

Jogging Along

What a superb event the Wycombe $\frac{1}{2}$ turned out to be. Considering there were 2,000 runners the start was nice and clean with everyone soon on their way. The whole course was well organised with plenty of marshalls and feeding stations. And the prize list was second to none. Although the weather was unkind to the runners, the massive support from the crowds with their buckets of water and hose pipes made the run bearable, if not enjoyable.

I think it fair to say that this was the best supported $\frac{1}{2}$ marathon I've ever run in.

As full results were published in the Wycombe Star I won't repeat them in the newsletter, as I'm sure everyone has seen them.

By the way, if anyone has any comments or suggestions to improve the next Wycombe $\frac{1}{2}$, please let me have them to include in the next newsletter or to pass on.

Message of Thanks

On behalf of the organising committee, Hans, has asked me to thank all H/X joggers and their friends who helped with the Wycombe $\frac{1}{2}$. Without your help it would not be the success it is.

Results Round Up

June Time Trial

4 Miles

Ted Watkins 23.22, Nigel Byrne 26.30, Robert Lynch 27.10, Gerry Grosse 27.53, Andrew Spinks 28.18, John Gill 29.48, Roman Procyk 31.07, Peter Lynch 32.02, Pauline Lynch 32.57, Fiona Lynch 35.03, Ray Harris 35.25, Jane Anderson 45.12.

8 Mile was not run in June

July Time Trial

4 Miles

Phillip Stephens 22.05, Alan Peacegood 27.00, Andrew Spinks 27.00, Malcolm Claxton 27.05, John Gill 29.17, Margaret Moody 29.41, Gill Southall 31.13, P. Gold 31.37, Len Spinks 33.46, Jan Kemble 33.48, Ray Harris 35.54.

8 Miles

Chris Gentry 60.07, Alfred Benjamin 60.19, G. Wheeler 62.38, Hans Wessel 68.26, Martin Franzese 68.42.

August Time Trial

4 Miles

Alan Edwards 24.33, Andrew Spinks 26.29, Eila Mansfield 28.45, Roman Procyk 29.16, Peter Gould 30.38, Jan Kemble 32.48, Freda Barnett 33.44, Carmel Ballard 34.48, Ray Harris 35.28, Michele Edwards 39.55.

8 Miles

John White 50.42, Ray Mascall 54.00, Derek Elvey 54.36, Alfred Benjamin 54.51, Colin Chamberlain 56.30, Hans Wessel 62.52, Gerry Grosse 63.37, Martin Franzese 65.43, Richard Mold 77.48.

A Bit on the Side

Aside from jogging we also have several social events in the near future.

- 10 Sept 83 Barbecue at Marlow Bottom, courtesy of Eila Mansfield and family. - Further details from Carmel.
- 23 Sept 83 Southern Counties A.A.A. Centenary Dinner - See below for details.
- 26 Nov 83 Skittles evening at the Stoner Arms, near Henley. Chicken in the basket, several games of skittles, fantastic prizes, good company and conversation - ALL for only £2.50 - you lucky people. Names and money to Carmel.
- New Years Eve I know we are still in the middle of a heat wave, but it's only 4 months away. It seems likely that we shall have a fancy dress party - cum - dance on New Years Eve.

SOUTHERN COUNTIES AAA

CENTENARY CELEBRATION YEAR

The Southern Counties AAA records its 100th birthday on 2nd August, 1983 and to celebrate this special occasion a DINNER DANCE has been arranged at the Hotel Russell, Russell Square, London, WC1, (not far from Euston Station), on Friday evening, 23rd September, 1983.

Seating for five hundred is planned and tables may be arranged and reserved for parties from Clubs, County Associations, groups of Officials, etc., where requested, as well as individuals. A high class established band has been engaged for the evening.

Table reservations should be made early and may be extended as the seating requirements for any specific party increases from time to time. It is not necessary for Club Secretaries to wait until they have determined their final requirements before registering their support for the DINNER DANCE.

We do ask however, that demands for all tickets are made on the accompanying application form (or photocopy).

L.A. Smith
Honorary Secretary

1883 1983

**SOUTHERN COUNTIES
A.A.A.**

**"CENTENARY
DINNER
DANCE"**

23rd SEPTEMBER, '83

**RUSSELL HOTEL
Russell Square,
LONDON W.C.1.**

(Not far from Euston Station)

Ticket: £10.00 per person.

From: Hon. Sec., S.C.A.A.A.,
Francis House,
Francis Street,
London SW1P 1DL.
(Tel: 01 828 8640).

APPLICATION FORM

To: L. A. Smith, Hon. Sec.,
S.C.A.A.A., Francis House,
Francis Street,
London SW1P 2DL.

Please send tickets for
CENTENARY DINNER DANCE

To: Name.....

Address

.....

Club.....

Tel:

I enclose cheque

(Payable to S.C.A.A.A.)