



AUTUMN 1999

Bedford Harriers

Magazine

Inside this issue

Do you like running?	3
Blisworth	4
Mile Time Trial	6
Stevenage Relays	8
Begin in the Beginning	9
Women on the move	13
Eastern Road League	16
Yarmouth	18
Best Club Times	20
Kit Prices	22
Best Performance	25
Race Results	26
Bill Jordan	32
December Diary	33

Harriers head Blisworth entry



The Club had its highest turnout this year for a race when 60 runners took part in the Blisworth 5, our 5-mile championship race. According to the organisers, 70 members of the Club entered the race and we accounted for more than ten percent of the field. This year's turnout was a substantial increase over last year when just 25 Harriers (19 men and six women) entered. 35 men and 25 women from the club made the journey this time including a number of ran their first road race.

Our next championship race, the 10k, takes place at Standalone (Letchworth) on Sunday the 3rd October. Standalone is a fast course and one which should provide a decent warm-up for those going to Newcastle the following Sunday for the Gt North. We're hoping for another large Harriers entry.

The club did well at Blisworth with several members picking up awards. Results are on page 4 & 5

Club membership set for new peak!



Membership of the club seems likely to hit a new peak this year. At the end of our last membership year ending March 1999, we had 240 members. Just five months into the new membership year, almost 220 members have renewed their membership or joined for the first time and an average of half a dozen or more people are joining each month. In addition, we hope to have a new beginners group starting in January. The Harriers, which started in 1985 with around a dozen members (some of whom are still with us) is now probably one of the fastest growing running clubs in the region.

We must be doing something right!.

We're on the web:
<http://members.tripod.co.uk/harriers/bhac.html>

Welcome to the Autumn Edition

Welcome to the autumn edition of the Harriers Magazine. We hope you find the read of interest. Particular thanks to all those who have contributed to this issue including Christine, Jacinta, Ray, Mick Inskip, Kevin & Alistair, Colin and Dave Sutcliffe.

The club's interested in finding out your views on road racing and so we've included something on this in the magazine— see the page opposite for details. There are also reports on some of the races run over the last few months, an update on new club best times, the autumn best performance awards and a copy of an article (pinched from Runners World) on Bill Jordan -patron of Bedford Harriers. Christmas is coming so we've included some December dates for your diary .

We may have to start getting more copies of the magazine printed in future as the club seems to be getting bigger and bigger. Up to a 100 people now turn up on a regular basis on training nights including a large proportion of beginners. This is obviously good to see. New members are the lifeblood of any club and the more new members we can attract, the more the club moves forward.

Our next edition should be out in the week before Christmas – and the last this millennium. We hope therefore to make it a special one. In addition to our usual reports on events involving the club, including the trips to Newcastle and Malta, we're also planning to include some new items. We do however need more contributions from members. So get writing. And remember, the articles don't necessarily need to be about running. They can be about anything. Share your feelings with us! We want to hear about it. We really do. Publication guaranteed.

phil gray / Brian McCallen

New Members

The following have joined us over the last few months.

Welcome to the Club.

Victoria Bithell, Iain Booth, Craig Brown, Chistine Brown, Jackie Bullard, Kevin Bullard, Diane Capener, Robert Capener, Osvaldo Centanni, Gary Chester, Janet Clark, Joanne Collett, Linda Haywood, Jim Hendry, D.Hylton, Michael Inskip, Martin Leach, Kate Marchant, Mukesh Math, Christopher Mawson, Dawn May, Jim Middlemas, Derek Morrison, Lorraine Murfitt, Lisa North, Julie Pritchett, Jennifer Round, S.Shankar, Patricia Smith, Joy Smith, Mark Stewart, Debbie Taylor, Michelle Tlocy, Alan Wheeler, Stephen Williamson,

Let us know if we've missed anyone.

DO YOU LIKE RACING??

If not – why not?

We want to find out!

Since taking over as team captains – Steve and Chris have wondered many times why it is always the same faces at all the races. Occasionally we see some of you there who are less familiar – and we are thrilled to see that – so we want to see more of you. We have also noticed that certain training groups are regular racers and others are not.

If you race – is it only the races we push, the championship races, or do you go looking for others less well known. Would you prefer to have more ‘new’ races on the fixture list each year?

If you do not race – why not? Do you see your running as simply a social event (which happens to keep you fit) and do not want the pressure of having to compete. Do you feel that if you race you have to be good enough to win awards - or at least do fast times? – Not true!! Are you frightened of “being at the back.” – no need to be – runners by nature are a supportive bunch.

We would like the opportunity to address any problems / fears you may have and hopefully encourage you to race more often – although we stress if you really do not want to race – we are not going to pressurise you. We still want you to enjoy the Harriers. Just let us know how you feel.

To this end we have compiled a questionnaire which will help us to better understand your views on running road races. All questions are optional – you may choose not to answer some – and be unable to answer others. A copy of the questionnaire is reproduced at the back of the magazine (pages 34 and 35) . Copies will also be placed on the signing-in table. A post-box for replies will be made available. We would appreciate receiving your responses by Wednesday 29th September.

We cannot promise to please everybody with any changes that are made as a result of the survey – but we hope to achieve some level of satisfaction for the majority at least.

Thank you in advance for your assistance.

Team Management.

Cross Country Training Starting Soon!!

We plan to start cross country training at the end of September / early October. First race is the 3rd week in October. Make sure you have your cross country shoes ready. Watch the notice board for actual dates and venues.

(If you have not tried it before – come to the training – find out if you like it).

Any queries or comments on any of the above – please speak to us – we are usually about before training – or in the bar afterwards.

Your Team Captains: Steve (Mens) Chris (Ladies) or **Cross Country Co-Ordinator:** Lesley

Blisworth Friday 5 Miles –20th August 1999

Blisworth is our five-mile championship race. This particular championship was only introduced in 1998 (well done Steve, et al) and judging by the number of Harriers who ran it this year, it's quickly become popular. Over 70 members of the club registered for the race and 60 ran. A large percentage of those travelled up to the venue by coach. It was the first time we've organized something like this for an evening race and it seemed to work. The coach driver deserves some credit for parking in a prime location. The coach itself became a focal point for all the Harriers at the race and provided a backdrop for the club photo which is on the back page of the magazine.

Half a dozen club members received awards on the night which was good in a high quality field. Finishing times in general seemed to be up on last year. Particularly encouraging was the participation of many of the newer members of the club. Joanne Collett, Joy Smith, Lorraine Murfitt and Chris Mawson all ran their first road race. Some others ran their first race over this particular distance.

As with our other championship races, trophies will be presented (at our Awards night in December) to the first man and female Harriers to finish along with the age grade winners.

Well done Paul

Paul Langford was the first Harrier to finish and as such won the men's championship. Paul produced one of the best performances of the night finishing 18th overall in a time of 27.38. Paul was so keen to do well in this race that he 'visited' Blisworth on Friday 6th August (two weeks before the race date) to secure his place on the starting line. If you want to do well at Blisworth, this is what you've got to do!

Well done Dawn

Dawn Penney was the first lady Harrier to finish and the eighth senior lady overall in 32.14. Dawn's time this year was almost half a minute up on last year when she was also the first lady Harrier to complete. Those hoping to see Dawn down at the club on training nights or at other races, are likely to be disappointed. Dawn now lives in Northampton and only ever runs this one particular race for us each year.

Other Award Winners

In addition to Paul and Dawn, a number of other Harriers received awards. Janet Clark, whose just joined us from the 'Land of the Rand', produced a terrific run and was the 11th senior lady to finish. Janet, Dawn Penney and Jacky Bithell (who finished in 36.37) collected the 2nd senior ladies team prize. Jackie Keenan and Diedre Bithune also did well gaining 1st and 2nd positions in the LV50 categories and Maurice Crook performed to his usual high standard finishing in 32.39 and gaining the 2nd MV55 prize.

PB Performances

Amongst the men, Alan Wheeler, who ran his first sub 1.30 half marathon at Yarmouth in August, missed by just six seconds achieving his first sub-30 five mile run. Neil Lovesay, whose had some good runs of late improved his time to 31.24 and Cliff Smith knocked almost 90 seconds off his previous best with 32.08. Zac Hollis who ran 36.52 in last year's race ran 32.56 this time around and Mick Inskip knocked four and a half minutes of his previous best for a new PB of 40.29. Iain Booth and Kevin Bullard also both gained new personal bests.

Amongst the ladies, Christine, whose times have improved tremendously since that knock on the head, (I think I'll try it myself) got her second PB in two races. Christine's time of 34.39 was her first time under 35 minutes. The other ladies to get new PBs included Wendy Machan, Jackie Bullard, Debbie Taylor and Julie Pritchett.

Paul Langford	27:38	Dawn Penney	32:14
Tony Barnes	28:36	Janet Clark	33:37
Alan Wheeler	30:06	Christine Armstrong	34:39
Alistair Fadden	30:20	Vicky Bithell	36:57
Brian McCallen	30:24	Christine Brown	37:09
Tony Parelo	31:02	Jenny Tuite	37:59
Steve Gaunt	31:13	Jacky Keenan	38:29
Neal Lovesey	31:24	Wendy Machan	38:40
Cliff Smith	32:08	Diedre Bithune	38:48
Richard Whiteman	32:24	Teresa Munns	38:56
Maurice Crook	32:29	Charlotte Gardiner	39:48
Zac Hollis	32:56	Theresa Cooper	42:01
Gary Denton	33:30	Lesley Davies	43:35
Colin Bennetts	33:55	Elaine Payne	43:40
Terry McEwen	34:53	Dawn May	43:40
Derek Morrison	36:13	Jackie Bullard	44:10
Malcolm McEwen	36:17	Debbie Taylor	44:12
David Sutcliffe	36:22	Julie Pritchett	46:24
Steve Clarke	36:32	Jenny Round	47:21
Shaun Trotter	36:52	Joanne Collett	48:50
David Fake	37:20	Jacinta Horne	48:50
Jack Chana	37:53	Lorraine Murfitt	49:21
Brian Cornwell	38:10	Joy Smith	49:21
Craig Brown	38:48	Iva Barr	51:01
Iain Booth	40:05	Patricia Smith	51:01
Colin Welch	40:17		
Kevin Bullard	40:22		
Mick Inskip	40:29		
Gary Horsman	40:36		
Dave Bithell	40:46		
Mukesh Matu	40:54		
John Meadows	40:54		
Ian Solesbury	41:00		
Chris Mawson	45:39		
Robert Graham	48:24		

New Mile Time Trial Race Series

Steve's suggested that we introduce a new series of one mile time trials. Though we've organised individual mile time trials on a regular basis for a couple of years, the idea now is to introduce a competitive element into the event and link the races together .

We haven't yet decided on the format the races will take. One possibility is to base them on a handicap type system, another option is age grading. The matter will be discussed at the next meeting of the group leaders which takes place at the end of September. We'll let you now the outcome after that.

Ian Kitching

Those Harriers who took advantage of Ian Kitching masseuring skills at Blisworth, will be pleased to know that we have arranged for Ian to be in attendance at two other races. These are Standalone on October 3rd (the club's 10k championship) and at our own cross-country event at Bedford on the 19th December.

Our new warm-ups

Most people will probably have noticed by now that we've changed the way we warm-up. Instead of warming-up or doing stretches as one large group, each of the individual groups are doing it separately.; We're interested in getting feed-back on what people think of the idea. Is this a better way of warming up or do you prefer the old system.?

If you have any preference, let your group leader know.

Graham Bufton's League Table

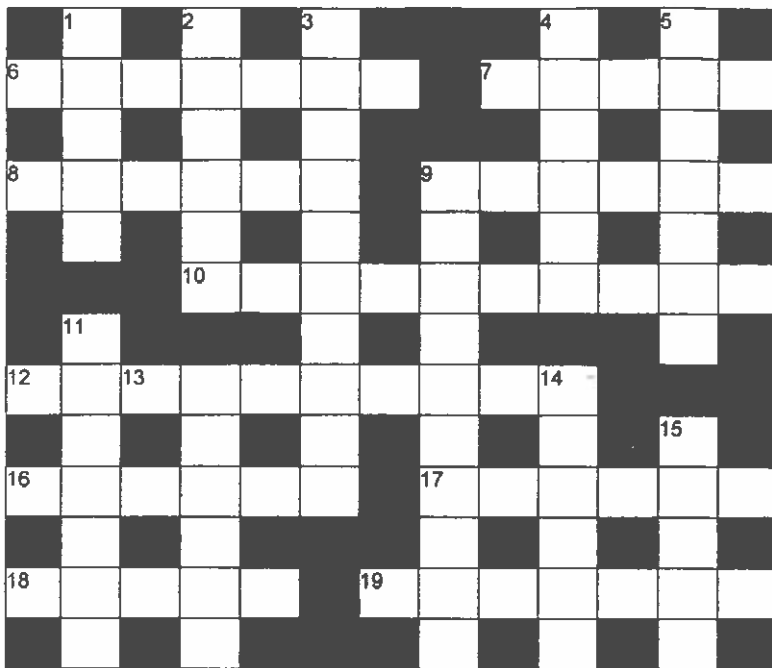
Graham Bufton has devised a league table system for the club. The system will involve all club runners being placed in one of five leagues depending on ability. Points will then be awarded for individual performances over four race distances starting at 5K. At the end of the year, participants can be promoted or relegated depending on points gained.

As this is the first time such as league has been used, Graham set up a pilot study in August. This will run until the end of the year. The system will run independently of our main road race championship event and other competitions. Further details of the league table are on the main notice board.

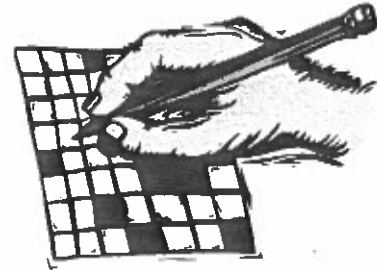
2000 London Marathon (Sunday 16th April)

Those interested in running in this year's London Marathon are reminded that the closing date for entries is:

21st October



Ray's Evans
Coffee Time Crossword



Clues Across	Clues Down
6: Grave in nature or disposition (7)	1: 365 days and many of them (5)
7: I guess we have all run through this type of weather this summer (5)	2: Symbol AG; Atomic No 47, Reward for second place (6)
8: A person whose occupation is the driving of sheep or cattle to market (6)	3: List of all courses offered by a school of college (10)
9: The passing of the years gives rise to this (6)	4: In France; branch of a government department (6)
10: Could be a venue for horses or runners (10)	5: Female lion (7)
12: They are supposed to be the happiest days of our lives (10)	9: Someone who is out of date or antiquated (10)
16: Latin for: the same place. Usually found in abbreviated form in books, etc (6)	11: Who would have remembered the Titanic if it hadn't hit this (7)
17: Tremble from cold or fear (6)	13: Severe or trying experience (6)
18: Relatively large in size or extent (5)	14: Given time this saves nine (6)
19: A large jug in a baseball team (7)	15: To force or drive back (5)

Answers

ACROSS
6: Serious, 7: Humid, 8: Drover, 9: Ageing, 10: Racecourse, 12: Schooldays, 16: Ibidem, 17: Shiver, 18: Great, 19: Pitcher

DOWN
1: Years, 2: Silver, 3: Curriculum, 4: Bureau, 5: Lioness, 9: Archaisitic, 11: Iceberg, 13: Ordeal, 14: Stitch, 15: Repel

Stevenage Road Relays – County Championships

On the evening of Wednesday 21st July Steve and I led a happy band of runners to Fairlands Valley Park in Stevenage for the Relays which would count as the Bedfordshire County Championship. A cool evening with a slight breeze – perfect running conditions.

We had entered 2 ladies teams – one senior and one veteran – plus 4 men's teams – two each of senior and veterans. Putting together 6 women and 20 men (plus 2 reserves) can be nerve wracking – what if somebody failed to turn up? Well in the true spirit of the Harriers – they did not let us down. 100% attendance by the “chosen ones” and in no time at all our first 6 runners were pounding round the 3,913 metre course. There were some very good runners from Hertfordshire clubs as well as our own County, but our teams still held their own.

The best aspect of relay races is the availability of support for the runners. What else have your team mates to do but dash about the park like lunatics jumping out at various points to cheer you on! (I must confess I personally found it necessary to perform a PB in taking a short cut across the park in order to support Paul Langford on his run – that man is so fast!!) However he was well supported by the rest of his team of Phil Barnes, Kevin Willett, Franck Monmont and Alastair Fadden. Indeed jointly they managed a feat never before accomplished by the Harriers (I believe) – a Championship placing of 3rd in the County Senior Men's race.

The Vets were not to be outdone though. Last year our Veteran men's team took 2nd place in the County Championship. This year they surpassed themselves and came 1st. They were also 3rd Vet team in the overall competition. The team consisted of Brian McCallen, Maurice Crook, Robbie Burrells, Steve Gaunt and Richard Piron.

Not one to let the boys have all the glory – ‘my girls’ also came up trumps with County Certificates for everybody. The senior ladies team of Avril Thomas, Lisa North and Alice Crook claimed 3rd place in the Senior Women's race – and we Vets of myself, Jenny Tuite and Andrea Ranson took 2nd place in the Veteran Women's race – for both teams - exactly the same result as last year!! (We will have to be careful – we may have set a precedent for future years).

All this makes no mention – yet - of the other two men's teams that equally ‘gave it their all’ The senior team of Dave Briggs, Tony Parello, Zac Hollis, Graham Horne and Alan Wheeler plus the other Vet team of Graham Bufton, John Shearer, Graham King, Colin Bennetts and Terry McEwen all helped to make the evening complete.

By the end of the evening Steve and myself were two very happy team captains – proud of the performances we had witnessed (and achieved ourselves). The food and cups of tea readily available in the Race HQ also helped to promote the feeling of well being. (By the time we tried to leave we were even being threatened by the organisers that we could not go unless we stuffed ourselves with doughnuts – they had so many left over!! – Where is Colin Bennetts when you need him?)

We felt due a big thank you to all our runners for their support and performances that night. Special thanks though should go to Malcolm and Neil who turned up dutifully as “reserves” and did not even get to run. Thanks guys – your support was unwavering. Also to George who was there as our official timekeeper – clocking each and every one of our times – he had them posted on the Web site the next morning before I had even had my first cup of tea in the office!!

Steve and I look forward to taking up the challenge next year – perhaps with even more teams as we feel the club has considerable incoming as well as developing talent. So lets all keep on running folks and maybe many more of us could play “relays in the park” next July.

Chris Armstrong, (Ladies Team Captain)

Begin in the Beginners - A personal account by Mick Inship

A few months ago I telephoned Jacinta to inquire about THE BEGINNERS group, which I was told started on 10 May 1999 on the track around 6pm.

On that date, I, and a group of around 25 budding athletes, congregated in the entrance hall, our running shoes dazzling in the sun. What a bunch you must have said to yourselves. We were taken into a side room and introduced to Steve, Jacinta and Phil our coaching team. After a run down of the club and other formalities, we all trooped outside for the warm up!!! then it was out onto the tarmac. Once there, the sweat and sore limbs hit us and that was just crossing the road. "In a few weeks you will wonder why you were finding it so hard" said Steve as we all crossed the road again. "see you Wednesday" he said cheerily.

Wednesday came and went, as did the last couple of months. You do overcome that "I can't do that" syndrome as I think we have all done. The longer distances no longer become the hurdle. "Can we get to the bar before it shuts" seems to be more realistic.

There have been a few memorable moments like "singing in the rain" 7th June on our run up Haylands Way - what a downpour - and Ian Kitching taking the warm up. He was harder than Steve. Also memorable was my first race at Colmworth (44.37) followed by Blisworth (40.34), the relay in the Park (a great way to meet and run with other members of different abilities), seeing different runs which we can now follow, Jacinta's curry and beer night (again please), Phil's warm ups "(CHANGE)", meeting other members and more recently the club BBQ/DISCO. Also Norman for his entertainment value and everyone else who makes the club so friendly.

I and a few other beginners have been asked to leave the nest and to fly to a new tree and join another flock. Many thanks to "slap wrist" Jacinta and "change" Phil, you have been a great help to all of us. Also to Steve for the help and tips with my calf problems.

And finally, any tips on running THE GREAT NORTH and LONDON 2000. They would be gratefully received as we intend to run both.

I thank you.....

MICK INSKIP

SHALL WE DO IT AGAIN???

More than 70 people attended the first ever Bedford Harriers Summer Event. In order that we can improve on the this next time, I would welcome your comments. Bear in mind that as first time barbequers, there may have been problems that we are already aware of and will attempt to rectify. Those which spring immediately to mind are the shortage of vegetarian foods and the need for more salad.

I would like to thank once again, Jack, Mike and Marlene for their help.

Jacinta

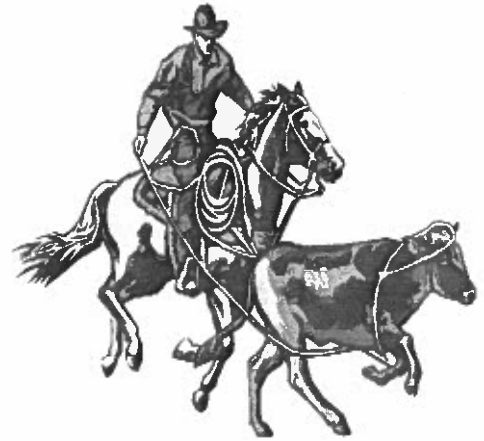


The Harriers jokes pages

Many thanks to Kevin and Alistair for the jokes. There'll be more in our next edition.

What! Me a cowboy?

An old cowboy, dressed in a cowboy shirt, hat, jeans, spurs and chaps went to a bar, sat down, and ordered a drink. As he was sipping his whiskey, a young lady sat down next to him. After she ordered her drink she turned to the cowboy and asked him, "Are you a real cowboy?" To which he replied, "Well, I've spent my whole life on the ranch herding cows, breaking horses, and mending fences. So, I reckon I am." After a short while, he asked her what she was. She replied, "I've never been on a ranch so I'm not a cowboy, but I am a lesbian. I spend my whole day thinking about women. As soon as I get up in the morning, I think of women. When I eat, shower, watch TV. Everything seems to make me think of women. A short while later she left, and the cowboy ordered another drink. A couple sat down next to him and asked, "Are you a real cowboy? To which he replied, "I always thought I was, but I just found out that I'm a lesbian."



Don't go near that Rooster!

This farmer has about 200 hens, but no rooster, and he wants chicks. So, he goes down the road to the next farmer and asks if he has a rooster that he would sell. The other farmer says, "Yeah, I've got this great rooster, named Randy. He'll service every chicken you got, no problem." Well, Randy the rooster costs a lot of money, but the farmer decides he'd be worth it. So, he buys Randy. The farmer takes Randy home and sets him down in the barnyard, first, giving the rooster a pep talk. "Randy, I want you to pace yourself now. You've got a lot of chickens to service here, and you cost me a lot of money. Consequently, I'll need you to do a good job. So, take your time and have some fun," Randy seemed to understand, so the farmer pointed toward the hen house and Randy took off like a shot. - WHAM! - Randy nails every hen in the hen house three or four times, and the farmer is really shocked. After that the farmer hears a commotion in the duck pen, sure enough, Randy is in there. Later, the farmer sees Randy after a flock of geese, down by the lake. Once again - WHAM! He gets all the geese. By sunset he sees Randy out in the fields chasing quail and pheasants. The farmer is distraught and worried that his expensive rooster won't even last 24 hours. The farmer goes to bed and wakes up the next day, to find Randy dead as a doorknob stone cold in the middle of the yard. Buzzards are circling overhead. The farmer, saddened by the loss of such a colourful, and expensive animal, shakes his head and says, "Oh, Randy, I told you to pace yourself. I tried to get you to slow down, now look what you've done to yourself." Randy opens one eye, nods toward the buzzards circling in the sky and says, "Shhh, they're getting closer!"



The Harriers jokes pages

What's up Doc?

A young couple were making passionate love in the guy's van when suddenly the girl, being a bit on the kinky side, yells out "Oh, big boy, whip me, whip me!" The guy, not wanting to pass up this unique opportunity, obviously did not have any whips to hand, but in a flash of inspiration, he opens the window, snaps the antenna off his van and proceeds to whip the girl until they both collapse in sado-masochistic ecstasy.

About a week later, the girl notices that the marks left by the whipping session are starting to fester a bit so she goes to the doctor. The doctor takes one look at the wounds and asks "Did you get these marks having sex?" The girl is a little embarrassed but admits that, yes, she did. Nodding his head sagely, the doctor exclaims, "I thought so, because in all my years in medicine, you've got the worst case of van aerial disease that I've ever seen."



Fancy a pint?

(1) WARNING: consumption of alcohol may make you think you are whispering when you are not.

(2) WARNING: consumption of alcohol is a major factor in dancing like a complete wally.

(3) WARNING: consumption of alcohol may cause you to tell the same boring story over and over again until your friends want to SMASH YOUR HEAD IN.

(4) WARNING: consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at 4 in the morning.

(5) WARNING: consumption of alcohol may leave you wondering what the hell happened to your trousers.

(6) WARNING: consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.

(7) WARNING: consumption of alcohol may make you think you have mystical Kung Fu powers.

(8) WARNING: consumption of alcohol may cause you to roll over in the morning and see something really scary, whose name you can't remember.

(9) WARNING: consumption of alcohol is the leading cause of inexplicable rug burns on the forehead.

(10) WARNING: consumption of alcohol may create the illusion that you are tougher, handsomer and smarter than some really, really big guy named FRANZ.

(11) WARNING: consumption of alcohol may lead you to think people are laughing WITH you.

(12) WARNING: Consumption of alcohol may actually CAUSE pregnancy.



The Harriers Relays

Though it has only been going for three years, the Harriers Relay Race has quickly established itself as one of our most popular summer race events. Phil Gray had the initial idea for the race (well done that man) and in its first year it was run in Bedford Park. For the last two years it has been held a bit closer to home in Russell Park and has in the process become increasingly well attended.

Over 40 members of the club, divided into teams of five, ran in this year's relay. Each team member ran a total of three laps of the park, an overall distance of around one and a half miles. There was money involved in the race with each member of the winning team being presented with a brand new Porsche – or something of equivalent value.

The race is popular as it brings together members of different groups and of different abilities. It's a good way for people to meet.

Thanks to Steve and Phil for arranging the night and organising the teams. (PS, how did Steve manage to wangle himself into the winning team?)

These girls look like three useful recruits:



WOMEN ON THE MOVE

It was to be my last run for some time. A difficult decision to make but the right one. Few at the club knew the circumstances and for good reason.

“The important thing” I said to Joanne, one of May’s new starters, is to cross the finish line. It doesn’t matter how we do it or how long it takes us” “Yes” she agreed, “but can I do that? Are you sure you are going to be all right?” she asked me. “I put it on my entry form under injury or illness” I said by way of reply. “What? That your running with me” she laughed. “No silly, that I’m three and a half months pregnant.”

So now you know.. Last year was a P.B. Last year on the way home, Jeanette told me her good news – (that is now Fiona 4 months old). So how did it go this year.

.....God, it was hot. No Joke. The queue’s for the loos weren’t too bad so we managed most of the warm up and off to the start we trundled. There’s usually a joke about what a lovely pace as we start off and then we speed up but I think its fair to say we didn’t really speed up at all for a few K’s. I feel like writing how enjoyable it was as we ambled along in the sunshine because now I’m relaxing on the grass knowing a bacon butty and a cup of tea are only £1.50 away that’s how its seems. In reality, it was a bit of a worry with such high temperature and no shade in sight.

The first 5K seemed to go quickly but the realisation on passing the marker that you have to do the same distance again is always a bit of a downer. The uphill slope of Tower Bridge was the end of optimism for me. My companion, Joanne, and the other two ladies from May’s group, Joy and Lorraine, always looked comfortable. As at Blisworth in the last half K, I almost had to ask Jo to wait for me.

The pipers which represented the K markers were wonderful. I only wish they could find nine of them. After 6K they vanish and it’s then that I need the reassurance of a 7 or 8K marker to know I could cope.

By far the best bit was the ice cream supplied, complete with flake, by David Murfitt, Lorraine’s hubby. This was closely followed by the medal obtained by Jo for ‘Fred’ who I had carried all the way round.

A special mention to Iva Barr and Heather Sutton who stopped to assist a fallen runner at the expense of their own race time. Well done, ladies.

Thanks for a great day out.

Jacinta

Web Site Update!!

For those who haven’t yet been to the Harriers Website, its well worth a visit.

The site, which is administered by George, lists all the races run by members of the club this year together with the current standings in the road race championship. It also provides details of the race fixtures list, monthly group training schedules, information on the club kit and prices, team captain’s reports, standard awards requirements, race photos, social events and entry forms for the road races organised by the club. George is also considering the feasibility of putting the PB times of individual members on line. If anyone has any ideas on other aspects of the club’s activities that may be suited for the web, let George know. The address of the site is:



[Http://members.tripod.co.uk/harriers/bhac.html](http://members.tripod.co.uk/harriers/bhac.html)

Weddings News



Congratulations Sandra and Simon

Sandra Elliot and Simon Miles, two members of the Club recently did the decent thing and tied the knot. All the very best for the future.

Congratulations Patricia

Best wishes also to Patricia McElhatton who recently got Married and is now Mrs Doran. While we've been stuck in Bedford, Pat and new hubby have been sunning themselves in the Caribbean. Can't be bad.

Again, all best wishes.

Baby News



Congratulations Graham & Jacinta

Graham and Jacinta are expecting a new little Harrier in March. Jacinta has temporarily given up running but will still be coming down to the club each week. Graham hasn't said very much about it but he does seem to have a permanent smile on his face.

Many congratulations on the happy event.

Congratulations Alastair and Sarah

Alastair and Sarah Fadden are also expecting a new arrival by the end of the year. Alastair tells us that with his new fatherhood commitments, he might not be able to get down to the club as often as he does at present. We'll have to see about that.

Once again, best wishes.

Phil's Poetry Page



* WARMING HER PEARLS

* Next to my own skin, her pearls. My mistress
* bids me wear them, warm them, until evening
* when I'll brush her hair. At six, I place them
* round her cool white neck. All day I'll think of her,

* resting in the Yellow Room, contemplating silk
* or taffeta, which gown tonight? She fans herself
* whilst I work willingly, my slow heat entering
* each pearl. Slack on my neck, her rope.

* She's beautiful. I dream about her
* in my attic bed; picture her dancing
* with tall men, puzzled by my faint persistent scent
* beneath her French perfume, her milky stones.



* AUTUMN

* Summer bids a fond
* farewell as the last
* rays of sunshine depart.
* Autumn is your
* guest for a little while

* Put away your summer
* hats and that pair of
* shorts that have
* seen better days.
* Summer has gone.

* Welcome your
* guest in all
* her guises: some
* good, some bad;
* some happy, some sad.

* Seek out new attire
* for your guest.
* Locate garments
* long since departed
* when summer arrived

I dust her shoulders with a rabbit's foot,
watch the soft blush seep through her skin
like an indolent sigh. In her looking-glass
my red lips part as though I want to speak.

Full moon. Her carriage brings her home. I see
her every movement in my head.....Undressing,
taking off her jewels, her slim hand reaching
for the case, slipping naked into bed, the way

She always does. And I lie here awake,
knowing the pearls are cooling even now
in the room where my mistress sleeps. All night
I feel their absence and I burn.

Carol Ann Duffy

Witness the new season.
Discover new sights,
new sounds, new smells.
Let your senses
explode with delight.

Count yourself lucky
as you witness this
changing season: treat each
and every moment as
something special.

Let each day be
filled with fond memories
of this special season ;
memories that will
last a lifetime.

philip gray



Eastern Road League Report

For those not yet familiar with this league – it consists of a series of 10 mile races throughout the spring and summer.

The first race this year, as in previous years, was at Hemel Hempstead, on 14th March. This particular course is always a testing one – but a perfect race for anybody in the run up to a spring marathon – or just to chase away the winter cobwebs. The second and third races usually occur closely together – namely the Leighton Buzzard 10 which this year was on the 2nd May, closely followed by the Cople 10 on the 16th. The Leighton race is renowned for its tough climb in the 4th mile – whereas most of us know the two climbs in the Cople /Boxing Day 10 race.

Lea Valley offer the fourth race in this series which takes place in Broxbourne. A scenic route with thankfully considerable amounts of shade under the trees. Important as this race takes place at the height of summer – in mid July – which this year particularly was a scorcher. The final fixture is the Harlow 10 which is a relatively comfortable course – mainly on footpaths and across parklands.

Initial entry into the league takes place between December and March. Upon application you are 'categorised' according to your ability (based on your fastest 10 mile race times in the previous year). You are then basically 'racing against others in your category' within each race in the series. Prizes are awarded in each category to both seniors and veterans. Apart from individual category prizes there are also Men's, Women's, Veteran Men's and Overall team prizes. To obtain a final placing in the league it is necessary to do at least three of the five races.

This year – as in previous ones – our results were very good. As a club – we failed to win a trophy in only one of the eight categories. Congratulations to all who achieved success and well done to all our other runners who gave it their best efforts. A full list of winners is shown below:

Men's Category 'A'

4th – Tony Barnes

Ladies Category 'L'

2nd – Avril Thomas

Men's Category 'C'

1st Vet – Steve Gaunt

2nd Vet – George Armstrong

Ladies Category 'LA'

1st – Lynsey Harrison

2nd – Chris Armstrong

3rd – Jacky Keenan

Men's Category 'D'

1st Vet – Cliff Smith

Ladies Category 'LL'

1st – Wendy Machan

2nd – Lesley Davies

2nd Vet – Andrea Ranson

Men's Category 'E'

2nd Vet – David Sutcliffe

Overall Team Winners:

Trophy Winners:

Wendy Machan

Cliff Smith

Avril Thomas

Tony Barnes

George Armstrong

David Sutcliffe

Lynsey Harrison

Steve Gaunt

Other Scorers: Eve Brett

Chris Armstrong

Brian McCallen

Situations Vacant

Vacancy on the Committee

Due to work commitments, Paul Roberts has offered to stand down from the Committee. As such, we're looking for someone to take Paul's place until the next committee elections in April.

The Committee meets on the first Monday of each month. The meetings start at 8.15 and are usually finish by around ten o'clock.

If you'd like to join or need further details;

see Graham Horne

More Coaches Needed

One of our lady coaches will have to stand down shortly due to pending motherhood. This, combined with the increase in membership of the club, means that we need additional coaches.

If your interested in the idea, come and see us. The clubs provides financial assistance for members who wish to gain the relevant coaching qualifications.

see Jacinta.

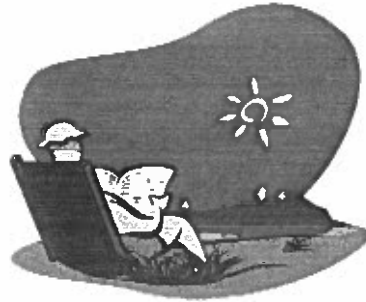
Stewards required for Gt Barford

The club is looking for more stewards to help out at our Gt Barford half marathon on Sunday 19th September.

If you're able to help see Pete Davies or Arthur Monk

Yarmouth Half Marathon

The club's annual trip to Yarmouth for the town's half marathon took place on August 14th. This day out is always enjoyable and always memorable. To some extent, it's a bit like the Grand National, something always seems to happen.. A couple of years ago, the driver got lost on the way to the Race HQ and we arrived a bit late. This year, we cut our arrival even finer. The race was due to start at 10.00 am. Our coach only pulled into the car park at five to ten however by which time most of the entrants were at the start. Some of the Harriers on the coach were already changed and did their warm-up exercises while the coach was in motion. Others were not so lucky. Half a dozen of us still had to enter the race and change.



Apparent that we wouldn't be ready for the 10 o'clock start, Chris Cottam had a word with the race officials and they delayed it until all the Harriers had taken up their positions. It was decent of them. I couldn't imagine that happening at London.

What was surprising about the race, is that despite the lack of a warm-up, quite a few of the club recorded good times. Phil Barnes was the first Harrier to finish in a very respectable 1.22.38. Though Phil ran a few minutes faster than this a couple of years ago, the effort was excellent in view of his recent 'outpatient' experience. Christine Armstrong also did well getting a new PB and Alan Wheeler, running his first half marathon for eight years, became the newest member of the Sub:1.30 club. Janet Clark, who was handicapped during the race by the problems involved in converting miles into Kilometres ran a very useful 1.37.36. After Avril Thomas's 1.33.19 at Ramsey, this was the fastest run by a Harrier lady over the distance this year.



After the race we went into Yarmouth and spent the afternoon eating, drinking, sitting in the sun and generally doing not a lot. What more do you want life you may ask? Well quite a bit if your Roger Carew. Roger, along with Jackie Hibbard and another of our lady members, had spotted a sort of modern day gigantic catapult which hurled people, (who gets their kicks by having these sort of experiences), a couple of hundred feet into the air. These three brave Harriers took the challenge and, each having parted with the launch fee of £16.50, became the first members of the club into space. I admire them for doing it. Me- I'm a wimp. I'll stick to running.

Many thanks to Jude for organising the trip. If its on again next year – go.

Phil Barnes	1.22.38
Brian McCallen	1.24.58
Alan Wheeler	1.29.18
Graham Horne	1.34.40
Zac Hollis	1.36.43
Janet Clark	1.37.36
Chris Cottam	1.41.08
Christine Armstrong	1.42.09
John Waugh	1.49.11
John Thompson	1.49.24
Anthony Kimmins	1.51.26
Charlotte Gardner	1.53.50
Jack Chana	1.53.50
Trevor Beard	1.57.19
Graham Burley	2.08.52

Yarmouth Half Marathon

Harriers times

The Handicap Race

The third running of the handicap race took place in Bedford Park on a hot Wednesday in August. This year the race involved running three laps of the Park rather than four laps as on the previous two occasions. Though this reduced the overall distance of the race by around a mile to about 3.6 miles, it doesn't really make the calculating of the handicaps any easier.

In theory, giving the slower runners a time handicap over the faster ones should result in all the runners passing the finishing line at around the same time. So far so good. However it never seems to work out like that and this year, around four minutes separated the first and last man to finish. What usually happens is that some runners have a good night, others don't. The heat might also have played a part. Its also possible that some runners got lost on the course or needed to spend a penny? What do you think?

The ladies race was won by Lesley Davies followed by Christine Armstrong and Barbara North. The first man home was Dave Bithell. Mukesh Math, one of our newer members was the second man to cross the line followed by Alastair. All six were presented with a bottle of wine at the end of the race for their efforts. According to Dave, it was the first thing he'd ever won for running. Dave also mentioned that he might keep the wine as a memento. (Having had a sip of it later, I think that was a wise decision). Trophies for the winners, Lesley and Dave, will be presented at our Awards night in December. Mementoes for the second and third in each race will also be given.

Unfortunately, we didn't manage to get everybody's finishing times, especially the ladies. Sorry girls, we'll have to bring a few more pens next year.

Thanks to George and Phil for helping on the night.

	Handicap Time	Finishing Time	Actual Time
Dave Bithell	6.30	34.00	27.30
Mukesh Math	7.30	34.18	26.48
Alastair Fadden	13.20	34.22	21.02
Ray Evans	10.30	34.31	24.01
Graham Horne	12.40	34.33	21.53
Chris Williams	10.00	34.42	24.42
Tony Parello	13.20	34.50	21.30
Steve Gaunt	13.20	34.53	21.33
Dave Sutcliffe	9.00	35.00	26.00
Kevin Willett	15.00	35.04	20.04
Zac Hollis	12.00	35.29	23.29
Mick Parello	10.20	35.42	25.22
Tony Barnes	15.20	35.44	20.24
Colin Bennetts	12.20	36.37	24.17
Kevin Bullard	10.00	37.15	27.15
Lesley Davies	3.30	33.11	29.41
Christine Armstrong	9.20	33.26	24.06
Barbara North	3.00	33.40	30.40

Club Best Times

Since the last edition of the magazine, there have been several improvements to the best times run by club members over the main race distances (by age).

Amongst the girls:

- ◆ **Pauline Behan** improved the best marathon time for a LV40 to 3.32.11. Pauline achieved the time at London in April. .
- ◆ **Deidre Bethune**, has set two new Club best in the LV50 category. Dee ran 37.50 for the five mile at Corby in June and followed this up by running 48.08 for the 10k at Milton Keynes in July.
- ◆ A new LV50 10 mile best time of 82.45 was set by **Jacky Keenan** 82.45 at Cople in May.
- ◆ **Irene Cornwall's** LV60 five miles time of 55.03 at Vauxhall in July is another club best. Irene now holds all the club best times for this age group from five miles to half marathon.

Amongst the men:

- ◆ **Maurice Crook** has set three new club best times over the last few months. The first was in the Hitchin half in March when he ran 1.26.41 in the MV55 category. The second was for the ten miles at Cople in May which was completed in 64.13. Maurice then moved up an age group and set a new best 5 mile time for a MV60 of 32.29 at Blisworth in August.
- ◆ **Brian Cornwall**, improved his own best ten mile time for a MV65. His 76.23 at Leighton Buzzard in May was a few seconds faster than his previous best set at Harlow in August last year.
- ◆ A new MV65 best half marathon time of 1.42.45 was established by **David Sutcliffe** at Ramsey in June.
- ◆ A new club record for a MV65+ marathon was set by **John Cheery** at London. John who is the oldest member of the club (possibly a MV90+) completed the 26 miles in 7.02.39.

Addition of a 5K best times category

Several members of the club has suggested that in addition to keeping records of the best times of club members over the five main distances of 5m, 10k, 10m, half marathon and marathon, we also add in the 5K distance. There's no reason why we can't do this, especially as more 5k races seem to be run these days. We'll try and put some times together by the next edition.

NB: If we overlooked some improvements on the current best times, let us know.

CLUB BEST TIMES: SEPTEMBER 1999

	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	Richard Whiteman 32.08 Blisworth August 1998	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 38.39 Flitwick April 1997	Maurice Crook 64.13 Cople May 199	Maurice Crook 1.26.41 Hitchin March 1999	Dennis Gound 3.23.00 London April 1998
v60+	Maurice Crook 32.29 Blisworth August 1999	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	Brian Cornwall 76.23 Leighton Buzzard May 1999	Brian Cornwall 76.26 Harlow August 1998	David Sutcliffe 1.42.45 Ramsey June 1999	John Cherry 7.02.30 London April 1999

	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 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	Pauline Behan 3.32.11 London April 1999
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	Heather Marks 4.03.28 London 1999
v50	Deidre Bethune 37.50 Corby June 1999	Deidre Bethune 48.08 Milton Keynes July 1999	Jacky Keenan 82.45 Cople May 1999	Jude Cottam 1.57.38 Bedford February 1998	Jude Cottam 5.03.00 London April 1998
v60	Irene Cornwall 55.05 Vauxhall July 1999	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

Bedford Harriers - Kit for Sale

Vests - Ron Hill Poly	£ 12
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Sweat Tops	13
Hooded Tops - Fastrax	20
Tracksters - Ron hill	11
T Shirts	7
Tracksters - View From	11
Shorts - For Runners	8
Mesh Vests	8
Ron Hill Vests - Cotton	10
Gloves - View From	4
Gloves - Ron Hill	4
Gloves - 1000 Mile	4
Bibs	5
Hats - Ron Hill	5
Daneze - bras - yellow	11
Daneze - bras - black	11
Thermals - Sub 4	12
Shorts - lycra	9
Leggings - lycra	12



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Newsflash: Colin will be the bar displaying his wares after training on Monday 20 September 1999



Colin, our kit man, with Janet and Avril at 'Race the Train'



PB PERFORMANCES



Despite the hot weather over the last few months and the far from ideal running conditions the PBs keep on coming.

Cliff Smith for example, seems to set new best times every time he runs. Cliff knocked 2 minutes off his old 10k time to run 41.42 at Silverstone in May and then clipped a further 30 seconds off the same distance to get down to 40.56 at Milton Keynes in July. Cliff's five mile time was subsequently lowered by one and a half minutes to 32.05 at Blisworth and his half marathon best was reduced by seven minutes to 1.31.55 at Ramsey. Finally Cliff clipped eight minutes off his previous marathon time to run 3.37.12 at Blackpool in August. (It must have been the sea air).

Silverstone is a fast course and in May several members improved their 10k times there. **Chris Williams** reduced his previous best by two minutes to 44.40 and **Zac Hollis** improved his time by over three minutes to 41.40. Zac also lowered his five mile time by four minutes to 32.50 at Blisworth. The Bedford 6 run produced some good runs including those of **Tony Parello** and **Teresa Munns**. Tony improved his best for the distance by two minutes to 37.17 and Teresa lowered her's (time that is) by 20 seconds to 44.58.

Andy Maddox, **Melissa Owens**, **Dawn May** and **Val Bird** all set new 10k PB's at Cranfield in June. **Steve Gaunt** improved his half marathon best by 15 seconds at Ramsey and **Gary Horsman** clipped three minutes off his previous best for the 10k at Sharnbrook. Before she moved away from Bedford, **Lynsey Harrison** got a new PB for the ten miles at Leighton Buzzard in May and a new best of 1.40.00 for the half at Bracknell. Lynsey, who will be coming with the club to Newcastle, was the third lady to finish in that race. Finally, **Anthony Kimmins**, who is preparing to run marathons at both Nottingham and Dublin in the next few months, recently improved his best ten milc time by three minutes at Swineshead

Other Good Performances

Paul Langford has had a good last couple of months. In addition to winning the Club's five mile Championship at Blisworth, he was also the first man to finish at Swineshead in 58.40. Paul, along with **Tony Barnes** (60.11) who was third in the race and **Alistair Fadden** (65.20) who was ninth, picked up the men's team award. **Tony's** habit of finishing well up in races continues. He was sixth in the Leighton Buzzard 10 in 58.11, 4th in the Dunstable 10k in 35.52 and fourth again in the Sharnbrook 10k in 35.25.

Avril Thomas has also gained some good positions in racing. She was the third lady to finish in the Ramsey half and the third again at Cople. **Christine** was the first lady v35 in the Grimthorpe 10k and **Alice Crook** was the third lady to finish in the Silverstone 10k in September. Alice was also the first lady in her age group to finish in the St Albans Triathlon. **Graham King** continues to do well in quadrathlon races and was the first MV45 to complete in the recent event at Waddenhoe.

Finally, **Janet Clark**, **Christine Armstrong** and **Charlotte Gardner**, picked up the ladies team prize at the Yarmouth half.

Best Performance Awards

Autumn 1999

The Best Performance Awards acknowledge and recognize performances of particular merit. They are presented three 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.

Deciding who to present the awards to is always difficult. The task for the Autumn 1999 Awards again falls to Christine Armstrong, our Ladies Team Manager.

Mindful that these awards are classed as "Performance Awards" I am giving this award not to an individual – but a team. The summer award therefore goes to the Senior Men's 'A' team who competed in the Stevenage Relays. This was a great performance to witness and was suitably rewarded with a 3rd place in the County Championships. Congratulations therefore to the team of Paul Langford, Phil Barnes, Kevin Willett, Franck Monmont and Alistair Fadden.

1st

For his 27:38 minutes run in the Blisworth 5 mile race on 20th August – this goes to Paul Langford. Apart from being the first Harrier home Paul was the 18th placed senior man – which is a considerable achievement in the elite field that compete in this race.

2nd

This award goes to Dee Bethune for her run in the Banbury 5 mile race back in June. Dee produced a time of 38:25, a very creditable performance. This time also qualified as the club record for 5 miles by a Lady Veteran 50 in a Harriers vest.

3rd

Road Race Championship Race Results

Results of the races so far run in this year's Road Race Championship are given. The races run in the Eastern Road League are also included. We hope to produce a special Road Race Supplement in December which will list all the races run by members of the club this year.

Tony Barnes	29:24	<u>Vauxhall 5</u> <u>(4th July)</u>
Brian McCallen	31:47	
George Armstrong	33:38	
Cliff Smith	33:44	
Christine Armstrong	36:43	
Brian Cornwell	38:26	
Wendy Machan	39:41	
Irene Cornwell	55:53	

Tony Barnes	33:50	Avril Thomas	40:11	<u>Bedford 6</u> <u>(8th June)</u>
Tony Parello	37:22	Lynsey Harrison	43:13	
Brian McCallen	37:24	Chris Williams	44:05	
Maurice Crook	38:11	Christine Armstrong	44:34	
Steve Gaunt	38:41	Alice Crook	44:55	
Paul Roberts	38:59	Teresa Munns	45	
George Armstrong	39:49	Wendy Machan	45:27	
Ian Marshall	40:37	Deidre Bethune	45:38	
Paul Catton	40:58	Pauline Behan	47:31	
Colin Bennetts	41:50	Lesley Davies	53:08	
David Fake	43:57	Irene Cornwell	67:03	
David Sutcliffe	45:38			
Brian Cornwall	45:45			

Tony Barnes	37:39	Vicky Bithell	50:45	<u>St. Ives 10k</u> <u>(18th July)</u>
Phil Barnes	38:09	Jacky Keenan	51:12	
Brian McCallen	39:40	Jenny Tuite	53:37	
George Armstrong	41:38	Lesley Davies	57:46	
Cliff Smith	42:39	Bernie Litchfield	65:50	
Ray Evans	45:16	Iva Barr	68:36	
David Sutcliffe	47:34	Angela Gallivan	77:46	
Brian Cornwall	50:08			

Tony Barnes	36:41	Avril Thomas	42:20
Maurice Crook	39:56	Christine Armstrong	45:18
George Armstrong	40:25	Deidre Bethune	48:08
Steve Gaunt	40:55	Wendy Machan	49:37
Cliff Smith	40:57	Lesley Davies	55:01
Paul Roberts	41:16		
Colin Bennetts	42:04		
Zac Hollis	42:19		
Malcolm McEwen	48:04		
Dave Bithell	51:30		

**Milton Keynes 10K
(6th July)**

Tony Barnes	35:24	Eve Brett	45:16
Ken Hoye	36:41	Jenny Tuite	47:02
Brian McCallen	38:36	Teresa Munns	47:36
Tony Parello	39:16	Chris Williams	48:07
Phil Barnes	39:17	Wendy Machan	48:27
Maurice Crook	39:23	Jacky Keenan	49:11
Paul Roberts	41:16	Melissa Owens	53:53
Andrew Newstead	42:52	Andrea Ranson	55:07
Colin Tranter	43:04	Dawn May	56:52
Zac Hollis	43:12	Barbara North	58:53
Neil Summerville	44:22	Julie Pritchett	59:10
Bill Billington	44:23		
Ian Marshall	44:54		
Chris Cottam	46:48		
David Kingstone	47:13		
John Martiello	48:07		
David Fake	48:20		
Ian Kingstone	49:09		
Jaswant Chana	50:50		
Gary Horsman	50:55		
Trevor Beard	51:19		
Malcolm McEwen	51:31		
Dave Bithell	51:55		
Andy Maddox	52:42		

**Sharnbrook 10K
(31st May)**

Tony Barnes	59:22	Avril Thomas	72:18
Paul Sharman	65:22	Eve Brett	76:48
Tony Parello	65:44	Lyndsey Harrison	77:30
George Armstrong	67:36	Teresa Munns	78:30
Steve Gaunt	68:18	Christine Armstrong	78:49
Zac Hollis	68:55	Wendy Machan	79:00
Cliff Smith	69:25	Andrea Ranson	85:55
Ian Marshall	71:14	Jackie Keenan	86:00
Bill Billington	73:42	Jacinta Horne	87:32
Ray Evans	74:90	Angie Bright	89:03
David Sutcliff	77:40	Lesley Davies	89:38
Paul Roberts	78:22		
Neil Summerville	78:13		
Brian Cornwell	84:30		
Dave Bithell	85:00		

**Hemel 10
(14th March)**

Tony Barnes	58:11	Lynsey Harrison	76:09
Phil Barnes	62:20	Teresa Munns	79:29
Brian McCallen	63:41	Wendy Machan	80:36
Tony Parello	67:04	Jackie Keenan	81:26
George Armstrong	68:11	Christine Armstrong	84:43
Steve Gaunt	68:35	Jenny Tuite	86:52
Cliff Smith	69:12	Lesley Davies	92:20
Bill Billington	73:21		
Ray Evans	73:43		
Ian Marshall	73:56		
Neil Summerville	74:56		
Brian Cornwell	76:23		
David Sutcliffe	76:46		

**Leighton Buzzard 10
(2nd May)**

Tony Barnes	01:23:29	Avril Thomas	01:33:19
Brian McCallen	01:26:02	Wendy Machan	01:51:54
Tony Parello	01:27:06	Andrea Ranson	02:45:00
George Armstrong	01:31:35		
Cliff Smith	01:31:55		
Steve Gaunt	01:32:59		
David Sutcliffe	01:42:45		
Dave Bithell	01:54:58		

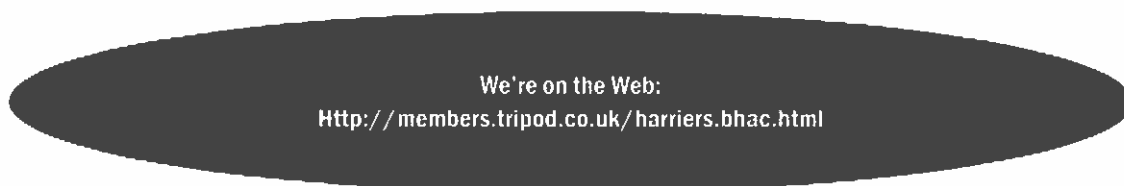
**Ramsey Half
(20th June)**

Paul Langford	60:18	Avril Thomas	71:49
Tony Barnes	60:18	Lynsey Harrison	77:34
Kevin Willett	60:54	Teresa Munns	78:51
Maurice Crook	64:13	Christine Armstrong	80:35
Brian McCallen	64:51	Pauline Behan	81:07
Richard Piron	65:30	Wendy Machan	82:28
Tony Parello	65:51	Jacky Keenan	82:45
Steve Gaunt	67:47	Chris Williams	85:36
Cliff Smith	69:29	Andrea Ranson	89:55
George Armstrong	69:43	Lesley Davies	93:16
Ray Evans	73:42		
Ian Marshall	74:09		
Neil Summerville	75:31		
Zac Hollis	75:52		
David Sutcliffe	77:22		
Brian Cornwell	78:35		
Dave Bithell	86:37		
Gary Horsman	89:54		

**Cople 10
(16th May)**

Tony Barnes	1:19:34	Jenny Tuite	1:38:58
Kevin Willett	1:22:05	Heather Marks	1:47:33
Alastair Fadden	1:26:35	Teresa Munns	1:48:22
Brian McCallen	1:26:40	Wendy Machan	1:51:44
Maurice Crook	1:26:42	Andrea Ranson	1:59:02
Phil Butts	1:27:40	Iva Barr	2:24:04
George Armstrong	1:33:21	Jude Cottam	2:25:27
Neil Lovesey	1:36:06		
Bill Billington	1:38:18		
Neil Summerville	1:44:25		
John Waugh	1:44:19		
Chris Cottam	1:53:17		
Brian Cornwell	1:57:09		
Dave Bithell	2:01:38		

**Hitchin Half
(28th March)**



Eastern Road League Races

Tony Barnes	61:41
Brian McCallen	67:25
Tony Parello	70:31
Cliff Smith	71:09
Steve Gaunt	71:29
Avril Thomas	72:29
George Armstrong	73:47
Ray Evans	76:20
Bill Billington	78:57
Ian Marshall	80:51
Lynsey Harrison	80:57
Malcolm McEwen	81:09
David Sutcliff	81:42
Christine Armstrong	82:52
Lesley Davies	109:36

**Harlow 10
(1st August)**

Tony Barnes	62:38
Phil Barnes	65:29
Brian McCallen	69:20
Steve Gaunt	69:48
Graham Horne	70:36
Cliff Smith	71:35
George Armstrong	72:15
Ray Evans	74:49
Tony Parello	75:32
Wendy Machan	82:10
Ian Marshall	82:16
Christine Armstrong	91:02
Andrea Ranson	95:29
Lesley Davies	104:03

**Lea Valley 10
(11th July)**

Road Race Championship

Only the races at Swineshead, Standalone, Newcastle and Wolverton remain in this year's championship. The names below cover those in the leading positions. The best ten age graded scores out of 16 races (plus any marathon) count.

	<u>Championship Races Run</u>	<u>Total Points</u>	<u>Maximum Points</u>
Tony Barnes	11	818.14	746.94
Brian McCallen	10 L	732.74	
George Armstrong	9	630.56	
Cliff Smith	9 B	606.00	
Brian Cornwell	8	563.56	
Tony Parello	8 P	550.34	
David Sutcliffe	7	519.54	
Maurice Crook	6	491.37	
Steve Gaunt	7	476.08	
Dave Bithell	8 L	461.26	
Zac Hollis	6 L	376.43	
Neil Summerville	5	328.21	
Ian Marshall	5	307.35	
Bill Billington	4	296.60	
Ray Evans	4	281.30	
Paul Roberts	4	254.53	

Women's Championship

Wendy Machan	11 F	668.55	609.75
Christine Armstrong	8 P	534.45	
Teresa Munns	7	481.51	
Jacky Keenan	6	406.06	
Lesley Davies	7	405.19	
Jenny Tuite	6 L	364.50	
Avril Thomas	5	350.08	
Deidre Bethune	5 L	343.45	
Andrea Ranson	6 F	331.05	
Lynsey Harrison	4	258.67	

This article was published in the September issue of Runners World. It features Bill Jordan whose Patron of *Bedford Harriers*.

IN THE RUNNING

BILL JORDAN

By Rob Watts

Photo by Nick Dawe

Profession: Managing Director of Jordans Health Foods.

Running pedigree: Despite long hours of meetings and business trips, Jordan still pulls on his trainers almost every day, clocking around 40 miles each week. In 20 years of running he's completed 25 marathons across the world, with a PB of 2:39. And although running remains his forte, over the years Jordan has also turned his attention to triathlons – in the last 13 years he's completed over 30.

In the beginning: "It all started about 20 years ago when six of us living around Bedford met an inspirational guy named Bill Steel. He was a running coach who boasted he could get all of us round a marathon in under three hours. We said 'Bet you can't', but he set to work devising diets, interval training and weight sessions. Thanks to his coaching we all broke the magic three hours. We were far more surprised than he was. Twenty years on all six of us are still running, and we often meet up at weekends to train."

Trying a tri: "I first got into triathlons back in 1985. I found the variety of training really attractive. Swimming is a good alternative in the winter, when the weather might keep you from doing any exercise at all. Also, as you get older you get injured more, and this way there is still something you can do if you're partially injured: if you have problems with your legs you can swim; if your knees hurt

you can get out on a bike. Triathlons are less damaging on the body, and of course they're a bit more of an adventure."

Boardroom beater: "The running certainly helps at work. A run gives me the chance to get out for a while and escape the boardroom and clear the brain. I do manage to drag some of my staff out from work now and again. But as long as they don't beat their boss that's all right. Unfortunately, they don't seem to appreciate this sentiment all the time."

Called to the bar: "Being a runner certainly helps when trying to create healthy food. A lot of people try to mix up serious training with work and their home-life. Consequently they have to top up their fuel intake with convenient 'bits-and-pieces' foods like bars. They're also popular with people who compete in long events such as adventure races and triathlons. We've also supplied climbers, including Doug Scott and Chris Bonnington."

Racing for Life: "We've been involved in the Race for Life series for about a year now. It's a really good scheme, partially responsible for the ever-increasing popularity of running. It's not elitist and any woman can get in there and raise money for a really worthwhile charity. People of all shapes, sizes and ages have come to running. When we started 20 years ago running seemed to be only for the nutty types, whereas now more and more people are striving for a healthy lifestyle based on good nutrition and exercise."



"I'm pretty hooked. I'm more desk-bound now than ever, so I really need the escape on a run to clear my head. Otherwise my wife notices my bad humour and the guys in the office don't think much of me."

What's Occurring in December:

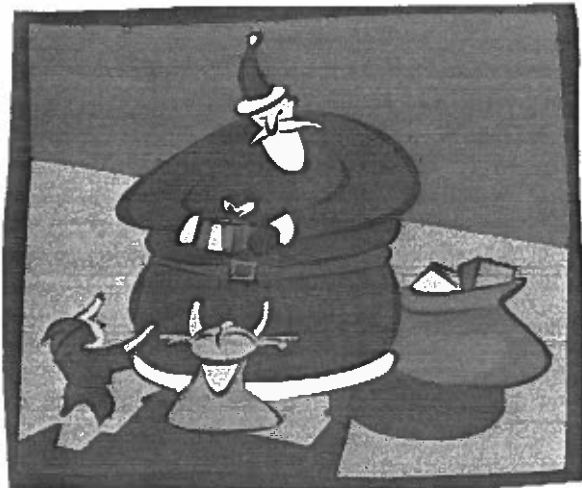
The Harriers Christmas Party

Though its still a few months away, we've already fixed a date for this year's Christmas Party. It's

Friday 17th December

The party will be held in the Club Bar.

More details later



Today's Cross Country League (Bedford Races)

The Club as usual, is hosting one of the Today's Cross-Country League races. This year the race is on:

Sunday 19th December

In addition to this meeting, we are also hosting for the first time and on the same day, the Bedfordshire Schools Cross Country Challenge Trophy.

This is a new departure for the Club and one which should make for an interesting day.

Further info when available.



The Harriers Awards Night

This year's Harriers Awards night is likely to be on:

Monday 20th December

or

Wednesday 22nd.

If it's the 22nd, it will probably be the last time the club meets this millennium.

Keep it free!

Would you like a planned Training Schedule for any race distance: Yes / No

Do you know that there is a list of Club Champs races on the notice board? Yes / No

Do you understand what the Club Road Race Championships are? Yes / No

Are you interested in competing in the Road Race Championships? Yes / No

Do you know that "Race Sheets" are posted on the Notice Board prior to races for you to add your name to if you are doing the race? Yes / No

If so – did you realise you can also use these to arrange lifts with others? Yes / No

Do you ever read the notice board? Yes / No

If not, why not? Do not have time – arrive too late Yes / No

Think the notices are always the same Yes / No

Assume it will not interest you Yes / No

Do not think it applies to you Yes / No

Other Reason (Explain).....

Do you need somebody to remind you when you should be entering races? Yes / No

Do you know that the Harriers has a web site? Yes / No

Do you have access to the Web Site? Yes / No

If yes – do you have access at home and/or at work? Home / Work

Do you have an e-mail address? Yes / No

If yes – is it an address at home and/or at work? Home / Work

If e-mail only at work – could you receive race reminders there? Yes / No

Do you enjoy the "Club Races Nights" ie: the Handicap in Bedford Park Yes / No
the Club Relays in Russell Park Yes / No

If you did not take part in the Handicap in Bedford Park – please tell us why.....
.....

Is the cost of race entry fees stopping your participating in races? Yes / No

Do you have your own transport to races? Yes / No

Do you place a limit on the number of miles you are prepared to travel to a race (if travelling on the day of the race)? Yes / No

If yes – give an indication of the maximum number of miles.....

Would you enter more races if transport was organised by the club? Yes / No

If you are a parent with young children – does running races on a Sunday present difficulties? Yes / No / Not Applicable

If the club introduced some form of incentive scheme – say higher membership fee – but subsidised race entry – would you be interested in such a scheme? Yes / No

HACHES

