

# **HARRIERS**

*SUMMER 1997*

**READY ... STEADY... GO.....**



## **HARRIERS READY TO MOVE AT THE JORDANS TRAIL CHALLENGE**

- **Photos**
- **Race Reports**
- **Members Articles**
- **Crossword**
- **Six Months Race Results and Analysis**
- **Auntie Alice**

## SUMMER 1997

I know it sounds more beer festival than a sports festival but it was amazing. They would compete during the day, except when they went to visit Warwick Castle, go out every evening, come back for a few hours sleep and compete again the next day. I think some of the older ones took it a bit easier but most of them kept it going for the four days.

The Sharnbrook 10k was either a great success, or as a team event, a waste of time. The race was well organised and the weather was great. All the runners from both teams agreed it was a perfect way to finish the weekend sports but behind the scenes things were happening. The Bedford team had won the day, Bedford 113 to Bamberg 226, which would mean that Bedford would win back the overall team trophy. A shock however was in store.

That night at the civic reception, the German officials were seen in deep discussion. They said that the 10k race was only a fun event and it was never agreed that it would count in the overall scoring. This was strange as some of the German runners only came over to do the 10k. So after much debate by the Bedford team managers, they decided to lay down and give in to the Germans. Will we ever stop feeling guilty about 1996.!

So it turned out we need not have got involved in the festival in the first place. Our event was only a bit of fun, but in reality it was great and very enjoyable and I know that I speak for everyone who took part either as a runner or a supporter.

We have made friends from Bamberg and it was suggested that we should go over to Bamberg and take part in their local road race and perhaps visit some of their night clubs. They would very much like to be our hosts.

It would need at least two people from the Club to organise it, so if there is anyone out there who would like to give it a go, please contact the committee.

*Mike Devonshire.*

# WHO'S WHO ON THE HARRIERS' COMMITTEE



**Mike Devonshire**  
Chairman  
BAS Management  
Committee



**Mike O'Hara**

**Graham Horne**

Secretary

Beds AAA  
Committee



**Paul Roberts**

H/M Deputy  
Race Director



**Barry Bright**

Treasurer  
10K Race Director



**Brian McCallen**

Vice Chairman  
Competitions Secretary  
Magazine

**Lesley Davies**

Ladies Team Management



**Phil Gray**

Club Magazine



**Jacinta Horne**

Membership Secretary  
Coaching Co-ordination



**Tony Barnes**

**Jack Keenan**

Press Secretary

County Coaching Committee

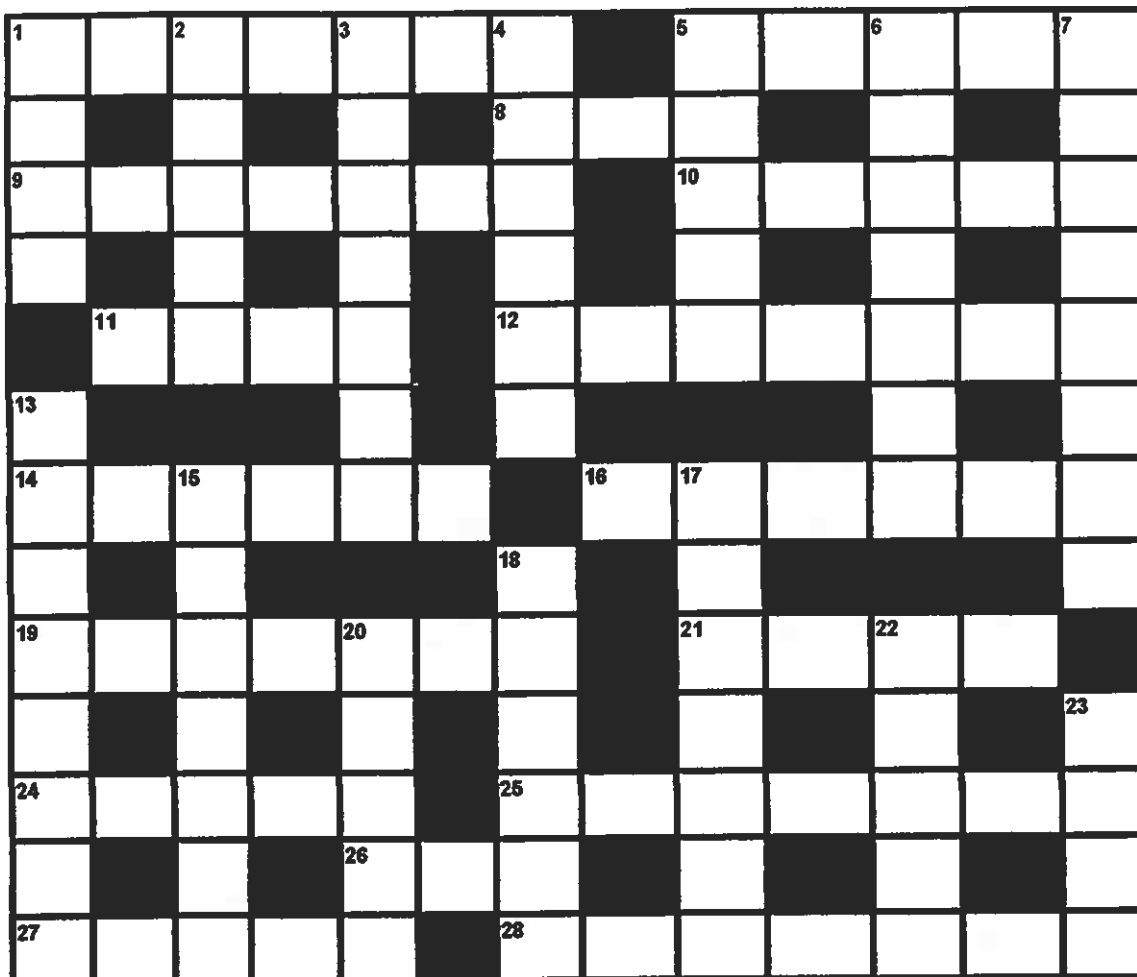


**Steve Clark**

10K Deputy Race Director



Ray's Coffee Time Crossword



**ACROSS**

1. Something hot to put food in [ 7 ]
5. Another name for a loft [ 5 ]
8. To conclude [ 3 ]
9. Visit the emporium for the kids [ 7 ]
10. 'The Pirates of Penzance' is one [ 5 ]
11. Omit the 'T' to be there [ 4 ]
12. Hospital Operations Room [ 7 ]
14. An Athlete of The Track [ 6 ]
16. Place of worship smaller than a church [ 6 ]
19. Young Tree [ 7 ]
21. Rosta by another name [ 4 ]
24. Americans call it rout [ 5 ]
25. Left out [ 7 ]
26. State of equality on golf course [ 3 ]
27. Select without the 'S' [ 5 ]
28. To be of serious intent [ 7 ]

**DOWN**

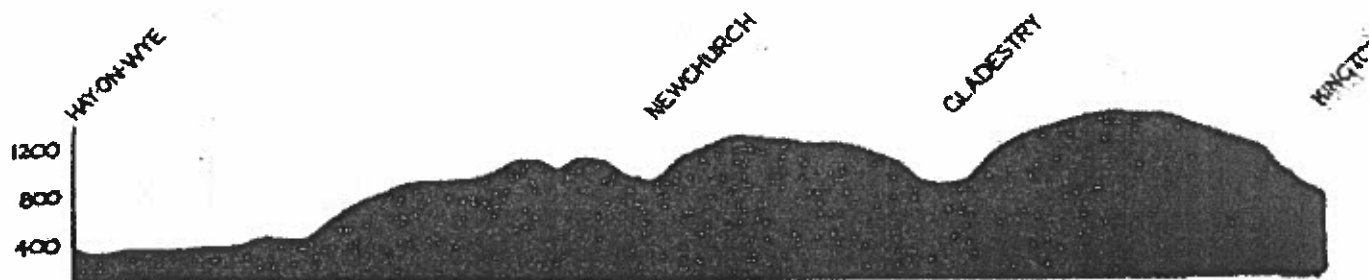
1. This insect usually has a ball [ 4 ]
2. The manner in which something is done [ 5 ]
3. Do we not aspire to be this? [ 7 ]
4. Sheriff's assistant [ 6 ]
5. To like someone or something intensely [ 5 ]
6. Apex of a tall plant made of wood and bark [ 7 ]
7. Another name for daddy - long legs [ 8 ]
13. To keep fruit etc in jars [ 8 ]
15. Eighth planet from the sun [ 7 ]
17. Member of a fine running club [ 7 ]
20. Incompetent [ 5 ]
22. Name of a book is called this [ 5 ]
23. Decide whether to leave in or out [ 4 ]

## **PART TWO - Uphill Struggles**

The rapidly changing weather conditions, warm, cold, hot, freezing then very warm made vest versus T shirt a monumental decision. The vest won and at times I was really glad, at times I wasn't! Someone said 'go' and off we went. I had spent much of the time before this race, maybe weeks even, not listening to remarks about this race so that I would be free to make up my own mind. Had I known more I would undoubtedly all joking aside have chickened out. I'm not a fast runner or a strong runner but I can say, hand on heart, nothing has ever defeated me yet (not even Standalone!). I have never in my life felt so defeated and depressed as I did after just three miles of this race. If I thought I knew how to get back to the start I really can't be sure I would have continued. The first few hills were unlike any you could find in your average hilly 10k and turned me inside out to such an extent that when I did happen upon your average hill I couldn't even manage it. All this before you reach the ridges. I was despondent and some of the route was so badly marshalled that I was shouting to passers by, "seen any runners?".

The fells were a different matter again and to some extent cheered me up when I began to feel justified in my walking. At this point you also start to take in and appreciate some of the picturesque scenes through which you are moving. Some of the fatigue diminishes, your heart lightens and you actually start to enjoy yourself.

Towards the ten mile mark my legs were beginning to feel truly 'cream crackered'. On stopping before the last ridge I was very kindly offered a lift to the end. Being a sensible type I said "no thank you"(did I say sensible?). I also put the young lady behind me in a wonderful position by saying I really wanted to continue but not alone whilst looking purposely vulnerable and timid. She fell for it. The climb up to the last ridge was truly amazing and I really began to feel guilty for dragging her up there. Her name was Rosie but she definitely wasn't feeling much that way two miles later



The last two miles were down hill and that's an understatement. Rosie was in her element while I, with my degenerating bits in my back that don't like to be jarred, couldn't expect her to understand my difficulties. I cannot describe my elation on crossing the finish line except to say I've never felt it before in my life. For me it surpassed even the 26.2. The encouragement and support given by marshal's, drinks stations (so many thank you) and spectators was fantastic. All in all I am proud of myself regardless of my finishing position.

## **PART THREE - What's Next ?**

Another enjoyable forthcoming erecting event is Race The Train. This fourteen plus miles cross country trek is 'a doddle' compared to Offa's Dyke I'm told. Again leaving Friday night we erect in Tywyn, North Wales and then head straight for the pub. We get an earlyish night ready for the race which is on Saturday. Post race celebrations include fireworks and BBQ and lots of fun.

Sunday can be spent on the beach, weather permitting and if, like us, you decide to make a week of it there's a great hotel in town with entertainment for young and not so young alike. We have plans to climb Snowdon and may other exciting things and can only stress 'the more the merrier' !!

**JACINTA**



**London in April was the place to be as 29000 people addressed the demands of 26.2. miles . Satisfaction and a medal - like the one above - were the end result.**

**Applications for entry to 1998 Flora London Marathon available in August.**

## SUMMER 1997

vouchers were forthcoming. The comrades at the desk never forgave me for undermining their authority and refused to change money (even given a choice of sterling, dollars or deutschmarks) or transact any other business during my four day stay.

The remnants of the old *babushka* system of elderly floor wardens also remained but was even more inefficient and unproductive than under the communists. The ladies stayed gossiping in their room all day long and my room remained uncleaned and my bed unmade for the duration of my stay. They were so ineffectual that the GB team manager had about £600 stolen from his room on the last day but they "saw nothing". There was however a Brothel on the third floor, thriving (so I was told by the team members in the adjacent room), condoned and even advertised by a hotel management embracing admirable Western initiative and free enterprise. The Juniors were offered a special "two girls for the price of one" deal which I was assured they refused (some lack lustre performances on race day were entirely due to the hot weather).

The Opening Ceremony was held in the grounds of the Castle. The teams paraded across the stage, led by the GB team since *Anglika* (England) came first in the alphabet (much to the disgust of the Welsh and Scottish members of the squad), to be warmly welcomed by a huge crowd. The inevitable speeches by various local dignitaries signalled not only the opening of the championships but also an excuse for the whole town to embark on three days of gymnastics displays, pop concerts, laser shows and folk dancing, well lubricated by the contents of numerous beer tents. Quite a few thousand even turned up to watch the Duathlon.

Spending money in Glogow was a big problem - there was nothing to buy ! Apart from buying 12 litres of water, considerably less cheap beer and three Mars bars and two packets of crisps I just couldn't get rid of my zoloty and finished up changing it back into sterling (although not at the hotel). Any walk out of the hotel involved the novel and ridiculous experience of running a gamut of little boys, and not so little girls, demanding autographs on school books, scraps of paper, tee-shirts or even their forearms.

The day of the race was an unseasonably hot 34°, which was to cause problems for several competitors, including the retirement of two of the GB girls. The first 10k consisted of four laps through the town centre, gradually down into and along the moat of a large palace and up a very steep 1 in 2 bank to street level again. The 40k bike course went out of the town and climbed gradually for 10k up to loop through a small village, very fast back to Glogow and then a second lap of the same route. The final 5k run was another two laps of the first course, with the bank assuming Himalayan proportions by the sixth ascent. I held off a touch of cramp to finish 7th, pleased to be the first of the GB vets but well behind the medal winning Austrians and Dutch.

The closing ceremony continued the revelry that had been going on all weekend, with the competitors now free to participate as well. The organisers laid on a buffet with, rather rashly, the promise of free beer. Predictably this ran out early in the proceedings but didn't prevent everyone enjoying a very pleasant evening.

**SUMMER FUN COLLECTION**



**JACK ISSUES FINAL INSTRUCTIONS TO KATHY.**



**DAVE AWAITS JACK'S FINAL BRIEFING.**



**JACKIE ON VACATION IN SHARNBROOK.**



**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 or charge for any consultation and everything is done in the best possible taste!*

Dear Auntie Alice,

I seem to be running well of late, though this has coincided with a distinct lack of sexual activity over the last month or so.. Can you help me sort out my priorities.

Desperate Dan

*Dear Desperate Dan*

*I am glad to hear you are succeeding in your running , both training and racing. You have that feel good factor, so why is there a lack of sexual activity in your life? Your fit, strong and healthy, clean living, good habits. "So what is wrong with me" you ask yourself. Perhaps you have asked too much of your partners in the past or set exacting criteria and no one person's close. You have to find the right chemistry then you will find all things are possible. I know there is someone out there waiting for you. Turn a different corner for a change. It could be just what you are looking for.*

*Good Luck*

*Auntie Alice*

Dear Auntie Alice,

My husband and I are both athletes. Since I have been training hard and doing longer runs, I keep thinking about sex and now my husband is starting to complain. He says I should stop thinking about it and do something but I'm too knackered. Please help me as he also says he knows a couple of women at the club he could pay.

Frustrated

*Dear Frustrated*

*It is wonderful to have so many husband and wife teams running within the Bedford Harriers. With all the help and encouragement you can give each other when training and racing, it gives you a warm glow all over like a big bowl of tomato soup. "Yuk".*

*A lot of runners have the same problem while running. They think about sex but are to knackered to go through with it. Look on the bright side, you will always be looking forward to your run, even if you have a headache. But as for your husband bringing the good name of the Harriers ladies into disrepute, he should be tarred and feathered and excommunicated from the Club. I have the name of an expert, a specialist in his field who will sort out your husband for good. A TAXIDERMIST*

*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. Send your letters to her.*

c/o The Editor, 5, Lincoln Road, Kempston, MK42 7HB

**A grandmother who is cycling the length of the**

**British Isles**

**heads the charity newsmakers this week**

# **Peddalling on** **for Macmillan!**

**A** DYNAMO grandmother who is cycling from Land's End to John O'Groats for Macmillan has written to the Herald from the half way point.

On Sunday Iva Barr, 69, from Bedford, sent a post card saying she had reached Kirkby Lonsdale in the East Midlands and is on target, covering 50 miles a day.

Iva, who hopes to cover 1,000 miles in three weeks said: "It has been very hard in places but no so bad in others. We have met other End to Enders, including a couple on a tandem raising money for Macmillan nurses.

"It is mostly a case of 'keep pedalling', but the roads do go through some stunning scenery. The weather has been variable, but tolerable. We have met lots of nice people on our journey."

Iva, who has six grandchildren, decided to make the epic trip because she was "bored" and wanted to mark her 70th year.

In the past she has run the London Marathon nine times, walked Coast to Coast, the Pennine Way, run 200 miles across Crete, dab-

**By DAVID  
COOK**

bled at wind surfing, hang gliding, abseiling, scuba diving and ... an army assault course.

Iva is also a volunteer carer at Macmillan's Linden Road day centre where friends have already raised £100 sponsorship.

She is being accompanied on the ride by two friends from Bedford Youth Hostelling Group, Ian Scottford of Stewartby and Jean Bradshaw from Bedford.

● To sponsor Iva, who hopes to raise £200, send donations c/o John Gregg, Bedford and District Macmillan Appeal, 3 Linden Road, Bedford, MK40 2DD. Mark your envelope 'Incredible Iva'.



■ IVA: Marking 70th year with marathon cycle ride for Herald-backed charity.

## BEDFORD HARRIERS A.C.

Ladies Term co-ordinator

I have a lot of outstanding Bedfordshire County A.A.A. Championship Certificate's for 1996/1997. So if your name is on the list below please come and see me if I do not find you first. **Well done to everyone.**

### Bedford Half Marathon 1996

1st Place Ladies Team	Irene Cornwell
3rd Place Ladies Vet 45	Jackie Keenan
2nd Place Man Vet 40	Alan Smith
2nd Place Man Vet 60	Brian Cornwell
3rd Place Man Vet 60	David Sutcliffe

### Flitwick 10k Champs 1996

1st Ladies Team Three Certificate's  
you must know who you are!!

1st Place Ladies Vet 60	Irene Cornwell
2nd Place Ladies Vet 50/55	Irene Cornwell
3rd Place Ladies Vet 45	Jackie Keenan

### Bedford 20 mile Champs Shuttleworth 1996

1st Men's Team two Certificate's  
you must know who you are!!

### Cranfield 10k Champs 1997

1st Place Ladies Team	
Kathy Browning	
1st Place Ladies Vet 35	Veronica Singleton
2nd Place Ladies Vet 35	Kathy Browning
2nd Place Ladies Vet 55/60	Veronica Singleton
3rd Place Ladies Vet 50	Irene Cornwell
2nd Place Men's Team	Irene Cornwell
	Tony Barnes
	Franck Monmont
	Eduardo Preciado
	James Potter
3rd Place Senior Man	Tony Barnes
3rd Place Man Vet 60	David Sutcliffe

### Great Barford Half Marathon 1996

1st Team Medal	Darren Armitage
----------------	-----------------

## **Cranfield Carnival**

Cranfield welcomed participants on a glorious June day for the annual 10K Road Race. A carnival atmosphere was clearly evident as the morning progressed. It was good to see so many families present - some taking part in the road race - some in the fun run and dash. Jack is a compare without equal as he welcomed one and all to Cranfield. The minutes ticked away as race time grew ever nearer at 11AM. I located at 3K to marshal the runners.

The leaders were setting a hot pace and reached this point in a little over 9 minutes. Tony was the 1st Harrier, with Phil, Frank and Eduardo not far behind. Some found the going tough. It was good to see so many Harriers participating. The winner from Tipton ran an incredible 30:46, just 30 seconds down on Hugh Jones course record. Kathy was 1st Lady in 38:56. Bedford Harriers excelled on the day and the Mens Team took the 10K County Championships. An exceptional performance by an exceptional club.

A mega, megamungus thank you to all who made this event such a gobsmacking success. Special thanks to Barry and Steve.

## **Cool Colworth**

Colworth welcomed participants on a damp Friday evening for their annual 5 mile race. It was good to see such an excellent atmosphere despite the rain. An aerobic workout prior to the start certainly livened things up. A downpour signalled the start as 'Chariots Of Fire' echoed in the background. What lay ahead would test some to the limit.

Bedford Harriers were well represented, with Tony finishing an excellent 2nd. A nice trophy too. A whole group finished together, including Brian, Paul and Max. Jacinta and Wendy revelled in the conditions as bright sunshine and refreshments awaited the finishers. Excellent race. Excellent atmosphere. A night to remember.

## **Grand Prix Finale**

10K in Milton Keynes was a fitting conclusion to what has been an exceptional East Midlands Grand Prix Series. A series which began at Silverstone in April had now turned full circle. Bedford Harriers turned in a solid performance, with a number of notable individual performances, including Max, Christine, Veronica and James. Max set another P.B. of 38.28, while Christine set an equally impressive P.B. of 44.28. Veronica was 2<sup>nd</sup> LV35 on the night. A special mention to all who took part in the series and congratulations to James Foley who was 1<sup>st</sup> in the U20 category, and 1<sup>st</sup> overall in this category. Well done James.

1998 Awaits!!!!

**RACE REVIEWS @philip.j.gray**

### **A Thank You From Tony To Phil**

Tony Parello would like to thank Phil Barnes for helping him pace the Ramsey half marathon and get under 1 hour 30 minutes for the first time. Tony's time of 1 hr-28min-28secs, was a near five minute improvement on his previous PB for the distance- 1hr -33min -01secs - which was set in the Bedford Half in February.

## SUMMER 1997

In addition to these PB improvements, there have been a number of other notable performances by Harriers so far this year. The list includes:

**Kathy Browning's** one mile time trial of 5.32 in May. This is thought to be the fastest mile time run by a Harrier lady since the Club's formation. Kathy was also the first lady home in the Cranfield 10k with a time of 38:56. Kathy's PB for 10k is around 34.0 minutes.

**Edvardo Preciado's** London Marathon time of 2:54:33. Edvardo is the only member of the Harriers to have broken three hours for the marathon so far this year.

**Steve Wilby (v45)** was the third Harrier home in the London Marathon in a new PB of 3:16:49. Steve puts his improvement down to his use in training and in the race, of a heart rate monitor.

**Maurice Crook's (V55)** run in the Flitwick 10k. Maurice was the first vet home and the sixth Harrier overall to finish - out of a field of 35 male Harriers - with a time of 38.14.

**Phil Barnes** finished 25<sup>th</sup> in a field of 1,500 runners at the St Albans Half.

**Chris Proud's** run in the European Duathlon Championship in Poland where he was the first British runner home in his age group. Chris was also the overall winner of the Colworth Duathlon and the first v50 in the Norwich Duathlon.

### Performances of Merit

A new award which acknowledges and recognises performances of particular merit has been introduced by the Club. The awards, which are to be made four times a year, highlight notable achievements in individual races, or occasionally, in a series of races. The points taken into consideration when deciding the awards include the time achieved in a race, improvement on PB, the position in the race, endurance and age related performances. All members of the Club are eligible for consideration.

The results of the Awards for Winter and Spring are given on page 23. The choice of winners is inevitable subjective. Apologies to those who feel they should have been included but have not been on this occasion.

The Awards for performances between July and September (the Summer Awards) will be given in the Autumn edition of the Magazine.

## **CLUB CHAMPIONSHIPS AND RACES**

For those who may be not be aware of it, the Club runs five championship races or series of races each year.

- The Road Race Championship
- The 10k Championship
- The 10 Mile Championship
- The Half Marathon Championship
- The Cross Country Championship

### **The Road Race Championship**

#### **Event(s) to count:**

The championship covers any road race run under BAF Rules, or, in the case of overseas events, under the rules of the appropriate governing body. Other types of races such as: multi-terrain, cross-country events etc do not count neither do our own events, where we provide marshals etc.. Entry to the race should be open to all club members unless they are men- or women- only events.

#### **Scoring:**

1 point for finishing

Plus 1 point for each person you beat in your own category

Plus 1 point for each person you beat in any younger age group category

Times should either be entered into the Race Book or forwarded on an official results list to count.

#### **Categories/Trophies to be Awarded:**

Overall Men's winners trophy (shield), overall Women's winners trophy (shield)

Smaller mementoes (to keep) for each age category winner

Minimum of three events in the appropriate age group need to be run to qualify for a trophy.

When participating in races, Club colours (i.e. vest or T-shirt) should be worn, otherwise the run will not count towards a club distance championship or the road race championship. Rare exceptions, such as running for charity, forgetting the vest (first offence only) or ignorance of the rules (first offence only) may be made at the Club's discretion.

Results and points awarded for all qualifying races so far in 1997, are given on pages 27 to 37

SUMMER 1997

**Ten Mile Road Race Championship**

**Current Points and Placings**

**Races To Come**

	Hemel	Pts	Leighton Buzzard	Pts	Cople	Pts	Harlow	Swineshead	Total
Tony Barnes	61.55	30	61.06	30	60.59	30			90
Brian Cornwall	78.26	24	76.07	28	79.09	19			71
Brian McCallen	68.37	28			67.00	27			55
Tony Parello	66.27	29			68.43	25			54
Ian Marshall			72.18	29	71.32	23			52
Ray Evans	71.45	27			72.31	22			49
Mike Devonshire	75.36	25			77.17	20			45
Chris Brace			77.22	27	79.23	18			45
Bill Bowden			79.08	26	80.12	16			42
David Fake			80.19	25	79.59	17			42
Dave Bithell	83.42	23			89.10	10			33
Edvardo Preciado					61.42	29			29
Mark Whiteman					62.10	28			28
Paul Roberts	73.35	26							26
Graham King					68.12	26			26
John Martinello					70.42	24			24
Philip Gray	87.04	22							22
Colin Tranter					72.35	21			21
Terry McEwan					81.43	15			15
Steve Gaunt					82.37	14			14
David Sutcliffe					84.15	13			13
Len Donovan					84.24	12			12
Malcolm McEwan					85.24	11			11

	Hemel	Pts	Leighton Buzzard	Pts	Cople	Pts	Harlow	Swineshead	Total
Christine Armstrong	81.05	29	79.36	30	80.06	29			88
Jacky Keenan	80.27	30	80.50	29	81.21	28			87
Irene Cornwell	103.13	27	99.52	26	100.44	25			78
Pauline Beehan					76.33	30			30
Lesley Davies	84.13	28							28
Anne Davies			83.07	28					28
Sandra Elliot			84.21	27					27
Teresa Munns					82.36	27			27
Michelle Boyden					93.39	26			26

Harlow is run on Sunday 3<sup>rd</sup> August and Swineshead on Sunday the 7<sup>th</sup> September

## SUMMER 1997

### Bedford 6

		Age Category	Time	Pts
James	Foley		33.35	12
Paul	Langford		33.53	11
Tony	Barnes		35.51	10
Kevin	Willett		35.54	9
Alastair	Fadden		37.10	8
Max	O'Driscoll		37.42	7
Brian	Harwood	V45	38.51	12
Darren	Armitage		39.08	6
Paul	Sharman		39.54	5
Ian	Marshall		39.55	4
Paul	Roberts		40.15	3
Steve	Wilby	v45	40.37	7
Colin	Bennett	v45	40.57	6
Ray	Evans	v50	42.06	6
Terry	McEwen	v45	42.30	5
Neil	klabe		43.15	2
Christopher	Brace	v45	44.15	3
John	Isard	v45	46.08	2
Malcolm	McEwen		46.33	1

		Age Category	Time	Pts
Veronica	Singleton	v35	39.29	2
Nicola	Klebe		43.15	1
Christine	Armstrong	v40	43.36	1

### Bedford Half Marathon (Club Championship Race)

				Age Category	Time	Pts	
Tony Barnes		1:15:36	16	Ian Soaft	v45	1:41:41	11
Phil Barlow	v50	1:27:30	30	David Fake	v50	1:42:44	12
Alan Smith	v40	1:27:47	17	Stephen Clark	v45	1:43:13	10
Ian Weaver		1:28:55	15	John Durham	v40	1:43:24	6
Phil Barnes		1:28:56	14	Ian Marshall		1:44:52	5
Alastair Fadden		1:29:30	13	Chris Brace	v45	1:48:02	7
Ralph Ward		1:31:06	12	William Bowden	v55	1:49:57	9
Chris Proud	v50	1:31:15	25	Patrick Harnan		1:50:37	4
John Martiello		1:32:37	11	Peter Swales		1:53:06	3
Tony Parello		1:33:01	10	Len Donovan		1:55:18	2
Clive Edmonds		1:33:13	9	David Sutcliffe	v60	1:55:35	8
Paul Sharman		1:33:45	8	John Adamson	v45	1:55:45	2
Dennis Gound	v50	1:37:39	19	David Tresser	V50	1:58:45	3
Ray Evans	v50	1:37:59	18	Bruce Tilbury	v50	1:59:05	3
John Marchant	v45	1:38:48	15	Gerald Dazley	v60	2:04:27	3
Gallo Giovanni		1:40:22	7	Malcolm McEwan		2:06:57	1
Richard Bird		1:40:40	6	Michael Wood	v45	2:12:31	1
				Brian Cornwall	V60	2:27:39	1



## SUMMER 1997

### Cople 10 (Ten Mile Championship Race)

		Age Category	Time	Pts
Pauline	Beehan	v35	76.33	2
Christine	Armstrong	v40	80.06	3
Jackie	Keenan	v45	81.21	3
Teresa	Munns	v45	82.36	2
Michelle	Boyden		93.39	1
Irene	Cornwall	v60	100.44	1

### Corby 5

		Age Category	Time	Pts
Tony	Barnes		27.32	1
Phil	Gray	v40	41.00	1

		Age Category	Time	Pts
Christine	Armstrong	v40	35.58	1

### Dunstable 10k

		Age Category	Time	Pts
Tony	Barnes		36.00	5
Max	O'Driscoll		39.27	4
Tony	Parello		39.38	3
Paul	Sharman		41.12	2
Malcolm	McEwen		52.50	1

		Age Category	Time	Pts
Christine	Armstrong	v40	46.34	2
Andrea	Ranson	v35	52.50	1

### Dhayader 20

		Age Category	Time	Pts
Veronica	Singleton	v35	02:34:33	1

### Edinburgh 5k

		Age Category	Time	Pts
Stephen	Clark	v45	21.03	1

### Exeter Half

		Age Category	Time	Pts
Chris	Cottam	v50	1.58.00	1

## SUMMER 1997

### Hemel 10 ( Club Championship Race)

		Age Category	Time	Pts
Tony	Barnes		61.55	3
Tony	Parello		66.27	2
Brian	McCallen	v40	68.37	3
Ray	Evans	v50	71.45	4
Paul	Roberts		73.35	1
Mike	Devonshire	v45	75.36	2
Brian	Cornwall	V60	78.26	3
David	Bithell	v55	83.42	2
Phil	Gray	v40	87.04	1

		Age Category	Time	Pts
Jacky	Keenan	v45	80.27	3
Christine	Armstrong	v40	81.05	2
Lesley	Davies	v40	84.13	1
Irene	Cornwall	v60	103.13	1

### Ironbridge Half Marathon

		Age Category	Time	Pts
Veronica	Singleton	v35	1:35:40	1

### Leighton Buzzard 10 (Ten Mile Championship Race)

		Age Category	Time	Pts
Tony	Barnes		61.05	2
Ian	Marshall		72.10	1
Brian	Cornwall	V60	76.07	3
Chris	Brace	v45	77.22	1
William	Bowden	v55	79.08	2
David	Fake	v50	90.19	1

		Age Category	Time	Pts
Christine	Armstrong	v40	79.36	3
Jacky	Keenan	v45	80.50	3
Anne	Davies	v40	83.07	2
Sandra	Elliot	v35	84.21	1
Irene	Cornwall	v60	99.52	1

### Leighton Buzzard Half Marathon

		Age Category	Time	Pts
Paul	Sharman		1.37.00	1
Chris	Cottam	v50	1.41.13	1

### Leighton Buzzard Half Marathon

		Age Category	Time	Pts
Anne	Davies	v40	01:57:40	1

# SUMMER 1997

## Peterborough 10K

		Age Category	Time	Pts
Tony	Barnes		34.40	3
Phil	Barnes		35.08	2
Paul	Sharman		40.23	1
Chris	Cottam	v50	45.25	1

		Age Category	Time	Pts
Lesley	Barnes	v35	51.00	1

## Peterborough 20

		Age Category	Time	Pts
Stephen	Clark	v45	2.42.10	1

## Potteries Marathon

		Age Category	Time	Pts
Stephen	Clark	v45	3.46.00	1

## Ramsey Half Marathon

		Age Category	Time	Pts
Tony	Parello		1.28:28	2
Phil	Barnes		1:28:29	1
William	Bowden	v55	1:46:22	1

		Age Category	Time	Pts
Lesley	Barnes	v35	1:56:20	1

## Royston 10k

		Age Category	Time	Pts
Tony	Barnes		36:10:	1

## Rugby 6

		Age Category	Time	Pts
Tony	Barnes		35.29	2
Brian	Harwood	V45	37.54	2
Max	O'Driscoll		41.46	1

		Age category	Time	Pts
Christine	Armstrong	v40	45.40	1

# SUMMER 1997

## Stanford 30K

	Age Category	Time	Pts
Tony Parello		2.17.35	1

## Stratford Half Marathon

	Age Category	Time	Pts
Malcolm McEwen		1.57.00	1

	Age Category	Time	Pts
Sarah Brown		2:19:00	1
Andrea Ranson	v35	2:21:00	1

## Thorney 12k

	Age Category	Time	Pts
Will Drown		51.22	1

## Titchmarch 10k

	Age Category	Time	Pts
Brian Harwood	V45	39.09	1

## Watford Half Marathon

	Age Category	Time	Pts
Paul Sharman		1.33.00	2
Tony Parello		1.34.00	1

	Age Category	Time	Pts
Pauline Beehan	v35	1.52:00	1

## Weedon 10k

	Age Category	Time	Pts
James Foley		35.30	4
Tony Barnes		37.05	3
Max O'Driscoll		40.11	2
Graham Horne		40.44	1
Brian Harwood	V45	44.50	1

**CLUB ROAD RACE CHAMPIONSHIP:1997**

**MEN**

**Current Points And Placings**

		Points			Points
Tony	Barnes	84	Steve	Gaunt	17
Ray	Evans v50	69	Alan	Smith v40	17
Tony	Parello	59	James	Potter	16
Phil	Barnes	57	Darren	Armitage	16
Alastair	Fadden	54	Richard	Bird	15
Brian	Cornwall v60	41	Len	Donavan	13
Chris	Proud v50	41	John	Durham v40	12
Brian	Harwood v45	40	Paul	Roberts	11
Brian	McCallen v40	39	Ian	Soaft v45	11
Max	O'Driscoll	38	David	Tresser v50	11
Christopher	Brace v45	35	Gerald	Dazley v60	10
John	Marchant v45	35	Bruce	Tilbury v50	10
William	Bowden v55	34	Clive	Edmonds	9
David	Fake v50	32	John	Keenan v50	9
James	Foley	32	Roger	Trengrove v45	9
Phil	Barlow v50	30	Kevin	Willett	9
John	Martiello	30	Bernard	Charnley	8
Paul	Langford	30	Gallo	Giovanni	7
Colin	Tranter v55	28	John	Isard v45	7
Mark	Whiteman	28	David	King	7
Maurice	Crook v55	27	Robert	Stanley v40	7
Mike	Devonshire v45	27	Colin	Bennett v45	6
Graham	Horne	25	Malcolm	McEwen	6
Graham	King v40	25	Barry	Bright v40	5
Paul	Sharman	25	Neil	klabe	5
Les	Dick v50	23	John	Adamson v45	4
Ian	Marshall	23	Patrick	Harnan	4
Steve	Wilby v45	22	Peter	Swales	4
Stephen	Clark v45	21	Steve	Adams	4
David	Sutcliffe v60	21	Mark	Abraham	3
Edvardo	Preciado	20	Phil	Gray v40	3
Ian	Weaver	20	Will	Drown	2
Dennis	Gound v50	19	Michael	Wood v45	2
Ralph	Ward	19	Colin	Welch	2
David	Bithell v55	18	Trevor	Beard v45	2
Terry	McEwen v45	18	Gerald	Cooper v40	1
Chris	Cottam v50	17	Jack	Keenan v60	1

Includes all qualifying races up to 29th June 1997

## Non-Qualifying Race Results

The following races have been run by Harriers members since the start of the year but do not qualify for championship points.

### Colworth 10k

		Age Category	Time
Tony	Barnes		29.01
Mark	Whiteman		31.02
Max	O'Driscoll		31.34
Alastair	Fadden		31.59
John	Martiello		32.12
Steve	Gaunt		32.16
Brian	McCallen	v40	32.26
Graham	Horne		32.36
Paul	Sharman		33.36
Paul	Roberts		33.40
Steve	Wilby	v45	34.55
Colin	Bennett	v45	35.14
John	Durham	v40	35.55
George	Armstrong	v40	36.26
Roger	Trengrove	v45	36.47
Pete	Davies	v40	37.34
William	Bowden	v55	38.10
Malcolm	McEwen		39.10
Trevor	Beard	v45	42.15
Mark	Abraham		61.28

		Age Category	Time
Christine	Armstrong	v40	37.19
Ruth	Moffat		40.01
Jacinta	Horne		46.37
Wendy	Machan		55.15

### Colworth Duathlon

		Age Category	Time
Chris	Proud	v50	1.22.00
James	Potter		1.25.00

### Cranfield 10k

		Age Category	Time
Tony	Barnes		35.41
Phil	Barnes		35.59
James	Potter		38.59
Max	O'Driscoll		39.47
Tony	Parello		40.23
Ian	Marshall		42.09
Bernard	Charnley		42.30
Steve	Gaunt		42.40
Mike	Devonshire	v45	46.00
Christopher	Brace	v45	47.14
Malcolm	McEwen		48.51

# SUMMER 1997

## Oakley 16.4

	Age Category	Time
Jacinta Horne		2:34:00
Jacky Keenan	v45	2:25:00

## Offa's Dyke 15 (Fell Race)

	Age Category	Time
Graham Horne		2.07.27

	Age Category	Time
Jacinta Horne		2.59.32

## Welsh 3000's

	Age Category	Time
John Isard	v45	9.50.00

# SUMMER 1997

## PROVISIONAL FIXTURE LIST - JULY - SEPTEMBER 1997

<b>JULY</b>	<b>13</b>	<b>LEA VALLEY 10M</b>	<b>ERL</b>
	<b>20</b>	<b>ST IVES 10K</b>	
	<b>23</b>	<b>FAIRLAND VALLEY RELAYS [ 4K ]</b>	<b>BED</b>
	<b>27</b>	<b>GREAT YARMOUTH 1/2 M</b>	
<b>AUGUST</b>	<b>3</b>	<b>HARLOW 10M</b>	<b>ERL CC</b>
	<b>15</b>	<b>BLISWORTH 5M</b>	
	<b>16</b>	<b>RACE THE TRAIN TYWYN</b>	
	<b>17</b>	<b>BURNHAM BEECHES 1/2 M</b>	
	<b>22</b>	<b>WARDOWN PARK LUTON 5K</b>	<b>BED</b>
	<b>31</b>	<b>EREWASH CLASSIC 10M</b>	
<b>SEPTEMBER</b>	<b>7</b>	<b>SWINESHEAD 10M</b>	<b>CC</b>
	<b>7</b>	<b>LONDON WOMEN'S 10K</b>	
	<b>14</b>	<b>GREAT NORTH RUN</b>	
	<b>14</b>	<b>MILTON KEYNES 10M</b>	
	<b>21</b>	<b>GREAT BARFORD 1/2 M</b>	
	<b>28</b>	<b>ROBIN HOOD MARATHON - 1/2 M</b>	

**BED**    **BEDFORDSHIRE AAA CHAMPIONSHIP**  
**CC**    **CLUB CHAMPIONSHIP**  
**ERL**    **EASTERN ROAD LEAGUE**