



Handy Cross Joggers Bulletin

feminine ('femɪnɪn) *adj.* 1. suitable to or characteristic of a woman. 2. possessing qualities or characteristics considered typical of or appropriate to a woman. 3. effeminate; womanish. 4. *Grammar*, *n.* denoting or belonging to a gender of nouns that includes all kinds of referents as well as some female animate referents. *b.* (as *n.*): German Zeit "time" and Ehe "marriage" are *feminines*. [C14: < L < *femina* woman] — *femininely adv.* — *femininity* or *feminineness n.*

feminism ('femɪnɪzəm) *n.* a doctrine or movement that advocates equal rights for women

feminize or -ise ('femɪnaɪz) *vb.* 1. to make or become feminine. 2. to cause (a male animal) to develop female characteristics. — *feminization* or *-isation n.*

femme fatale French. (fam fa'tal) *n., pl. femmes fatales* (fam fa'tal). an alluring or seductive woman, esp. one who causes men to love her to their own distress. [fatal woman]

femto- *prefix*, denoting 10⁻¹⁵: *femtometer*. Symbol: f [*<* Danish or Norwegian *femten* fifteen]

femur ('femʊr) *n., pl. femurs* *or femora* ('femɔrə). 1. the longest, thickest bone of the human skeleton, with the pelvis above and the knee below. *Non-technical name*: thighbone. 2. the corresponding bone in other vertebrates or the corresponding segment of an insect's leg. [C18: < L: thigh] — *femoral adj.*

fen (fen) *n.* low-lying flat land that is marshy or artificially drained. [OE *fenn*] — *fenny adj.*

fence (fens) *n.* 1. a structure that serves to

enclose in the U.S. is an independent Irish to the Fenians. [C18]

Fiana Irish folk hero

fennec ('fɛnɪk) *n.* inhabiting deserts of enormous ears. [C18]

fennel ('fɛnəl) *n.* flowered umbellifer feathery leaves are food. [OE *fenna*]

fenugreek ('fɛnjuːgrɪk) *n.* scented Mediterranean hairy stems and white feoff (fɛt) *History*.

fer *n.* combining thing that bears or conifer. < L: < *fer* *feral* ('fɛrəl) *adj.* existing in a wild or

fer-de-lance ('fɛrːdeːlɑːns) *n.* venomous tropical greyish-brown mottled iron (head) of a lance

feretory ('fɛrɪtɔrɪ) *n.* Church 1. a shrine, relics. 2. the chapel [C14: < MF *fierre*, pherein to bear]

feria ('fɛrɪə) *n., pl. Church, a weekda which no fest are*

C h a i r m a n ' s C h a t t e r

This is my opportunity to sit down and reflect on how things have been going over the Summer months. I must start with the Wycombe Half Marathon with thanks to every one of you who helped make this a very successful day. I have received many positive comments on the event but I will not reflect upon them all, just one which I feel summarises the whole event. It came from the Bucks Free Press reporter Malcolm Fitzwillaims who said " you can see why the event was successful; the slick organisation". As part of the organising committee I am naturally proud of this, however next year is our fifteenth and we have already started to plan for it watch this space.

The 5K series was brilliant, I know Peter will be covering this in his article, but I would like to express my appreciation to him on a superb job; well done Peter.

I would also like to officially welcome all our new runners, as some of you know we have put a little advertising brochure together which has started to have some effect. Some say if we had got a picture of Eric rather than Sally we may have got even more people interested! I will leave you all to make up your own minds upon this, by the way Eric we haven't forgotten we ALL owe you one remember California.

As you know we hired the track on Wednesday evenings throughout the Summer months and this seems to have proved very popular and we will do it again next year. Please let us know your views.

Finally, we would like to do something for Children in Need, which is planned for November. We are attempting to run 1000 miles from 7am until 5pm on the day around the track, obviously we will need as much support as we can get. If you would like to help me organise this event, let me know. We had 5 people run a marathon the first time we did it and if we get enough of you involved, plus offer the chance to other people and get the event published, who knows what we can do

Very finally . . . good luck to all of you taking part in the New York Marathon we will have a party at the club when you get back. PS . . .the club is located at The Judo Centre (this info is for John Dooley and Duncan Kennerson).

Alex Johnson

Club Officials

President	Vernon Martin.....01494 443344
Chairman	Alex Johnson01628 523322
Treasurer	Ian Mallen01494 442367
Secretary	Pat Beeston01494 523226
Events Secretary	Peter Edington01494 563730
Publicity Officer	Sarah Player01628 540513
Mbsp Sec.	John Bradbury.....01494 441577
Social Sub Cmte.	Rose Priest01494 529761
	Duncan Kennerson01494 440592
Press Officer	Chris Gentry.....01494 439692
Kit Officer	Roy Williams01494 713927

Events Secretary - Peter Edington

We are now well into the summer months and have been blessed with some glorious weather since June. The hot weather has, however, not prevented many of you entering races and returning PB's.

The 5k series is over, the Wycombe ½ Marathon completed and the pathfinders challenge discovered. What is there to look forward to, I hear you ask? Well, the next series of events are the 5k track handicap trophy sponsored by Gerry Grosse, the Barnett trophy and the Winter cross country leagues. I hope that as many of you as possible will be participating in each of these events. Further details will be available soon.

5k Series

This years 5k series was again a great success with over 100 people running under the Handy Cross Banner, quite a squeeze really. The favourable weather conditions at the start of the series meant that many PB's were set and even in the oppressive heat towards the end of the series many of you ran well. A full list of results from everybody who took part is published overleaf and these coupled with any track times recorded will be used to calculate your handicaps for the 5k track trophy.

Pathfinders Challenge

The event did not seem quite as popular as last year but 17 intrepid explorers started the event. A number of those who took part invented their own routes creating a number of new paths in the process, others did not even manage to stay on the map. Despite the difficulties of having to work with a black and white photocopy of a map, some splendid performances were posted. Well one anyway! The full results were as follows:

Rod Palmer/Phil Hunt	1hr 30mins 24secs
Chris Hall/Tub of Lard	1hr 55mins 6secs
Paul Curzon/Eric Buckle	2hrs 9mins 8secs
Bob Carter/Dea Healy	2hrs 27mins 36secs
John Nichols/Mike Hickman	2hrs 41mins 11secs
Dave Nash/Ron Newman	2hrs 51mins 52secs
Ian Martin/Mike Cooper	3hrs 16mins 58secs
Sandra Bremner/Brian Sinclair	3hrs 36mins 47secs
John Doocy/Duncan Kennerson	rescued in Lane End

Bearbrook 10k

The bearbrook 10k was moved to a Sunday this year for the first time due to an alleged lack of support for the Wednesday evening event. The race was again well supported by Handy Cross with 11 runners taking part. The hot conditions obviously suited the ladies as both Sandra Bremner and Pam Wilkes recorded PBs. The full results were as follows:

Eric Buckle	37.02	Pam Wilkes	45.22
Chris Hall	38.49	Gerry Grosse	49.59
Peter Edington	38.50	Duncan Kennerson	52.30
Sandra Bremner	40.59	Pat Carter	56.36
Roger Wilkes	44.50	Claire Gilronnan	59.19
		Sue Porter	59.29

Competition

What happened next? Overleaf you will see a chart. You have to work out what was going on, who was participating and what happened next. Answers to Eric Buckle please or a committee member by the end of September.

LANE 2

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
PETE	7	13	22	29	36	76	93	102	122	135	135	135	135
BERYL	7	11	18	18	27	34	42	42	50	50	50	50	50
ERIC	10	37	52	73	90	107	127	135	175	195	195	195	195
SUSAN	11	18	17	17	17	17	17	17	17	17	17	17	17
	2	10	18	23	35	39	42	46	65	75	75	75	75
Games: 12 Frames: 1											465		

Sat 29 Jul 10:24 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

LANE 1

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
ALEX	6	26	46	64	70	83	96	106	112	137	137	137	137
MAUREEN	18	26	35	40	44	46	56	61	80	85	85	85	85
RICHARD	9	17	23	43	61	65	76	96	116	123	123	123	123
DAWN	9	16	22	35	47	56	65	73	76	87	87	87	87
Games: 12 Frames: 1											437		

Sat 29 Jul 10:25 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

LANE 2

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
PETE	7	11	16	16	24	32	35	35	35	35	35	35	35
BERYL	7	7	16	16	24	32	35	35	35	35	35	35	35
ERIC	9	17	36	45	64	73	81	85	106	127	127	127	127
SUSAN	14	18	26	34	40	45	62	70	75	85	85	85	85
Games: 6 Frames: 1											356		

Sat 29 Jul 10:25 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

LANE 1

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
ALEX	16	11	20	30	36	44	53	61	65	76	76	76	76
MAUREEN	1	10	16	23	28	36	45	54	54	63	63	63	63
RICHARD	13	22	40	46	57	55	73	82	102	122	122	122	122
DAWN	8	17	25	44	53	62	75	87	100	107	107	107	107
Games: 6 Frames: 1											365		

Sat 29 Jul 10:25 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

LANE 2

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
PETE	6	17	25	34	53	62	70	84	91	97	97	97	97
BERYL	0	7	7	7	7	14	14	22	22	22	22	22	22
ERIC	17	37	57	75	92	111	127	134	153	162	162	162	162
SUSAN	0	6	14	21	37	56	65	74	83	86	86	86	86
Games: 4 Frames: 1											367		

Sat 29 Jul 10:25 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

LANE 1

NAME	PINE TREE BOWL										TOTAL	BOUNDS	HOOPS
	1	2	3	4	5	6	7	8	9	10			
ALEX	7	22	25	34	43	52	61	65	85	112	112	112	112
MAUREEN	4	13	22	30	30	35	35	43	43	43	43	43	43
RICHARD	9	18	25	34	52	60	74	82	85	106	106	106	106
DAWN	8	16	24	31	35	47	53	62	80	86	86	86	86
Games: 4 Frames: 1											351		

Sat 29 Jul 10:25 PM

PART NO. 291-281-178 AMF BOWLING INC. ROANOKE, VA 24111 (1-800-347-8000)

THAMES VALLEY SUMMER 5K SERIES

NAME	NUMBER	WARGRAVE		BURNHAM		MARLOW		MAIDENHEAD		DATCHET		HANDY CROSS	
		POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME
Maureen	428	140	24.44	177	26.02	162	24.27	159	26.26	151	24.13		
Peter	419	22	18.21	22	18.26	18	17.44	22	18.26	22	18.03		
Terry	411	86	21.06	73	20.39	71	20.01			62	19.48		
Peter	469					128	22.20					109	22.46
Tony	417	63	20.19	58	20.06	129	22.20	67	20.37	59	19.43	52	19.52
Martyn	407			156	24.21	159	23.59	121	23.20				
Kevin	436			255	38.54	247	35.59						
Kirsty	435	210	36.38	256	38.54	246	35.59						
Mark	409	89	21.13	55	19.55	61	19.33	71	20.46	46	18.53	42	19.20
Claire	422											161	27.45
Gerry	412	123	23.34	151	24.01	136	22.41	126	23.39				
Stuart	413	114	23.04	135	23.26	133	22.37	119	23.11	116	22.08		
Chris	477							19	18.20				
Trevor	458			74	20.41					80	20.21		
David	481												
Mike	401					147	23.11	233	37.15	107	21.47		
Ian	482									183	26.43	146	25.32
John	466					40	18.44	52	20.05	50	19.01	37	19.00
Phil	474					62	19.33					60	20.05
Jo	488											189	32.01
Phil	487											133	24.07
Arne	495											55	20.00
Alex	430	191	29.25			184	26.13	112	22.46	120	22.14		
Lee	432	154	26.38										
Nicola	431	190	29.25			185	26.13						
Gareth	450			147	23.49	118	21.56	113	22.50			92	22.01
Duncan	400	132	24.16	160	24.53			138	24.38	150	23.50	134	24.08
Anne	425	181	28.46										
Peter	424	72	20.34			86	20.33	79	21.19	74	20.10		
Ian	454			123	22.57	123	22.05						
Jean	492											173	29.09
Nick	402	47	19.41	37	19.20	52	19.17	44	19.37	51	19.02	49	19.44
Ray	467					135	22.40						
Jock	415	56	20.04	57	20.01	47	18.57	54	20.10			61	20.19

THAMES VALLEY SUMMER 5K SERIES

NAME	NUMBER	WARGRAVE		BURNHAM		MARLOW		MALDENHEAD		DATCHET		HANDY CROSS	
		POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME	POS	TIME
Jeanette	457			131	23.18								
Margaret	449			114	22.34								
Dave	414	148	25.30	168	25.10			155	25.55	161	24.59	137	24.59
Stephan	423	66	20.21	71	20.34	57	19.29			106	21.46		
John	426	139	24.43	150	23.56	146	23.11	127	23.42	134	22.59	426	23.37
Billy	486											154	26.43
Mike	418	96	21.57	87	21.13								
Margo	475							184	29.27				
Rod	433	44	19.12	42	19.28	35	18.35	185	29.28	47	18.53		
Paula	455			223	29.14	197	27.34	200	30.23				
Mike	463			91	21.23								
Sue	404	161	27.23	219	28.59	191	26.40					162	27.45
Mike	479							95	22.00	87	20.50	71	20.52
Joy	459			115	22.37								
Kate	478							193	30.05				
Christine	439	208	36.12			221	30.18			186	27.03		
Mike	437	73	20.34			67	19.50						
Richard	442	200	32.37	232	30.46								
Sue	443	199	32.33	233	30.46								
Thomas	438	147	25.25			177	25.46						
Mike	448			103	22.08								
Alex	410	85	20.59	81	21.02	78	20.18	76	21.04	83	20.27		
Esme	471					195	27.13	199	30.20				
Anita	489												
Alyson	456			210	28.38	193	27.03	194	30.06				
Hans	468					152	23.41	145	25.02				
Caroline	476							168	27.45				
Sally	429	33	18.49	23	18.30	30	18.24					25	18.39
Pam	406			119	22.47	111	21.38	107	22.34			99	21.23
Roger	405			67	20.30	55	19.22	57	20.18			78	20.19
Roy	446					49	19.11						
Mandy	473					219	30.08						

Ye Old Bits & Pieces

Coaching Corner

"Increasing your Mileage"

Try to avoid sudden increases in mileage, particularly if you're an inexperienced runner without years of distance training.

Have you ever noticed that when you are running well, how you get the temptation to increase the pace and distance of your training runs and doesn't a good race performance suggest you have got the training right already, so why change?

A good rule to follow is never increase your mileage from one week to another by more than 20 percent.

Try to step up your mileage gradually, and spend two or three weeks at the same total distance, until you are feeling comfortable.

Above all don't be frightened of taking a few days off, you will benefit in the long run (pun). If you really must do some sort of exercise try swimming or cycling as an alternative.

... by Alex Johnson B.A.F.C.C.
Buckle Affiliated Fun Club Captain

***New York Marathon Trip
See Ron Newman
the event is at the beginning
of November.***

**Ladies Captain Maureen Edington
Mens's Captain Eric Buckle**

Non-Paid Members

Simon Birks	David Willmott	Des Irwin,
Raymond Peters	Terry Simmonds	Gavin Wagg
Alan van der Pant	Chirs Wood	David Welfare
Michael White	Darran Wollas	Paul Joel
Dereck Skinner		
Lesley Irwin	Elizabeth Outten	

Corner

Stretching - "Boring But Essential"

A vital component of any training programme must be the prevention of injury, and stretching exercises play an important role in this area.

Stretching helps to increase flexibility, allowing good muscular and joint movement.

It is not necessary to spend hours stretching to become extremely supple, because suppleness doesn't prevent you from becoming injured, or make you run better. We stretch to maintain muscular and skeletal balance, by obtaining an optimum muscle length. Stretching incorporated into your daily programme should be done for 10-15 minutes before and after each session.

Some points to remember:

*Always warm-up with a gentle jog before stretching
Stretch in a controlled manner - slowly and carefully
Hold the stretch so that you can feel it pulling, but not painful. Never bounce in the stretching position.*

Take care if you have a particularly vulnerable or problem prone area.

Spend between 50 seconds and one minute on each exercise.

Don't forget that cooling down is just as important as warming up. Cooling down and stretching helps your body get rid of the waste products it produces during exercise.

Consequently you are less likely to suffer any muscle stiffness or soreness.

... by Pat Beeston B.A.F.C.C.
Bronzed Australian Fanatical Chilton Coach
(Peter said something much worse)!!

5 K Track Event
A handicap 5k race will be held on Wednesday 27th September, at 7.30 on the track
This is the last track event of the summer.