On Tuesday you've got to go to the Judo club and face your public.

I can see it now as I enter the bar, the first person to approach me, Jim Chilton.

"How did you get on on Sunday?"

"I came 3rd"

"Not very good are you!"

This comes from a man who's claim to fame was winning the Barnet Trophy 3 years ago by running slowly in the time trials and obtaining a good start position in the handicap race.

And before you say 'I didn't' Jim how come you started 3½ minutes before Rose Priest and 4½ minutes before Jack Sharp and won by nearly 12 minutes. I rest my case!

But, he is the coach to the great Alan Chilton and if the truth be known, and it will be now, I taught that kid everything he knows. He'd be nothing without me. I remember the first day he joined the club as a 17 year old. The 1st words he said to me: "Excuse me sir, can I come running with you?"

I trained him for two years until he was a top class athlete and then Jim stepped in and took over the reins. Strange how Alan's never improved since.

As soon as Alec announces I came 3rd my reputation will be in tatters. I could pay him not to. No, he'd rather announce it.

I could join another club. Who'd have me? John O'Groats.

Joggers! Too far to travel. I know, i'll phone one of my mates and ask their advice.

Ah, a problem.

What's that?

I havn't got any mates.

I'll phone Ralph Chesswass.

"Ralph. It's Eric. I need some advice"

"What's the problem."

"I've just blown out in the Bucks 3000. My reputations at stake. What can I do. I'm desperate Ralph that's why i've phoned you."

"Well, you can do one of two things. You can either emigrate to Australia and live like a hermit for the rest of your life or join Wycombe Phoenix."

"What time's the next flight?"

Wait a minute. Not so hasty. I'll phone Stephan Naunko. He's always putting his foot in it. I wonder how he manages to save face.

"Stef! It's Supervet"

"Hi Jack"

"No it's Eric - "

"Eric who?"

"Eric Buckle"

"Oh! That supervet - what's up."

"I've got a problem Stef. I've just run the Bucks 3000M and finished 3rd"

"Blimey, you have got a problem. Your reputation will be destroyed. You'll be laughed out of the club. You'll be barred from the Bucks Free Press offices. You'll have to train with Alan Edwards."

"O.k. O.k. don't go on! What would you do in my position? What do you normally do when you've told everyone you're going to do a fast time and then you don't?"

"I make an excuse"

"Of course, why didn't I think of that. Perfect. Can I use one of your excuses?"

"Yes of course. Why don't you use the old faithful, never fails. 'I was only using it for a training run!' "

"Stef, this was the most important race in my calander. How would it sound if Linford Christie turned to Carl Lewis after coming 2nd in the 100M Olympic final and said 'I was only using it for a training run?'. How about something else."

"What about, I ran the race to pace someone else to help them get a PB. I use this one a lot. Always works".

"Anything else"

" "

"I can't use that, no one will ever believe it."

"They will. They will. I know it hasn't been tested yet but i've been working on this one for 7 years. It's my 'piece de resistance' of excuses. It'll work Eric. It will. Go on, try it."

Tuesday evening, 7pm. Alex Johnson addresses the masses.

"And we have a result from Sunday. The old man, Eric Buckle did the Bucks Championship 3000M vets and finished 3rd. THIRD!!!"

Eric interrupts as usual.

"Yes, but there was a reason Alex. I had a heart transplant on Thursday and the doctor told me to take it easy for a few days."

Thanks Stef.!

AMERICAN TRICKOLOGY.

By Eric Buckle.

Anyone who has run with me over the past few weeks must by now be sick to the back teeth of stories of my American vacation. From the taxi driver story to the flight back home from L.A. (that's Los Angeles). If you're not, you're more than welcome to attend my lecture: 'Trip to California' which takes place every Sunday at 9am and Tuesdays and Thursdays at 7pm whilst i'm running.

But, there is one story that nobody has heard. Would you like to hear it? Well I don't care, you're going to hear it anyway.

When we were in Hollywood we spent a day at Universal Studios. Most of the day was spent watching how films are made, how stunts are performed and the sets are used.

On the way through are shops which sell various things. One particular shop was supplying a service which I particularly disagree with. Anyone that would lower their standards to use this establishment would have to be a despicable, under-handed, dishonourable, mean, contemptible type of character.

Their service consists of taking your photograph and printing it on the front cover of any popular magazine. Then the idea is to make up a story, to go along with it, and wind your friends up when you get back home.

"Hey buddy! Why don't you give it a try, only \$15."

"Excuse me. What sort of person do you think I am. You Yanks might pull tricks like this on your friends but i'm English and we do not do things like that to our pals!"

Bloody cheek of the man!!!

HANDY CROSS PRAYER

By Eric Buckle.

Alex Johnson
Who art not in Phoenix
Hallowed by thy name
Thy kingdom come,
PBs will be done
in Burnham as in Sonning Common
Win us this race our daily bread
and forgive those Marlow striders
as we forgive those who trip us and kick us
(lest his name be Derrick Prosser)
Lead us not into muddy waters
but deliver us to the finish
for thine is the kingdom
the shower and the sauna
for ever and ever

Amen.

p.s. Comment overheard when Alan Chilton won the
Bath Half Marathon in a very fast time (67mins).

'Did you hear what Alan Chilton did in the bath?'

Daily Mail

Tuesday, August 16, 1994

ANSWERS TO CORRESPONDENTS

Jim and Alan of Handy-Cross Joggers, High Wycombe.

QUESTION: In this year's London Marathon, Jim Chilton, 49, and his son Alan, 23, recorded times of three hours, four minutes and 48 seconds and two hours, four minutes and 24 seconds respectively. Is this a world record for a father and son competing in the same race?

CONGRATULATIONS to the Chiltons. These times are world records. To my knowledge, no one has ever thought to record father and son times as a single item before. Time for some champagne!

Heinrich Muller, Ealing, London.

Ye Old Bits & Pieces

Joy Smith's physiotherapy and massage on 0494 530325
(we have received good reports for those aching muscles)

*Pathfinders . . .
Last non finishers
Kevin & Kevin*

**Christmas Doo!
19th December
usually thing**

**LADIES CHRISTMAS DOO!
T. B.A.
WHAT THIS SPACE**

Page 4 - Southern Sportsnews

A GOOD MARATHON FOR WYCOMBE FAMILY

Handy Cross Joggers from High Wycombe had a superb London Marathon. Twenty-five of their runners took part and fifteen of these recorded personal best times for the distance. Pride of place has to go to the father and son duo of Jim Chilton and son Alan. Alan crossed the line in 62nd place in a time of 2 hours 24 minutes, while dad Jim, aged 49, finished in a time of 3 hours and 4 minutes.