

Jogging Along

Although women runners may never approach men's standards at short distance races, when it comes to long distance they are catching up fast, and may eventually even beat men at the very long distance. Already, it is not unknown for women to actually win the occasional long distance event, which is remarkable considering the relatively few lady runners.

This years 'Parly' marathon proves the point, with only a handful of women runners amongst hundreds of men, Maggie Thatcher romped home a clear winner. Perhaps it is unfortunate that 2 other prominent lady runners - Shirley Williams and Joan Lester both failed to finish.

A rather surprising runner-up was a comparative outsider - Nigel Lawson. Now he has a hand in the till one wonders whether he will still concentrate on running, or will he become like so many other runners-up in the past - obsessed with money, to the detriment of his running career.

In the team event, the bookies were proved right again, with the Tories taking all the major prizes. The Labour team, although most of them finished the course, were running very flat footed. Perhaps Michael 'Fleet' Foot should be renamed Michael 'Flat' Foot. As for the Alliance team a very disappointing effort, with only a dozen or so finishers out of around 600 starters.

The official prize giving was a very spectacular affair from the 'Parliamentary' clubhouse, with a procession of ancient runners in their curly wigs and velvet frocks. After much trumpeting and heralding, no less than the Queen herself, dressed in a fabulous velvet tracksuit and a diamond encrusted running cap, awarded the major prizes.

The 'Parly' marathon may not have produced a new world record, but when it comes to a spectacular affair, all I can say is "Beat that, Boston".

Jolly Jogging
John White

Results Round Up

Firstly, congratulations to Marie Spinks for finishing the Maidstone Marathon in 3 hours 51 min. With such hot and humid conditions it was an achievement just to finish. The response to Maries' sponsorship appeal has been fantastic. I'm sure Marie and her brother, Chris, would like me to thank Handy Cross Joggers, readers of the Wycombe Star, and everyone else who has contributed to the cancer appeal fund.

Leighton Buzzard 10 miles 28th May 83

John White 55.39, Derek Sawyer 60.18, Alan Edwards 65.14.

Prospect Park, Reading 29 May 83

2 miles Glen Mansfield 17.15 (Age 7), Emma Wood 17.55 (Age 9), Michele Edwards 18.47 (Age available, only by written applications to the Editor)

5 miles Phillip Stevens 26.51, Alfred Benjiman 29.24, Chris Gentry 29.37, Vernon Martin 30.15, Chris Wood 30.40, Alan Edwards 31.07, John Spicer 32.39, Eila Mansfield 36.37.

- In the 5 mile race, Handy Cross Joggers achieved second team place, so well done everyone.

Tips for BeginnersHyperthermia (Overheating)

I do not want to be alarmist, BUT heat exhaustion can cause serious injury and even KILL. Running hard on a hot and humid day can cause the body to overheat in only a few minutes. 2 runners have recently died after running only 3 or 4 miles on a hot day.

On Saturday at Chalfont I saw, and helped, a girl who had collapsed through heat exhaustion after a 4 mile race. The girl had the classic symptoms of weakness, disorientation, nausea and dry skin. Her parents were quite frantic as no one knew what to do. The race organisation seemed sadly lacking as no drinks or sponges were available at the finish, no doctor was available and none of the first aid personnel knew how to cope with heat exhaustion.

Years ago, when road races were only run by athletes with years' of training behind them- hyperthermia would not have been a big problem, because athletes would know when to stop. But today, with mass distance runs by untrained joggers the dangers of the heat (and cold) need to be recognised.

Serious over heating can be prevented by following these rules 1) Run at a slower pace when it is hot and humid, that INCLUDES races at ALL distances. 2) Drink before a race (and even training run). 3) During a race, drink at every opportunity, and use a sponge whenever offered (especially on the head and neck).

Recognise the early warning symptoms, throbbing in the head, unsteadiness, nausea, dry skin with a cold feeling. If you recognise these symptoms then SLOW down, if necessary, WALK or STOP, and get in the shade. Do not be too ashamed to stop and, if necessary, ask for medical assistance, your life or at least your future running may depend on it.

Adapting to the heat comes through increased fitness built up over the years. Training in the heat will also help, but you will have to cut down your daily mileage, so heat training is probably best left to the elite runners. You CANNOT adapt to the heat by depriving yourself of fluid, and to my knowledge no benefit is obtained by taking increased salt.

John White

A Bit on the Side

Aside from jogging we have the family ramble on July 3rd - details will be announced by Vernon and also-

Sun 24 July Family picnic at Hughenden Park at 2.30. Bring your own food. Friends and relatives are also welcome. Last year was great fun, so the more the merrier.

Barbecue

We have been offered a barbecue site by Eila Mansfield at Marlow Bottom, so it is hoped to arrange a barbecue in September. Further details later.

Sale of Running Gear

Bill Corbishley, of Burnham Joggers, who is well known to many H/X joggers has become an agent for Bourne Sports. Bill carries a stock of over 100 pairs of shoes and presently has some shoes on offer at $\frac{1}{2}$ normal retail price. I have suggested that Bill comes up to H/X with his stock at 10am on Sun 3rd July to see any interested runners.

Alternatively, he can be contacted at his home - 37, Eastern Dene, Hazlemere (Tel: 718337).