

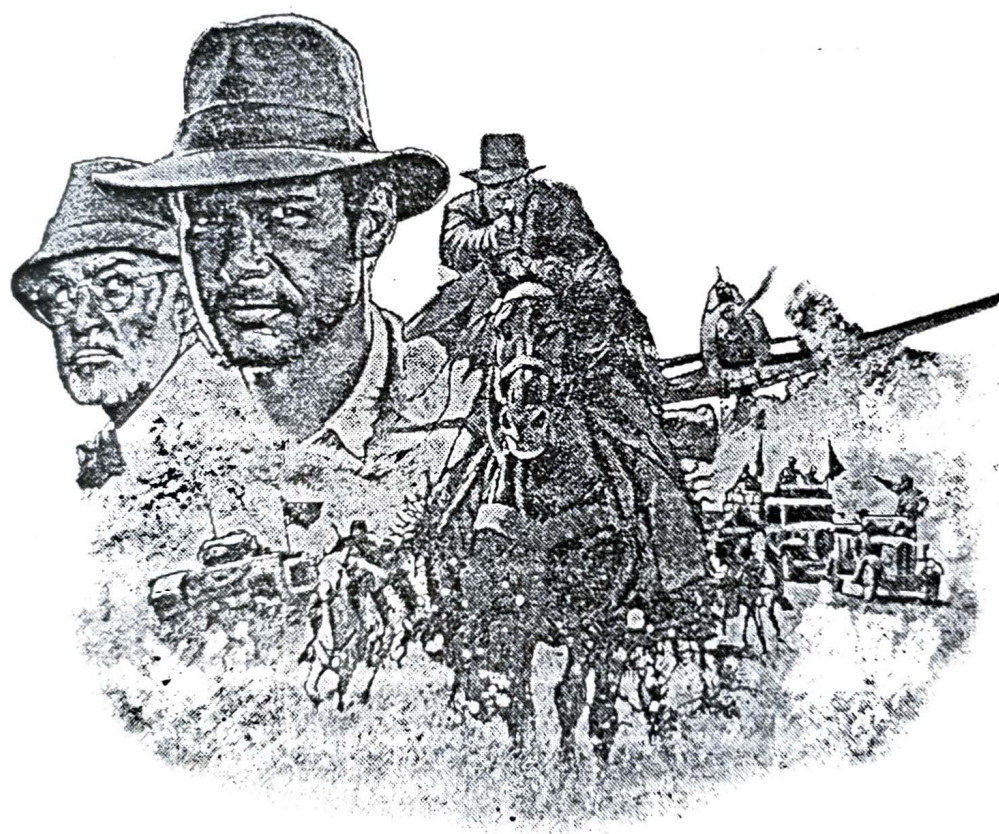
Henry



# FLEET STREET NEWS

ISSUE NO.72 - AUGUST 1989

## FEATURING



# INDIANA GREEN

and the

## CHERRY ORCHARD





DON Nicholson due to return to the States.

## BON VOYAGE

BURNHAM Joggers will be saying Bon Voyage to former US naval officer Don Nicholson at a special American-style party tonight.

Florida-born fitness fanatic Don is returning to the States after enjoying a nine-year stay in Burnham and joining the local sports group to keep in trim.

Don, 46, told the 'Observer': "The Burnham Joggers were just my type of group because they cater for everyone and do a lot of charity work.

"Obviously I'll be sad to go and shall miss the locals a great deal but I hope to keep in touch."

The Vietnam veteran moved to Hanbury Close to take up a post at the NATO base at Northwood but now he has to return to work in Florida.

Burnham Jogger Dr. Bob Green commented: "Don has been a great asset to Joggers in both sporting and charitable events.

"He's certainly helped cement good relations between Britain and the States and we are sorry he's leaving."

### MINUTES OF THE BUSINESS MEETING HELD ON THE 13 JULY 1989

Members Present: Mick Wood, Tom Rylance, Bill & Joan Corbishley, Pat & Ralph Hatch, Hugh Bergström, Bob Hardman, Ken & Margaret Clilverd, Peter Bunker, Denise Howse, Carol Meller, Bob Green, Chris Spurr, Alan Yeadon.

1. Apologies for Absence: Keith Scudamore.
2. Subscriptions.

Bill proposed a two tier system for subscriptions. This would consist of a subscription for members attending Haymill and a cheaper rate for those who cannot attend Haymill on Tuesdays and Thursdays. Some members present were of the opinion that all members should pay the same subscription except those who live far from Burnham. This category consists mainly of former local members who have now moved away from the district.

Bob Green called for a sub-committee to organise a subscription system. Members elected to this sub-committee would include Margaret Clilverd, Bob Hardman, Keith Scudamore, Mick Wood and Alan Yeadon. This committee would meet on the 18th July at 8.30 p.m.

3. Fund Raising.

Carol suggested that extra funds would be required to finance the Cherry Orchard development. Fund raising events such as a car boot sale were suggested as a means of raising finance.

4. Half Marathon.

- (i) 400 entries were reported.
- (ii) Bob to contact John Irwin about a caravan which might be used for the public address system.
- (iii) Numbers would be sent out with the programmes in August.
- (iv) Bob to ask Bishops for prize donations (6 trees & 6 shrubs, and squash and tennis rackets). Trophies would be awarded on a permanent basis. Carol offered to phone companies for prizes. Bob had received sweets from Mars as prizes for the Fun Run.
- (v) Les Farrant to be asked to erect gantry.
- (vi) Junior Joggers would be asked to organise the water station at the finish.
- (vii) A clock would be required for the lead car.
- (viii) Bill Corbishley to act as Chief Marshal.
- (ix) Burnham Couriers would have 10 cars around the course. Bill would organise the positions of these vehicles.
- (x) Mile markers would be erected around the course.

5. Mid-Week Runs.

Peter and Denise to look at possibility of mid-week run.

6. Photocopier.

Peter Bunker offered to investigate the possibility of housing the new photocopier.

7. War Memorial Fund.

We had received a request to help restore the War Memorial near Burnham Park. The meeting agreed to donate £25.

8. Next Meeting: 10th August 1989 at the Haymill Centre.



# PRESS RELEASE

## OPEN DAY - GEORGE PITCHER MEMORIAL RECREATION GROUND (CHERRY ORCHARD) BRITWELL ROAD, BURNHAM

Following the County Court case when it was confirmed that the Burnham Parish Council had purchased 26 acres of orchard and farm land with unrestricted use for recreation purposes, the Council is keen that electors get along to see the facility before it is fully developed. Consequently, an open day on Sunday 23rd July 1989 is being arranged. It is hoped that many people will find time to visit the area between 11.00 a.m. and 3.00 p.m. and possibly arrange to picnic, participate in events organised by their Clubs or just stroll around this new Parish Council amenity.

On 23rd July, the land should have been cleared of old cars and debris and dead trees, but the ground will be very rough prior to some levelling, grading, cultivating, draining and seeding. The present orchard will be converted into a green field sports facility offering pitches for soccer, hockey, etc. and in the summer a grass running track and possibly cricket squares. There has been a request for additional tennis facilities in the Parish and these could be located within the grounds.

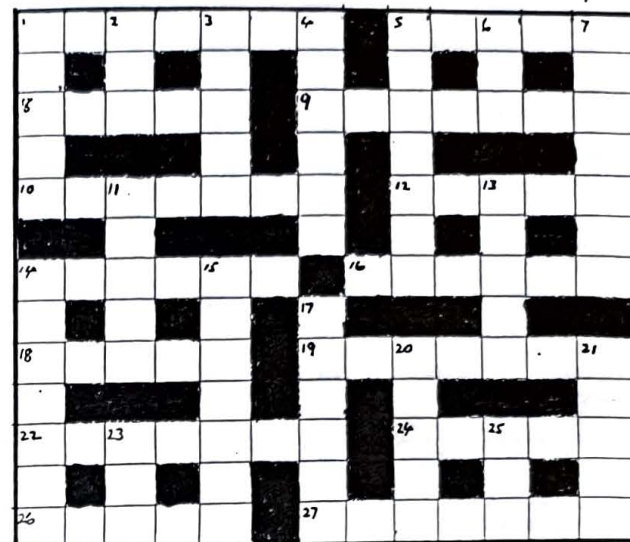
On the 7½ acres field to the north-east of the Cherry Orchard plans are fairly well advanced for an environmental area which will be planted up with wild flowers, trees, grass paths and glades.

The Parish Council is anxious that as many residents as possible visit the site in order that they can see the grounds and contribute ideas on what they wish to be included in the finished facility. In addition it will give them the opportunity to appreciate the transformation over the next two years. The complete development including a new access and a mini-roundabout at the junction of Farnham Lane and Britwell Road is being fully funded from the sale of 1½ acres of land at St. Peter's Close.

13th July, 1989.

## QUICK CROSSWORD (2) - (COMPILED BY RALPH HATCH)

This crossword has been made easier than my previous one, by popular request. The answers are a mixture of straight and B.J./running connection. There may be a good prize (e.g. Pocket Oxford Dictionary) for first correct solution?



### ACROSS

1. Local Half Marathon. (7)
5. Notions. (5)
8. Having duration of run recorded. (5)
9. Coming and going of vehicles. (7)
10. What we all do at B.J. (3, 1, 3)
12. Carnivorous quadruped. (5)
14. Subdivision of road or river. (6)
16. Rival Running Club. (6)
18. Mistake. (5)
19. Type of running training. (7)
22. One receiver of B.J. funds (7)
24. Distance measurement. (5)
26. Ingredient of many foods (5)
27. Journeys. (7)

### DOWN

1. Runners' refreshment. (5)
2. Rotating part of machinery. (3)
3. Common reward for race finisher. (5)
4. We can run in a famous one. (6)
5. Fictional adventure character. (7)
6. Small supernatural being. (3)
7. Regular B.J. occasions. (7)
11. Stuffy or still running weather. (2, 3)
13. Register as a B.J. (5)
14. Our beloved territory. (7)
15. Conveyor of germs of disease. (7)
17. Consequence. (6)
20. Dance. (5)
21. Popular area of runners' injuries (5)
23. Sink unevenly. (3)
25. Part of shoe or foot. (3)

Solution to appear in next edition of Ft. St. News.

RALPH HATCH

# BURNHAM JOGGERS

STAGGERED JOG, SUNDAY, JULY 30TH 1989

6.1 Miles

Virtual Comp.	Name	Time	M.P.M.	12 Mos. Personal Best	Per cent Comparison
45	DAVE CLARK	36m. 03s.*	5.77	6.27	+ 7.97
44	BOB GREEN	39m. 03s.	6.25	6.69	+ 6.58
43	ELAINE WALLACE	38m. 39s.*	6.18	6.47	+ 4.48
42	PHILIP GUGLIOTTA	43m. 11s.*	6.91	7.22	+ 4.29
41	MALCOLM MOODY	38m. 31s.	6.16	6.43	+ 4.20
40	CAROL HARDY	39m. 30s.*	6.32	6.57	+ 3.81
39	PETER RILEY	37m. 48s.	6.05	6.23	+ 2.89
38	ALAN WATSON	45m. 19s.*	7.25	7.46	+ 2.82
37	COLIN BAKER	34m. 45s.*	5.56	5.71	+ 2.63
36	BOB ENGL	41m. 43s.*	6.67	6.83	+ 2.34
35	HENRY DUMLER	43m. 30s.	6.96	7.09	+ 1.83
34	JOHN RICHARDSON	37m. 49s.	6.05	6.15	+ 1.63
33	JOHN MONAGHAN	35m. 25s.*	5.67	5.76	+ 1.56
32	KEN MCCORD	38m. 25s.*	6.15	6.24	+ 1.44
31	DON NICHOLSON	35m. 50s.	5.73	5.79	+ 1.04
30	ENIO MORASSI	38m. 29s.*	6.16	6.22	+ .96
29	PAUL DEAR	42m. 09s.	6.74	6.77	+ .44
28	DAVE HOPKINS	42m. 34s.	6.81	6.83	+ .29
27	DAVE SUTTON	33m. 21s.	5.34	5.34	EQUAL
26	JUNE WEBB	38m. 11s.	6.11	6.10	- .16
25	JOHN IRWIN	37m. 15s.	5.96	5.95	- .17
24	KEITH SCUDAMORE	35m. 27s.	5.67	5.62	- .89
23	NICK LIPSCOMBE	34m. 27s.	5.51	5.46	- .92
22	BOB HARDMAN	39m. 42s.	6.32	6.27	- 1.28
21	KEN CLILVERD	40m. 27s.	6.47	6.34	- 2.05
20	CHRIS RILEY	38m. 16s.	6.12	5.98	- 2.34
19	ALAN YEADON	39m. 20s.	6.29	6.14	- 2.44
18	PETER HUMBERSTONE	48m. 38s.	7.78	7.52	- 3.46
17	BOB LEWER	45m. 09s.	7.22	6.93	- 4.18
16	MIKE MORGAN	46m. 13s.	7.39	7.00	- 5.57
15	TOM RYLANCE	39m. 46s.	6.36	6.01	- 5.82
14	RALPH HATCH	48m. 51s.	7.82	7.38	- 5.96
13	STEVE FLATMAN	39m. 53s.	6.38	5.90	- 8.14
12	PAT HATCH	64m. 02s.	10.25	9.46	- 8.35
11	BILL CORBISHLEY	44m. 12s.	7.07	6.45	- 9.61
10	MARIA RILEY	64m. 02s.	10.25	8.47	-21.02
1	TERRY BRYANT	35m. 32s.	5.69	NO 12 MOS. COMPARISON	
1	DEREK PLUMSTEAD	35m. 53s.	5.74	" " "	"
1	CLIFF COOK	31m. 20s.	5.01	" " "	"
1	PETER BUTLER	42m. 38s.	6.82	" " "	"
1	OLIVER GREEN	42m. 56s.	6.87	" " "	"
1	ANDY HARRAP	38m. 54s.	6.22	" " "	"
1	MICK HILL	41m. 26s.	6.63	" " "	"
1	LES FARRANT	48m. 12s.	7.71	" " "	"
1	KAREN HUTCHINSON	50m. 26s.	8.07	" " "	"

\* All time personal best.

Staggered Jog Trophy - Dave Clark.

Timekeeping, Results etc. - Eric Abbott, Margaret Clilverd and Sheila Lever.

Next race Sunday 27th August. Register from 10.15 a.m. - before 11 a.m. please.

RUSSELL BROWN



SUNDAY TIMES FUN RUN

More information for those competing in the Sunday Times Fun Run: Details of this year's beneficial Charity - The Coronary Prevention Group - a sponsor form and an excerpt from last year's programme in respect of elite and average times.

Have a Good Run!



# THE CORONARY PREVENTION GROUP



Dear Runners,

I wonder how many of you can identify with our cartoon character? For many of you, I expect, our message will be a matter of preaching to the converted! But I hope that I have your support in trying to get our crucial message about heart disease to a wider audience. Especially to the young.

The sad fact is that many children have already embarked on an unhealthy lifestyle. Indeed, they could be en route to premature death. Yet they receive very little health education at school—it just doesn't seem to figure alongside the basic subjects, though it will affect all their lives.

The Coronary Prevention Group will use money raised from this year's Fun Run to provide schools with a special education pack. And it will be offering children a positive message, through our links with the Fun Run. So, all entrants in the Fun Run are helping to improve children's lifestyle.

A simple analysis of the facts will, I think, illustrate the scale of the problem. Nearly 500 men and women in this country die *each day* from heart disease. It is easily our biggest killer, and many of these deaths are premature. Many of them are also preventable. Yet the CPG is the only UK charity whose entire work is devoted to *preventive* action on heart disease.

It is a huge task, but we believe our association with the Fun Run will be rewarding. We see you, the runners, not just as supporters but as allies. In the build-up to the Fun Run we will be inviting you to take part in a competition to find a name, or a slogan, that will get our message across to more people. The full details will be sent out with running numbers.

Thank you for your help.



*Michael O'Leary*  
Director

The Coronary Prevention Group, 60 Great Ormond Street, London WC1N 3HR. Telephone 01-833 3687

Registered Charity no. 277243 Registered company no. 1407692 Registered Office: 10 Maitland Street (8th Floor), London WC2R 3BS

SEE OVER

THE SUNDAY TIMES

## NATIONAL FUN RUN

The 12th Sunday Times National Fun Run takes place in Hyde Park, London, on September 24th. Some 30,000 men, women and children will take part, over a 2½-mile course, in their respective age category events—in each of which the first 15% of finishers are awarded Gold certificates, the next 30% Silver and the remaining 55% Bronze. Several thousand more people enter exclusively for a Mass Jog, over the same 2½-mile course. After the event, results are published and participants are sent the appropriate certificates. This form enables a number of different sponsors to 'back' one or more runners according to the certificate achieved. Money raised through the Fun Run this year will go to the Coronary Prevention Group. It is suggested that runners approaching sponsors first signify that they are supporting this charity, or a charity of their own choice.

☐ The CPG. Address: 60 Great Ormond Street, London WC1N 3HR\*

☐ Other: .....

\*After the event, cheques should be sent to this address, made out to 'CPG'. Money raised for other charities should also be sent direct to the beneficiaries.

	NAME OF PARTICIPANT	NAME OF SPONSOR	Amount pledged for			Mass † Jog
			Gold	Silver	Bronze	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

† Those entered especially for the Mass Jog receive a certificate giving their time to the nearest minute.

SEE OVER

MALE						FEMALE					
Age	Elite	Average	Age	Elite	Average	Age	Elite	Average	Age	Elite	Average
11	14.51	20.40	46	13.00	18.05	11	15.55	22.08	46	15.34	21.39
12	14.17	19.52	47	13.07	18.14	12	15.22	21.23	47	15.45	21.55
13	13.48	19.12	48	13.14	18.24	13	14.49	20.37	48	15.56	22.10
14	13.24	18.38	49	13.20	18.34	14	14.34	20.16	49	16.07	22.26
15	13.04	18.11	50	13.27	18.43	15	14.20	19.56	50	16.19	22.41
16	12.48	17.48	51	13.35	18.54	16	14.03	19.33	51	16.31	22.59
17	12.36	17.31	52	13.45	19.07	17	13.53	19.18	52	16.46	23.19
18	12.23	17.14	53	13.54	19.20	18	13.41	19.02	53	17.00	23.39
19	12.15	17.02	54	14.04	19.34	19	13.34	18.52	54	17.16	24.01
20	12.09	16.54	55	14.17	19.52	20	13.30	18.47	55	17.34	24.27
21	12.05	16.48	56	14.27	20.06	21	13.27	18.43	56	17.50	24.49
22	12.01	16.43	57	14.37	20.21	22	13.26	18.41	57	18.07	25.12
23	11.58	16.38	58	14.49	20.37	23	13.24	18.39	58	18.24	25.36
24	11.56	16.36	59	15.00	20.53	24	13.25	18.39	59	18.42	26.01
25	11.56	16.36	60	15.13	21.10	25	13.27	18.43	60	19.01	26.28
26	11.56	16.36	61	15.25	21.26	26	13.29	18.46	61	19.19	26.53
27	11.58	16.39	62	15.36	21.42	27	13.34	18.52	62	19.37	27.18
28	12.00	16.42	63	15.48	21.58	28	13.38	18.58	63	19.56	27.44
29	12.01	16.43	64	15.59	22.14	29	13.42	19.03	64	20.14	28.09
30	12.02	16.45	65	16.12	22.32	30	13.45	19.08	65	20.34	28.37
31	12.05	16.48	66	16.24	22.50	31	13.50	19.15	66	20.54	29.05
32	12.07	16.51	67	16.37	23.07	32	13.55	19.22	67	21.14	29.33
33	12.09	16.54	68	16.51	23.26	33	14.00	19.29	68	21.36	30.03
34	12.11	16.58	69	17.07	23.49	34	14.06	19.36	69	22.01	30.38
35	12.14	17.01	70	17.25	24.14	35	14.11	19.44	70	22.29	31.17
36	12.16	17.04	71	17.45	24.42	36	14.16	19.51	71	22.59	31.58
37	12.19	17.09	72	18.06	25.10	37	14.22	20.00	72	23.30	32.42
38	12.23	17.14	73	18.27	25.41	38	14.29	20.09	73	24.03	33.28
39	12.26	17.18	74	18.48	26.10	39	14.35	20.18	74	24.35	34.12
40	12.30	17.23	75	19.10	26.40	40	14.42	20.27	75	25.08	34.58
41	12.33	17.28	76	19.34	27.14	41	14.49	20.37	76	25.45	35.49
42	12.37	17.33	77	20.01	27.50	42	14.56	20.46	77	26.25	36.45
43	12.41	17.39	78	20.28	28.29	43	15.04	20.57	78	27.07	37.43
44	12.47	17.47	79	20.57	29.09	44	15.13	21.10	79	27.50	38.44
45	12.53	17.55	80	21.27	29.50	45	15.23	21.24	80	28.36	39.47

# INDIANA GREEN

and the  
CHERRY ORCHARD

(PART 1)

I was putting away my stethoscopes musing over the day's diagnoses - one pregnancy, two anginas, one varicose veins and a cerebral palsy; not bad - when the telephone's shrill burst broke into my thoughts. It was Bergie and I could tell from his tone that something was up.

"Indy? That you?" he asked.

"Yeah - what's up Bergie?" I replied.

"It's happening. The Orchard is ours if we can penetrate its defences and retrieve the Holy Running Shoe."

"Is it really there?" I asked sceptically.

"Yeah," he gushed, "I've seen the plans."

So this was it, the time we'd waited years for, when we would have to brave Lord-only-knows-what to take the land we fervently believed was ours by right. The legendary shoe was referred to repeatedly in local legends, but nobody had actually seen it. Something in my veins told me this was it, that the shoe was for real.

We arranged to meet at midnight. Finding Bergie was the first hurdle. His black, cat burglar's costume was fine for our task, but he'd pulled his balaclava on back-to-front. I found him wandering around in the road at the Five Points - hardly the kind of low key beginning we'd planned. I was wearing my gold and green plus fours, opal and cerise striped jacket and puce baseball cap. My doctor's bag completed my incognito house-call attire. After a swift incision in Bergie's balaclava we made our way to the Cherry Orchard.

We approached from the south side, Bergie carrying the torch to light our way. Suddenly I was immobilized, my legs locked solid.

"It's the Orchard force field. It really exists," I cried.

"Don't panic, Indy," replied Bergie. "It's just your plus fours caught up in the bushes."

Pulling out a nine iron he slashed at the offending foliage and freed me from it's wicked grip. We moved on slowly, feeling our footsteps into the darkness. It was just then that I heard it. And so did Bergie.

"Quiet," he whispered. "Is that what I think it is?"

I strained my ears and picked up the distant hooves, for that was what it was.

"Not?" I said

"Yes," he replied.

"Oh, no."

"Oh, yes."

"Not the goats?!"

"Yes - the dreaded Goats of Britwell!"

Will our intrepid heroes conquer the monstrous goats or will the search for the Holy Running Shoe end before it begins? See next month's "Feet Street" for the continuation of this spine-chilling yarn.

**Fastest Times:** Men: Dave Moorcroft, 1986, 11.36. Women: Wendy Sly, 1986, 13.17. Boys: Sam MacGibbon, 1985, 6.40. Girls: Lyn Gallagher, 1985, 7.23. Men Over-60: G. Brindley, 1987, 14.59. Women Over-60: J. Waller, 1987, 19.38. Men Over-70: G. Casley, 1986, 17.21. Women Over-70: P. Mehl, 1984, 21.19. (excluding times in the 'short course' year, 1981).



# BURNHAM JOGGERS RUNNING KIT PRICE LIST

ITEM	COLOUR	SIZE	PRICE
SWEATSHIRTS	GOLD	S M L XL	£10:00
T/SHIRTS	GOLD	S M L XL	£05:95
TRACKSTERS (RON HILL)	GREEN (BOTTLE)	S M L	£10:50
SHORTS	GREEN (EMERALD)	S M L	£06:50
<u>RON HILL</u> <u>RUNNING VESTS</u>			
LADIES (DERBY MESH)	GOLD	S M L	£09:95
GENTS (DERBY MESH)	GOLD	S M L	£09:95
LDS/GNTS BRITELIGHTS	YELLOW	S M L	£09:95

IF YOU ARE INTERESTED IN ANY OF THE LISTED ITEMS ABOVE  
PLEASE CONTACT PAUL DEAR OR GRAHAM NORCOTT WHO ARE  
AVAILABLE ON MOST CLUB NIGHTS AND CLUB SOCIAL EVENINGS

## Size Chart

Articles	XXS	XS	S	M	L	XL
Mens vests	22/24	26/28	30/32	34/36	38/40	42/44
Ladies vests	22/24	26/28	30/32	34/36	38/40	42/44
Mens shorts	16/18	20/22	24/26	28/30	32/34	36/38
Ladies shorts	14/16	18/20	22/24	26/28	30/32	34/36
T-shirts	24/26	28/30	30/32	34/36	38/40	42/44
Best UK sweatshirts	26/28	30/32	34/36	38	40/42	44
Regular sweatshirts, H-Tops	26	30	34	36/38	40	40/42

## RACE REPORT

Jane Harrop followed her Wycombe win with second place at the (long) Wedding Day 7K - a race she won last year. Although disappointed with her time, her 35th position was well ahead of our male contingent, Peter Bunker (77th) and Bob Hardman who says he finished a few places further down but didn't make the official results . . .

. . . Also competing in a 'last of three' were Ken McCord and Nick Lipscombe who completed the LARA Biathlon at Horton Country Park. Nick finished 5th in 72mins 45sec whilst Ken was 22nd in 79mins 58sec for the 10K run and 20K cycle ride . . .

Meanwhile, on a more sedate note, Nick ran second to Dave Sutton in the Preview Half-marathon.

The Yateley 10K series proved a rich source of Goretex suits for Burnham as Jane took the women's title and Cliff Cooke the men's. Cliff pipped Ian Van Lokven in the final race, clocking a splendid 31.07 in the process. Good performances also from Dave Sutton, who finished 13th, and Elaine Wallace recording just over 39 mins. Good runs also from Don Nicholson and Graham Norcott who finished respectively just in front of and just behind Jane Harrop. Good to see John Richardson running well again (38.12) . . .

\* \* \* \* \*

Dates for your Diary: Chiltern League Cross Country - Div.2

14th October  
28th October  
6th January  
20th January  
3rd March

Kingsbury  
Wycombe  
Leighton Buzzard  
Luton (Vauxhall)  
Mob Match at Northwood

Active sports are becoming ever more popular. Whether for relaxation or to improve health and fitness, greater numbers of people - of all ages - are taking part in various active pursuits. However, as more people take part, sports injuries are becoming more common. Fortunately these are seldom serious and, if treated properly and promptly, heal quickly - never to return. Many injuries could be prevented simply by proper training, good technique and using the right equipment.

### DIFFERENT TYPES

Sporting injuries can be divided roughly into two categories: a) 'sudden' injuries and b) harm caused by overdoing things. A sprained ankle or a torn muscle can happen to you in a moment. On the other hand, a runner's sore shins or inflamed foot tendons are due to over-use. So too would be a tennis player's inflamed elbow.

### PREVENTING INJURY

Some activities, such as golf and snooker, require practice rather than training. But if you are taking part in one of the more active sports, you need systematic and sensible physical preparation. This is important not only to improve your performance but also to lessen the risk of injury. Besides training for strength and stamina, you must also make sure you get proper rest; tiredness can cause injury.

If you use weight training to increase your muscle strength, you would be best advised to do this in a gymnasium under expert supervision. Serious injuries to the spine and knees can come from uncontrolled lifting of heavy weights. Many gymnasiums now have certain strength training machinery which avoids the need to lift heavy, conventional weights.

### WARMING UP

Muscles and tendons both function more efficiently when warmed up, and are then much less liable to injury. Be prepared to warm up and stretch your

muscles for 15 to 20 minutes before training or competing. Always have a definite schedule for this.

### GOOD TECHNIQUE

This is obviously very important to achieve success in sport. It can also reduce significantly the chance of sustaining an injury. A coach, qualified in your sport, is the best person to give advice on technique; also on training and warming up.

### THE RIGHT EQUIPMENT

Protective equipment such as helmets, gum shields and shin pads, and other items such as comfortable and supportive footwear all help prevent unnecessary injury. A qualified coach should be able to give you good advice on the best equipment available for your sport.

### AGE

There are many positive advantages to keeping fit at all ages, but training and competitive sport must be tailored both to your individual capacity and age. As you grow older you will be less able to make violent, explosive movements or exertions; you will tend to be less supple and prone to tears of muscles and tendons. You will also be more likely to suffer from problems with your joints and spine. If you are older make sure you warm up with extra care.

### OVERDOING IT

If you push yourself too hard you can end up with what is known as an 'over-use' injury. A number of the body's tissues can be affected. One of the most common ailments is the inflammation of the tendon sheaths around the wrist or ankle (tenosynovitis). Alternatively, the point where a tendon is attached to a bone becomes inflamed from repetitive strain. This could cause, for example, sore elbows in racquet sport players or sore heels in runners.

Occasionally over-use can cause a kind of 'bone fatigue' where stress cracks develop. This is one of several causes of sore shins in runners. The only effective treatment is adequate rest to allow healing. Anti-inflammatory drugs, splints or injections may be used for the treatment of some over-use injuries.



In addition to these, physiotherapists have a battery of techniques to use in combatting these injuries. However, these injuries can often be greatly helped simply by adjusting your training programme, technique or equipment.

### ACUTE INJURIES

Many acute ('sudden') injuries to joints, muscles, tendons and ligaments are accompanied by bleeding, swelling and pain. In these cases, treatment must be immediate. It is important to reduce these symptoms to a minimum so that healing can take place as soon as possible. Unless the injury is very minor you should stop competitive activity and apply ice and compression to the injured area. Whichever limb or part of your body is injured should be allowed to rest in an elevated position.

In the first 24 hours ice (or alternatively a packet of frozen peas) should only be used for short periods of ten minutes at a time. It should never be applied directly to the skin because of the danger of ice burns. A piece of wet towelling must always be placed between the ice pack and the skin. Cold running water can be used if ice or frozen peas are not immediately available. Prolonged periods of ice treatment (longer than 10-15 minutes at a time) should never be used within the first 48 hours of an injury, as they may aggravate the swelling and pain. The same is true of heat or massage treatment.

### RECOVERY

The body has a marvellous capacity to heal itself provided it is allowed to do so. This means that it is important not to return to full competition or activity until your injury is fully healed. In the very early stages, when there is a great deal of swelling and pain, you would be well advised to rest the affected area. Nevertheless, you must begin gentle movement and exercise of the injured place as soon as possible. Usually after the first two days and once the swelling is under control.

Where possible it is important that any exercise of the injured area is **under the supervision of a**

**physiotherapist.** The exercises and movement you might be asked to do will be gradually increased but should never cause pain. After the first 24 to 48 hours your physiotherapist will often apply heat, by various means, to your injury. This is to reduce pain and spasm, and to encourage healing.

Sometimes you may be required to wear some kind of support or strapping. It helps your injury to recover and also prevents it from recurring. It is most important this is applied by an experienced person.

If the injury is affected by any significant swelling it is probably best to avoid this kind of support since, to be effective, it has to be tight.

### THE PHYSIOTHERAPIST'S ROLE

If a physiotherapist is present at the event or training ground where the injury takes place s/he should be able to give valuable advice and treatment at the early stage of injury. Usually, however, physiotherapists only become actively involved after most of the acute swelling and pain has settled. It is their job to help you regain full function of the injured part. They may also be able to advise you on the prevention of injury and how to stop that injury from happening again. A number of physiotherapists with a special interest in this area of work are attached to sports injury clinics.

### THE DOCTOR'S ROLE

The doctor's job is to check that your injury is not serious enough to require special medical or surgical treatment. The doctor can also arrange an X-ray or further specialised advice where necessary. Your doctor may prescribe pain killers or anti-inflammatory tablets when your injury is painful or the swelling is marked. Some doctors, like physiotherapists, have a special interest in sporting injuries and may be associated with athletic, other sporting clubs or sports injury clinics. Your doctor may also advise you on the treatment of over-use injuries and strains.

### IMPORTANT DOS AND DON'TS

\* Make sure you are physically fit and correctly equipped before you take part in competitive sport. Warm up properly beforehand.

\* Plan your training programme so that your activity is stepped up gradually. Take advice from a qualified coach or join a sports club.

\* Do not continue your sport with a painful injured limb. Make sure you get proper and prompt treatment. Initially this includes rest.

\* Make sure your injury has healed completely before returning to sport. Otherwise the trouble may recur and you could be stuck with a long-term injury.

\* In planning your recovery, seek the advice of an experienced physiotherapist to plan your exercise programme.

\* In the early stage of your injury do not use ice for too long. Ten minutes should be the maximum. Make sure there is a towel between the ice and your skin.

\* Do not massage or heat an acutely injured area within the first 48 hours.

\* Make sure any supportive strapping is applied by an experienced person.

\* When in doubt about the treatment of an injury, seek the advice of an experienced physiotherapist or doctor.

### Burnham Joggers Business Meeting held at the Haymill Centre

3rd August 1989

Members Present: Bob Green, Joan & Bill Corbishley, Hugo Bergstrom, Ken & Margaret Clilverd, Ralph & Pat Hatch, Eric & Carol Meller, Chris Spurr, Denise Howse, Mick Wood, Peter Bunker, John Irwin, Eric Abbott, Keith Scudamore, Bob Hardman, Alan Yeadon

1. Half Marathon: Eric reported 810 entries and still many being received. Eric was organising a meeting at his house on 9th August to send programmes and numbers to runners. It was decided NOT to send each runner a complete list of participants. Eric and Chris would operate the computer. Eric requested the loan of a B/W battery operated TV (help required here please).

BG reported a clock had been hired from Runnymede Runners. This would be mounted on a Burnham Couriers' van and the Club Banner on the gantry. The Couriers would provide radio contact using ten vans dispersed at marshalling points throughout the course. Each to be accompanied by a Jogger/marshal. Bill would liaise with the Couriers.

Hugo reported that John Davies (Burnham Scouts) would organise the drinks stations.

Margaret Clilverd volunteered to prepare notices for display at Caldicott.

In view of the large number of entries it was requested that Barbra Jenkins be asked to acquire a further 100 undated medals.

Sue and Jenny would deal with enquiries and Keith would deal with the late entries.

Results could be posted to runners for a fee of 50p.

BG reported that a caravan would be available for the public address system if we could arrange for its collection from Woodley. Steve Walsh to be approached.

Joan read a list of available prizes but it was decided that an additional £250 would be required to purchase more prizes.

2. Club Subscription: The Sub-committee submitted a report to the meeting concerning subscriptions. Some additional points arose from the report.

(i) New Members: After a settling in period of up to about three months (at the most) new members would be asked to pay a proportionate subscription from the remainder of the year which would run from 1st September each year. Initially they would be expected to make a token small weekly donation. It was agreed that these arrangements would be quite flexible in order to allow a reasonable period for settling in to a new environment.



(ii) After some discussion about remote members it was agreed that they would be asked for a donation.

(iii) The meeting agreed that a membership secretary would be required to keep track of members. Chris Spurr and Margaret Clilverd accepted this responsibility. Chris offered to prepare membership forms. These would be issued to current runners and the forms would be available at Haymill.

(iv) Feet Street News: The Sub-committee had been reluctant to endorse an earlier recommendation that FSN be made generally available on the grounds of cost and time/effort in producing about 150 copies per month. Peter (FSN Editor) agreed and the meeting agreed that FSN subscriptions would continue.

The agreed club subscriptions were: (a) Members £15; (b) Families (including children up to 18) £25; (c) Junior Joggers £5; (d) Remote Members - donation.

### 3. Other Business:

(i) RH queried role of Burnham Couriers at the Half-marathon and asked about Fun Run prizes. Bill stressed that the Couriers would be accompanied by a Jogger. Bob replied that Cokes had been acquired as prizes.

(ii) Bob Hardman asked about the Cherry Orchard development. BG replied that an 8-lane track was planned and that a User Committee had not yet been established. The ground had to be levelled and prepared. The exact style of accommodation had not yet been decided.

Bob also queried the 40p levy at the monthly social. After a lively discussion it was proposed by Peter Bunker that a levy of 25p per member per social would be appropriate. This was agreed.

(iii) Peter Bunker stressed that women members be encouraged to run in Club vests.

(iv) Mick Wood asked if we had paid the outstanding money to the Lisa Lear Fund. Margaret replied in the affirmative.

(v) Keith asked about the local runner prize. It was stated that the donation of this trophy had been discontinued.

(vi) Ken Clilverd asked that the Annual Dinner Raffle be open to all members. It was agreed that Ken could sell tickets to members who might not be going to the Dinner.

(vii) Bob G requested that the Cross Country Fixtures should be published in the near future.

(viii) Alan stated that a AAA representative might attend the Half-marathon and he/she had the right to a seat in the lead car! Alan also requested information (when it became available) about our conditions of tenure at the Cherry Orchard.

The meeting ended at 10.30pm.

All Burnham Joggers should shortly receive the following letter, together with a registration form. Margaret Clilverd and Chris Spurr will be acting jointly as Membership Secretary.

August 1989

Dear Burnham Jogger

Part of the attraction of Burnham Joggers for both the fun runner and athlete alike has been the informal atmosphere and non-regimented approach to organisation and rules. However, we are faced with running costs which include the hire of Haymill, affiliation to the AAA and other such bodies (which must be paid to enable participation in most road and cross-country events), team fees for some events, social occasions and numerous other small but significant costs.

Many of you may not be aware that as a member of Burnham Joggers you save up to 50p on every entry in AAA events and that you are covered by AAA insurance. In addition, by being entered en bloc through the club, you can save a further 50p on postage as well as on paper and convenience. (Block entries are organised for many races through the year - see notice board).

In addition to the above points (which have not changed significantly since last year) we also have to think about the future. With the likelihood of a Club site at the Cherry Orchard, we must start to accumulate funds if we want to build a Club-house of our own.

At a recent committee meeting - see Feet Street News for detailed report - the above points were considered and it was decided that, from September 1st 1989, all Burnham Joggers should register and pay formal annual subscriptions. The following categories have been set up:-

(A) Family members	£25 p.a.	2 adults (+ children 18 and under)
(B) Adult members	£15 p.a.	1 adult (over 18)
(C) Junior members	£5 p.a.	1 child (18 and under)



## LIONS CLUB OF WINDSOR

(International Association of Lions Clubs)

See the Notice Board or  
get an entry form from  
the Hospice Shop, Windsor

Robin Green  
12 Clifton Rise  
Windsor SL4 5TD

### THE WINDSOR CABLE TELEVISION FUN RUN

17TH SEPTEMBER 1989

Dear Sirs,

You are challenged to enter a team of 6 into the 1989 WINDSOR FUN RUN which this year is being organised by THE WINDSOR LIONS CLUB and sponsored by WINDSOR CABLE TELEVISION as part of the WINDSOR FRINGE FESTIVAL 1989. All proceeds from the fun run will be donated to THE THAMES VALLEY HOSPICE and LIONS LOCAL CHARITIES.

Our aim is to make this year's event bigger and more successful than before and we would ask you to support us by obtaining sponsorship for each team which you enter. Teams can comprise of all male, all female or mixed. Mixed teams should be split 4/2 or 3/3. Family teams are to consist of any combination of two families. Teams which fall under group E (see attached sheet) must consist of bona fide members of the company or firm etc.

The race will consist of 6 X1 mile circuits run as a relay. Every competitor who completes the course will receive a certificate and prizes will be awarded to the winners of each category. There will also be a special prize for the team which arrives and runs in the best fancy dress costumes.

Don't miss out on this great annual event; return your entry form with entry fee (see page 2) to the above address to arrive before 3rd September 1989.

May we take this opportunity to wish you all every success and look forward to seeing you at Bachelors Acre on the 17th September 1989.

Yours sincerely,

Robin Green  
Co-ordinator for Windsor Lions Club



WINDSOR CABLE  
TELEVISION

## DIARY

There's no doubt about it, race entries are down. The trend seems to be a fall off at the back end of the fields. A seasoned runner recording, say, sixty minutes for ten miles will find as many runners in front of him/herself as previously but considerably less behind. This seems to fit in with the state of play at the club where we have a hard core of racers of varying standards and a large group of people who remain quite happy to run to keep fit. Is this cause for regret? No. Burnham is primarily a jogging club which was born of the so-called health boom. Recent attempts to encourage more members to race have fallen by the wayside so I'll not make another. I do think, though, that many runners would find themselves pleasantly surprised were they to take the plunge.

Me, I'm training for the Wimbledon Half-Marathon. The winner gets a BMW and I reckon I've got chances thanks to a course of little red pills provided by the President. If I test positive, I'll deny everything. After that I'll say I was only taking a cure for baldness - the Doc can cover himself by saying he told me to rub the drug into my scalp, not swallow the stuff. Can't miss.

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Remember the trouble I have in banks, etc? There must be something about me. Whilst on holiday I encountered a beach equivalent, or rather, a group of them. The beach at Woolacombe must be a mile long. Room enough for any number of folk to laze around and soak up the sun. However, there seems to be some arbitrary force that, on occasion, refuses to be denied. To put it another way: if the arseholes are gonna find you, then nothing will

deny them. So there I was; snazzy shorts, sun-glasses, lotion - the works. Suddenly, who should I hear but Bamber Guscoigne. I sit up and look around - and I just can't believe it. It's not really Bamber but an impersonator. A group of young men are (I swear) sitting on the beach playing a mini-computerized version of University Challenge. All the beach to sit on and they have to sit near us. After what felt like an eternity the game ended and Bamber asked, "What shall we do now?" "How about you shut your mouth and give your arse a chance," I offered from behind the wind-break. Surely Hardman must have put them up to it.

It wasn't all like that, though. Strolling along the deserted beach as the sinking sun cast a red dye across the waters, I fell to thinking of Betjeman's words about the seaside "... a cure for anxiety, for tension." I turned to face the sea and saw figures in silhouette walking barefoot at the water's edge. If there is any magic left in the world, if there is any magic still to be found in this manic world, then surely some of it is to be felt at the water's edge, as the sun sinks.

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Hartley Court Moat, Burnham Beeches. Hartley or Harlequin or Hardicanute, Roman derivatives of the Saxon name, Woden. Woden, part man, part phantom, the Burnham Beeches equivalent of Herne the Hunter, who was said to roam the woods with hounds and horses some 800 years ago.

I like to think I'm the Sceptic's sceptic yet I will admit to less-than-rational feelings in those woods. Sometimes, I'm sure you can hear voices

WINDSOR FRINGE



