



# *Welcome to Handy Cross Runners*



## *Introduction*

This information pack has been put together to help you get the most out of your time as a member of Handy Cross Runners. In joining us you've made the right choice as we think that we're by far the best running club in the area. If you have any questions about anything in this pack or about running in general, please do not hesitate in asking any one of the committee members who will only be too pleased to help.

## *Meeting times and details*

We meet in the bar at the Judo Centre on Tuesday, Wednesday and Thursday evenings at 7:00pm. On Sunday mornings, dependant on the racing calendar, runs take place from various venues. Information about these is normally posted on our club facebook page and sent via email to all members.

Sessions at the Judo Centre commence with some announcements about club member's results at recent events and information concerning forthcoming races and social occasions.

## *England Athletics Registration Card*

Your England Athletics Registration Card which you will receive in the post shortly after joining also serves as your club membership card and should be carried with at all times when using the Judo Centre to qualify you for member's prices when using the bar. This card also enables you to obtain discounts for purchases at Runners' Retreat in Marlow, and Apex Sports in Farnham.

## *Club T-shirt*

Upon joining, you will be able to purchase club kit. We like to encourage people to wear club kit, as much as possible, because we feel that this helps to attract more new members by increasing our profile, thus making us a stronger and more diverse club. See the notice board for items of kit available and current prices

## *Club website*

Our website [www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk) contains a wealth of information about the club's activities, there is a members only page, the password for this is KTDA12. We also have a Facebook page [https://www.facebook.com/groups/277196995667911/?ref=br\\_tf](https://www.facebook.com/groups/277196995667911/?ref=br_tf)

## *Social activities*

The major social occasions of the club's calendar are the Annual Dinner and Dance, and the Christmas Disco. In addition to these, our Social Secretary organises a full and varied programme of events throughout the year. We welcome any suggestions of activities that you feel may appeal to others.

# *General*

## *Management*

The management and running of the club is vested in a committee which is elected annually at the AGM. This committee comprises:-

- Chairman
- Secretary
- Treasurer
- Club Coach
- Social Secretary
- Membership Secretary
- Bulletin Editor
- Kit Officer

There are also a number of other officers of the club who have a specific responsibility for certain aspects such as the website and some non elected people may be invited to attend committee meetings to further reflect the views of the membership as and when deemed necessary.

## *Notice Board*

The club notice board can be found just inside the door to the bar area at the Judo Centre. This notice board is used to display photographs of club events, kit prices and other information.

## *Communications*

The vast majority of communication within the club is done through email and via the “News” page on our website as well as our facebook group page.

## *Club newsletter*

This is emailed out once a week. It contains articles written by club members, details of past and forthcoming events, both running and social, as well as training tips and programmes. Our Publicity Officer is happy to consider all contributions that you may feel would make interesting reading. If you have anything to put in the newsletter, email it to [news@handycrossrunners.co.uk](mailto:news@handycrossrunners.co.uk)

## *Club facilities*

Membership of Handy Cross Runners entitles you to make full use of the facilities at the Judo Centre. These include a bar where you can relax over a drink after running; male and female changing rooms with showers; and also a sauna. Despite entrance to the club building being restricted, we recommend that you do not leave any valuables in the changing rooms as there are no lockers.

## ***Standards***

The club has introduced a club standards scheme, details of which are enclosed later in this pack. The Standards Scheme is designed to encourage members to improve and recognises achievements relative to age, sex and distance.

### ***Club League Championship.***

To encourage friendly competition and participation in events, certain races throughout the year have been selected for inclusion in our Club League Championship. Members who have registered to take part in the Championship are awarded points for taking part in these selected races as well as earning additional points relative to their performance. Points may also be gained by carrying out marshalling duties at events we organise. Full details of the Championship may be found on the “Members” page of our website.

## ***Sessions***

### ***Tuesday evenings***

Structured training sessions are available, in the form of intervals/repetitions or hill training organised, by our club coach. These are suitable for all standards of runner and commence with a warm up, mobility and strength drills and finish with a warm down, followed by stretching exercises. Regular Time Trials are held to allow members to monitor their performance.

Alternatively runners can join in one of our group runs of varying lengths and pace. In summer we take the opportunity of getting off road as much as possible so we can explore some of the many public footpaths that we have in this area. In winter we have several routes along well-lit streets. As a newcomer to the club we will make sure you that you have good company to run with at a similar pace to your own, and over a distance that you feel you can handle. There are several people who are only too pleased to run with new members (as long as the pace is not too fast for them) until they get established within the club. These groups are very informal, and after a while you will soon get to know the people who are of a similar standard to your own.

### ***Wednesday evenings***

Are focussed towards beginning and improving runners, although all members are encouraged to come along and run then if they wish to.

### ***Thursday evenings***

We have several ten week long courses for beginners and improvers starting throughout the year. There are no structured training sessions so runners congregate into groups to run different distances at a variety of paces. There will always be a group running a distance and at a pace of which you are capable. The type of run is the same as on Tuesdays for those not doing the sessions.

## *Sunday mornings*

When people are not taking part in races, we meet up for long steady social runs when we take the opportunity to get off road as much as possible and explore the beautiful countryside that exists on our doorstep. This is usually the longest run of the week and lasts around two hours. If people find that they are struggling to keep up, then the faster runners either take advantage of a rest break until the rest catch up, or they turn round and run back to rejoin the following group.

## *Events other than open races*

### *Summer 5k series*

These are by far the most popular events in the clubs calendar. The distance is short enough to be handled by the newest converts to the sport of running (and their families), and at the same time is testing enough for the “speed merchants” and others, whatever their ability, who enjoy competing against their rivals. Many people enjoy them purely as social occasions when they get to meet up with old friends from other local clubs.

Each of half a dozen local clubs takes it in turn to host an event. It is the responsibility of the host club to provide the refreshments afterwards, and there is usually more effort put into trying to out-do each other on the size and quality of the spread, than there is by those taking part in the race. After the refreshments, the opportunity is usually taken to visit a local pub to sample its brew. Our event takes place on The Rye and all members are encouraged to supply sandwiches and other items of food, and also to help out either with refreshments or marking out the course and marshalling duties.

### *Winter Cross Country*

**The Chiltern League** races are held on Saturday afternoons. This is a team event and although we have some talented runners who figure highly in the finishing positions, they rely on the support of their team members to make up the rest of the club’s scoring points. The men’s team needs at least eight runners to be able to score fully, and the women’s team, four. The distance competed over is normally around six miles for the men, and three miles for the women. All members whatever their ability, will be welcomed as part of the team. The number of runners taking part influences the points available to the scoring members, so the more members involved, the better our chances of winning. This type of running will make you a better and stronger runner.

**The Thames Valley Cross Country League** races are held on Sunday mornings, and are in many ways similar to the 5k Series, in that each club hosts an event and food is provided afterwards. The distance of these races is around five to six miles, and men and women compete at the same time over the same distance. Our event is staged in the woods below the RAF base at Walters Ash. Again members are encouraged to help out, by supplying items of food, and by assisting with marshalling duties etc.

### *Fun events organised by club members*

Some of our members get great fun out of thinking up events to test the resolve of their fellow members. Runners’ Retreat host “Treasure Hunt” type runs where people set off in pairs to visit locations marked on a map, or a “Scrabble” run. We have mystery runs where people meet up at a hopefully unfamiliar

location (usually a pub) where they are given a map with a circular route marked on it. They then experience the pleasure of running in unknown territory, although often with some deviations from the route as was planned. We usually offer a choice of three different length routes to cater for all abilities. Occasionally the club will hire a coach to travel a little further afield to do a point to point run often along the banks of a river or canal. After reaching the destination and the partaking of some food and drink, the coach returns people back to the club. If you have any novel ideas that could be used in designing a run of this nature, please put them forward to a member of the committee.

## *Other benefits of membership*

### *Cheaper race entry fees*

Our club is affiliated to the South of England Athletics Association, England Athletics and the Association of Running Clubs, which means that you are freed from paying the extra £2.00 charge made to unattached runners when entering most races.

### *Discount on sports goods*

Upon production of your England Athletics Registration Card, Runners' Retreat of Marlow, Apex Sports of Farnham Common will offer our club members a 10% discount when purchasing sports goods and shoes.

### *Discounted Osteopathy Treatment*

We have the good fortune to have an Osteopath amongst our numbers who is very good at dealing with sports injuries as well as other problems requiring manipulation to bring about the alignment of our bones and joints. A discount of 10% is offered to our club members. To book Osteopathy treatment, contact: -

Robert W. Pettingell. D.O.  
Castle Street Clinic,  
19 Castle Street,  
High Wycombe,  
HP13 6RU  
Telephone 01494 530004

## *Email address*

*If you have anything to would like to discuss with the committee, anything for the newsletter or any race results, we have dedicated email address for this:-*

[committee@handycrossrunners.co.uk](mailto:committee@handycrossrunners.co.uk)

[news@handycrossrunners.co.uk](mailto:news@handycrossrunners.co.uk)

[results@handycrossrunners.co.uk](mailto:results@handycrossrunners.co.uk)

# Club Standards

When members notify us of their race results, if these meet the standards shown below a certificate is awarded to recognise the hard work of the individual concerned.

## MEN

	World Standard Times 100%	Platinum Standard 127%	Gold Standard 135%	Silver Standard 147%	Bronze Standard 163%	Copper Standard 183%
<b>5K</b>						
18 - 39	0:12:58	0:16:28	0:17:30	0:19:04	0:21:08	0:23:44
40 - 44	0:13:40	0:17:21	0:18:27	0:20:05	0:22:17	0:25:01
45 - 49	0:14:12	0:18:02	0:19:10	0:20:52	0:23:09	0:25:59
50 - 54	0:14:46	0:18:45	0:19:56	0:21:42	0:24:04	0:27:01
55 - 59	0:15:25	0:19:35	0:20:49	0:22:40	0:25:08	0:28:13
60 - 64	0:16:09	0:20:31	0:21:48	0:23:44	0:26:19	0:29:33
65 - 69	0:17:01	0:21:37	0:22:58	0:25:01	0:27:44	0:31:08
70 & over	0:18:04	0:22:57	0:24:23	0:26:33	0:29:27	0:33:04

<b>5 miles</b>						
18 - 39	0:21:19	0:27:04	0:28:47	0:31:20	0:34:45	0:39:01
40 - 44	0:22:23	0:28:26	0:30:13	0:32:54	0:36:29	0:40:58
45 - 49	0:23:14	0:29:30	0:31:22	0:34:09	0:37:52	0:42:31
50 - 54	0:24:10	0:30:42	0:32:38	0:35:31	0:39:23	0:44:14
55 - 59	0:25:14	0:32:03	0:34:04	0:37:06	0:41:08	0:46:11
60 - 64	0:26:26	0:33:34	0:35:41	0:38:51	0:43:05	0:48:22
65 - 69	0:27:52	0:35:23	0:37:37	0:40:58	0:45:25	0:51:00
70 & over	0:29:35	0:37:34	0:39:56	0:43:29	0:48:13	0:54:08

	World Standard Times 100%	Platinum Standard 127%	Gold Standard 135%	Silver Standard 147%	Bronze Standard 163%	Copper Standard 183%
<b>10K</b>						
18 - 39	0:26:58	0:34:15	0:36:24	0:39:38	0:43:57	0:49:21
40 - 44	0:28:16	0:35:54	0:38:10	0:41:33	0:46:04	0:51:44
45 - 49	0:29:31	0:37:29	0:39:51	0:43:23	0:48:07	0:54:01
50 - 54	0:30:32	0:38:47	0:41:13	0:44:53	0:49:46	0:55:53
55 - 59	0:31:52	0:40:28	0:43:01	0:46:51	0:51:57	0:58:19
60 - 64	0:33:24	0:42:25	0:45:05	0:49:06	0:54:27	1:01:07
65 - 69	0:35:12	0:44:42	0:47:31	0:51:45	0:57:23	1:04:25
70 & over	0:37:23	0:47:29	0:50:28	0:54:57	1:00:56	1:08:25

10 miles						
18 - 39	0:44:40	0:56:44	1:00:18	1:05:40	1:12:48	1:21:44
40 - 44	0:46:37	0:59:12	1:02:56	1:08:32	1:15:59	1:25:19
45 - 49	0:48:23	1:01:27	1:05:19	1:11:07	1:18:52	1:28:32
50 - 54	0:50:20	1:03:55	1:07:57	1:13:59	1:22:03	1:32:07
55 - 59	0:52:32	1:06:43	1:10:55	1:17:13	1:25:38	1:36:08
60 - 64	0:55:03	1:09:55	1:14:19	1:20:55	1:29:44	1:40:44
65 - 69	0:58:01	1:13:41	1:18:19	1:25:17	1:34:34	1:46:10
70 & over	1:01:35	1:18:13	1:23:08	1:30:32	1:40:23	1:52:42

1/2 Marathon						
18 - 39	0:59:39	1:15:45	1:20:32	1:27:41	1:37:14	1:49:10
40 - 44	1:02:03	1:18:48	1:23:46	1:31:13	1:41:08	1:53:33
45 - 49	1:04:24	1:21:47	1:26:56	1:34:40	1:44:58	1:57:51
50 - 54	1:07:00	1:25:05	1:30:27	1:38:29	1:49:13	2:02:37
55 - 59	1:09:55	1:28:48	1:34:23	1:42:47	1:53:58	2:07:57
60 - 64	1:13:15	1:33:02	1:38:53	1:47:41	1:59:24	2:14:03
65 - 69	1:19:11	1:40:34	1:46:54	1:56:24	2:09:04	2:24:54
70 & over	1:21:55	1:44:02	1:50:35	2:00:25	2:13:31	2:29:54

Marathon						
18 - 39	2:06:50	2:41:05	2:51:14	3:06:27	3:26:44	3:52:06
40 - 44	2:10:49	2:46:08	2:56:36	3:12:18	3:33:14	3:59:24
45 - 49	2:15:45	2:52:24	3:03:16	3:19:33	3:41:16	4:08:25
50 - 54	2:21:11	2:59:18	3:10:36	3:27:32	3:50:08	4:18:22
55 - 59	2:27:19	3:07:06	3:18:53	3:36:33	4:00:08	4:29:35
60 - 64	2:34:20	3:16:00	3:28:21	3:46:52	4:11:34	4:42:26
65 - 69	2:42:35	3:26:29	3:39:29	3:59:00	4:25:01	4:57:32
70 & over	2:52:30	3:39:05	3:52:53	4:13:34	4:41:10	5:15:41

## WOMEN

World Standard Times	<b>Platinum Standard</b>	<b>Gold Standard</b>	<b>Silver Standard</b>	<b>Bronze Standard</b>	<b>Copper Standard</b>
100%	127%	135%	147%	163%	183%

<b>5K</b>						
18 - 34	0:14:24	0:18:17	0:19:26	0:21:10	0:23:28	0:26:21
35 - 39	0:14:45	0:18:44	0:19:55	0:21:41	0:24:03	0:27:00
40 - 44	0:15:22	0:19:31	0:20:45	0:22:35	0:25:03	0:28:07
45 - 49	0:16:03	0:20:23	0:21:40	0:23:36	0:26:10	0:29:22
50 - 54	0:16:48	0:21:20	0:22:41	0:24:42	0:27:23	0:30:45
55 - 59	0:17:39	0:22:25	0:23:50	0:25:57	0:28:46	0:32:18
60 - 64	0:18:39	0:23:41	0:25:11	0:27:25	0:30:24	0:34:08
65 & over	0:19:50	0:25:11	0:26:46	0:29:09	0:32:20	0:36:18

**5 miles**

18 - 34	0:23:39	0:30:02	0:31:56	0:34:46	0:38:33	0:43:17
35 - 39	0:24:08	0:30:39	0:32:35	0:35:29	0:39:20	0:44:10
40 - 44	0:25:08	0:31:55	0:33:56	0:36:57	0:40:58	0:46:00
45 - 49	0:26:15	0:33:20	0:35:26	0:38:35	0:42:47	0:48:02
50 - 54	0:27:29	0:34:54	0:37:06	0:40:24	0:44:48	0:50:18
55 - 59	0:28:53	0:36:41	0:39:00	0:42:28	0:47:05	0:52:51
60 - 64	0:30:30	0:38:44	0:41:10	0:44:50	0:49:43	0:55:49
65 & over	0:32:26	0:41:11	0:43:47	0:47:41	0:52:52	0:59:21

**10K**

18 - 34	0:29:55	0:38:00	0:40:23	0:43:59	0:48:46	0:54:45
35 - 39	0:30:28	0:38:42	0:41:08	0:44:47	0:49:40	0:55:45
40 - 44	0:31:44	0:40:18	0:42:50	0:46:39	0:51:44	0:58:04
45 - 49	0:33:07	0:42:03	0:44:42	0:48:41	0:53:59	1:00:36
50 - 54	0:34:41	0:44:03	0:46:49	0:50:59	0:56:32	1:03:28
55 - 59	0:36:26	0:46:16	0:49:11	0:53:33	0:59:23	1:06:40
60 - 64	0:38:29	0:48:52	0:51:57	0:56:34	1:02:44	1:10:25
65 & over	0:40:54	0:51:57	0:55:13	1:00:07	1:06:40	1:14:51

**10 miles**

18 - 34	0:49:23	1:02:43	1:06:40	1:12:36	1:20:30	1:30:22
35 - 39	0:50:04	1:03:35	1:07:35	1:13:36	1:21:37	1:31:37
40 - 44	0:52:08	1:06:13	1:10:23	1:16:38	1:24:59	1:35:24
45 - 49	0:54:24	1:09:05	1:13:26	1:19:58	1:28:40	1:39:33
50 - 54	0:56:57	1:12:20	1:16:53	1:23:43	1:32:50	1:44:13
55 - 59	0:59:49	1:15:58	1:20:45	1:27:56	1:37:30	1:49:28
60 - 64	1:03:09	1:20:12	1:25:15	1:32:50	1:42:56	1:55:34
65 & over	1:07:06	1:25:13	1:30:35	1:38:38	1:49:22	2:02:48

**1/2****Marathon**

18 - 34	1:05:48	1:23:34	1:28:50	1:36:44	1:47:15	2:00:25
35 - 39	1:06:32	1:24:30	1:29:49	1:37:48	1:48:27	2:01:45
40 - 44	1:09:16	1:27:58	1:33:31	1:41:49	1:52:54	2:06:45
45 - 49	1:12:17	1:31:48	1:37:35	1:46:15	1:57:49	2:12:17
50 - 54	1:15:39	1:36:05	1:42:08	1:51:12	2:03:19	2:18:26
55 - 59	1:19:29	1:40:57	1:47:18	1:56:50	2:09:33	2:25:27
60 - 64	1:23:54	1:46:33	1:53:16	2:03:20	2:16:45	2:33:32
65 & over	1:29:09	1:53:13	2:00:21	2:11:03	2:25:19	2:43:09

**Marathon**

18 - 34	2:18:51	2:56:20	3:07:27	3:24:07	3:46:20	4:14:06
35 - 39	2:19:09	2:56:43	3:07:51	3:24:33	3:46:49	4:14:39
40 - 44	2:24:50	3:03:56	3:15:32	3:32:54	3:56:05	4:25:03
45 - 49	2:31:05	3:11:53	3:23:58	3:42:06	4:06:16	4:36:29
50 - 54	2:38:03	3:20:43	3:33:22	3:52:20	4:17:37	4:49:14
55 - 59	2:45:57	3:30:45	3:44:02	4:03:57	4:30:30	5:03:41
60 - 64	2:55:06	3:42:23	3:56:23	4:17:24	4:45:25	5:20:26
65 & over	3:05:55	3:56:07	4:10:59	4:33:18	5:03:03	5:40:14