

# HARRIERS

MAGAZINE Spring 1997



*Last year's Great North Run trip - the crowning moment - for Trevor at least!*

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DIPSTICK - NEWS - TRAINING - POEMS - SONGS - PHOTOS ..***

*Plus: This year sees IVA BARR reach her seventieth year, and her tenth year with the club...and she's still going strong, regularly picking up prizes and having just completed her ninth London Marathon. In recognition of her achievements and her contribution to the club, the committee have decided to award to her the privilege of HONORARY MEMBERSHIP of the club. We've a brief interview with her...*

## CHAIRMAN'S COLUMN

We are once again into a new Club Year, which means your new membership is due.

As you will read later we have some new committee members and I am sure, as with all previous members, they will drive the club to even better things. Can I thank all the retiring members and wish them well.

As always at this time of the year, I would like to congratulate all the London Marathon runners. As usual, I watched it all from the road side and enjoyed it very much. I must admit I am now tempted to do another marathon in the not to distant future.

The next major club event is the Bedford Bamberg Sports Festival on the late May Bank holiday. We have found hosts from the club to accommodate all our guests. Now all we have to do is to encourage all club members to take part in the Sharnbrook 10k on the Monday, to compete against the Bambergers and show them not only that we are a very friendly club, but can run as well. Lets make it a huge turn out. All runners could affect the scoring because it is calculated on the same basis as the cross county events. Enter in the normal way but you must have your number marked by the team manager on the day of the race. ( Marlene Devonshire )

There will also be a barbecue held on the Saturday evening for all club members and their friends held at the track. Tickets will be on sale very soon. This will be a joint event with Beds and County so numbers will be limited.

Some of you might have noticed that there is a small growing group of runners using HEART MONITORS. If any one feels that they would like to know more about using these aids please let me know and we will get together after training one night and discuss them.

Due to the size of the club, the committee are considering appointing three new positions. A coaching co-ordinator. Male and female team managers. Watch the notice board for more information. Mentioning notice boards, does any one have access to a free standing notice board which the club could use on club night? As you have all noticed the one we use is now far too small.

Can I thank the current editor for all his great efforts in producing this magazine. I am sure he will still be involved but the editorial seat will be taken over by two new members.

Mike Devonshire

## EDITORIAL.

Sorry that the magazine's a bit late again - partly my fault because I've been busy and partly yours because the articles have been a bit slow coming in. Largely because it's difficult to find the time to get the magazine out promptly (I seem to apologise every issue for its lateness) when I've got other commitments to attend to, it's crossed my mind in the last few weeks that it's time to hand over the job to someone else (... new blood and new ideas), although I'd still like to carry on contributing to the mag as time allows. Phil Gray and Brian McCallen have kindly offered to lend a hand, so if you like to write something next time (in the autumn?) or have any good ideas, photos etc, see Phil, Brian or myself. Thanks very much to everyone who contributed this time around.

**GRAHAM HORNE**

## **IVA BARR TALKS TO MRS MERTHORNE**

Being well on her way to a very young 70 years old doesn't stop Iva Barr from being one of the most active members of our club. As the new membership secretary, it was with great pleasure that I informed Iva of the Committee's unanimous decision to award her an honorary membership. Knowing that Iva had been with the club for 10 years had me wondering how she got into the sport and what were her ambitions for the future.....

**WHERE WERE YOU BORN AND WHAT WAS YOUR POSITION IN YOUR FAMILY ?**

**I was born in Portsmouth the first of four children by 14 years.**

**WHAT DID YOUR PARENTS DO FOR A LIVING ?**

**Daddy was a sailor. Mummy had no specific career but like most women in war time she contributed to the income in many ways.**

**WHERE WERE YOU BROUGHT UP AND WOULD YOU SAY IT WAS A MAINLY HAPPY CHILDHOOD ?**

**I was brought up on the outskirts of London in a place called Neasden when my Dad came out of the Navy. There are still two buildings left of the street where I used to live. One of them used to be a Doctor's surgery but has now been turned into flats and the other one is still the home of one of my Aunts. I have very happy memories of my childhood but I don't think it was anything more than an average up bringing. I don't think we thought about things like that in those days.**

**AS A CHILD, WHAT DID YOU WANT TO BE WHEN YOU GREW UP ?**

**An opera singer, an actress, a film star or a nurse. I can't sing but have done some amateur dramatics in my time with the Bradgate Players. It was mainly drama luckily not musicals.**

**WHAT WAS YOUR MAIN JOB/PROFESSION ?**

**I was a nursery nurse. I worked in a day nursery that was also a training school for nursery nurses.**

**AT WHAT AGE DID YOU START RUNNING ?**

**54 ish. It was 15 years ago in 1982. I applied for a place in the London Marathon just for a joke really and got a place. I started running round the block. My son didn't get his entry and he was sure I didn't know what I was doing.**

HAS SPORT ALWAYS PLAYED A MAJOR PART IN YOUR LIFE ?

**Not at all. My PE reports always said 'Iva does not try and shows no interest'.**

WHAT FOOTBALL TEAM DO YOU SUPPORT ?!

**I'm afraid I don't.**

WERE YOU A MEMBER OF ANY CLUB BEFORE THE HARRIERS ?

**Not really. I did start at jog swim which came to my attention because of my keep fit class and Bill Steele suggested I try the Harriers.**

TELL US ONE THING YOU WOULD CHANGE ABOUT YOURSELF OR THE WORLD WE LIVE IN.

**One, there's thousands! I'm whingy, impatient and over emotional. I would like a world where everyone was happy and contented.**

HOW MANY TIMES HAVE YOU RUN LONDON ?

**Nine times. I've also done Bedford 3 times, Huntingdon, Luton and Harrow.**

WHAT WAS YOUR BEST TIME ?

**3 hours 48 minutes and 4 seconds.**

WHAT WOULD YOU CONSIDER THE HIGH SPOT OF YOUR RUNNING SO FAR ?

**A sub 4 hours marathon in 1988.**

WHAT DO YOU STILL HOPE TO ACHIEVE ?

**I would like to come first in my category in London next year when I'm 70+. I have been second before.**

Interview by Jacinta

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## **THE OAKLEY RACES**

*...may I congratulate you on organising an excellent race (9.1 miler), the marshalling was first class on what was a demanding course. Next year I will be including the 16.4 race in the United Trades Club Champs.  
G. Britten, Northampton*

Just one of a number of very favourable comments that have been received about the race. Race Director Chris Cottam reported that the races had gone very well, with approximately 380 entries in total, and Chris felt that, when the sums were confirmed, the race would break even financially.\*

*\* Chris has just revealed that the final accounts show a £300 profit!*

One bit of drama in the week before the race.. Chris received an abrasive anonymous phone call, and a letter from a certain Mr Homer from Stevington, who felt that the race endangered the success of the Stevington Run and made a number of daft accusations against the club. Chris has since received messages from both the Stevington Parish Council and Social Centre, who wished to distance themselves from such unacceptable behaviour. As Chris had been concerned that this person had misled the people of Stevington I wrote, at his request, to both Mrs Geraldine Puckett of the Social Centre and Mr John Ward of the Parish Council, to put them fully in the picture. Fortunately there turned out to be no problems on the day, and whilst marshalling in Stevington, Iva and I were made to feel welcome.

**GRAHAM HORNE**



**CONGRATULATIONS !**

**GRAHAM and ANNE BURLEY**

**On GETTING MARRIED**

**Best wishes from all your friends at the  
Bedford Harriers !**

The Three Wise Harriers in attendance...



Who's holding who up?!...

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**JORDANS**



Make a note in your diary regarding Sunday May 11th for the new JORDAN'S TRAIL CHALLENGE events at Old Warden.

As well as being a mountain bike duathlon (6 mile run, 9 mile bike ride, 3 mile run), there is also a 9 mile cross country run event.

Entry forms should be available from the Stadium - if they haven't run out - or contact Race Director Charles Wimbush on (01335) 300526 - closing date May 2nd.

The club will be helping Bill Jordan and his organising committee by providing marshals for the event, so if you're not intending to take part, how about lending a hand and seeing for yourself what a duathlon's all about ?

Sunday May 11th 1997  
Warden Abbey Course  
Bedfordshire

## ECO CHALLENGE '97

Hello Bedford Harriers!!

Just writing to let you all know about Eco Challenge 1997, destination: Queensland, Australia.

As many of you may, or may not, know, I took part in the 1996 Eco Challenge in Canada and in November last year, in recognition of competing, I was runner up in the Bedford Sports Personality of the Year, with a £100 prize. In February, the team that took part, Team Reuters 1996, were personally invited to represent Britain in this 500 kilometre non-stop race. Sir Ranulph Fiennes recently described this as the hardest race in the world in an article in the Telegraph.

Eco 1997 involves the following events: canyoneering, white water rafting, running, horse riding, mountaineering (including ascending wet ropes and Tyrolean traversing), sea kayaking, mountain biking and orienteering. The event is being run as a non-stop 8 to 11 day event with no support team and four team members (one of which has to be a woman). There will be equipment drop -offs but otherwise it will be an unsupported expedition/adventure race.

Until recently we had not fully formulated our team, which is being sponsored by Reuters and will be known as *Team Dimensions*, so we have been running some selection weekends. One Saturday we mountain biked 100 km and the next day I ran an orienteering marathon with Colin. He has been extremely supportive and encouraging throughout and I would like to take this opportunity to say a big "Thank You" to him. Without the inspiration of *Flatliners* I would never have been fit enough to contemplate entering such extreme competitions. The other candidates from Schroeders declined to run that day saying they had different arrangements!!

The next weekend the two "hopefuls" and two of the original team went for a walk along the South Downs Way which started in Petersfield, Hampshire at nine in the evening. We planned to walk continuously through the night and aimed to finish in Brighton late Saturday afternoon. We carried spare clothing, food, water, bivvy bags and sleeping bags etc. (approximately 40 lbs in all). Every hour we stopped for five minutes for fluid and fuel. By 4 a.m. the two potential recruits requested some sleep which they were refused. I told them it would be character building not to!! At 5.30 a.m. they both stopped due to painful blisters and decided the Eco Challenge was not for them. By 10 a.m. the third male decided his blisters were hurting so he went to the nearest bus stop!! I carried on to the nearest town which was Shoreham. I arrived at 12 midday and asked a woman where the train station was. She asked me where I had come from. I have to admit I was rather muddy and probably looked tired after a 15 hour continuous walk with no sleep. I told her I had just walked about 50 miles with three men but they had all given up! She stated that men were not to be relied upon and had no staying power!

The next day in the Eco Challenge training was a "rest day" which comprised of one hours power circuit training, a short hill session and a walk in the sea fog in Bournemouth with Matthew.

The following day included a 15 mile bike ride, half an hour in the gym then an eight mile interval run with Steve and I's running group. My sprint power is diminished with two to three hours training per week day and longer sessions on the weekend. At the moment we are training as a team (now that we have found some fit men!) once per week in London when we climb, run, mountain bike, horse ride or canoe. The last team training session comprised of a ninety mile, off road, mountain bike ride. I hope you can understand when I say my legs are feeling tired !! I am sorry that I cannot always make it down to the club but I feel my priorities have had to change as new opportunities have arisen. I am very fortunate to have been selected to again represent Britain in this non-stop adventure race and be sponsored as well so I am working at training hard to live up to the teams expectations. Future events include the Grizzly 17 mile in Devon, the Manx Mountain marathon which is 30 miles and the longest fell race in England, a forty mile race at the end of April and the South Downs Way which is a short 80 miler!! in June. All of these are of course with Colin and any Bedford Harrier who may wish to join us!!

I cannot thank my parents or Surinder for their support and assistance in child care enough. Having an international athlete in the family is not as glamorous as it sounds!

Vivien

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## **AGM**

The club AGM was held on Wednesday March 26th. A fairly modest turnout for this year's meeting in comparison with last year - good to see some of our older friends again and a good sprinkling of our newer members, sadly however our founder, Bill Steele, could not be with us this year (and sent his apologies).

The Chair, Mike Devonshire, formally opened the meeting at 8.18pm and welcomed those present.

The meeting received reports from the officers of the club. The Chair outlined the events of the past year and those to look forward to this year, such as our participation in the Bedford-Bamberg Sports Festival. In particular, Mike thanked those committee members who had now decided to stand down, or had done so during the year, namely Jude and Chris Cottam, Jeanette Cheetham, Pete Davies and Angie Bright.

The Treasurer, Barry Bright, outlined the club's finances over the last year, in particular highlighting the fact that the current membership fee, which has barely changed over the last five years, no longer covered the running costs of the club that one might reasonably expect it to cover. He therefore advocated a rise in the membership fee.

The retiring Membership Secretary, Pete Davies, reported a current membership of 190. He particularly noted the pleasing fact that getting on for a third of our members were women, an unusually high ratio for an athletics club.

The Team Captain, Tony Barnes, gave a brief resume of the road racing, cross country and coaching activities over the year. In particular, four club members had represented the county at cross country during the winter, the club had had good success in the Eastern Ten Mile Road League and, for the first time, in the East Midlands Grand Prix Series, and we now had a total of eleven coaches qualified (or qualifying).

The following officers of the club and committee members were then elected, unopposed:

**Chair:** Mike Devonshire, **Vice-Chair:** Brian McCallen, **Secretary:** Graham Horne, **Treasurer:** Barry Bright, **Membership Secretary:** Jacinta Horne, **Committee:** Lesley Davies, Paul Roberts, Phil Gray, Steve Clark, Mike O'Hara, Tony Barnes and Jack Keenan.

With regard to the annual membership fee, it was proposed that this be raised to £10 (£7 for students, over 60's). This motion was carried, unopposed.

The Chairman then thanked those present for attending and formally closed the AGM at 8.47. He invited all members to stay for an informal discussion to raise any matters of concern or interest if they so wished, but, there being no points raised, the meeting was dissolved.

*Hopefully the relative lack of argument or contention from the floor is a sign of satisfaction with the running of the club, rather than indifference. If you do, however, ever feel that things are not quite as they should be, please let someone on the committee know.*

**Graham Horne**

**Apologies to those of you who don't get down the club very often if you didn't get a personal reminder about the AGM....** The club rules state that every fully paid member should be give twenty one day's notice of the AGM. This was fulfilled by placing the usual posters prominently on the notice boards at the Stadium (the club's official headquarters) where each and every member is freely able to read them. Mindful that this is a rather minimal requirement, I sent reminders out to those of whom I know don't get down to the club. Unfortunately, due to a combination of pressing work commitments and other club business at the time, I didn't manage to work my way right down the membership list - so sorry if you didn't get one.

Posting a reminder to everyone would cost the club at least £40 postage, stationary and copying charges . It has been suggested, given the rise in membership fee, that next year we send out the minutes of the previous AGM to all members (and notice of the meeting would go out with it), this would ensure that you will all get a written invite. *I would also suggest that even if you're not able to train, you try and get down to the Stadium now and again to read the noticeboards to keep in touch - if you can't make club nights, drop in some other time (the Stadium's open seven days a week - morning to late evening). With touching two hundred members nowadays and the demands of a club this size on those on the committee, coaches and others who freely give their time, unfortunately it's not possible to keep in personal contact with everyone.*

**Graham**

*For the benefit of those of you who are newer to the club and perhaps don't know, committee meetings are normally held on the first working Monday of each month. Please remember that the club needs input from its members to thrive and the committee very much welcomes members views, ideas or queries. It doesn't matter if you've not been a member for long, your opinion very much counts and indeed, often a fresh view on things and new ideas is just what we're looking for. Please let a committee member know. In case you're not sure who's on the committee, we'll hopefully have a few mug shots on the board (as we used to) in the next few weeks or so.*

### **Sorry, no children...**

At the AGM, a suggestion was put forward to have a 'family membership' fee to encourage families to join the Harriers but the idea was dismissed as we do not cater for children in our club. That does sound a little negative, as if we are not interested in encouraging our children into the sport we have and seeing them progress to adult endurance runners, but there are good reasons for us not admitting children.

The BAF (British Athletic Federation) strongly disagree with any athletic club who offer membership to people they cannot cater for. In our case all our coaches are either qualified to Club Coach Level 1 and are therefore not senior and specifically experienced enough to be responsible for coaching children, or they are aiming for Level 2 but specifically in the area of endurance running which is not suitable for children.

For an athletic club to be able to offer membership to children they must first have coaches qualified to Level 2 in all athletic disciplines (running, jumping and throwing). It is never a good idea to encourage a young child to specialise in a particular area at an early age, they should have the opportunity to have a go at everything, and it should be made to be fun or they will soon get bored. Ideally, as well as coaches who



specialise in particular areas there should be perhaps be an 'induction' group which takes in the new young members and teaches them the very basics, such as mobility or throwing tennis balls about etc.

As you can see from the above, it is not that we have a negative attitude towards young athletes, but a responsible and realistic one. In my view it would be nice to think that in the future we could meet the requirements that the BAF would expect (i.e. that there are coaches available in all the disciplines). So, if you are interested in coaching young athletes, take the initiative and get yourself qualified. The SEAA annually run courses to qualify coaches to BAF Levels 1 and 2 (etc), if you would like details see me or ask your group leader (or any member of the committee) to enquire for you. **JEANETTE**

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## CHARLES WELLS BREWERY TRIP



Tuesday April 1st (yes, I did wonder whether it was an April Fool's joke!) saw a couple of dozen of us, split into two groups, visit the Charles Wells Brewery. Having underestimated Jacinta's walking pace and the distance involved, I arrived just as our guide had started to talk, but his interesting and informative introduction at least gave me a while to cool down having run the last few hundred yards! Having done a lot of home brewing and having been round a brewery before, in some ways I knew what was coming, but this being a modern, purpose built 'beer factory' and having a well-informed, professional guide to show me round, it was to be every bit as fascinating as I had hoped.

We were led past offices (some with their own beer taps - how enlightened) to the control room - the heart of the brewery, processes run by the touch of a keyboard with the minimum of staff, observation windows to see the early mashing of the grain prior to fermentation. Forward then, following a brew's life cycle, the boiling vessels dwarfing my stove top boiling pan, no 'brewing bins' or demi-johns but instead huge fermentation and conditioning vessels, stretching up towards the night sky, temperature precisely controlled, all immensely impressive in it's size and exactness. On then to finish the tour, to the bottling and canning plant (technically run by a different company - not that that makes any difference to the staff) where beers and lagers from outside as well as Charles Wells' own products are processed, where the rate at which canning and bottling is done (up to 600 bottles a minute on one line, I believe) is quite amazing.

A fascinating tour, but, there's more to come! On to the hospitality suite, where we were entertained with free beer from the whole brewery range and a marvellous buffet spread - I only wish in hindsight I hadn't eaten before I came out - before we were sent of our way with 'goodie-bags' of Eagle Bitter four-packs.

An excellent evening. Our thanks to Pete Davies and Arthur Monk for arranging it all, and to Charles Wells, and our two guides in particular, for such an enjoyable occasion. Can't wait to go again. **GRAHAM**

*PS. As a means of saying thank you, those of us that attended contributed towards a donation to the brewery's appeal raising funds to buy a patient controlled analgesia system at South Wing Hospital.*

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**Taken from a recent BAF newsletter:**

### **REGISTRATION OF INHALER USE**

Since March 1995 it has been necessary, under IAAF rules, for users of Salbutamol (Ventolin) or Terbutaline (Bricanyl) and at a latter date, Salmeterol (Serevent) inhalers for asthma suffers, to register their use with the Federation. To date over 2500 registrations have been made.

*This registration needs to be renewed each year, as do any changes in the medication if any of the above. The responsibility for initial and annual registration lies with the individual athletes. Athletes are reminded to make sure that they are not committing a doping offence by non-registration.*

*Initial registration should be on the forms\* available on request from 225a Bristol Road, which will be returned directly to the Chief Medical Officer. Re-registrations should also be via head office but by letter addressed to Dr Malcolm Brown.*

[\* The club has copies available -see Jacinta.]

Pre-run carbo-loading on South Shields sea front.



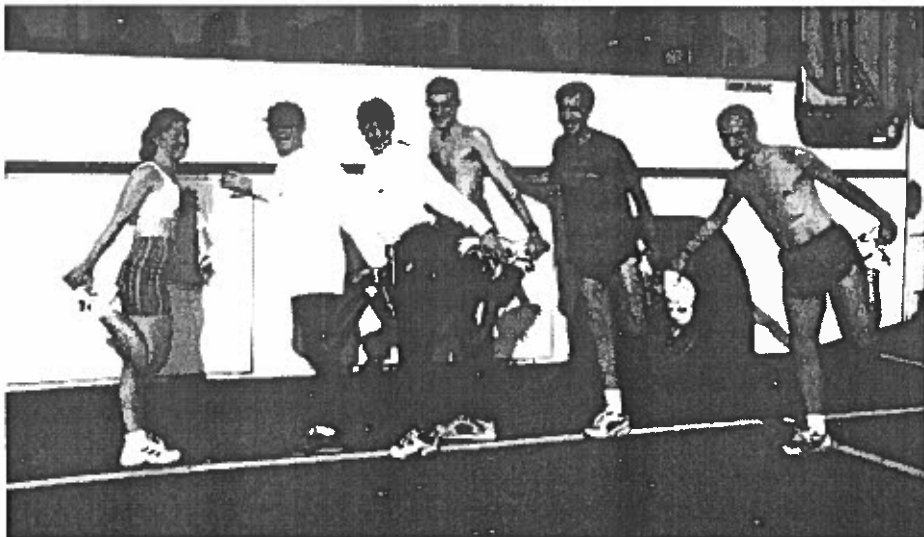
Jack gets his kit off in front of a throng of admirers.



Winner of the Arthur Monk Table Dancing Championship.



Jackie holds Paul up as the pub capsizes



A few stretches before pushing the coach over a cliff at South Shields.

# GREAT NORTH RUN 1996

## Racing Round Up

### **Cross Country**

At long last the cross country season is over. It has seen some high points and low points in the club's performances.

The Today's Runner League went well with us finishing in 2nd place behind North Herts Road Runners, despite not having our top three ladies at the final event. The Plate final at Groby was an anti-climax with only six clubs competing and only four of those having complete teams. My thanks to all the athletes who ran in the five race series and congratulations to Kathy who came first in the Plate Final.

The Amptill Trophy saw only a limited turn-out but the Veteran Ladies finished the day with a team prize.

It seems that the major championships cause the club problems. The county championships at Biggleswade had only a small number of athletes, but it did see myself, James and Yuyi qualify automatically to run for Bedfordshire (Kathy was selected at a later date). At the Southern Area Championships at Parliament Hill we did not have a team finish in either the men's or ladies races. At the Nationals at Havant we did not even have teams starting the race, and no-one turned up for the Southern Area Vets at Luton! This record has got to be improved.

### **Road**

The road races towards the end of last year saw reasonable turn-outs by members of the Harriers and a lot of PBs were seen as usual at all sorts of distances. A special mention for Barry Bright, Steve Clark and Martin Kay who knocked 19.5, 22 and 24 minutes off their times in the Robin Hood Marathon and Kathy Browning who won the Sharnbrook 5.

And 1997 has started in a similar fashion. At least 3 PBs were seen at Folksworth (even from me!) with myself finishing in second place. The Bedford Half Marathon saw a turn-out of about 30 and John Durham and Tony Parello knocked 13 and 10 minutes off their PBs respectively (is there something in the water?) I finished third in that race and once again we came away with a large number of county certificates.

Now our attention turns to the East Midland Grand Prix Series and the Eastern 10 Mile Road League. The club did well in both these leagues last season but I think we should still be aiming to improve.

## Coaching

The coaching side of the club is flourishing. We now have more Level 1 coaches than at any time previously and two of us are almost at Level 2 (we'll have to wait and see what the examination results bring!) However, not all of the groups have back-up coaches so that is one area in which we are still looking to improve.

The group leaders now have regular meetings (they used to be ad hoc) where all aspects of coaching within the club are discussed. Following conflicting reports from coaching courses we are currently looking into the health & safety aspects of running. Some people say we are not insured and others say we are insured within a certain radius of the stadium. Clarification has been sought from the County Coaching Committee. Other current topics are the compilation of a list of local physiotherapists (if you have any suggestions regarding who to see and who not to see let us know) and improving the warm-up session.

You will also have noticed that all the group leaders now stand in the middle at the warm-ups; this is so we know which groups are covered and which are not and we can also sort out any minor problems we may have.

If you feel something isn't right with the coaching please come and tell us. We can't correct things we don't know about! And if you feel you have something to offer then why not get yourself qualified and join the coaching team? The more coaches we have the less difficult it is to provide cover for each of the groups on a training night. And remember - as the club grows so do the group sizes; it will not be long before it will be impossible for a single person to control them and your training will suffer.

**TONY**

# CANON CRANFIELD 10K

## JUNE 8TH 1997

Club Member,

Our club has organised many races over the years and up until quite recently club members have been deterred from participating in these events, as their help had been needed with the organisation of such events. Due to the ever increasing numbers of Harriers however, it has been possible to relax these rules a little, as obviously with the increase in numbers, it has also meant an increase in available help.

The race this year is also the Beds County 10K championships. As committed Harriers like yourselves we feel it would be advantageous if our better runners were free to participate in the race, should they so wish, in the hope of our club winning the championship. To enable this to happen even more help would be needed from other club members.

We will be putting a notice on the board nearer the time asking you for your help once again and letting you know the Marshals required and asking you if you could indicate of these, which you have carried out previously.

Should you wish to participate in the race there will be some provisos which we have listed below :-

- 1) If you enter with two other people to form a corporate team of 3.
- 2) If you have become a club member since June 8th 1996.
- 3) If you can guarantee a stand in for you to help on race day.
- 4) If you assist on the Saturday before the race during the afternoon and early evening.
- 5) Help after the race to tidy up.

Should you choose item 3 from the list and your replacement fails to turn up on race day, then you will forfeit your entry and have to help on the day. (Your race entry will then be refunded).

**Barry Bright and Steve Clark (Race Committee)**

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### LE TOUQUET 10K AND 20K

I am hoping to arrange a day trip to France on Saturday August 23rd for the Le Touquet 10K and 20K road races through the town. It is a pretty sea side resort located in the North of France (not too far from Boulogne). It will cost approximately £30 per person (including race entry). I cannot guarantee this price at the moment as it depends on the total number of people who wish to attend (it may even be less!). The day itself will start very early at around 5.45/6.00 am, allowing for some time at the supermarket and after the race to walk around Le Touquet, and arriving back around 11.00/12.00pm. Please put your name on the list on the board at the Stadium. AVRIL THOMAS

#### **CAN YOU RUN FOR THE TEAM**

**SHARNBROOK 10K**

**BEDFORD / BAMBERG CHALLENGE**

**Bank Holiday Monday 26th May 1997 2.30 PM START**

**Would all club Runner who are taking part in this race ( enter in the normal way )**

**Make sure your race number is marked before the Race**

**Marlene Devonshire will be ready with her pen from 1.30pm onwards in the main hall**

## RUNNERS PROFILE

**Name:** Philip John Gray

**Age or Category:** M40

**Married or single?:** Single

**Occupation:** Student

**How long have you been with Bedford Harriers?:** Six years

**Previous running clubs (if any):** None

**Best times ever for:**

10K	44 minutes
Half Marathon:	1 hour 39 minutes
Marathon:	4 Hours 20 minutes
Any other distance:	5 miles - 34 minutes

**Why did you join the Harriers?:** As a stepping stone for improvement and enjoyment of running

**What do you consider to be the best moment in your running history?:** Completing my first London Marathon - a happy individual

**What do you consider to be your worst:** Not being able to participate in the 1996 Polytechnic Marathon

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

Continual enjoyment from running

**What are your hobbies or interests outside of running?:**

Photography, theatre, movies

**Any other comments:**

Bedford Harriers illustrate that running can be fun!



## **THE ACPO DIRECTIVE - WHAT IS IT? DOES IT AFFECTS YOU AND ROAD RUNNING ?**

You may well have heard about the fuss being caused in road running (and other) circles by the recent directive on policy coming from the Association of Chief Police Officers (ACPO) with regard to events on the public highway. Hopefully you'll have seen and signed the club's petition, being organised by Steve Clark. For those of you who perhaps want to know a little more about it, or indeed are completely in the dark, here's a few words of explanation:

### **THE ACPO POLICY**

ACPO's policy says: *"The Police service, generally has become concerned over events fund-raising or otherwise) on public highways as few public roads are suitable for this type of event, with danger being caused to both participants and other road users.*

*In addition, the Police are not only concerned with the element of danger but also with the inconvenience that will undoubtedly be caused to other road users.*

*The Association actively attempts to encourage organisations undertaking events such as this to hold the event away from the public highway, in local parks or sports stadia. By doing this, the organisations will be able to achieve maximum publicity with the minimum amount of danger.*

*The Police cannot prohibit or sanction the undertaking of such events but are bound to advise promoters that should any accident involving death or injury result from it, the Police will feel obliged to make it known what advice was given at the outset. If promoters intend, despite this advice, to carry on as originally planned they are advised to communicate with the Traffic Division (or similar of the Force in which the event is to be held or passes through) advising the route so that any further advice can be given regarding the route and other places to be avoided such as accident black spots.*

*It is not the intention or wish of the police service to be awkward or unhelpful. We do, however, owe it to those taking part and the public at large to give the above advice".*

### **WHAT'S BEING DONE ABOUT IT**

Athletics authorities (the BAFF, BARR) hold the view that because of the "Road Traffic Regulations (Special Events) Act 1994" and two new Bills due to be discussed in the last next parliamentary term, that they are seriously concerned that road running events will be affected by the directive. To quote a standard letter circulated to clubs:

*"Additionally, the "Health and Safety Act 1993" will most certainly be used in many cases as a major regulator in the decisions made by the local Police with regards to the type of course that events may use. Road closures will become an increasing requirement, which in most cases will not be practical. Because of this road running will have to be replaced by off-road events ie. Multi Terrain - Cross Country etc, since there are very few areas in the country with "off-highway" roads available for Road Runs, or alternatively as is more likely, the majority will cease to exist. These measures will result in the demise of the Road Running Events and the sport in general, which in turn will reduce the fitness level of many more people in our population which is already far too low, and drastically decrease the amount of money raised for the hundreds of charities which at present benefit through our sport."*

*The British Athletic Federation have been informed that there is a proposal in hand to lay before the House of Commons an Early Day Motion expressing concern at the ACPO Policy, and will also call for the Home Secretary to review the "Special Events Act 1994" guidelines. It is understood that Mr. John Austin-Walker MP has agreed to draft the Early Day Motion. It is planned to present the document before the end of this parliamentary term.(or at least, it was, before a General Election was called)*

All clubs have been requested to support the motion, being asked to write to their constituency MP's.

## **WHAT WE'VE DONE**

As mentioned above, Steve Clark has organised a petition on behalf of the club, which at the beginning of March had over sixty signatures. I've also written, on behalf of the club, to Sir Trevor Skeet, as our constituency MP, and to two MPs with a particular interest in athletics matters, Sebastian Coe (who needs little introduction) and Kate Hoey, Labour MP for Vauxhall, who was a former international sprint hurdler.

Sebastian Coe's office replied that, unfortunately, parliamentary convention dictates that he can only represent the interests of his own constituents. Still at least we tried ...if you don't ask, you don't get

Sir Trevor Skeet kindly replied, saying that he'd written to the Department of Transport for their comments. We have just recently received the Department of Transport's reply from Sir Trevor. It reads as follows:

*"The Road Traffic Regulation (Special Events) Act 1994 empowers authorities to make orders to regulate traffic temporarily to facilitate the holding of sporting events, social events and entertainments on the highway. Before doing so, they must satisfy themselves that it would not be reasonably practicable for the event to be held otherwise than on the road. This is in keeping with the general premise that highways are for travelling along, not for the holding of events. But it does not preclude orders from being made where use of the road is intrinsic to the nature of the event.*

*As part of a general review of the road traffic regulation law, the Government consulted on proposals in the autumn, which were intended to make it easier for local authorities to authorise events on the highway. It was proposed, for instance to remove the requirement on local authorities to satisfy themselves that the event could not be held off the highway, and to remove the current restrictions on the number of events that can be authorised in a calendar year.*

*As regards the policy of the Association of Chief Police Officers to discourage athletics races from being held on the highway in favour of off road locations, I understand that this has been in operation for a number of years and was reviewed and reconfirmed in 1995. It exists because of the element of danger which such events can pose to all road users, including race participants, and the inconvenience which can be caused to other road users.*

*Police support for the local road races is an operational matter for each individual chief officer of police. Chief officers do, however, have discretion on the issue and certain events can be treated as exceptions to this policy. The London Marathon is perhaps the most obvious example of this."*

*JOHN WATTS - Department of Transport*

## **WHAT HAPPENS NOW ?**

The BAF say: 'At the recent Commission meeting, John Walker - the Commission's Liaison Officer on Policing and Safety matters - reported that the questionnaire about policing matters sent out to all BAF affiliated clubs had received a good response. A number of MPs have also indicated their supported of road running. It is hoped to invite a member of the Association of Chief Police Officers to join the Commission in the near future. Clubs who have not returned their completed questionnaire are urged to do so without delay and also to write to their MP urging them to support the Early Day Motion which is now being considered within Parliament.'

In the mean time - it's a case of watch this space. Unfortunately, the early dissolution of Parliament may have rather cut things short with regard to the Early Day Motion. Unfortunately it's not a matter that attracts much media attention - 'Athletics Weekly' are apparently instigating some form of initiative, so perhaps reading AW would shed some light on whats happening. If we hear any news from the athletics authorities, either Steve or I will make sure you're informed. If any implementation of the directive is, as the DoT say, down to local police chiefs, we should, given the relatively good co-operation we get from the police in Bedfordshire, hopefully not be particularly affected. **Graham Horne**

## **Bedford Half Marathon**

Winter elements did little to dampen the spirits of those participating in the Bedford Half Marathon. As the seconds ticked away, there was a definite tension in the air as runners shuffled nervously on the start line. A loud crack and the race was on and a demanding course lay ahead. It was clear that the elements would play a big part in the outcome of the race. Cleat Hill was reached in a little over 20 minutes by the lead runners, with Tony holding an excellent 2nd place.

At this early stage the field was certainly spread out. Some were clearly enjoying the elements, in particular, Ian and Phil. They had decided to run together, and it clearly worked. Ian was one of a handful of Harriers who achieved a P.B. on the day. It was fascinating to gauge the comments of runners as they filed by. Some were favourable, while others were not. Cleat Hill resembled a scene from Wuthering Heights as runners came to terms with the windy conditions. It was good to see so many Harriers participating.

Tony finished an excellent 3rd. Congratulations to all those who completed this demanding course, in particular those competing in the race for the first time. Well done! A great day!

Phillip J. Gray 10.2.1997

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## **Luton Marathon**

It was a day like any other day. It was raining and it was windy. What do you do on such a day? You go to Luton and assist with the Luton Marathon. This was a rewarding and interesting experience. Meeting point for those involved was the Lea Manor Recreation Centre. Instructions, and rain jackets were issued. Less than an hour later I was stationed, with a fellow marshal from Stopsley Striders, in wet and windy conditions, about four miles from the Recreation Centre. The marathon was divided into three undulating 8.73 mile loops, running parallel with the marathon relays. Each relay team had three members, each member completing one 8.73 mile loop.

Weather conditions were harsh initially, and it was interesting to witness the attire of the runners as they completed their three loops. One dressed as Superman, while another was extremely hardy with little more than a pair of shorts and running shoes to aid his marathon attempt. Some suggested that I should take part in the race to relieve the cold elements. I was happy to reject such suggestions. A number of Harriers took part in the marathon, and it was good to gauge their reaction on each loop. All completed the race.

I finished the day happy in the knowledge that I had provided some support and cheer to those participating in the Luton Marathon.

2.12.1997 Phillip J. Gray

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## **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 Auntie Alice,

I have recently developed an aversion to everything black and yellow. Wasps scare me and even the banana and liquorice sandwiches I keep in my shorts for emergencies have seemed totally unappetising. Can you help?

Blue Bottle



Dear Blue Bottle

I would love to get my hands on those banana and liquorice sandwiches. They sound scrumptious. Now don't worry about the wasps, it's not their colour you should be concerned about. But what do they do with that pointy bit at the other end? Probably waiting for you to take those sandwiches out of your shorts, now that would be an emergency! Anyway, with a name like Blue Bottle, how can you be scared of wasps? I think you are a wolf in sheep's clothing.

Auntie Alice (Neddy Seagoon)

*Dear Auntie*

*Having been a Harrier for a number of years. I was rather confused and concerned to read that all runners who run in groups think about sex while they are running. My problem seems to be that I only think about running and I sometimes find that difficult. Do I have a problem? Am I strange or abnormal? I wondered if this was the reason I have not had a PB for 8 years. I have tried thinking about sex but I lose my concentration and finish up tripping over my own feet. Also could the club help by encouraging all club members to wear sexy kit or even rubber while they are training.*

Steady Eddie

Dear Steady Eddie

I would have a guess that you are male, as they are only capable of thinking about one subject at a time. And most have difficulty doing that. Just keep it simple, running or sex, but not both!! You should set an example by wearing something sexy or rubber yourself. Then others will follow suit. Start with some yellow rubber gloves, and then move on to a swimming cap. See what sort of response you get from your fellow runners. You never know, it could help you with a new PB. Good luck.

Auntie Alice (Fast Freda)

*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. Send your letters to her, c/o The Editor, 5, Lincoln Road, Kempston, MK42 7HB.*

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## **RUNNING IN THE HEAT**

Now that summer is approaching, we are getting towards the time when we have to start taking sensible precautions if we wish to continue training and racing. The following few paragraphs are based on extracts from the article 'Running in The Heat' by Patti and Warren Finke, on the Internet on the 'Team Oregon' web site (<http://www.TeamOregon.com/~teamore/publications> for those of you who might be interested), passed onto me by Mike Devonshire. This item is fairly typical of the type of useful advice that one can get off the Internet - a whole range of other related issues are dealt with as well) and gives a few suggestions on how best to adapt.

### **REDUCING THE HAZARD**

*There are ways to reduce hazards when running in the heat and/or humidity, most are common sense:*

*Check the conditions before exercising and adjust your plan if necessary. Slow the pace or decrease the length of activity if training when hot or humid. If racing when hot and humid, realise that performance will be less than expected. If the event is not a key one, relax and save the bigger effort for a cooler day.*

*Run in the early morning or late evening to avoid the heat of the day. In many climates, late afternoon is the hottest time of the day and running then should be avoided.*

*Find a shady road or trail to run on.*

*Dress accordingly, wear as few clothes as you decently can. Try loose fitting white shorts and a white mesh top to reflect the heat and to permit evaporation. Protect your head from intense sun with a lightweight hat that can breathe. The back of the neck can be protected by the hat or a cotton kerchief. Ice can be wrapped in the kerchief and carried under the hat.*

*Drink fluids while running. Carry a water bottle or pick a route with water fountains. Drink 6-8 oz. of water for every 15-20 minutes of running. Also pour water over your head and chest. Dehydration has been shown to adversely effect performance after as little as 45 minutes of activity.*

*Weigh yourself after workouts and replenish lost water at the rate of 1 pint per pound of weight loss. Body weight should be back to normal before the next workout.*

*Try hyperhydration by drinking 2-4 cups of water 30 minutes before running.*

*Be aware of lost electrolytes if you've sweated excessively. Put an appropriate amount of salt on foods and eat bananas and citrus fruit.*

*Avoid excess protein intake. Protein metabolism produces extra heat.*

*Know the signs and symptoms of heat illness and their treatments. If you have any of the symptoms, stop running, get to a cool place and consume cold fluids.*

*If you are going to compete in an event in hot conditions, acclimatise first.*

## **HEAT ACCLIMATIZATION**

*With proper acclimatisation the body can perform as if it were in temperatures 10 to 15 degrees cooler. Acclimatisation is the process of adapting your body to be able to run more efficiently under hot environmental conditions. When it is hot the blood goes to the skin for cooling the body as well as to the working muscles. This increases the workload of the heart and the exercising heart rate. Intensity of exercise will need to be reduced when running in the heat and when acclimatising for proper adaptation.*

*The body makes several adjustments during the heat acclimatisation process. The circulatory adaptations to acclimatisation provide better transport of heat from the core to the skin. There is better distribution of the blood to regulate temperature. This frees a greater portion of the heart output for the working muscles. Sweating mechanisms undergo complementary changes. Sweating starts at a lower body temperature and the capacity for sweating nearly doubles. Sweat becomes more dilute, contains less salt, and is more evenly distributed over the skin. Major changes occur during the first week of heat exposure and are mostly complete after 10 days.*

*Heat acclimatisation can also be lost in 10 days. This is why it is important to wear extra clothing during unusually cool summer weather. You should try to maintain acclimatisation for typical hot weather conditions which could occur on short notice at your next race.*

## **WAYS TO ACCLIMATISE**

*Begin early in the season when the temperature is moderate and wear one more layer of clothing than usual on 3 runs per week. If you would normally wear a T-shirt wear a long sleeved one or a jacket. If you would normally wear shorts, wear cross training shorts or tights. This early constant acclimatisation works well in climates where the weather is often unpredictable and occasional hot days are experienced relatively early in the year.*

*To develop and maintain acclimatisation in weather that is unseasonably cool or in preparing for a race in a warmer climate assume that each layer of dry clothing or degree of coverage, (i.e. going from short to long sleeved shirt or from shorts to tights), is equivalent to 15 or 20 degrees in temperature.*

*Adding a waterproof jacket provides a hot, humid microatmosphere and prevents evaporation which would normally cool you once your clothes became wet.*

*If the weather suddenly turns hot, reduce the training load; run slower and less distance. Slowly build back up to usual mileage and intensity. Work on heat acclimatisation every other day and make certain to replace lost fluids. Run in the cooler part of the day on the non-acclimatisation days. Do not overdo it and get heat symptoms.*

*If you plan to race under hot conditions, remember that acclimatisation takes about 10 days. Plan to be acclimatised a week in advance. During the week before the event, avoid extra heat stress which may dehydrate and fatigue you for the race.*

*[Going to the trouble of putting out an article on heat acclimatisation also guarantees that the weather is going to turn cool! ]*

**GRAHAM**

## RUNNERS PROFILE



**Name:** Mike Devonshire

**Age or Category:** 47 (just)

**Married or single?:** Married (25 years)

**Occupation:** Facility manager

**How long have you been with Bedford Harriers?:** Seven years

**Previous running clubs (if any):**  
None

**Best times ever for:**  
10K 40min 4 secs  
Half Marathon 1hr 27min  
Marathon 3hr 19 min  
**Any other distance:** 20 miles in 2 hr 25 min

**Why did you join the Harriers?:** I was asked by Bill Steele if I wanted to be a better runner, so joined the Harriers.

**What do you consider to be the best moment in your running history?:** Finishing my first marathon at Bedford (3-30) was great, but finishing New York was the best. All the club trips are very enjoyable

**What do you consider to be your worst:** Finishing the Cople 10 in 90 mins. Could not keep running and walked a lot. Went down with a cold 3 days later.

**What do you hope to achieve in your running career?:** To keep going as long as possible, and to complete ten marathons. To do more PBs -best Chance in a marathon, hopefully New York or London again

**What are your hobbies or interests outside of running?:** Supporting my son's in their athletics, having good holidays in the sun and snow, meeting people, DIY and eating out.

**Any other comments:** Running is not the most important thing in my life, but it is an important part of it - all my best friends are runners.

## LIFE IN THE HARRIERS

For many years I 'd been a "Jogger"  
The Oakley variety - that is  
Pounding round the streets alone  
Or with Trevor - that was bliss.

But then a year of illness  
And a fight to regain my strength  
I knew I'd need some help here  
I'd have gone to any length.

Then Trevor suggested the Harriers  
(Now you know who to blame!)  
So down the track I came one night  
Life since hasn't been the same.

Such a big crowd of people  
Their smiles and enthusiasm abound  
I joined up with Lesley and Dilys  
Off we went for a long run around.

I instantly warmed to life in this club  
The people, the races, the warm-up too..  
With Tony revolving his hips in that way  
No surprise the memberships more than a few.

One year down the road. . .  
And the differences I had seen  
I now helped Lesley with her group  
On the Coaching Course we had been.

Still better things were yet to come  
This was to be my year  
I wanted to represent the club  
After all I'd got the gear!

Another year of training hard  
Pushing myself to the limits, and more  
Poor Lesley - she got dragged along  
As she says - "that's what friends are for."

Soon we were dubbed "the terrible twins"  
This race, that race, each cross country meet  
We volunteered for every one  
And turned out looking smart and neat.

A year of trophies and P.B. 's  
So many we lost count  
So George - please clear your trophies out  
And Pete - could you make Lesley a mount?

At the end of the day - I have to say  
I could not have done it all  
Without the backing of this club  
And the friends on whom I can call.

The banter, the yelling  
The social side too  
The photos, the parties  
The Newcastle brew!

The flasks at cross country  
The lads mock us some  
But they're always glad to have a sip  
Oh boy - we do have some fun.

So I'd advise those newly on board  
Get involved - don't take a rest  
All standards are encouraged here  
We can't expect all to be best.

Before I go I'd like to say  
A thank you to the committee team  
Behind the scenes they work so hard  
And maybe our thanks are sometimes lean.

Please forgive me if you feel  
That I have rambled on and on  
But he's not the only one who can write this  
stuff ...

**OK JOHN ??**

Chris Armstrong.

---

Songs to Sing whilst Running Wild

Be running up that road  
Be running up that hill  
With no problems

*Running Up That Hill (A Deal With God) - Kate Bush*

You just call out my name  
and you know wherever I am  
I'll come running to see you again.  
Winter, Spring, Summer or Fall,  
all you have to do is call  
and I'll be there.  
You've got a friend.

*You've Got A Friend - Carole King*

Someday girl I don't know when  
We're going to get to that place  
Where we really want to go  
And we'll walk in the sun  
But till then tramps like us  
Baby we were born to run

*Born to Run - Bruce Springsteen*

We've been through some things together  
With trunks of memories still to come  
We found things to do in stormy weather  
Long may you run

*Long may you run - Neil Young*

You're running with me  
Don't touch the ground  
We're the restless hearted  
Not the chained and bound  
*Slave to Love - Bryan Ferry*

I have climbed the highest mountains,  
I have run through the fields,  
Only to be with you,  
Only to be with you.

I have run, I have crawled,  
I have scaled these city walls,  
These city walls,  
Only to be with you.  
*I Still Haven't Found What I'm Looking For - Bono*

I can hear her heart beat for a thousand miles  
And the heavens open everytime she smiles  
And when I come to her that's where I belong  
Yet I'm running to her like a river's song.  
*Crazy Love - Van Morrison*

Iranic

It's like pain when you were feeling good  
A p.b. and the course is short  
It's the coach's advice that you just didn't take  
And who would've thought .... it figures

No towel when you're out of the shower  
It's the pasta party when the sauce is meat  
T-shirts for the first 100, you're 101  
It's running with the girl of your dream  
and then her ex is back on the scene

And isn't it ironic, don't you think,  
A little too ironic, I really think so.

*Any resemblance to Alanis Morissette's "Ironic"  
is purely intentional - Colin*

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## 29.9.96. PARIS TO VERSAILLES (15.63 KM)

Following my single handed voyage around the MALTA running challenge in 1995 I thought I would try my feet over the notorious PARIS to VERSAILLES run. Notorious, because of a slight incline at around the halfway point on the course, those who have experienced this event will know exactly what I mean!

I now live just outside Paris and so was able to call on the local knowledge of one of my colleagues to know exactly how to plan this campaign. I was advised not to trust the baggage transfer system - last year's competitors are apparently still searching for their kit! Don't take your car to the start, better to go to Versailles and get the train back to the Eiffel Tower. So the advice was followed. Unfortunately everyone else had the same idea and my Versailles parking space seemed to be nearer to the Eiffel Tower than it should have been. We then took the train to Paris, all dressed in our black bin liners.

The start was an absolute nightmare. There was no grading according to times so everyone crowded up to the start point, 29,000 people I'm told. Once in the start area nobody could really escape, so we were trapped for over an hour with no room for warm-up, no toilets etc.

A starting gun announced the departure of elite runners at noon. I finally got away 30 minutes later after my individual BAR CODE had been scanned - there were at least 10,000 behind me as well, what a farce!

After an hour and a half cooped up at the start area and a litre bottle of VITTEL (one of the sponsors!) the first stop for the majority was within 100 yds. in the bushes by La Tour Eiffel for a call of nature.

Thereafter it was plain sailing (well, we were on the banks of the Seine!) until we reached the half way point. Then came the notorious Hill. A serious understatement I fear, the word mountain crossed my lips along with one or two other well chosen expletives. The hill lasts for nearly 3 Km and is very difficult especially if you've been training on flat forest paths and carrying a thigh injury for 6 months. Nethertheless I reached the top without a total stop and whilst the rest of the course probably qualifies as undulating in "Today's Runner" terms it also seemed comparatively easy or was it just my state of exhaustion?

When I finally reached the Avenue de Paris in Versailles, not dissimilar to running down the Mall in London I shouldn't wonder, I got to thinking about flat last miles. Wasn't it only 2 weeks ago that the flat last mile of the Great North Run seemed 2 miles long? Here I was again running another of those 2 mile flat last miles!

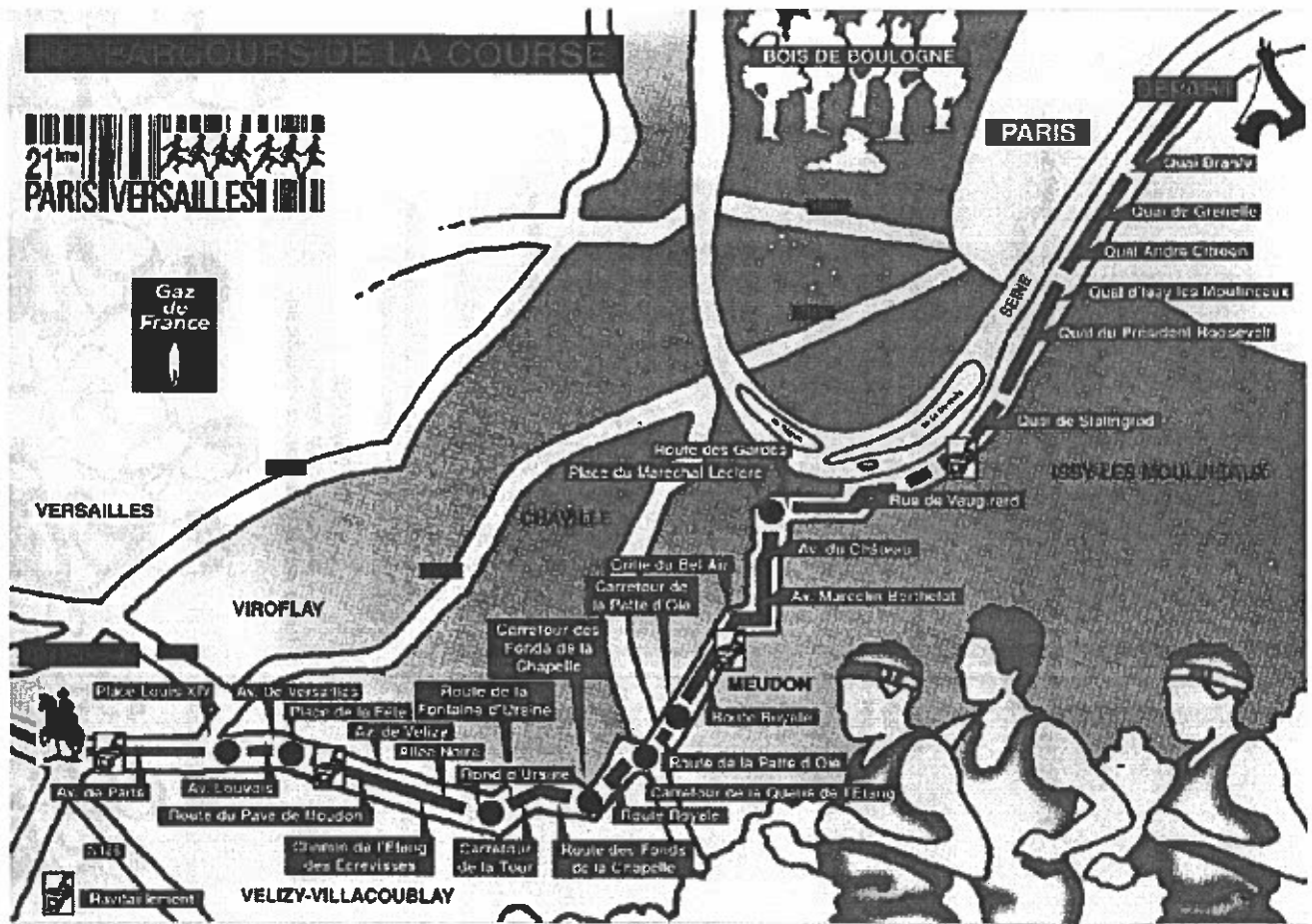
I got across the final line with a typical last 80 yd. flourish in 1 Hr 21 mins., which considering my state of preparation didn't seem too bad. The finish was as chaotic as the start. They couldn't cope with the volume of finishers and so the benefit of individual bar coded starts was lost because we had to stand in line for 10 minutes to get our individual bar code finish times.

Incidentally, I enclose a map of the course and you will see from the race logo in the top left hand corner that the organisers are obsessed with bar codes!

As for me, I'm obsessed with bars - mine's a good old British pint!!

CHEERS!

Neil Summerville



### Thought For The Day

Was the mouse already under the chair when the pussy cat frightened it or did it run under the chair because of the cat?

## P.J'S CROSS COUNTRY DIARY

### **Mud! Glorious Mud!**

Delapre Abbey in Northampton provided a rude awakening for participants in the initial race of the Today's Runner Cross-Country League. Overnight rain had turned the course into a mire of mud, as runners soon encountered such glorious mud. A hooter sounded, and a mad rush resulted, as runners, already soaked from the morning rain, made their way around this initial lap of a two lap race. Each lap 2.1 miles. It reminded me of the Grand National, as one lady lost her footing in the first mile, and those behind took a cautious route around her. It was clear that a degree of common sense was the order of the day. All who completed this baptism of fire had a tale to tell.

All runners welcomed a change into dry attire, and a generous measure of hospitality in the guise of pork pies, jam doughnuts, rolls, and hot drinks. It was clearly a day to remember. 29.10.1996

### **Heartbreak Hill**

Ampthill Park provided a testing venue for all participants in the annual Ampthill Trophy Races. Despite the unsettled weather of the last week, conditions were good. Bedford Harriers were well represented in a number of categories. The atmosphere was excellent as runners prepared for the various races. Sunshine broke through as the first race began, and the ladies had the dubious honour of climbing Heartbreak Hill first over a 5k distance. Each had a tale to tell.

Male vets were next off, myself included, as a mad rush over the first lap began. Male vets, like their Junior / Senior Male counterparts, had the dubious honour of climbing Heartbreak Hill four times over a demanding 10k distance. Support for the runners was incredible, including excellent vocal support from Lesley, Christine, & Co. It certainly made the difference. Congratulations to all who participated in this demanding series of races. 4.11.96.

### **Corsa Country**

It was a day like any other day. It was quiet. Suddenly, out of the blue, a red Corsa appeared. At the wheel sat Christine, humming to a Phil Collins tape. 'Can you give me a lift ', I asked. 'Yes', replied Christine. A moment later I was sitting inside the car, with fellow Harriers, Lesley and Peter, and Christine, still humming to a Phil Collins tape. A screech of tyres, and the red Corsa faded into the distance. Miles flew by as we sped through Kempston, Woburn, and, finally, Leighton Buzard.

Cross-country was here again. All the ingredients were there. Mud, spikes, trail shoes, liniment, and, of course, coffee. A brief minute of silence. The race was on. A mad rush followed, and a log jam in the first mile. I took every conceivable opportunity to splash through all the puddles. A testing course, including a sub zero stream, and a brief encounter with some cows. A brief flourish in the final mile, and the race was over. Each Harrier had a tale to tell. Special thanks to Christine, her red Corsa, and the vocals of Phil Collins. 11.11.96

### **Letchworth**

Letchworth greeted runners in the Today's Runner League. Windy conditions did little to deter the spirit of runners participating and an excellent atmosphere was generated at the start. Some runners were confused about the location of the start, unaware that a large banner with the word 'START' in bold capital letters hung literally yards away. I was expecting a loud bang to initiate the start, but a simple word, 'Go, was uttered, and the race was on. The lead runners

headed into the distance on an exceptionally fast course around Letchworth Rugby Club. Conditions were good and the pace was certainly a hot one. Tony ran his usual incredible race, finishing 5th, and was well supported by Phil, 12th, and Mark, 20th. Christine ran an excellent race, and was well supported by Sandra and Lesley in the ladies race. It was good to see so many Harriers participating.

All who participated had a tale to tell and welcomed a hot drink and a salad roll. Bedford Harriers finished 2nd on the day, and an excellent 2nd in the final placings. An exceptional effort by an exceptional club. Well done!  
17.2.1997

#### **English National Cross Country Championships**

Havant welcomed participants in the English National Cross-Country Championships on a fresh spring day. Clubs had travelled from far and wide to participate. Tipton and Bingley were expected to contest the Senior Men's Team Title. It was certainly a baptism of fire for many, myself included. Each race illustrated clearly that it was going to be a muddy marvellous experience. Mud! More Mud! Even More Mud!

Race time approached as in excess of 2,000 gathered for the final race, Senior Men, held over a 14K distance. The minutes ticked away. 5-4-3-2-1. A loud crack and over 2,000 bodies ploughed through the opening mile which resembled a scene from Agincourt. The initial lap revealed the extent of the deep mud and a number of undulating elements. Two laps tested endurance and stamina to the limit. I have never seen so many mud splattered bodies. Franck had an exceptional run, finishing ahead of Tony. Graham, Max, and myself completed the Harriers men's line-up. Avril led the Harriers in the Senior Ladies race, with Christine and Lesley following. All had a tale to tell !

Such a day was completed with welcome refreshments at 'The Good Intent' public house, Puttenham, a village outside Guildford. A chance to reflect and unwind. A day to remember! Special thanks to Lesley for arranging transport, and to Pete for driving this happy band of warriors to and from Havant. 10.3.1997

philip j.gray

#### **LONDON BLITZ!**

London witnessed a record blitz in more ways than one as a record field of over 29,000 runners prepared for the start of the 1997 Flora London Marathon. Lying ahead the demands that only 26.2 miles can present. Temperature 11 degrees C. It was clear from early split times that the men were about to obliterate the course record of 2:08: 16. I was at Mile 4, Woolwich Road, with Brian and George, relaying split times to a communications centre.

The lead men reached Mile 4 in 19:12, closely followed by AAA Championship Competitors. It was good to see Martin Green, ex-Harrier, looking so easy at this early stage. Then a sea of colour and costume as runners filled both carriageways. The main field had arrived. It was an incredible sight. Such numbers. Each would have a story to tell. As we made our way to towards the Embankment, we learned that McColgan had lost in the final metres to Chepchumba of Kenya in the Ladies Race, Chepchumba recording 2:26:51.

Pinto of Portugal had outsprinted Baldini of Italy to take the Men's Title. Pinto recording 2:07:55. Four men had broken the course record of 2:08: 16. A record blitz. Mile 25 was hectic as we watched a number of Harriers, including Ralph, Jacky, and Graham, address the final 1.2 miles of the Flora London Marathon. An exceptional performance by all who completed the 26.2 miles.

1997 FLORA LONDON MARATHON - SIMPLY THE BEST! - 14.4.1997 pj.gray.



## RUNNERS PROFILE

**Name:** Jacinta Horne

**Age or Category:** Senile

**Married or single?:** Married

**Occupation:** Clerk

**How long have you been with Bedford Harriers?:**

**Previous running clubs (if any):** None

**Best times ever for:**

10K:	55 mins.
Half Marathon:	2 hrs 6 minutes
Marathon:	4 hours 48 minutes
Any other distance:	As far as you like !

**Why did you join the Harriers?:** I wanted to get the Secretary into bed. It was either join the Harriers or get married.

**What do you consider to be the best moment in your running history?:** Finishing the Great North Run in 2 hours 6 minutes Running 17 miles without stopping.

**What do you consider to be your worst:** Dying at 3K in the Standalone 10K in 1995. Getting stuck in up to my 'n' in a freezing river at the Blisworth cross-country.

**What do you hope to achieve in your running career?:** Finishing London in under 5 would be nice (no, not days!)

**What are your hobbies or interests outside of running?:** My fishies. Barnet F.C. Alcohol. Collecting tortoises(not real ones)

**Any other comments:** Can I take this opportunity to thank Malcolm for all his help in my Marathon training (it's his turn next year!)



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### **The London Marathon - A Personal Experience**

I'd heard enough horror stories about the training and about the day itself to put me off doing London for the rest of my life.....

Thanks to Graham, who carved in stone what I was to do and when, and to Malcolm who did the worst bits by my side, my training went worryingly well; apart from a nasty ear infection in the last weeks. Even the Ashby 20 didn't deter me and that, for those of you who don't know, can, in my opinion, be considered a marathon in itself (ask Mark Abraham !) Yes, I was quietly confident and exited until a passing remark knocked the stuffing out of me temporarily. "Under five hours? You could do that at a decent walking pace."

*Well , I've done it now and can safely say to the 'man' of that remark..Don't talk out of your wrong end !!!!!*

After taking 12 minutes 35 seconds to get across the start line I got to mile marker one in just over 10 minutes and hoped that that would be the way of the next 25. Surrounded by all those people running it is quite hard to explain how you can still feel reasonably alone due mainly to none of their faces being familiar (not counting Rupert Bear or the likes who were easily recognisable.) At three miles I latched on to Janet who hadn't travelled too far to get to the race - Nairobi I think she said she came from. Then she thought I'd gone off my rocker when later I suddenly started screaming at the man in front of us. "Come on, will you hurry up please, we haven't got all day." Of course Janet had never met Jack. Later on I think Jack was confused to find me passing him again. (Well, you have to go when you have to go don't you?)

At fifteen miles I realised it wasn't going to be plain sailing. I could feel something going on in the region of my legs. A worrying thought struck me - when doing Ashby I'd had to walk a little at 17 miles but wasn't too worried with only 3 miles to go; what happens if you find yourself walking at 17 with 9 miles to go? I pushed that thought into the furthest corner of my mind and set my mind to the task of beating my record of 17 miles without walking and hoped to make it to 18. I did it! Eighteen, 19, 20 and finally 21. It was at 21 I finally slowed to a walk for all of a minute before I realised it was hurting much more than the running. The process of coming out of that walk back into a trot then a run(ish) was so excruciating it occurred to me that the only way to get to the finish was to run. I seemed to be able to mange that without actually taking either foot off the ground !!!

At twenty three instead of saying 3 miles to go I had to tell myself there was only 2 to go after this one. It sounded infinitely better. Seeing twenty five was an amazing relief, my brain converted it into only 10 minutes left to run. That was the longest 10 minutes of my entire life so far. A marker after that said 800mtrs to go. That was it, I nearly gave up. That's two laps of the track I shrieked, I can't do that!

Of course, I did and apart from trying to remember exactly how one goes about sitting down things got better after that.

N.B. I was only beaten by *one* rhino.

*CINT*

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## News

On the membership it's welcome to all of you who have joined since the last magazine was issued: Su Brooks, Phil Butts, Patrick Harnan, Sharon Horn, Mira Tysoe, John Chesher, Simon Fisher, Oliver Glanville, Andrea Ranson, Kathy Browning, John Biles, Veronica Singleton, Giovanni Gallo, Dennis Gound, Kim Walker, Sarah Brown, Malcolm McEwen, Peter Swales, John Martiello, Colin Welsh, Richard Bird, Sue Baker, David Carter, Clive Edmonds, Mark James, Marie Lane, Julie Marsden and to James Potter, who is rejoining as second claim member. We hope your time with us will be a long and happy one.

Sadly, it's farewell to Martin Green and Jenny Hanger, who, having been living in the Forest of Dean for a while, have thought it best to resign their membership. It was good to see Martin at the recent AGM, and many of us will no doubt keep in touch and meet up with them on the trips to the Forest that Colin Bennetts kindly organises from time to time. It's also goodbye to Paul Doherty, as he'd moved to Warrington. and has joined Spectrum Striders, and is now experiencing the joys of fell running.

On the committee side, Steve Clark joined the committee last year, after a ballot of members, in place of Jeanette Cheetham, with Tony Barnes temporarily taking over the Vice-Chair position. Also, at the end of last year sadly, due to unforeseen circumstances, Angie Bright's availability regarding committee meetings became severely restricted due to the loss of a baby sitter, and she stepped down from the committee. Thanks Ange, for all you did - [I'm sure many of us will remember our part in the River Festival for a good few years] - will Bonehead rise like the Phoenix from the Ashes? Her place on the committee was offered to the person who came second behind Steve in the members' ballot, Jacinta Horne (who accepted).

As mentioned earlier (AGM report) Pete Davies decided to stand down from the Membership Secretary's position at the AGM, due to his rather uncertain work commitments. He will however continue to organise the Half Marathon. Chris and Jude Cottam also stood down from the committee at the AGM. After having served for three years they both felt it was time for others with new ideas be given the chance, and with

increasing work commitments putting more strain on their time, they felt it best to stand down. Chris will still continue to sell the club kit and organise the Oakley Races next year, and both will continue to organise the Great North Run and Great Yarmouth trips that they currently have in preparation. Our heartfelt thanks for all they've done to all of them, and hopefully all of them will perhaps return to the committee in coming years.

It was suggested a few months ago that courses in administering massage might be arranged. Mike Devonshire has asked Richard Edwards, whom one or two of us know (and is a member of Ampthill & Flitwick Flyers), who was considering the idea the last I heard.

The old administration managing the Bedford Athletic Stadium was 'wound up' at it's AGM on November 1st, with the club represented by Mike Devonshire, Pete Davies and Graham Horne. This body has been replaced by a new smaller management committee, which has two Harriers representatives (Pete and Mike), with John Sawford as Treasurer. A questionnaire regarding ideas for future facilities at the Stadium (such as extra stands, entertaining facilities, storage facilities) was circulated at a recent committee meeting. Replies were collated and passed on to DSD. Also with regard to the Stadium, we've been told that we can have an advertising hoarding around the track perimeter to advertise the club. The slogan 'Hit The Road With The Bedford Harriers' was suggested by Jude and well liked by the committee. Nothing is likely to happen in the near future though - so if any of you have any inspiring ideas, there's still time to suggest it (see Mike Devonshire)

The idea of a club results booklet (collating all our results for everyone to read) was floated at a recent committee meeting and, whilst it was thought that it was a nice idea, it would take a bit of time and effort that not many of us have to take it on (and we do anyway have the Race Results Book). However, if anyone of you out there would like to do this for the club, let me know.

At the end of last year the club had a letter from a lady writing on behalf of her sister who has leukaemia and is trying to set a record for the number of race T-shirts collected for a year. I posted off a Great Barford Half Marathon T-shirt, and I believe Bypass Run and 10K T-shirts were sent on as well.

Rosemary Roome, a former Harrier and great friend of ours with whom we've had a lot of contact and a great deal of help from with our races over the past few years, recently stood down from her positions on the Bedfordshire AAA Road Race and Cross County Sub-committee, due to the weight of other commitments. As a token of our appreciation of her services to athletics in the county, the club has presented her with a small personal memento (a teddy bear clock). Unfortunately, Rosemary was unable to attend our awards night and receive it; but Tony has however passed it on and Rosemary has written to thank us. We will still however continue to see Rosemary at local events; indeed she officiated at our recent Oakley races.

The club recently received a letter from the SEAA letter giving ideas for restructuring county athletics and club league athletics, including a regional membership scheme for individual athletes. I wrote back on behalf of the club giving the view that such a scheme offered nothing to road and cross country runners such as ourselves, and saying that we would be strongly opposed a paying membership scheme being used to finance it. However the view was recently expressed at a Beds AAA meeting I attended that nothing was likely to come of this.

Arthur Monk has kindly donated a trophy to us to be used how we see fit. After canvassing for ideas amongst the committee, it was proposed that the trophy be utilised as an annual ten-pin bowling handicap competition award. Arthur has been asked if he agrees, and is quite happy with the proposal I'm told.

The idea of the club buying a Seiko automatic recording device has been looked at by our race directors. After careful consideration, it has been decided that at present such a device doesn't offer sufficient advantages to be worth the expenditure. For example, they don't work that well in situations in which a lot of runners might finish at the same time, such as can occur in our 10K. However, we will keep an eye open for future advances in these devices that might make them a more realistic proposition in the future.

Chris the Kit now has available yellow long sleeved T-shirts with the club name of the front (sorry - don't know the price - ask Chris).

£80 had been received for the Jo Knox Appeal, from John Waugh - thanks John.

Our recently mounted trophy cabinet is empty! Perhaps because club members are not aware of it - perhaps because we're not winning things. If you do have any trophies or cups etc. (particularly team ones) you think should be prominently displayed in the trophy cabinet (perhaps Avril's tea set from 'Race The Train' !), let someone on the committee know.

Our Half Marathon will be held on September 21st this year. The last I heard was that no sponsor had been found for the race yet, although Jack tells me that Dairy Crest, after initially declining, now have renewed their interest. If no sponsor can be found, the race will still go ahead, but with an appropriately reduced budget.

A number of people still owe money for their entries for the Today's Runner Plate Final and area Vets cross country championships to Tony - see the 'Hit List' on the small notice board down the Stadium. And talking of notice boards, please don't put your notices on top of other peoples, not only is it often disrespectful to people who are doing their best to organise events for the benefit of everyone, but it also causes problems when people miss information they should be reading.

Lesley Davies will be taking over the organisation of our Today's Runner League event from Chris Cottam this year.

Jude and Chris Cottam are looking to run a trip to the Great Yarmouth Half Marathon, as proved very popular a year or two ago - details will be on the board when the race and trip are confirmed.

The committee is looking at the possibility of holding a 'Race night', perhaps in the darker winter months.

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***A FEW WORDS, LARGELY FOR THE BENEFIT OF THOSE OF YOU NEWER TO THE CLUB AND RUNNING IN PARTICULAR, BUT ALSO PERHAPS A USEFUL REMINDER TO THOSE OF US THAT THINK WE KNOW IT ALL..***

*As the beginners coach it is natural that some of the more fundamental important things are automatically included as part of their early sessions e.g hydration, shoes etc. I am, however, not the only group leader to find themselves with new members on a regular basis. Because of this I have decided to include in the 'information booklet' given out with membership cards a few basic points. Here, you have an opportunity to read/query/add to anything I have said.*

**1. Warm Ups** Warm ups let your body gradually adjust to exercise, preparing you for harder work and actually making that harder work easier. Warming up increases blood flow to the heart and other muscles lessening the risk of injury and increasing the elasticity. As a group leader I would hope that my runners would begin their slow jogging around the sports hall/ track at least 10 minutes before the stretching exercises begin. We cannot always be on hand at this time to remind you to do this and we hope you realise it is for your own benefit. The stretching exercises will always be lead by a qualified member of the coaching team and the exercises should be learnt and remembered for use outside of club nights. Any questions you may have can be directed to any group leader before or after a session.

**2. Footwear** Good running shoes are essential to protect the human skin and provide shock absorption. A good pair of running shoes should provide flexibility, cushioning, durability and motion control. The purchase of a good pair of running shoes is the one crucial investment you should make. Chose a shop that specialises in running shoes and get the help of a senior sales assistant even if it means waiting for a time.

**3. Eating Habits** There is an abundance of advice and information I could give you on what to eat but that is not my purpose here. What I want to get across to you is more a question of when to eat. Basically it is not a good idea to eat too much before a run. Generally there is a large 'hit and miss, trial and error' element to this. Eating something, some time before a run is essential for many reasons.

- A. To keep blood sugar at a reasonable level.
- B. To fuel your muscles.
- C. To settle your stomach and ensure you have no hunger pangs.

The fact is that only you can find out for sure how your body is going to react to what you choose to eat and as you become fitter, older or train longer or more intensely your reactions will be changing.

The best bet to begin with is to steer clear of foods high in sugar and concentrate on those high in fibre and carbohydrates. Try also to avoid too much milk until you know how it will affect you. It is inadvisable to eat anything for the two hours directly before you run and if this is not working either eat more/earlier or change what you are eating. You could also find that something you eat even four hours before a run turns out to be too heavy. As I said originally 'hit and miss, trial and error'.

Replacing carbohydrates after a run lasting more than an hour and a half is also important to put back some of what you have taken out and aid recovery of your muscle fibres.

**4. Hydration.** Hydration is important no matter what the weather. Before exercise drink, drink, drink. When we run we sweat because running increases body temperature. The fluid lost in sweat must be replaced or you will dehydrate - **this can kill**. Thirst is not an early sign of dehydration, you must not wait until you are thirsty to drink. You should teach yourself to drink steadily throughout your daily routine. You should drink water or diluted squash as often as possible and steer clear of coffee, coke and alcohol (within reason). These fluids produce more urine and will dehydrate you. (E.g. One pint of alcohol will produce approx. two pints of urine.) An hour and a half to two hours before running you should change to taking regular sips of liquid instead of large gulps, too much fluid in your stomach can be very uncomfortable.

Do not forget that drinks other than water are likely to contain calories or sugar that you do not really require, so water is your best bet. In hot weather or on longer distance runs you will need a constant supply of fluids to hand so it is a good idea to buy a water bottle specially designed to carry whilst running. If you plan to race you should practice drinking on the run from bottles and cups so that you are well prepared. It may even be a good idea to practice taking bottles or cups from someone's hand if you want to make sure your race goes well. After your run you must replace lost fluids. A good indication of hydration before or after a run is to note the colour of your urine. A well hydrated or re-hydrated runner will pass urine that is pale in colour or even almost clear.

**5. Training Diary.** I recommend to all my beginners that they keep a running diary/log. This will become a record of your fitness. In it you can enter your day to day training record; weekly, monthly, and yearly mileage; best races and PB's; favourite routes/courses; when you had your latest pair of shoes; what were they.

Over time your diary becomes a significant and hopefully accurate record of your progress up (and down and back up) the training ladder. You can refer to it to remind you how you trained for a particular distance or how long it took you to recover after. You can record injuries and their treatment so that you will know what to do if the situation arises in the future.

***I hope that what I have written here is of some use and that I haven't confused anyone or written any complete rubbish. It is worth remembering that even people who have been running for a long time could use a little refresher course in the whys and wherefores. We all take for granted that what we are doing is right but if you buy running mags or go to the library there's always a chance that something wonderful has happened in the sport where the avoidance of injuries/ dehydration etc are concerned while you weren't looking. As I said at the start, this is all pretty basic but it is what helps us all to keep on running !!!***

Jacinta Horne  
(Beginners Group Leader)

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In addition to those of you whose contributions are acknowledged with their articles, I should also thank Lesley Davies, Jacky and John Keenan, Chris Cottam for their photos and other bits. I also thank Ray Evans for his crossword -unfortunately, the magazine's been somewhat delayed and I felt that a Christmas Crossword wasn't really appropriate - we will however print it some other time! Thanks also to Chris and Jude for their funny running book which they lent me, I'll make use of some of the pictures next time around.

Graham Horne

# NIGEL DIPSTICK'S HARRIERS GOSSIP COLUMN



Have you asked yourself why the subscriptions went up ! Seen here, enjoying themselves at Stringfellows with their new found wealth, the Treasurer and Chairman of Vice for Bedford Harriers.

The Chairman of Vice was quoted as saying 'I'm well qualified in sex, drugs and rock and roll, but just need to brush up on my heavy drinking'.



Meanwhile, the Chairman remains blissfully unaware of the improved social life of his committee members, as he tucks into his lunch at The Prebend Street Day Centre.



Businessman and entrepreneur, Rob 'Paul Roberts' Stanley, supposedly happily married man, pictured here with mysterious I blonde bombshell. Who is she ?

And finally, would you trust this man?  
You are going to have to - he's your new Committee member!

