



Handy Cross Runners
Newsletter

The Bulletin

October 2009

Ron Newman

We were all very shocked and saddened to hear of the death of Ron Newman. Although not a frequently seen face at the club recently, he was always one of the first to renew his membership each year.

Ron was one of our founder members and served the club as chairman for a time. He used to organise trips to Kelkheim, Wycombe's twin town in Germany, where we represented the town in their annual half marathon. He also organised some memorable trips to the New York marathon, where he was a very regular competitor, usually the only club representative in the race.

I remember Ron trying to convince the BA ground staff at Heathrow that we were a professional running club invited to compete in New York! While we were there he also commandeered a stretch limo to transport us to a restaurant in the pouring rain.

Unfortunately we didn't know that Ron was ill and only learned of his death when his widow rang and asked not to receive the Bulletin in future. Our condolences go to his widow and family.

Dave Nash

Happily Dave Nash is still alive but no longer with us as he has moved to Devon! Dave was a member of the club for over twenty years and took a very active part in the club's activities, particularly in the role of Kit Officer. See his note to Duncan on page 2.

Congratulations

To Donna on her recent marriage to Chris and Steve who married Sarah, to Deborah Gatesman who became engaged to James, to Caroline Ward who also became engaged recently and to Linda Weedon for winning the Gerry Grosse Trophy.

Also congratulations to Sam Amend who was selected to represent the South of England in the Area match between Wales, North of England, South of England and the Midlands at the Cardiff 10K where she finished a superb 5th placed lady against very strong competition. Sam also won the ladies prize in both the Wooburn Park 10K and the Medmenham 10 mile and set new course records in both.

Many congratulations to Pete Summers for completing the Ultra Marathon du Mont Blanc, a 104 mile one-stage race, with 9400m of ascent in which he finished in an excellent 211th position out of 2400 competitors with a time of 33 hours 39 minutes. He also completed the South Coast Half marathon in a time of 1:19:11, finishing in 6th place and winning the vet 40 category.

Many congratulations to Tom Chalk who not only completed the 85 mile Ridgeway Challenge in under 16 hours, but also finished in 3rd position.

Congratulations to Trevor Hunter who won the Quicksilver Trail Half Marathon in the mountains of San Jose, California, knocking over 3 minutes off the previous course record with a time of 1:26:35.

New E-mail Address

The editor has at last invested in modern technology and had broadband installed. Please send in your future articles, notices etc. for inclusion in the Bulletin to the new email address below:

www.handycrossrunners.co.uk

Phone: 01494 530511

Email: mj.dean31@btinternet.com



Dear Duncan

3/8/09

Please ^{convey} my thanks to yourself, Pete and all at H.X.R. for the card, gift & send off you gave me before I moved down yer to Dawlish. I've made a great many good friends during the 20 years I've been a member and probably won't join another club, Handy Cross would be a hard act to follow, I may however start a branch of "Dawlish Divers". I look forward to keeping in touch with whats going on via Martins newsletter. Once again many thanks and best wishes to you and all at Handy Cross runners.

Yours
Dave + Sylvia

Thursday Evening Mystery Runs

The weather held out for our last three runs although it rained heavily towards the end of the one at Great Missenden. The landlord at The Dew Drop Inn was on top form, complaining about all the extra custom we brought him, the last straw was when I fed a chip to his dog!

The final run from The Gate was just completed in daylight, even after an early start. Many thanks to everyone involved in making these such a success, let's look forward to another series next year.

5K Season

The Summer 5K Season also finished with Margaret Moody achieving two more 1st FV60 finishes, Frank finishing 2nd MV40 in two more races and Steve finishing in the top ten twice again and 12th in the other. Sam was 1st FS in all the last three races with Sophie 2nd FS at Datchet and 3rd FS at Maidenhead and our own event.

Ellen achieved two more 1st FV40 places while Maryse was 1st FJ and Callum 3rd MJ at Maidenhead. Michelle was 1st FV40 at Datchet and 3rd at our race, while Linda was 2nd FV60 at Datchet and 4th at Maidenhead.

Sunday Cross-Country

Just like the 5k series only muddier, all the races are on Sunday mornings starting at 11.00

8th November - Datchet

22nd November - Sandhurst

13th December - Handy Cross

3rd January - Reading

10th January - Tadley

24th January - Finch coasters

7th February - Bracknell

28th February - Metros



Grant & Stone Marlow 5 and Wycombe Half & 10K

The club is pleased to hear that Grant & Stone Ltd has decided to continue with their sponsorship of our races for the next two years.

The date for next years races are:

Marlow 5 - Sunday 9th May 2010

Wycombe Half & 10K - Sunday 18th July 2010

We need to select a charity to be the beneficiary from these races, so if you have any nominations, please let any member of the organizing committee have details of your charity, before their next meeting on the 13th October, details of the various charities that were nominated last year will automatically be reconsidered. The organizing committee are:

Pete Edington
Chris Gentry
David Riddington
Mike Hickman
Stephan Naunko
Helen Moseley
Cheryl Sayer

Chiltern League Cross-Country

| | |
|---------------|--------------|
| 7th November | Luton |
| 5th December | tba |
| 16 January | Shuttleworth |
| 13th February | Wing |

Three Peaks Challenge

We all know people in the club who have completed tough and gruelling three peaks challenges, whether it's the Ben Nevis, Scafell Pike and Snowdon in twenty four hours challenge, or the Yorkshire three peaks; Ingleborough, Whernside and Pen-y-gent in twelve hours, but now we can all complete a three peaks challenge without even leaving South Bucks!

This is the Chilterns Three Peaks Challenge, the 'peaks' being Whiteleaf Cross, Coombe Hill and Ivinghoe Beacon following the Ridgeway long distance path and you don't even have to walk the whole distance, as there is a bus link from Wendover to Tring!

The first running of this new event was organised by the Iain Rennie Hospice at Home charity as a five or nine mile walk, starting at Princes Risborough school. The organisers had distributed specially made 't' shirts for the event and most of the thousand walkers were wearing them which looked very impressive, there was even a dog wearing one.

The start was very crowded as the Ridgeway is too narrow for that number of walkers and the whole thing split into two routes going up Brush Hill, much to the organisers consternation, but everyone joined up again at Whiteleaf Cross. From there it was a pleasant walk to the top of Coombe Hill before a short detour to a barbecue, before continuing to Wendover station to catch a bus to Tring station for the next stage, or to go back to Risborough, having completed five miles.

The next stage was less crowded and finishers were greeted at Ivinghoe Beacon with polite applause and a medal before walking to the bottom of the hill for the bus.

The whole event was a great success and should become even more popular in future. Chiltern Harriers ran the whole length (about eighteen miles) without using the bus, which took them three hours.

I'm sure if Handy Cross entered a team of runners next year we could better this time. However if you just wanted to jog or walk, it's a very enjoyable event for the whole family, even including the dog.



Cycling Tour of Holland

Twelve people including Pete Astles, Mike (Blowing and Hickman) Mike B's brother, Ken Hemmings, myself and six members of the Great Kingshill Mafia, met on a Wednesday evening in late September at Pete's house and packed our bikes ready for the drive to Harwich. First though, we had to consume eighteen pints of beer to get the trip off to a good start.

This necessitated a quick stop on the way, but we arrived safely, unloaded the bikes and rode on to the ferry. Unfortunately the climb up the ship's ramp (about the steepest hill on the trip) proved too much for one bike's chain, which broke. The Blowing brothers set to and reassembled the chain and gears, but with much head shaking and sucking of breath through teeth about the likelihood of the bike completing the tour, we settled down for a millpond smooth crossing.

After disembarking at the Hook of Holland early in the morning, the first stop had to be at a bike shop and as if by miracle, an extremely well equipped one appeared in the very first street outside the ferry terminal, and it was just opening. Here more head shaking and sucking of breath through teeth followed (in Dutch this time) by the bike mechanic. He finally recommended a completely new chain, chain rinds and rear sprocket set. Over an hour and many Euros later, we finally set out late for our longest day of the trip.

Leaving Rotterdam we lost contact with Mike H and caught a ferry without him. However he turned up again later, having found a bridge to cross to save the ferry fare! Now I had been warned that the group would probably split in two, with the faster riders powering off into the distance, but I assumed it would split into six and six, not ten and two, with the two being Mike H and me completely lost at the back!

However we took the advice of a friendly Dutchman who advised us to, "follow the Dyke, always follow the Dyke" which we did successfully until Mike, admiring the view, managed to fall off. After patching himself up and repairing his bike, we continued at an even slower pace 'following the Dyke' until we eventually found the first hotel, where the rest of the group were comfortably seated drinking beer.

Next morning, Mike H's bike had acquired a nickname, neatly stencilled on the top tube with letters apparently cut from a Mars Bar wrapper. I can't say what the name was, but it started with the first letter inverted. The weather was as sunny and warm as before and we carried on 'following the Dyke' for a coffee stop at Nijmegen under the bridge made famous in the film *A Bridge Too Far*, about the Allied airborne invasion in 1944.

After quickly losing contact again, Mike and I found the rest of the group at Arnhem sitting outside a café, again drinking beer. After lunch we continued to Oosterbeek, where we visited the cemetery of the Allied troops killed in the invasion just over sixty five years earlier.

Our route then took us through the De Hoge Veluwe National Park, which was very pleasant but cost €7 each to enter! In the park were hundreds of people with telescopes and cameras with long-range lenses watching a deer! Obviously a rare sight in Holland. However, much less rare were the number of herons standing very close to the road and we even saw a stork.

Day three was again warm and sunny. Mike B collided with a motor scooter and head-butted the rider. He was alright but his front brake was broken, so we continued more cautiously to find a sailing club at the edge of a beautiful lake, where we stopped for lunch. In the afternoon we were close to where Ellen's parents live in Hoofddorp and Mike H would have visited them, but he didn't have their address, so they unknowingly had a lucky escape! In the evening we took a train to nearby Amsterdam. Unfortunately it was too late to visit the many interesting museums and art galleries that the city has to offer, so we went round the Red Light District instead.

The brilliant weather held up for our final day which was going to be a quick dash through the bulb growing region, then down the coast to the ferry terminal. Mike and I quickly got left behind and decided to take a safe and steady ride through The Hague and arrived with an hour to spare before the ship sailed. Another smooth crossing was enjoyed in warm sunshine, just like a Mediterranean cruise.

Many thanks to Ken and Peter for organising the trip, it would be lovely to go back to such a cycling (and people) friendly country.



It's a Knockout

As Stuart Hall often said, "Here come the Germans! Twelve teams entered the coliseum where only the strongest and fittest survive. Time for Handy Cross runners to send shivers down the spine of our feeble opponents we thought, until the Mayor of Sandhurst announced us as "Handy Crossdressers"!

Teams were split into four groups of three, with the winners of each group contesting the final. Our spirits were high as we had a blend of speed, brawn, youth, experience and brains (I'll let you decide who's who) even though we had not won a medal between us in over 10 years! To start, the compere got us all in the mood by getting us to dance to the beat whilst following the actions of team leader Cheryl!

We got off to an average start with most of us unable to carry a bucket of water 10 yards without spilling 2 pints! But I have to say the guy's seemed better at this than the gals... mind you, when have you ever known a bloke to spill a pint! Soon the girls fought back with Tara, Helen, Cheryl, Ann & Soraya all very quick and nimble through the soapy inflatable tunnels leaving me and Dave to carry our larger frames at our normal 10k pace!

The compere seemed more interested in getting everyone dancing for bonus points, but hey ho... WE NEEDED THE POINTS! Half time saw us 10th out of 12..... time to play the Joker! (Where was Terry when we needed him most?) 1st game of the 2nd half we played our joker, which paid off as we won, putting us way up the leader board..... hehe. "Right, time to fight I said....we can do this team.....come on!!!!."

Now, I know bullying in schools has been a topic for most parents, but when the Teachers get involved it must be getting out of hand. Dave Claridge took the words "fight" literally during his sackrace, whilst neck and neck with an opponent he let fly with a fine right hook that had the poor woman in row Z whilst Dave romped to victory.... and disqualification! Respect for our teachers!

Finally we were paired with another team in a tug of war.... five fine females, me & Dave v seven men!.....now I'm no betting man, but I didn't fancy our chances in this one. However everyone else seemed sure we would win. We put up a strong fight and just

missed out.... so respect goes to the girls! We finally finished 7th of 12. Thanks to Dave Claridge, Tara Atkins, Cheryl Sayer, Soraya, Helen Moseley and Ann Palmer.... as between us we raised £650 for the charity DeBRa

Craig Atkins

The Divers Up-Dated

Following Helen's spectacular "nose-dive" detailed in the last Bulletin, it seemed a fair assumption that it would be some time before a fall of this magnitude would be rivalled. However not to be outdone, Mark swiftly followed her brave example and contrived, when tripping on roots whilst rushing headlong through woods at breakneck-pace (no pun intended) to break his fall with his face.

Fortunately for Mark, and even more fortunately for all the blokes, Amanda was on hand to whip off her top in a flash, as a makeshift tourniquet. Regrettably I wasn't there personally so am unable to verify either account, but there are those killjoys who suggest it was a spare top being worn around her waist! But why let the facts spoil a good story?

Having struggled the three miles back to the club, this brave little soldier returned to a hero's welcome in the bar, where he endured the pain even longer before eventually going to A & E for the obligatory six-hour wait to have his eyelid stitched.

It was therefore with some trepidation on last Sunday's run that I found myself in the company of both Helen and Mark, particularly as Mark was arguing that falls should be judged on the number of stitches, whereas Helen's injury had necessitated the emergency services attending her.

I was not anxious to emulate either but did have my position as a founder Diver to consider. So with this in mind I manoeuvred myself to the back of the pack (no mean feat in itself considering Pete was present) and projected myself towards the ground whilst skilfully nicking my arm on barbed wire on the way down, thus maintaining some credibility, relatively painlessly, by finishing the run resembling an extra from Reservoir Dogs.



Others who have been tripping the Light Fantastique along the highways and by-ways are; Angie, who fell particularly hard and failed to be reassured by Meg's kind words that she must be heavier than she looks, Debbie who has been falling all over the place and even Martin the Ed who fell foul of the croquet hoops in Cressex Road, which are likely to trip the unwary in the months ahead. Watch this space for details of others who are about to become victims of the four-letter F*** (Fall) word.

Terry Eves

Sunday Runs

If any of you thought that Sunday runs "just happen" here are the unabridged emails that led up to the best attended run of modern times.

July 31st. 8.12 a.m.

From Terry Eves to Liz Davey/Jo Smith

cc Amanda

Subject: Sunday Run

You are invited to join The Friends of Terence Eves (Amanda) who will be massing at the water's edge at 8 a.m. on Sunday.

8.13 a.m. From Amanda to Terry

Oh dear Terry, that looked tragic. "Friends of Terence Eves" comprises of exactly 3 people!!!! Couldn't you have made up a few extra names just for appearances sake? Anyway I'll be there I like that run.

11.33 a.m. From Liz to Terry

Does this mean that Amanda is your only friend and which particular water's edge are you massing at? If you're referring to the Spade Oak then I will probably join the masses.

1.00p.m. From Terry to Amanda

Right, I'll just have to prove to you that I've got lots of friends!

1.10 p.m. From Terry to Mike

(Who had earlier declined to come on the run due to a prior "assignation")

cc Amanda

Hi Mike, please will you join us at The Spade Oak at 8 on Sunday?

14.28 p.m. From Mike to Terry

As you asked me so nicely I will come if I can.

14.36 p.m. From Mike to All

Terry Eves is hosting this Sunday's run at 8.00 from The Spade Oak at Bourne End. Please join him for a scenic and interesting run.

18.39 p.m. From Amanda to Liz

cc Terry

Funny you should say that Liz as I'd already commented on the fact that you, Jo and I appeared to be his only friends!!!! I encouraged him to make up a few false email addresses to make him appear a little more popular and instead he went the whole hog and emailed Mike who put out a mail to the whole club.

SO, don't be fooled if there's a healthy turnout on Sunday – they are not all the "Friends of Terence Eves" but simply Handy X Runners who want to stretch their legs on a Sunday morning!!

And so it was on a sunny July morning that runners came from far and wide, for whatever reason, to enjoy what will possibly be remembered in years to come as the running equivalent of Woodstock.

T.E.



Results

New Forest Half Marathon

Terry Eves 1.49:53

Ridgeway Relay

Our first team of:

Brendon Gilbert 01:13:10
Sophie Lovell 00:47:26
Ellen Haynes 01:13:52
Phil Stephens 00:37:05
Trevor Hunter 01:06:00
John Dooley 01:11:58
Julia Downes 01:00:29
Steve Roberts 00:53:31
Frank Fulcher 01:06:22
Martin Fisher 01:03:20

finished 5th out of 41 and our
second team of:

Dave Sanderson 01:20:55
James Cunnane 00:55:49
Debbie Ridout 01:44:56
Sarah Heath 00:49:40
Paul Palmer 01:27:00
Mike Hollis 01:22:00
Cheryl Sayer 01:26:43
Alfred Benjamin 00:57:44
Mike Hickman 01:36:55
James Bateman 01:09:18

finished 30th out of 41

Well done everyone, especially
Ellen who organised our teams who
both improved on last year times.

Bearbrook 10K

Sam Amend 36:39 (1st lady)
Howard Taylor 45:54
Mike Hickman 49:39
Craig Atkins 50:38
Cheryl Sayer 54:58
Terry Eves 55:37

Headington 10K

Celia Edwards 53:44
Cheryl Sayer 54:22 (pb)

Peppard 10K

(Off Road)

Trevor Hunter 36:47 (1st)
Phil Stephens 42:06
Mike Hollis 45:48
Howard Taylor 47:27

Descente de La Lesse (22km)

Trevor Hunter 1:23:50
Julia Downes 1:33:56 (2nd lady)
James Bateman 1:52:56
Kim Travers 1:52:58

Burnham Half Marathon

Sam Amend 1:20:50 (pb & 2nd lady)
Dave Sanderson 1:34:30
Dave Claridge 1:47:31
Gary Tarr 1:53:49
Nigel Cairns 1:54:54
Terry Eves 1:57:27
Helen Moseley 2:15:18
Soraya Bux 2:15:24

Wooburn Park 10K

Sam Amend 38:00 (1st lady)
Mike Hollis 43:02 (1st V50)
Peter Astles 56:52
Mike Hickman 48:37
Jo Cassells 53:09
Cheryl Sayer 55:34
Helen Mosley 57:32

Handy Cross were 3rd team home

Amersham 5

Frank Fulcher 32:59 (1st v40)
Peter Astles 43:10
Michelle Booth 46:28



2009 Gerry Grosse Trophy/Wednesday track group 5K handicap race results

Inclement weather put some people off competing in this year's race, but twelve hardy souls, including Gerry himself, turned out to take part. This will be the last time the trophy is competed for on the Handy Cross track as it is soon to be redeveloped as a coach interchange. A new track is to be built at Sir William Ramsay School in Hazlemere, but whether or not we will be using that in the future will depend on the charging structure.

This year's winner was Linda Weedon, who bettered her target time by thirty eight seconds. She gets to look after the Gerry Grosse Trophy for a year as well as being awarded with the plaque for 'First Lady'. Phil Hutchby was awarded the plaque for "First Man". He was 16 seconds inside his target time. Terry Eves was presented with a plaque for being the most improved of the Wednesday Track Group regulars.

Bottles of wine were given to:-

Alun Jones for setting the fastest time of the evening

Cheryl Sayer for coming closest to the target time (within 1 second)

Jo Cassells for returning the largest deficit between her target time and that taken

Martin Dean for being the person enjoying the experience longest (ie: last)

Gerry presented a box of West Country fudge to Lucy who, in his opinion, looked as though she had got the wettest. Which was his polite way of saying that she had won the wet 'T' shirt competition. Only joking Lucy/Gerry ;-)

Actual Times Taken:

| | |
|----------------|-------|
| Alun Jones | 19:03 |
| Howard Taylor | 21:03 |
| Tim Hipgrave | 21:11 |
| Peter Astles | 23:04 |
| Phil Hutchby | 23:29 |
| Terry Eves | 25:36 |
| Linda Weedon | 25:48 |
| Jo Cassells | 25:57 |
| Cheryl Sayer | 26:34 |
| Lucy Couturier | 27:29 |
| Gerry Grosse | 27:58 |
| Martin Dean | 28:19 |

Many thanks to all of you for taking part. Thanks also to Angie Peerless, Sally White and Amanda Gumus for helping with the Time Keeping and Lap Counting. Last but not least, a big thank you to Gerry Grosse for traveling up from his home in the West Country and without whom this event would not take place.

Mike



Results

Black Park Parkrun 5K

Resume of Handy Cross Runners performances
18 July to 10 October

| Name | Runs | Best | % |
|-----------------|------|-------|-------|
| Alun Jones | 2 | 18:41 | 82.25 |
| John Peerless | 4 | 20:02 | 75.46 |
| Howard Taylor | 7 | 20:50 | 71.36 |
| David Duckworth | 6 | 21:43 | 68.99 |
| Fred Ashford | 2 | 24:33 | 73.66 |
| Angie Peerless | 3 | 24:39 | 75.19 |
| Linda Weedon | 3 | 25:20 | 77.37 |

In the "age graded performance" league Alun is placed 3rd behind Andy Magnall, Shaftesbury Barnett Harriers and David Crossland of Maidenhead AC.

Alun Jones won the overall men's category on one occasion. Angie Peerless won the overall ladies category on one occasion.

Congratulations to all.

Fred Ashford

Windsor Half Marathon

Pete Summers 1:23:17
Jo Smith 1:50:07
Celia Edwards 1:58:54
Cheryl Sayer 2:12:31

Medmenham 10

Trevor Hunter 1:09.36
Sam Amend 1:10:17 (1st lady)
Phil Stephens 1:17:11
Mike Hollis 1:19:03
John Dooley 1:19:23
Penny Cutler 1:21:56
Mike Hickman 1:29:49
Nick Martin 1:32:05
Cheryl Sayer 1:45:14



Tuesday Night Training Programme

| | |
|---------------------------|---|
| October 6 th | Paarlauf session around Dave Nash Estate 12 – 15 x 328m |
| October 13 th | 10-12 x 400m (Oak Crescent) (200m recovery) |
| October 20 th | 6 – 8 x 600m Cressex Rd/John Hall Way circuit (recovery on remainder) |
| October 27 th | 5 - 7 x 800m (Oak Crescent) (200m recovery) |
| November 3 rd | Slope session (Halifax Road) 9 – 12 efforts up slope (recovery back down) |
| November 10 th | 4 – 5 x 1000m (Oak Crescent) (200m recovery) |
| November 17 th | Fartlek session 3 circuits anti-clockwise Cressex Road/John Hall Way circuit. |
| November 24 th | 3 - 4 x 1200m (Oak Crescent) (200m recovery) |
| December 1 st | 2 - 3 x 1-mile efforts around Cressex Rd./Marlow Road/Rupert Ave circuit |
| December 8 th | 5k Time Trial Cressex Road/Cressex Industrial Estate circuit |
| December 15 th | Hill session 6 - 7 long and 2 short. Knights Hill (see the lights) |
| December 22 nd | Relay Session on Dave Nash Estate (in teams of 3) 2 x 10 laps per team |
| December 29 th | Pyramid Session (Oak Crescent) 200/400/800/1200 or 1600/800/400/200 (200m walk/jog recovery) |

Keeping the dream alive.



Wednesday Night Training Programme

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm.

All abilities will enjoy and benefit from these sessions.

ALL SESSIONS START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/COOL DOWN,
FOLLOWED BY STRETCHING AND MOBILITY EXERCISES

- 7/10/09 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 14/10/09 5 x 1200m (200m walk/jog recovery)
- 21/10/09 4 x 1600m (200m walk/jog recovery)
- 28/10/09 "Upper" 200/400/600/800/1000/1200/1400m (200m walk/jog recovery)
- 4/11/09 3 x 2000m (200m walk/jog recovery)
- 11/11/09 Hill session (Knight's Hill) 8 x full circuits maintaining effort until 2nd corner
Recover on remainder
- 18/11/09 5k Time Trial (Please wear a stopwatch)
- 25/11/09 "Downer" (5,4,3,2,1) 2000/1600/1200/800/400m (200m walk/jog recovery)
- 2/12/09 2 x 12 x 200m (200m walk/jog recovery)
- 9/12/09 Paarlaf session 12 x 400m
- 16/12/09 9 x 600m (200m walk/jog recovery)
- 23/12/09 Hill session (Knight's Hill) 8 x full circuits maintaining effort until 2nd corner
Recover on remainder
- 30/12/09 7 x 800m "Differentials" 1st lap of each at 5k pace 2nd at hard effort
200m walk/jog recovery

Mike Hickman

uk: athletics coach (L3 Mar). Sports & Remedial Massage Therapist MHFST

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Dictionary definitions frequently need up dating with time. Here are a few recent additions to the Uxbridge Concise Dictionary

Also-ran: A British athlete

Belly flop: Ineffectual dieting

Challenge: Voguish term used to aggrandise any barely difficult task e.g. The 1 Mile Walkathon Challenge, The Get Up Off The Sofa Challenge, The Say No To Cyanide Challenge

Doughnut: Cake with fat-free centre

E: 1. Chemical added to food.
2. Chemical added to teenagers

Fun run: Unusual event in which people run through city streets without police in pursuit

Generalisation: Best avoided on the whole

Heart: Organ vital for circulating alcohol, nicotine and cholesterol round the body

Invisible man: Man on bicycle in heavy traffic

J: A type of special blue cloth so revered by student flat-sharers that they actively shun getting it wet or dirty

Kipper: Piscine victim of passive smoking

Lactose: How to spot former polar explorers at the swimming baths

Masseurs: People who knead people

New man: One who has read enough baby care books to really annoy women by telling them what they are doing wrong

Ordnance Survey Map: Farmer's guide to footpaths due for ploughing

Patronising: (Don't worry your pretty head about this one, it's not important)

Q: 1. The tasteless sign writers' 'queue'.
2. The second mysterious initial in 'B & Q'

Rotunda: What modern children are getting, seemingly by the day

Starting block: Result of athlete failing drugs test

Trappist: About the only religious extremist you won't hear on a radio phone-in

Unerring: French for an unsmoked kipper

Vegetarian: The one person at a barbecue with pleasant-tasting unburnt, edible food

Wasp: An oddity of nature, a creature with a tiny waist yet spends all its time in a cake shop

XS: The level to which tacky abbreviations are used nowadays

Yogurt: Fast becoming the only culture devoured in the average home

Zebra: A bar-coded horse