

HARRIERS

Summer 1998



BEDFORD HARRIERS ATHLETIC CLUB

SIMPLY THE BEST

BEDFORD HARRIERS CLUB MAGAZINE

CHAIRMAN'S COLUMN

If this is the first time you have had the opportunity to read our club magazine, then I am sure it is safe to say that you are a new member. If so, then I would like to welcome you to our club.

The recent intake group attracted about 25 people. Not bad considering when I joined the club nine years ago we had only about 30 members in total. This new intake was a combined effort from various members of the club, promoting the Harriers.

We could have had a big problem with this intake because we always advertise in all our local papers, which normally costs about £100. This year due to a communication error we did not get the advert in on time. Also I had organised a promotional stand at the Bedford Community Fair on Howard Square to advertise the club and to promote the new intake. Luckily I had to cancel at short notice or we may have had over 50 or more intakes to deal with.

The Bedford River Festival played a big part in this and I would like to thank personally all the people who helped me on the promotional stand. This was the second festival we have been involved in and we are getting rather good at telling other people what a good club we have. May I also say they are for the right reasons and may they continue.

I would like to identify just one person out of the splendid River Festival team. Steve Gaunt, who was the organiser of the fun run on the Sunday. He not only organised the run again this year but seemed to do it with no problems. The event also made a profit, which was unexpected.

The Bedford Harriers promotional marquee was extremely busy over the two days. I would like to thank the council and the organising committee of the festival for providing it. It is one of the most enjoyable weekends which I am involved in but it is hard work and I could not do it without support from key members from the Harriers.

As Chairman of the committee I would like to remind all members that if they have any problems regarding the organisation or the running of the Harriers then please don't hesitate to contact me either at the club or at home on Bedford 300134.

Welcome

Summer has exploded on to the scene ...with the World Cup 98,..Wimbledon....and European Cup Athletics among the sporting highlights. Yet another incredible issue of Harriers awaits your perusal...with something for everyone. Harriers have once again excelled in all manner of events and some exceptional performances have been noted. Flitwick once again produced incredible scenes and a record number of Harriers taking part...London expressed itself as the ultimate test, with the elements playing a large part in proceedings, and finally...the incredible atmosphere generated at both Cople and Cranfield.

Thanks to one and all who made this issue a reality and we look forward to your comments, suggestions and contributions for the next edition. Whatever you do...have a great summer...!

Yours in running
phil gray / Brian McCallen

What's Inside

Friday 19 June 1998 -The Longest Day.....	3
Women's London Run	4
Ray's Coffee Time Crossword	5
Bamburg Calling	6
What's on the Noticeboard	7
Capital Experience	7
Insiders Guide to the London Marathon	8
Situation Vacant	10
Fastest Club Times	12
And A River Runs Through It	13
Phil's Race Reviews	15
Harrold Pit Run	16
Age-Grading: Should We Introduce It?	19
News & Views	22
Unpermitted Races	23
Race Results & Performances	24
Best Performance Awards	25
Race Results- April To June 1998	26
Fixture List	38

SUMMER 1998

On Friday 19th June, eight brave Harriers took part in a 40 mile adventure. This is their story.

FRIDAY 19 JUNE 1998 -THE LONGEST DAY.....

June 21 is usually known as the longest day, but for myself and seven other runners, this year it came early. The idea, hatched by Pete Davies, was to walk-jog-run The Greens and Ridge in one day. Most of us had no idea if we could finish the course but were really excited by the challenge. We all decided to give it a go and see what happened. It took a lot of organisation by Pete aided by a few others but on the day there were two groups of four, one starting at Gamlingay (Pete Davies, Bob Lawton, Mike O' Hara, Ralph Ward) and the other, starting at Leighton Buzzard (Steve Clark, John Durham, Sue Durham, Darren Fleet) at approximately 8.40pm.

The first 20 miles through Leighton Buzzard, Woburn, Millbrook, Ampthill were very enjoyable, through picturesque woods, along fields and tracks and a lot of mud. We walked up all the hills to conserve energy armed with bottles of water, cereal/power bars to help us along, not to mention Darren's mobile 'phone which never stopped ringing all day! Everybody was ready for the midway break when we arrived at the George Inn, Maulden. The first group, looking very fresh, were there to applaud us having started out half an hour earlier that morning. After dragging off our wet socks and trainers, we immersed our wrinkled, hot, wet feet in cold water and were then covered in oil for a limb massage by either Linda Jones or Santokh Singh. I've never had a massage before and I thoroughly recommend it. We felt great afterwards and thought maybe we could reach the 40 mile mark after all. After a lunch of pasta, baked potatoes, French bread and pints of orange juice (alcohol not a good idea at this point, but Pete still had 2 pints of bitter) we changed into fresh kit. Then smothered with even more Vaseline over our feet, suntan lotion on all exposed body parts, we said goodbye and good luck to the other group who set off in opposite directions.....

As our stomachs were absolutely full, we decided to walk for 30 minutes to help our lunch digest and then hobbled back into action. We kept quite a steady pace going through Clophill, Haynes through to Northill, where unfortunately Steve decided to call it a day. Over that last 10 miles the three of us urged each other on (Darren's phrase of the day was "Keep going lads, top team!") and amazingly we no longer doubted that we could reach the end of The Greens and Ridge route. On reaching the last two or three miles all that was in our minds was "Let's get this thing over and done with!", only there were a few more unprintable words mentioned as well.

We finally reached the last gate of The Greens and Ridge just before 7.00pm having been on our feet for over 8 hours and even Sue ran blindly through the menacing cows blocking our way in the last field. After a couple of minutes walk to the waiting car left by the other group that morning, we crammed some more food into our mouths, jumped into the car and sped back to Newnham Track (Watch those Keep Left Bollard's Darren) for a much deserved shower.

SUMMER 1998

Five of the eight runners covered the full 40 miles, (three from our group and two from the other group) but all eight runners agreed the day had been an incredible, unforgettable experience. Once again, one of the most memorable things about The Greensand Ridge Run was the sense of team spirit that prevailed throughout the day. I still can't believe that we covered 40 miles but if Pete has any more brilliant ideas I want to be counted in?

Runners: Steve Clark, Pete Davies, John and Sue Durham, Darren Fleet,
Bob Lawton, Mike O'Hara, Ralph Ward.
Back-up Man: Martin Lambourne.

NB: If anyone else is thinking of doing anything similar, two useful pieces of advice:

- 1) Don't put your mobile 'phone and Dextro tablets in the same bum-bag compartment As Darren discovered, the Dextro tablets disintegrate and the 'phone ends up grey.
- 2) As I discovered, EVERY moveable body part needs to be smothered in Vaseline - (male runners take note!).....

John Durham.

Women's London Run

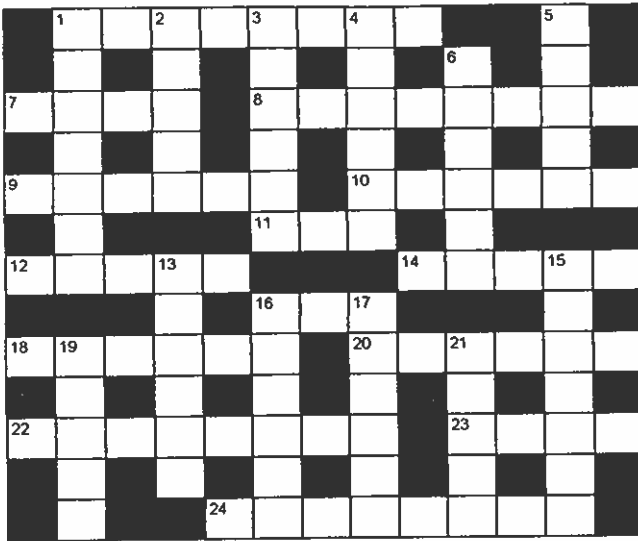
Sunday 6th September 1998 will see the 9th year of the Women's London Run from Southwark Park. It is a chance to participate in a race organised just for women and to support two breast cancer charities.

The run is open to all runners of all abilities. Last year there were only two women from Bedford Harriers and we had a great time. This year I am hoping to motivate a lot more of you to take part. If enough of you are interested, I plan to hire a coach or mini-bus for the event. For more information see the notice board, pick up an entry form or contact me on 403980.

So be there or alternatively you could stay home and cook Sunday lunch, make the beds, do the ironing etc, etc...What would you rather do.

Vanda Miller

Ray Evans Coffee Time Crossword

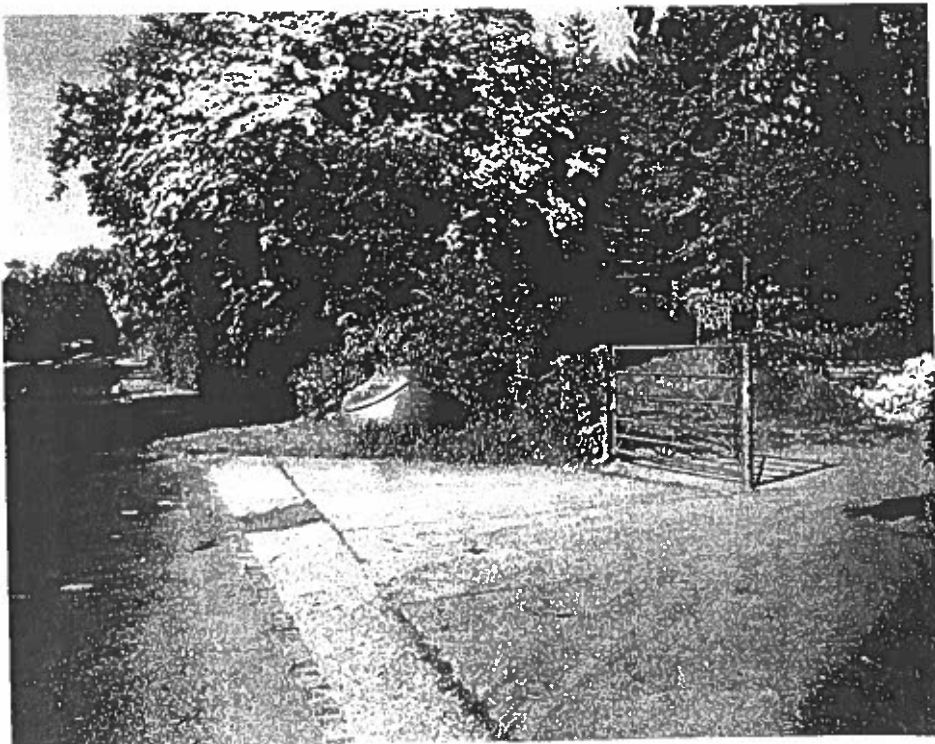


Across

- 1) A marriage ceremony: wedding (8)
- 7) Small, biting insect (4)
- 8) Intervening space between two points (8)
- 9) Opposite of weak (6)
- 10) Something that can be eaten (6)
- 11) Strange but not even (3)
- 12) Fruit that keeps the doctor away (5)
- 14) Yellow fruit with acidic taste (5)
- 16) Vehicle designed to carry passengers
- 18) Not junior (6)
- 20) In grammar, something that is placed before (6)
- 22) Marked by intensity of feeling or conviction: emphatic (8)
- 23) To acquire or obtain (4)
- 24) An unsaturated hydrocarbon (8)

Down

- 1) Continuous (7).
- 2) Area adjoining a mouse (5)
- 3) Blue-violet hue colour (6)
- 4) Item by item, record of name or things (6)
- 5) To surpass or be superior (5)
- 6) Doggone it! (6)
- 13) To stand around aimlessly (6)
- 15) Opening of mouth into a cavity, etc (7)
- 16) Gentle or light wind (6)
- 17) Marks especially on skin to name thereby (6)
- 19) Choose someone by voting (5)
- 21) Bird of prey of the Genera Aquila Harpia etc (5)

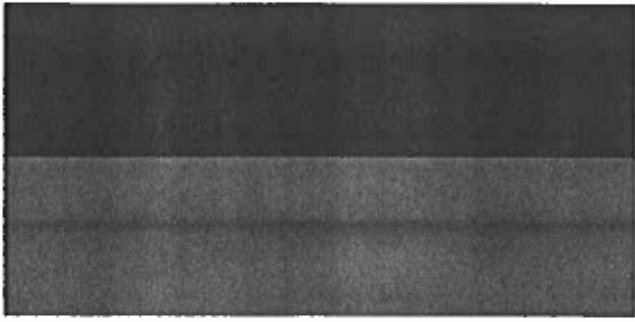


Ray's Picture Puzzle

During a Sunday morning run around Bedford. Ray and Graham Horne came across a rather curious animal near a driveway. Can anyone spot the animal and recognise the location?

(The answers to the crossword and the picture puzzle are on page 10)

SUMMER 1998



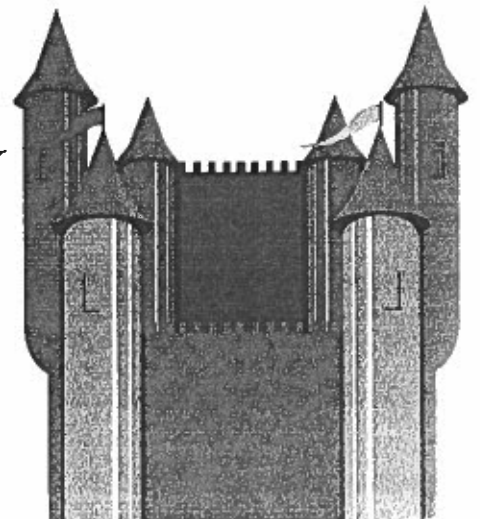
CALLING ALL BEDFORD HARRIERS
OUR DEAR FRIEND ALFRED FROM
BAMBERG IN GERMANY

HAS ASK IF ANY HARRIERS WOULD
LIKE TO TAKE PART IN A 10K ROAD
RACE SUNDAY 22ND NOVEMBER 98

THE MEMMELSDORF CLORFER
CASTLE RUN.

THIS IS TO GAUGE ANY INTEREST IN
THE TRIP.

PLEASE CONTACT LESLEY



WHATS ON THE NOTICEBOARD

Here is a current selection of notices on the noticeboard. For more information, see the boards or the various organisers.

Le Touquet 20k, 10k, 5k

These races are run in Le Touquet, France on Saturday 22nd August. For more information see Avril Thomas.

The Gt Yarmouth Half Marathon.

The Club is organising a trip to Yarmouth on Sunday 16th August. This is a good day out. For more info see Jude Cottam.

The Women's 10k London Run.

The Club is organising a trip to London on Sunday 6th September to run a ladies 10k race. Any ladies interested in running this see Vanda Miller. Further info on the race is on page 4 of the Mag.

Gt North Run -Saturday evening meal

Anybody doing the Gt North Run and who would like to have a meal at Fifi's Italian Restaurant on the Saturday evening should put their name down on the list.

Timekeepers and Marshalls

Helpers are wanted for two triathalons which Steve Young is organising, These are on Sunday the 9th August and Sunday the 27th September.

Benidorm Half and Full Marathon.

Around 20 members of the Club have already booked to go to Benidorm for a week in November. (19th to the 26th). Places are still available. See Gerry Dazley

Phil Gray's Capital Experience

4:30 AM

The day begins with breakfast before a short drive to Eaton Socon in Cambridgeshire and a 5:45 AM departure to the capital and the 1998 Flora London Marathon. Primarily this was to record split times of the leading men and women in the race at the 5K check point in John Wilson Street. It was to be a capital experience in more ways than one as race time approached. Despite a malfunctioning clock at this point - the Ladies Race was underway at 9 AM.

The pace was good and despite the absence of a functioning clock - we were able to attain the split times from the lead car. This would not be the case as the main race began at 9:30 AM. The men were setting a hot pace in the early miles and the lead car provided no comfort as it too had a malfunctioning clock. Yet despite this it was good to witness the race from the other side of the fence as one who has participated on more than one occasion.

It was incredible to witness as a trickle of runners became a tide as thousand upon thousand passed through this point. Such incredible scenes of emotion and colours. Chris Skaife and Phil Barnes managed a wave at this stage. Both would do excellent times on the day. Once the main field had passed through this point - my fellow spotter and I utilized the London Transport system and a brief journey to Charing Cross via Charlton - Tower Bridge and Waterloo East. Minutes later we stood under Waterloo Bridge and awaited the leaders in the Men's Race.

11.30 AM

Pinto of Portugal and Anton of Spain were in the chasing group of three. Anton broke clear in the final kilometre and recorded an incredible 2:07:57 to win. A few waves to the crowd cost Anton the course record. McKiernan won the Ladies Race. What else was in store as I spotted a number of Harriers - including Chris Skaife - Paul - Tony - Kevin and Brian. Two would break the magical 3 hour mark and the remainder would be minutes outside 3 hours.

SUMMER 1998

Well done to all Harriers who went the distance on the day. All had a tale to tell. Lunch was followed by a final walk around The Embankment and Westminster Bridge and the obligatory photograph. An incredible day was at an end as the coach departed from Waterloo Bridge a little after 3 PM. A megamungus thanks to all who made this incredible experience possible and a special thanks to Graham Pond and Lesley Barnes. It was certainly a capital experience.

Insiders Guide To The London Marathon

At the instigation of your newsletter editor Phil Gray and somewhat against my better judgement I was persuaded to write an article about running the London Marathon. Taking the lazy man's approach I dug out a previous article I had written for my first claim club's newsletter from a previous year, and decided that much of it still applied, so I decided to update it for use here. So with no prizes for spotting the paragraphs that remain completely unchanged and apologies for the recycled (feeble) jokes here goes.

Having eagerly rushed home to watch my video recording of the London Marathon only to discover yet again that it didn't seem to bear more than a passing resemblance to the race I ran in I thought it was time for a different view. David Coleman has a reasonable knowledge of track and field and Brendan Foster was a fine and gritty runner in his day but he's suffering a bit now from viewing the race from the wrong side of too many hospitality lunches. They really could do with someone who's run the course a few times. And what about some fixed camera shots of some more of the good runners just behind the leaders (even if only on a split screen) instead of only being able to get on if you are in the first 10 or a pantomime horse.

Anyway for me the day started not too early, leaving my friends house near Luton just after 0630 and driving to the start in around an hour. This is definitely the most civilised way to do it in my view. There is plenty of good parking at the Blackheath Start a lot closer to the actual start than you will find at many a tin pot local race and it's an easy journey back from Charing Cross afterwards. (As opposed to setting the out at crack of dawn from the centre of London, having 500 idiots trying to sit on your knee on the train or stand on your foot on the walk from Blackheath station to the start and then spend 2 hours standing about in the cold).

A gentle stroll to the paper shop and a sit in the warm car was in order to while away an hour or so until it was time to start getting ready. If you have a qualifying time for the AAAs (under 2.45 or in my case a begging letter telling them I nearly did it last year - 2.45.40 and some good short distance times) it makes things a lot easier as there is a separate changing area with better facilities than for the masses. The only downside is having to wear front and back numbers and having a AAAs official inspect your club vest for illegal advertising. We are also well placed to watch the elite women warm up and start (some of them don't look all that elite I must say - their qualifying time is only 3.15 and the slower ones don't do themselves any favours by starting early. They get very little shelter from the wind early on and get trampled underfoot later when substantial numbers start to pass them - even I was passing them before half way - starting 30 mins behind).

Phil has detailed me to take a few photos on a one use camera but the focus is much too close so the ones of the various starts and Liz McColgan warming up all come out just as pictures of railings. There again railings is what the start at London is all about. Time for a quick warm up and a few strides (again a big advantage to be in the AAAs as an area for this is available and they let you wait until 2-3 mins before the start before you need put your gear on the baggage lorry) and then it is time to line up. The start is a bit of a fiasco again although not as bad as some years. Basically what happens is that some 70 yards or so behind the start is a roundabout. They let Pinto and Co warm up in front of it. AAAs line up one side of it (in taped off sections according to previous performance - but no problem there's only 200 or so of us) and the masses the other side. With a couple of minutes or so to go they let us walk forward round our side and then bring the front of the masses round their side. The idea is that everyone will be in the positions they are entitled to exactly at the right time. I have seen this work well and managed to get across the line from the non AAAs start in around 10 seconds in previous years.

The last 2 years though they have got too clever and tried to judge it too finely so that when the gun is about to go we are still 50 yards away from the back of the elite with officials still in the way shouting us not to move forwards yet (some hope!). This year a bit of sense prevails and I am nearly caught out attending to last minute business behind the baggage truck as we are allowed forward with fully 5

SUMMER 1998

minutes still to go. We are still only allowed right up to the back of the elite runners seconds before the start and there is a big gap behind us before the rest of the Blue starters. By this time I have managed to edge my way into the first 10 rows of the AAAs and I know that the gun will go any second. This year too the starting canon seems only a small pop as opposed to the bomb like noise of past years (perhaps they're using smaller shells as part of the defence cuts) which seems to cause a bit of hesitation. Taking advantage of this I dart forward into the gap front and cross the start line in only 3 or 4 seconds - so quickly in fact that the start rope has still not been removed properly and I have to fend it off from around my neck. The elite runners clear off pretty rapidly and a huge space opens up in front of me and within 10 seconds I am running as freely as I want. I am always glad to get this bit out of the way as although I have usually got a pretty good start it is a bit of a worry.

I spend the first couple of miles trying to settle into a reasonable pace but its very difficult at London trying to find any rhythm with so many people dashing past you or fading after only a few minutes. I always find it impossible even to work out whether I am breathing too hard. Of course to get into the true spirit of London you have to run like a headless chicken for the first 15 miles and then pay the consequences. I myself have a fine record at this approach though I cannot compare with my clubs best performance in this category (20 miles in 1.55 and 3.20 at the finish). On this occasion I no I have no choice but to go reasonably steady as old age and injuries (bad back, sciatica and a calf that has let me down in my last 2 marathons) mean that getting to the end in reasonable shape is the limit of my ambition. The first mile comes up in 5.53 and 2 in 12.10 as I steady it. Miles 3 and 4 are very fast (this is the bit where Brendan usually says - they're going well under world record pace they'll never keep it up - he ought to go and see just how much downhill there is). At about 3 miles the other start joins us but only a handful of runners are to be seen as the only fast runners in the other start will be vets who have not done their good times in the last couple of years. I pass Phil himself spotting at 3 miles and he remarks later that I am already looking a bit grim (quite correct - my back is already hurting).

It has been quite warm from the start and I am wishing that some of the black clouds would deliver up some rain. 5 miles comes up for me in 30.20 - about what I expected though I am not really enjoying it much. The experience of 90+ completed marathons before this and my 13th London tell me that it is going to be a lot of hard graft for not much reward. I reach 10 in 61.55 trying hard not to think that when I did my best time here it was 58.50 at 10 and feeling a lot better than today. As we turn on to Tower Bridge at 12 miles the wind is right in our faces but I am expecting it and once across it is not too bad. This is usually the point where we get the message that it is going to be really hard. It is quite a pull up on to the bridge and it is the best place for the crowds but somehow I never seem to regain the spring in my legs as we go down the other side. Half way comes up in about 1.22 which should make 2.50 a realistic possibility even allowing for the more difficult second half and my natural fade. Somehow though I know that today will just be about survival. 15 miles are reached in 1.34.30 which is still just about respectable (although I know full well that this is the shortest mile in the race as David Coleman yet again tells us they've really put in a kick here).

Once again my nemesis occurs at Billingsgate Market where the slight pull up onto the metal bridge and the wind and nasty surface going across it reduce my pace by 30 seconds a mile or more which is never to be recovered. After this things start to blur a bit as I am working much harder now for less return. 2.08.10 at 20 means no chance of a decent time the way I am feeling - a full 8 minutes outside my best and I know that another ordeal over the last 6 miles beckons. The section from 19-23 miles is not very nice with several turns and some dodgy road surface culminating in the cobbles at the Tower where the carpet is next to useless -it seems to me that wooden boards over them would be a much better bet possibly with the carpet on top of that. Just after 20 the rain finally arrives and although I usually love it today it is too late and much too heavy and unpleasant. At the tower I negotiate the wet cobbles very gingerly and am glad that at least I am not going for a time.

By now it has to be admitted that I have lost interest in anything except getting to the end and saving a bit of honour by getting under 3 hours. The rain has just about stopped as I reach the never ending Embankment, where the crowds are very vocal. This could be a good thing if you are still going well as they can all read the large letters on our club vest and there are plenty of 'Come on Sheffield's. As I wish they'd just shut up. By now an awful lot are passing me and I have reached that stage where my legs are like lead and I feel quite sick. This is where I wonder why I have spent all winter looking forward to today and I just wish the ground would open and swallow me up. I'm still trying to concentrate on the times at each mile to make sure that 3 hours does not slip away but I feel powerless to do anything to influence the final outcome.

SUMMER 1998

At this point an additional hazard is that they are trying to let people across the road which they do by making the runners keep switch sides. I don't suppose the extra distance run amounts to much but by the time it has happened 3 or 4 times it is making me very bad tempered. 25 miles comes at last in about 2.47 so I am safe for 3 hours at least. I try to raise the pace a little but have nothing left so I am content to trudge in. Just to add the final indignity the heavens open again as I am coming up Birdcage walk and I finish very bedraggled in 2.57.03 not even bothering with the little sprint that could have had me a 2.56. With somewhat mixed feelings - I thought I was fitter than this but glad to be finished without further injury. My worst time at London since 1984 but as I was at in my worst shape since 1984 I could really not expect any better. Don't be put off by the depressed tone of some of my remarks I have no cause for complaint. London is a terrific course if you are in good condition, its most difficult aspect judging the pace correctly.

I have never felt that I have really done myself justice at London but still 4 of my best 7 times have been done on it. I think Phil also wanted me to describe my training leading up to the race but I do not think it was all that I would have liked in the absence of injuries. In any case I would not presume to offer anyone training tips based on my experience - save only this - if you too do 15 years training at an average of 80 miles a week then you too could end up as knackered as me. But you will have some jolly good times (in both senses of the word) along the way.

And so back at London I struggle through the finish funnels to the baggage buses. With the new finish these are not too badly positioned and at this time with only about 900 having finished things are not too chaotic. I am quickly able to retrieve my baggage (probably within 1-2 minutes of having finished) and hastily hobble off to get some warm gear in the underground car park. I have to abandon all hope of taking any more photos at the finish as it is still belting it down. A shame really as the only one to come out was one of me at the start (being taken from close up) and the contrast of my bedraggled state at the end would have given a good impression of the day.

In the Car Park I speak to Tony who tells me that he, Brian, Kevin and Graham all finished within a minute or so of each other (I was expecting them all past me at any time in the last couple of miles) and at the traditional rendezvous at the S for Sheffield tree I find a couple of others from my own club though none have done too well. And so that's it. After we have all told each other how hard it was and how we don't think we'll do it again, its all over for another year. Apart of course from trying to spot ourselves on the video and turning up in the pub on Tuesday (and Bedford on Wednesday) to tell the rest of you how much we enjoyed it and how much we're looking forward to next year.

Chris Skaife

SITUATION VACANT

A TRAINEE RACE DIRECTOR

Bedford Harriers are looking for a Trainee Race Director to assist Pete Davies in this year's Half Marathon at Gt Barford (20th September). The money's not very good but its a very interesting and rewarding job. No experience required.

Pete intends to step down after this year's race so who ever takes over will have the option of being in overall charge in 1999.

See Pete Davies if interested.

Answers to Ray's Coffee time crossword

Across

1) Nuptials, 7) Gnat, 8) Distance, 9) Strong, 10) Edible, 11) Odd, 12) Apple, 14) Lemon; 16) Bus; 18) Senior; 20) Prefix; 22) Vehement; 23) Gain; 24) Hexylene

Down

1) Nonstop; 2) Patio; 3) Indigo; 4) Listed; 5) Excell; 6) Canine; 13) Loiter; 15) Orifice; 16) Breeze; 17) Spotty; 19) Elect; 21) Eagle

Ray's Picture Puzzle

The animal (looks a bit like a giraffe) is above the gate. The location is Church Hill, Ravensden by 'The Case is Altered' public house.

SUMMER 1998



DO I REALLY WANT TO DO THIS?



STUDY IS SUCH HARD WORK?

11

BEDFORD HARRIERS CLUB MAGAZINE

SUMMER 1998

A number of people have suggested that we compile a list of the fastest times by club members over the main distances by age group. The tables below represent the first attempt at this and gives what are believed to be the fastest times since January 1996. We're trying to get hold of some earlier records and if we do and if any of these times are faster than those shown below, we'll amend the tables. If any members run faster times from now on, we'll update the tables. If anyone knows of any faster times than these since or before 1996, let us know

Fastest Times Over The Main Distances By Age Since 1/1/96

	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Tony Barnes 25.44 Corby May 1996	Tony Barnes 32.34 Flitwick April 1996	Tony Barnes 53.04 Standon July 1996	Tony Barnes 1.13.19 Swanesay August 1996	Paul Langford 2.54.00 New York November 1997
v40	Brian McCallen 30.08 Wolverton October 1997	Brian McCallen 37.25 Silverstone April 1996	Brian McCallen 62.24 Leighton Buzzard April 1996	Brian McCallen 1.24.15 Stevenage September 1997	Martin Kay 3.00.30 Nottingham September 1997
v45	George Armstrong 31.19 Banbury June 1998	Brian Harwood 38.35 Silverstone April 1997	Colin Bennetts 64.41 Swineshead September 1996	Colin Bennetts 1.30.09 Ashbourne August 1996	Steve Wilby 3.16.49 London April 1997
v50	Norman Beckwith 34.05 Wolverton October 1997	Ray Evans 41.59 Silverstone April 1996	Ray Evans 68.21 Henlow October 1996	Phil Barlow 1.27.30 Bedford February 1997	Chris Proud 3.20.34 London April 1997
v55	Colin Tranter 31.19 Caldecott June 1998	Maurice Crook 38.39 Flitwick April 1997	Maurice Crook 65.20 Cople May 1998	Colin Tranter 1.32.02 Forest of Dean March 1998	Dennis Gound 3.23.00 London April 1998
v60+	John Keenan 38.48 Welwyn Garden April 1998	Brian Cornwall 44.10 Standlake 1996	Brian Cornwall 73.02 Bishop Stortford October 1996	Brian Cornwall 1.47.39 Leighton Buzzard August 1996	Gerry Dazley 4.23.00 London April 1998

	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Avril Thomas 31.29 Corby May 1996	Avril Thomas 40.49 Milton Keynes August 1996	Avril Thomas 66.00 Swineshead September 1996	Avril Thomas 1.33.41 Leighton Buzzard September 1996	Melissa Dick 4.27.00 London April 1998
v35	Dawn Penney 32.15 Banbury June 1998	Kath Browning 38.48 Cranfield June 1997	Pauline Behan 72.36 Hemel March 1996	Veronica Singleton 1.30.35 White Horse Half April 1998	Veronica Singleton 3.15.00 London 1998
v40	Christine Armstrong 35.08 Wolverton October 1997	Christine Armstrong 44.24 Milton Keynes August 1997	Christine Armstrong 74.45 Bishop Stortford October 1996	Christine Armstrong 1.42.21 Gt Barford September 1997	Christine Armstrong 3.56.00 London April 1998
v45	Teresa Munns 36.19 Caldecotte June 1998	Jacky Keenan 45.45 Flitwick April 1996	Jacky Keenan 75.20 Leighton Buzzard April 1996	Teresa Munns 1.43.17 Forest of Dean March 1998	Jacky Keenan 4.12.00 London April 1997
v50	Non- Recorded	Jude Cottam 52.31 Flitwick April 1998	Jude Cottam 90.44 Leighton Buzzard May 1998	Jude Cottam 1.57.38 Bedford February 1998	Jude Cottam 5.03.00 London April 1998
v60	Non- Recorded	Irene Cornwall 56.27 Standlake 1996	Irene Cornwall 96.14 Swineshead September 1997	Irene Cornwall 2.21.46 Leighton Buzzard September 1996	Non- Recorded
v65+	Iva Barr 51.00 Blisworth July 1997	Iva Barr 58.41 Standalone September 1997	Iva Barr 99.02 Swineshead September 1996	Iva Barr 2.06.41 Forest of Dean March 1996	Iva Barr 4.43.20 London April 1998

At the time of Bedford's greatest floods this century, the following article was received from one of our special correspondents.....

AND A RIVER RUNS THROUGH IT

Last Wednesday (15th April), a small group of runners found themselves unwittingly recruited into Chris Cottam's proposed sub-aqua splinter group of Bedford Harriers. This first formidable training run (special elite S.A.S. night exercise category) was to involve the exploring and mapping of the newly formed tributaries of the River Ouse.

Some were better prepared than others for the rigours of the event....both mentally and physically. There were complaints of 'sizzism' from some members of the group when it was realised that striding through freezing cold water to the level of Chris's bum might be uncomfortable for him but was potentially life threatening to the more 'vertically challenged' individuals!

After many miles of hazardous, splashing, foot-sucking, blistering terrain, the worst point was reached when the group found themselves totally marooned in an artificial lake underneath the new by-pass. Desperate methods of escape were discussed Incl.... Reverse absailing...human pyramids and world record standing jumps... with the aim of flinging themselves upon the mercy of passing motorists.

At this, the group's lowest moment, some members were heard to utter 'last words' messages for the loved ones. (The Club has agreed to fund post traumatic stress counselling for these members to help them overcome the horror of their experience).

In extreme circumstances, there is always one individual who rises to new peaks of self endeavour and leadership (appropriate music). Although not likely to be selected for a knighthood just yet, there is no doubt that interest will be shown by Michael Burke's 999 programme in portraying the outstanding qualities displayed by the leader of the group (and incidentally the tallest). It is rumoured that in the search for a suitable actor to play the part, it has been stipulated that nobody less than Harrison Ford would do.

From this moment of terror by the by-pass, the group was inspired and enabled, by the heroic example of their leader who suddenly set off in a straight line for the club house, shouting what were assumed to be words of encouragement to those struggling in his wake. As the group straggled in one by one, thankful for their salvation, they little realised that a new milestone has been achieved in the history of Bedford Harriers. Following the TV presentation of Viv's amazing adventures, would the exploits of the new sub aqua running group be the next Harriers T.V. contribution.

Not much is known of the strictly closed debriefing session given to the exhausted group though a reliable source reported overhearing the following comments through closed doors.

Agonised male voice " My groin....My groin.....Oh noit's gone again!"

Distressed female voice "Yes, but I still really don't understand how this fitted into my marathon training".

Obviously entry regulations for membership are severe but anybody willing to undergo the rigorous assessments should contact the group. We understand that one of the privileges of achieving membership will be the provision of an extra item of Harrier kit. This will be a pair of rather attractively designed black and yellow unisex rubber thigh length running waders, including personal fitting by the afore mentioned hero!

Your Special Correspondent

SUMMER 1998



HAVE YOU SEEN OUR TIMEKEEPER?



I WONDER IF 539 WANTS TO BUY A SKODA?

14

BEDFORD HARRIERS CLUB MAGAZINE

PHIL'S RACE REVIEWS

Harriers Blitz

Bedford Harriers were in party mood as in excess of 60 Harriers took part in the Flitwick 10k - the Club 10k Championship. (I believe this number of Harriers participating is a club record). I located at 3k to capture some magical moments as the leading Harriers - including Paul - Tony and Frank - addressed this initial climb. An excellent atmosphere was evident throughout the race as one and all addressed a demanding [for some] 10 kilometre course. In the final kilometre - Paul Langford got the better of Tony Barnes to be 1st Harrier home in 34:59. Avril was 1st Harrier lady

Well done to all who went the distance on the day. A special mention for Maurice Crook - who not only recorded an excellent time - 38:56 but also received an award for being one of only two people to have participated and completed all 10 of the Flitwick 10k since its conception Well done Maurice.

Jordans Trail Challenge

Summer sun welcomed one and all to the Jordans Trail Challenge at Old Warden Abbey. Participants had a number of options on the day : a 9 mile trail run or a duathlon [6 mile run / 9 mile bike / 3 mile run] Either options would test most to the limit. It was good to see Harriers participating - including Max - Sandra - Jackie and Maurice. Martin Yelling repeated his victory of 1997 in convincing style in the 9 mile trail run. All Harriers went the distance on the day. All would have a tale to tell. A great day.

Blisworth 5k

An excellent atmosphere was clearly in evidence for the inaugural Blisworth 5k. Summer sun welcomed one and all to Blisworth on a Friday evening in May. The event was split into two - a race comprising of vet men and ladies followed 30 minutes later by a race for senior men. A walk of a least a mile to the start as the minutes ticked way. 3 - 2 - 1. Go! An incredible pace and the opening kilometre for me was in 4 minutes. Two kilometres in 8:25. Was a 20 minutes time possible?. No was the answer as a climb between 3 and 4 kilometres curtailed such lofty aspirations. I was pleased to finish in style and to address an excellent bar - b - q that added a final touch to an incredible evening in Blisworth. . A number of Harriers won prizes in their category - including Dawn Penny - Colin Tranter and Christine Armstrong.

Cople Carnival

Summer sun welcomed one and all to Cople in May and the Cople 10 Road Race - part of the Club 10 Mile Championship and the Eastern Road League. An excellent atmosphere was clearly evident and runners began to arrive prior to the start at 11am. So relaxed - relaxed enough to have a team photo taken in the summer sun of Cople. I located at Mile 3 to capture some magical moments on film. Such a course would test some to the limit. Minutes passed as the leaders established a fast pace in the opening miles.

Some Harriers would have personal battles to resolve during the course of the race. It was incredible to watch as Dave Sutcliffe and Brian Cornwell having their own personal battle at this early stage. Dave would get the better of Brian in the last couple of miles but both returned excellent times on the day. Maurice Crook continues to amaze and turned in an incredible 65.18 to secure a well deserved 1st place in the M55 category. I have never seen someone so pleased at such an award. Well done to Maurice and to all Harriers who went the distance. Clearly a Cople Carnival.

Cranfield Carnival

Summer sun welcomed one and all to the Canon Cranfield 10k. An excellent atmosphere was clearly evident as runners began arriving from around the local region and beyond. A well attended fun run with around 60 entrants precluded the main event which started at 11am.

It was an incredible sight as the main field addressed the opening kilometres of a demanding 10k course. It was good to see some Harriers in good spirits at this early stage - including Zac and Eduardo. An MBA student was fascinated by the race unfolding before her eyes. We discussed this as the main field left the opening kilometres behind and address the remaining kilometres.

The eventual winner would record an excellent 31:30.. The performance of the day however belonged to Sue Reinsford of Beds & County who broke the course record in 34:15. Teresa secured 2nd place in her category Well done to all Harriers who went the distance and to all who contributed to the race's megamungus success. A special thanks to Steve Clark - Race Director. What a true carnival of delight.

phil gray

The personal recollections of Michael Bliss of a pleasant day in April

The 16th Harrold Pit Run

In the sleepy north beds village of Harrold during the weeks leading up to the weekend of the 25th April, the talk hasn't been of 'The London' but the Pit-Run, the annual mad rush round the village and the country park. The lakes were not always peaceful, they were once gravel pits whose huge lorries rumbling through the village. So terrified me as youngster on a bike.

Serious training has been put in by many of the locals, doing their bleed-out runs last April, carbo-loading on spotted-dick and jam roly-poly for at least 11 months, not forgetting of course the importance of keeping well hydrated with large quantities of strange frothy brown liquid supplied by the Globe and the Oakley Arms.

Saturday the 25th dawned with yet more torrential rain to add to that which had been thrown at us so mercilessly during the month.... but by 10 AM and registration, the sun was beaming down, it was going to be a very nice day.

I pop over the road to register not only myself but John, Max and Terry. Quite a queue engaged in jolly banter-mainly over peoples age and physical dilapidation. Max.... now what age was he?? Um? I guessed under 40 and guessed right thank goodness. I hope he wasn't superstitious as his number was 13.

"The course will have to be changed, just once around the big lake as the smaller one is under water" I was informed (Logical that!). Help! This was going to be a real sprint.

2-15 and I'm all toggled up and ready for a warm up with only the Radian-B and embrocation to rub on. "What on earth is that terrible stink". My work mate Andrew complains. "I don't know why you're so early and getting so excited... you won't do any good. I don't know why you bother". Umm...he's right about me not doing any good, but then he doesn't understand, does he. Do about a mile warm-up to ribald comments of "You've started a bit early mate" and Your going the wrong way". I take no notice.

SUMMER 1998

Back to the shop, Max and Terry have picked up their numbers, but not John. Go to see if I can find John down the Green but no luck. Bump into Barbara and Max. Max by the way, is terrifying the opposition with a display of his incredible, inhuman, stretching exercises. Its getting up-hill for 3 pm and the start... just in time to see if John has picked up his number yet. Where is he?? at work, poor thing). Too late to worry about John now, we're grouping for the start. Being not to certain where to be, decide to get in a position so that if there is a picture in the paper I might be in it. Why not?

Collette shouts her final orders and drops her umbrella to signal the start. About 80 pairs of legs and at least three wheels belt off down the street. My God, its a bit fast. Chris came from across the road beside me then pulls ahead. He told me this morning that he couldn't run, the swine. 150 yards on, two gentlemen runners in front of me, give a left hand signal and disappear into the Magpie public house, obviously with dehydration setting in early.

I can now see the yellow vest of Max in the distance and by the end of the high street I'd nearly got stitch. I'm not meant to go this fast. Barbara tells me afterwards that she was at the tail end going down the street and knew from experience that non-runners and youngsters tear off at at least MACH 2, only to conk out later. Talking of youngsters, one litter squirt goes past me. "Hello Michael...good bye" he shouts. I'll get him.....if only it was a ten miler, he'd never last.

Gasp! Gasp! We're now going round the lake, water and mud being the order of the day - might as well go straight through the smaller puddles, avoid some and nearly slip over in others! Far end of the lake now ...who moved that gate post? Thump! I meet its with my shoulder...always was good at bumping into things. On On, I catch a few up now . That bloke in front, I saw him at the start, much younger than me, he should be miles ahead. Through Hall Close, past the Church. Keep going Mike, not far now. The worst bit, up the narrow Wellocks foot path, then out to The Green and the crowd cheering and clapping. Final mad effort to catch the chap ahead, but to no avail. Given disc 34... stagger to the drinks table feeling a little queezy. There's Max. Did you win then? I ask - "As a matter of fact I did" he replied He was really tickled to death. (Maybe he hasn't come first before, I don't know but he was really like a dog with two tails).

Past Harrold Woods. Off to Dungee, setting course for Podington aerodrome. Pass a pensive looking Ursula up at Grange Farm. She advises me that its too water- logged and muddy to get up the bridle way. Feeling on a "high", it would have to be pretty deep to stop me now. On! On! Squelching and slurping onward, up to the top of the hill and on to the concrete peri-track. Santa Pod race-way in the distance, silent for once.... only the thump of my feet and the happy skylarks singing. Back to the sodden foot path and past where the old black hanger stood before it was burnt down, to the rear of Odell Woods. Through the mud now, even bigger, deeper puddles. Bluebells to the left of me, Bluebells to the right, the young green leaves luminescent in the beams of the bright sunlight. Marvellous this running lark.

Back to Odell Road, across the fields. See the gent pushing his few week old baby in a mud splattered buggy, he and baby came 25th. Back to civilisation? Brook Lane Well almost civilisation. Back to the shop for a wash and brush up. Instead of smelling like Boots the Chemist, I now have the earthy aroma of a bag of dirty King Edwards! A thought crossed my mind, had I been placed in the Super-vet category. Over to the Centre...what's this? They're presenting the prizes and its not even five. Bit of a mix up there with times Eh? Barbara was the 1st female vet. Me? I only made fourth super vet, not bad then

A brilliant day then, thanks to - God and his superb weather and countryside; Jane and the rest of the organisers: those marshals and ...and...this is the point of this whole rambling piece... the BEDFORD HARRIERS. I've really enjoyed getting back into running. I might be creaky and slow, but in the Harriers, that doesn't seem to matter. Fast or slow, young or old, you are made welcome. After all, YOU'RE A RUNNER.

Michael Bliss

SUMMER 1998



WHAT'S HE DOING WITH HIS CAMERA?



KEVIN IN TOP GEAR

18

BEDFORD HARRIERS CLUB MAGAZINE

Age-Grading: Should We Introduce It?

The Club is considering introducing age graded performance measures into our road race championships next year. It's also possible that we'll use it for our club standard award scheme (ie, the gold, silver and bronze). This short piece explains the idea behind age grading and illustrates how it would affect some of the current race results.

Basic Idea

The basic assumption underlying age grading is that after the age of around 35 to 36 years, an individual's race performance declines by around one percent per year. A runner aged 40 would be expected therefore to run a race around five percent slower than when they were in their prime (prime is defined as being between the ages of 20 to 35 years) and a runner aged 60 would be expected to run a race around 20 percent slower.

Age grading corrects this situation by converting or increasing a person's race time to compensate for the effects of ageing. The race time of the 40 year old runner is consequently increased by around five percent to correspond to what it would have been during their prime and the race time of the 60 year old runner is improved by around 20 percent.

How age-graded times are calculated.

The times are calculated by using age graded tables. These tables, which are accepted and used on an international basis, have been compiled by the US based World Association of Veteran Athletes (WAVA) which is the world governing body for veterans track, field and road running events. The tables which are relevant to our own particular road race distances will be pinned up to the club noticeboards. One table is for women runners the other for men.

Practical Example

To provide an example of the effects of age grading on our own race results, the times run by Harriers in the Flitwick 10k have been converted. Only the times of runners aged 36 years and over are affected. The actual times and age graded times of runners aged 35 years and under remain the same.

The first lady Harrier to finish at Flitwick was Avril Thomas in a time of 41:41. After converting the race results into age graded times, Avril's was still the best of the day. There were some changes in finishing times and places for some of the older ladies however with, for example, Iva Barr's actual time and race position of 60.19 and 18th, being converted into an age graded time of 42.23 and fourth Harrier position.

The first male Harrier to finish at Flitwick was Paul Langford in 35.02. Under age grading, Maurice Crook's time of 32.40, would have been faster. A number of other runners including Colin Tranter and Brian Cornwall would also have been accredited with much faster times.

Another change under the age graded system, is that younger runners can gain road race championship points from older runners, a situation not possible at present. For the ladies, this would have resulted in Avril receiving 22 championship points at Flitwick, compared with just seven under the current system. Paul Langford would correspondingly have received 46 points at Flitwick compared to the 22 he was awarded.

SUMMER 1998

The Flitwick 10k

Actual		Actual	Actual	Age		Age	Age Graded
Placing in race		Time	Points	Graded		Graded Time	Points
				Placing			
Paul	Langford	35.02	22	Maurice	Crook	32.40	47
Tony	Barnes	35.21	21	Paul	Langford	34.23	46
Franck	Monmont	35.40	20	Colin	Tranter	34.44	45
Eduardo	Preciado	36.08	19	Tony	Barnes	35.21	44
Mark	Whiteman	36.17	18	Eduardo	Preciado	35.28	43
Kevin	Willett	36.44	17	Franck	Monmont	35.40	42
Paul	Sharman	38.34	16	Brian	Cornwall	36.02	41
Max	O'Driscoll	38.42	15	Mark	Whiteman	36.17	40
Maurice	Crook	v55 38.57	38	Kevin	Willett	36.44	39
Steve	Gaunt	39.23	14	Brian	McCallen	37.18	38
Ralph	Ward	39.31	13	George	Armstrong	37.23	37
Brian	McCallen	v40 39.41	17	Graham	King	37.57	36
George	Armstrong	v45 40.04	23	Max	O'Driscoll	38.15	35
Tony	Parello	40.09	12	Steve	Gaunt	38.23	34
Graham	King	v45 40.40	21	Ralph	Ward	38.31	33
Colin	Tranter	v55 40.40	31	Paul	Sharman	38.34	32
John	Shearer	40.55	11	Colin	Bennetts	38.40	31
Paul	Roberts	41.17	10	Mike	O'Hara	39.33	30
Steve	Young	41.41	9	John	Shearer	39.52	29
Gareth	Snelson	42.08	8	Tony	Parello	39.58	28
Ian	Marshall	42.25	7	Pete	Davies	40.22	27
John	Martiello	42.56	6	Chris	Brace	40.47	26
Colin	Bennetts	v50 43.15	21	Paul	Roberts	41.17	25
Pete	Davies	v45 43.15	12	Steve	Young	41.41	24
Mike	O'Hara	v50 44.47	19	Gareth	Snelson	42.08	23
John	Durham	v40 45.10	18	Ian	Marshall	42.25	22
Chris	Brace	v50 45.26	17	Roger	Trengrove	42.34	21
Brian	Cornwall	v65 45.32	20	Chris	Cottam	42.41	20
David	King	46.02	5	John	Martiello	42.56	19
Rob	Stanley	v40 46.45	7	John	Durham	43.00	18
Roger	Trengrove	v45 47.02	8	Gerry	Dazley	43.15	17
Malcolm	McEwen	48.02	4	John	Meadows	43.29	16
Chris	Cottam	v50 48.19	12	Tom	Greaves	43.31	15
Gordon	Cunliffe	v40 48.31	5	John	Thompson	43.42	14
Tom	Greaves	v50 48.52	10	David	Bithell	44.32	13
John	Thompson	v50 49.28	9	Rob	Stanley	44.56	12
David	Bithell	v50 50.25	8	Michael	Bliss	45.29	11
Alistair	Wilson	50.31	3	Trevor	Beard	45.51	10
John	Meadows	v55 50.56	8	Gordon	Cunliffe	45.57	9
Michael	Bliss	v50 51.04	6	David	King	46.02	8
Trevor	Beard	v50 51.29	5	Bruce	Tilbury	47.06	7
Colin	Welch	52.22	2	Malcolm	McEwen	48.02	6
Gerry	Dazley	v60 52.31	5	Alistair	Wilson	50.31	5
Shaun	Trotter	53.50	1	Colin	Welch	52.22	4
Bruce	Tilbury	v55 54.41	3	Pete	Buzzell	52.33	3
Albert	Kirk	v40 56.22	1	Shaun	Trotter	53.50	2
Pete	Buzzell	v50 58.04	1	Albert	Kirk	54.33	1

SUMMER 1998

The Flitwick 10k

Actual Placing in race		Actual Time	Actual Points	Age Graded Placing	Age Graded Time	Age Graded Points
Avril	Thomas	41.41	7	Avril	Thomas	41.41 22
Pauline	Behan v35	44.44	10	Christine	Armstrong	42.07 21
Christine	Armstrong v40	45.03	13	Jacky	Keenan	42.10 20
Sandra	Elliot v35	46.27	9	Iva	Barr	42.23 19
Jacky	Keenan v45	47.32	15	Pauline	Behan	43.13 18
Teresa	Munns v45	48.17	14	Teresa	Munns	44.00 17
Alice	Crook	48.42	6	Sandra	Elliot	45.53 16
Jeanette	Cheetham	51.17	5	Jude	Cottam	46.10 15
Jude	Cottam v50	52.31	12	Irene	Cornwall	46.17 14
Jackie	Hibbard v40	54.30	9	Alice	Crook	48.42 13
Lesley	Davies v40	57.02	8	Jackie	Hibbard	50.32 12
Jacinta	Horne	58.45	4	Jeanette	Cheetham	51.17 11
Susan	Cartwright v35	59.09	4	Lesley	Dick	52.20 10
Andrea	Ranson v35	59.09	4	Lesley	Davies	53.24 9
Teresa	Cooper	60.05	3	Gwen	Tilbury	56.36 8
Lesley	Dick v50	60.05	5	Susan	Cartwright	57.37 7
Irene	Cornwall v60	60.14	5	Andrea	Ranson	58.24 6
Iva	Barr v70	60.19	5	Jacinta	Horne	58.45 5
Karen	Scorer v40	61.32	3	Karen	Scorer	58.58 4
Gwen	Tilbury v45	61.34	3	Teresa	Cooper	60.05 3
Yvonne	Greenaway	66.44	2	Yvonne	Greenaway	66.44 2
Claire	Harradine	66.51	1	Claire	Harradine	66.51 1

Running Shop Grand Prix Series

These are the final placings in the Grand Prix Series. Only those completing the required 5 races are listed along with the number of runners finishing in each category.

	<u>Finishing Position in Category</u>	<u>No in Category Completing 5 from 8 Races</u>
Senior Men		
Tony Barnes	10	52
Max O'Driscoll	17	
Vet 45		
George Armstrong	11	35
Graham King	13	
Vet 65		
David Sutcliffe	3	3
Lady Vet 40		
Christine Armstrong	5	9
Lesley Davies	9	

NEWS & VIEWS

Need a Massage?

Harriers member **Linda Jones** is a trained Massage Therapist. Any tired Harriers needing to take advantage of Linda's services can contact her on Bedford **309426**. Linda tells us that members of the club get preferential rates.

No More Bananas Please!

The Club has sent in a letter of complaint to the organisers of this year's Sharnbrook 10k regarding the race memento. Finishers of last year's race received quite a decent T-shirt. This year, we were rewarded with a banana.

The standard of mementoes in some races, does, as a general observation, seem to have dropped a little in recent years while entry fees have edged up. Typical, is the memento for finishing the Cople 10, a 10p biro. Even this seems generous however compared to the cup of warm water presented to those running in the - £5.0 to enter on the night - Grand Prix series.

Blisworth 5

Entry forms for the Blisworth 5 are now available at the Club. This year's race is being run on Friday August 21st with entries closing on August 10th. (No entries on the night). As mentioned in the last edition of

the Club magazine, the Blisworth 5 will constitute our new 5 mile championship. The entry fee is £5.50 and all finishers are promised a T-Shirt. Other goodies and spot prizes are being given out. Watch the board for details of travel arrangements.

Race Entry Forms; Don't remove the last copy! OK!

Some members of the Club are still apparently removing the last copy of race entry forms from the folder. Apart from being unfair to others who may want to do a particular race, this is very annoying. Instead, get a photocopy at reception and replace the original. What could be simpler. OK!

The Caldecotte 5?

A number of Harriers turned in excellent times at the Caldecotte 5 held on the 14th June. Rumour has it however, that the course might not have been the full five mile monty. Confirmation is being sought.

No Leighton Buzzard Half this year

The Leighton Buzzard half marathon which was originally postponed until September has now been cancelled altogether. There is no news yet on whether the race will return in 1999.

Some Unusual Races

For those Harriers new to the Club, who like a little variety in their running programme, some unusual races are held at this time of the year. Here's details of one.

Race The Train Saturday 15th August Tywyn, Gwynedd

This remains one of the most popular events of the summer for those Harriers who want to combine a few days break in Wales with some gentle jogging around the local countryside

For those who aren't familiar with the adventure, the aim of the race is to beat the Tywyn steam train which covers a distance of 14 miles 384 yards. Most of the race is run in fields next to the rail track so the competitor is always in view.

Many runners have beaten the locomotive on numerous occasions though the heat can sometimes affect the situation. This year running will be the 15th

Entry details: The Rotary Club of Tywyn, c/o 7 yr Ynys. Faenol Isae, Tywyn. Gwynedd LLS 0DW

Unpermitted Races

The Bedfordshire AAA recently discussed the subject of runners taking part in unpermitted races. Such races should be avoided as participation is against BAF rules. They do not carry any insurance and they have a habit of allowing young children to run much too great a distance (as good a reason as any for not supporting them).

There are clues as to whether a race has a permit on the entry form. Forms for races which have obtained permits, should state that the race is under BAF rules and the entry fee for unattached runners should be £1 more than for those belonging to an affiliated club.

Some other rules runners should be aware of

- 1) When competing in any team race, runners must wear the registered colours of the club in whose name they are entered unless the Race Referee has given permission for such a change prior to the start of the race. A runner failing to comply with the clothing rules in team races, will be liable to disqualification from the team race and the team result shall be scored as if the runner had not taken part.
- 2) No drinks may be carried or taken by a runner other than those provided by the promoter.
- 3) No attendant may accompany any runner in a race unless to assist a blind or partially sighted runner.
- 4) Pacing of an athlete by a runner in a different category (eg, pacing of a competitor in the female or veteran category by an entrant in an open male category) is deemed to be of assistance and may render both the paced and pacing runner liable to disqualification.

Tony Barnes

RACE RESULTS & PERFORMANCES

The May to June period is traditionally the busiest time for road races and during the period, members of the Club took part in almost 40 road races and around half a dozen duathlons. There has also been an increase in the number of Harriers running many of the main races. Almost 70 members ran the Flitwick 10k, up from 54 in 1997 and 37 ran the Cople 10 up from 24 last year.

Well over 30 members of the Club have set new PB's over the last three months. **Rob Stanley, Len Donovan, Christine Armstrong** and **Kevin Willett** were among those who improved their overall marathon times at London and several other Harriers including **Ralph Ward, Chris Brace, Veronica Singleton** and **Tony Parello** improved their times over last year. The Club as a whole did better in London this year with two runners finishing in under three hours and four more finishing in less than 3.09.00. Though not in London, another new PB for the marathon was set by **Viv Kilgour**, who got under 3.30.00 for the first time at Paris.

Many Harriers improved their 10k times at Flitwick with **Sandra Elliot, Ralph Ward, Colin Welch, David King, Chris Brace, Tome Greaves** and **Rob Stanley** all running their best times for the distance. A number of other Harriers are also in the enviable position of setting new PB's almost every time they run. **Paul Sharman** set new best times for the five mile at Welwyn Garden and then went under 30 minutes for the distance for the first time at Caldecotte. **Paul** has also improved his times for six and ten miles over the last three months. **George Armstrong** got under 40 minutes for the first time for the 10k at Flitwick and improved it further at Silverstone. **George** has also steadily improved his five mile times with runs at Market Harborough, Corby and Banbury. **Graham King** has set a succession of new PB's for the 10k at Flitwick, Silverstone and Cranfield and new PB's for the five mile at Welwyn Garden and Corby. **Max O'Driscoll** has steadily improved his five mile times in recent months and failed by just a couple of seconds to break 30 minutes for distance for the first time at Corby. **Max** has also produced a number of faster runs over the six mile distance.

Gwen Tilbury, Yvonne Greenaway and **Zac Hollis** were among a large group of Harriers who set new PBs for the 10k at Cranfield. **Barbara North** also ran her fastest time over the distance for eight years. **Eduardo Preciado, Paul Roberts** and **Colin Welch** set new best times for the 10k at Silverstone, **Jacinta** got a new PB for the same distance at Boughton and **Patricia McElhatton, Melissa Owen, Gary Denton** and **Steve Young** all got new PBs for 10k at Sharnbrook. **John Thompson, Colin Tranter, Teresa Munns** and **Andrea Ranson** set new five mile best times at Caldecotte.

Other Individual Performances

Iva Barr was the first LV70 to finish in the London Marathon and **Jude Cottam** was the first LV50 to finish in the Sharnbrook 10k. **Pauline Behan** was the second LV35 in the Ashby 20 in a time of 2.41.00 and **Dawn Penney** with a time of 20.00 was the fourth lady to finish in the Blisworth 5k. **Tony Barnes** was the second runner home in the Caldecott 5 and a delighted **Maurice Crook** was the first V55 to finish at Cople in 65.20. **Avril Thomas** was the second senior lady to finish at Leighton Buzzard in a time of 70.36. **Teresa Munns** took a v45 prize at Cranfield.

In the duathlons, **Chris Proud** was the second V50 to finish in both the Norwich and Cambridge duathlon and the third V50 to finish in the Jordan's race. **Dawn Penney** was the second open lady to finish in the Sunrise duathlon. and **Paul Langford** was the second runner to finish in the Seven Oaks duathlon. **Paul** completed the 500 metres swim and 5 mile run in an amazing 37 minutes.

SUMMER 1998

Team Performances

The Club has picked up several team awards over the last few months.

- * The Mens team of *Paul Langford, Tony Barnes* and *Franck Monmont*, took the County Championship 10k prize at Flitwick.
- * *Franck, Tony, Eduardo Preciado* and *Kevin Willett* were the first mens team to finish in the Bedford 6.
- * *Christine Armstrong, Teresa Munns* and *Jude Cottam* took the ladies team award at the Cople 10.
- * *Dawn Penney, Christine* and *Wendy Machan* were the second ladies team to finish in the Stevenage 5k.
- * *Avril, Christine* and *Jacky* were the first ladies team to finish at Leighton Buzzard..

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 Summer 1998 are given below. As always, the choice is subjective.

SUMMER 1998 AWARDS

3rd Place

Pauline Behan for her 3.24.00 run in the London Marathon. This was *Pauline's* first marathon run. It followed on from a number of other good distance runs including the Ashby 20 where Pauline was the second LV35 to finish.

2nd Place

Maurice Crook for his run in the Flitwick 10k. *Maurice*, a V60 next year ran 38.57. On an age graded basis *Maurice* was the first Harrier to finish on the day and the third overall with a time of 32.40

1st Place

The Summer 1998 award goes to *Iva Barr* for her run in the London Marathon. *Iva* was the first LV70 to finish in the race in a time of 4.43.20. This was more than 20 minutes faster than in 1997 and more than half a hour up on 1996. On an age graded basis, *Iva's* time this year was around 3.23.30

SUMMER 1998

Race Results- April to June 1998

Ashby 20 (6th April)

		Time	Points			Time	Points
Kevin	Willett	2.16.11	2	Pauline	Behan	v35 2.41.00	1
Brian	McCallen	v40 2.16.11	2	Jude	Cottam	v50 3.26.00	1
Graham	Horne	2.16.29	1				
Chris	Cottam	v50 2.55.00	1				

Banbury 5 (16th June)

		Time	Points			Time	Points
Tony	Barnes	28.15	4	Dawn	Penney	v35 32.15	1
Graham	Horne	30.40	3	Christine	Armstrong	v40 36.14	2
Paul	Sharman	30.41	2	Lesley	Davies	v40 44.15	1
Brian	McCallen	v40 30.47	2				
George	Armstrong	v45 31.19	3				
Max	O'Driscoll	31.44	1				
Graham	King	v45 32.07	1				
Ray	Evans	v55 34.08	1				

Bedford 6 (2nd June)

		Time	Points			Time	Points
Franck	Monmont	33.45	9	Dawn	Penny	v35 39.32	3
Tony	Barnes	33.49	8	Avril	Thomas	40.25	2
Eduardo	Preciado	33.57	7	Christine	Armstrong	v40 42.31	3
Kevin	Willett	35.13	6	Teresa	Munns	v45 45.18	4
Max	O'Driscoll	36.48	5	Jacky	Keenan	v45 46.05	3
Paul	Sharman	37.29	4	Wendy	Machan	49.58	1
Brian	McCallen	v40 37.32	4	Lesley	Davies	v40 52.45	1
George	Armstrong	v45 38.36	5				
Graham	King	v45 39.05	4				
Ian	Marshall	39.21	2				
Tony	Parello	39.21	2				
Colin	Tranter	v55 39.40	5				
Ray	Evans	v55 41.34	4				
Colin	Bennetts	v45 42.07	3				
Michael	Bliss	v50 48.16	1				
Malcolm	McEwen	49.46	1				

Blisworth 5k (15th May)

		Time	Points			Time	Points
Tony	Barnes	18.07	4	Dawn	Penny	v35 20.00	1
Eduardo	Preciado	18.14	3	Christine	Armstrong	v40 22.11	1
Max	O'Driscoll	18.43	2	Teresa	Munns	v45 23.39	1
Paul	Roberts	19.36	1				
George	Armstrong	v45 19.45	3				
Colin	Tranter	v55 20.15	3				
Terry	McEwen	v45 22.29	2				
Phil	Gray	v40 24.45	1				

SUMMER 1998

Boughton 10k(24th May)

		Time	Points			Time	Points
Graham	Horne	39.18	1	Jacinta	Horne	53.57	1

Caldecotte 5 (14th June)

		Time	Points			Time	Points	
Tony	Barnes	27.20	3	Teresa	Munns	v45	36.19	2
Paul	Sharman	29.40	2	Andrea	Ranson	v35	40.03	1
Colin	Tranter	v55	31.19	3				
John	Thompson	v50	36.20	2				
Malcolm	McEwen	40.03	1					

Central Park 5k New York (10th May)

		Time	Points	
Christine	Armstrong	v40	22.11	1

Cople 10 (17th May)

		Time	Points			Time	Points		
Tony	Barnes	60.19	14	John	Martiello	74.17	5		
Eduardo	Preciado	60.25	13	Paul	Roberts	75.20	4		
Paul	Langford	60.47	12	Peter	Sarad	76.36	3		
Kevin	Willet	62.18	11	David	Sutcliffe	v65	77.25	12	
Maurice	Crook	v55	65.20	23	Brian	Cornwall	v60	78.41	9
Brian	McCallen	v40	65.50	12	Neil	Summerville	v50	79.41	8
Graham	Horne	67.43	10	Anthony	Kimmins	v40	80.53	3	
Graham	King	v45	68.18	13	Chris	Cottam	v50	81.13	6
George	Armstrong	v45	69.14	12	Michael	Bliss	v50	83.37	5
Gareth	Snelson	69.44	9	Gerry	Dazley	v60	84.20	6	
Colin	Tranter	v55	71.09	17	Pete	Davies	v45	84.55	3
Paul	Sharman	71.59	8	David	Bithell	v50	86.26	3	
Ian	Marshall	72.55	7	Bruce	Tilbury	v55	91.50	3	
Steve	Gaunt	73.32	6	Will	Drown		97.58	2	
Ray	Evans	v55	74.07	12	Davindra	Bains	109.29	1	

		Time	Points	
Christine	Armstrong	v40	76.44	3
Teresa	Munns	v45	79.46	3
Jude	Cottam	v50	92.20	3
Margaret	Langford	v35	97.58	2
Patricia	Mc Elhatton	v35	100.29	1
Irene	Cornwall	v60	101.23	1
Iva	Barr	v70	104.15	1

SUMMER 1998

Corby 5 (26th May) (Club Championship Race)

		Time	Points			Time	Points
Tony	Barnes	28.22	3	Christine	Armstrong	v40	35.19 2
Max	O'Driscoll	30.01	2	Lesley	Davies	v40	45.00 1
Brian	McCallen	v40	30.23				2
Paul	Sharman		30.38				1
George	Armstrong	v45	31.53				2
Graham	King	v45	31.57				1
Ray	Evans	v55	34.45				1
David	Sutcliffe	v65	35.45				1

Cormeilles (Normandy) 16k (5th April)

		Time	Points			Time	Points
Colin	Tranter	v55	68.08	1	Teresa	Munns	v45 76.58 2
					Sue	Forth	v35 91.00 1

Dunstable 10k (28th June)

		Time	Points			Time	Points
Tony	Barnes	39.23	5	Dawn	Penney	v35	41.02 1
Steve	Young	39.53	4	Christine	Armstrong	v40	45.48 1
Paul	Sharman	40.07	3				
Tony	Parello	41.08	2				
Paul	Roberts	41.43	1				
Mike	O'Hara	v50	46.19				1

Flitwick 10k (19th April) (Club Championship Race)

		Time	Points			Time	Points
Avril	Thomas	41.41	7	Susan	Cartwright	v35	59.09 4
Pauline	Behan	v35	44.44	10	Andrea	Ranson	v35 59.09 4
Christine	Armstrong	v40	45.03	13	Teresa	Cooper	60.05 3
Sandra	Elliot	v35	46.27	9	Lesley	Dick	v50 60.05 5
Jacky	Keenan	v45	47.32	15	Irene	Cornwall	v60 60.14 5
Teresa	Munns	v45	48.17	14	Iva	Barr	v70 60.19 5
Alice	Crook		48.42	6	Karen	Scorer	v40 61.32 3
Jeanette	Cheetham		51.17	5	Gwen	Tilbury	v45 61.34 3
Jude	Cottam	v50	52.31	12	Barbara	North	v50 61.55 3
Jackie	Hibbard	v40	54.3	9	Yvonne	Greenaway	66.44 2
Lesley	Davies	v40	57.02	8	Claire	Harradine	66.51 1
Jacinta	Home		58.45	4			

SUMMER 1998

Flitwick 10k (19th April) (Club Championship Race)

		Time	Points			Time	Points
Paul	Langford	35.02	22	Mike	O'Hara	v50	44.47 19
Tony	Barnes	35.21	21	John	Durham	v40	45.10 18
Franck	Monmont	35.40	20	Chris	Brace	v50	45.26 17
Eduardo	Preciado	36.08	19	Brian	Cornwall	v60	45.32 20
Mark	Whiteman	36.17	18	David	King		46.02 5
Kevin	Willett	36.44	17	Rob	Stanley	v40	46.45 7
Paul	Sharman	38.34	16	Roger	Trengrove	v45	47.02 8
Max	O'Driscoll	38.42	15	Malcolm	McEwen		48.02 4
Maurice	Crook	v55	38.57 38	Chris	Cottam	v50	48.19 12
Steve	Gaunt	39.23	14	Gordon	Cunliffe	v40	48.31 5
Ralph	Ward	39.31	13	Tom	Greaves	v50	48.52 10
Brian	McCallen	v40	39.41 17	John	Thompson	v50	49.28 9
George	Armstrong	v45	40.04 23	David	Bithell	v50	50.25 8
Tony	Parello	40.09	12	Alistair	Wilson		50.31 3
Graham	King	v45	40.40 21	John	Meadows	v55	50.56 8
Colin	Tranter	v55	40.40 31	Michael	Bliss	v50	51.04 6
John	Shearer	40.55	11	Trevor	Beard	v50	51.29 5
Paul	Roberts	41.17	10	Colin	Welch		52.22 2
Steve	Young	41.41	9	Gerry	Dazley	v60	52.31 5
Gareth	Snelson	42.08	8	Shaun	Trotter		53.50 1
Ian	Marshall	42.25	7	Bruce	Tilbury	v55	54.41 3
John	Martiello	42.56	6	Albert	Kirk	v40	56.22 1
Colin	Bennetts	v50	43.15 21	Pete	Buzzell	v50	58.04 1
Pete	Davies	v45	43.15 12				

Folkestone 10 (10th April)

		Time	Points
Kevin	Willett	62.49	1

Fort William Marathon (17th May)

		Time	Points
Malcolm	Mc Ewen	4.58.00	1

Ickneald 10k (9th May)

		Time	Points
Pete	Davies	v45	1.56.00 1

Keswick Half (12th May)

		Time	Points
Ralph	Ward	1.36.00	1

SUMMER 1998

Leighton Buzzard 10 (3rd May)

		Time	Points			Time	Points
Tony	Barnes	61.14	3	Avril	Thomas	70.30	1
Paul	Sharman	64.30	2	Christine	Armstrong	v40 77.13	2
Graham	King	v45 67.40	3	Jacky	Keenan	v45 78.38	3
Paul	Roberts	67.47	1	Teresa	Munns	v45 79.20	2
George	Armstrong	v45 68.35	1	Jude	Cottam	v50 90.44	2
Colin	Tranter	v55 68.45	6	Susan	Cartwright	v35 96.25	1
Ray	Evans	v55 71.16	5	Irene	Cornwall	v60 100.02	1
Mike	O'Hara	v50 73.52	3				
Chris	Brace	v50 74.05	2				
Brian	Cornwall	v60 77.00	3				
David	Sutcliffe	v65 77.40	3				
Chris	Cottam	v50 78.41	1				
Bruce	Tilbury	v55 89.38	1				

London Marathon (26th April)

		Time	Points			Time	Points
Chris	Skaife	v40 2.57.00	*	Veronica	Singleton	v35 3.15.00	3
Paul	Langford	2.58.44	10	Pauline	Behan	v35 3.24.00	2
Tony	Parello	3.05.33	9	Christine	Armstrong	v40 3.56.00	2
Brian	McCallen	v40 3.06.20	12	Melissa	Dick	4.27.00	1
Kevin	Willett	3.06.32	8	Iva	Barr	v70 4.43.20	2
Graham	Horne	3.07.42	7	Jude	Cottam	v50 5.03.00	1
Richard	Bird	3.20.00	6				
Dennis	Gound	v55 3.23.00	12				
Phil	Barnes	3.25.00	5				
Darren	Fleet	3.32.00	4				
Ralph	Ward	3.35.00	3				
Steve	Gaunt	3.45.00	2				
Len	Donovan	3.48.00	1				
Chris	Brace	v50 3.59.00	6				
Anthony	Kimmins	v40 4.03.00	3				
Rob	Stanley	v40 4.06.00	2				
John	Thompson	v50 4.09.00	3				
Gerry	Dazley	v60 4.23.00	3				
Les	Dick	v50 4.27.00	2				
Martin	Lambourne	v40 5.20.00	1				

* Chris ran for his first choice club Sheffield AC, and as such, does not qualify for championship points.

Market Harborough 5 (19th May)

		Time	Points			Time	Points
Tony	Barnes	29.40	2	Christine	Armstrong	v40 35.31	1
Max	O'Driscoll	30.31	1				
George	Armstrong	v45 32.21	3				
Graham	King	v45 32.44	2				
David	Sutcliffe	v65 38.01	2				
Phil	Gray	v40 40.25	1				

SUMMER 1998

Prestwood 10k (10th May)

			Time	Points
Paul	Sharman		40.06	1
Ray	Evans	v55	44.35	1

Royston 10k (5th April)

			Time	Points			Time	Points	
Tony	Barnes		36.42	5	Christine	Armstrong	v40	46.26	1
Paul	Sharman		39.22	4					
George	Armstrong	v45	41.34	5					
Graham	King	v45	44.20	4					
John	Martiello		43.56	3					
Ian	Marshall		44.30	2					
Mike	O'Hara	v50	45.57	2					
Brian	Cornwall	v60	47.22	2					
Malcolm	McEwen		48.07	1					

Rugby 6 (6th May)

			Time	Points			Time	Points	
Tony	Barnes		36.31	2	Christine	Armstrong	v40	44.17	2
Max	O'Driscoll		37.32	1	Lesley	Davies	v40	55.30	1
George	Armstrong	v45	39.20	2					
Graham	King	v45	39.52	1					

Sandy 10 (26th April)

			Time	Points			Time	Points	
Tony	Barnes		64.43	3	Jackie	Hibbard	v40	92.36	1
Paul	Sharman		66.26	2					
Robbie	Burrells	v40	67.30	2					
George	Armstrong	v45	68.46	2					
Ray	Evans	v55	73.04	3					
Paul	Roberts		73.23	1					
Brian	Cornwall	v60	77.16	2					
David	Sutcliffe	v65	82.23	2					
Bruce	Tilbury	v55	92.10	1					

Silverstone 10k (28th April)

			Time	Points			Time	Points	
Eduardo	Preciado		35.34	5	John	Martiello		41.29	1
Tony	Barnes		35.50	4	Pete	Davies	v45	41.50	2
Maurice	Crook	v55	38.28	10	Colin	Bennetts	v50	43.15	3
Alastair	Fadden		39.08	3	Brian	Cornwall	v60	44.40	3
George	Armstrong	v45	39.13	6	Roger	Trengrove	v45	44.45	1
Graham	King	v45	40.16	5	David	Fake	v50	45.39	1
Paul	Roberts		40.42	2	David	Sutcliffe	v65	46.00	1

SUMMER 1998

		Time	Points	
Irene	Cornwall	v60	60.10	2
Veronica	Singleton	v35	61.41	1

Paris Marathon (5th April)

		Time	Points	
Viv	Kilgour	v35	3.29.15	1

Pednor 5 (4th May)

		Time	Points	
Paul	Sharman		31.38	1

Peterborough 10k (13th April)

		Time	Points	
Tony	Barnes		35.33	1

Ramsey 5 (21st June)

		Time	Points			Time	Points	
Tony	Barnes	28.41	1	Christine	Armstrong	v40	35.57	1

Ramsey Half (21st June)

		Time	Points
Tony	Parello	1.31.27	1

Sharnbrook 10k (25th May)

		Time	Points			Time	Points		
Tony	Barnes	36.05	11	Pete	Davies	v45	43.43	5	
Paul	Langford	36.06	10	Ray	Evans	v55	43.57	10	
Kevin	Willett	37.26	9	Chris	Brace	v50	45.32	9	
Paul	Sharman	39.19	8	David	Bithell	v50	46.42	8	
Brian	McCallen	v40	39.53	9	Gary	Denton		47.12	2
Steve	Gaunt	40.07	7	John	Martiello		47.32	3	
Gareth	Rose	40.33	6	Brian	Cornwall	v60	47.35	7	
Alastair	Fadden	41.00	5	Shaun	Smart		48.10	1	
George	Armstrong	v45	41.29	7	David	Fake	v50	48.40	4
Graham	King	v45	41.46	6	Tom	Greaves	v50	49.37	3
Colin	Tranter	v55	42.50	13	Trevor	Beard	v50	53.18	2
Ian	Marshall	43.23	4	Gordon	Cunliffe	v40	65.00	1	

Sharnbrook 10k (25th May)

		Time	Points	
Christine	Armstrong	v40	45.00	3
Teresa	Munns	v45	48.08	3
Jude	Cottam	v50	53.35	4
Patricia	Mc Elhatton	v35	55.33	1
Barbara	North	v50	55.33	2
Liz	O'Donnell	v40	61.57	1

SUMMER 1998

Stevenage 5k (31st May)

		Time	Points			Time	Points
Tony	Barnes	17.38	4	Dawn	Penney	v35 19.48	2
Steve	Gaunt	18.24	3	Christine	Armstrong	v40 21.14	2
Paul	Sharman	18.42	2	Wendy	Machan	24.44	1
Max	O'Driscoll	18.43	1				
George	Armstrong	v45 18.56	1				

Stevington 7.5 (3rd May)

		Time	Points
Paul	Langford	42.07	2
John	Marchant	v50 52.57	4
David	Fake	v50 55.16	3
Terry	McEwen	v45 55.42	2
Peter	Swales	58.20	1

Weedon 10k (9th June)

		Time	Points			Time	Points
Tony	Barnes	36.53	4	Christine	Armstrong	v40 46.23	1
Kevin	Willett	37.43	3				
Max	O'Driscoll	39.10	2				
Paul	Sharman	39.47	1				
Graham	King	v45 41.34	2				
George	Armstrong	v45 42.03	1				
Ray	Evans	v55 44.57	1				
David	Sutcliffe	v65 47.43	1				

Welwyn Garden City 5 (13th April)

		Time	Points			Time	Points
Paul	Sharman	30.14	1	Veronica	Singleton	v35 33.15	1
Graham	King	v45 32.23	2	Jacky	Keenan	v45 37.40	2
John	Keenan	v60 38.48	2				
Phil	Gray	v40 39.51	1				

White Horse Half (5th April)

		Time	Points
Veronica	Singleton	v35 1.30.35	1

SUMMER 1998

MEN'S ROAD RACE CHAMPIONSHIP:1998

Current Points & Placings

		<u>Points</u>			<u>Points</u>
Tony	Barnes	130	John	Meadows	v55 17
George	Armstrong	v45 99	Gareth	Snelson	17
Colin	Tranter	v55 94	Michael	Bliss	v50 16
Paul	Sharman	87	John	Chesher	v40 16
Kevin	Willett	82	Rob	Stanley	v40 15
Paul	Langford	78	Darren	Fleet	14
Graham	King	v45 72	John	Thompson	v50 14
Maurice	Crook	v55 71	Tom	Greaves	v50 13
Brian	McCallen	v40 71	Anthony	Kimmins	v40 12
Ray	Evans	v55 63	Malcolm	McEwen	12
Brian	Cornwall	v60 50	John	Shearer	11
Tony	Parello	48	Bruce	Tilbury	v55 11
Eduardo	Preciado	47	Will	Drown	10
Chris	Brace	v50 40	Roger	Trengrove	v45 10
Dennis	Gound	v55 38	Gordon	Cunliffe	v40 8
Graham	Horne	38	Neil	Summerville	v50 8
Mark	Whiteman	36	Trevor	Beard	v50 7
Steve	Gaunt	35	Len	Donovan	7
Mike	O'Hara	v50 32	Gareth	Rose	6
Ralph	Ward	32	David	Fake	v50 5
Ian	Marshall	31	David	King	5
David	Bithell	v50 30	Alexander	Anderson	4
Max	O'Driscoll	30	Phil	Gray	v40 4
Colin	Bennetts	v45 29	Terry	McEwen	v45 4
Franck	Monmont	29	Peter	Sarad	3
Pete	Davies	v45 27	Alistair	Wilson	3
Phil	Barlow	v50 26	Robbie	Burralls	v40 2
Martin	Kay	v40 26	Gary	Denton	2
David	Sutcliffe	v65 26	Les	Dick	v50 2
Alastair	Fadden	23	John	Keenan	v60 2
John	Martiello	23	Martin	Lambourne	v40 2
Paul	Roberts	23	Peter	Swales	2
Phil	Barnes	22	Colin	Welch	2
Steve	Young	22	Davindra	Bains	1
Chris	Cottam	v50 21	Pete	Buzzell	v50 1
John	Durham	v40 21	Zac	Hollis	1
Gerry	Dazley	v60 20	Albert	Kirk	v40 1
Steve	Clark	v45 18	Shaun	Smart	1
Steve	Wilby	v50 18	Shaun	Trotter	1
Richard	Bird	17	Michael	Wood	v45 1

SUMMER 1998

WOMEN'S ROAD RACE CHAMPIONSHIP:1998

Current Points & Placings

<u>Points</u>				<u>Points</u>			
Christine	Armstrong	v40	47	Lesley	Dick	v50	5
Teresa	Munns	v45	33	Jacinta	Horne		5
Jacky	Keenan	v45	25	Angela	Kay	v35	5
Jude	Cottam	v50	24	Teresa	Cooper		3
Pauline	Behan	v35	22	Viv	Kilgour	v35	3
Avril	Thomas		13	Wendy	Machan		3
Lesley	Davies	v40	12	Karen	Scorer	v40	3
Sandra	Elliot	v35	12	Gwen	Tilbury	v45	3
Iva	Barr	v70	11	Yvonne	Greenaway		2
Irene	Cornwall	v60	10	Margaret	Langford	v35	2
Jackie	Hibbard	v40	10	Patricia	Mc Elhatton	v35	2
Dawn	Penny	v35	8	Barbara	North	v50	2
Veronica	Singleton	v35	8	Melissa	Dick		1
Andrea	Ranson	v35	7	Sue	Forth	v35	1
Susan	Cartwright	v35	6	Claire	Harradine		1
Alice	Crook		6	Liz	O'Donnell	v40	1
Jeanette	Cheetham		5				

Races which don't qualify for Championship Points

Compton Challenge 20

		<u>Time</u>	<u>Points</u>
Colin	Bennetts	v45 3.12.05	1

Colworth 5 (19th June)

		<u>Time</u>			<u>Time</u>
Max	O'Driscoll	30.53	Teresa	Munns	37.33
Mark	Whiteman	31.14	Jacky	Keenan	38.35
Alistair	Fadden	31.59	Andrea	Ranson	44.39
Paul	Sharman	32.44	Barbara	North	49.29
Steve	Gaunt	32.36			
Graham	King	32.51			
Colin	Tranter	34.21			
Malcolm	McEwen	39.42			
Dave	Bithell	40.40			

SUMMER 1998

Cranfield 10k (7th June)

		Time			Time
Graham	King	40.08	Teresa	Munns	46.48
Colin	Tranter	40.40	Joy	Sheridan-Makin	49.12
Gary	Denton	46.17	M.	Owens	55.00
Zac	Hollis	48.26	Gwen	Tilbury	57.32
Chris	Brace	49.12	Barbara	North	59.39
John	Meadows	49.57	Yvonne	Greenaway	61.20
I.	Solesbury	51.04			

Harold Pit Run

		Time
Max	O'Driscoll	14.11
Mike	Bliss	18.02
Barbara	North	20.40

Llanbeidr 14

Pen Cerrig 3

		Time			Time
Colin	Bennetts v45	3.38.03	Colin	Bennetts v45	1.30.47

Yorkshire 3-Peaks Fell Race

		Time
John	Shearer	4.23.00
Mark	Whiteman	4.30.00
Colin	Bennetts	

DUATHLON / TRIATHLON RESULTS

Jordan 9 Mile(10th May)

		Time			Time
Graham	King	57.27	Avril	Thomas	60.33
Pete	Davies	65.00	Jacky	Keenan	68.50
Mike	Bliss	71.40			

Jordan Duathlon

		Time
Steve	Young	1.45.00
Max	O'Driscoll	1.47.00
Chris	Proud	1.49.00

Sunrise Duathlon (24th June)

This involved a 500m swim and a 5k run.

	Swim	Run	Run Time	Overall Position
Dawn Penney	10/12	20/64	30.16	2 nd Open Lady
Max O'Driscoll	11/29	18/21	29.50	16 th

Phil's Poem for the Summer

LA FIGLIA CHE PIANGE

O quam te memorem virgo

Stand on the highest pavement of the stair -
Lean on a garden urn -
Weave, weave the sunlight in your hair -
Clasp your flowers to you with a painful surprise
Fling them to the ground and turn
With a fugitive resentment in your eyes:
But weave, weave the sunlight in your hair.

So I would have had him leave,
So I would have had her stand and grieve,
So he would have left
As the soul leaves the body torn and bruised,
As the mind deserts the body it has used
I should find
Some way incomparably light and deft
Some way we both should understand,
Simple and faithless as a smile and shake of the hand

She turned away with the autumn weather
Compelled by imagination many days,
Many days and many hours:
Her hair over her arms and her arms full of flowers.
And I wonder how they should have been together!
I should have lost a gesture and a pose.
Sometimes these cogitations still amaze
The troubled midnight and the moon's repose.

T S ELIOT

SUMMER 1998
Bedford Harriers A.C.

Provisional Fixture List - July 98 to September 98

July	1	Nene Park 5K Peterborough	
	5	Vauxhall A.C. 5M	BED
	7	Marsh Gibbon 10K	
	* 12	Lea Valley 10M	ERL
	<u>15</u>	<u>Harriers Relay Russell Park 7.00pm</u>	
	15	Fringford 5M Oxfordshire	
	19	St Ives 10K	
	* 22	Fairlands Valley Relays Stevenage	BED
	22	Charndon 5K	
	26	Marsh Gibbon 10M	
August	* 2	Harlow 10M	ERL
	<u>5</u>	<u>Harriers Handicap Bedford Park 4 laps 7.00pm</u>	
	12	Werrington Sports Centre 5K Peterborough	
	15	Race the Train Wales	
	16	Yarmouth 13M	
	* 21	Blisworth Friday 5 M	CC
	26	Thomas Cook Sports Centre 5K Peterborough	
	28	Wardown Park Luton 5K	BED
September	6	Womens London 10K Surrey Quays	
	6	March Marathon Relays	
	* 13	Swineshead 10M	CC
	* <u>20</u>	<u>BEDFORD HARRIERS GT BARFORD 13M</u>	<u>BED</u>
	27	Rugby 10M	
	27	Robin Hood Marathon Nottingham	

*** RACES WE ARE TARGETING

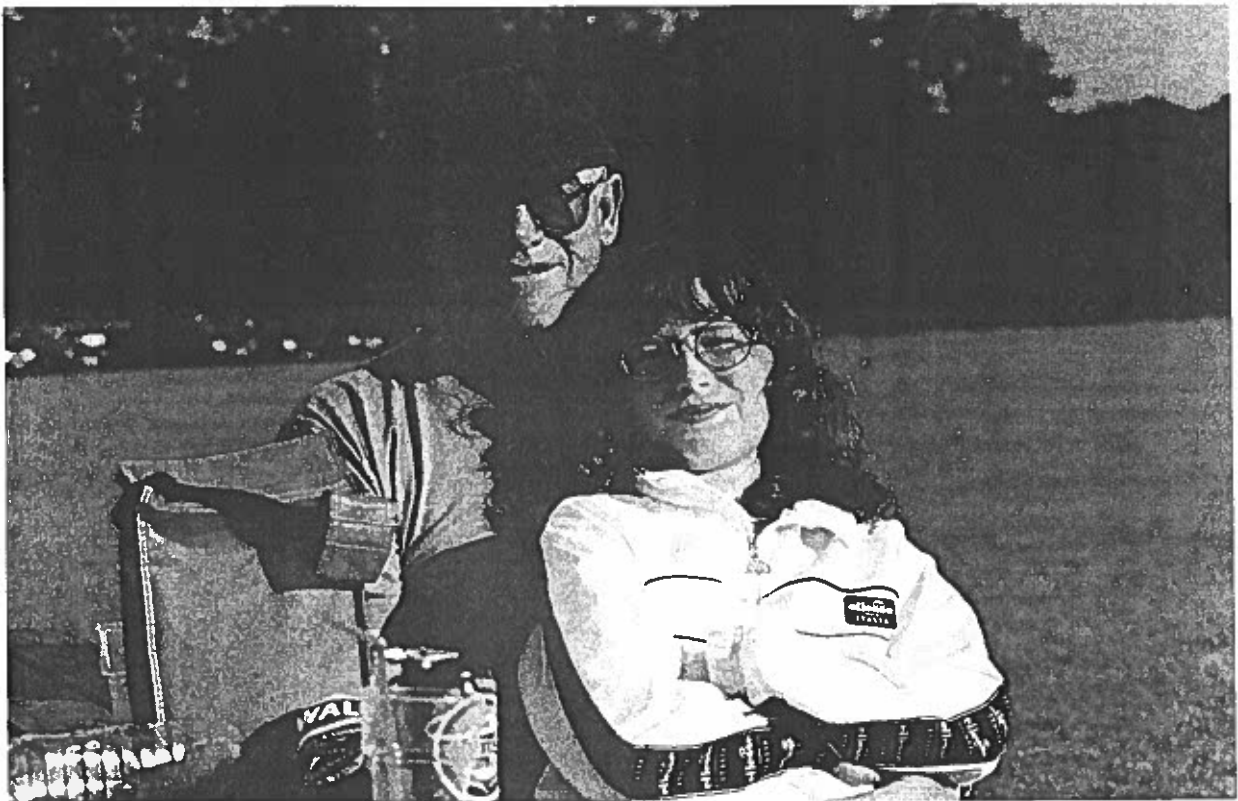
BED Beds County Champs
CC Club Championship
ERL Eastern 10M Road League

UPDATED 01/07/98

If any Harriers have details of races please let any team manager know, and they will be considered for inclusion on the Fixture List

SUMMER 1998

ALEX & JOHN SAY.....



WHY RUN WHEN YOU CAN WATCH...

44 39

BEDFORD HARRIERS CLUB MAGAZINE