

HARRIERS MAGAZINE



September
1995



HAPPY TENTH ANNIVERSARY TO US!



*Thanks, Jude, for
organising a
wonderful evening!*

**INSIDE: Sex,
drugs and....!?**

Well, not really - races, stories, runner's profiles, news, insurance, drinking, massage, trains, bowling, Harriers abroad, the Canvin 10K and Auntie Alice

CHAIRMAN'S COLUMN

The summer's over yet again and the so called running season is coming to an end. Yet, as we all know, most road runners do not rest. *Perhaps we should, why not give it some serious thought.*

Many events have happened since the last issue of the club magazine. The anniversary dinner being the main one, which if you were not there then you missed a cracker. It was one of the best evening's the club has organised and I can't wait until the next one in 2005. Thank you Jude.

Other events have been the summer barbecue. Thank you Jude. The Great North Run. Thank you Jude or was it Chris?

The Great North trip was extremely well organised by Chris Cottam and due to popular demand I think he will be asked to repeat the trip next year.

It's time again to think about putting your name down to help with the Half Marathon on Sunday October 29th. Race Director Pete Davies will be approaching you all soon. Please help if you possibly can, we need you.

Club members will not be permitted to run in the race unless you qualify as follows :-

- a) New members who joined the club after April 1994 and did not run the race last year.
- b) Members who have a particular reason to run and can convince Pete to allow them to take part.

I know that there are lots of members who feel that they should like to take part in both the half marathon and the 10k again. Ideas of how this could be achieved, bearing in mind that we need over 50 helpers for the half marathon, can be sent to the committee.

One event that we can nearly all take part in is the Cross Country League. We have not done too well in this area in the last couple of years and it's about time we showed the other clubs that we don't mind a bit of mud. Let's all turn out and show them.

Runners means points. See inside for dates

The 1996 Harriers River Festival activities are under way. Angie Bright will be approaching each sub group very shortly to discuss details.-

Chairman

Mike Dew

A Run In the Sun - Kefalonia 1995

Running is not a hobby you can pick up and drop when the fancy takes you because you lose your fitness so quickly if you don't train. I've always known this so why am I such a glutton for punishment? Why do I book a fortnight's holiday in a HOT country?! For John, running in the heat is a bonus, he loves it. But for me, it's pure torture. We had been in Kefalonia for a few days and we had only ventured out on a short run round our resort which left me breathless and dehydrated. Now it was time to take to the hills and do our first proper run. I had decided to learn from my first experience by taking a small bottle of tap water with me to tip over my head. It was 6 pm in the evening and the sun was still hot but I thought I'd be OK.

WRONG!!!

We started going steadily downhill out of the resort along a tarmac main road. The island is very quiet so there were no cars to speak of. I was running along carrying my half litre water bottle which already felt too heavy and I was intermittently tipping small drops over my head. John asked if he should carry it for me but I said no - why should he have the burden of it when it was for my benefit? Five minutes later when he offered again I handed it over instantly!

Soon our nice tarmac road, which I'd felt fairly comfortable on, led into a dirt track with stones all over it and we approached a small incline. We had decided to run out for 25 minutes and then turn back, John questioned whether he could hide my water bottle at this point, as we had already done 12 minutes, and pick it up on the way back. He assured me I would be OK and I could see he had also tired of carrying it so I could not refuse his request.

By the time we had got to the next incline I was sweating buckets and burning up and my great mathematical brain had worked out that I would be without my water for a possible 26 minutes or more! John was quite a way ahead of me by now and every turn we took on the track seemed to take us further up. My lungs began to scream and I started seeing water bottles before my eyes! I kept looking for shade but there was none. As I came to the next turn in the steep track I saw yet another incline. My legs gave up and my mouth took over as I screamed at John to stop. He turned round looking cool and casual and asked me what was wrong! The sweat dripped into my eyes as I pleaded to turn back - perhaps he thought they were tears because he agreed

From that moment on I became obsessed with reaching the spot where we had abandoned my bottle. My legs were getting slower and heavier and I strained my eyes for landmarks. Each bend looked like the right one but each time I was disappointed. John got well ahead of me again and I focused on the fact that he would reach my bottle before I did and have it ready. The seconds ticked away so slowly as I took each step forward and by this time my whole body was on fire. I thought I was going to die. My moment of triumph came when I eventually saw John stop and pick up my water bottle but my salvation was short lived as the water was well and truly warm and had little impact.

We plodded on again and reached the tarmac part of the road. Oh no, someone had stretched it in my absence, it was at least twice as long as it was when we had run out along it. My eyes were drilling into John's back as I watched him up ahead, floating easily along the road. After what seemed like days we finally reached our resort but I had one more hill to climb. I felt like I was on my hands and knees as I crept up over the top to find John waiting for me.

"You ran well" he said!!

I wrote this article whilst still on holiday in June. I thought it was quite a novelty but I didn't know then that we were in for such a hot summer and that therefore you've probably all had plenty of similar experiences!

Jeanette Cheetham

BOWLING UPDATE

With just the September and November fixtures to go the competition is really hotting up. John Cheefham maintains his lead with an excellent 1005 which is a disappointment to Graham Horne who only arrived in time to bowl the second game in July *[it's not fair, I was locked in the office!]*. John only had a 31 point lead over Graham at the end of the May fixture but he now has a 143 point lead over Chris Tallentire and Graham has dropped to 3rd place. The top 10 scores are as follows:

1. John:1005, 2. Chris: 862, 3. Graham: 860, 4. Albert: 818, 5. John Thompson: 768, 6. Bill: 765, 7. Mark: 717, 8. Mel: 709, 9. Andrew: 690, 10. Ian: 683.

It's all change on the 'sibling rivalry' front. At the end of the May game Jacinta was beating Jeanette by 15 points with 407 and Jacqueline had a creditable 310 but after the July fixture Jeanette had made a good recovery and overtook Jacinta by 1 point on 555.

The rest of the year will be interesting on all sides. Will Graham overtake Chris to take second place or even have an outstanding game and knock John off the top? *[no]* Watch this space!!

All Harriers and friends are welcome to join our bowling evenings, and members can compete for the annual shield. There are also lots of 'end of year' prizes and trophies and it's a fun night out (especially the pizza afterwards *[guessing which day it will come]*) Watch the notice board for details of our next game on Friday September 29th.

JEANETTE

Due mainly to the poor service at 'Deep Pan Pizza' in July, we will be trying something new for the after bowling entertainment - details to be distributed on the night. If anyone has any ideas about what they would like to do after bowling, please let Graham or Jeanette know so we can have details ready for the next bowling night. All suggestions will be greatly appreciated. JACINTA

BLISWORTH FRIDAY FIVE

Well, Blisworth 5 came round again, and about 18 members attended the run. It was a bit warm and muggy; I think everyone had a good run, although some might not say so.

The results came through a week later - I didn't know we had teams (not with me in it anyway?).

The SENIOR MEANS TEAM came 11th, with the aid of an uninvited guest runner, a Mr Pritchard from Banbury Harriers, who somehow got included in our team score!(he came 3rd!) - Lyndon Ingerson 74 points (31:33 PB), Graham Horne 81, Paul Sharman 151.

The SENIOR LADIES TEAM came 4th; Tracey Harris 19 points (39:55 PB), Vicky Bithell 26, Jacinta Lock 31.

The VETERAN MENS TEAM came 16th; Maurice Crook (first Harrier home) 39 points, John Thompson 147, Dave Bithell 151.

493 FINISHED

The showers were drips and drabs, the beer was cool and the hot dogs were great - about a foot long! (the biggest ones I've ever seen!). There was a disco and rides for the kids; all in all a good evening out. I hope we all have another go next year and see more club members there. It's a nice evenings run and everybody had a good time.

[Well, I've never done anything like this before - hope it sounds alright.]

JOHN THOMPSON

BE SEEN - BE SAFE!

Now that the winter nights are fast approaching, and evening training has to be done in the dark, please remember to wear your **FLUORESCENT BIBS**. For those of you new to the club since last winter, it is club policy that all members should endeavour to wear them; they can be obtained from **CHRIS COTTAM** at a very reasonable price (I don't know the price off hand, but it's certainly cheaper than the price of a funeral).

ARE YOU INSURED?

As you may be aware, if you read the copy of the committee meeting minutes that goes on the board, or read the last newsletter, the club, through Mike Devonshire in particular, have been looking into the issue of insurance cover for club members when they race or train. Reproduced overleaf is a copy of a BAF leaflet on insurance cover given to athletes by virtue of them being PAID-UP members of an athletic club (ie: if you're a club member, you get this automatically). The cover is for THIRD PARTY accidental injury or damage to property ONLY, and DOES NOT GIVE ANY PERSONAL ACCIDENT COVER. The committee are looking into the issue, getting quotes, with the intention of considering being able to offer this to members as part of membership should it be so agreed at the next AGM. Should you feel that you need cover in the mean time, please feel free to ask Mike Devonshire of the cover that we have already had, or are getting, quotes for. Similarly, if you know of any attractive policies that the club or individual members may be interested in, are in the insurance business or know someone that is (and can get some details), please let Mike or any other committee member know.

JOHN THOMPSON - MASTER BOWLER

I feel an apology is due to J.T for our failure to put his mug shot in the last magazine with the rest of the committee members. Fortunately we now have a picture and are able to make amends - at least now you stand a chance of recognising him from behind..



Taken in Aberdovey last year after 'Race The Train', John unfortunately hasn't noticed that the jack and the other bowls are about 20 foot to the left of where he is aiming.

Seriously though, appearances are deceptive, his aim was good and JT's bowling was pretty sound. If you have any photos of club members taken on trips, or elsewhere, the more embarrassing the better, pass them on to me and I'll put them in the next magazine if the 'victim' does not pay an appropriate fee.

Introduction:

The purpose of this pamphlet is to provide a clear and easy to understand explanation of the insurance cover provided by the

British Athletic Federation

on behalf of its members.

Those covered:

- Clubs affiliated to the BAF by virtue of having paid agreed subscriptions to the country or Region in which they are located
- The Regions and Nations (South, Midland and North in England), AAoE, Scotland, Wales and Northern Ireland
- Other Associations affiliated directly to the BAF and their activities but **NOT** those of any sub groups within an association. e.g E.S.A.A covered but not counties, district or local schools' activities
- All members of the above.
- The activities of organisations not affiliated to the BAF but organising a "Permitted" event
- Competitors in a "permitted" event, paying the appropriate unattached levy as part of their entry fee

The Type of Cover:

The insurance cover provided is for

- Public Liability Risks

This provides protection (indemnity) to those covered in the event that they become legally liable as a result of:

- Accidental injury to a Third Party.
- Accidental damage to the property of a Third Party

whilst bona fide members of the organisations covered are involved in their usual activities.

Examples of cover:

Cover as described above would include

- Injury to the public or damage to their property at Club meetings, competition or training
- Injury to individual club members/officials caused by other members/officials during meetings, competitions or training
- Injury or damage during organised social or fund raising activities
- Injury or damage due to negligent advice given by persons who have taken or are taking a course within, or are acting under the direction of National Coaches or other persons qualified, under, the Coaching Education structure
- Injury to others as a result of those covered supplying food and drink.

To highlight some of the areas of cover, quoted are a few examples of claims made and dealt with under the cover provided

- An athlete sustaining bodily injury in a long jump pit due to defective equipment
- A spectator hit on the head by a discus
- A competitor hit by a hammer
- Cows escaping from a field as a result of runners leaving a gate open

The cover does not cover all risks, examples of those areas not automatically covered by the policy would be

- Injury arising from training or competition and having no input from a third party
- Liability arising out of special events which members might engage in in order to raise funds but which in themselves have special risks e.g bonfire or fireworks displays fund raising jumping e.g bungee or parachute jumps
- Fun Runs which are not organised by members or permit holders as part of a "Permitted Event".
- Any liability arising from the use of any form of motor vehicle, motor cycle, tractor etc
- medical and physiotherapy treatment other than incidental first aid.
- The personal liability of individual members
- Liability of coaches who are paid by members whether these are clubs, associations or individuals
- Coaches acting in a private capacity

If you wish to obtain cover for any of the above types of risk you must contact the broker first

RUNNING WILD

Having parked my car at Tesco in Leighton Buzzard I discover at the registration desk that over 100 people have already started the course. I set off in hot (well, tepid) pursuit along the Grand Union Canal tow-path and heroically ignoring the first of many pubs along the route, headed on to the Greensand Ridge.

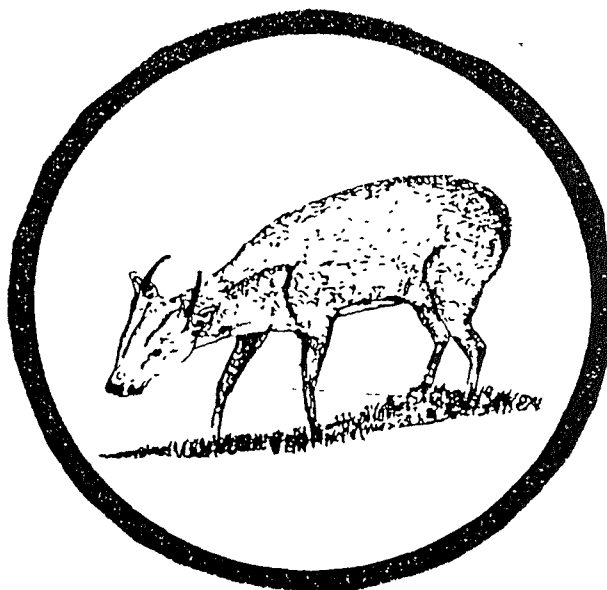
After 10 miles of beautiful countryside footpaths, woods, hosts of blue bluebells and Woburn Deer Park I arrive at Eversholt to be greeted with the news that there are now only 30 ahead of me.

4 miles later at Flying Horse Farm, (having refused help from Pegasus), (ignoramus might not recognise the reference) I am in 9th place with 2 miles to my finish. I struggle up the hill past the Vauxhall test track (how about a race round that!) and Millbrook Golf Course and with a final effort reach the 16 mile point to beat the leading Walker!

OK, so it was a sponsored walk for WWF. Definitely recommended as a club run for 1996 though, if only for the cakes supplied in Millbrook Village Hall.

10, 16, 20 or even 25! mile options are available.

Colin



RUNNING WILD

Having parked my car at Tesco in Leighton Buzzard I discover at the registration desk that over 100 people have already started the course. I set off in hot (well, tepid) pursuit along the Grand Union Canal tow-path and heroically ignoring the first of many pubs along the route, headed on to the Greensand Ridge.

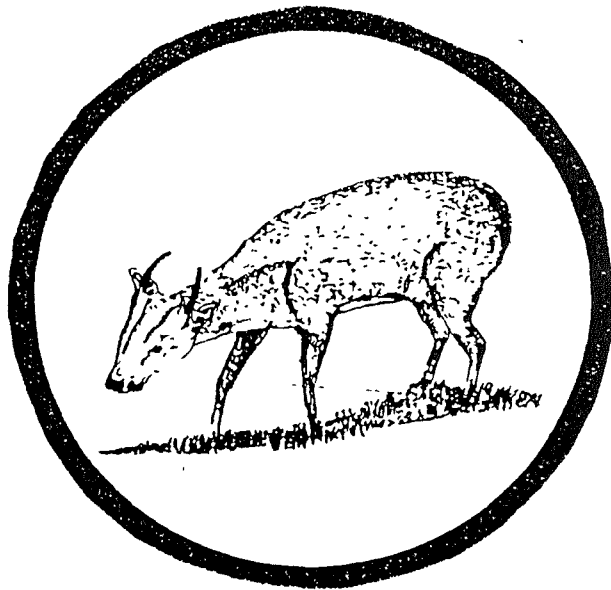
After 10 miles of beautiful countryside footpaths, woods, hosts of blue bluebells and Woburn Deer Park I arrive at Eversholt to be greeted with the news that there are now only 30 ahead of me.

4 miles later at Flying Horse Farm, (having refused help from Pegasus), (ignoramuses might not recognise the reference) I am in 9th place with 2 miles to my finish. I struggle up the hill past the Vauxhall test track (how about a race round that!) and Millbrook Golf Course and with a final effort reach the 16 mile point to beat the leading Walker!

OK, so it was a sponsored walk for WWF. Definitely recommended as a club run for 1996 though, if only for the cakes supplied in Millbrook Village Hall.

10, 16, 20 or even 25! mile options are available.

Colin



RUNNERS PROFILE

Name: Jack Keenan

Age or Category: Over 21 (I think)

Married or single?: Unsure

Occupation: Local government officer

How long have you been with Bedford Harriers?: 4 years I think

Previous running clubs (if any):

None - are there any others?

Best times ever for:
10K 53 mins 27s
Half Marathon 1hr 58min 9s
Marathon -

Any other distance: 1hr 27mins for 10 Miles

Why did you join the Harriers?:

To enjoy the company of good runners -and to get away from Bill Steele!

What do you consider to be the best moment in your running history?:

Running in the Bedford Harriers colours
Finishing a race without breaking down

What do you consider to be your worst:

Every time I break down with an injury

What do you hope to achieve in your running career?:

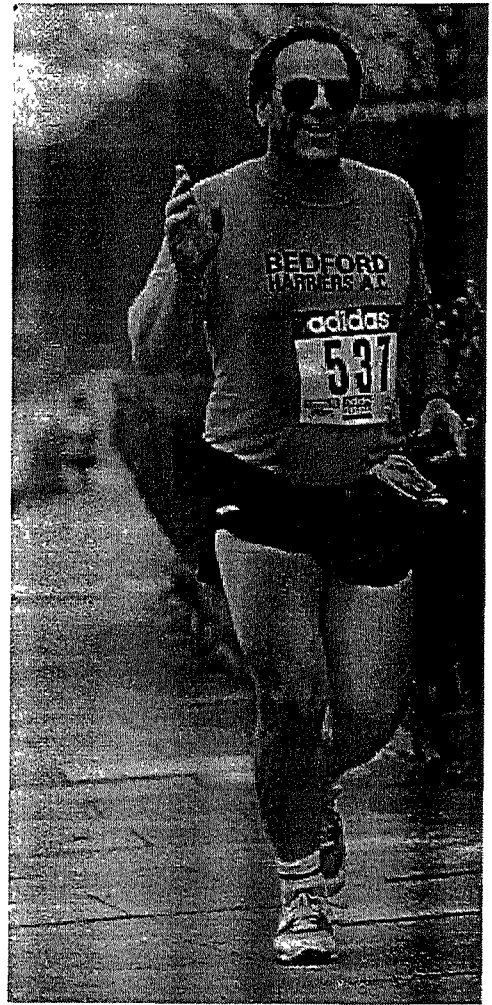
That others can benefit from all my running experiences

What are your hobbies or interests outside of running?:

DIY, looking around old churches

Any other comments:

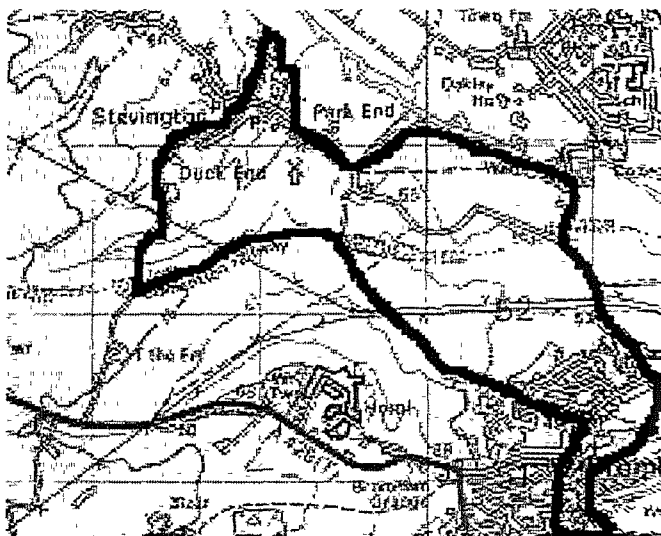
To wish and hope for Bedford Harriers continued success



THE FRIDAY NIGHT 'PUB RUN'

For a year or so now, a few of us have been regularly meeting down the club on Friday evenings for an extra training session. For the most part, when we're not racing at the weekend, this has been a full blown training session, as hard and serious as a Monday or Wednesday. However, training hard just before a race is only a good idea if you want an excuse for a crap run, so easier sessions are put in on such nights, just a gentle run of 6-8 miles or thereabouts, at no great pace. Earlier in the year, with the lighter evenings giving us the opportunity to get out into the countryside more and get off the roads where possible, we decided to meet up at the Mill in Bromham for a run out to Stevington and back and follow it up with a quick pint at 'The Swan'.

Our route took us out of Bromham on the road to Oakley and Stevington, turning right downhill to the Oakley bridges and then, at the first bridge, taking the footpath left along the Ouse towards Stevington, across soft grassy fields before following the path along an avenue of trees back onto the Stevington road (and onto the finishing stretches of the Stevington Run, for those of you that know it). A 'Bennetts detour' to the right as you reach the vicinity of the mill took us off the road along a footpath, coming out in Church Road, before running back through the village centre and straight across the cross-roads, gradually climbing up to the Stevington Country Walk (the disused railway line). Following along the railway line gave some scenic views over Stevington and the mill, punctuated with vivid yellow fields of rapeseed. A sharp right onto a signposted footpath to Bromham brought us across the fields down to Mollivers Wood and then Mollivers Lane, before gently descending down the road into the village and back to the mill, and then on to 'The Swan'.



Just short of 7 miles in all, we reckon

From then on, for a hard core of about six or seven of us, most of our Friday nights before races have followed the same idea; short runs, mainly off road, out in the country, some of them following 'circular route' paths:

- From the Anchor at Great Barford to Blunham, Tempsford and back (about 6.5 miles)
- From the King William in Kempston across the fields to Biddenham, Bromham then back to Kempston (cunningly thought up on my part so that I didn't need to drive, the pints of 'Lancaster Bomber' went down very smoothly!) - about 5.5 miles
- A circular route from Stagsden (I missed that one, Mr Bennetts found a few hills I believe!); from the Bell at Odell, across the country park to Harrold, then looping round up towards Santa Pod and Odell Great Wood (about 6 miles, and Ray bought us all chips afterwards!)
- From the Swan at Clapham to Oakley, Stevington, Bromham and then across the Ouse to finish, up to our knees in water, at the ford by the Swan - sorry about the new shoes, Brian!

Well, the evenings are drawing in now, so there won't be many more country runs, but I think we've all enjoyed the chance to run somewhere different and enjoy the countryside (and the beer!) and I'm sure we'll do the same next year. and hopefully a few more of you might join us.

And for our Friday Pub Run Finale for this year - October 6th - meet at the Stadium at 6.00pm, for a 6.15 start. We don't know where we're running yet, but we do know where we'll finish up (after a wash and change of course) - the Bedford Beer Festival!. Please join us - whatever your pace - it's more a relaxed social occasion than serious training.

Also, if you do fancy a bit of serious training on a Friday night, come and join us in one of our proper sessions (normally at the Stadium at 6pm). We're predominantly from Tony and Steve's training groups, but if you're not quite of that ability, don't worry, we'll not leave you floundering behind.

Graham

THOUGHT FOR THE DAY

IT DOESN'T MATTER HOW MANY TIMES YOU BANG IT AGAINST THE SIDE OF THE SAUCEPAN,
THERE'S ALWAYS ONE BAKED BEAN LEFT IN THE TIN

RACE THE TRAIN 1995

The annual pilgrimage to Tywyn on the West Wales coast took place a week before the Bank Holiday. Unfortunately, as we all know, this was right in the middle of the heatwave!

Having hydrated fully the previous evening, and having stopped for a teacake on the way from Shrewsbury, I arrived at the race feeling fairly confident but very warm. It was on the start line that we really had the first taste of what was to come - just ten minutes of standing in a crowd doing absolutely nothing was enough for the perspiration to start pouring out!



The race started at 1:00 p.m. so we had to run through the heat of the afternoon. Things progressed well for the first five miles, drinking as normal (a mouthful at each water station, which were there in abundance) and moving at a relatively steady pace. Then things changed!! We ran across a ploughed field where the ground was white, there was no shade and the breeze vanished - it felt like running across a desert. My heart was pounding so hard I thought it was going to escape! I had to drop the pace (I didn't want to spend my week's holiday in Tywyn Hospital) and this was still the easy part of the race!

Eventually we reached the turning point and the 'technical section' of the course. I knew about the bad terrain that was to follow, but it seemed worse than usual. I have a feeling the organisers changed the course and took us along a track higher up the mountainside! There were times when walking up the climbs seemed to be quicker than running (that's my excuse, anyway!)

For a while there was a narrow track to follow, but due to the dry weather it had started to crumble in places. Soon I found myself sliding down the hill instead of running along the path. But this was luxury - a short while later we were running diagonally across the hill with no path in sight, shoes landing in one direction and feet trying to go somewhere else. (Sorry Viv - we forgot to tell you about this part!)

I reached the ten mile mark in about 74 minutes so beating the train was still a possibility. Most of the difficult terrain was behind me - only one short, stiff climb to go. But my legs had given up. At the drinks stations I was no longer taking a few sips but two cupfuls. That, of course, meant stopping to drink, and once I started to walk.... .

Needless to say I didn't beat the train. But I did get a reward for finishing - a sponge down from one of the young ladies in the local red cross. I think I could be persuaded to go back again next year!

Tony Barnes

HARRIERS HALF MARATHON

The Bedford Harriers Half Marathon will be taking place on Sunday 29th October at 11:00 a.m. Last year's race was, as usual, a success and we want to maintain the high standard. Some help will probably be required on the Saturday afternoon to get all the necessary bits and pieces (mile markers, tape, stakes for the start and finish etc.) from the track to Mark Rutherford School and put up as many of the signs as possible. The majority of the effort will be required on the Sunday morning. We'll need people to marshal, help at the school, at water stations and in the finish area. If you are able to help, see Pete Davies.

CLUB BARBECUE

Our thanks to Chris and Jude for hosting another successful barbecue on the Bank Holiday. Everyone seemed to enjoy themselves, from those who went on the 'short 4 1/2 mile' run to those who stayed late into the evening watching 'The Jungle Book' and singing along to the tunes. The only drawback to the day (apart from Jude drinking on an empty stomach and suffering for it)?

Having to surface at 6:00 a.m. the following morning to run back to Bromham for the car! I think I may do things a little differently next year.

EASTERN 10 MILE ROAD LEAGUE

My thanks to all those who took part in the league this summer. Most of the races were reasonably well attended, especially the local ones. We always seem to come away from the last race of the series with a hoard of trophies and this year was no exception. A special mention here for Steve Clark who took a massive three minutes off his personal best in the last race at Harlow to finish the series ahead of Mike Stuart on countback!

Ladies Team	1st	Angie Bright, Jacky Keenan, Diane Lloyd		
Category L	3rd	Diane Lloyd		
Category D	1st Vet	Steve Clark	2nd Vet	Mike Stuart
Category C	1st Vet	Ray Evans		
Category A	5th	Tony Barnes		

I hope we can get the same sort of response next year and repeat the success.

TODAY'S RUNNER CROSS COUNTRY LEAGUE

This year's cross country league will be starting sometime in November. Although the clubs in the league held a meeting last week no firm decision was made as to the dates. The problem is trying to fit in a fifth event (the Eastern Area Association has moved its championship date) - it may be early in November or around February/March time. The possible dates and venues as they stand at the moment are:

November 26	Dunstable
December 17	Bedford
January 14 or 21	Flitwick
February 25	Blisworth or Leighton Buzzard

The scoring will be the same format as last year - 7 men (including at least 2 vets) and 3 women (including at least 1 vet) will make up the scoring team. However, this year we will be able to use 2 second claim runners in the scoring team (1 male and 1 female) as long as we declare them at the start of the season. If we can get a fifth fixture then each club will only use the scores from their best 4 races

Entry fees are going to be increased to £1.50 per runner.

Numbers will be provided by the organisers (so you don't have to wear a piece of cardboard this time) but I will allocate a number to each of our runners from the set we are given. **KEEP THIS NUMBER FOR THE WHOLE OF THE SERIES.**

The other rule worth mentioning is that, as this is a team event, **YOU MUST BE WEARING YOUR CLUB VEST OR T-SHIRT** for each race.

I would like to see as many Harriers as possible at these events, whatever their ability. Everyone can contribute to the team's success in the league, whether directly or indirectly. If you haven't done cross country before then come and give it a try. Graham and Pete are organising a cross country training run at the beginning of next month so you can get an early taster. In the races you'll probably get cold, wet and covered in mud but you get a chance to relive the experience and moan with everyone else over coffee and cake afterwards. It can be fun (Honest!).

Tony

STOP PRESS: We know hear that there may be as many as six events - watch the board for details

RUNNERS PROFILE

Name: Arthur Monk

Age or Category: 52

Married or single?: Married

Occupation: Maintenance engineer

How long have you been with Bedford Harriers?:
18 months

Previous running clubs (if any):

None



Best times ever for:

10K	53 mins 10s
Half Marathon	2hrs 3min
Marathon	Not run one yet
Any other distance:	85 mins 11s for 10 Miles

Why did you join the Harriers?:

I joined the Harriers mainly to keep fit after losing a bit of weight and I have now got the running bug

What do you consider to be the best moment in your running history?:

Running my first race and completing it at the age of 51

What do you consider to be your worst:

Getting injured and missing the 1994 Harriers Half Marathon

What do you hope to achieve in your running career?:

To run a marathon in a good time and beat it the following year

What are your hobbies or interests outside of running?:

American cars, bowling

Any other comments:

I'm glad I joined the club; I just wish I had joined years ago.

EAST MIDLANDS ROAD RACE SERIES



Start of the Weedon 10K

In case you don't know already, the East Midlands Series is a series of eight evening races which take place throughout the summer. In each race the runners are awarded one point for winning their category, two for second and so on, with five races counting at the end. This year, possibly for the first time, the Harriers had a small team in all bar one of the races (we didn't bother with Banbury 5 because of the Thomas Cook 6 the following day) and in the local races had a good turnout.

The finishing positions below are for those of us who managed to complete 5 races.

Senior Men	Tony Barnes	11 th
Vet 40	Brian McCallen	23 rd
	Bob Hall	32 nd
Vet 45	Colin Bennetts	23 rd
Vet 50	Ray Evans	14 th
Vets Team		4 th

Although only a few people completed five races over 40 Harriers competed in at least one of the events. The races are all short enough to allow time for a pub stop on the way home, which makes them social events as well, so I hope we can build on what we've done this year and increase the team size on more occasions.

Tony



CLUB ROAD RACE CHAMPIONSHIP 1995

After the Swineshead 10, Jacky Keenan now has a commanding ten point lead over Diane Lloyd, with Pauline Behan, who's missed a few races through injury, a further point behind. In the men's overall championship, Ray 'Short Cut' Evans has a fairly large, but not unassailable, lead over Tony Barnes. Some interesting rivalries are brewing up in the age group championships, Tracey Harris is the new leader in the Senior Women's Championship, four points ahead of Viv Kilgour, and Lesley Barnes. Vicky Bithell would have been up there with them, but unfortunately - not wearing a club vest/T-shirt generally means nil points! Colin Bennetts now has a bit of a lead over Richard Whiteman in the men's Vet 45 with Humphrey Corbett a further two points down and Chris Cottam still in with an outside chance. Brian McCallen has opened up a bit of a lead over Bob Hall in the Men's Vet 40, whilst Maurice Crook has an insurmountable looking lead over Mike Stuart in the Men's V55 category. Just to remind you, the scoring is quite simple; one point for finishing a road race, plus one point for each person in your own age category you beat, plus another point for each runner in a younger age category you beat, so it pays well to beat the younger runners, that's where the likes of Ray, Jacky and Diane pick up a lot of their points.

Men's top ten

1.	Ray Evans	V50	113
2.	Tony Barnes		89
3.	Brian McCallen	V40	76
4.	Maurice Crook	V55	70
5.	Bob Hall	V40	60
6.	Colin Bennetts	V45	53
7.	Mike Stuart	V55	45
8.	Richard Whiteman	V45	44
9.	Humphrey Corbett	V45	42
10.	Brian Cornwell	V60	38

Ladies top ten

1.	Jacky Keenan	V45	52
2.	Diane Lloyd	V40	42
3.	Pauline Behan	V35	41
4.	Tracey Harris		27
5.	Jude Cottam	V45	26
6=.	Teresa Munns	V40	23
6=.	Vivien Kilgour		23
6=.	Lesley Barnes		23
9.	Diane Blacknall		16
10.	Jacinta Lock		15

RACES OVER THE NEXT FEW MONTHS

ROAD RACES

Sunday October 8th	Standalone 10K, Letchworth
Sunday October 15th	Ridgeway Run (8.7 miles), Tring (some off-road)
Sunday October 22nd	Sharnbrook 5
Sunday October 29th	BEDFORD HARRIERS HALF MARATHON
Sunday November 5th	Stevenage Half Marathon
Sunday November 19th	Stortford 10, Bishops Stortford
Saturday November 25th	Wolverton 5
Sunday November 26th	St. Neots Riverside November 9
Sunday December 3rd	Nene Valley 10, Peterborough
Tuesday December 26th	Bedford Boxing Day 10

CROSS COUNTRY

Sunday October 1st	Club run, Old Warden
Sunday October 15th	Cross country training run (Amphill Park - watch the board for details)
Sunday November 5th	Amphill Trophy
Sunday November 12th or 19th	Cross country training run (Chicksands - watch the board for details)
Sunday November 26th	Today's Runner League, Dunstable
Sunday December 10th	Bedfordshire County Championships
Sunday December 17th	TODAY'S RUNNER LEAGUE, BEDFORD
Saturday January 27th	South of England Championships, Parliament Hill
Sunday February 18th	Eastern Championships, Norwich
Saturday March 9th	ECCA National Championships, Newark

If you are aware of any decent races that you like and you think that others in the club would enjoy doing, let either Tony or myself know and we'll update the fixture list accordingly. **Graham**

LIKE YOUR TENTH ANNIVERSARY T-SHIRT SO MUCH THAT YOU WANT ANOTHER ONE?

WELL, NOW YOU CAN HAVE ONE!.....

The club now has a small surplus of long sleeve Tenth Anniversary T-shirts available for sale at **£5 EACH**

SEE CHRIS COTTAM IF INTERESTED

WEAR ONE FOR TRAINING, SAVE ONE FOR BEST!

HARRIERS IN THE NEWS

You may have seen, a couple of months back, this article on Paul Langford in Beds on Sunday, highlighting how he'd been chosen to represent Great Britain in the 35-40 years age group in the World Triathlon Championships, but was struggling to find the funds after the withdrawal of one of his main sponsors. Now, thanks to contributions from Bill Jordan, Kingston Windows and our club, he's back on the right track again (although Mexico has been dropped as the venue for the event). Irene (and Brian) Cornwell also featured in a prominent article in one of the local papers recently, and Diane Lloyd has also had a couple of nice little write-ups recently. Jack's continued to get club results into the press when he gets the information (and when they have space - sports coverage in general in the papers really is pretty poor now since the absorption of the Beds Times) and, something to look out for - 'Today's Runner' have shown great interest in printing something on our tenth anniversary, with the club photo, so watch out for that hopefully coming off sometime in the next few months.

THIS MAN NEEDS HELP!

Your help...

Jack 'Two Scoops' Keenan, as our press officer, endeavours to get news on the club into the local papers. But to do this, he needs your help in giving him not only race times, but bits of news - put a bit of a story together for him (it only need be a few lines) when you race somewhere interesting, or the club does well. The papers are keen to put things in from us, if they get regular, interesting copy. So, help Jack, and yourselves, and the club out



Harriers Take The Honours at Swineshead

(well, some of them, anyway!)

Harriers were in the honours at the Swineshead 10 on September 10th, with our men taking the 1st Team prize and Tony Barnes finishing 2nd to Beds. and County's Gary Warne. A brilliant run from Phil Barnes, knocking about three minutes off his best, brought him home in 5th place in 58 minutes, with Paul Langford just behind in 6th. And further down the field a number of other bests; amongst them Brian McCallen, Paul Doherty, Lyndon Ingerson (first 10 miler), Max O'Driscoll (despite having to disappear into the bushes!), Tracey Harris, Angela Kay (not held up by Martin this time!)- sorry if I've missed anyone out. With about thirty runners in all, we dominated the event, in what was Beds and County's club championship. To cap it all, Angie Bright won a glider flight in the raffle, but won't be taking it up as she doesn't have any brown trousers

Success at Shuttleworth As Well.....

In the 10 Mile, Brian McCallen took the 2nd Vet 40 prize, with Tony Barnes narrowly missing the prizes in 4th overall. A whole host of PB's from our ladies; Jude Cottam, Linda Thurston, Diane Blacknall, Jacinta Lock and Angela Kay all setting new bests. In the 20 Mile, Phil Barnes slashed 10 minutes off his best to come home in 7th place in 2:05:45. Again, a large turnout from the club: 26 in the 10, 5 in the 20. I feel I should thank Angie and myself for manning the water station at the finish at the last minute (as no-one from County thanked us) and also thanks to Carly, Kayleigh and Daniel for handing out the mugs.

And PBs at Nottingham - A Barnes Family Double

Lesley and Phil Barnes made it a family double at the Robin Hood Marathon in Nottingham on Sunday. Despite being disappointed with his time, Phil knocked a minute off his best time in the full Marathon distance, whilst Lesley sliced a full five minutes off her best in the Half Marathon. An excellent run also from Jude Cottam in the Half Marathon, she took five minutes off her best and came agonisingly close to breaking the two hour barrier; a PB for Pauline Behan as well.

Graham

RUNNERS PROFILE

Name: Jeanette Cheetham
Age or Category: Young
Married or single?: Married
Occupation: Office manager
How long have you been with Bedford Harriers?: 8 years
Previous running clubs (if any):

None

Best times ever for:	10K	46 mins
	Half Marathon	1hr 28min
	Marathon	3hr 50min
	Any other distance:	68 mins for 10 Miles

Why did you join the Harriers?:

Because I was swept off my feet by one of the group leaders and I've never been the same since!

What do you consider to be the best moment in your running history?:

The two weeks I spent running 270 miles across Crete

What do you consider to be your worst:

When I found out I hadn't got a London Marathon entry due to computer error, after I'd done all the training

What do you hope to achieve in your running career?:

To coach my group in a beneficial and enjoyable way + maintain a reasonable level of fitness with no injuries

What are your hobbies or interests outside of running?:

Avid reader, enjoy cooking and camping and Jude's BBQ's!

Any other comments:

Running is a big part of my life and I can't think of anyone I'd rather do it with than my second family - the Bedford Harriers!



OLIVER!

SATURDAY FEBRUARY 3RD 1996

COST: £30 including coach

FRIENDS and FAMILY MOST WELCOME

Planned itinerary:

To leave Bedford Athletic Stadium 3pm*

Be in London for approx. 4.45pm

to give you time to eat, drink etc. before

SHOW STARTS at 7.30pm

For further details, see STEVE GAUNT

SIGN UP ON THE NOTICE ON THE SMALL BOARD

*If you would still like to come, but think a 3pm departure is too early, we will consider alternative arrangements

Note: If you are going, a £5 deposit is required as soon as possible. If you would like to pay the full sum in instalments, you can pay JEANETTE any time from now on.

FANCY A MASSAGE?

Those of you at the Shuttleworth races may well have notice a gentleman near the finish with two portable massage tables. His name was Richard Edwards, he's based in Ampthill (and is apparently an Ampthill and Flitwick Flyer) and he specialises in sports massage. Here below are his details, if you feel like getting in touch with him. On the same subject, overleaf is an article by Hugh Jones, taken from 'Athletics Today'

BODY TUNE
Sports & Remedial
Massage Clinic



RICHARD EDWARDS

LASNI D.O., ITEC MASS D.O., BEL MASS D.O., APTI

TEL: 01525 404339

KEEP UP WITH JONES

Why we need a new attitude to massage



HUGH JONES

next month there was no money in massage. As in other fields the true value of previous sports practices may only be properly assessed from future distance.

While a surfeit of rejection is a problem there, here it has been more of a lack of acceptance in the first place. The reputation of massage, when not masquerading as something else, is too often seen as something peripheral, of dubious value, and mainly for the filthy rich who like pampering. In rescuing us from the Hungarian backwoods it fulfilled a more essential role, enabling us to perform and enhancing the performance.

This is what it can do for all sportspeople, if given the chance. Three years ago the London School of Sports Massage was set up to train people to do this. It was the first time that specific applications of massage for sport had been taught and the first time that any massage course had been formally validated by an external body, the Royal Society of the Arts.

Since then 165 people have graduated, of whom 48 are on the School's register of practitioners, earning money from it and covered by appropriate insurance. There are now four courses run during any one year, with a fifth likely to be added next year. Limiting numbers on any one course has generated a waiting list. The School's directors at their annual conference earlier this month, admitted to being surprised at such rapid growth during a time of general economic recession. Evidence enough that receiving the right sort of massage is a need, not a whim.

Top athletes' realisation of this was one reason for massage coming out of the shadows. British sprinters at the European and World Cup competitions in 1989, and at the Commonwealth Games in 1990, took massagists with them privately, and acknowledged their assistance publicly. Official acceptance was helped through Dr Ken Kingsbury, so that at the 1990 European Championships in Split the doctors and physiotherapists in the official party shared the same treatment table with the privately-recruited massagists.

Not to all though. Our saviour, my old training partner Ferenc Szekeres explained that he was going to become a gardener

Officials must go further, embrace massage as an essential element in assisting athletic performance, and recruit practitioners dedicated to doing this. The Hungarians have included specialist massagists among their medical staff at championships for decades. Among the British teams in Seoul, only the cyclists went this far. The problem is that some officials might have to step back to make room for the new recruits. Few supporting medical staff, who may have waited years before getting a trip to a major championship, are prepared to do this.

Dr John Reynolds, director of the British medical team for the Paralympics in Barcelona, wished to include massagists. He was instructed to take physiotherapists instead. Of course many physios can massage, and are senior in the diagnostic pecking order. But is this the most effective division of labour? - especially when some of those physios complain "I got fed up of massaging - it was too tiring."

Dr Reynolds estimates that 80-90% of the injuries seen at the Barcelona Paralympics were best treated by massage. The Olympic situation may be a little different but combined with pre- and post-event massage there is enough work to keep many pairs of hands occupied. A single massagist was taken to Barcelona by the British Olympic Association.

This was despite tentative agreement that the London School of Sports Massage should nominate practitioners to attend Olympic training camps in preparation for accompanying teams to the Games. The plan was never acted upon, and the single massagist was selected by other means. Stonewalling is not just in defence of existing privileges though, but through a genuine uncertainty about qualifications in massage.

The London School had to blaze its own trail in seeking out external validation of its massage course. The sports establishment demands nothing less than a direct demonstration. Until the use and effectiveness of massage gains more general acceptance it is likely to remain under-exploited at official levels. The pressure needs to come from below but certain obstacles have to be removed from above.

General recognition of massage as a discipline is a prerequisite. The Institute of Complementary Medicine aims to achieve this by setting standards for as yet formally unconstituted medical disciplines. The content of offering instruction in these disciplines will be assessed for the National Council for Vocational Qualifications and so integrated into the educational mainstream. Remaining controversy will be how narrowly each discipline is defined (sports as opposed to general massage) and at what level the professional standard should be set.

With a massage profession defined as the graduates of NCVQ/ICM approved courses there should be no more argument about credentials. Popular demand could then set sports massage in its rightful place alongside orthopaedic surgery and physiotherapy - without obstruction.

Athletes, after all, need it. Some of us don't have to be convinced of the value of massage. Along our Via Dolorosa between Vienna and Budapest we had experienced its redemptive power.

RUNNERS PROFILE

Name: Jude Cottam

Age or Category: A stunning and well preserved 47 years young

Married or single?: Married

Occupation: A very special nurse

How long have you been with Bedford Harriers?: 2 1/2 years

Previous running clubs (if any):
Not directly but am a very qualified kit person and supporter over many years

Best times ever for: 10K 51 mins
Half Marathon 2hr 0 min 4 secs
Marathon 5 1/2hrs (with a lunch break)

Why did you join the Harriers?:
Head hunted by Lesley Davies at Canvin 10K 1993 having just started running. Wanted to run as part of a group and had heard that Harrier men were particularly handsome, courteous and rich!!

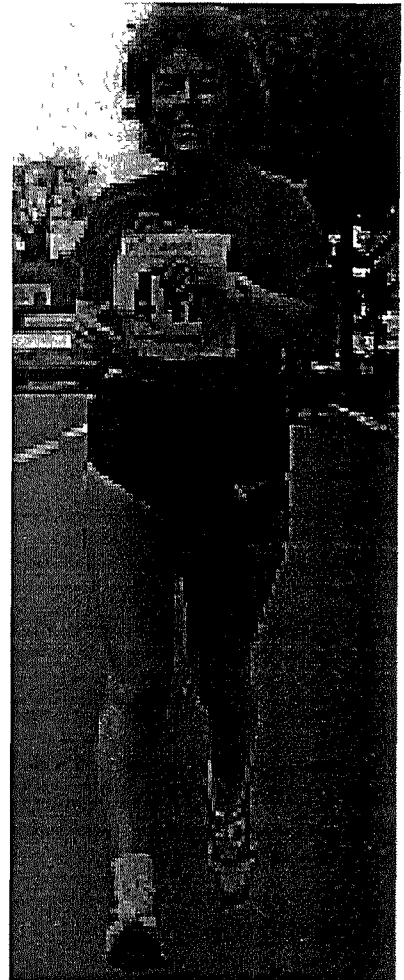
What do you consider to be the best moment in your running history?:
The support from the crowds during the London Marathon, especially passing one pub in the East End rocking with 'Hey Jude'!

What do you consider to be your worst:
Finding out that Harrier men were not particularly rich and probably the Folksworth 15 miler - I don't think I've ever been so cold and wet either before or since.

What do you hope to achieve in your running career?:
To be able to run a race with a pack - without the sensation of the pick-up vehicle biting at my bottom! To reach my full potential, whatever that may be.

What are your hobbies or interests outside of running?:
Sleeping, nursing my aching muscles, gardening and having wild sex with my group leader/coach.

Any other comments:
I enjoy being a Harrier, you learn how to run fast, go to new places and drink a lot. Sometimes if you're very lucky you get to see a man's bare bum!



DEAR AUNTIE ALICE...

Auntie Alice calling all you runners, with a helping hand and an ear to all those running problems.

Dear J.

Thank you so much for your letter. Firstly you must not blame yourself for shutting your kids in the cupboard under the stairs, so you can go on a good long run - it's all part of being a parent. You have to make time for yourself and look after number one. Shall I tell you my secret? I lock myself in the cupboard under the stairs to get away from my kids! It's all swings and roundabouts. Have you tried shutting them in the garden shed? That way they will get some fresh air, as well as keeping an eye on the old vegetable patch.

Keep on running, *Auntie Alice*

Whether it be relationships, finances, training or a difficult decision you have to make, whatever the problem, Auntie Alice will share it with you. In each issue Auntie Alice will answer as many of your letters as she can on this page.

If you want to write, mark you letters "Auntie Alice" and send, c/o The Editor, 5 Lincoln Road, Kempston, Beds, MK42 7HB, or hand to Graham or Jacinta to pass on. Sorry, letters answered on this page only, no personal correspondence

FAX FROM AMERICA

Some of you will know Simon Huxtable, a Harrier who used to train with Jeanette's group and still a member although he's now working out in the States. Tony received a fax from him at work the other day, reporting on his (the 'UK Rep's') progress with the job:

From.

Simon Huxtable

R40-UK
Building 1200
NSWCDD
Dahlgren
Virginia 22448-5000
USA

To:

A Barnes

Hunting Engineering Ltd
Reddings Wood
Amphill
Bedford
MK45 2HD
ENGLAND

SUBJECT: US trip

1. I have thought about the traffic-jams that will probably form on the 195 at the time you arrive in the US and concluded that a much easier route is via the 28 and 17 (see map). These roads may also get a little clogged but not nearly as much as the 195.
2. Also included with this fax are some of the last paragraphs of my monthly reports that I thought you might find amusing

3 . Have a nice day.

4 18th Feb 1994 - The incoming UK Rep participated in the NSWCCD 5K run and came first in a time of 18 mins 51 sec

5 The UK Rep participated in the NSWCCD 5K run on 10 June 94 Unfortunately only second place was achieved!

6 The UK Rep participated in the Fredericksburg one mile road race on the 23rd July and came second in his age group, in a time of 5 minutes and 18 seconds He is now the proud owner of a pair of really cool sun glasses

7. An interesting meeting was held in Florida, 29 November to 6 December with Mickey Mouse, Goofy and Donald Duck which concluded satisfactorily with no tasks being addressed but some good ideas being noted of possible "enhancements" to the UK SF eg. the ferrets roller coaster !

8 Christmas in the UK was most enjoyable

9 The US RGPIS initiation into the art of falling down a mountain (skiing) was deemed a great success.

10 The UK Rep participated in his first road race of the year (5K Rappahannock River run) and achieved a time of 19:59, only five minutes slower than the winner !

11. 23 Apr 95 - The UK Rep achieved a time of 32 04 in the Fredericksburg 8K road race.

12 20 Apr 95 - The UK Rep came first in his age group in the Dahlgren Rescue Squad 5K road race in a time of 19 21 (6:13 minute mile pace; previous rate at this distance was 6:26)

13. 4 Jul 95 - The UK Rep's time for the Independence Day 8K run in Fredericksburg was 32 39 (rate 6 34 min/mile. . have done better')

14. 15 and 22 July 95 - The UK Repts time for the Loriella Park 5K cross-country was 20 54 (rate 6:44 min/mile. . the heat index was well in to triple figures !). However a personal best was achieved at the Fredericksburg Downtown 1 Mile with a time of 5.15

15 5 and 26 Aug 95 - The UK Repts times for the remaining two Loriella Park 5K cross-country were 19 39 and 19 08 (rates of 6.19 and 6:10min/mile)

16. 23 Sep 95 - 10K Colonial Beach : just under 40 mins . I have not received the official results for this race

AND NOW FOR THE REST OF THE NEWS...

-If you're going to a race, and you reckon you are perhaps the only Harrier attending in whatever far-flung neck of the woods it is - please remember the club and take some Half Marathon entry forms along. You don't need to put them under windscreens, just putting them in a pile at a prominent place (like on the start line) will do There should be a supply of forms in the club's locker -or failing that, ask **Pete Davies**.

Social dates for your diary - The Club Christmas Party will be on **Friday December 1st**, in the bar at the Stadium. Further details to follow later. If you are interested in lending a hand, see Jeanette. The **Club Christmas Run** will be on **Wednesday December 20th** The run itself will be followed by a little get-together in the bar for the handing out of the remaining club awards, including the **Club Man and Woman Of The Year**.

Thanks - To **Jude and Chris Cottam** for hosting the Bank Holiday weekend run and barbecue at their home in Bromham. Also, many thanks to **Chris**, on behalf of all those who went, for organising the Great North Run trip Cheers Chris, you did us proud! Hopefully the next magazine will have a few pictures and stories from the trip.

And thanks to those who've contributed towards this magazine - Tony, Jeanette, Chris, Jacinta, Colin B, John T, Mike Dev and Auntie Alice. Any contributions are most welcome the next issue is planned for the end of this year or early next year.

Graham Horne

**MEC MATTHEW McHUGH ELECTRICAL****Electrical Maintenance • Installation
• Inspection & Testing**Kilmacolm, Bourne End Road, Cranfield, Beds MK43 0BD
Tel: (01234) 750649 : (0860) 645081 : (0860) 760022

They're off on the run

This was the scene at the start of the 10k Canon Carvin run, earlier this month. Although the weather was favourable for the runners, the conditions were not ideal for bringing large gatherings of supporters. The race started on the slip road by Wharley End Garage and followed a route around the Campus along the College road and headed for North Crawley. The runners then turned down Folly Lane and back towards the University Campus.

Full report on page 9.

Cranfield 'top earners' again

New figures reveal that Cranfield is once again Britain's top academic earner from industry, earning half as much again as its closest competitor

Contracts worth £9 57m (92/93, £10.61m) were secured for UK

Money for play schemes

Mid-Beds have funds available for organisations that are running holiday play schemes during the summer months. Up to £500 a week could be available for such things as sports equipment, bouncy castles etc

● Mid-Beds DC and the County Council have a budget of £1½m for the Innovation Centre £350,00 of which will be for highway development. It is hoped that the site will see its first tenant by Easter 1996.

industrial and commercial research against Cambridge's £6.25m (£5 94m)

The latest (1993-94) figures issued by the Universities Statistical Record show Imperial College London in third place for the second consecutive year with earnings of £6 1million (£6 2m) and Glasgow in fourth place with £5 96m (£3 83m)

Nottingham, second only to Cranfield last year, has dropped to fifth place with earnings of £5 82m (£6 29m)

Europe's foremost post-graduate centre for applying aerospace, engineering, manufacturing, defence and management technologies to industry, Cranfield's bluechip client list includes the Ministry of Defence, Rolls Royce, British Aerospace, Amoco, Benetton, Carlsberg-Tetley, Eurotunnel, AT&T, NCR, and the Russian Government

Professor Frank Hartley, the

University's Vice-Chancellor, said: "These figures demonstrate Cranfield's determination to remain at the forefront of wealth creation both in Britain and overseas. We are proud of the fact that so many leading companies have come to think automatically of Cranfield as their research partner."

Head retires from Middle school

Holywell Middle School is preparing to say goodbye to their Headmaster, Mr. James when he retires at the end of this school year. Mr. James, who is the longest serving member of the teaching staff, became deputy head in 1973 when the school opened with an intake of approximately 100 children. He was appointed Headmaster when the first head, Mr. Morgan, retired in 1980.

Since then Mr. James has guided the school through many changes and improvements, including three major building extensions, the addition of a computer room and the adoption of Grant Maintained Status in 1993.

Apart from the academic side, he has played a leading role in the PFA and every year has organised charity collections for the Royal National Lifeboat Institute, his favourite charity.

There will be a retirement party on July 14 and the pupils are planning a special entertainment to be held during the last week of term.

Rector appointed

A new Rector has been appointed to the combined parish of Cranfield, Salford and Hulcote. Reverend Hugh Symes-Thompson, 41, is married with two young sons and joins the parish from a team ministry in Becontree in Essex.

A date hasn't yet been fixed for Hugh's arrival but it is hoped that he will be in the post by the end of October.

The views expressed in this publication are not necessarily those of the publishers

R & C Recovery

24 HOUR ACCIDENT & BREAKDOWN RECOVERY

- CAR TRANSPORTATION
- STOLEN CAR RECOVERY SPECIALISTS
- FULL GARAGE FACILITIES

**WE WILL BEAT ANY QUOTE****5% DISCOUNT ON PRESENTATION OF THIS ADVERTISEMENT****(01234) 750460. (0860) 792317**

94 Bedford Road, Cranfield, Bedford.

PLEASE KEEP THIS ADVERT IN YOUR CAR FOR TELEPHONE REFERENCE**Copy for next issue 20th July 1995**

10k run at Cranfield University

Over 500 people entered the Canon Canvin 10k run this year, including 60 students competing in the Endsleigh Student Championships (460 finishers)

In addition there were 32 fun runners in their own 3k fun race

The main event was very exciting. With perfect running conditions, no wind and slight drizzle, three runners came into the last kilometre parted by only a few strides. Then Mike O'Doherty who

runners took the men's team prize, with Milton Keynes AC in second place. Other local top 10 finishers were Jackson Ryan 9th (33.53) and Ian Russell 10th (33.57) both from Milton Keynes AC.

The Ladies race was just as close with Wendy Jones from Royston AC (37.30) finishing only 15 metres ahead of Ann Torrington (37.36) from Cambridge with another girl from Cambridge Vicki Green (38.19) in 3rd place. The team prize also went to Cambridge.

The Endsleigh Student Championships produced some quality runners with top honours for the men going to Andrew Harris from Milton Keynes running for the Open University, winning in a time of (33.10) which also placed him in 7th place in the main race.

The winning female student was Karen O'Hanlon from Reading University who finished in a time of (42.11), who not only went back to her university with the title of Open Female Champion, but also picked up the main prize draw of a £400 Chinese rug donated by Bedford Rug Company but there might be a slight problem, it might be too big

for her university bedroom. Reading University won the student mens team and Cranfield University, the ladies team

The Cranfield University top finishers were Steve Folley (36.41) and Carola Rathscek (52.24).

Chris Chataway who looked a very fit 64 year old ran a splendid race, finishing in a time of (45.42). Frank Hartley, the University's Vice-Chancellor, also completed the course



Daren Ayre (right) in his first 10k run.

had travelled down from Bath the previous day to take part in the race opened up a 10 metre gap from Robin Hudson from Aldershot and local boy Gary Spring from Beds and Country.

Simon Rayner from Shaftsbury Barnet, Jonathan Roots and Jim McMahon also from Beds and Country followed close behind. This was to be the finishing order at the end with O'Doherty finishing in a time of 31.33. The three Country



All age groups took part in the Canon Canvin 10k race.

A report of the race and full results are to be found on the World Wide Web (Internet) at URL or address <http://www.cranfield.ac.uk/running/>

● Graham Ayre and son Daren

also took part in the race. Daren in his first 'proper' race finished just five minutes behind Graham, completing the course in 42.31. And Donald Evison-Jowett completed the course, complete with umbrella.



Three finishers with impressive times were left to right: Chris Chataway, University Vice Chancellor Professor Frank Hartley and from the University Dr Joe Loughlan.



The runners were led round the course, and timed by a Rover 400, courtesy of Wharley End Garage.

Trendset
Graphics
(Cranfield) Limited

- ★ Electronic Publishing
- ★ Design ★ Typesetting
- ★ Artwork ★ Printing
- ★ Photocopying and Fax Service

Wedding Stationery available.
View the albums in the comfort of your home.

128B High Street, Cranfield, Bedford MK43 0BS
Tel: Bedford (0234) 750560. Fax: Bedford (0234) 750839

Record entry for Canon Canvin 10k

THE Canon Canvin 10k running championships at Cranfield University on Sunday will be the biggest in its five year long history.

Spring to lead way?

GARY Spring will start as favourite for the Canon Canvin 10k road race at Cranfield on Sunday.

He is likely to be strongly challenged by Kerry Haze of Milton Keynes and Robin Hudson of Luton.

The Luton club look likely winners of the team prize as they include former GB international Tony Simmonds in their squad.

The race, organised by Bedford Harriers, also includes the national student championships.

The whole thing starts at Cranfield University at 11am on Sunday with the great Chris Chataway among the 500 expected runners

The event starts at 11am and with entries available on the day from 9am onwards - closing at 10.30am - the numbers could be well over 500.

The race has attracted top local runners with many others coming from as far afield as Liverpool and Southampton.

Among those taking part will be the legendary Chris Chataway.

He is best remembered above all for helping to Roger Bannister to break the four minute mile barrier in the 1950s.

He later entered the world of politics and became a Government minister for a while.

Students representing most of the region's universities will be competing for the Endsleigh Student Championships.

The winner will probably be between local runners, Gary Spring, of Bedford and Kerry Haze of Milton Keynes who could both get close to the course record.

If they don't then Robin Hudson from Luton could push them all the way to the finish.

More than 100 runners have entered from Milton Keynes with many expected

CANON CANVIN 10K RACE PREVIEW

to take the majority of the veteran prizes.

A strong Luton AC team which includes Robin Hudson, Tony Simmonds and Dave Walsh will be difficult to beat, but with Spring in the Bedford and County team, there could be a surprise.

The ladies race will be wide open with strong teams coming from Royston and Cambridge who should finish around the 37 minute mark

Champlonship

The students' championship is likely to be between Andy Harries of Milton Keynes and Gavin Dean, of Luton who could also finish in the top 10 of the main race

The top student ladies are expected to be Reading University but the strong student teams should come from Cranfield.

As well as the main events Bedford Harriers have organised a fun run for the under 16s, children's races, a bouce castle. There is a creche available for competing parents.



● Chr's Chataway, who helped Roger Bannister break the four minute mille barrier in the 1950s, was among the older runners at the Canon Canvin 10k at Cranfield on Sunday. See inside for details.



NOT bad for a guy a year off his pension!

And Chr's Chataway was 5,000 metres champion - 41 years ago. The former Olympiad

CRANFIELD

and MP, pictured left, was a guest runner at Sunday's Cranfield University Canon Canvin 10K race.

Looking very fit the 64-year-old finished with a creditable time of 45 mins 42 secs.

● For full race details see the sports pages.