



HARRIERS

Christmas 1997



Merry Christmas & A Happy New Year....

Today New York ..Tomorrow the World...

CHRISTMAS 1997

CHAIRMAN'S COLUMN

Christmas has arrived once again and I hope you enjoyed our Christmas party. Work got involved, stopping myself from attending but I hear a good time was had by all. My I thank all the people who helped to enable the party to take place.

The Bedford Harriers cross country was again held at the Priory Park and it was wonderful to see so many members helping on the day. A big vote of thanks must go to Lesley Davies who co-ordinated the whole event.

My I congratulate all the members who have taken awards at our presentation night and I hope they have set examples for the rest of us to follow.

May I also wish you all a Very Merry Christmas and wish you all Good Fortune in the New Year.

Mike Devonshire

PS I hope to be running after Christmas so I will be looking for a very steady group to join

CHRISTMAS 1997

Welcome

Welcome to the Christmas edition of Harriers. It has certainly been an incredible year for Bedford Harriers with so many excellent memories. One or two come to mind. Who can forget that muddy, marvellous experience at Havant in Hampshire or the tide of emotion as runners participated in an electric event that could only be the Flora London Marathon. We feel sure that 1998 will be even better than the present year. We would like to thank one and all who have contributed to the magazine throughout the year and look forward to your contributions in the New Year. Special thanks to Graham Horne for all his efforts and Mike for the Printing. To one and all - have a great Christmas and a brilliant New Year.

philip gray / Brian McCallen

What's Inside

Season's Greetings	3
The Award Winners	4
New York Marathon Diary	5
Tails From The Riverbank	8
Celebrations	8
'Big Apple' Photos	9
Training for the Marathon on a Large Scotch	10
All About Running	11
Profile: Pauline Behan	14
BAF Club Coaching Course	15
Structured Training Programmes	15
The Viv Kilgour Interview (Eco Challenge 1997)	16
Profile: Malcolm McEwen	19
Cross Country News	20
Breezy Bedford	20
The British Triathlon Association	21
Duathlon Group News	22
Linda's Bread Pudding	22
Running Wild for IT	23
Duathlon & Triathlon Calender	25
Race Results and Performances	26
Best Performances Awards	27
October to December Race Results	28
Club Road Race Championships	32
Ten Best Times - Men	34
Ten Best Times- Women	35
Fixture List	36

CHRISTMAS 1997

Season's Greetings to all
Club Members from the
Harriers Committee

Steve Clark

Mike Janshine

Tony Bann

Ally

Jonathan Moore

Brian McClellan

Philip S. Green

John Davis

Mike Lane

John R.

M. O'Hara

Jack Keenan

CHRISTMAS 1997

THE AWARD WINNERS: 1997

Handicap Race

Winner	John Thompson	Winner	Wendy Machan
Second Place	John Keenan	Second Place	Christine Armstrong
Third Place	Alistair Fadden	Joint Third Place	Angie Bright / Jeanette Cheetham

Cross Country Championship

1 st Senior Men	Tony Barnes	1 st Senior Lady	Avril Thomas
1 st v 40	Martin Kay	1 st v35	Sandra Elliot
1 st v 45	Steve Clark	1 st v40	Christine Armstrong
1 st v50	David Fake	1 st v45	Jacky Keenan

10k Championship

Overall Winner	Tony Barnes	Overall Winner	Veronica Singleton
1 st v40	Brian McCallen	1 st Senior Lady	Avril Thomas
1 st v45	Brian Harwood	1 st v40	Christine Armstrong
1 st v50	Ray Evans	1 st v45	Teresa Munns
1 st v55	Maurice Crook	1 st v50	Muriel Moore
1 st v60	Brian Cornwall	1 st v60	Irene Cornwall

Ten Mile Championship

Overall Winner	Tony Barnes	Overall Winner	Christine Armstrong
1 st v40	Brian McCallen	1 st v45	Jacky Keenan
1 st v45	Chris Brace	1 st v60	Irene Cornwall
1 st v50	Ray Evans		
1 st v55	Bill Bowden		
1 st v60	Brian Cornwall		

Half Marathon Championship

Overall Winner	Tony Barnes	Overall Winner	Veronica Singleton
1 st v40	Alan Smith	1 st Senior Lady	Avril Thomas
1 st v45	John Marchant	1 st v40	Christine Armstrong
1 st v50	Phil Barlow	1 st v45	Jacky Keenan
1 st v55	Bill Bowden	1 st v60	Iva Barr
1 st v60	David Sutcliffe		

Road Race Championship

Overall Winner	Brian McCallen	Overall Winner	Christine Armstrong
1 st Senior Male	Tony Barnes	1 st Senior Lady	Wendy Machan
1 st v45	John Marchant	1 st v35	Veronica Singleton
1 st v50	Ray Evans	1 st v45	Jacky Keenan
1 st v55	Bill Bowden	1 st v60	Irene Cornwall
1 st v60	Brian Cornwall		

Most Improved Runner: Tony Parello

CHRISTMAS 1997

MY NEW YORK MARATHON DIARY

Thursday 30th October - it is 4:20 in the morning and I am awaiting my "chauffeur" to escort myself, Ralph and Tony to the airport. The day has dawned! A niggling back injury in the last couple of weeks has been my only doubt, but now we are on our way. Breakfast at the airport having already checked-in. How come my luggage weighed more than the guys did combined? Luckily Ralph has plenty of room in his bag - I can fill it with my shopping for our return!

9:30 We are sitting on the plane - fear is setting in now. Accelerating fast - grab both the boiled sweets and Tony's hand - watch the land disappear, level-out - all OK now. Hey this flying's not bad - only the landing to worry about! Several drinks rounds, one snack, two meals, two films and an afternoon (or was it mid-morning) nap later we land in New York. Disembark, aware by now that virtually everybody on the plane is here to run the Marathon.

Find our reps who send us to our hotel in mid Manhattan. Tony and Ralph are sharing a room - I get one to myself. The guys give me twenty minutes to unpack and shower before meeting up again. They've got some hopes! Hit the streets of New York. Within 50 yards of leaving the hotel we are on Broadway. Wander aimlessly for some time before deciding we are all hungry. Find a lively Irish bar/restaurant. When our meals arrive we cannot believe it. One would have fed all 3 of us. Finish what we can. It is now dark so we head back to the hotel. On the street corner just down from our hotel we find a small crowd gathering. A guy with a complete set of drums is playing his heart out. He is very good. Buy a Cappuccino in the Coffee house on the corner and listen for a while. Sleep is now beckoning. We hold out until 9:00 pm - before succumbing to tiredness.

Friday 31st - Wake at 4:00 am. Cannot get back to sleep - so read until 6:00. Went for the morning jog. The reps took us to several points of interest on the way - Trump Tower, NBC, Rockefeller Ice Rink, then Central Park, to Dakota building where John Lennon lived and was shot, then to "Strawberry Fields" dedicated to him with its 'Imagine' mosaic. Throughout this entire run had to listen to Tony moaning about not having brought his camera along, Ralph appeared to have "pulled." Later head off to the exhibition to collect our race numbers where we run into Paul Langford. Get our numbers, get T-shirts, tour the exhibition - take everything being given. Trek back to the hotel, stopping at Deli on the way to buy lunch, which we sneak into the hotel and eat in my room.

Hit the streets again. Head for Pier 89 and the 3 hour tour by boat around Manhattan Island. Good value for money. Several photos taken. Tony wasn't seasick - as expected - although he must still have had his "sea legs" when he tripped over while crossing the road and ended up on the floor. (Artistic impression - 4, Street cred - 0). Back to the hotel - Ralph and Tony head off to Greenwich village to watch the Halloween Parade. I decide not to go - my back needs a rest - so do I. Couple of hours later the boys "report in" to let me know they are back safely (well a mother worries when the children are out alone). Grab a quick sandwich and cup of coffee downstairs before deciding its time for bed. I'm really on New York time now.

Saturday 1st November. Have decided not to do the Friendship run from the United Nations building to Central Park. Meet the boys for breakfast. We have now found out about a diner where the food and drink comes thick and fast. Decide to back track over the previous mornings run and photograph the sights we had missed by not having our cameras with us. It is raining and on every street corner somebody is trying to sell an umbrella to us. Finally the only way to not get harassed is to buy one Ralph is sensible - he has a waterproof with a hood - Tony and I

CHRISTMAS 1997

not so bright - getting wet! Tony beats the guy down on the price of the umbrella - agrees to a price of \$3 then turns to Ralph and I for the money!

From Central Park take the Subway down to the Empire State Building - cant find it must be here somewhere - its big enough! Accidentally find Macy's - the biggest department store in the world. Have a tour of there and use the loos - chance to have a sneaky look at the map and discover where we had misplaced the Empire State Building. Walk back to the hotel - today is pre-race day - so want to get back early and rest. Do just that - watch a film on TV and have a Nap in our rooms. Arrange to meet at 5:30 to go to the Pasta party in Central Park. When we arrive find a queue half a mile long - decide its not worth it. Head back down 8th Avenue and find an Italian restaurant - where we have our pre-race Pasta. Head back to the hotel for an early night having decided we need to be up at 5:00 am next day.

Sunday 2nd - RACE DAY. Awake before my watch alarm goes off. Ring the guys to wake them. Arrange to meet downstairs for breakfast. Cannot eat much - getting too wound up now. Catch the bus to go to the race start. Drive right through Manhattan and across the Verrazano Narrows bridge to the Fort on Staten Island where we are crammed in like sardines to await the passing of the next 3 hours before the start of the race.

The hours pass uncomfortably - admire the longest urinal in the world (only the Americans could boast about such a thing) and try to decide on the best kit to wear for the race. It is cold and misty. Eventually decide to wear my vest only but have my bright red Sports Tours plastic bib. Finally it is time to go to our respective start's. Ralph and Tony are together - mine is different. Suddenly realise that for the first time since arriving in New York we are to be separated. Feel a lump in the throat. Hug both the guys, say our farewells and wish each other luck. Arrange to meet back at the hotel.

I head off to the red start to find my correct corral for the process of being herded and led out onto the bridge for the race start. I am pleasantly surprised to find that I am in only the second corral - just behind the elite ladies. This is great. Listen to the commentator explaining how bad the weather is going to get and not to dispose of all the excess clothing you have - keep some for putting back on. What excess clothing? All I have is my plastic Red bib. Decide then that I had better not throw it away when I am warmed up.

The time is counting down - the Mayor of New York says a few words - do not listen - just want to get going. Shivering now despite being in the middle of the pack. Helicopters flying overhead - cannot now concentrate on anything - just lets get going.

Finally the start - can run instantly - this is great! I have plenty of room. Really starting to enjoy it now, despite the strong wind blowing across the bridge. Still have the bib on to protect me. The 2 mile marker comes so quickly as we leave the other side of the bridge. Plan to try for 9 minute mileing - still secretly harbour a desire to achieve 4 hours 15 minutes but had not dared to hope for that in the last 2 weeks after injuring my back. I am well within my time - careful - do not want to be too much inside - will run out of steam too early. At 2 1/2 miles remove the bib, roll it up into a baton shape and decide to push it down the back of my shorts. What a brilliant move - not only do I now have a support down my spine but also it is warm.

Things are looking better. The crowds are now lining the route - their support is wonderful. All around me are all nationalities - both running and spectating. We are in Brooklyn and I know from the maps that we will be until half way. The miles just keep falling away - still feeling good

CHRISTMAS 1997

- no pains anywhere not even from my back. Cannot believe that I am at 11 miles within 1:30. Well up on my time.

At 13 miles we finally cross the bridge from Brooklyn to Queens. Know the race boasts that it passes through the 5 boroughs of New York City, have done Staten Island and Brooklyn, now into Queens - kid myself I've done 3/5's of the race! Soon crossing the Queensborough Bridge to Manhattan island for the first time - the crowds here are 6 deep. The roar from them hits you suddenly from the quietness of the bridge. They are the most enthusiastic yet. Can see the runners ahead of you - not interested in seeing those behind.

People keep calling me Bedford. A man passes me and comments I am a long way from home - so is he - from Reading Road Runners. At 19 miles a woman shouts out to us - only 11 miles to go! - either her maths is lousy or even Marathons are bigger in America. Opt for the one I prefer.

Still the miles drift by, start to long for the next bridge - into the Bronx (am I mad). Slight climb over the bridge - hit a bad patch - its 20 miles - go away wall - I was enjoying myself. Aware my pace has slowed, but was still at 20 miles within 3 hours. Keep this up and I may beat 4 hours. For the first time believe this is a possibility. Only run just over 1 mile in the Bronx before re-entering Manhattan - but that was the worst mile. Pick up pace again in Manhattan. The enthusiasm of these people - it is now pouring with rain - yet still they scream at us. Realise that now we are running alongside Central Park. So near now.

At 23 miles turn right and enter the Park. There is a steep climb ahead of me - then the skies open. The rain is now so heavy it is difficult to stand up. It is beating me to the ground. For the first time I wish I was not here. Legs are giving way. Gatorade is being offered again - for the first time I take some and walk to enjoy it. The crowd now scream at me again - "Come on you runners - this is what you trained for - only 3 miles to go - it's nothing for you people - your our heroes." What can you do - start running again - must not let your public down. 25 miles and you can see the exit from the Park - check the watch and see you are only 6 minutes from 4 hours - may as well relax - not going to make sub 4. Still well inside the original hope of 4:15.

Now running through a pond along the end of the park. It is supposed to be the road, but it is completely under water. Feet are soaked through. Good training for the cross country race next Sunday! Can now see a large TV screen on the road ahead of me. Finally get closer and see myself on it. Look good Chris - nearly there. Re-enter the Park at Columbus Circle corner. Now know only a short way to go. See the 26 mile marker and a steep climb! Thanks New York. Reach the top - there's the finish - one last effort - and I'm there. Forgot to raise my arms for the photo again. Always feel a twit doing that.

Ordered to keep walking down the finishing funnels - everybody congratulating you - I had done 4:04 - I'm ecstatic - lump in the throat again - think I'm going to cry with the emotion. Collect medal, red rose, space blanket, (try to collect the burly fireman who helps me into it), goody bag, gatorade, water. Finally reach the baggage buses. Grateful my name is Armstrong, mine is only the second bus. Collect my bag and escape the Park at an early exit.

Only a mile to go and I can be in a hot bath. By the time I reach the hotel am beginning to shiver. Just in time. Enjoy the bath. Fall into bed. Sleep for 2 hours. Wake up overheating - have a shower, dress and ring the guys again. Tell them I need a cup of tea or I'll die. Meet downstairs and pig out on Pepsi, doughnuts and tea. Now ready to hit the town - we want to celebrate our success. Final night spent at the Hard Rock Cafe. Enjoy the meal and the music. Go on to a

CHRISTMAS 1997

nightclub. Head back to the hotel at 1:30 in the morning. I am wide awake - start doing my packing. Finally fall into bed - a little tipsy from the wine I had with the meal. Sleep like a baby.

Monday 3^d. Still awake early. Finish packing, meet the guys for breakfast. On the way discovered that a Woody Allen film was being made round the corner from our hotel. Passed the stars changing rooms - one was labelled Tony - just knew we would have to return later with our cameras - and we did! Spent the morning shopping, then headed back down to the Empire State Building. Perhaps this time we would get to the top. The queue was too long. Decided not to bother - perhaps next year?

Spent nearly all our money, bought lunch then back to the hotel for the coach to the airport. The flight left New York at 7:30 pm. Left wanting more. Slept most of the flight home. Arrive early Tuesday morning - convinced it is still Monday. Susan at airport to greet us - transport me home to fall gratefully into bed for 3 hours.

My sincere thanks to everybody who helped. Jack who started the ball rolling, Sandra who trained with me on those long, long runs. Graham for joining us on the Spires and Squires. Lesley and Susan for the airport runs, plus Tony and Ralph for looking after me so well. A trip to recommend - as I know the guys will agree.

Chris Armstrong

Tails from the Riverbank

It was a day like any other day; a bright, warm November morning. All was peaceful on the sundrenched pond as the ducks prepared themselves for what was to come. Suddenly, the silence was broken by the sound of the Rustling Bread Bag and the race was on. First one duck then another appeared from behind the reeds as they raced for the best position to be fed. The swans soon joined the fray. It was nip and tuck all the way as the ducks tried to outwit their larger cousins, some even catching the bread in their beaks before it reached the water. It was an incredible sight. Soon the bread was finished, but that did not end the morning's activity. One battle raged long after the bread was gone. Splashing, biting, flapping, into the reeds, under the bridge, the duel continued until the elder ducks intervened and calmed the murky waters. The ducks retired to their resting places to await the next Bread Bash, knowing they all had a tail to tell.

CELEBRATIONS

Christmas was just around the corner as members of the Harriers committee celebrated in style at The Red Lion in Elstow. It was great to relax and to celebrate what has clearly been an exceptional year for Bedford Harriers A. C. .The atmosphere was clearly a festive one as the first course of the meal was served and spiritual refreshment was consumed by one and all. One or two members displayed a clear aptitude for story telling...including Jack. His tale was an absorbing one as he recalled a particular interesting encounter related to his work. When I think of this tale it brings a tingle to the spine.

A big thank you to one and all on the committee for their support and efforts throughout the year. I wish one and all at Bedford Harriers A. C. - a great Christmas and a brilliant New Year.

Yours in running.

phil gray

CHRISTMAS 1997



JUST POSING - BUT PANICKED WHEN THE DOOR OPENED



HEY FROD - WE'VE BEEN TO THE STATUE OF LIBERTY!
TONY'S HAIRDRESSERS (LENDING A HAND)

Training for the Marathon on a Large Scotch

People at dinner parties ask the question "Will you be running in the London Marathon? When the race is over, the topic of conversation is: "Did you finish?" Before you tell me your marathon story, I'll tell you Jack's.

The moment the marathon was announced Jack determined not to enter. Ever since he took his first steps across his playpen at the age of 14 months, it had been his ambition not to walk or run to excess. So here was an opportunity not to take part in a marathon. Next day he drove round to County Hall in his track suit and expensive Nike running shoes to collect an entry form. Although 20,000 applications would be received, only 7,500 runners were going to be allowed to compete and he wanted to make sure that he got a form in time, so that the decision not to run was his and his alone.

When he arrived home with the form, he sat down and discussed with his landlady his plans for not running. As any non-Marathon runner will tell you, its is absolutely essential to have the complete support of a partner before making the controversial decision not to take part, especially at his age. There were, after all, many considerations to be taken into account. Was he really unfit enough not to enter?

Would friends misinterpret his motives and dismiss him as a show-off for doing something else on the big day? Would he become professional about not running? Would not competing with all those trendies turn out to be an ordeal too gruelling to endure, forcing him to lose face by backing down at the last minute and entering the race? Finally, his landlady said: "You know, not running in the Marathon could be a lot of fun.". It was this more than anything else that made him decide to press on with his plans not to enter.

With the big race only six months away, there was no time to be lost. More than 50 million people in Britain would not be competing in the Marathon and although many of them would be more determined than Douglas not to enter, for him just not starting was the thing. He knew that hard training and discipline would, in the final analysis, sort out the serious non-runners from those who were just playing with the idea of not running 26 miles, and he launched himself into a 21-week training routine.

When he could have been jogging round Hyde Park in the pouring rain, he was lying in bed watching a video of Shane. When he could have been doing 240 press-ups followed by a 12 mile sprint round the frosty South Circular, he was sinking his seventh malt whisky in the Bull and Bush. When he could have been up with the lark pounding his way painfully round Battersea Park in pitch darkness, he was turning over in bed and having a long lie-in. Looking back, Jack doesn't think he could have done it without his landlady's untiring support. All his trendy friends told him he was a fool for not entering, but whenever his landlady saw him weakening in his resolve, she would pour him a large Scotch, cook a delicious, three course meal and turn on the television.

Every week he drank a little more, turned in a little later and lay in bed a little longer in the mornings in preparation for the Day. Where he could have walked, he drove and when an early night presented itself, he single-mindedly rang around his friends until he found an all-night party to go to. He found to his surprise, that he was enjoying himself and developing a contempt for joggers who were indulging themselves in preparation for the big race. If only they knew.. .

His intensive schedule was not easy to maintain, but he kept telling himself this had to be better than pounding the pavements. Meanwhile the pounding he was giving his own body was beginning to take its toll.

CHRISTMAS 1997

Some mornings he would wake up with a meat-cleaver headache (the legendary "wall of pain" he had read so much about, when the body is temporarily drained of all its resources) and one weekend he was so exhausted that he was forced to abandon a long lunch party and return home for a sleep. At seven o'clock his landlady shook him to get dressed and go out. "You can't give up now", she said. "Unless you learn to pace yourself better, you'll start believing you're fit enough to run in the race." He hated her for it, but he knew in his heart that she was right.

Finally the big day came and as he lay in bed with a drink in one hand and the paper in the other he turned on the television. There they all were Running away. He watched them all stagger right to the bitter end and finally condescended to get out of bed after Sunday lunch when the last pain racked victims had been picked up by the Red Cross.

He could honestly say he did miss in the London Marathon and looked forward to not running the next year

Courtesy of Mike O'Hara

ALL ABOUT RUNNING - a meandering memoir.

There was a time when I lived in Aston, Birmingham, that running was the only thing that pushed back the tedium and dullness which regularly crept up on me. So telly off, shorts on and out of the door into the beyond. This usually meant the inner ring road which is a haven for cars but not quite so amenable to speeding pedestrians. Many years ago the pollution was considerable though strangely and thankfully it is slightly less of a hydrocarbon and 'nox' smog now. Not everything has to disintegrate inexorably. To avoid using my lungs as a filter for Birmingham traffic emissions a run begun before midnight was rare this had the added benefit of letting me have the place to myself. If I had known about the canals my routes would have been far more diverse and intriguing. As it was I would do a ring road lap and that was that, though occasionally it might turn into two if the pitta bread stuffed with fish fingers (eaten earlier as a tea time delicacy) contained enough psychotropic drugs to make me lose count.

Digression one (numbered in case there are more and you have the repressed anal retentives need to keep count) - recipe, empty half a packet of 12/24/48 fishfingers, depending on hunger, onto grill tray, attack with gas mark incinereight. (sic joke). at appropriate time (between 15 sec's and 3 weeks) add sadistically (or sarcastically if in that frame of mind) gashed pitta breads. Before cremation, yet after defrost, tricky huh, stuff as many as possible of one into the other. If you find yourself with a sloshing breadcrumb nightmare that bears a resemblance to the entrails of the creature Luke crawls into to survive the tad chilly weather in the opening scene of Return of the Jedi (or was it The Zebra Stripes Black?) you are bang on target. Season to taste - Bon appetit...

Digression two. Did you know there are eight churches in March and numerous (well I'm not going to count them) chapels. More on this thrilling topic later, maybe. So where was I? Laps and canals, plenty of those in Finland and Birmingham as well. It was only after leaving for a few years and then returning that I 'discovered' these industrial bricked running paths, lost to modern man since the days before Air Pump, Traction Tread, Sure Grip Torsion Bar Pro-Shock Anti-Roll Lattice Layered Spring Loaded Easter Bunny Throat Stomping etc....and that's just for condoms, trainers get even better dayglo descriptions.

Digression six, (who said they had to be in order). Where did our Max go (time for a song methinks). In between leaving Birmingham and returning four years later, very imaginative in my habitation pattern. I travelled south to London and parked cars for a casino (finally reaching the exalted rank of chauffeur). So regularly did I crunch cars, as opposed to park (accuracy wasn't a major requirement for the job), that on the award of my second framed written warning I was accused of scraping my least favourite drunk managers Audi against a concrete pillar intentionally. The very thought. Perhaps it had

CHRISTMAS 1997

something to do with repeating the process a few hours later on the way out of the N.C.P. car park. Some people do take these things personally. On street parking was much safer but the managerial elite couldn't quite grasp that fact and how were we poor mugs expected to fiddle meter money if you couldn't use a meter. There were only certain ways left to show the error of their ways. Perhaps I will ignore the Jag. BMW. Cadillac. two Taxis and a host of small fry that I managed to personally endorse with various physical graffiti. Homage due to the great gods Page & Plant. Great days indeed. You couldn't get up enough speed now to squash a tipsy nightingale, should you come upon one in Berkeley Square deserving of such a fate.

After the frantic collisions and ensuing attempts to blame each other for car damage, the night shift (4am finish) was rounded off with a few of us jogging around Hyde park. Collision induced guilt (or glee) could be reduced by breathless virtue. Being slightly fitter than my companions meant I would be on my own as the birds woke up and the mists dispersed. Sounds like a fairy tale but it was quite eerie being in such a quiet place in such a usually frenetic and noisy city.

Otherwise the closest I came to exercise was trotting to the deposit box Depository to stash my loot many meters underground. I didn't trust banks and considering the people I worked with my paranoia was well supported if not well founded. If someone told me that Lambchop was a sperm donor in his spare time to earn a little extra cash because Shari was a tight-fisted bugger I might have believed it. But trust a bank in '82 or '83, no way. I never parked her car either - not surprising really, she didn't gamble at least not with money. Always go for the soft target and t easy aside (Military Strategy and cheap shot journalism - a closed mind speaks. Drisky & Druggie. available from this address in return for a blank unsigned cheque).

Digression seven. London to Denmark. At least here I got back into running and perversely the worse the weather the more the fun in going 'out'. When the temperature hit the minus twenties and the North Jylland coast started dumping ice on shore anything further than a few meters from a hot radiator was 'out'. You knew it was cold when supplies to Livo were taken by Landrover. This being a small island a mile out to sea. The running on snow and ice, in fog, blizzards and darkness was great, though the snowploughs liked to play cat and mouse with anyone who didn't dive into a drift and get out of their way. If you wore earmuffs they would sneak up behind and give an enormous blast on the air horns. Leave the muffs off and three days later your ears went black and dropped off. Or maybe that was self abuse hard to remember now.

Living in a small village (Ranum) meant foreigners stood out (easily identifiable as the ones who ran in sub Arctic weather) and the snowplough drivers took no prisoners if they could get a 'runner' in their gunsights. I was often mistaken for an Iraqi refugee (a bone of contention in Denmark due to the Iran/Iraq war and kurds being granted asylum in the Nordic countries - strange, I seem to remember we were all for Saddam in those days) which was all the excuse needed to bury me under the plume of snow from the blowers. But the snow left and summer did eventually come and they were out of a job. ha bloody ha.

Back to Birmingham! The canals were fun but nearly two hundred years ago people were at least three feet shorter than now judging by the arch construction. The staircases by some locks would rise quicker than the accompanying roof or bridge and bang-the-bonce became a new outdoor parlour game. Pop into A&E with bits of brain hanging out and the duty nurse would point you to the corner allocated for canal joggers. If you stayed long enough a geek from hospital radio would ask if you had a request. One of the harsher ways of reducing waiting lists but effective nonetheless. Exploration of the canals is better achieved on a bicycle for those who intend to stop off and explore below the Convention Centre or wander around under the Snowhill station arches - there's a superb echo inside a one just before the science museum exit - in the late eighties unnaturally large artificial belches reverberated there when the creature of the towpaths would roam unfettered by the political correctness that such activities are now bound by. Perhaps some of us just never grow up. Phew that's a relief. I thought I was the only one.

CHRISTMAS 1997

So to Dave (and eventually to March) who like me had a passion for exploring tunnels and subterranea. Old railway tunnels in Birmingham started it off and then to the London underground, especially the deep sections of the Northern line. We'd scoot off to Belsize park and look for the head shafts of bomb shelters and then rummage around Clapham looking for more. On the edge of the Common were three big round concrete jobs that stuck out to the eye only once you asked the question - what are they there for? Some were turned into security archive repositories, others mothballed for the day your friendly government had an insurrection to fight or a nuclear war to shelter from. I used imagine Margaret pounding away on a treadmill 200ft below the Admiralty citadel in some claustrophobic antechamber hoping that Leonid or Ronald or whoever would do the decent thing and wait until she'd finished her exercise period before pressing the big red button. Above ground my work cronies and I kept joging in the park oblivious (in the main) of the secrets below.



I hadn't been to see Dave for almost four years so I and Mike, a mate from the Birmingham days, drove off to deepest March, the land of Sixteen Foot Drains and Seven Mile Bottoms (thanks for that mum) last week to locate him and say hello. It took quite some time but we managed it and had a good day, even rounding it off with Alien Resurrection and a meal at a Mexican restaurant. Dave has never been a runner - the idea of wasting valuable fag sucking time on exercise would send shivers through him. If you are hoping for a point to all this forget it, there's no point to anything, enjoy the time you've got and if running makes you happy do it.

Digression the last. On a personal note where in my Faustian contract with God does the small print say I have to have a least one bad injury a year. I shall be suing as soon as I

can find a process server with impressive vertical connections (no doubt called Otis Heaven) and lawyers who don't mind getting their fees in credits for eternal damnation. Till next time. A big thank you to Roger, Badger and Pooh who didn't help one little bit but didn't criticise either

p.s. Dear Auntie Alice, why are people so loath to slot in a new toilet roll when faced with only cardboard on the roller?

p.p.s many thanks to Les Telford for the photo.

Max O'Driscoll

RUNNERS PROFILE
CHRISTMAS 1997

Name : PAULINE BEHAN

Age or Category: V35

Married or Single

Occupation ACCOUNTS ADMINISTRATOR

How long have you been with Bedford Harriers :

YEARS

Previous running clubs if any: —



Best times ever for 10k : 44.55
 1/2 Marathon : 1.36
 Marathon : —
Any other Distance: 20 miles 2.40

Why did you join the Harriers :

TO TRAIN WITH THE SCANNER GROUP FOR THE CRANFIELD 10K

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

Running the Havel 10 Mile in 72 minutes

What do you consider to be your worst :

Rutland 1/2 Marathon !

What do you hope to achieve in your running career :

To maintain ~~the~~ improvement in sociable company.

What are your hobbies or interests outside of running :

food & drink !

Any other comments :

Thank you Chris for your valuable coaching and thank you Bedford Harriers for the camaraderie.

CHRISTMAS 1997

BAF CLUB COACH LEVEL 1

STATONBURY CAMPUS MILTON KEYNES
22 / 23 NOVEMBER 1997

Stantonbury Campus in Milton Keynes was the venue for the initial part of a BAF Club Coach Level 1 course. In excess of 50 participated - including fellow Harriers - Steve, George, Angela Bright and Phil Barnes. Carol Jackson welcomed one and all to Milton Keynes and outlined the weekend ahead. It was going to be busy. Four main areas were the focus of the weekend - throwing - jumping - speed - endurance.

The initial session began with the philosophy of coaching and the importance of mobility and conditioning. Mobility in the context of warming up - drills - and warming down. This was emphasised throughout the weekend. Lunch was a chance to reflect on the morning and to prepare for the afternoon session. It was an incredible afternoon looking at the theory and practice of the four throwing events.

This was a brilliant session as Mike McNeil outlined the basics of throwing initially with the javelin. He indicated that all disciplines benefit from a warm up. This was followed by a practical demonstration using little more than a number of balls of various sizes. This was a fun session and this element of fun was emphasised in any practical demonstration. A final briefing, and a few thunderclaps, and the day reached a satisfactory conclusion.

Sunday was an early start as the tutor had one and all on the track as the practical session relating to all four jumps began. He again stressed the importance of warming up and drills before the main session - which began with the high jump. It was interesting to note how one element at a time was explored - before moving on. This was continued through the remaining three jumping events. It was fun.

Lunch gave one and all a chance to reflect on the morning and to prepare for the afternoon session of speed and endurance. This was great as the majority did one lap of the track followed by a stretching routine. Drills were illustrated and then practised before the main session. This began with the basic steps of hurdling and the importance of safety at all times throughout practical work. A concluding lap and stretching completed this session. It was great fun. This was an incredible and rewarding experience as the weekend reached a satisfactory conclusion. I had completed the initial part of the course and I look forward to the event specific day at Cambridge in December to conclude the BAF Club Coach Level 1 course. I would like to thank Carol Jackson and Co. for an incredible weekend in Milton Keynes.

phil gray

Structured Training Programmes.

Steve Gaunt's role in extending the use of structured training programmes within the Club was acknowledged in the Autumn edition of the Harriers Magazine. Structured nightly, weekly and monthly training sessions of the type now used by most of the groups, were first introduced to the Club in the early 1990s by Martin Green, a former Harriers Clubman of the Year, who now lives near the Forest of Dean. Martin's innovation was subsequently adapted and developed by Tony Barnes who devised sessions aimed at strengthening various aspects of running including hill and speed work. Such programmes have now become an essential part of the Club's training schedules and have benefited runners of all abilities. Many thanks to Martin and Tony and Steve and any others not mentioned, for their important contributions in this area.

The Vivien Kilgour interview (ECO CHALLENGE 1997)

When and where did this year's event take place?

Queensland, Australia in August.

Which disciplines were in the event?

The five hundred and thirty-seven kilometre race included sea kayaking, trekking, horse riding, mountain biking, canoeing, white water rafting and climbing. It took us (three guys and myself) eight days to complete the course. The hardest event was sea kayaking eighty-eight kilometres at night in a storm, the second hardest was walking two hundred kilometres with large packs. The easiest was the horse riding: this section only lasted six hours and we had a mandatory one-hour's stop to rest the horses!!

What equipment did you have to carry

For the first leg we each had to carry the following: six litres of water, three days food supplies, climbing kit (comprising karabiners, two dewmars, a prusik loop, a harness and gloves.), life jackets, mandatory first aid kit and emergency kit, spare clothing, a pertex bag, head torch and spare batteries, plus anything else we cared to!! As you can imagine this weighed a considerable amount. As a team we had to carry an emergency radio and full first aid kit. All teams were subject to mandatory spot kit checks. We were required to carry the bare minimum for safety and nothing for comfort!! Sleeping in the outback in a pertex liner and foil bag during the winter with a rock for a pillow is not for the faint hearted!!

What was the terrain and climate like?

The terrain varied with the area. The outback started off reasonably flat with long spear grass that attached itself to all items of clothing. There were also lots of hidden rocks. It then became progressively hillier as we moved towards the rain forests. The land was harder to trek through due to the dense vegetation and hidden tree roots. It was also very muddy. Regarding the temperature it was essentially hot during the day and cold at night. We all needed sun hats and cream on all day from eight o'clock in the morning until about five in the evening. It was dark by six thirty when we would put on a thermal and tracksters. We all noticed that after midnight the temperature dropped markedly so we tried to sleep for a few hours before that time and "get up " at midnight. This meant we started sea kayaking, horse riding and mountain biking when my body really thought it ought to be going to sleep!!

Did you encounter any animals or bugs?

We were warned at length about the poisonous snakes, spiders and crocodiles we could possibly encounter together with stinging trees. We saw evidence of crocodiles but none of the teams met one. We saw some spiders but did not become victims of them. On the start line we saw a brown snake which pleased the camera crews no end. I think it was planted there for effect actually. One team was stung by a stinging tree, which leaves spines in your skin, which can apparently cause stinging nettle for up to six months.

CHRISTMAS 1997

Did you and your team approach training and the event differently to last year?

This year we had no support team, which made the event psychologically harder. We all decided to undertake at least two hours training per weekday, with an ideal of three hours and long sessions on the weekend with very little sleep. The training was supposed to be specific to the various events. The event itself was far more competitive this year but we were much better organised and the prior experience of competing in the 1996 Eco challenge was of tremendous benefit.

Were there any advantages or disadvantages to being the only woman in the team?

There were no teams with more than one woman. My team maintained the same attitude as they had during training, which was that they made no allowances at all!! They maintained that they did not want a weak team member, we must all be equal. Interestingly, research shows that women are often better at such endurance events because they seem to be able to cope better from a psychological perspective.

What were the strengths you brought to the team?

Probably the greatest was organisation. I've never spent so much time with such a disorganised bunch of men! This was closely followed by time management, then problem solving skills.

How well did the team interact during the event?

Generally we worked extremely well. So well that the marshals actually commented about the team spirit on many occasions. I viewed it like a work arrangement. Schroeders, our sponsors, had aid a lot of money for us all to have an expenses paid adventure holiday in Australia. In return I felt I should put in as much as possible in order to complete the event to the best of my capability. This involved discomfort at times in terms of sleep deprivation, resultant hallucinations, lack of proper food, no hot drinks for eight days, no comfortable bed and not enough clothing to keep warm at night. We all had our good and bad times. One team member was irritable between two and four o'clock in the morning. We accepted it and tried not to cause any additional irritation. The event is hard enough without arguing with your team. One competitor became so angry that he had a fist fight with his fellow colleague!!

Describe the hallucinations.

We were warned that we would probably experience these due to the lack of sleep. I was daunted by this prospect but they were not as bad as I thought they could have been. Initially they were just like an exaggeration of normal when your eyes are playing tricks on you so you can see shapes in the shadows such as witches and bears. When the effects of dehydration combined with the lack of sleep they became more severe. I can remember feeling that I was losing touch with rational thoughts as I saw imaginary people and signs in the sea. It was interesting to experience flashes of insight at times and then lapse back into an almost semi-psychotic state of an unreal world.

CHRISTMAS 1997

What thoughts of home did you have during the event?

I often wondered what my son was doing. It was hard to work out the time difference during the event because we were all so disorientated from the lack of sleep. The jet lag obviously didn't help either. Normal routine life seems such a long way away. All the team members wanted contact with their closest family members and loved ones. We all craved time to sleep. We were so tired at the end that we fell asleep as soon as we physically stopped undertaking an activity.

What did you discover about yourself?

That if you are determined enough to achieve something you can. It will involve hard work, training for hours and hours and pushing yourself when you would never have believed that you could push yourself any harder. If you think you can, if you think you can't, either way you are right. You just need a positive mental attitude.

What were the best and worst moments?

The best moment was completing the event two days ahead of the planned date which meant we were eighteenth out of forty-nine teams and beat some professional ones including the U.S. Navy Seals. This was better than the event management predicted. They seeded us thirty sixth!! Also adventure racing in Australia is very well publicised so we were treated like world class athletes throughout the competition. I could get used to such treatment very easily!!

The worst moment was being sick in the sea kayak in the middle of a storm. As a result my blood sugar became very low and I dehydrated so I started to have visual hallucinations. My team mate said I was incoherent for twelve hours!! Missing my son and boy friend was hard as well.

Sum up the challenge in five words.

Extremely hard but challenging entertainment.

Did you experience any after effects of the challenge?

Apart from the sense of achievement there was a tremendous desire to go home after the event to see family and friends. It took a while to be able to walk without a limp due to the tendonitis and to catch up on the missed sleep.

Will you do it again next year?

We have just received an invitation to submit an application for the 1998 event in Morocco. One team member is getting married. He proposed to his fiancée when they were in Australia just after the event so he will be busy. We have four interested candidates. I have provisionally agreed to have my name placed on the list. If it wasn't for my son I would not hesitate but the event involves a tremendous amount of time away from him training. It will be a hard decision to make.

Vivien Kilgour was interviewed by Colin Bennetts.

(a hard job but somebody)

RUNNERS PROFILE
CHRISTMAS 1997

Name : MALCOM JAMES McEWEN

Age or Category: 23

Married or Single ~~HAPPY~~ DIVORCED

Occupation ACCOUNTS CLERK

How long have you been with Bedford Harriers : SINCE 21/10/96



Previous running clubs if any: NONE

Best times ever for
 10k : 45mins 29
 1/2 Marathon : 1hr 41mins 20 SECS
 Marathon : 4hrs 1min 36 SECS
 Any other Distance: 10 MILES 1hr 25mins / 5 MILES 36.02 / 6 MILES 46.33

Why did you join the Harriers : BECAUSE MY DAD SAID THAT I WASN'T GOOD ENOUGH TO RUN & KEPT CALLING ME FATBOY

What do you consider to be the best moment in your running history
 FINISHING THE ROBIN HOOD MARATHON IN 4HRS 1 MINUTE,
 LESS THAN A YEAR AFTER STARTING RUNNING

What do you consider to be your worst :

STILL WAITING FOR A WORST MOMENT

What do you hope to achieve in your running career :

FIRSTLY TO BEAT MY DAD IN A RACE, SHOULDN'T BE LONG NOW. ALSO I WANT TO DO A BUR SUB 3HR MARATHON SOMETIME AND DO THE LONDON TO BRIGHTON 55 MILE RACE IN 1999

What are your hobbies or interests outside of running :

I GO TO THE GYM OCCASIONALLY, CINEMA, FOOTBALL, LISTENING TO MUSIC, GOING TO THE THEATRE

Any other comments : THANKS TO JACINTA FOR HELPING ME TO RUN IN THE FIRST RACE, AND TO ANDREA FOR DRAGGING ME TO RACES MILES AWAY JUST TO GET A TSHIRT AND FOR BEING A GOOD MATE. ALSO THANKS TO ALL THE HARRIERS FOR THEIR SUPPORT & ENCOURAGEMENT

CHRISTMAS 1997

CROSS COUNTRY NEWS

To all club members from Pete Davies

Steve Gaunt and myself are keen to add more cross country races into our Winter fixture list for those of us that enjoy this side of the sport.

The Chiltern Cross Country League operates two divisions and we would initially compete in Division Two.

The remaining races are as follows:-

- 1 Saturday January 3 - Berkhamstead (hosted by Tring)
- 2 Saturday January 24 - Woburn Sands (hosted by Milton Keynes)
- 3 Saturday February 28 - Banbury

The above races do not conflict with any of our own cross country fixtures, but I must point out that they are on a Saturday and will probably be an all-day affair.

We would like to attend with at least 10 men and four ladies, although we feel that just to compete against some new clubs is more important, so as to gauge whether the club should contest the full five races next season ('98/99).

See Steve or Pete if you wish to know more.

BREEZY BEDFORD

Cross - country was the name of the game as Bedford welcomed one all to the second race of a five race Today's Runner League. An incredible festive atmosphere was evident as in excess of 200 runners prepared for the start. On a bright and breezy Sunday morning, it was good to see so many Harriers participating, even Norman was there

Minutes ticked away. 3-2-1. Away we go as the runners headed into the distance around Priory Marina. The leaders were setting a hot pace, lead by eventual winner Pete Sibbett of North Herts Road Runners. Eduardo was first Harrier home, with Steve Gaunt not too far behind. Viv was the first Harrier lady to finish soon followed by Avril and Christine.

All Harriers had a good race and the team finished 4th overall. Well done to all who participated and to those who made this event possible.

Special thanks to Lesley Davies.

AFFILIATION TO THE BRITISH TRIATHLON ASSOCIATION

It's been suggested by a couple of members that the club affiliate to the British Triathlon Association, so I've sent off for details from the British Triathlon Association, and got the following details back on what it costs and what we would get for our money.

For only £50 per annum*, clubs will enjoy the following benefits:

- discount of £7.50 on BTA membership for all your members
- commission of £4.00 refunded to the club for all new BTA members recruited
- promotion of your club in the BTA Handbook (subject to deadline)
- promotion of your club in the BTA's clubs list which is sent to around 3000 enquirers per annum
- opportunity to include team(s) in the popular National Team Relay Championships
- opportunity to use the BTA's "Do Tri" programme to assist in membership recruitment (free of charge)
- free copy of British Triathlon Association's Handbook including annual calendar of events
- free bi-monthly copy of TRInews, the BTA's members newsletter
- public liability insurance (cover limit £2m) for all the clubs activities
- eligibility to seek support from BTA for bids to National Lottery
- advice on all aspects of triathlons

(For further information contact BTA Headquarters, P.O. Box 26, Ashby-de-la-Zouch, Leicestershire LE65 2ZR Tel: 01530 414234 Fax 01530 560279)

We discussed affiliation at the last committee meeting, the terms and conditions looked pretty favourable to the committee, but we did hear how someone, a gentleman (!), who already has connections with a local triathlon club (and may not therefore be entirely impartial), has suggested that it was not worth our while. We on the committee would be interested to know what you think before we make a decision at our next meeting (January 5th), particularly if you take part in triathlons yourself. So please let us know - do you want the club to affiliate to the British Triathlon Association ?

GRAHAM HORNE

DUATHLON GROUP NEWS
by Chris Proud



-
- **Sunday morning cycling** has started (10.00 am from the Clubhouse) but we need more people to make it viable. Some other people have expressed an interest but think that it will "too long" or "too fast". It is neither, about 2 hours at an average speed of 15 -17 mph. Give it a try ! (and bring a carbo-drink or cereal bar and a helmet).
 - **Forthcoming events.** Elsewhere in this magazine is a Calendar of early season multi-discipline events. Especially recommended is the **Ballbuster Duathlon** on 28th February. It is particularly biased towards runners, starting with a tough six mile run up Box Hill (Dorking), followed by a short, slow cycle (three laps of the run course) and finishing with another six mile run. Have a go ! I will put entry forms in the Club when available (entry was free for ladies last year).
 - **BTA affiliation ?** Are you considering joining the BTA in 1998 ? If so, please let me know. If there are sufficient members interested, I will lobby the Committee to affiliate the Harriers to the BTA and save us £7.50 each in membership subscriptions.
 - **Ironman Simon.** Finally, congratulations to **Simon Fisher** on his performance in The Longest Day Triathlon. Simon swam 2.4 miles in 1:23.41, cycled 112 miles in 6:41.57 and ran a marathon in 4:36.14, to complete the classic Ironman distance in 12:41.52.

LINDA'S BREAD PUDDING.

This recipe was first published in "Keep Tri-ing" (February 1989), the first and penultimate issue of the Bedford Harriers Triathlon Club Magazine. Unlike the magazine, the pudding has passed the test of time and is still a favourite pre-race carbo-loader and post-race recovery food for those in the know.

Ingredients:

1/2 big stale Loaf of Bread (brown or white). 2 tablespoons Mixed Spice.
6 ozs. Brown Sugar.
1 lb. Currants.
3 ozs. Lard.
1 Egg (optional).
2 tablespoons Marmalade.

All the above measures are approximate. Experiment and use more or less of each according to taste.

CHRISTMAS 1997

Method:

1. Cut the Bread into pieces and soak in water overnight.
2. Drain and squeeze out the excess water.
3. Melt the Lard in a large saucepan on a stove or in a Pyrex dish if using a microwave.
4. Stir in the Bread, making sure that it absorbs all the fat and is a smooth mixture.
5. Stir in all the other ingredients thoroughly and transfer to a baking dish.
6. Bake in an oven (gas mark 5) for 1 to 1 1/2 hours, until brown and firm.
7. Eat hot or cold according to taste.

Bon Appetite !

Chris Proud.

Running Wild for IT

Offa's `obble -175 miles in 7 days

in aid of INTERMEDIATE TECHNOLOGY

It's the morning of Christmas Day; people are waking up in anticipation of a relaxing day with the family. A leisurely breakfast and present opening, before Christmas dinner, then collapsing exhausted to watch t.v.

And then there's Colin Bennetts and Martin Green!

They will be setting off, with their back up crew of Jenny Hanger, to run 27 miles from Sedbury Cliff at Chepstow to Llantilio Crossenny, the first day of their 175 mile run to Prestatyn which they intend to reach 7 days later on New Year's Eve.

Then mega-celebrations!

Colin and Martin are running the whole length of the Offa's Dyke footpath through the Welsh border country taking in the Black Mountains, Hergest Ridge, Hay Bluff as well as exploring the hostelrys along the way. In the middle of their journey they will be following the route of the **Offa's Dyke 15** a race which many Bedford Harriers will remember well. Only this time the gates won't be open! The stiles will be climbed!

What a drastic way of getting out of visiting relatives at Christmas!

Now - time to get your dosh out and put your money where our feet are.

The intrepid lads are intending to raise money for **INTERMEDIATE TECHNOLOGY** the British based charity working in a number of developing countries in Africa, South America and Asia striving to make the rural communities in these countries more self sufficient and less reliant on foreign aid by developing technologies

CHRISTMAS 1997

which meet locally agreed needs and use locally available materials and resources, managed so they are sustainable.

Some examples of the work of **INTERMEDIATE TECHNOLOGY**

- Nepal - successful in persuading the Nepali Government and the World Bank to drop plans for a major hydro-electric dam project, using foreign technology and expertise, in favour of smaller-scale 'district hydro' schemes using local resources and skills.
- Bangladesh - development of small-scale food processing
- Kenya - improving small-scale quarrying techniques together with improving local management and marketing skills and introducing tools that are able to be made by local blacksmiths.

(Speak to Col if you want to read more about **INTERMEDIATE TECHNOLOGY**)

Both Colin and Martin agreed that this enterprise was the one they wanted to support during their Green Christmas.

Look out for the sponsorship forms so you can support them.

The Twelve Most Popular Races Run by Harriers in 1997.

Number of Harriers in Race

Flitwick 10k	54
Bedford Half	49
Sharnbrook 10k	47
Gt North	39
Standalone 10k	38
London Marathon	30
Swineshead 10	27
Cople 10	24
Colworth 5	24
Bedford 6	22
Henlow 10	21
St Neots 9	19

CHRISTMAS 1997

DUATHLON & TRIATHLON CALENDAR.

- 31st January. **Women's Introductory Weekend to Multisport.**
Human Race, 12 Southcote Avenue, Surbiton, Surrey KT5 9JW.
Cost = £16. Tel: 0181-399 3579 or e-mail: human.race@virgin.net
- 1st February. **Damp Dash** (S/R: 800m/10k or 400m/5k or 200m/10k or 200m/5k).
Human Race (details as above).
- Eton Duathlon** (750m swim 5k run). Cost = £6.
Paul Moore - tel: 01753-790330 or e-mail: IDASS@compuserve.com
- 15th February. **Bedfont Lakes Off-road Duathlon** (3m run, 10m bike, 1.5m run).
Henry Budgett, 1 Laleham Close, Staines, Middlesex TW18 1HS
Tel: 01784-440113 or e-mail: bedfont@triathletes.demon.co.uk
- 28th February **Ballbuster Duathlon** (6m run, 18m bike, 6m run).
Human Race (or see Chris Proud).
***** RECOMMENDED *****
- 15th March **Thames Turbo Evans Classic Duathlon** (5k run, 20k bike, 3k run).
Heidi Lerner, 17 Sydney Road, Teddington, Middlesex TW11 8PQ
Tel: 0181-943 1989.
- 22nd March **Hillingdon Duathlon** (4m run, 16m bike).
Hillingdon Tri Stars, 12 Wye Close, Ruislip, Middlesex HA4 7RR
Tel: 01895-677720.
- 28/29 March **Tuffman** (Two day event, 2.4m swim, 112m bike, 26.2m run).
Human Race (see above for details).
- 29th March **Eton Duathlon** (750m swim, 5k run).
Cost = £6. Details: Paul Moore, tel: 01753-790330.
- 5th April. **Powerman Duathlon, Guernsey** (10k run, 58k bike, 10k run).
(50 qualifying slots for the Powerman Final, Zofingen).
R Welsh, Les Landes Barn, Rue des Landes, Forest, Guernsey, CI
Cost = £35. Tel: 01481-35052 or e-mail: bobbrig@guernsey.net
- 13th April **Hampton Pool Summer Series** (Race 1). (400m S, 20k B, 5k R).
Heidi Lerner, 17 Sydney Road, Teddington, Middlesex TW11 8PQ
Tel: 0181-943 1989.

Race Results and Performances

Harriers members, have participated in more than a dozen races since October. The most popular were the Henlow 10 which attracted 21 Harriers runners and the St Neots 9 which attracted 19. The most arduous were the marathons run at Snowdon, Luton, New York and Sherap Stride

PB Improvements

Many members of the Club continue to set PBs. **Paul Sharman**, whose had a tremendous year, set new figures for the half marathon at Stevenage, for the 10 mile at Henlow, for the nine mile at St Neots and for the five mile at Wolverton. **Christine Armstrong** knocked 31 minutes off her marathon time at New York and clocked up another PB for the five mile at Wolverton. **Tony Parello** continued his improvement by clipping 12 minutes of his previous marathon best at New York and followed this by improving his nine mile time at St Neots.

Malcolm McEwen's improvements since October include knocking eight minutes of his ten mile time at Henlow and setting a new five mile time at Wolverton. **Terry McEwen** also improved his ten mile time at Henlow and **Angela Kay** got a new PB of 77.55. **Angela's** ten mile time at Henlow was the fifth fastest over the distance by a Harrier lady this year. Also continuing to make progress is **Andrea Ranson** who set a new PB for five miles at Wolverton.

Tom Greaves knocked seven minutes of his previous best for the ten mile at Bishop Storford and **Dennis Gound** set new figures for the same distance at Nene. New nine mile PBs were set at St Neots by **John Thompson, Will Drown, Dave Tresser, Teresa Munns** and **Colin Tranter**. **Colin's** time of 60.08 was particularly strong and suggests that he is well on the way back after an injury affected year.

Mile Time Trials

The Club's mile time trials in November produced a number of PBs. **Steve Gaunt's** time of 5.12 was the third fastest this year. **Steve Young** also set a new PB of 5.17 and **John Shearer** a new one with 5.20. Among others achieving their best times over the distance in November were **Paul Sharman, George Armstrong, Len Donovan, Malcolm McEwen** and **John Durham**. **Jeanette Cheetham, Angela Bright** and **Andrea Ranson** also set their best times this year.

The Sub-1.30.00 Club

The Autumn edition of the Magazine stated that the Sub 1.30.00 Club has no lady members at present. We are very pleased to announce that this was not correct. **Jeanette Cheetham** ran 1.28.00 for the half marathon in a race in the late 1980s. Jeanette therefore becomes a fully fledged member. If any other ladies at the Club have run a half marathon in under 1 hour 30 minutes, please let us know.

CHRISTMAS 1997

BEST PERFORMANCES AWARDS

The Best Performance Awards acknowledge and recognise performances of particular merit. They are presented four times a year and 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 Christmas 1997 are given below. This quarter's awards were particularly difficult to decide as there have been a number of notable performances over the last three months. **Phil Barnes, Martin Kay and Chris Brace** all produced excellent runs and improvements at the Nottingham marathon and **Christine Armstrong** and **Tony Parello** both had tremendous runs in New York. The choice of winners is, as always, subjective.

CHRISTMAS AWARDS

3rd Place

Steve Gaunt for his run in the Today's League Cross Country race at Bedford. Steve, whose running has improved dramatically over the last few months, finished 20th in this year's race up from 73rd in 1996

2nd Place

Tony Parello's run in the New York Marathon. Tony knocked 12 minutes off his PB to produce a time of 3.05.00. This included a first 13 miles run in 1.21.00. That was around five minutes faster than Tony's current half marathon best.

1st Place

The Christmas award goes to **Christine Armstrong** for her run in New York. Christine's improved her PB by 31 minutes for a time of 4.04.37. According to the official results, Christine actually went under four hours

CHRISTMAS 1997

Race Results (October to December)

Basingstoke 10k

		Time	Pts
Max	O'Driscoll	41.16	1

Bishops Stortford 10

			Time	Pts		Time	Pts		
Brian	McCallen	v40	63.29	3	Irene	Cornwall	v60	96.14	1
Paul	Sharman		65.37	2					
Ian	Marshall		70.24	1					
Brian	Cornwall	V60	76.42	3					
Tom	Greaves	V50	79.23	1					
William	Bowden	v55	80.43	1					

Blenheim 10k

			Time	Pts		Time	Pts		
Chris	Cottam	v50	47.00	1	Teresa	Munns	v45	47.30	4
					Jacky	Hibbard	v40	52.20	1
					Jude	Cottam	v45	54.09	2
					Dilys	Hunt	v45	60.00	1

Derwentwater 10

		Time	Pts	
Mike	O'Hara	v50	79.19	1

Eynsham 10k

		Time	Pts		Time	Pts		
Malcolm	McEwen	55.28	1	Andrea	Ranson	v35	55.27	1

CHRISTMAS 1997

Henlow 10

		Time	Pts			Time	Pts
Kevin	Willett	64.07	5	Veronica	Singleton	v35 73.47	4
Paul	Sharman	64.32	4	Avril	Thomas	77.52	1
Brian	McCallen	v40 67.30	6	Angela	Kay	v35 77.55	2
Robbie	Burrells	v40 68.59	5	Christine	Armstrong	v40 79.32	2
Colin	Bennett	v45 70.24	6	Irene	Cornwall	v60 97.21	2
Norman	Beckwith	v50 72.06	9	Patricia	McElthallon	v35 102.51	1
Ray	Evans	v50 72.11	8				
Terry	McEwen	v45 72.58	5				
Malcolm	McEwen	77.36	3				
Peter	Davies	v40 78.00	3				
Mike	O'Hara	v50 78.51	4				
Brian	Cornwall	V60 81.07	4				
David	Tresser	V50 87.08	3				
Ian	Smart	90.09	2				
Paul	Harpin	90.41	1				

Luton Marathon

		Time	Pts
Steve	Clark	v45 3.43.00	1
Dennis	Gound	v50 3.43.00	1

Morden Peake 10k

		Time	Pts
Max	O'Driscoll	41.49	1

Nene 10

		Time	Pts
Dennis	Gound	v50 68.30	1

New York Marathon

		Time	Pts			Time	Pts
Paul	Langford	2.54.00	3	Christine	Armstrong	v40 4.04.37	1
Tony	Parello	3.05.00	2				
Ralph	Ward	3.54.00	1				

Ricky 9

		Time	Pts
Irene	Cornwall	v60 83.01	1

CHRISTMAS 1997

Ridegway 8.7

		Time	Pts			Time	Pts		
Brian	Cornwall	v60	66.44	1	Irene	Cornwall	v60	82.35	1

Snowdon Marathon

		Time	Pts			Time	Pts		
Kevin	Willett		3.35.00	2	Viv	Kilgour	v35	3.35.00	1
Colin	Bennett	v45	3.54.00	2					
John	Shearer		3.59.00	1					

Stevenage Half

		Time	Pts			Time	Pts		
Brian	McCallen	v40	1.24.15	5	Jude	Cottam	v45	1.58.38	3
Paul	Sharman		1.26.13	4	Susan	Cartwright	v35	2.01.25	1
Will	Drown		1.33.25	3	Jacky	Hibbard	v40	2.06.07	1
Ian	Marshall		1.35.08	2					
Michael	Parello		1.43.58	1					
Chris	Cottam	v50	1.47.48	3					
Tom	Greaves	v50	1.48.35	2					
Arthur	Monk	v50	1.58.14	1					

Stevenage 5k (1)

		Time	Pts	
Veronica	Singleton	v35	21.00	1

Stevenage 5k (2)

		Time	Pts	
Veronica	Singleton	v35	20.40	1

St Neots 9

		Time	Pts			Time	Pts		
Tony	Parello		56.51	5	Veronica	Singleton	v35	61.54	3
Paul	Sharman		56.56	4	Christine	Armstrong	v40	65.37	3
Colin	Tranter	v55	60.08	10	Pauline	Behan	v35	66.48	2
Will	Drown		60.30	3	Teresa	Munns	v45	69.55	3
Ian	Marshall		61.54	2	Susan	Cartwright	v35	75.25	1
Ray	Evans	v50	62.20	6	Jude	Cottam	v45	77.26	1
Paul	Roberts		64.01	1					
Brian	Cornwall	v60	66.44	6					
John	Thompson	v50	69.57	4					
Tom	Greaves	v50	70.30	3					
David	Tresser	v50	74.57	2					
Bruce	Tilbury	v55	77.05	2					
Christopher	Brace	v45	77.10	1					

CHRISTMAS 1997

Wolverton 5

			Time	Pts			Time	Pts	
Brian	McCallen	v40	30.08	8	Christine	Armstrong	v40	35.02	4
Paul	Sharman		30.49	5	Sandra	Elliot	v35	38.15	3
Steve	Young		32.29	4	Wendy	Machan		39.09	1
George	Armstrong	v45	32.34	7	Andrea	Ranson	v35	40.07	1
John	Marchant	v45	33.47	6					
Peter	Davies	v40	33.50	5					
Norman	Beckwith	v50	34.05	6					
Len	Donavan		34.07	3					
Terry	McEwen	v45	34.10	4					
Malcolm	McEwen		35.06	2					
Robert	Stanley	v40	36.37	2					
Peter	Swales		38.00	1					

CHRISTMAS 1997

CLUB ROAD RACE CHAMPIONSHIP:1997

Final Points and Placings

			<u>POINTS</u>				<u>POINTS</u>
Brian	McCallen	v40	106	Richard	Bird		24
Tony	Barnes		98	David	Sutcliffe	v60	24
Brian	Cornwall	V60	91	Stephen	Clark	v45	23
Ray	Evans	v50	86	Malcolm	McEwen		22
Tony	Parello		86	James	Potter		21
Max	O'Driscoll		74	Dennis	Gound	v50	21
Phil	Barnes		66	Ian	Weaver		20
Alastair	Fadden		61	Alan	Smith	v40	19
Paul	Langford		56	Darren	Armitage		19
Paul	Sharman		55	David	Bithell	v55	18
John	Marchant	v45	51	Bruce	Tilbury	v55	16
Graham	Home		49	Colin	Bennett	v45	15
David	Fake	v50	47	Tom	Greaves	V50	15
Steve	Gaunt		46	Norman	Beckwith	v50	15
Christopher	Brace	v45	44	Ian	Soaft	v45	14
William	Bowden	v55	43	John	Thompson	v50	14
Chris	Cottam	v50	43	George	Armstrong	v45	14
Brian	Harwood	V45	43	Robert	Stanley	v40	13
Terry	McEwen	v45	41	Neil	Summerville	v50	13
Chris	Proud	v50	41	Mike	O'Hara	v50	13
Kevin	Willett		41	Gerald	Dazley	v55	12
Ian	Marshall		39	John	Keenan	v50	12
Mark	Whiteman		39	Roger	Trengrove	v45	12
James	Foley		38	Peter	Davies	v40	12
Colin	Tranter	v55	38	Will	Drown		10
John	Martiello		31	Clive	Edmonds		9
Phil	Barlow	v50	30	Bernard	Chamley		8
Edvarado	Preciado		30	Trevor	Beard	v45	8
Ralph	Ward		28	Graham	Burley	v50	8
Maurice	Crook	V55	27	Giovanni	Gallo		7
Mike	Devonshire	v45	27	John	Isard	v45	7
David	Tresser	V50	27	David	King		7
Les	Dick	v50	26	John	Shearer		6
John	Durham	v40	26	Phil	Gray	v40	5
Len	Donavan		25	Peter	Swales		5
Graham	King	v40	25	Neil	klabe		5
Paul	Roberts		25	Robbie	Burrells	v40	5
Steve	Wilby	v45	25	Steve	Young		5

Due to problems of space, only runners with five or more points have been included in the table.

CHRISTMAS 1997

CLUB ROAD RACE CHAMPIONSHIP:1997

Ladies

FINAL POINTS & PLACINGS

			<u>Points</u>
Christine	Armstrong	v40	99
Jacky	Keenan	v45	52
Veronica	Singleton	v35	47
Pauline	Behan	v35	37
Irene	Cornwall	v60	34
Wendy	Machan		30
Teresa	Munns	v45	30
Anne	Davies	v40	26
Lesley	Barnes	v35	24
Jude	Cottam	v45	24
Iva	Barr	v65	15
Melissa	Dick		14
Jacinta	Horne		14
Andrea	Ranson	v35	14
Sandra	Elliot	v35	13
Angela	Kay	v35	13
Avril	Thomas		13
Jacky	Hibbard	v40	10
Susan	Cartwright	v35	9
Lesley	Dick	v50	9
Michelle	Boyden		8
Lesley	Davies	v40	8
Dilys	Hunt	v45	8
Kim	Walker		7
Caroline	Hunt		6
Alice	Crook		5
Sue	Baggaley	V40	4
Patricia	McEltharion	v35	4
Sarah	Brown		3
Ruth	Moffat		3
Vanda	Miller	v40	2
Jeanette	Cheatham		2
Gwen	Tilbury	v35	2
Marie	Lane	v35	1
Muriel	Moore	v55	1
Pamela	Reid		1
Nicola	Klebe		1
Avril	Monteith		1
June	Jones		1
Liz	O'Donnell	v35	1
Viv	Kilgour	v35	1

CHRISTMAS 1997

TEN FASTEST TIMES OVER THE MAIN DISTANCES: 1997

MEN

One Mile (Time Trials) (1)

Tony Barnes	January	4.46
James Foley	January	4.57
Steve Gaunt	November	5.12
Steve Young	November	5.17
Tony Parello	July	5.18
John Shearer	November	5.20
Max O'Driscoll	September	5.21
Mark Whiteman	January	5.21
Mark Bottomley	July	5.21
Brian McCallen	November	5.21

Five Mile

James Foley	Banbury	26.30
Tony Barnes	Market Harborough	27.30
Tony Barnes	Corby	27.32
James Foley	Market Harborough	27.35
Tony Barnes	Colworth	29.01
Brian McCallen	Wolverton	30.08
Tony Barnes	Banbury	30.37
Paul Sharman	Wolverton	30.49
Tony Barnes	Fringford	30.50
Max O'Driscoll	Blisworth	30.58

(1) Mile times for March not included

10k

Paul Langford	Standalone	33.54
Tony Barnes	Milton Keynes	34.00
Tony Barnes	Peterborough	34.40
James Foley	Milton Keynes	34.42
Tony Barnes	Flitwick	35.06
Phil Barnes	Peterborough	35.08
James Foley	Flitwick	35.45
Paul Langford	Sharnbrook	35.51
Tony Barnes	Dunstable	36.00
Kevin Willett	Standalone	36.03

10 miles

Paul Langford	Swineshead	59.58
Edvardo Preciado	Hemel	60.19
Tony Barnes	Cople	60.59
Tony Barnes	Leighton Buzzard	61.05
Edvardo Preciado	Cople	61.42
Tony Barnes	Hemel	61.55
Mark Whiteman	Cople	62.10
Kevin Willett	Swineshead	62.26
Mark Whiteman	Swineshead	63.15
Brian McCallen	Bishop Stortford	63.29

Half Marathon

Tony Barnes	Bedford	1.15.36
Paul Langford	Gt Barford	1.17.34
Phil Barnes	Gt Yarmouth	1.19.18
Mark Whiteman	Nottingham	1.21.18
Edvardo Preciado	Gt North	1.22.04
Phil Barnes	St Albans	1.21.45
Brian McCallen	Stevenage	1.24.15
Paul Sharman	Stevenage	1.26.13
Tony Parello	Gt Barford	1.26.44
Paul Sharman	Gt Barford	1.26.53

Marathon

Paul Langford	New York	2.54.00
Edvardo Preciado	London	2.54.33
Phil Barnes	Nottingham	2.58.32
Martin Kay	Nottingham	3.00.30
Tony Parello	New York	3.05.00
Mark Whiteman	London	3.16.00
Steve Wilby	London	3.16.49
Tony Parello	London	3.17.29
Richard Bird	London	3.18.00
Chris Proud	London	3.20.34

CHRISTMAS 1997

TEN FASTEST TIMES OVER THE MAIN DISTANCES: 1997

WOMEN

One Mile (Time Trials) (1)

Kath Browning	May	5.32
Avril Thomas	January	5.51
Avril Thomas	September	6.02
Veronica Singleton	July	6.04
Veronica Singleton	May	6.11
Christine Armstrong	May	6.12
Veronica Singleton	November	6.15
Ruth Moffat	July	6.21
Christine Armstrong	November	6.22
Angela Kay	September	6.29

Five Mile

Veronica Singleton	Welwyn Garden	32.43
Veronica Singleton	Banbury	32.52
Veronica Singleton	Market Harborough	33.41
Veronica Singleton	Blisworth	33.50
Christine Armstrong	Wolverton	35.08
Christine Armstrong	Corby	35.58
Christine Armstrong	Blisworth	36.04
Christine Armstrong	Banbury	36.06
Sandra Elliot	Newton Aycliffe	36.06
Christine Armstrong	Market Harborough	37.06

10k

Kath Browning	Cranfield	38.48
Veronica Singleton	Milton Keynes	40.10
Veronica Singleton	Silverstone	41.12
Veronica Singleton	Cranfield	41.47
Veronica Singleton	Flitwick	42.12
Avril Thomas	Le Touquet	43.00
Avril Thomas	Flitwick	44.22
Christine Armstrong	Milton Keynes	44.24
Pauline Behan	Standalone	44.58
Christine Armstrong	Sharnbrook	46.17

10 miles

Veronica Singleton	Henlow	73.47
Christine Armstrong	Swineshead	76.30
Pauline Behan	Cople	76.33
Avril Thomas	Henlow	77.52
Angela Kay	Henlow	77.55
Christine Armstrong	Harlow	78.52
Teresa Munns	Harlow	79.13
Christine Armstrong	Henlow	79.32
Christine Armstrong	Leighton Buzzard	79.36
Christine Armstrong	Cople	80.06

Half Marathon

Veronica Singleton	Ironbridge	1.35.40
Veronica Singleton	Bedford	1.36.08
Avril Thomas	Bedford	1.40.52
Christine Armstrong	Gt Barford	1.42.21
Christine Armstrong	Bedford	1.42.46
Christine Armstrong	Gt Yarmouth	1.43.07
Christine Armstrong	Gt North	1.44.22
Pauline Behan	Gt Barford	1.47.23
Pauline Behan	Bedford	1.48.03
Christine Armstrong	Burnham Beeches	1.48.16

Marathon

Veronica Singleton	London	3.18.49
Viv Kilgour	Snowdon	3.35.00
Christine Armstrong	New York	4.04.37
Jacky Keenan	London	4.12.00
Lesley Barnes	Nottingham	4.19.07
Melissa Dick	London	4.41.46
Jacinta Home	London	4.48.00
Iva Barr	London	5.06.00

CHRISTMAS 1997

Bedford Harriers A.C. Provisional Fixture List - December 97 - March 98

December	7	X.C. League Bedford Harriers	TRL
	13	X.C. County Champs Amersham Bucks	BED
	26	Cople Boxing Day 10M	
January			
	18	X.C. League Ampthill & Flitwick	TRL/CC
	25	Folksworth 15M	
	31	SEAA X.C. Parliament Hills	
February			
	8	Bedford & County 13M	CC
	15	X.C. League United Trades Northampton	TRL/CC
March			
	1	Bedford Harriers Oakley 16M	
	14	National X.C. Champs Leeds	
	15	Reading 13M	
April			
	26	London Marathon	
	26	Sandy 10M T.B.C.	

TRL **Todays Runner League**
BED **Beds County Champs**
CC **Club Championship**

UPDATED 04/12/97
fixlist1

Look what Santa's bought me for
Christmas...



Can I bring them home with me George