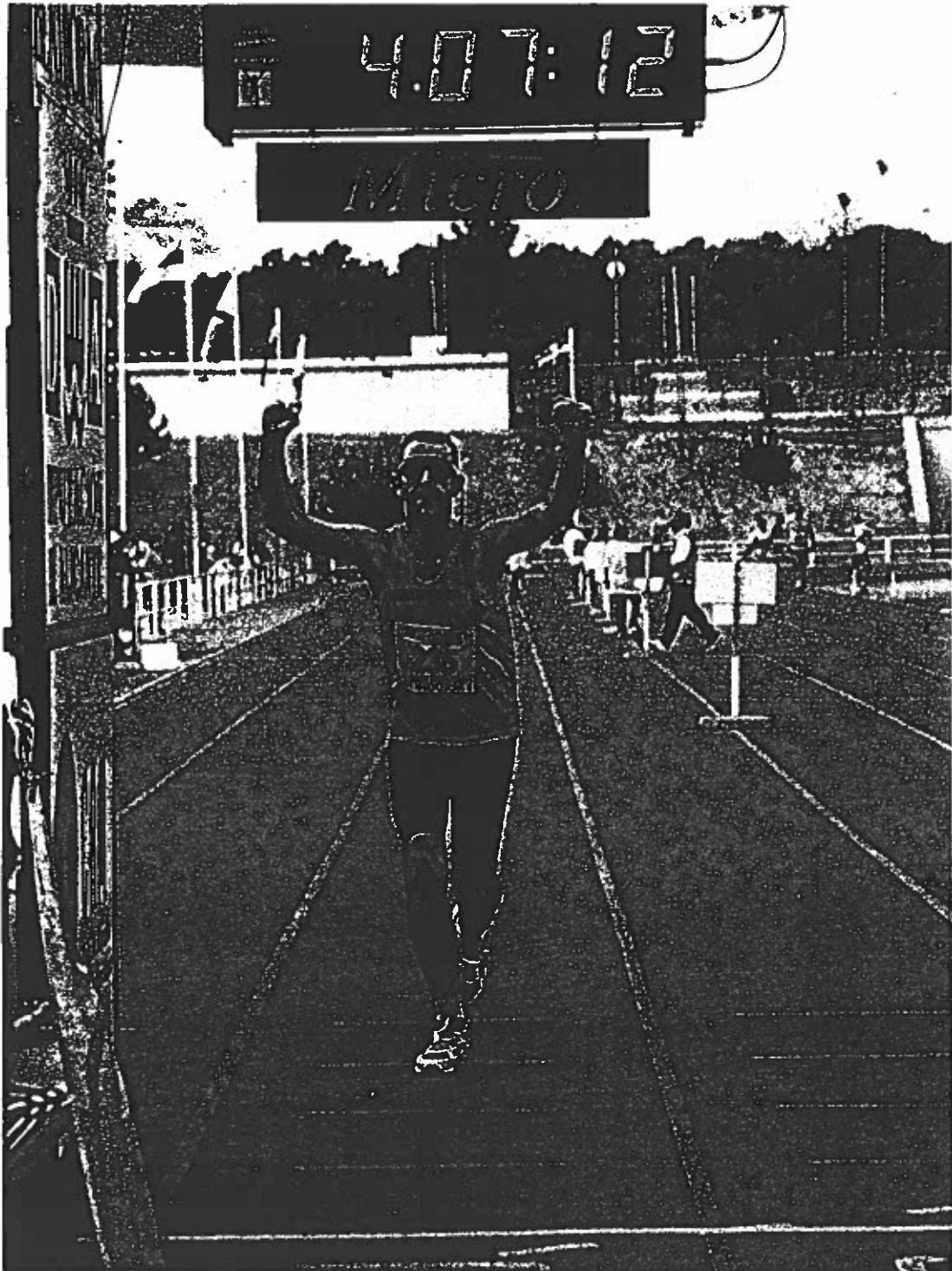


CHRISTMAS 1998

YOU NEVER FORGET THE FIRST TIME



WELL DONE JOHN

Bedford Harriers A.C.
Provisional Fixture List - Dec 98 to April 99
Including X.C. Fixtures From Dec 98 to March 99

December	5	Luton X.C.	CHXC
	6	Nene Valley 10M	
	20	<u>BEDFORD HARRIERS X.C.</u>	<u>TRXC</u>
	26	Cople Boxing Day 10 M	
January	9	Shuttleworth X.C.	BED
	16	Banbury X.C.	CHXC
	17*	Flitwick X.C.	TRXC/CC
	24	Folksworth 15M	
	30	Parliament Hills X.C. London	SEAA
February	13	Banbury X. C.	CHXC
	14	Stamford 30K	
	21*	Leighton Buzzard X.C.	TRXC/CC
	28	Bury St Edmunds 20M	
March	7	<u>BEDFORD HARRIERS OAKLEY 16M</u>	
	13	National X.C. Newark	
	TBC	Peterborough 20M	
	TBC	Ashby 20M	
	TBC	Hemel Hempstead 10M	ERL
	TBC	Beckhampstead 13M	
April	18	London 26M	

*** RACES WE ARE TARGETING
 BED Beds County Champs
 CC Club Championship
 CHXC Chiltern Cross Country League
 TRXC Todays Runner Cross Country League
 ERL Eastern Road League
 updated 1/12/98

*If any Harriers have details of races please let any team manager know, and they will be considered for inclusion on the Fixture List.
 Do not forget there are lots more races in the race entry folder for you to look at !!!!!*

CHRISTMAS 1998

10 Mile Championship

Men		Ladies	
Winner	Tony Barnes	Winner	Christine Armstrong
v40	Brian McCallen	v45	Teresa Munns
v45	Graham King	v50	Jude Cottam
v50	Chris Cottam	v60	Irene Cornwall
v55	Colin Tranter		
v60	Brian Cornwall		
v65	David Sutcliffe		

Half Marathon Championship

Men		Ladies	
1)	Paul Langford	1)	Avril Thomas
2)	Tony Barnes	2)	Pauline Behan
3)	Kevin Willetts	3)	Angela Kay
v40	Martin Kay	v35	As Pauline
v45	George Armstrong	v40	Christine Armstrong
v50	Phil Barlow	v45	Jacky Keenan
v55	Dennis Gound	v50	Jude Cottam
v60	Gerry Dazley	v60	Iva Barr

Road Race Championship

Men		Ladies	
Winner	Tony Barnes	Winner	Christine Armstrong
v40	Brian McCallen	Senior Lady	Avril Thomas / Jacinta Horne
v45	George Armstrong	v35	Sandra Elliot
v50	Chris Brace / Cottam	v45	Teresa Munns
v55	Colin Tranter	v50	Jude Cottam
v60	Brian Cornwall	v60	Irene Cornwall
v65	David Sutcliffe	v70	Iva Barr

THE 1998 AWARD WINNERS

Cross Country Winners

Men		Ladies	
Senior Man	Eduardo Precido	Senior Lady	Avril Thomas
v40	Brian McCallen	v35	Viv Kilgour
v45	George Armstrong	v40	Christine Armstrong
v50	Colin Bennetts	v45	Terera Munns

Handicap Race

Men	Ladies
Colin Bennetts	Jacinta Horne
Kevin Willetts	Charlotte Gardner
Richard Piron	Lesley Davies

5 Mile Championship

Men		Ladies	
1)	Tony Barnes	1)	Dawn Penney
2)	Paul Sharman	2)	Teresa Munns
3)	Graham Horne	3)	Wendy Machan
v40	Brian McCallen	v35	Andrea Ranson
v45	George Armstrong	v40	Christine Armstrong
v50	Richard Whiteman	v45	As Teresa
v55	Maurice Crook		
v60	Brian Cornwall		
v65	David Sutcliffe		

10k Championship

Men		Ladies	
1)	Paul Langford	1)	Avril Thomas
2)	Tony Barnes	2)	Pauline Behan
3)	Franck Monmont	3)	Christine Armstrong
v40	Brian McCallen	v35	As Pauline
v45	George Armstrong	v40	As Christine
v50	Colin Bennetts	v45	Jacky Keenan
v55	Maurice Crook	v50	Jude Cottam
v60	Brian Cornwall	v60	Irene Cornwall
v65		v70	Iva Barr

Phil's Poetry Page

Elizabeth

Elizabeth you are a woman of your time.
No man can ever be your measure, as
England escapes from the grasp of turmoil;
Into a nation built on strength and passion.
A new belief you instill in your people
Your words speak of true value not conflict.

You suffered at the hands of Mary
Your sister by birth not choice.
They lock you in chains and in darkness
confined
Your spirit does not desert you at this
Time; as all around doubt your virtue.
Your purpose is true - your purpose is clear

In you I place some measure of faith.
I have no reason to doubt you; unlike
Your sister Mary who would have you die
At the hands of heretics who know you
So little; Yet place a judgement upon you
Without thought or reason of value

You console yourself in true purpose;
While others doubt you and your inner
Strength; A virtue you hold beyond measure
Is that of confidence and belief that others
cannot
Contemplate; As they seek to deprive you of
life itself
You will not be detracted from true reason.

Fulbright Scholars

Where was it, in the Strand ? A display
Of news items, in photographs
For some reason I noticed it.
A picture of that year's intake
Of Fulbright Scholars. Just arriving
Or arrived. Or some of them.
Were you among them ? I studied it,
Not too minutely, wondering
Which of them I might meet.
I remember that thought. Not
Your face. No doubt I scanned particularly
The girls. Maybe I noticed you.
Maybe I weighed you up, feeling unlikely.
Noted your long hair, loose waves
Your Veronica Lake Bang. Not what it hid

Death comes swiftly to Mary on a day to rejoice
As your people are released from confusion and
turmoil.

You are now the Queen of your people and
your true
Purpose shall be revealed to all who doubted
you.

Those who sought to deprive you of life itself
Will soon understand the value of life.

Spain and France seek your hand in marriage
As a marriage of convenience to suit their
needs.

You have little time for such adventures as
Countries seek to control your person and your
people.

Elizabeth you are now the Queen of all you
survey;
Your purpose will be revealed to all.

I see in you the vision of Helen in all her beauty
Your face a reflection of true purpose.

I propose a meeting to clarify my feelings
That are hidden from view no longer.
Let this encounter be one of revelation and
Let love itself be the true victor.

phil gray

It would appear blond. And your grin
Your exaggerated American
Grin for the cameras, the strangers, the
frightners
Then I forgot. Yet I remember
The picture: The Fulbright Scholars
With their luggage ? It seems unlikely.
Could they have come as a team ? That's as I
remember
From a stall near Charing Cross Station
It was the first fresh peach I had ever tasted
I could hardly believe how delicious.
At twenty - five I was dumbfounded afresh
By my ignorance of the simplest things

Ted Hughes

CHRISTMAS 1998

National Duathlon Championships (21/6/98)

Chris Proud: 2:06:41
James Potter: 2:07:00

Sanders Mountain Marathon - Bowfell Class (4th & 5th July)

Viv Kilgour: 8 hrs
John Shearer: 4 hrs

Grantham Canal 31.5 mile (26th July)

Steve Clark 6.17.00
Malcolm McEwen 6.44.44

Race The Train (15th August)

Colin Bennetts 2.00.15
Paul Roberts 2.00.36
Jeanette Cheetham 2.17.19
Angie Bright 2.31.00
Avril Thomas ?

Biddenham 10k River Run

Paul Langford	36.01	Trevor Beard	50.39
Kevin Willetts	37.44	Pauline Behan	51.20
Tony Alston	39.54	John Meadows	51.05
Phil Barnes	41.12	Melissa Owens	54.31
Colin Tranter	43.30	Lesley Barnes	55.04
Colin Bennetts	44.46	Barbara North	58.34
Ray Evans	44.57	Dyls Hunt	1.04.00
Veronica Singleton	44.59	Valerie Bird	1.15.00
Mike O'Hara	45.38		
Mike O'Hara	45.38		
Teresa Munns	47.37		
Linda Jones	47.18		
Michael Bliss	49.53		
John Thompson	50.13		

Great Barford Half (20th September)

Paul Sharman 1.30.52 Avril Thomas 1.35.41
Tony Alston 1.31.13 Jenny Tuite 1.47.19
Will Drown 1.38.55 Susan Cartwright 2.01.40
Ian Weaver 1.39.18
Anthony Kimmins 1.54.30
Dave Bithell 1.55.43

WOMEN'S ROAD RACE CHAMPIONSHIP:1998

Final Points & Placings

		POINTS			POINTS
Christine	Armstrong v40	85	Vanda	Miller v40	6
Teresa	Munns v45	58	Dee	Bithan	5
Jude	Cottam v50	30	Wendy	Machan	5
Sandra	Elliot v35	30	Sandra	Marshalleck v35	5
Iva	Barr v70	29	Gail	Johnstone v35	4
Jacky	Keenan v45	28	Barbara	North v50	4
Pauline	Behan v35	25	Deidre	Bethune v40	3
Andrea	Ranson v35	21	Viv	Kilgour v35	3
Jackie	Hibbard v40	20	Liz	O'Donnell v40	3
Lesley	Davies v40	19	Melissa	Owens	3
Avril	Thomas	19	Karen	Scorer v40	3
Jacinta	Home	19	Heather	Sutton	3
Veronica	Singleton v35	17	Jenny	Tuite	3
Jeanette	Cheetham	13	Chris	Williamson v45	3
Gwen	Tilbury v45	13	Lesley	Barnes v35	2
Charlotte	Gardner	11	Doreen	Boddy v50	2
Dawn	Penny	11	Melissa	Dick	2
Irene	Cornwall v60	10	Sue	Forth v35	2
Lesley	Dick v50	9	Yvonne	Greenaway	2
Dilys	Hunt v45	9	Margaret	Langford v35	2
Heather	Marks v45	9	Patricia	Mc Elhatton v35	2
Teresa	Cooper	8	Lorraine	Williams	2
Murial	Moore v55	8	Claire	Harradine	1
Susan	Cartwright v35	6	Lynsey	Harrison	1
Alice	Crook	6	Joe	Outlaw v35	1
Angela	Kay v35	6	Katie	Theodore	1

Other Races

World Duathlon Championships (22nd August)

(10/40/5) Held in St Wendel - Germany

Time		
Chris Proud	2.30.54	29 th 50+

Burghfield Duathlon (5k/20k/5k - Run/bike/run) (23rd August)

Time		
James Potter	1.21.09	

MEN'S ROAD RACE CHAMPIONSHIP:1998

Final Points & Placings

Points				Points				Points			
Tony	Barnes		200	Martin	Kay	v40	26	Gordon	Cunliffe	v40	8
George	Armstrong	v45	172	Phil	Barnes		24	George	Garner		8
Paul	Sharman		125	Paul	Roberts		24	Arthur	Monk	v55	7
Colin	Tranter	v55	125	Alastair	Fadden		23	Phil	Gray	v40	6
Brian	McCallen	v40	116	John	Martiello		23	Paul	Harpin		6
Kevin	Willett		112	Steve	Young		23	Peter	Newbery	v50	6
Graham	King	v45	100	Steve	Clark	v45	22	Gareth	Rose		6
Maurice	Crook	v55	82	Malcolm	McEwen		20	Richard	Whiteman	v50	6
Paul	Langford		80	John	Meadows	v55	20	David	King		5
Tony	Parello		76	Len	Donovan		19	Ian	Kingston		5
Brian	Cornwall	v60	69	Steve	Wilby	v50	18	Peter	Swales		5
Ray	Evans	v55	67	Richard	Bird		17	Tony	Alston		4
Chris	Cottam	v50	63	Michael	Bliss	v50	17	Andy	Smith		4
Graham	Home		64	Gareth	Snelson		17	Peter	Sarad		3
Steve	Gaunt		56	John	Chesher	v40	16	John	Waugh		3
Chris	Brace	v50	54	Trevor	Beard	v50	15	Alistair	Wilson		3
Mike	O'Hara	v50	54	Tom	Greaves	v50	15	Michael	Wood	v45	3
Eduardo	Preciado		51	Zac	Hollis		15	Graham	Bufton	v40	2
Pete	Davies	v45	43	Rob	Stanley	v40	15	Robbie	Burrells	v40	2
Dennis	Gound	v55	42	Will	Drown		13	Les	Dick	v50	2
Ian	Marshall		41	Anthony	Kimmins	v40	13	John	Keenan	v60	2
Mark	Whiteman		39	David	Fake	v50	12	Martin	Lambourne	v40	2
Max	O'Driscoll		37	Gary	Denton		11	Peter	Lawley		2
Colin	Bennetts	v45	34	Bob	Lawton	v40	11	Shaun	Trotter		2
David	Bithell	v50	34	Terry	McEwen	v45	11	Colin	Welch		2
David	Sutcliffe	v65	33	John	Shearer		11	Pete	Buzzell	v50	1
Gerry	Dazley	v60	32	Gary	Denton		11	John	Isard	v45	1
John	Durham	v40	32	Bob	Lawton	v40	11	Albert	Kirk	v40	1
Ralph	Ward		32	Terry	McEwen	v45	11	Simon	Miles		1
John	Thompson	v50	30	John	Shearer		11	Shaun	Smart		1
Franck	Monmont		29	Bruce	Tilbury	v55	11				
Neil	Summerville	v50	29	Roger	Trengrove	v45	10				
Darren	Fleet		27	Graham	Burley	v50	8				
Phil	Barlow	v50	26	Gordon	Cunliffe	v40	8				

CHRISTMAS 1998

Welwyn Garden City 10

		Time	Points			Time	Points
Tony	Barnes	60.45	1	Avril	Thomas	n/a	1
Colin	Tranter	v55 68.30	2	Teresa	Munns	v45 75.48	1
Colin	Bennetts	v50 n/a	1				

Werrington 5k (12th August)

		Time	Points
Tony	Barnes	16.39	1

Whissendine 6

		Time	Points
Tony	Barnes	35.18	1

Wolverton 5 (28th November)

		Time	Points			Time	Points
Tony	Barnes	27.46	3	Christine	Armstrong	v40 36.27	4
Paul	Langford	28.10	2	Deidre	Bethune	v40 40.01	3
Paul	Sharman	31.39	1	Melissa	Owens	42.14	1
George	Armstrong	v45 32.05	2	Leslie	Davies	v40 43.51	1
Steve	Clark	v45 34.55	1	Barbara	North	v50 45.06	2
Peter	Newbery	v50 36.24	1	Iva	Barr	v70 49.37	2
John	Meadows	v55 41.25	1	Chris	Williamson	v45 50.58	1

Women's London Run 10k (6th September)

		Time	Points			Time	Points
Charlotte	Gardner	50.56	8	Dilys	Hunt	v45 62.00	8
Sandra	Elliot	v35 51.00	10	Sandra	Marshalleck	v35 65.00	5
Jeanette	Cheetham	53.04	7	Muriel	Moore	v55 65.13	8
Jacinta	Horne	53.04	7	Vanda	Miller	v40 66.57	5
Jackie	Hibbard	v40 54.44	9	Gail	Johnstone	v35 70.00	4
Dee	Bithan	55.00	5	Heather	Sutton	71.00	3
Teresa	Cooper	56.06	4	Lorraine	Williams	71.00	2
Gwen	Tilbury	v45 59.43	9	Chris	Williamson	v45 74.00	2
Iva	Barr	v70 61.40	11	Doreen	Boddy	v50 78.00	2
				Katie	Theodore	79.00	1

Rav's coffee time crossword- Answers

Across

1) Pasta; 4) Enlarge; 8; Nod; 9) Barometer; 10) Upwards; 11) Obese; 13) Nation; 15) Indict; 18) virus; 19) Scapula; 21) Anatomise; 23) The; 24) Reddest; 25) Shelf

Down

1) Penguin; 2) Sodawater; 3) Amber; 4) Egress; 5) Lampoon; 6) Rat; 7) Eyrie; 12) Etiquette; 14) Onshore; 16) Tealeaf; 17) Assist; 18) Viagra; 20) Abets; 22) And

Benidorm Marathon

Veronica Singleton won the ladies marathon in 1988. Veronica was a member of Les Croupiers, a Welsh running club, at the time.

CHRISTMAS 1998

Swineshead 10 (13th September) (Club Championship Race)

		Time	Points			Time	Points
Tony	Barnes	61.26	8	Jenny	Tuite	73.51	3
Kevin	Willet	61.36	7	Teresa	Munns v45	75.16	6
Tony	Parello	64.18	6	Christine	Armstrong v40	78.52	4
Graham	Home	65.52	5	Jeanette	Cheatham	89.23	1
Brian	McCallen v40	66.33	5	Jacinta	Home	89.23	1
Tony	Alston	66.43	4	Lesley	Davies v40	91.55	1
Colin	Tranter v55	69.36	11	Gwen	Tilbury v45	97.30	1
Will	Drown	72.07	3				
Ian	Marshall	73.24	2				
Zac	Hollis	74.17	1				
Chris	Cottam v50	75.29	7				
David	Fake v50	76.24	6				
Brian	Comwall v60	76.39	6				
David	Sutcliffe v65	76.44	1				
Peter	Newbery v50	77.52	5				
Anthony	Kimmins v40	77.58	1				
Neil	Summerville v50	78.45	4				
Trevor	Beard v50	82.33	3				
Tom	Greaves v50	83.00	2				
David	Bithell v50	85.39	1				

Vauxhall 5 (5th July)

		Time	Points			Time	Points
Tony	Barnes	29.49	2	Christine	Armstrong v40	36.54	1
Paul	Sharman	32.18	1				

Wardown Park 5k (28th August)

		Time	Points			Time	Points
Tony	Barnes	17.15	3	Teresa	Munns v45	22.28	1
Paul	Sharman	18.35	2				
Max	O'Driscoll	19.23	1				
Colin	Tranter v55	19.50	1				

Wellingborough 5 (2nd August)

		Time	Points			Time	Points
Zac	Hollis	37.30	1	Veronica	Singleton v35	33.36	1

Wellingborough Half (27th September)

		Time	Points
Terry	McEwen v45	1.40.47	2
Malcolm	McEwen	1.48.00	1

CHRISTMAS 1998

Seven Sisters Marathon (31st October)

			Time	Points
Colin	Bennetts	v50	4.19.00	2
Pete	Davies	v45	4.35.00	1
Dave	Carter			

Silverstone 10k (28th April) (Amended Result)

			Time	Points
Lesley	Davies	v40	56.34	2
Irene	Cornwall	v60	60.10	2
Veronica	Singleton	v35	61.41	1

St Ives 10k (19th July)

			Time	Points
Tony	Barnes		35.15	4
Kevin	Willett		36.25	3
Paul	Sharman		39.50	2
Graham	King	v45	39.56	3
George	Armstrong	v45	40.50	2
Brian	Cornwall	v60	46.15	2
Ian	Marshall		47.17	1

Southend 10k (11th October)

			Time	Points
Graham	Buften	v40	37.40	1

Standalone 10k (4th October)

			Time	Points				Time	Points
Tony	Barnes		36.44	2	Veronica	Singleton	v35	44.01	1
Ian	Marshall		42.24	1	Teresa	Munns	v45	46.12	2
David	Fake	v50	45.04	1	Lesley	Davies	v40	56.00	1
Brian	Cornwall	v60	45.27	1					
David	Sutcliffe	v65	45.31	1					

Stevenage Half (1st November)

			Time	Points
Tony	Barnes		1.21.01	3
Kevin	Willett		1.22.30	2
Brian	McCallen	v40	1.28.45	2
Chris	Cottam	v50	1.40.00	3
Chris	Brace	v50	1.43.46	2
John	Waugh		1.45.00	1
Gerry	Dazley	v60	1.57.00	1

Stevenage 5k (12th November)

			Time	Points
John	Isard	v45	21.15	1

CHRISTMAS 1998

Milton Keynes 10k (30th June)

		Time	Points			Time	Points
Tony	Barnes	34.42	5	Avril	Thomas	41.37	1
Eduardo	Preciado	34.54	4	Christine	Armstrong	v40 44.20	1
Mark	Whiteman	36.40	3				
George	Armstrong	v45 39.22	5				
Graham	King	v45 39.43	4				
Max	O'Driscoll	40.03	2				
Paul	Roberts	41.09	1				
Terry	McEwen	v45 45.38	1				

Ramsey 5 (21st June) (Amended Result)

		Time	Points
Brian	Cornwall	v60 37.06	1

Ramsey Half (21st June)

		Time	Pts
Pauline	Behan	v35 1.42.00	1

Riverside Nine (15th November)

		Time	Points			Time	Points
Tony	Barnes	52.35	4	Veronica	Singleton	v35 62.07	3
Paul	Sharman	58.44	3	Avril	Thomas	62.42	1
George	Armstrong	v45 59.07	3	Pauline	Behan	v35 66.38	1
Ian	Marshall	62.56	2	Christine	Armstrong	v40 67.55	1
David	Bithell	v50 62.59	2				
Ray	Evans	v55 66.12	2				
Brian	Cornwall	v60 69.29	2				
Peter	Lawley	89.3	1				

Robin Hood Marathon(27th September)

		Time	Points
Brian	McCallen	v40 3.25.00	1

Robin Hood Half (27th September)

		Time	Points
Ian	Marshall	1.44.11	1
John	Thompson	v50 1.54.10	2
Chris	Brace	v50 2.02.43	1
Gerry	Dazley	v60 2.02.43	1

Rugby 10 (27th September)

		Time	Points			Time	Points
George	Armstrong	v45 69.23	1	Christine	Armstrong	v40 82.07	1

CHRISTMAS 1998

Kettering 10k (8th November)

		Time	Points			Time	Points	
Tony	Barnes	35.49	2	Christine	Armstrong	v40	47.12	1
Kevin	Willet	36.44	1					
George	Armstrong	v45	41.17	2				
Graham	King	v45	42.04	1				

Lea Valley 10 (12th July)

		Time	Points			Time	Points		
Tony	Barnes	58.57	4	Avril	Thomas		71.08	1	
Paul	Sharman	65.22	3	Teresa	Munns	v45	78.55	2	
Brian	McCallen	v40	66.08	3	Sue	Forth	v35	90.00	1
Tony	Parello		67.06	2					
George	Armstrong	v45	67.19	3					
Graham	King	v45	67.20	2					
Steve	Gaunt		68.28	1					
Colin	Tranter	v55	69.55	1					
Brian	Comwall	v60	76.15	1					

Le Touquet 20k (22nd August)

		Time	Points			Time	Points	
Colin	Bennetts	v50	1.29.40	1	Avril	Thomas	1.25.13	1

Luton 10k (13th September)

		Time	Points	
Paul	Sharman	39.17	2	
George	Armstrong	v45	40.25	2
Steve	Gaunt		40.26	1

March Braza 5 (5th July)

		Time	Points			Time	Points		
George	Armstrong	v45	31.50	1	Andrea	Ranson	v35	44.19	1

March Gibbon 10k (7th July)

		Time	Points
Tony	Barnes	35.26	1

March Gibbon 10

		Time	Points			Time	Points	
Tony	Barnes	58.51	2	Christine	Armstrong	v40	86.29	1
Graham	King	v45	65.59	2				
Tony	Parello		67.07	1				

CHRISTMAS 1998

Grunty Fell Half (13th September 15th)

			Time	Points
Steve	Clark	v45	1.41.00	1

Gt Yarmouth Half (16th August)

			Time	Points			Time	Points	
Brian	McCallen	v40	1.25.30	2	Christine	Armstrong	v40	1.46.48	2
Graham	King	v45	1.30.51	3	Andrea	Ranson	v35	1.57.10	1
George	Armstrong	v45	1.34.28	2	Iva	Barr	v70	2.16.23	1
Chris	Cottam	v50	1.37.20	5					
Chris	Brace	v50	1.41.08	4					
John	Thompson	v50	1.52.12	3					
Malcolm	McEwen		1.57.10	1					
Trevor	Beard	v50	1.57.38	1					

Harlow 19 (2nd August)

			Time	Points			Time	Points	
Tony	Barnes		58.24	4	Christine	Armstrong	v40	76.44	1
Paul	Sharman		63.42	3	Teresa	Munns	v45	78.42	2
George	Armstrong	v45	66.46	4	Jackie	Keenan	v45	82/57	1
Steve	Gaunt		66.48	2					
Graham	King	v45	67.03	2					
Ray	Evans	v55	72.34	2					
Ian	Marshall		72.41	1					
Brian	Cornwall	v60	76.26	1					
David	Sutcliffe	v65	76.36	1					

Headinton 5 (30th August)

		Time	Points
Tony	Barnes	27.54	1

Henlow 10 (11th November)

			Time	Points			Time	Points	
Tony	Barnes		60.53	3	Angela	Kay	78.54	1	
Graham	Home		63.50	2	Christine	Armstrong	v40	81.43	2
George	Armstrong	v45	68.39	3	Lesley	Davies	v40	92.39	1
Dennis	Gound	v55	69.00	4					
Graham	King	v45	70.10	2					
Mike	O'Hara	v50	75.20	2					
Malcolm	McEwen		77.51	1					

Hooky 6 (2nd August)

		Time	Points
Graham	Home	40.09	1

Isle of Wight Half (16th August)

			Time	Points
Jacky	Keenan	v45	1.56.00	1

CHRISTMAS 1998

Gt North Run (4th October)

		Time	Points			Time	Points
Kevin	Willett	1.22.00	17	George	Garner	1.48.00	8
Tony	Parello	1.25.11	16	Bob	Lawton v40	1.50.00	9
Brian	McCallan v40	1.27.44	19	John	Waugh	1.52.00	7
George	Armstrong v45	1.27.59	21	Paul	Harpin	1.54.00	6
Paul	Sharman	1.30.00	15	John	Thompson v50	1.55.00	11
Steve	Gaunt	1.32.07	14	Ian	Kingston	1.57.30	5
Darren	Fleet	1.34.00	13	Graham	Burley v50	1.58.24	8
Len	Donovan	1.37.00	12	Andy	Smith	1.58.24	4
Zac	Hollis	1.38.00	11	Arthur	Monk v55	2.02.16	7
Graham	Home	1.38.46	10	Chris	Brace v50	2.04.00	5
Chris	Cottam v50	1.39.00	21	Gerry	Dazley v60	2.04.00	6
Gary	Denton	1.41.55	9	Peter	Swales	2.04.00	3
Pete	Davies v45	1.44.40	13	Phil	Barnes	2.07.00	2
John	Durham v40	1.46.36	11	Phil	Gray v40	2.17.00	2
Neil	Summerville v50	1.47.00	17	Michael	Wood v45	2.30.00	2
Mike	O'Hara v50	1.47.33	16	Simon	Miles	2.59.00	1

		Time	Points
Christine	Armstrong v40	1.44.12	10
Sandra	Elliot v35	1.53.18	8
Heather	Marks v45	1.53.18	9
Andrea	Ranson v35	1.54.25	7
Jacinta	Home	1.56.07	4
Charlotte	Gardner	1.57.00	3
Melissa	Owens	1.58.00	2
Teresa	Cooper	2.05.30	1
Lesley	Barnes v35	2.07.00	2
Jude	Cottam v50	2.09.20	3
Iva	Barr v70	2.13.01	3
Liz	O'Donnell v40	2.18.00	2
Joe	Outlaw v35	2.30.39	1

Great South 10 (September)

		Time	Points
Iva	Barr v70	97.37	1

Grimthorpe Castle 10k

		Time	Points			Time	Points
Tony	Parello	40.22	3	Christine	Armstrong v40	48.31	2
George	Armstrong v45	41.32	4	Andrea	Ranson v35	55.40	1
Ian	Marshall	44.42	2				
Pete	Davies v45	46.50	2				
Malcolm	McEwen	47.32	1				

CHRISTMAS 1998

Cambridge 10k (4th October)

		Time	Points
Steve	Young	38.28	1

Charndon 5k (22nd July)

		Time	Points
Tony	Barnes	17.04	1

Daventry 6 (11th October)

			Time	Points			Time	Points		
Tony	Barnes		37.16	3	Chris	Armstrong	v40	47.30	3	
George	Armstrong	v45	40.14	3		Andrea	Ranson	v35	49.28	2
Malcolm	McEwen		45.15	2		Lynsey	Harrison		50.20	1
Shaun	Trotter		48.33	1						
Michael	Bliss	v50	49.53	1						

Dunstable 10k (28th June) (Amended Result)

			Time	Points			Time	Points	
Tony	Barnes		39.23	5	Dawn	Penney	41.02	1	
Steve	Young		39.53	4	Christine	Armstrong	v40	45.48	1
George	Armstrong	v45	39.39	4	Teresa	Munns	v45	46.30	2
Paul	Sharman		40.07	3	Jacky	Keenan	v45	47.12	1
Tony	Parello		41.08	2					
Paul	Roberts		41.43	1					
Colin	Tranter	v55	42.06	2					
Mike	O'Hara	v50	46.19	1					

Flora Women's Challenge (26th July)

			Time	Points
Veronica	Singleton	v35	19.53	2
Melissa	Dick		23.58	1
Lesley	Dick	v50	28.16	2
Vanda	Miller	v40	28.32	1

Fringford 5 (15th July)

		Time	Points
Tony	Barnes	27.51	1

CHRISTMAS 1998

Benidorm Marathon (22nd November)

		Time	Points
John	Waugh	4.07.14	1

Benidorm Half (22nd November)

			Time	Points			Time	Points	
Brian	McCallen	v40	1.26.27	3	Veronica	Singleton	v35	1.34.20	1
Colin	Tranter	v55	1.31.09	7	Teresa	Munns	v45	1.45.34	3
Chris	Cottam	v50	1.38.48	6	Jude	Cottam	v50	2.06.08	3
Bob	Lawton	v40	1.40.21	2	Jackie	Hibbard	v40	2.13.529	1
Mike	O'Hara	v50	1.41.26	4	Dilys	Hunt	v45	2.32.32	1
Gerry	Dazley	v60	1.54.03	4					
Trevor	Beard	v50	1.58.56	3					
Chris	Brace	v50	2.00.56	2					
Peter	Lawley		2.17.20	1					

Blisworth 5 (21st August) CLUB CHAMPIONSHIP RACE

			Time	Points			Time	Points	
Tony	Barnes		27.51	7	Malcolm	McEwen	36.09	2	
Paul	Sharman		30.29	6	Brian	Cornwall	v60	36.11	5
Graham	Home		31.06	5	Steve	Clark	v45	36.15	2
Brian	McCallen	v40	31.25	5	David	Sutcliffe	v65	36.28	4
Max	O'Driscoll		31.29	4	Zac	Hollis		36.52	1
George	Armstrong	v45	31.32	7	John	Meadows	v55	40.10	2
Maurice	Crook	v55	31.44	11	David	Brithell	v50	40.47	1
Graham	King	v45	31.56	6					
Richard	Whiteman	v50	32.08	6					
Steve	Gaunt		32.17	3					
Colin	Tranter	v55	32.30	7					
Terry	McEwen	v45	35.36	4					

Blisworth 5 (21st August) CLUB CHAMPIONSHIP RACE

			Time	Points
Dawn	Penney		32.40	3
Teresa	Munns	v45	36.50	6
Wendy	Machan		38.38	2
Christine	Armstrong	v40	38.45	4
Andrea	Ranson	v35	41.19	2
Jacinta	Home		43.27	1
Leslie	Davies	v40	45.00	1

Borth Beach 6 (16th August)

			Time	Points
Colin	Bennetts	v50	46.45	1

Borth Beach 3 (16th August)

			Time	Points
Avril	Thomas		N/A	1

BEST PERFORMANCES AWARDS

The Best Performance Awards acknowledge and recognise performances of particular merit. They are presented three times a year and highlight notable achievements in individual races, events 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 1998 are given below. As always, the choice is subjective.

SUMMER 1998 AWARDS

3rd Place

George Armstrong for his 1:27:59 run in the Gt North. This was *George's* fastest time over the distance for seven years and was the culmination of an excellent year during which he improved his times over a range of distances.

2nd Place

John Waugh for his run in the Benidorm Marathon. This was a remarkable performance by *John* as all who know him will testify. Not only did he complete the distance in a very respectable time but he achieved it having run no further than 15 mile in training. His time of 4:07:14 is sure to be bettered in 1999.

1st Place

The Christmas 1998 award must go to *Viv Kilgour* for her ECO Challenge. Though the Challenge is not a running event, in terms of the effort, skill, endurance and fitness required, it takes some beating.

Race Results- July to December 1998

Amersham 5 (27th September)

		Time	Points
Tony	Barnes	30.27	1

Aston 5 (5th July)

			Time	Points
Veronica	Singleton	v35	34.34	1

Barking Park 5k (30th August)

			Time	tPoints
Graham	Buften	v40	19.03	1

Barnet 10k (4th May)

			Time	Points
Pauline	Bchan	v35	48.34	1

RACE RESULTS & PERFORMANCES

Many of the most popular races are run between the end of July and December. These were well supported by members of the club and as quite a few set new PBs.

Tony Parello, Steve Gaunt, John Waugh, Andrea Ranson, Melissa Owen and Gary Denton all set new best times for the half marathon at Newcastle. *Zac Hollis* knocked 20 minutes of his previous best and then went on to improve his five mile time at Blisworth and his 10k time at Biddenham. He subsequently lowered his ten mile time by over five minutes to go under 70 minutes for the first time at Nene Valley.

The Blisworth 5 race produced new PBs for *Jacinta, Graham King and Wendy Machan*. *Jacinta*, whose had a good year, also lowered her half marathon time by ten minutes at Newcastle, her ten mile time by over four minutes at Swineshead and her 10K time by a minute at the Women's London Run.

Apart from Newcastle, new PBs for the half marathon were set by *Steve Brace* and *Andrea Ranson* at Yarmouth, by *John Waugh* at Stevenage and by *Terry McEwen* at Wellingborough. *Chris* did exceptionally well to lower his previous best for the half by five minutes to 1.41.08 and *Andrea* knocked nine minutes of her previous best to go under two hours for the first time. *Terry* lowered his best for the distance by six minutes to 1.40.47 and *John* clipped seven minutes of his time for 1.45.00. *John* later ran his first marathon at Benidorm.

Teresa Munns got a new PB for the ten mile at Welwyn Garden and then improved it by a further 32 seconds at Swineshead. Her time of 75.16 is believed to be the fastest time so far run by a Harrier LV45. The Swineshead 10 also produced new PB for *Tony Parello, Teresa Cooper, Jenny Tuite*, and *Anthony Kimmins*.

New 10k PB were set by *Barbara North, Chris Williamson, Gail Johnstone* and *Katie Theodore* at Biddenham. *Steve Young* knocked over a minute of his 10k time to go down to 38.28 at Cambridge. At Milton Keynes in June, *Eduardo Preciado*, who had now returned to Mexico, went under 35 minutes for the first time.

New 10 mile best times were set at Harlow by *Paul Sharman* down 47 seconds to 63.42 and by *Steve Gaunt* down over a minute to 66.48. New 6 mile bests were set by *Malcolm McEwen* and *Shaun Trotter* at Daventry and *Colin Bennetts* improved his best for the 20k distance at Le Touquet.

Though not yet back to PB form, *Tony Barnes* has also produced some excellent results of late. *Tony* ran a year's best of 27.46 for five at Wolverton, and followed this up by running 57.30 for the ten mile at Nene. *Tony* was also the tenth man to finish in the Riverside Nine with a time of 52.35,

Other Individual Performances

In the Dorking Duathlon, *Dawn Penney* was the first lady to finish and *Steve Young* was the second male. *Max O'Driscoll* was the four man to finish.

Avril Thomas was the 2nd lady to finish in the Borth Beach 3 and the 5th lady to finish in the Le Touquet 20k.

Teresa Munns was the second LV45 to finish at the Lea Valley 10 and *Jacky Keenan* was the 1st LV45 to finish at the Isle of Wight Half.

Christine Armstrong was the 1st LV40 to finish at the Daventry 6, the 2nd LV40 to finish at the Yarmouth Half and the 3rd LV40 to finish at the Kettering 10k.

Beautiful Benidorm

Early on the morning of Thursday 19th November, a party of around 30 Harriers, their family and friends departed from Stansted Airport for the warmth of Alicante and the resort of Benidorm. The attraction was the Benidorm half marathon, or for one of us, the full monty race.

Though our journey to and arrival at Alicante was fairly uneventful, the journey from the airport to our hotel had its moment of excitement. A Spanish lorry driver in bit of a hurry, almost forced us off the road just as the holiday Rep was giving us a talk about safety while on holiday. After a bit of punch up between our driver and the villain, we resumed our journey humoured during the delay by Trevor's brilliant wit.

Benidorm is full of pensioners at this time of the year and our hotel in the middle of town had its fair share. No complaints at all about the hotel though especially the food. You sort of helped your self to anything you wanted and some people, it soon became apparent, wanted a lot. Its amazing how much food some people can put away when its free.

That evening, most of us stayed in the bar at the hotel and watched Chris, Jude and Jackie Hibbard provide the best entertainment the hotel put on that week. The entertainment staff had asked for volunteers to help with a kind of a wild west show and quick as a flash, the three brave harriers put their hands up. We've got some photos of what happened next and we'll try and include these in a future edition of the magazine.

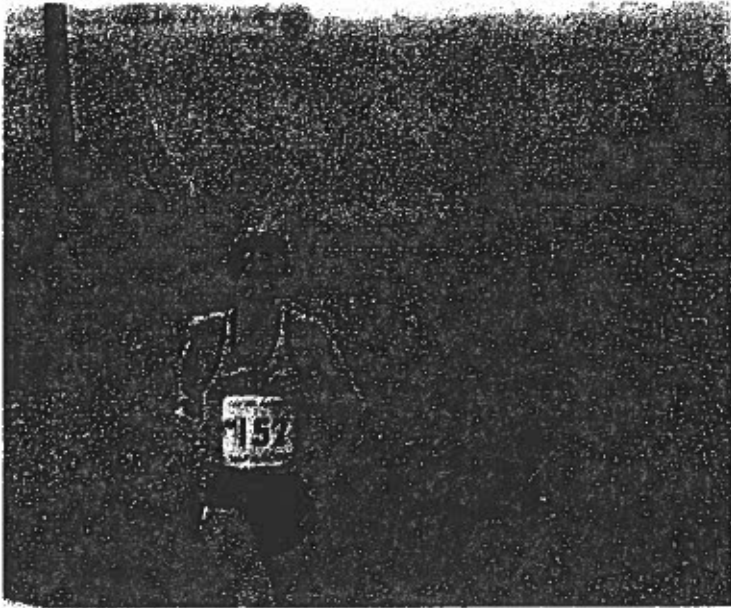
The race itself is run on the Sunday, and attracted a field of around 1,000 for the half marathon and 300 for the full. The course is generally flat apart from the last 1K which is all up hill. Both races start and finish at the athletic stadium and true to Spanish form, both started late. The marathon officially started at 8.30 and the half at 10.00.

A number of those who ran the half achieved good times. Gerry Dazley got his best time for a few years and Colin Tranter just failed by a minute to go under 1.30.00. The star of the show however was John Waugh who with the minimum of distance training managed to complete the marathon in a very respectable 4.07.00. John hadn't run more than 15 miles before and at 18 miles he looked about finished. He battled on however and astounded more than one person by completing.

One other memory of note was the mountain bike outing we arranged for the Tuesday. Almost the whole party went along and we all thoroughly enjoyed it - the soup at the nature reserve that is.

Probably the most envied man at the end of the trip was Bob Lawton. Rumour has it that Bob managed to achieve something that none of the other blokes in the party did. Well done that man.

I'm sure that all who went to Benidorm enjoyed it and I for one would go back again - if Gerry wants to organise it again.



Harrier, Chris Skaife, whose first club is Sheffield has run almost 100 Marathons Most of them have been under three hours.

Tony Alston (138) on the right is one of the Club's most improved runners this year.

Paul Langford (103) below won the Club's 10k and Half Marathon Championships this year



CHRISTMAS 1998

1. A monthly schedule from each group (every month !)
2. Details of 10k race pace and recovery pace on each schedule.
3. A comprehensive HIERARCHY of coaches and their groups ability including a graph.
4. A mission statement from each group to help explain longer term aims and objectives.

We have a bi-monthly coaches meeting on the last Wednesday of the month (the next being September) at which time we can re assess the situation and change the information accordingly. It is a very slow process due mainly to the fact that as volunteers most of us have many other strings to our bows, let alone full time employment, - please bear with us on this.

If anyone at any time has anything they wish to bring up at a meeting or anything they feel they need to discuss with the coaches, feel free to let me know and I will have it on the agenda for the next meeting and you will be invited to attend. Minutes from the meeting are usually available on the notice board for all to read.

Moving up and down the groups is something we encourage and we would be grateful for any comments that would mean an improvement in training sessions or the way in which things are run. (No pun intended !)

Dark nights are here again and I feel it a good time to remind you all that our safety rule on club nights is **NO BLACK**. This is for your own good and is in effect even when you are wearing a reflective bib. Put your black T shirts away for winter please. It is also a good thing to remember that unfortunately members of the public, pedestrian and some cyclists, do not follow the same rule. Please take care at all times not to mow down the general public when you are running en masse !!!



SPOT THE HARRIERS

Bedford Harriers

DUATHLON GROUP NEWS



- **Eastern Region Multi-Sports League.**

Bedford Harriers finished a disappointing ninth, out of ten, after all ten events were completed. The League was won by Cambridge A with 2034 points, followed by Tri Sport Epping (1438) and Cambridge B (1346). The Harriers accumulated 236 points, all in Duathlons, of which Chris Proud scored 121, James Potter 74 and Frank Monmont 41. Several of our members chose to represent Bedford Traktors in the League; the Traktors finished 6th with 642 points. What a shame we couldn't field a full, combined team between us!

- **BTA Membership.**

The Harriers are affiliated to the British Triathlon Association. This brings benefits to both the club and the individual; the club receives a rebate of £4 for every new member and the individual gets a discount of £7.50 on their annual membership fee. Details in the Triathlon Club folder.

- **Sunday Cycle Training.**

A small group goes cycling for about two hours every Sunday morning. Nothing too strenuous! Meet at the Barkers Lane track at 10 o'clock.

- **Need more information ?**

Ring Chris Proud at home: 01234 359096
at work: 01234 274500
e-mail: chris.proud@BTInternet.com

Coaching Corner by *jacinta*

The job of the 'Coaching Co-ordinator is primarily to co-ordinate the coaches. There are some instances when runners, or athletes as I feel they should be known, need advice, but I'd like to think that this could be readily available from any of the many capable coaches. In an effort to make things easier for all but the newest of our athletes to make their own decisions as to which group to run with we have done or are in the process of doing four things

CHRISTMAS 1998

FASTEST TIMES OF THE MAIN DISTANCES

	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	Tony Barnes 2.36.19 Stratford April 1991
v40	Brian McCallen 30.08 Wolverton October 1997	Brian McCallen 37.25 Silverstone April 1996	Phil Barlow 58.33 Boxing Day December 1987	Phil Barlow 1.19.27 St Neots 1987	Phil Barlow 2.52.48 Huntingdon 1987
v45	Phil Barlow 28.26 Wolverton November 1990	Phil Barlow 35.01 1990	Phil Barlow 59.36 Boxing Day December 1992	Phil Barlow 1.18.36 St Neots 1991	Phil Barlow 2.57.51 Abingdon 1991
v50	Norman Beckwith 34.05 Wolverton October 1997	Ray Evans 41.59 Silverstone April 1996	Phil Barlow 60.44 Nene Valley 1995	Phil Barlow 1.23.48 Bedford 1995	Chris Proud 3.20.34 London April 1997
v55	Colin Tranter 31.19 Caldecott June 1998	Maurice Crook 38.28 Silverstone April 1998	Maurice Crook 65.20 Cople May 1998	Colin Tranter 1:31:09 Benidorm November 1998	Dennis Gound 3.23.00 London April 1998
v60+	Brian Cornwall 35.15 Headington (Oxford) August 1995	Brian Cornwall 42.25 Cranfield June 1995	Brian Cornwall 71.56 Cople May 1995	Brian Cornwall 1.34.38 Peterborough (G.E.R.) 1995	Gerry Dazley 4.23.00 London April 1998
v65+	David Sutcliffe 35.45 Corby May 1998	David Sutcliffe 46.35 Silverstone April 1998	Brian Cornwall 76.26 Harlow August 1998	Non- Recorded	Non -Recorded

	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	Jeanette Cheetham 1.28.00 Stratford On Avon April 1989	Avril Thomas 3.26.30 Stratford on Avon April 1991
v35	Veronica Singleton 32.45 Welwyn Garden August 1997	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 35.02 Wolverton October 1997	Christine Armstrong 44.20 Milton Keynes June 1998	Christine Armstrong 72.42 Boxing Day December 1996	Christine Armstrong 1.42.21 Gt Barford September 1997	Christine Armstrong 3.56.40 London April 1998
v45	Teresa Munns 36.19 Caldecotte June 1998	Jacky Keenan 45.45 Flitwick April 1996	Teresa Munns 75.16 Swineshead September 1998	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 97.37 Gt South September 1998	Iva Barr 2.06.41 Forest of Dean March 1996	Iva Barr 4.43.20 London April 1998

CHRISTMAS 1998

CHILTERN CROSS COUNTRY LEAGUE 17th October 98

Senior Men – 5 miles

Tony Alston –	30.08	42
Steve Young –	30.52	60
Max O’Driscoll	32.01	83
Graham King	33.32	107
Paul Caton	34.15	112
Colin Bennetts	34.17	113
Pete Davies	34.31	116
Gary Denton	34.45	121

Senior Ladies – 3 miles

Eve Bretts	20.38	10
Lisa Cole	21.35	15
Charlotte Gardiner	23.06	25
Jacinta Horne	23.47	32
Theresa Cooper	24.54	39

Fastest Times Over The Main Distances By Age

In the Summer Edition of the magazine, we listed some of the fastest times run by Club members over the main distances since 1996. Since then, we’ve received a number of updates and the tables have been amended accordingly.

New Club Best Times

Phil Barlow has supplied us with some of his times from the early 1990s and these now dominate the v40 and v45 categories from 5 miles up to the marathon.

Tony Barnes marathon time of 2.36.19 at Stratford in April 1991 substantially reduced the best time we have for a senior man over that distance.

Avril Thomas’s time of 3.26.30 for the marathon, also at Stratford in 1991, qualifies as the best time we have for a senior lady.

Jeanette Cheetham half marathon time of 1.28.00 (once again at Stratford but this time in 1989), becomes the fastest so far by any of our senior ladies.

Brian Cornwall has supplied up with some of his 1995 times and these have improved our 5M, 10k 10Mand Half Marathon times for the V60 category.

Christine Armstrong’s 10 mile time of 72.42 at the Boxing Day 10 in 1996 becomes the fastest to date by a LV40

More recently, Teresa Munns knocked four seconds of Jackie Keenan’s previous record to set a new club LV45 best of 75.16 at Swineshead. Also in September, Iva Barr set a new LV65+ best time for the 10 miles of 97.37 at the Great South Race.

At Corby in May, David Sutcliffe reduced the best five mile time for a V65 to 35.45.

In November, Colin Tranter improved the best time for a V55 half marathon to 1.31.09

If anyone knows of any faster times than these, either recently or in our earlier days. let us know.

CHRISTMAS 1998

Cross Country Results

Amphill Park X-C 10k Mens & 5k Ladies

Senior Men - Mark Whiteman, Alastair Fadden, Ian Marshall, Max O'Driscoll and Zak Hollis formed the mens team.

The Vet Mens team came 4 th the team:-		The Ladies Vet team came in 3rd:-	
R Whiteman	46.01	J Tuite	25.12
Graham King	48.37	Chris Armstrong	26.28
Colin Bennetts	52.13	I Munns	27.22
Pete Davies	52.58		

United Trades 5m X-C – Today's Runner League Sunday 25th October

Bedford Harriers scored 239 points coming 4th, just 19 points Wootton AC, who were 3rd. The course was around part of an old golf course and was somewhat undulating and testing.

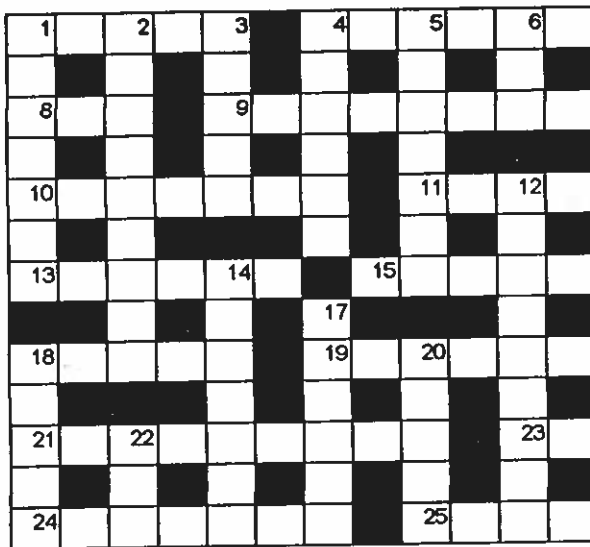
The scoring Mens Team:-		The scoring Ladies Team :-	
Tony Barnes	11	Avril Thomas	5
Kevin Willett	13	Jenny Taite	9
Mark Whiteman	19	Eve Brett	20
Tony Alston	29		
Chris Skaife	41		
Graham Bufton	42		
Alastair Fadden	50		

Today's Runner League – Wootton Northampton

Tony Barnes	12	Colin Bennetts	126
Mark Whiteman	24	Andrew Newstead	134
Alastair Fadden	34	Christine Armstrong	164
Graham Bufton	47	Mike Bliss	178
Max O'Driscoll	56	John Thompson	187
Steve Gaunt	57	John Keenan	191
Chris Proud	64	Angela Bright	199 35 th lady
Graham Horne	65	Andrea Ranson	202 36 th lady
Paul Catton	77	Jacinta Horne	209 41 st lady
George Armstrong	87	Arthur Monk	216
Graham King	89		
Avril Thomas	124 9 th lady		

Total points scored 349 Position overall 5 out of 10 teams in the Today's Runner League.

Ray Evans Coffee Time Crossword



Across

- 1) Food for a party (5)
- 4) To increase or expand (7)
- 8) To silently indicate agreement (3)
- 9) Instrument for measuring atmospheric pressure (9)
- 10) Towards a higher level (7)
- 11) Excessively fat, corpulent (5)
- 13) A people or state organised into a single state (6)
- 15) To charge a person with a crime (9)
- 18) Submicroscopic entity that can cause a disease (5)
- 19) Either of two large flat triangular bones, one of each side of the human backbone (7)
- 21) To dissect an animal or plant; to examine in minute detail (9)
- 23) Definite article (Grammar) (3)
- 24) Ultimate crimson (7)
- 25) Books etc usually rest on this (5)

Down

- 1) Flightless marine bird usually found in the Antarctic (7)
- 2) Effervescent beverage used to complement a drink (9)
- 3) Yellowish-brown hard translucent fossil resin (5)
- 4) Exit (6)
- 5) Satire in prose or verse ridiculing a person etc (7)
- 6) Long tailed marine rodent (3)
- 7) Nest of an eagle (5)
- 12) Customs or rules governing behaviour regarded as correct or acceptable in social circles (9)
- 14) From the sea towards the land (7)
- 16) Rhyming slang for thief (7)
- 17) To give help or support (6)
- 18) This is a hard one (with apologies to the ladies) (6)
- 20) To assist or encourage especially in crime or wrongdoing (5)
- 22) indefinite article (grammar) (3)

The answers are one page 29

WHO WAS IT?

WHICH CURRENT MEMBER OF BEDFORD HARRIERS HAS WON THE BENIDORM MARATHON

THE ANSWER IS ON PAGE 29

Cross Country

Nene College Cross - Country

Nene College in Northampton was the first venue in the Today's Runner League and an excellent atmosphere clearly in evidence. It was good to see so many Harriers participating, including Chris who had travelled from Rotherham in the early hours of Sunday morning. Minutes ticked away as start time approached. Then bang : the race was on as the leaders headed into the distance. The pace was a hectic one as the race unfolded over a demanding course. I found the going tough and called it a day as the race reached a conclusion. Tony and Kevin excelled to be 1st and 2nd Harriers home , while it was good to see a few new faces participating, including Eve and Barbara. All welcomed a hot drink and something to eat as Harriers finished 4th overall. A good experience.

CHRISTMAS 1998

EVERY PICTURE TELLS A STORY



BUT LITIGATION IS EXPENSIVE

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This was an organised race over 2.25 miles. A time of 14 minutes may not appear incredible by the standards of 1998 - but it was the beginning of an evolution in Kenyan running. Visitors to Kenya in later decades included the American writer Ernest Hemmingway, who describes an encounter with natives. As he drove past a group of Masai warriors, they turned their attention to the speeding car and a race resulted over a distance unspecified. He describes in dramatic prose as one by one the group dropped out until one was left as victorious. One can almost hear Hemmingway utter "natural athlete" in the same breath as the Masai warrior.

Such words would soon be associated to Kenyan running in the same way that "Flying Finn" was associated with any athlete from Finland. This myth soon became, and still is the subject of analysis. Sporting encounters as introduced in the early part of the 20th century took on a more definite structure as the decades passed. It was not long before the Kenyan AAA's became a reality in 1951. International competition would soon test the "natural athlete" against Western athletes and their perceptions of African runners. White City in London would address such issues in July 1954 and a AAA'S meeting. Kenyan athletes would compete in a number of events, including a 3 mile and 6 mile race. An audience was spellbound as a Kenyan athlete set a hot pace in the early stages of the 6 mile race, only to fade in the final stages and finish 3rd. A commentator suggested that "the fast pace ruined the race". This is but one example of how Kenyan runners were perceived in the 1950's.

Such perceptions about the "natural athlete" would continue until the present day as analysis was seen as the only avenue that would resolve the situation. However, despite numerous studies and in depth analysis on a number of levels, the situation remains unresolved. Some questions have been addressed and many more remain unanswered as Doctor Mellor brought the seminar and discussion to a conclusion. It was good to gain an insight into a debate that I feel sure will continue without conclusion.

Phil gray

Twelve Most popular races run by Harriers in 1997 & 1998

Number of Harriers in race

1997		1998	
Flitwick 10k	54	Flitwick 10k	70
Bedford Half	49	Bedford Half	49
Sharnbrook 10k	47	Gt North	45
Gt North	39	Cople 10	37
Standalone 10k	38	Sharnbrook 10k	30
London Marathon	30	London Marathon	27
Swineshead 10	27	Swineshead 10	27
Cople 10	24	Blisworth 5	26
Colworth 5	24	Bedford 6	23
Bedford 6	22	Biddenham 10K River Run	22
Henlow 10	21	Leighton Buzzard 10	20
St Neots 9	19	Hemel 10	21

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Age Grading: Some Examples.

The purpose of 'Age Graded Results' is to provide each runner with a percentage score that will enable a race performance over any distance from one mile to 100k to be judged without bias to age or sex.

Example.

A women aged 53 completes a 10k run in 45:18. The world standard time for a 'W53' is 35:01. If we divide 35:01 by 45:18 and multiply by 100 we get a percentage of 77% as the age graded performance. Irrespective of your age therefore, your performance will always be accurately measured on the basis of your age and sex. As your times get slower with age, so do the world standard times.

Below are some examples of the effects of age grading on some recent races run by our own members.

Runner	Age	Race	Time	World Standard	% Score
M. Crook	M.58	Silverstone 10k	38:28	32:09	83.6
C. Tranter	M.56	Caldecott 5	31:19	25:00	79.8
P. Langford	M.38	Flitwick 10k	35:02	27:28	78.4
F. Monmont	M18-36	Bedford 6	33:45	25:37	76.7
P. Barlow	M.54	Bedford Half	1:28:52	1:08:01	76.5
T. Barnes	M18-36	Flitwick 10k	35:21	26:58	76.3
B. Cornwall	M.65	Standalone 10k	45:26	34:25	76.2

After each qualifying race, the age graded scores will be pinned up on a championship notice board.

Full tables of the world standard times will also be on show.

Kenyan Running

Bedford Athletic Stadium on a foggy November evening was the venue as Kenyan Running was the subject of a seminar by Doctor G. Mellor - author of a text with the same title. It was going to be an interesting seminar as a number of related areas were discussed. Mythology is often a strange creature of habit and once created - it is often difficult to dispel. This was certainly the case in the 1930's as the media gave Finnish athletes mythological status by attaching the statement "Flying Finns" to any athlete associated to this country. Later years would explode this mythological "Flying Finn".

This same mythological status has been applied to Kenyan Running over the years and this status soon becomes regarded as fact. People then accept what they read as definitive. Where does this perception and perpetuation of a myth begin in relation to Kenyan running? Doctor Mellor describes how influences, including those of a cultural nature, imposed themselves on the native population. Such cultural influences included the British Army and their passion for sporting encounters as Kenya left one century behind and addressed a new one. Such influences are illustrated in a recorded event of 1902.

Club Championships

For those who missed the October copy of the Newsletter, when we detailed some changes to our road race championships in 1999, this is a repeat.

Cross Country No change for this year although races may need to be revised for the 1999-2000 season (possible demise of the Ampthill Trophy)

5 Mile No change - Blisworth in August

10K No change - Flitwick in April

10 Mile This will be changed to a single race to bring it in line with the other single distance championships. To be run at Cople in May

½ Marathon This causes problems. We cannot use either the Bedford ½ M or the Barford ½ M. The race to be used will be decided when availability/dates of races are known. Suggestions are Swavesey, Watford, Leighton Buzzard, Stevenage (if no Ampthill Trophy in 1999), St Albans or Wellingborough.

All of the above will be in the usual "first past the post" format with trophies for age categories.

Road Race Championship

Some major changes have been introduced.

Firstly, only your best 10 scores out of 16 named races will count towards the championship.

Secondly, Age related scoring will be used. (For an explanation of this, see the next page).

Points will be awarded based on your time and not on the number of people in the race. Your time will be compared to the World Best for your age (single year groups) and a percentage score awarded.

Best 10 percentage scores will be added together There will be no age category awards as everyone is working to the same baseline. Instead the 1st three in the competition will receive awards. Of the 10 races considered, at least 3 must be of 10 Mile or over with at least 1 being of ½ Marathon or over.

Provisional list of Named Races

5 Mile	Wolverton, Blisworth, Vauxhall
6 Mile	Bedford
10K	Flitwick, Standalone, Sharnbrook, Milton Keynes
10 Mile	Hemel, Cople, Swineshead, Leighton Buzzard
½ Marathon	Great North Run, Ramsey, Club Championship (TBD)
Marathon	Any marathon

David Sutcliffe, who has compiled some helpful examples of how age grading is worked out, has offered to help in calculating the scores.

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Kevin was first Harrier home in a credible 1 hour 22 minutes. Harriers had a number of P.B.'s on the day including Len, Steve and Zac. All Harriers went the distance on the day and welcomed the sight of The Cairn Hotel ; a hot shower and a hot drink now a priority. Impressive P. R. as the item on Bedford Harriers appeared on local television. Chris and Iva stole the show and look natural television material as Bedford Harriers enjoyed five minutes of fame. Light refreshments and a drink in the hotel bar preceded an excellent hotel meal. I welcomed delicious vegetable soup and tasty scampi and chips. Conversation reflected all manner of topics and it was good to see Tony and John Thompson discussing who had the best anatomy.

Patricia duly collected funds to entice John to remove an item of clothing, which he did without too much persuasion. This was the start of an incredible evening as Christine decided that teetotal was not the order of the day and Melissa welcomed the kissing of her foot by a reluctant individual. An incredible scene as I was sitting next to Melissa. Such a shy individual. Melissa is now the subject of contract negotiations with Richard and Judy. Watch this space!. This would be but one of the many hilarious moments that punctuated the evening. A hard-core of people including Steve, Melissa and myself burned the midnight oil, discussing all manner of topics, including equality. Fatigue took over at 2am and the day was at an end.

An incredible weekend was at an end. I would like to express my thanks to one and all who made this weekend such a megamungus success - to Newcastle for providing the elements that make the Great North Run so special. Not least - to Chris Cottam for making this weekend a reality.



LE WEEKEND

Newcastle was once again the centre of the universe as Bedford Harriers made their annual pilgrimage north along the A1 and up to the incredible spectacle that is the Great North Run. Proceedings began in the early hours of Saturday morning as familiar faces began boarding the coach that would transport them to Newcastle. Weather excellent as the coach left Bedford Athletic Stadium and addressed the demands of a long journey. A vibrant atmosphere on the coach as fellow Harriers began to relax and unwind after an early start. So much happening on board. Card schools in evidence on the lower and upper decks while some decided to catch up on lost sleep. Mile after mile passed as the inevitable hold up appeared on more than one occasion, along with the ever present plague of traffic cones which appeared, as if by magic, on more than one occasion.

Chris Cottam who has organised this annual trip on four occasions, was invited by Tyne Tees Television to take part in an item that would later be relayed on local television. Suddenly some Harriers became celebrities and made last minute calls to their respective agents to discuss contracts and possible fees. What a camera can do to the imagination is incredible. Washington Service Station was the boarding point for the television crew as they discussed the structure of the item with Chris following a brief lunch break. Some time later we were on the move again.



It was good to see a contemporary landmark **The Angel Of the North** at close quarters. Like an Adonis perusing the surrounding landscape. Very impressive. One Harrier remarked about "firm buttocks" relative to the statue. What's that all about?. Some time later our journey was at an end as one and all welcomed the sight of Jesmond and The Cairn Hotel. South Shields provided an incredible dramatic backdrop - straight from the scene of a movie and welcome relaxation as Charlotte did her impersonation of Pamela Anderson to great effect. Charlotte is now the subject of

contract negotiations with Baywatch Productions. Pamela eat your heart out. An evening meal in the city centre brought the day to a conclusion.

Sunday morning and a little matter of the Great North Run - this year with a world record field of 40,000 participants. Last minute preparations including breakfast - a team photo - before a stroll to Turf Moor and the start of the 1998 Great North Run. Incredible scenes as a once empty carriageway was now filled to bursting point with people. People from all over the globe addressing the demands of the Great North Run. Minutes ticked away as start time approached. Cheers went up as Chris Cottam was requested to do an interview with Jonathan Edwards minutes before the start. A loud cannon crack and the race was on. Incredible scenes as the opening miles were addressed. Mile 1 in 15 minutes so time was not a priority.

Tyne Bridge provided vocal levels that leapt through the sound barrier as a sea of runners crossed this famous landmark.. It was an incredible sight. Mile after mile passed without too much effort and plenty of people to talk to. I welcomed Mile 11 and the last effort required before I crossed the finish line a tired but happy individual. Thousands more would have the same reaction as the elements and the dark clouds unleashed an incredible downpour. The coach and a hot drink were a welcome sight for a tired runner. All Harriers appreciated the calm interior of the coach as the rain lashed down outside the coach.

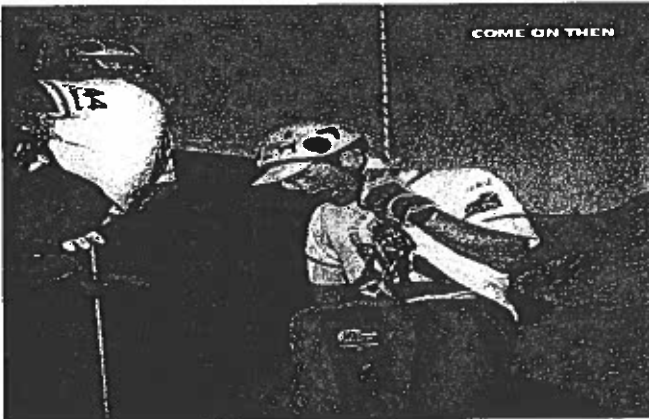
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Trekking. We climbed up the second highest peak in Northern Africa called "Magoona" which is 14000 feet. We all suffered from mild altitude sickness.

We abseiled over 100 meters. The exposure was awesome. In the picture below, there's a village in the distance on the far right. We just had a rope between it and us!

Mountain biking 112 miles in the Atlas Mountains was the last event. It took us 23 hours so half was completed in darkness. This was difficult because when your body is exhausted you lose your sense of balance so we kept falling off!



For the finish we had a police escort through the old city of Marrakech. We were greeted like professional athletes which we all enjoyed.

The whole team was glad to sleep in a bed for hours that night. Richard didn't even shower or undress. He woke up on his bed with his boots still on!

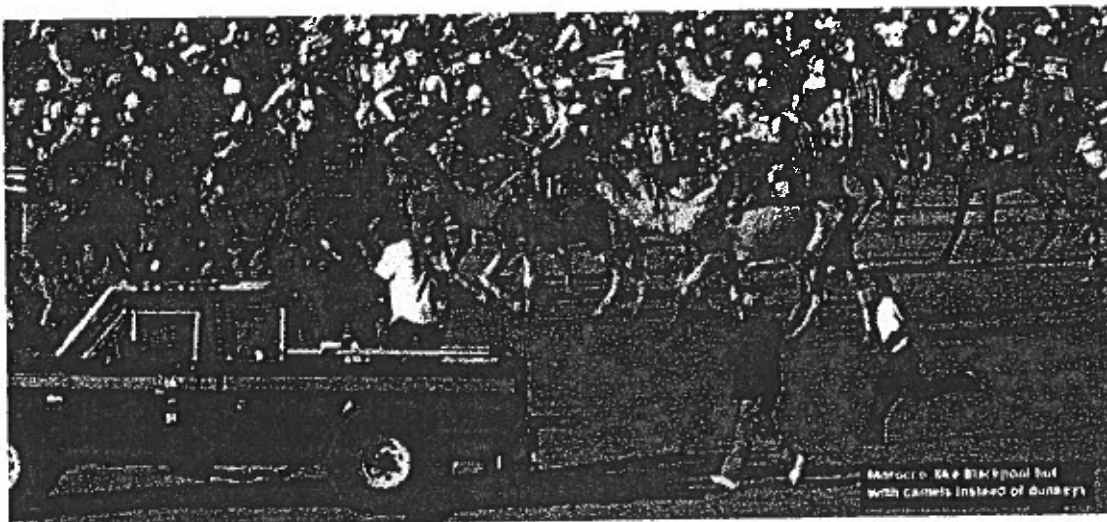
I would like to thank every-one that was closely involved for their support in the training and particularly my parents for their role in looking after my son Matthew. I'm sure they are all looking forward to the lead up to the 1999 Eco Challenge, which is to be held in Patagonia, Argentina. We hope to be sponsored again. I am beginning to enjoy these all expenses paid adventure holidays in exciting destinations. Long may it last!



VIV KILGOUR'S ECO CHALLENGE 1998.

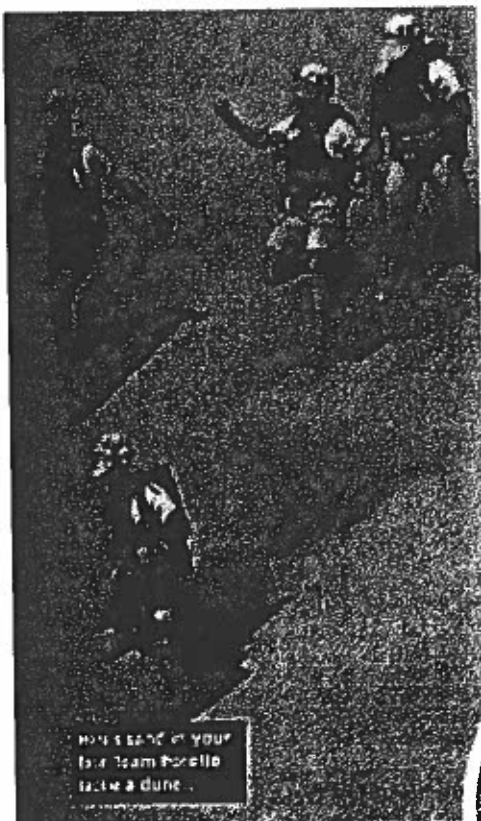
'I've never heard of that?' This is the response which I usually receive when I talk about the above! For those of you who would respond in the same way I had better explain in detail!

The Eco Challenge is the latest in adventure racing. It comprises a 500-kilometre race in teams of four, which include at least one woman. The team must stay together for the whole event. This



year the sports were as follows: camel riding (Unfortunately I wasn't able to practice this much in Bedford), coastering Sea kayaking, horse riding, mountain biking, trekking, canyoning and abseiling.

The challenge started at Esassouria.: We arrived at the beach the day before the race to be instructed in camel riding. There had not been so many camels together in Africa since they filmed "Lawrence of Arabia". It was chaos!



We all had to carry our food, sleeping bags and kit. We had two sleeping bags between four of us, which was rather a squash. One night after an hours sleep on a rocky bed I had to be pulled out because I was stuck! The race was against the clock so we slept for about one hour in every twenty-four. We all suffered from hallucinations, blisters, dehydration and weight loss. My right foot is no longer numb but my colleague Richards's still is! However it was a tremendous challenge and a real adventure. We beat two other British teams, including the famous explorer Ranulph Fiennes. Our final position was joint 5th with Team New Zealand. We won \$5000 – spot the personalised numberplate!

I have picked out some photos to illustrate the race for you. This is one of us running down the sand dunes: The picture on the next page is of one of us Sea Kyaking They came from the "Total Bike" magazine December issue. We've used these because we didn't have time to take any photographs ourselves.

If you would like further information about the race it can be found on **HYPERLINK**
<http://www.discovery.comm> www.discovery.comm

CHRISTMAS 1998

Welcome

Welcome to the Christmas issue of Harriers as 1998 reaches a festive conclusion. It has certainly been an incredible year as Bedford Harriers goes from strength to strength in more ways than one. Memories are too numerous to include them all - but here are one or two. Who can ever forget the incredible atmosphere and weather that made the Flora London Marathon so special..not least the demands of completing 26.2 miles.....Blisworth..something special in both the 5k and 5 mile road races and finally...Newcastle : Le Weekend. This was exceptional not only because of a world record 40,000 participating, but also the unique atmosphere that make the Great North Run so special.

A mega thanks to all who have contributed throughout the year and we welcome your contributions in 1999. Finally - we would like to wish one and all at Bedford Harriers a Merry Christmas and a Happy New Year !

P.S. Whatever you do - have a good time !

Yours in sport

phil gray / Brian McCallen

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CHAIRMAN'S COLUMN

My I on behalf of your committee, wish you and your families a Very Happy Christmas and a Happy New Year.

The club goes on from strength to strength with a continuing stream of new members, which is always very nice to see. If you are a new member, then I hope you will enjoy the various Christmas club activities, which we organise for you.

Some of you may have heard that there could be changes here at the stadium. There will be new manager starting in the New Year. His name is Brain Cottrell who has worked for the council as a development officer for a number of years.

One of his many projects is to organise a lottery grant bid to develop the track area of the stadium. I will inform you of any details, if and when any are available, but at the moment all proposed changes will not effect the Harriers

I have compiled some statistics for the bid, which might make interesting reading.

Membership figures

1994	80 members
1995	120 members
1996	173 members 33% females
1997	190 members 28% females
1998	November 36 new members

New members since April 1998

	18y-20y	21y-39y	40y-49y	50y	60y
April	-	4	1	-	-
May	-	4	1	-	-
June	-	3	-	1	-
July	-	-	-	-	-
Aug.	1	10	3	-	-
Sept	-	5	-	-	-
Oct	1	-	-	-	1

I hope to be running again in the New Year and will turn out for the remaining cross-countries. Hope to see you all there.

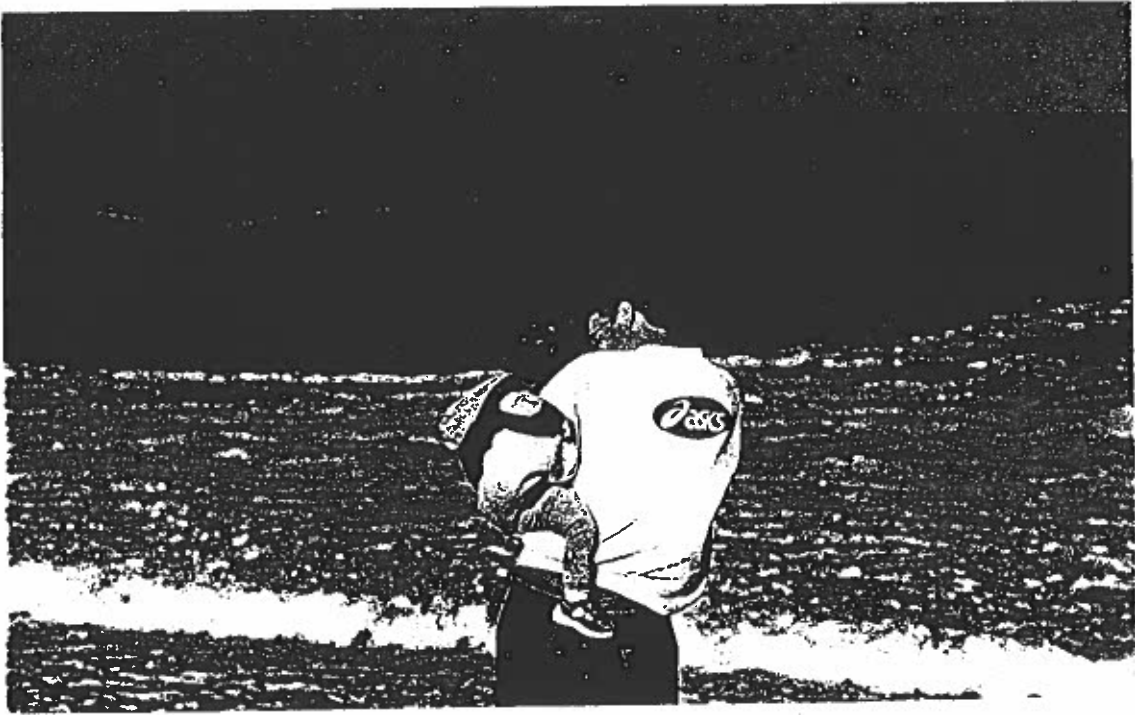
Mike Devonshire



HARRIERS

Christmas 1998

A MERRY XMAS &
PROSPEROUS NEW YEAR



TO EVERYBODY
AT THE CLUB

BEDFORD HARRIERS CLUB MAGAZINE