



# HARRIERS MAGAZINE

## September 1996



***INSIDE: Binliners (sorry, FLATLINERS!) -what are they? Are they contagious?  
Colin explains...***

***London Marathon -River Festival - Cygnet Bypass Run -News - Race Reports -  
The Jo Knox Appeal - Poetry - Puzzles - Fixtures - Cross Country and ...  
Auntie Alice!***

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*My apologies to you all for the delay in putting out this magazine. What with getting married and holidays etc., I've been rather busy over the last month or so. Anyway, hope you think it's been worth waiting for. My thanks to all of you who contributed*

*Graham*

## CHAIRMAN'S COLUMN

Well winter is fast approaching, off road training nights and hot humid conditions are over. We now look forward to the dark cold fresh evenings with nightglow bibs and layers of kit. Running carefully to avoid the icy patches. This is not bad news, running in the cold weather can be very enjoyable. Feeling warm inside when all around you is bitterly cold is a nice feeling, but you must make sure you are correctly dressed against the cold. It is far better to feel too warm than too cold. I have a little rule which I developed whilst running at work at lunch times. Below 10 o/c wear running bottoms, below 0 o/c wear two layers of clothing, gloves and hat. Enjoy your winter training see you all at the Boxing Day 10 in the snow.

As you will read later in this club magazine, I have stepped down as Race Director of the Cranfield 10k but I shall remain on the race sub committee. I am looking forward to taking a less demanding roll with the new race director Barry Bright and his assistant Steve Clark.

When I brought this event to Cranfield in 1990 the Canvin 10k needed a new kick start. The race then was run each year from Wentworth Drive Bedford and attracted about 100 runners each year. A new venue and new ideas has increased the size of entry to well over 500. Fortunately it also attracted new sponsors, and with Richard Canvin still remaining as one of the sponsors the race grew year by year. Richard Canvin has sponsored the race through thick and thin times and I would like to thank him for his support on behalf of the club.

For me The River Festival earlier this year was very rewarding. The club organised a Fun Run and many thanks must go to Steve Gaunt for all his hard work. The float procession with Big Bird also went very well and thanks must go to all the team for spending so much time building him or her.

I devoted all my spare time to the Sports Village. This with my small team of Jack Keenan, Colin Bennetts and Steve Clark and with Eugenia and Marlene on the day we mixed and spoke to hundreds of people during the two days. The occasion was very hard work but extremely enjoyable. Steve Clark revealed a gift of directing people into the Harriers tent. even if they were not runners, and then the rest of us got working on them with the display boards and information. The result was lots of new members to the club. For me it was one of the most rewarding events I have been involved in. Thanks to you all.

And thank you again must go to Jude and Chris Cottam. The Great North Run must go down as one of the best club trips. The race, food, company, hotel, fun and the local people made it a wonderful weekend. Another big thank you must also go to Lesley Davies for organising the dinner at Fifi's. but if we go there next year, and I hope we do, could she inform the waiters not to give my dinner to someone else, hope you enjoyed it Arthur or was it Richard???

On the slight downside, some individual members should remind themselves that they are representing the club both on and off the road when they are on a club trip and should conduct themselves accordingly, especially when we have a race sponsor with us!!!

Hope you enjoy the rest of the magazine.

*Mike Devonshire*

## THE JO KNOX APPEAL

As you may be aware Jo was knocked down by a car whilst out running. As a result of this accident Jo suffered serious head injuries, from which she is now making a remarkable recovery. In an effort to help Jo, five Harriers have raised money for the appeal which has been set up on Jo's behalf. The amount raised so far is a staggering £1129.50!!!

I have spoken to Jo's mum - Nola, and she has asked that the club hold on to the money until the family are able to be presented with it at a suitable occasion. Nola and her husband feel it only right that they are able to thank the individuals concerned personally, as well as the Harriers for their support.

**Barry Bright (Treasurer)**

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## CYGNET BY-PASS RUN

**Thanks** Thank you for all those who helped to marshal this event. Without your help this, and other races organised by the Harriers, would not be the success that they undoubtedly are. This race was the first race that I have had the privilege (??) of organising. I am sure that I have learnt a lot from this race and, hopefully, will make an even better job of the next race.

**Next year's Cranfield 10K** I have been asked to help organise the 10K at Cranfield next year. From my experience of the By-Pass run I feel that to run the 10K successfully a small Sub-committee should be set up now to oversee the event. This committee should consist of no more than four dedicated workers. If you feel you would like to help me please see me on any club night.

**Finally** I have a plea to make of you all. To run a race successfully the race director needs to know who will be marshalling. So, could I please ask all those Harriers who want to help to put their name down when the notice goes on the board! This will enable the race director to finalise his marshalling plan early, and he can then decide if any Harriers will be allowed to run the race.

Remember this is your club and we all benefit from running a successful race. So, please, support the race director, there are plenty of other races that you can run. We should all take our turns to marshal, you don't know you may even enjoy it!

**Barry Bright (Race Director Cygnet By-Pass Run)**

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***IMPORTANT- PLEASE READ!*** [The following is a copy of a BAF notice to all clubs]

### Do you use an inhaler?

**If you use an inhaler, you should register with the BAF Medical Officer.**

According to the IAAF "Procedural Guidelines for Doping Control", the use of the asthma inhalers Salbutamol (Ventolin), Terbutaline (Bricanyl) and Salmeterol (Serevent) **MUST** be registered with the Federation's Medical Officer.

As the treatment of asthma sometimes needs to be initiated immediately, it may be necessary to start treatment prior to registration - but the Medical Officer **MUST** be advised **AS A MATTER OF URGENCY**. If you already use an inhaler but are not yet registered, do **NOT** stop the use - but **DO** register **NOW**. Inhalers should never be used unless prescribed and should never be borrowed from a friend.

**REMEMBER**, there are substances in these inhalers that are **PROHIBITED** unless you have prior clearance from the Medical Officer.

If you need an inhaler for a genuine medical purpose you must continue to use it, but you **MUST GET CLEARANCE** from Dr. Brown.

Athletes applying for clearance should write to Dr Malcolm Brown, c/o the BAF officer, clearly stating the name of the inhaler, the recommended dose, the name and address of the prescribing doctor and, if known, the expected duration of the treatment.

The use of corticosteroids by inhaler (e.g. Becotide, Pulmicort) does not require prior permission but should, of course, be declared at the time of any doping control.

The registration needs to be renewed **ANNUALLY**- and if your Prescription **CHANGES** you should again advise the Medical Officer **IMMEDIATELY**.

***DON'T RISK A POSITIVE DRUG TEST BECAUSE YOU DID NOT GET CLEARANCE!***

## London Marathon - Sunday 21st April 1996

Beautiful morning - relaxing bus ride down to the gates of Greenwich Park. Weather very warm - picnic atmosphere in the changing areas. No panic for the toilets - good idea to have had a coach with one provided!!

We're off - 7 mins 50 secs to cross the start line - apprehensive running with Tracey Harris plus passenger (3 months pregnant) - hope she's OK. Graham Burley trots past looking comfortable. The two starting groups meet at 3 miles - feel emotional as we merge - lots of banter - Tracey and I still together, passenger not causing any problems - mile times slow 9.30 but comfortable - Christine Armstrong sails past at 7 miles looking good wished her well - I begin to pick up pace taking on water at every station - sun begins to feel very warm on my neck and arms - Tracey wants to stay at her pace - goodbyes and good luck exchanged - eight mile balloon arch - psychological marker for me as it was at that stage last year that I wanted to get the bus home - Tower Bridge - spot Sue Forth in the crowd and get a huge boost. 15 miles - legs gone - why?? Could it be the short pace taken for the first couple of miles - the constant change of stride in taking on water and getting back into the flow of runners - what ever the reason it was very disappointing - purely in the mind - thinking of all the endurance work done over the winter - only 10 miles to go - the last one will take care of itself - pass running partner Graham Burley at 16 miles - encourages me on - says I'm looking good - feel like Douglas Bader with his tin legs! - don't stop - keep it going once we hit Tower Bridge it's the glory run to home - but where is it? - just round the next bend - seems to take for ever - crowds brilliant - Tower Bridge at last - up and over the cobbles as all the carpet is taken up by the walking wounded - feel pleased that I'm still running and not had to walk - approaching the Embankment - see Tony Barnes and Lesley Davies - want to cry! Legs no worse than at 15 miles - is that fair? Along the Embankment Mike and Marlene Devonshire shout me out of my trance - wave and manage a smile - know am nearly there - have taken on so much fluid feel sick but remain thirsty - 25 miles Isostar drink station - pick one up and drink the whole thing walk the length of the tables - start running again - a wave of nausea washes over me - oh no! - duck behind an advertising board and crouch down taking deep breaths - rally the thoughts - one mile come on - come on - young St John's girl asks if I'm OK - look at her she was about 10 - what could she do if I wasn't - come on - come on time is pressing - start to jog - feel better - pick up the pace turn right into Birdcage Walk - feeling good - euphoria beginning to take over - pick up the pace again - round the bend into The Mall - Lesley Barnes on the corner gives encouragement - lovely to see the sweet familiar face - see the finish - hear the commentator whipping up the crowd to encourage runners to get in under the 4 and 1/2 hours - step up the pace and then I hear 'Jude Cottam' - look across to the crowd and there's my son - head and shoulders above every one waving and shouting his support - I cross the line with wings on my feet.

**Jude Cottam**

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## RUNNING WILD

In the depths of the Forest of Dean, from a mixture of broken relationships, desire for independence and a general enthusiasm for the unusual, was born **FLATLINERS**, the unofficial fell running wing of the Harriers (Motto: *We've got an altitude problem*).

**VIV, COL, AV & JOHN** sat down after competing in the Forest of Dean Trail Half-Marathon and mapped out a few months of their lives (so that's what they were doing in the huddle!)

The first endurance event scheduled was Avril's birthday party which most people survived with not too many permanent scars.



Next was the Cannock Chase - Man v Horse v Mountain Bike - for which Graham joined the team. A two lap hilly course of supposedly 15 miles was competed by about 3 horses, 10 bikes and 20 humans. The course was well marked except in one place where some helpful person had removed the tape ensuring that each contestant had to make a left or right decision. Colin realised his wrong guess when a horse which had overtaken him did so again five minutes later. Colin managed to finish third in front of Graham who had foolishly taken the official course. After the race the local press insisted that they posed with horses and bikes.

Next planned was a day trip walking, and a bit of

downhill running, in the Peak District which exposed the limitations of the team's navigational skills (Remember"- *you're not lost until you're never found* - Bennetts Bumper Book of Wisdom) as they explored Hayfield and Dovedale and of course the Tea Rooms of Bakewell.

Viv and Col decided against running the Leighton Buzzard 10 and instead ran 20 miles to Leighton Buzzard from Marsden along the Greensand Ridge Path as part of the WWF's fund raising event. They were first to finish - OK, the other participants were walkers - and received a cuddly tiger for their efforts - can we drop the 10 from the club competitions next year and add this very enjoyable event to the calendar?

The following week the FLATLINERS took on their first fell race and travelled down to Wales for the Moel Eilio. An 8 mile race with 3000 foot of ascent. This tested calf muscles and toes to the limit as a series of hills were battled up and almost vertical descents were flown/struggled down. Viv finished as third senior lady (see sox story in this issue) with Shearer 4 minutes ahead and Colin 4 minutes behind. Lessons learnt - eat more before attempting these as energy levels drop fast - don't do a 3 hour mountain walk on the morning of the run. The next day was a rest day so a 6 hour walk/scramble over Tryfan and the Glyders, accompanied by our newly acquired guide, OJ, was undertaken.

Back nearer home was the Elizabeth Cullum Memorial marathon, an off road navigational race over the beautiful Chiltern Hills starting at Princes Risborough. The start is staggered and it is run in pairs following written route instructions. Another well recommended event. Viv and Colin finished as fourth mixed pair accompanied by John who entered late.

Following a rest(!) weekend (except for John who on a week's climbing in Skye) for the River Festival (tacon punta tacon punta na na na na na ni) was another Saturday day trip to the Peak District - a morning walk followed by a 5.00pm start to the Buxton Half which felt like Britain's hardest half but apparently comes second to Ashbourne (on schedule for September). The race is on road with the first three miles straight uphill.

"It's all flat now until mile 7." says a fellow runner. After 4 miles of roller coaster road mile 7 is reached at the village of Glutton and this is a hill. After a couple more miles the road goes down again. "All down hill from here" someone says. "What's that up bit ahead then?" "*Just an adjustment*". Excellent race - not a pb course.

Next on the agenda is the Offa's Dyke 15 where after climbing at Three Cliffs on the Gower Peninsula - Colin still working on his head (for heights), John actually being patient and Viv climbing like a mountain *gour* (clan joke!) FLATLINERS meet up at the camp site with another contingent of Harriers - John, Jeanette, Graham, Jacinta, Sue, Lyndon, plus Kayleigh, Daniel and Matthew. The race itself follows part of the Offa's Dyke Path from Hay-on-Wye to Kington and of course has a few hills. First Harrier to complete the well heated course was Graham. Lyndon also did exceedingly well in his first distance event.

What do you fancy doing at the weekend? A trip to Wales? The Lake District? Scotland? Can't make your mind up? OK then. It's all three and right to the top at that! The Three Peaks - see Shearer's report in this issue - just got to be done. The buzz when reaching the top of the final peak and touching the trig point of The Ben is electric. (*Did you know Bennetts and Ben Nevis share the first 5 letters?* - Bennetts Bumper Book of Things You Never Needed to Know)

As FLATLINERS, again unofficially, affiliated with the Bedford Mountaineering Club a trip was taken to Coniston staying in a hut (or bunk house really). Finding some fell runners crazier than themselves Viv and Colin agreed to accompany them on a 6 hour portion of their attempt to run the "Bob Graham Round" - a 24 hour circuit of the Lake Peaks. The weather decided to be atrocious as they ascended the peaks going off-route many a time. The journey included an ascent of Scafell - top of England two weeks running - and too many slippery rocks.

The next morning was spent in the relaxing pursuit of gill scrambling walking/climbing upstream including a couple of waterfalls - another experience for the collection.

Next a restful weekend followed - only interrupted by the Stondon 10 and Bon Jovi at Milton Keynes.

And then RICHARD'S PARTY (see other report) until 4.00am the next morning followed by an 8 mile recovery run on Dunstable Downs.

What next? The report on the Welsh 3000's will be in the next edition of this mag.  
Can you wait? (OK, so you can)

If anyone else is interested in weird events talk to VIV, COL, AV or JOHN.

*Colin*

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## MIDSUMMER MADNESS

It was planned for the longest day, the shortest night.

Three thousand souls would tread three mountains, three nations wide, each over three thousand feet. Yes. It was the Three Peak Challenge, a charity walk in aid of Cystic Fibrosis.

Three thousand people had signed up to climb the Welsh highest peak - Snowdon, England's - Scafell and finish on Scotland's - Ben Nevis, to do some heavy breathing for those that cannot. £500,000 would be raised and it was going to be one hell of an organisational feat (sorry).

FLATLINERS, aka Bedford Harriers Fell Runners, (serious altitude problem), Colin, Viv and John started from Llanberis near midday dogtagged with a personal bar code. We were time scanned for going out and scanned again when we returned. In between we scoffed flapjack, sauntered up the track and jogged back down, a nice little appetiser in the sun.

On to the buses, tucked into the airplane type meals and on to Seathwalte. The sun set and we set off, scanned again going out, we tiptoed past the only farmhouse en route. It got darker and darker, the hill went on and on and on, the head torches went on, soon there was a torchlight procession three miles long all bobbing up and down, all very pretty from afar. At closer quarters it was not quite as nice as tired feet stumbled over boulders and bodies.

Eventually returned down past the farmhouse, not quite as quietly, those feet that upwards had lightly tread were returning just slog, slog, slogged.

In the wee small hours we set off for Scotland, the Ben the Big Yawn-Yin. Slept a bit en route, had saved some energy for the last - it was going to be a blast. So doubled up the socks and tightened the pack, set off at a trot (not for long). Passed a wedding party at two thousand feet - seemed like a nice couple up from Emmerdale into cross dressing!! Reached the top midday, reached the bottom not much later. Big grin, Bigger thirst.

So, Been there, done that, got the T-shirt. Thanks to all my sponsors

John Shearer

### **RICHARD'S PARTY**

You know how life works, you go scrambling, get invited to a party, get introduced to a "runner like you" find out he's part of a four man: one woman team about to take part in an eight day three hundred mile endurance event in the Rocky Mountains.

The woman has dropped out and you are invited, after impressing them with your FLATLINER four months, for an interview in London.

Of course you get through this easily and find you are signed up for this all expenses paid trip to Canada. All you have to do is white water canoeing, horse riding, mountain biking, glacier walking, climbing, abseiling, a bit of running and maybe a few hours sleep.

Training starts with a weekend on Mont Blanc white water rafting and climbing. No problems and no cost.

Is this how your life goes? No?

Well it does for Vivien Kilgour selected for the only British team entered in this event. And the moral of the story is:

**Go to more Parties!!!**

### **SOX Scandal**

You think you can trust people - especially fellow runners but at the Moel Eilio fell race stunning red head Vivien Kilgour was a victim of a sox maniac. She had finished third senior lady in the race but hadn't at first realised that she had been awarded a prize. On claiming the 3 pairs of Running Bear sox she was told that they had been taken by another runner. On returning to her country retreat in Silsoe, Vivien wrote a letter of warning to the Running magazine and a complaint to the host club. Two months later the full story of the countrywide sox ring was to emerge. A Chepstow Harrier had collected the sox, passed them to Colin Tranter (currently running with Chepstow)



thence to Teresa, Jacky, Colin B and finally to Viv. The Runner's Network - You know it works!



Bedford Harriers

# Half Marathon Pasta Party

Friday 27th September 1996  
7.30 for 8.00pm

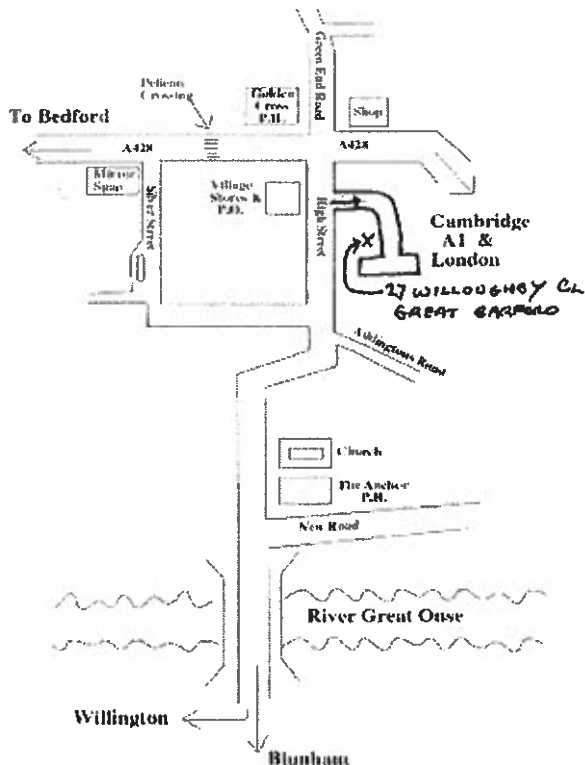
Dear *Harriers*

you are invited to a Pre-Half Marathon Pasta Party  
at 27 Willoughby Close, Great Barford.



RSVP

Lesley & Pete on Bedford 870527  
by Wednesday 25th September



*This pre-race pasta party is open to all Harriers, but especially to those who are taking part in our Great Barford Half Marathon, either running (perhaps in their first half marathon), or helping out over the weekend. LESLEY & PETE*

THE GREAT NORTH RUN(a fly on the wall account)

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The hour was early  
the mist somewhat swirly  
when we gathered all at the track  
our intention was clear  
to have run without fear  
the GNR by the time we got back

The coach was a giggle  
we were soon in a pickle  
for the loo key there came a great shout  
Use the loo said the man  
but don't poo in the can  
cos what goes in is not coming out

Not a moment was lost  
many a leg was uncrossed  
when we finally came to a stop  
but relief did not last  
the bridge door was locked fast  
it was nearly the bucket and mop!

When Chris and his Jude  
heard comments quite rude  
in response they were heard to sing  
In just a few miles like  
you'll all be in smiles like  
cos were visiting big burgher king

After that it was back  
to our seats on the coach  
where Pete was at his last gasp  
between his fifth and tenth serving  
in a manner unnerving  
he'd been stung rather bad by a wasp

The rest was a fizz  
remember the quiz  
PB for Jacintha and G  
and we all had to state  
our own estimate  
of the distance we'd do A to Z



I must mention Chris  
who despite being hissed  
recalled every phase of his life  
In Newcastle town  
he's been all around  
causing nothing but trouble and strife.

At the 'Cairns' we would stop  
all our rooms at the top  
at Fiffi's a meal was laid on  
we all ate our fill  
they gave Lesley the bill  
but she coped with amazing aplomb

Yes the service was fine  
the waiters divine  
tho our chairman was heard to appeal  
I ordered steak fillet  
and I still haven't sin it  
has anyone stolen my meal?

Race day at dawn  
and it's already warm  
the excitement starting to build  
a yellow crocodile  
the club walked the mile  
to the start near a bloody great field

The sight was amazing  
we all stood just gazing  
at thousands of runners arrayed  
Sun dazzling colours  
some brighter than others  
an unprecedented parade

And so came the start  
thousands took heart  
from encouraging smiles all around  
each person strode on  
and from that moment on  
their separate stories are found

They say we did well  
so most of us tell  
the GNR was given no quarter  
but the real race they say  
was later that day  
to manage a bath in hot water!

The evening promenade  
 this time was quite hard  
 a strange walk was all some could manage  
 we were glad to get there  
 still quite debonair  
 to our rendezvous they called The Carriage.

In this pub's reputation  
 was a waitress sensation  
 a dazzling smile and quite curvy  
 With three meals on each arm  
 she still remained calm  
 we believe that her first name was Shirley.

The alcohol flowed  
 Jack Keenan showed  
 how he enjoyed playing the squirt  
 objects were thrown  
 over many a moan  
 The chairman cried 'missile alert'!

It all had to end  
 Jack was half round the bend  
 the multitude called out for Shirley  
 She got Jack by the scruff  
 said 'that's quite enough'  
 this is one party you will leave early!

Another group lay  
 in drunken array  
 each other they tried to debauch  
 I'll state it in verse  
 the one who was worse  
 was the gentlemen we all call Georger

I must throw a veil  
 over most of his tale  
 tho I never did understand why  
 his constant refrain  
 to a girl I can't name  
 as to where was her great butterfly?

Almost as bad  
 was that incorrigible lad  
 Anthony (please beat me) Barnes  
 with Chris 'I don't drink'  
 (she'd like us to think)  
 languishing there in his arms

Twill all end in tears  
some stated their fears  
and it's true they were right and it did  
at breakfast next morn  
Chris was more than forlorn  
and from all our enquiries well hid

Despite all her pain  
I'm sure she would claim  
and the rest of us bound to agree  
t'was a weekend of fun  
a sensational run  
a time to relax and be free

Now the journey is done  
the race has been run  
Chris and Jude have been given a cheer  
If you missed out this time  
on this weekend sublime  
I should get your names down for next year!

*John Keenan .*

## Poetry Corner

And so the nights are drawing in  
The evening skies turn black  
But still we have to venture forth  
From the safety of the track

It's time to change to lighter clothes  
To stop cars scoring hits  
If you don't have a bright yellow bib  
You'd best see 'Chris The Kit'!

**Tony**

### **RUNNING WILD**

there's that melody again  
burning through my head it does me in  
turns me right round to my old friend  
wonder how you've changed, are you still

running wild - like you do  
when all your dreams come true  
happy days you pretend  
that your love will never end

there's that melody again  
where it's coming from I must have been  
drifting out of time, now I'm in  
underneath you'll find I'm just the same

running wild - like you do  
when all your dreams fall through  
I can always pretend that I'll fall in love again

running wild - like we do  
if only dreams came true  
I could even pretend  
that I'll fall in love again

I would have written this song,  
but Bryan Ferry did it first!

*Colin*

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## **RAY'S PUZZLE**

Solution to the puzzle in the previous issue of the club magazine is as follows:

- |   |  |   |
|---|--|---|
| 1. 1830 MAW                                     | Harriers assemble                            | 6.30 pm Monday and Wednesday.             |
| (Shame on you if you didn't work that one out!) |  |   |
| 2. P V  | Event for one nationality?                   | <i>Pole Vault</i>                         |
| 3. 4LOTT  | What Harrier Time Trial usually consists of? | <i>Four Laps Of The Track.</i>            |
| 4. TLM  | A capital event?                             | <i>The London Marathon.</i>               |
| 5. 3000M  | This race has its ups and downs              | <i>Three thousand Metre Steeplechase.</i> |
| 6. 50KW   | Stride on!                                   | <i>Fifty Kilometre Walk.</i>              |
| 7. 60MR   | Don't blink or you'll miss this event.       | <i>Sixty Metre Run.</i>                   |
| 8. R S G  | Old fashion saying for start of race?        | <i>Ready Steady Go.</i>                   |
| 9. H S A J                                      | Record-breaking event in '95.                | <i>Hop Skip And Jump.</i>                 |
| 10. G N R                                       | "Half" as popular?                           | <i>Great North Run.</i>                   |
| 11. P B   | Something to avoid in a triathlon.           | <i>Punctured Bike.</i>                    |
| 12. P W   | Something to hope for in a triathlon.        | <i>Perfect Weather.</i>                   |
| 13. C C R                                       | Usually a scenic event.                      | <i>Cross Country Run.</i>                 |
| 14. M M   | Contradiction in terms.                      | <i>Mini Marathon.</i>                     |
| 15. H S   | Poker term? Never heard of it.               | <i>Home Straight.</i>                     |
| 16. 10YOBH                                      | Very special anniversary.                    | <i>Ten Years Of Bedford Harriers.</i>     |
| 17. H T W                                       | Who put that there?                          | <i>Hit The Wall.</i>                      |
| 18. WDYR?                                       | No idea.                                     | <i>Why Do You Run?</i>                    |
| 19. 6MMP  | I would if I could                           | <i>Six Minute Mile Pace.</i>              |
| 20. TFL   | The End.                                     | <i>The Finishing Line.</i>                |

So, if anyone managed to get 20 out of 20 well done, that is excellent. Add 20 points to your Club Championship points total

A score between 15 and 19 (inclusive), is still very good. Add 10 points

Between 11 and 14 this is still good.

From 6 to 10 rather below average, dock 5 points from your Club Championship total.

Anything from 5 to 1 very poor, deduct 10 points.

Zero-you've got to be kidding. Fifty points is to be deducted from the compiler's Club Championship total for dreaming up this puzzle in the first place.

**Ray Evans.**

# Road Runners Club



The Road Runners Club is the national club that represents road runners of all abilities and ages, over distances from 5 miles upwards. Founded in 1952, the RRC has played a major role in the development of road running, and is proud of its history but is also modern and forward-looking. Membership costs £10 a year and offers these benefits:

- a high-quality newsletter published three times a year
- free insurance for road traffic accidents while running
- a sophisticated individual Standards scheme
- an annual Long and Ultra Distance Running Directory
- championship races at distances from 10 miles to marathon and the classic London to Brighton race
- a network of Local Representatives as the first point of personal contact with the club
- access to decision making in British road-running
- attached runner status, saving the £1 unattached levy for each race

Over the last year or so, the committee has been looking from time to time at insurance cover for club members whilst running (your club membership gives you third party cover, but no personal accident cover). The Road Runners Club, as well as the other benefits you can see from the advert here, would appear to offer cover for road traffic accidents. Anyone seeking more than the standard BAF cover might like to join, or make further enquiries.

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**Noticeboards** The club owns two noticeboards. There's a massive one with glass sliding doors on the wall by the main hall and a small pin board which is normally placed in the foyer on training nights. Does anyone know what these noticeboards are covered in? You guessed it - NOTICES! Notices which tell you about races and other events on the horizon. **PLEASE READ THEM!!!** (But not at 6:30 - there's plenty of time after training!) *Tony*



For further details, write to the Membership Secretary:  
Sue Ashley, 70 Lambert Road, Banstead, Surrey SM7 2QX  
Or your Local Representative:

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## WHO'S WHO ON THE HARRIER'S COMMITTEE

A lot of you will have probably seen the mug shots on our large notice board at the stadium (I've taken it down at the moment to update it). This is largely to tell those of you new to the club who's who - but I thought I'd take it a stage further by telling you who does what as well, so you know who to go to, and perhaps to give a lot of you an appreciation how much of their own time the committee, and one or two, others do put in; it's not just a case of turning up to a meeting every month.



**Mike Devonshire (Chair)** Mike in is his third year of chairing the committee and has served on it for a number of years. Mike is the front man for club's involvement in a number of things and is often the first point of contact that the local community has with the club. Mike's largest single contribution has perhaps been as *Race Director of the Cranfield 10K*, a position he has now stepped down from after successfully building it up to become the major event it is in the club's life. Less well known to people is his active involvement on the *Bedford Athletic Stadium Management Committee* (full committee and Executive). Mike also organised the club's stall at the River Festival Sports Village.

**Graham Horne (Secretary)** My role as Secretary is largely one of general club administration and as a focal point for correspondence. As well as producing the minutes of the monthly committee meetings and the AGM, I receive most of the club's correspondence from the BAF, SEAAA, Beds AAA, race entry forms and suchlike, which may well require a response or passing on to a more appropriate committee member. Having the club's PC at my disposal, I also, in addition to my secretarial duties, administer the Club's Road Race Championships, keep the membership records, and produce this magazine and newsletters. I also attend the *Bedfordshire AAA committee meetings* on behalf of the club and am a qualified *BAF Club Coach Level 1*.



**Barry Bright (Treasurer)** As well as keeping the club's finances in order, Barry is currently playing the leading role in the club's organisation of the *Bypass Run* and, having been heavily involved in the organisation of the *Cranfield 10K*, is likely to take over as *next year's Race Director*.

**Pete Davies (Membership Secretary)** As well as looking after membership, Pete is also *Race Director of our Great Barford Half Marathon*, one of the club's two regular representatives on the *Bedford Athletic Stadium Management Committee* and, like myself, attends the *Bedfordshire AAA committee meetings* on behalf of the club. Also makes some pretty wicked home brew for some of the club's social functions! (sorry Pete, have mislaid the better photo you gave me!)



**Tony Barnes (Team Captain and Vice-Chairman)** Tony's role as Team Captain involves getting teams together for team events (such as cross country events, County Championships, the Eastern Road League and East Midland Grand Prix) and generally helping to ensure that people know where and when to go when the club is 'targetting' a race. He is a *BAF Club Coach Level 1*, taking his own group, and he also is the *club's coaching co-ordinator*, organising our group leader's meetings and keeping people informed with regard to coaching matters. He also looks after the running of most of the *Club Championships*. Following Jeanette's resignation, he has taken over as Vice-Chairman.



**Chris Cottam** 'Chris The Kit', as many people know him, is responsible for the *supply and sale of club kit*. He has other talents too - having organised the *club trip to the Great North Run* last year (and again this year), and is also organising the club's new *Oakley distance race*, set for the first weekend in March next year. Also leads his own training group and is currently qualifying for the *BAF Club Coach Level 1* award. Chris was also voted our 'Club Man of the Year' last year. Organised our recent very successful Quiz Night.

**Angela Bright** The club's involvement in the recent *Bedford River Festival* was spearheaded by Ange, who was our overall organiser, co-ordinating our involvement in the procession, Sports Village and Fun Run. She has also contributed a lot to the organisation of the Club's Christmas Party, and provided a lot of assistance to Barry with the organisation of the Bypass Run.



**Jude Cottam** Jude plays a leading part in the organisation of a lot of the club's *social activities*, club trips in particular. She organised our wonderful Tenth Anniversary Dinner and the highly enjoyable trip to the Hastings Half marathon last year, this years coach trip to the *London Marathon*, last year's club Christmas Run. Together with Chris she organises the club trip to the Great North Run and an August Bank Holiday barbecue, and was quite deservedly voted our 'Club Women of the Year' for last year.



**Mike O'Hara (right)** One of our newer committee members, Mike was involved in with the *Bypass Run* as a member of the organising committee..



**Paul Roberts** New to the committee this year, Paul has previously been involved in the course organisation at our race events and is *Assistant Race Director for our Half Marathon*.

**Lesley Davies** Again, new to the committee this year, Lesley has already taken a prominent role in several aspects of the club life, organising things on the social side, leading her own training group (and currently qualifying for the *BAF Club Coach Level 1* award), organising our end of the Tavistock Relay arrangements (see later on in this magazine!) and representing the club at the odd meeting. Lesley also lends Pete a considerable amount of support in organising the Half Marathon.



You don't have to be on the committee to help out....

**Jack Keenan** deserves a mention in that, although he's not on the committee, he is our *Press Secretary*, and also represents the club on the *Bedfordshire AAA Coaching Committee*. Jack is also a qualified coach and leads his own group.

## DEAR AUNTIE ALICE...

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

*Before I answer my latest postbag, I would like to make it quite clear that there is no fee of charge for any consultation and everything is done in the best possible taste!*

Dear Aunty Alice,

Since I became a victim of Chris Cottam's persuasive sales pitch I am now the proud owner of every item of Bedford Harriers kit currently available. My problem is - I find myself scouring the shops for personal items of clothing in colours of black and yellow. Not satisfied with this, I have currently decorated my lounge with yellow walls and black paint work- it looks lovely. Please, can you help me? Sad Person, Beds & County

*Dear Sad Person of Beds & County (try joining the Harriers)*

*Owning every item of Bedford Harriers kit is admirable, but there are just not enough days in the week to wear it all. And we are all guilty of shopping for yellow and black bric-a-brac. Your lounge sounds very avant garde. I will remember to wear my sun glasses when visiting your pad. Have you thought about going into interior decorating - Bodgit and Scarper, decorators of distinction.*

*Auntie Alice*

Dear Auntie Alice,

During the club warm-up I find my eyes drawn to one particular club member. He is mature in years, face rugged from his outdoor activities, legs long and lean, resembling the golden arches of McDonalds. He gyrates his hips like no other can. A tingle goes down my spine and I go weak at the knees. I would love to join his group but I fear I would not be able to control my primitive urges if I found myself alone with him. What can I do?

Lovestruck

*Dear Lovestruck*

*Club warm ups are a time for social interaction (eyeing up the opposite sex). You find your gazes fall upon one mature club member. You like the cut of his jib. The 1956 Hula Hoop Champion with those gyrating hips. Your spine turns to custard when he smiles at you. Don't be shy, tell him how you feel. You may be pleasantly surprise. Go for it- women on top every time!*

*Auntie Alice*

Dear Alice,

My running partner has recently been discussing with me whether platonic relationships can ever stay that way. I have no objections to the arrangement, but would like your advice on the following:

- a) Where can I purchase one of these platonic gizmos?
- b) How long will the batteries last?
- c) Will she now get her kit off? **Manbehavingbadly, Duck Rise**

*Dear Manbehavingbadly (Drake Ascending)*

*Your running partner obviously feels very safe with you whilst out running knowing, as she does, there will be no sexual harassment as you are completely harmless. But you both have a wonderful spiritual relationship which must be very special. Don't let sex get in the way of a beautiful friendship. To answer your three questions:*

- a) Any good hardware store (Goldings).
- b) They don't need batteries - they are hand operated, instructions include.
- c) Have you tried asking her? *Auntie Alice*

Dear Alouses

As my running colleagues (you know, those carrying umbrellas) will know I have a phlegming problem. My dietary consultant has suggested a diet which I am assured will cure the problem in time. The regime consists of scrapings of aardvark hooves and fluff from the navels of Buddhist monks (soya substitute is allowed on Tuesday only). Could you advise on:

- a) Is she trying to kill me?
- b) Will she now get her kit off? **Spitty Muldoon (Mucus Way)**

*Dear Spitty Muldoon (Sinus Drive)*

*I have never seen a Harrier running with an umbrella. I thought that they were just pleased to see me! Your dietary consultant has got it all wrong. Have you tried good old fashioned meat and two veg? It's what made this country great. If you were a footballer your phlegm would be an asset, when you're not dribbling with the ball, you could have a good cough and spit, and know that half the nation is watching you on TV.*

*In answer to your questions:*

- a) I think she is after your life assurance.

b) *Try sending her some flowers*

Dear Uncle Alice (and you think I've got problems!)

I read in a recent article that the toe nail is now officially an erogenous zone. I would like to explain to anyone who notices my feet in the showers that I have not been abusing my body. The black nails are caused by running down hill in tight shoes. By the way, any advice on running with an erect little toe? Frohicke (giving perversion a bad name)

*Dear Frohicke (Saliva Way)*

*Erogenous zones can sometimes get in the way of having a good time. They end up getting all the attention. But the whole person is neglected. It's all to do with pleasing, and wanting to be pleased. I thought it was getting a bit deep and meaningful too. As to your black toe nails, if you will run down hill in five inch heels, you are asking for more trouble than tight calves! I am not going to mention buying yellow nail varnish for your black toes - we are all club colour mad as it is. A pair of bolt cutters should sort out your erect little toe. Just snip it off! It would give some of us the chance to dress up in our nurses uniforms!!* Auntie Alice

*Dear Auntie Alas*

I have recently purchased a bottle of sensual massage oil which states on the label - "Not suitable for intimate use". So what can I use it for? Is it safe for me to use it to test the platoniness of my running partner? Vikel Vin Rouge

*Dear Vikel Vin Rouge*

*More harping back to platonic relationships! Let me give you an age old recipe, handed down to me from my great great grandmother, bless her:*

*Take one bottle of sensual massage oil.*

*Two platonic friends.*

*Three spoons of understanding.*

*Four fluid ounces of laughter.*

*Five large embraces.*

*Six cups of joy.*

*Fold all the ingredients together, leave to soak overnight. Then cook gentle in front of a log fire. Perfect results every time.*

*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. and your letter will be passed on for her to reply to.*

*Sorry, letters answered on this page only, no personal correspondence*

## Racing Round Up

### **NIKE RUNNING SHOP EAST MIDLANDS GRAND PRIX SERIES**

*Milton Keynes provided a fitting conclusion for the Nike Grand Prix Series. A series which began at Silverstone in May, has clearly captured the imagination, and generated its own unique atmosphere. Each race presented its own unique challenge to all who participated, and Milton Keynes provided an opportunity for some to improve their final overall position. It was pleasing to attain personal goals throughout the series, and a clear factor in such attainment was the support and encouragement of fellow Harriers. A fun packed series.*

*Finally a word of thanks to Tony, Colin, and Lesley, for providing transport throughout this incredible series.*

3.7. 1 996 philip.j.gray.

This year saw a real breakthrough for the club, with us getting amongst the prizes for the first time in what is a high standard of competition, attracting competitors, up to county standard, from all over the East Midlands and further afield. Tony Barnes finished 5th Senior Man and Avril Thomas 5th Senior Lady in the series. Consisting of 8 races, each runner's best 5 places to count, the series starts (as Phil says above) at Silverstone Grand Prix Circuit at the beginning on May and takes in Rugby, Market Harborough (Gartree Prison), Corby, Bedford, Weedon and Banbury before finishing at Milton Keynes on July 2nd. Race distances are either 5 miles, 6 miles or 10K, and being evening races, it's a lot cooler than racing at the weekends at this time of year. Some are flat and fast like Corby, Silverstone and Milton Keynes, whilst some, like Weedon especially (*which Mr Barnes ducked out of!*), have a bit more 'character'. A number of Harriers completed five or more races; Chris



Armstrong, Tony Barnes, Colin Bennetts, Barry Bright, Alice Crook, Lesley Davies, Ray Evans, Sue Forth, Phil Gray, Graham Horne, Max O'Driscoll and Avril Thomas; and a good number of us hung on till getting on for 10pm after the last race to see Avril and Tony get their prizes. The number of Harriers trying to do the full series seems to be increasing every year - why don't you give it a try? *Graham*

**Placings:**

Avril Thomas	Senior Ladies	5	Tony Barnes	Senior Men	5
Alice Crook		12	Graham Horne		34
Sue Forth	Lady Vets 35 +	10	Max O'Driscoll		43
Christine Armstrong	Lady Vets 40 +	6	Paul Doherty		49
Lesley Davies		9	Phil Gray		62
			Barry Bright	Vet 40 +	26
			Colin Bennetts	Vet 45 +	18
			Ray Evans	Vet 50 +	10

The Eastern 10 Mile Road League ended in a similar fashion to last year with Bedford Harriers AC taking many of the prizes on offer. As well as a large number of individual trophies, the club was also awarded 2nd Mens Team and 1st Overall Team (I lost count of the number of people who actually scored for the team prize across all the races!). Congratulations to everyone (and my apologies for any errors in the list!)

Tony Barnes	A	1st	Colin Bennetts	D	2nd Vet
Mark Whiteman	B	1st	Avril Thomas	L	3rd
Lyndon Ingerson	C	2nd	Jeanette Cheetham	LL	1st
Paul Doherty	C	3rd	Christine Armstrong	LL	2nd
Barry Bright	C	2nd Vet	Lesley Davies	LL	3rd
Paul Sharman	D	2nd			

The Harriers seem to have been picking up trophies all summer. Avril and myself have regularly been finishing in the top three and both the ladies and mens teams have come away with the silverware (or should that be woodenware) from a number of races. The veterans too, have been winning their share of prizes. Let's hope this strong running is maintained throughout the cross-country season and on into 1997.

**Flitwick 10K** The Flitwick 10K in April saw another excellent turn out for the Club (50 runners in total) in a race that was once again used for our **Club Championship**. Conditions were nearly ideal and brought about some very quick times (even from me!). If you managed to win one of the Club Championship trophies then it may be a good idea to turn up to the Christmas Run/Awards evening to collect it!

SM	Tony Barnes	32:26	SL	Avril Thomas	42:39
V40	Alan Smith	37:20	LV35	Sue Forth	48:16
V45	John Marchant	42:45	LV40	Chris Armstrong	47:50
V50	Ray Evans	42:25	LV45	Jacky Keenan	45:53
V55	Maurice Crook	37:41	LV50	Muriel Moore	64:11
V60	Brian Cornwell	45:14	LV55	Irene Cornwell	56:32

**London Marathon** The London Marathon was held late in April and it turned out to be the warmest day of the year so far (which was good for me as I spent the day strolling around in the sun!). This caused a number of runners problems, with their target times having to be abandoned, but there were still some who coped with the heat (and missing the coach!) and managed to set personal bests. Congratulations to everyone who finished the course, and once again thanks to Jude for organising another successful venture.

**County Championships** Does everyone realise how much success we've had at **County Championships** this year? As well as taking the ladies team title at the Leighton Buzzard 10, Avril and I both took the individual titles and did the same again at the 1/2 marathon. Brian and Irene Cornwell have picked up a multitude of category placings, as have Jacky Keenan and Maurice Crook, who actually took 1st vet 40, 45, 50 and 55 at the Shuttleworth 20! At the same race I completed my hat-trick of individual titles. We can now look forward to the Cross Country Championships at Biggleswade in December with places in the UK Inter-counties at stake.

*Tony Barnes*

**FAIRLANDS VALLEY RELAYS**

A sentiment I've quite often heard expressed (and have probably thought myself at times) is 'Oh, it's not worth going that far just to do 5 miles' (or 5K, or maybe even less). People often seem to measure the worth of a race, and I suppose, the effort they put in, in terms of how far they run. Those of you that have done the mile time trial will well know how it's just as hard running over shorter distances, and to my mind it's perhaps even harder because the discomfort, the breathlessness, is there all the way and is more intense in shorter races. I think those of us that opted to go to the Fairlands Valley Relays in Stevenage on July 24th rather than go training that night will all tell you that they definitely didn't choose the easy way out!

The Relays consist of teams of 5 (for men) or 3 (for women) racing over a 4K (2.5 mile) circuit on tarmac footpaths and pathways round Fairlands Valley Park - a bit undulating but not too bad, and being round a lake and parkland - an attractive setting. We entered two men's teams and one ladies (out of 30-40 teams altogether). This is one event that you're not going to take too long to recover from, yet the short sustained hard run will have done you at least as much good as the club training you've missed. It certainly made a change from training round the same old routes and it was enjoyable too, walking, jogging about the park cheering our other runners on.

Our Men's 'A' team finished 7th, the 'B' team finished 13th and the Ladies came 14th. Difficult to single out individual performances over a distance for which none of us have any known form, but for the girls, Chris Armstrong ran a storming final leg to make up several places, and likewise Tony Barnes for the men. All credit to Phil Gray and Paul Doherty for gamely turning out at short notice.

For those that fancy having a go at a relay, the club will be entering teams (all standards welcome) for the Verlea AC Cross Country Relays at St. Albans (2 1/2 miles) on Saturday September 20th or the Vauxhall Relays in early October, a scenic course of about 4 miles around Luton Hoo. Why not give it a try?  
**Graham**

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## Coaching Corner

Have you read my little poem yet? Seriously, we should all be wearing light and reflective clothing in the winter months. It reduces the risk of running accidents.

The things coaches say: *Pain is different to discomfort - it's nature's way of telling you something is wrong. So ease off running and repair minor damage before it gets worse.* The things coaches do: *continue running with back injuries or, in my case, run the last 18 miles of a 20 mile race with sore Achilles tendons.* One would think we'd know better!!

Most of the club train at Rowney Warren or Chicksands Wood during the summer. It makes a pleasant change to have a relaxing but hard session off road. However, it can be dangerous. We've all slipped or tripped at some time over the years but usually we just get up and carry on. Brian McCallen was not so lucky. He landed awkwardly after a fall and ended up in Casualty with a broken hip. So this is a gentle reminder - if you want to train off road, take care (and having a training partner with you is a good idea too!).

There has not been a lot of activity with regard to getting group leaders qualified to Club Coach Level 1 as the summer sees those who coach the coaches involved in track and field. Hopefully we'll soon see Lesley Barnes, Chris Cottam, Lesley Davies, Viv Kilgour and Christine Armstrong all qualified to Level 1 (they are due to attend the final day of their course November) and perhaps even one or two of us at Level 2.

The beginners group has been the subject of much discussion amongst the group leaders. The group was taken by Jacinta for a long while and we set up a rota system amongst the other groups so that there would always be someone in charge should Jacinta not make a training session. However, with Jacinta injured, the group gets a different coach every session which does not do much for continuity. Don't worry - we're not ignoring the problem but trying to formulate some longer term strategy, which will not happen overnight. If anyone has any ideas please let me know.

Talking of beginners - a word of advice. When you start increasing the number of times you run and increase the mileage you should think about the shoes you are wearing. Every time you put your foot down on the floor the shock of the impact is transmitted through your legs. If the shoes you are wearing do not have sufficient cushioning to absorb the shock (i.e. they're worn out, are not proper running shoes, or simply do not contain enough cushioning for someone of your size) then you could be in line for an injury. Anyone who, like myself, wears Saucony running shoes should be wary of buying a new pair by mail order. It seems that they have changed the sizing system (I don't know if this is true of all US shoes or just Saucony). I tried a pair on last week which should have been the same size as my previous, identical shoes but they felt 1/2 size smaller. Watch out!

We now have a new training group in the club, in between Chris Cottam's and Steve Gaunt's. This is being led by Pete Davies who will be aided and abetted (possibly) by Steve Clark. Although, apart from someone regular to take the beginners, we seem to have enough groups and people to take them at the moment, if there are any other runners in the club who feel they would like to help out by taking a group, or helping to take one, please let me know for future reference.

Finally, a reminder (if this magazine gets to you in time!) that the next mile time trial will be on Wednesday September 29th, and will hopefully be started by Carol Jackson, the County Athletics Development Officer (about whom there is elsewhere in the magazine).

**TONY**



**CHRIS AND JUDE'S BARBECUE, 27th August**

And a very good time was had by all...Please don't offer me another doughnut till at least next year!.

Thanks, Chris, Jude and Denise, for your hospitality, on behalf of all of us



**RIVER FESTIVAL:**

*Barbecue at the Sports Village*



## The River Festival

As you know the Harriers were involved in various aspects of the River Festival. Angie Bright took the job of co-ordinating everything and making sure the various subgroups were all doing what they were supposed to, as well as being involved with the float and fun run. The two days were a success as far as the Club was concerned and a number of new members have appeared because of it. Below is just a taste of what went on.

### The Parade

Preparations for the River Festival parade started way back in February when we were all tasked with coming up with an idea for a float. It was Linda Thurston who came up with the idea of having a big yellow bird, reminiscent of the old 'dipping ducks', wearing running shoes. The head was formed at Linda's and the rest of the body assembled in John Cheetham's workshop with, naturally, Linda doing the artwork for the shoes and overseeing the painting. After a number of afternoons spent painting and a lot work in between from John and Pete Davies, Big Bird was ready to take flight. The bird was transported to De Parys Avenue on the back of a pick-up (what was that joke about picking up a tall bird?) and we then had to wait for the grand parade to begin.



*Well, SOMEBODY has to supervise....*



*I may need some help with this!*

The crowds around the route of the parade itself were a little quieter than we expected. Some of the younger children liked the bird but the older kids weren't bothered (it didn't help that we had to follow a major car company who were giving out loads of Euro96 goodies!) and the adults - I think someone forgot to tell them they were meant to be having fun! But we enjoyed it, and even joined in with the Morrismen when they had chance to strut their stuff.

My thanks go to everyone who helped in some way or other with Big Bird, but especially Linda for the artwork, Pete and John for their technical assistance in actually putting the bird together, and Jeanette for allowing us to spill paint on her patio (as well as co-ordinating things). - Tony

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### The Fun Run

Over 50 runners and joggers took part in the Harriers Fun Run on the Sunday morning. It was over a three mile course from the Sports Village, along the Embankment and around Priory lake. The first home was Terry Pod, aged 14, who was presented with a watch for beating all the Harriers (including Tony!). The most important aspect was everyone seemed to enjoy themselves and it all ran like clockwork (even if the lead runners did give some pedestrians a heart attack!). - Lesley

**The Sports Village should hopefully have been covered by the Chairman's piece elsewhere in this mag.**

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### Cross Country League 1996-97

Yes, it's that time of the year again. The cross-country season starts in a few weeks time and as in previous years Bedford Harriers AC will be taking part in the local "Today's Runner" league. Once again we need as many Harriers as possible to do the league races, irrespective of standard. We had reasonable numbers of athletes last year but we were let down on one or two occasions. This year there will be a trophy for the top Bedfordshire club, and I see no reason why we can't aim for that title.

These are some notes from a meeting held at Wigmore Valley Park on Tuesday 27th August 1996, attended by myself and Lesley. If anyone needs any more information about these races please come and see me.

1. Derek Sims of Wootton Road Runners has taken over from John Catlin of Dunstable Road Runners as League co-ordinator.
2. All rules will remain unchanged. This includes the scoring system, 7 men including 2 Veterans and 3 women including 1 Veteran will score, and the use of second claim runners (this was of benefit to us last year and hopefully will be again).
3. It was decided that 5 races would be sufficient in an already crowded calendar with the best four races to count. This allows the league to finish well before the critical point in London Marathon training SO NO EXCUSES THIS YEAR!! Provisional dates and host clubs are :  
27 October -North Herts Road Runners; 24 November -Leighton Fun Runners; 22 December -Bedford Harriers AC; 12 January - Ampthill & Flitwick Flyers; 9 February -Wootton Road Runners
4. Trophies will be presented to the winners of the league and the best male/female athletes over the series, as last year. There will also be a trophy for the top Bedfordshire club.
5. Riverside Runners have decided to rejoin the league in place of Little Paxton, as they appear to have absorbed most of the Little Paxton runners!
6. ARO sports are once again going to sponsor the league by providing numbers, hopefully 100 per club. There will be a £10 registration fee for the club to cover administration costs. Entry fees for races will once again be set at £1.50 for club runners and guests. However, if the guests are unattached then a 50p levy should be charged and sent to the SEAA.
7. View From are possibly going to get involved with the league and it will be called an "All Terrain League" - we seem to be one of the few Divisions trying to run pure cross-country!

Tony  
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*IT'S ALL ABOUT US PENGUINS !*

<p>YOU ARE COMING BACK WHILE I'M STILL GOING OUT</p> <p>BUT I DON'T CARE</p> <p>YOU ARE ON THE ROSTRUM WHILE I'M STILL IN THE SHOWER</p> <p>BUT THAT SEEMS FAIR</p>	<p>I STILL DID THE DISTANCE I STILL FELT THE PAIN YOU CROSSED THE LINE IN SUNSHINE BY THE TIME I DID IT RAINED</p> <p>BUT WHEN ALL IS SAID AND DONE</p> <p>YOU AND I</p> <p>WE BOTH HAD FUN</p>
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**The Day I Ran A PB**

Well actually I've achieved a good few PB's in my ten year running career but I can describe them all in one word - PAIN ! The day of a PB seems to me to be identical in every case and can be split up into three stages.

**1. BEFORE**

You climb tentatively out of bed and decide that today is not a good day for running. Once at the race venue you join your fellow runner and tell each one in turn why you won't have a good run. You then proceed to walk along rubbing which ever part of your anatomy you think is going to hamper your run most, ensuring everyone sees you and that the message gets across loud and clear.

At the start line you joke about how much alcohol you consumed the night before and you tell your friendly club rival that you'll see them in a couple of hours. (The time is relative to the distance of the race of course.)

Then the gun goes off.

**2. DURING**

Push, push, push, pain, pain, pain. You are now determined to a PB at all costs and the statement going round and round in your mind is 'you've got to keep going, keep going, keep going .....

This is a flat bit so push hard .....

This a downhill so stretch out .....  
This is a long hill ! You *MUST* keep this pace up .....

All the time, the whole way round you have to keep up the barrage of torment in order to keep those legs going and *NOT GIVE IN*.

Your lungs are bursting and the route is a blur around you. You can't gasp a thank you to the marshal and you can't encourage the fellow Harrier you are passing and all you can hear in you head is '*got to keep going*'.

The half way time is shouted out and you are elated because you are achieving something, but to reach your final goal you've *got to keep going*.

The last two miles/kilometres you are flying but still you can't let up, you have to keep the pressure on, you have to *keep going*.

Finally .....the finish line and you've done it !!!

### 3. **AFTER**

A wonderful mixed feeling of elation, satisfaction and complete exhaustion. The congratulations of your fellow Harriers who are always happy for other to do well. The post mortem of the race and the discussion of who you passed and exactly where. The precise points that you felt good and all the other where you felt lousy. The feeling that you don't want to go home and the loss of memory about the 'injury' you had earlier or the 'alcohol' you had the night before. The question in you mind about you ability to train tomorrow night and the unconscious decision that YES, it was all worth it.

JEANETTE

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## **THANKS, JEANETTE**

As you may know, Jeanette Cheetham has asked to stand down from the committee, after a good few years service (at least five, I think), to give herself more time to devote to other interests, and with great sadness, the committee has understood and accepted her resignation.

Many of you will know that Jeanette has been very much an active member who's put a lot into the club. She's not just been someone who turns up for the committee meetings, but someone who has turned her hand to many tasks. On the social side, as social secretary she's organised many trips and events, most notably perhaps our annual Christmas Party, the regular bowling and dog racing trips and the Yarmouth trip. She has always been on hand to help out at races, as a graded official time-keeper, and leads her own group on training nights. This last few months have seen her as Vice Chairperson of the club. On behalf of all the committee members who've worked with her, and I'm sure, on behalf of the club as a whole, I'd like to say a very big '**Thank you**'. Jeanette will be still be continuing to help out with club events, and will still continue as usual leading her training group.

**New Vice Chair** At September's committee meeting, Tony Barnes agreed to take over as Vice Chair, at least to the next AGM.

With Jeanette's resignation, there is also now a **vacancy for a committee member**, for which we've had five people interested. In view of the interest shown, and the difficulty we felt we'd have in choosing someone from what are all excellent candidates, we felt it better to let you, the members, decide (democracy rules, OK). Ballot papers will be distributed soon **GRAHAM**

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## RACES September-December 1996

Sunday	September 29th	Great Barford Half Marathon
Sunday	October 6th	Vauxhall Relays, Luton
		Standalone 10K, Letchworth
		BAF Men's 10K, Women's 5K, Solihull
Sunday	October 13th	Ridgeway Run, Tring (multi-terrain)
Sunday	October 20th	Sharnbrook 5
Sunday	November 3rd	Marlow Half Marathon
Sunday	November 10th	Stamford Charity 5
Wednesday	November 13th	Henlow 10
Sunday	November 17th	Stortford 10, Bishops Stortford
Saturday	November 23rd	Wolverton 5 *
Sunday	December 1st	Luton Marathon
		Nene Valley 10, Peterborough *

## Cross Country Fixtures

Saturday	September 21st	St. Albans Relays
Sunday	October 27th	Today's Runner League, Letchworth
Sunday	November 3rd	Amphill Trophy *
Sunday	November 24th	Today's Runner League, Leighton Buzzard
Saturday	December 13th	Beds AAA Championships, Biggleswade
Sunday	December 22nd	Today's Runner League, Bedford
Saturday	January 11th	UK Intercounties Championships, Luton
Sunday	January 12th	Today's Runner League, Flitwick
Saturday	January 18th	Stopsley Relays
Saturday	January 25th	SEAA Championships, Parliament Hill
Sunday	February 9th	Today's Runner League, Blisworth
Saturday	March 8th	English National Championships, Havant

\* denotes to be confirmed

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.....And the rest of the news ...

## Cranfield 10K

All in all the race appears to have been a success. This year's race received a record number of entries (530), with 475 finishers. There was good spectator support on the day, particularly around the Cranfield campus. There was a slight problem with the results due to runners leaving the finishing funnels before they had been recorded; funnel control will therefore be improved next year, with a funnel manager appointed to oversee that area of operations. There had also been a slight problem with the fun run in that a left hand turn was missed, but fortunately this had not proved to be too serious - an extra marshal or arrow will be deployed next year.

With regard to next years race, Mike Devonshire has said that he is now stepping down as Race Director. It is hoped that, now the Bypass Run has passed off successfully, Barry Bright will be in a position to take over as Race Director. Despite initially saying that their sponsorship would be a one-off, Budget have indicated that they may well be interested in continuing next year. It has been suggested that the idea of moving the race forward a week (to the first Sunday in June) be considered. This would avoid a clash with the Flitwick Fun Run and would therefore enable the Amphill & Flitwick Flyers to take part, giving us perhaps up to another fifty entries.

Mike reports that all sponsorship money was now in, with the exception of that from Richard Canvin - please give him a nudge if you see him!

## Oakley Race

If you haven't read the notice board copy of the committee meeting minutes recently, you might not have seen that the club is to stage a new race in the spring, aimed primarily at those training for the London Marathon. Starting and finishing in Oakley, the event is largely the brainchild of Chris Cottam, who will be the Race Director. There will in fact be **two races**, a two lap course of about **17 miles**, and a single lap course of **9 miles**, both with a small extra lap round the village to start, taking in Stevington and Pavenham (on the same route as the Stevington Run). Subject to confirmation of the availability of the requisite facilities and a race sponsor, the race is expected to go ahead on **Sunday March 2nd**. Most distance races at this time of the year are well attended, with runners looking for long runs to build up their endurance for London, whilst the shorter run will hopefully have a more general appeal, so hopefully we will get a good turnout.

However, at present, a sponsor is still being sought -**CAN YOU HELP?** If you can, or know someone who might be able to, please let Chris know (you can phone him on Bedford 825858).

Chris has also suggested that Paula Radcliffe, who lives in the village, might be approached to start the race..

**Welcome** to the following who have joined us since the last magazine; Nikki Linford, David Tresser, Pam Reid, Kim Rogerson, Leslie Dick, Joanne Outlaw, Jackie Lawes, Sandra Elliot, Bob Graham, Mike Wood, Janet Armstrong, Vern Guest, Franck Monmont, Alastair Fadden, Robert Newton, Trevor Willson, Tony Awton, Gary Richardson, Darren Armitage, David King, Carol Butterfield, Roger Carew, Tim Beacon, Gordon Baxter, Len Donovan, Paul Harpin, Phillip Turvey, John Sawford, Ian Weaver, Ruth Moffat and John Waugh.

Sadly, one of our longest standing members, Bob Wood, has decided to resign from the club in view of his continuing injury problems. Also, James Potter has moved to the Newcastle area and has joined a local club. We wish them well.

### **Athletic Stadium**

A lot of you probably will have noticed a large green 'box' appearing next to the hedge nearest to the 'Tidy Tip'. That's our new lock-up storage facilities. At present there's no lighting or shelving, but Pete Davies is seeing to it. If you fancy helping out, Pete may well be glad of your help.

**Smelly drains and dodgy showers** The blocked drains in the men's showers have apparently been sorted out, and the ladies showers are 'working beautifully' (so I'm told!) at the present time. Thank you, DSD.

**Design a sign** The club is also looking into having an advertising board on the fencing around the track perimeter. Hopefully our resident signwriter, Mr Norman Beckwith, will do the honours for us if we ask him nicely, BUT FIRST WE NEED A DESIGN. If you have a good idea for the wording, or a slogan, or suchlike - please let anyone on the committee know.

Mike Dev reported that he'd unfortunately missed the last meeting as his exhaust had dropped off! The new lock-ups are now in place - they do not have any shelving or lighting as yet.

**Change in management structure** The old style 'management committee' will now become a 'users committee', with two representatives from each club. This change is due to the old limited company set-up being voluntarily wound up later this month. This will not result in any changes that will be apparent to those of us using the Stadium -it will be very much 'business as usual' as far as the day to day running of the facility goes (as far as I am aware).

### **Social**

I'm sure that those of you that attended will have enjoyed the **quiz night** - thanks for organising it to Chris. If you have **any good ideas for social events, or club trips, please let us know.** The committee is particularly keen to encourage anyone who is willing to organise an event themselves. Let us know what you'd like to do and we'll do our best to offer you the club's support.

### **Press Coverage**

Our coverage in the local press seems to be going from bad to worse. It's not that we're not putting the reports in - it just seems that with the papers only being willing to find a limited amount of space for sport in amongst the adverts (which, after all, is how they bring in their money) we get squeezed out more often than not, particularly with big things happening at the town's biggest sporting institution, the Rugby Club. It seems the only surefire way to get in the press is to get drawn into a scandal of some sort.. This is all very disheartening, but we shall continue to persevere - perhaps we should spice up our race reports a bit! Sadly, also, nothing seems to have come of our efforts to interest the running magazines in our club - last year's idea of an article on our tenth anniversary didn't bear fruit, but thanks should go to Jack for his continuing efforts on our behalf. Getting some form of coverage for events from BBC Three Counties Radio has been suggested - anyone have any ideas?

### **Lost Cause (?) No. 1 - The Tavistock AC Relay**

Earlier this year, you might have heard that Lesley Davies received a letter from **Tavistock AC**. They were planning to run a relay from the Duke of Bedford's statue in Tavistock to a similar landmark in Bedford, on the weekend of July 27th/28th, to raise money for an athletics track, and asked us if we would like to join them in the latter stages of this. It was agreed that this looked like it could be an interesting and enjoyable occasion so Lesley wrote to them, suggesting that they end their relay in Woburn, and offering them our help. We offered them hospitality and the possibility of accommodation, and Lesley is also invited them to the Cranfield 10K, as this would have given us opportunity to meet with them and further the arrangements. Lesley also wrote to Woburn Abbey and had been given permission to finish the run there. Tavistock's initial response was slowed by the trouble they were having in setting up a sub-committee, but, after hearing that they'd postponed it from the original date but were still hoping to stage it sometime, Lesley still awaits further news from them. *STOP PRESS: Apparently some of them are coming up here for the Half Marathon.*



## **Lost Cause No. 2 - Links with Arezzo**

Earlier in the year -( or was it last year?), the club was approached with regard to linking up with a club in Arezzo in Italy (a town Bedford is building up twinning links with). Chris Cottam volunteered to write to the club, and we've been waiting for their reply... and waiting, and waiting....Maybe Geordie doesn't translate too well into Italian.

## **Bedford Borough Athletics Development Committee**

The club has been invited to get involved in the setting up of a Bedford Borough Athletics Development Committee. The letter invites us to nominate and send a representative to a meeting on Monday July 8th. In view of the short notice, unavailability of some members due to holidays and training commitments, we couldn't nominate someone by the required deadline, but we wrote to the Borough Council saying that we'd be interested in sending someone along to future meetings (if they are agreeable to this). We are currently awaiting their formal response, but, in the meantime, the question of who will represent us remains to be decided. Are you interested? Let anyone on the committee know if you are.

## **Club flag ?**

Mike Devonshire has raised the idea of having a club flag - what to you think?.

## **Trophy cabinet**

Pete Davies has finished making a trophy cabinet for the club, to be mounted on the wall in the bar. Pete and DSD are still trying to decide which wall, however, as obviously such a cabinet will be rather heavy, but keep your eyes open - it may be in place soon. Then all we have to do is fill it and ask Pete to build a new one (and judging by the number of trophies that our club and its members win these days -that's perhaps not as daft as it sounds).

## **Trouble on the track ?**

Ange reported that her group had encountered a little trouble with someone wearing a Colworth Striders vest impeding them on the track in training a month or two back. From my experience of working on the track this is pretty much an isolated incident, but we've been told that we have priority on the track on our club nights, so anyone having any trouble with any such idiots should let the DSD management know (You have got a valid track ticket, haven't you?)

## **News from the Beds AAA**

Myself and Pete attended the Bedfordshire AAA committee meeting on Friday June 21st. Dennis Johnson, spoke on behalf of the Beds. Funding Sub-Committee, with regard to the funding of the post of County Athletics Development Officer for the coming year. For those of you who don't know, the post is currently filled by Carol Jackson, an extremely hard-working lady whose basic remit is the promotion and development of athletics throughout the county. A lot of Carol's effort is spent in working with schools, both to educate and inform children and teachers alike, something which is obviously very important in safeguarding the future of athletics when one considers the competition from other higher profile sports that more readily capture children's attention through the media, such as football. Carol also organises coaching courses for clubs and leisure centre staff, coaching clinics for local athletes, helps clubs in the formulation of their own development plans and promotes athletic events in the county, including high profile events such as the 'Bedfordshire International Games', and promoting other initiatives such as awareness of problems such as abuse of children (and adults alike). In brief, the funding for the position runs out at the end of this year, and if Carol Jackson is to remain in the post, alternative funding (to the tune of £30,000 p.a.) must be found from the athletic institutions, local council, schools, athletics clubs and so on. There is the hope that in subsequent years funding may become available from the National Lottery, but the immediate problem is to find the funds for next year, and Dennis's letter asks that we consider offering a contribution towards the cost.

The Beds AAA committee voted to pledge £500 this year and £500 next year (subject to review) towards her funding - this may well mean that the affiliation fees that clubs pay may go up slightly to offset this to some degree. Our club has subsequently received a letter from Dennis, asking that we consider pledging money towards her funding. It was generally agreed at July's committee meeting that although the club might not see many direct benefits at present, other than in the organisation of coaching courses that a number of us have attended, that we should contribute towards something that is of great benefit to athletics in the county in general and also offers us the opportunity of assistance in developing our own club should we wish to. Some concern was voiced that pledging too great a sum might be considered by some to be beyond the remit of the committee, so bearing this in mind and considering that the benefits might well seem intangible to members not aware of what the post entails, it was unanimously agreed that a sum of £100 be pledged for 1997, with subsequent contributions to be reviewed annually. Whether the Beds AAA take up our offer depends upon them getting the rest of the funding, to get £30,000 will require some major contributions from the national and regional institutions.

## **New vests**

As you will probably have seen, the word 'Bedford' has been added to the design of our new vests. This followed some concern that our colours were a bit similar to one or two other clubs, so Chris decided to put 'Bedford' on the front (and we've OK'd it with the BAF). The new vests are made by RonHill and are selling well, as are the new crop tops for the ladies.

**Bedford-Bamberg Sports Festival - May 1997**

Bedford Borough Council have asked the club if we'd like to host the proposed road racing event of the festival - this would involve accommodating team members from Bamberg and organising a road running event and some form of social event. We've agreed that we should take up the offer, but suggested that an existing race, such as the St. Neots 10K, Sharnbrook 10K or the Chaser Course event being planned for next year be used to stage the competition. We await further developments.

**Nescafe Coffee Morning for the Macmillan Cancer Relief Fund**

We've had a letter from the Macmillan Cancer Relief Fund, asking if the club would like to take part in a national 'coffee morning' to raise money for them. I've put the notice on the board, for anyone to take up should they wish to.

+++++

*Congratulations Graham and Jacinta*



*Yes, I know it's been a long time since the last issue of this magazine, but I have a feeling Graham and Jacinta have had more important things to organise!*

*Tony*

*We would both like to thank everyone for the wedding presents they gave us (we will get round to sending out our thank-you letters very soon!), and we both hope that all of you who came to our reception had a really good time; we're only sorry that we weren't able to invite a few more of you.*

*Jacinta and Graham*