



Harriers web address:  
<http://members.tripod.co.uk/Harriers/bhac.html>

**Christmas  
1999**

# Bedford Harriers

## The Malta Challenge



Plus Lots Lots More!

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Magazine



## Welcome:

Welcome to the Christmas edition of the Harriers magazine and many thanks to all those who contributed to it. The issue contains articles on the club's two main outings this year, to Newcastle and Malta. There's also a report from Deirdre Bethune on her Chicago marathon experience and something from Janet Clark (our lady from the land of the rand) on her impressions on running and life so far in Bedford.

The award winners from this year's club championship races are given, there's an update on new PBs, the Christmas best performances awards are included and Graham Bufton's results for this year's newly introduced league tables are detailed. David has also been keeping track of new club best times since the last edition and these are also presented.

Ray Evans has put together a crossword which will probably take more than a coffee break to complete and there are jokes courtesy of Kevin, Robbie, Malcolm and Christine. Veronica, Pete, Bill and Chris has supplied the photos. Colin has provided an update on club kit sale.

We did hope to bring out a 1999 race results supplement with this edition of the magazine but unfortunately, we ran out of time. Hope to have it available early in January.

Hope you enjoy this issue, the next should be out around the end of April.

phil gray / Brian McCallen

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### CHAIRMAN'S COLUMN

**May I, on behalf of your committee, wish you and your families a Very Merry Christmas and a Happy New Millennium.**

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 the committee has organised for you.

The membership has once again reached an all time high with over 240 paid up members. We will again promote the new intake of runners in January, so if you have a friend or a member of your family who would like to join us, please talk to Jacinta for more information.

Can I also take this opportunity of thanking those members who have helped the club in the last year with its various activities. Without your help we could not do it. "Thank you".

We will be looking for new members to join our committee next April. If anyone would like to attend a committee meeting as a guest before next April, then please let Brian McCallen or myself know and I am sure we can arrange it.

In the New Year I would like to organise a Road Race sub-committee. This would consist of Race Directors and other key people who have expertise in organising races.

Sadly, this will be my last Christmas as Chairman. I will still be involved in the club but in a less pro-active role. Could I thank all the committee members who have served with me over the many years and hope that the new Chair will enjoy the role as much as I have.

**Mike Devonshire**

### **2000 plans**

A number of events are already being planned for next year. Gerry will be organising a week's trip to Benidorm next November which will take in the half marathon and if you fancy it, the full marathon race. Christine's already well advanced in her arrangements for a club trip to the New York marathon which is in November as well and Colin Bennetts is organising a weekend trip to the Forest of Dean in March (17th to 19th March) for their half marathon. We've also reserved the Cairn's hotel in Newcastle in readiness for next year's Gt North run. Hope to pin up some details of this early in the new year.

On the social side, we planning to organise a club quiz night possibly late February early march. These have been popular in the past though we haven't held one for a few years. Further details when available.

## Christmas 1999

### Ten most popular races run: 1997-1999

The Blisworth 5 was the most popular race run by Harriers members in 1999 with 60 finishers. This race was only introduced as our 5-mile club championship last year and it quickly became popular. The numbers going up to Newcastle for the Gt North continues to increase, rising from 39 in 1997 to 53 this year. Another large group are expected to go up this year. The Standalone 10k, our new 10k championship also attracted a record 40 entries from club this year as did the London Marathon with 37 'lucky' entrants.

The two main races lost this year were the Flitwick 10k and the Bedford Half: our two most popular in both 1997 and 1998. Rumours did circulate during the year that at least one of them would return in 2000, though this never happened. Policing problems caused the cancellations.

1997		1998		1999	
Flitwick 10k	54	Flitwick 10k	70	Blisworth 5	60
Bedford Half	49	Bedford Half	49	Gt North	53
Sharnbrook 10k	47	Gt North	45	Standalone 10k	40
Gt North	39	Cople 10	37	London Marathon	37
Standalone 10k	38	Sharnbrook 10k	30	Sharnbrook 10k	35
London Marathon	30	London Marathon	27	Cople 10	28
Swineshead 10	27	Swineshead 10	27	Hemel 10	26
Cople 10	24	Blisworth 5	26	Oakley 16.4	26
Colworth 5	24	Bedford 6	23	Swineshead 10	25
Bedford 6	22	Biddenham 10k	22	Bedford 6	24

### Most Popular Race Distances

Early indications suggest that club members ran around 75 races in 1999 with the two most popular distances being the 10k and the half marathon which each accounted for over 20 percent of the total. The most popular 10k was Standalone and the most popular half the Gt North. Twelve 10-mile races were also run and 11 full marathons. Eight five mile races had Harriers entrants.

Its possible that we've missed some races out. We'll know better when we do the race results supplement.

Distance	Number of races	% of total
10K	16	21.3%
Half Marathons	16	21.3%
10M	12	16.0%
Full Marathons	11	14.7%
5M	8	10.7%
5K	3	5.3%
6M	2	4.0%
20m	2	2.7%
9M	1	2.7%
Others	4	1.3%
Total	75	100.0%

## **1999 Road Race Championship**

The 1999 road race championship was concluded on Sunday 14th December when **Maurice Crook** completed the Luton marathon in under 3.15.00 to gain over 80 championship points and overtake **Tony Barnes** who had lead the men's championship for most of the year. The ladies championship was won, for the fourth consecutive year by **Christine Armstrong** with **Teresa Munns** in second place and **Wendy Machan** third. Christine amassed a maximum 694 championship points from the best ten from 16 race Championship. Maurice's points total reached 812 compared to Tony's 756.

Christine produced some good runs during the year including getting new PBs at the Blisworth and Wolverton 5 mile races and also the Yarmouth half. Maurice has had an outstanding year producing a succession of fast times from 5 miles to the marathon. On an age graded basis, all of Maurice runs have been at 80 percent or more of world record standard. For those who aren't sure what this means, we can tell you . its fast!

This year's road race championship differed to previous year's in that the scoring was based on a age graded system with the ten best times achieved from 16 designated races counting towards the runners total. By common consent, this aspect of the championship worked well with a person's scores now being determined by their own race performance rather than being partly influenced by the number of club runners participating in any particular race. What was disappointing however was the fact that so few club members managed to run in ten races, a situation which meant that the championship was only really contested by a relatively small number of people. We've decided to address this problem by amending some of the rules for the championship next year. These changes are given on page 10 of the magazine.

### **The championship races.**

The club has four championship races in 1999 these being the 5-mile race which was run at Blisworth, the 10K which was run at Standalone, the 10 mile championship which was held at Cople and the half marathon which was run at Hitchen. For the men, the 5-mile and 10K Championships were won by **Paul Langford** and the half marathon was won by **Tony Barnes**. Paul and Tony finished together at Cople and so share the trophy. The ladies 5-mile championship was won for the second time by **Dawn Penney** and the 10K and 10 mile races by **Avril Thomas**. **Jenny Tuite** was the first lady harrier to finish the half marathon race. Blisworth was the most popular of the championship races attracting 60 club runners, 40 did Standalone and 28 ran at Cople. The leastpopular championship race was Hitchen with just club members 21 running. Next year's half marathon championship has been switched to Ramsey which is a totally flat course. We're hoping to arrange transport to the Ramsey race and to take more people with us. We're also introducing a new 5K championship next year. Further details of this are also on page 10.

### **Thanks**

Finally, many thanks to **George Armstrong** and **David Sutcliffe** for undertaking all the scoring in this year's championship. A great deal of work is involved in this.

# Christmas 1999

## Road Race Championship

### Men

Winner	Maurice Crook
2 <sup>nd</sup>	Tony Barnes
3 <sup>rd</sup>	Brian McCallen

### Ladies

Winner	Christine Armstrong
2 <sup>nd</sup>	Teresa Munns
3 <sup>rd</sup>	Wendy Machan

## Cross Country Award Winners: 1998/99

### Men

1 <sup>st</sup> Senior Male	Tony Barnes
MV40	Brian McCallen
MV45	George Armstrong
MV50	Colin Bennetts
MV55	Maurice Crook

### Ladies

1 <sup>st</sup> Senior Lady	Eve Brett
LV35	Jenny Tuite
LV40	Christine Armstrong
LV45	Teresa Munns

## Five Mile Championship (Blisworth)

### Men

Winner	Paul Langford
2 <sup>nd</sup>	Tony Barnes
3 <sup>rd</sup>	Alan Wheeler
MV40	Steve Gaunt
MV45	Brian McCallen
MV50	Richard Whiteman
MV55	John Meadows
MV60	Maurice Crook
MV65	Dave Sutcliffe

### Ladies

Winner	Dawn Penney
2 <sup>nd</sup>	Janet Clark
3 <sup>rd</sup>	Christine Armstrong
LV35	Christine Brown
LV45	Teresa Munns
LV50	Jackie Keenan
LV70	Iva Barr

## 10k Championship (Standalone)

### Men

Winner	Paul Langford
2 <sup>nd</sup>	Tony Barnes
3 <sup>rd</sup>	Kevin Willett
MV40	Steve Gaunt
MV45	George Armstrong
MV50	Dave Bithell
MV60	Maurice Crook
MV65	Dave Sutcliffe

### Ladies

Winner	Avril Thomas
2 <sup>nd</sup>	Christine Armstrong
3 <sup>rd</sup>	Jenny Tuite
LV45	Teresa Munns
LV50	Deirdre Bethune
LV60	Irene Cornwall
LV70	Iva Barr

# Christmas 1999

## Ten Mile Championship (COPLE)

### Men

Joint	Paul Langford
Winner	Tony Barnes
3 <sup>rd</sup>	Kevin Willett
MV40	Steve Gaunt
MV45	Brian McCallen
MV50	Neil Summerville
MV55	Maurice Crook
MV65	Brian Cornwall

### Ladies

Winner	Avril Thomas
2 <sup>nd</sup>	Lynsey Harrison
3 <sup>rd</sup>	Teresa Munns
LV35	Andrea Ranson
LV40	Christine Armstrong
LV50	Jackie Keenan

## Half Marathon Championship (Hitchen)

### Men

Winner	Tony Barnes
2 <sup>nd</sup>	Kevin Willett
3 <sup>rd</sup>	Alastair Fadden
MV40	Neil Lovesay
MV45	Brian McCallen
MV50	Neil Summerville
MV55	Maurice Crook
MV60	Bill Billington
MV65	Brian Cornwall

### Ladies

Winner	Jenny Tuite
2 <sup>nd</sup>	Heather Marks
3 <sup>rd</sup>	Teresa Munns
1 <sup>st</sup> SL	Wendy Machan
LV35	Andrea Ranson
LV50	Jude Cottam
LV70	Iva Barr

## Handicap Race

### Men

Winner	Dave Bithell
2 <sup>nd</sup>	Mukash Math
3 <sup>rd</sup>	Alastair Fadden

### Ladies

Winner	Lesley Davies
2 <sup>nd</sup>	Christine Armstrong
3 <sup>rd</sup>	Barbara North

# Christmas 1999

## Road Race Championship 1999

### Men

Runners	Races	Total Points	Championship points
Maurice Crook	10	812.40	
Tony Barnes	15	117.24	756.54
Brian McCallen	12 R	877.76	736.19
Brian Cornwell	10	706.31	
George Armstrong	12	830.34	701.57
Tony Parello	11	753.21	686.31
Cliff Smith	11	747.25	685.61
Steve Gaunt	10	679.18	
David Sutcliffe	9	664.40	
Dave Bithell	10	582.28	
Zac Hollis	8	501.05	
Ian Marshall	8	486.05	
Colin Bennetts	6	408.70	
Neil Summerville	6	392.42	
Paul Langford 5	5	388.36	
Bill Billington	5	371.03	
Phil Barnes	5	357.20	
Malcolm McEwen	6	330.52	
Kevin Willett	4	290.01	
Ray Evans	4	281.30	
David Fake	4	257.82	
Paul Roberts	4	254.53	
Derek Morrison	4	237.81	
Jack Chana	4	228.37	
Chris Williams	4	213.56	
Ian Kingstone	4	211.36	

For reasons of space, only the results of those men who ran four or more races or women who ran two or more are given here. We hope to give all the results in a race supplement due out sometime in January.



Road Race Championship 1999

Women

Runners	Races	Total Points	Championship points
Christine Armstrong	12	810.11	693.89
Teresa Munns	10	687.37	
Wendy Machan	14	849.42	613.89
Lesley Davies	11	626.70	571.46
Avril Thomas	8	556.25	
Deidre Bethune	8	546.13	
Jacky Keenan	8	541.21	
Jenny Tuite	8	487.81	
Andrea Ranson	8	447.0	
Iva Barr	5	323.35	
Lynsey Harrison	5	319.84	
Pauline Behan	4	254.78	
Irene Cornwell	4	232.09	
Janet Clark	3	206.55	
Eve Brett	3	186.48	
Theresa Cooper	3	155.06	
Jacinta Horne	3	152.66	
Heather Marks	2	129.26	
Viv Kilgour	2	127.53	
Christine Brown	2	125.89	
Vicky Bithell	2	123.33	
Debbie Taylor	2	111.82	
Jackie Bullard	2	110.78	
Charlotte Gardiner	2	108.90	
Joanne Collett	2	107.99	
Jude Cottam	2	107.25	
Dawn May	2	107.09	
Julie Pritchett	2	101.83	
Joy Smith	2	99.44	
Lorraine Murfitt	2	94.67	
Val Brace	2	85.81	

# Christmas 1999

## Changes to Road Race Championship

A number of changes will be introduced to our club and road race championships in 2000. The main ones involve the introduction of a new 5K club championship, the changing of venue for our half marathon championship and the opening up of the road race championship so that all races run by club members over the various designated distances qualify for championship points.

### The 5K Championship

We intend to use one of the Arlington series of 5k races as our new 5K-championship race. The three race Arlington series, which is held in Bedford Park was run on the last Wednesday in June, July and August this year. Details of which of the three races we'll use for our championship race will be given early in the new year. If the Arlington series isn't run, we'll switch to Stevenage and use one of their 5K races. 5K races are run in Stevenage in May, November and December.

### The Half Marathon Championship

Our half marathon championship race, which was run at Hitchin this year, will be switched to Ramsey in 2000. The Ramsey course is exceptionally flat (for those who don't like hills) and potentially very fast. Following the success of our coach trip to the Blisworth 5 in August, we're hoping to organise transport to this race as well. The Ramsey Half is run in June.

## Changes to our road race championship

We've introduced some changes for our 2000 road race championship.

Firstly, we've kept the ruling that the ten best scores over specified race distances will count towards the championship. However, we've slightly re-jigged some of the race distance categories. For 2000, the three best age graded scores in races of 5k and 5miles, the three best scores in races of 6 miles and 10k and the four best scores in races of ten miles or more (with at least once race being a half marathon or longer) , will count towards the final total.

We've also removed the requirement for members to run in designated races in order to gain championship points. For 2000, all races run over the three specified race distances will gain points, with the ten best race scores from each of the three categories of distance counting.

The championship will once again be based on age graded performances. The age graded scores will in turn be based on the official race results. Could members please ensure therefore that a copy of the official results of the races they run in, is passed to George Armstrong. The championship will run from the 1<sup>st</sup> January up to the first Sunday in December.

## Summary

The ten best age graded scores, run over the three categories of distance to count in the road race championship.

### The specified race distances are

- ◆ 3 races at 5K or 5 miles
- ◆ 3 races at 6 miles or 10k
- ◆ 4 races at 10 miles or more of which at least one which be a half marathon or longer

### The Club Championship Races are:

- ◆ 5K: Arlington / Bedford Park - Date to be advised
- ◆ 5 miles: Blisworth - August
- ◆ 10k- Standalone - October
- ◆ 10 miles: Cople - May
- ◆ Half Marathon: Ramsey -June

## *Fancy a Race!*

Dave Sutcliffe has compiled a list of some of the local races over the main distances in 2000. Watch the notice board or look in the race entries book for other race details.

# 5K

### 5K RACES

Blisworth (May)  
Bedford Park (June, July, August)  
Stevenage (May)  
Wardown Park (August)  
Peterborough (June, July, August)



# 5M

### 5 MILE RACES

Amersham (September)  
Corby (May)  
Market Harborough (May)  
Caldecott (June)  
Banbury (June)  
Ramsey (June)  
Vauxhall (July)  
Wellingborough (August)  
Peterborough (June)  
Shuttleworth (October)  
Hatch End (November)  
Wolverton (November)  
Welwyn Garden City (April)

# 6M

### 6 MILE RACES

March (June)  
Rugby (May)  
Bedford (June)  
Daventry (October)



# 10K

### 10k RACES

Silverstone (May, September)  
Kettering (June)  
Dunstable (June)  
Weedon (June)  
Huntingdon (June)  
Milton Keynes (July)  
Peterborough (July, April)  
Luton (May, September)  
Cambridge (October)  
Standalone (October)  
St Ives (July)  
Royston (May)  
Northampton (March)

# 10M

### 10 MILE RACES

Hemel (March)  
Leighton Buzzard (April)  
Sandy (April)  
Cople (May)  
Lee Valley (July)  
Harlow (August)  
Swineshead (September)  
Henlow (November)  
Stanford (October)  
Banbury (October)  
Ware (October)  
Bishop Stortford (November)  
Welwyn Garden City (September)

# 1/2M

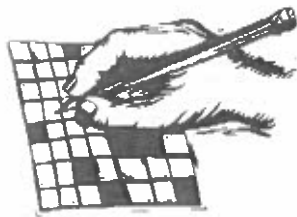
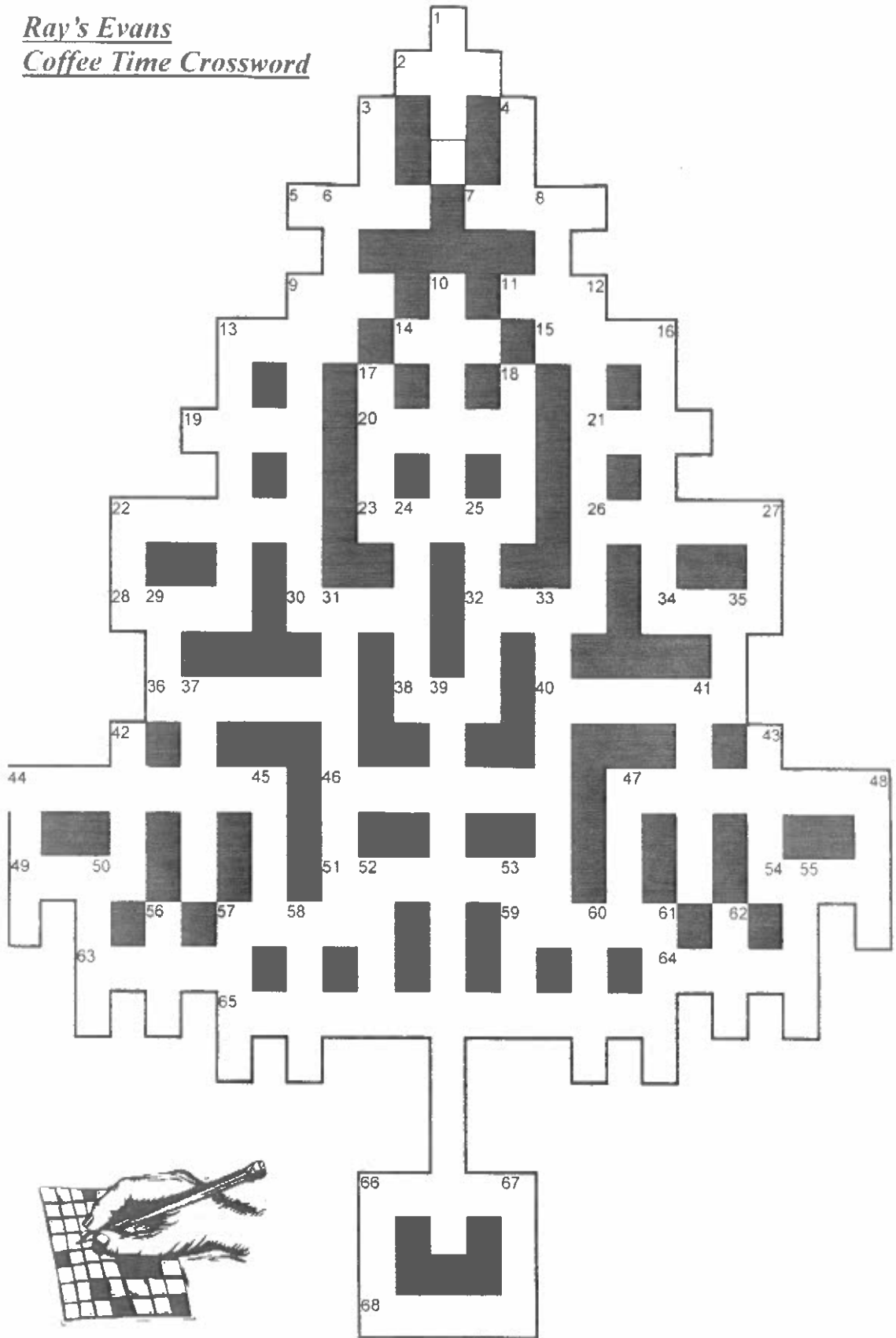
### HALF MARATHON

Hitchin (March)  
Wellingborough (September)  
Ramsey (June)  
Milton Keynes (July)  
Gt Yarmouth (August)  
Ely (September)  
Nottingham (September)  
Gt North (October)  
Stevenage (November)  
Harrow (November)



Christmas 1999

*Ray's Evans*  
*Coffee Time Crossword*



# Christmas 1999

## Across

- 2: Apex (3)  
 5: Put your cross here (4)  
 7: Feline mammal of Europe and North America with grey-brown mottled fur, tufted ears and short tail (4)  
 9: Use this to see (3)  
 11: US spelling of AEON (3)  
 13: An unlucky malevolent force, person or thing (4)  
 14: Not happy (3)  
 15: Word or group of words that refers to a person, place or thing (4)  
 19: Everest? Well half way there (4)  
 20: Brother of one's father or mother (5)  
 21: Everyone or more considered individually (4)  
 22: A bowed, string instrument (4)  
 23: Establishment providing lodging and usually meals for guests' (5)  
 26: Person who makes beer (6)  
 28: Either of two persons or animals conceived at the same time (4)  
 30: Not good (4)  
 32: Not Rich (4)  
 34: To travel or walk about with no fixed purpose (4)  
 36: Place to keep a car (6)  
 38: Not wet (3)  
 40: A district of the Greater London Borough of Hammsmith (6)  
 44: One-storey house sometimes with an attic (8)  
 46: To do away with (7)  
 47: Large cylindrical rigid airship designed to carry passengers, bombs, etc (8)  
 49: To repair (4)  
 51: Physical or mental laziness or weariness (7)  
 54: Chess piece of the lowest theoretical value (4)  
 57: A past participle of weave (5)  
 59: Second planet from the sun (5)  
 63: Past tense of swear (5)  
 64: Apart from another or others (5)  
 65: Seventy-five percent (13)  
 66: A fertile patch in the desert (5)  
 68: A daughter of one's sister or brother (5)

## Down

- 1: Earth's satellite (1)  
 3: Not cold (3)  
 4: Don't sell (3)  
 6: Variety of chalcedony with alternative black and white parallel bands used as a gemstone (4)  
 8: Twelve of the clock (4)  
 9: Another name for ingress (8)  
 10: Person, animal or thing considered to bring good luck (6)  
 12: Eleventh month (8)  
 13: Spear thrown as a weapon or in competitive field event (7)  
 16: Concerned with or involving the nucleus of an atom (7)  
 17: Don't pull (4)  
 18: Don't buy (4)  
 22: Animal doctor (3)  
 24: Machinery that is drunk (5)  
 25: M.I. - in full (5)  
 27: Spirit made from sugar cane (3)  
 29: Artificial head of hair (3)  
 31: That which can be seen (8)  
 33: At some distance from the coast line (8)  
 35: To point a weapon at a target (3)  
 37: Collection of maps etc (5)  
 39: Overall name for a belief and worship of a supernatural power (13)  
 41: 'A' for — (5)  
 42: Advanced in years (6)  
 43: To assist or aid (4)  
 44: Explosive device (4)  
 45: US depression: Person who habitually drinks wine as a means of getting drunk (4)  
 47: Member of a tall South African people living chiefly in Northern Natal (4)  
 48: Inverted six (4)  
 50: Egg container found mostly in trees (4)  
 52: Raise this at poker (4)  
 53: In cricket, a set of six balls (4)  
 55: The highest point (4)  
 56: Small round mark usually made with a pen (3)  
 57: To moisten (4)  
 58: In grammar class of words in a language that serves to indicate the occurrence of an action (4)  
 60: Another word for Christmas (4)  
 61: Long piece of ribbon, worn around the waist or over the shoulder (4)

## ANSWERS

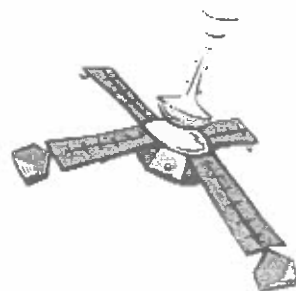
Across: 2: apex; 5: cross; 7: leopard; 9: see; 11: aeon; 13: evil; 14: sad; 15: word; 19: Everest; 20: uncle; 21: everyone; 22: violin; 23: inn; 26: brewer; 28: twins; 30: evil; 32: poor; 34: room; 36: garage; 38: dry; 40: Fulham; 44: bungalow; 46: abolish; 47: clear; 49: repair; 51: weary; 54: pawn; 57: wove; 59: Venus; 63: swore; 64: alone; 65: threequarters; 66: basis; 68: Down: 1: moon; 3: hot; 4: buy; 6: onyx; 8: noon; 9: entrance; 10: mascot; 12: November; 13: javalim; 16: nu-

## Newcastle - The Final Frontier

### Captain's Log

October 9

I had completed many missions as captain of the Starship Enterprise but there is always one that would test the crew to the limit. Starfleet Command had issued our mission orders. It defied belief, our mission: to transport as yet an undefined cargo, codename Bedford Harriers A.C., to the outer reaches of the known galaxy to a planet codename Newcastle. There we would encounter a gathering of world proportions to participate in a galactic endurance event, codename Great North Run. How would the crew cope as I issued final instructions.



I had requested the help of one or two specialists including Paul, a navigator from Marshalls, and Chris Cottam, a co-ordinator familiar with the area codename Newcastle. Crew and cargo on board, Paul commenced departure procedures and punched in the co-ordinates for Newcastle. Our most testing mission had begun. Space is a crazy place and plays tricks on the mind as warp speed was reached in seconds. A magical atmosphere as the crew addressed the mission that was about to unfold. Officer Phil and Officer Alan were experts in communications, with Officer Phil the senior of the two. He would be a vital key later in the day. Paul, our navigator, decided on a brief break at Station Ferrybridge. Iva, one of the original crew members, relived a dangerous encounter with a character called Tough Guy. He was no match for Iva. Minutes later our journey to Newcastle was in its final stage as we encountered space debris in the guise of The Angel of the North, a symbol of the outer galaxy. Some crew members were clearly amused at this and remarked 'no dress sense' and 'what a big boy'. We had reached Station Cairn Hotel on the planet codename Newcastle.

Crew and cargo had disembarked as we located our accommodation quarters. In a short space of time an urgent rescue mission to The Metro Centre was underway, led by Officers Phil and Alan. It would be tough but it had to be done. Transport was an archaic shuttle service and raised a few smiles from other passengers as I experienced instrument failure. Officer Patricia remarked 'have you a problem with your big instrument, captain?' One bemused passenger had little restbite as she read a holiday brochure, aided by Officers Patricia and Phil. She wished us well. I asked Officer Patricia and a new member to retrieve some goods from the stores, while Officer Brian located much needed nutrition called a buffet. Some time later I ordered the crew to relax as I encountered one or two new members as we discussed phase two codename Great North Run. It would test us to the limit.

10 October

Officer Ward's alarm call at 6:18 initiated phase two as the crew sought refreshments in the lower quarters. Some were visibly apprehensive, while others relished the challenge ahead. It was going to be tough but I recalled an ancient proverb 'when the going gets tough, the tough get going'.

8.00 Departure for rendezvous Town Moor was underway as the crew left the security of Station Cairn Hotel and addressed phase two of a galactic endurance event over 13.1 miles of unforgiving terrain. Atmosphere incredible as Starfleet Command had summoned an incredible 40,000 people to participate in the event of the decade. Jimmy Nail sang 'The Running Man' before the mass of people fell silent in memory of those who lost their lives in the Paddington Train Crash. Not a sound at 10.04.51 as the masses stood till. 10.10 Phase Two was underway as the mass of bodies addressed an incredible mission, some for the first time, including Iain, Mick and Jack, as the temperature on the surface began to rise. Some of the crew would suffer heat exhaustion.

Tyne Bridge an incredible sight as the initial miles unfolded and a sea of bodies crossed this main symbol of Newcastle. Temperature on the surface was rising as I spotted one or two Harriers en route. Electric atmosphere as the final stages of this mission were addressed. A veteran from Jarrow informed me he had completed 19 missions, an incredible feat as the finish line came into view along a crowded seafront. Ambulances continued to buzz as one or two suffered from heat exhaustion, not surprising given the nature of the mission. Officers Tony Barnes and Phil were first Harriers to reach Station South Shields as Officer Alan recorded yet another p.b. Officer Janet was the first Lady Harrier to reach this point as one or two turned in credible feats of endurance including Officer Maurice and Officer Davies. All Harriers had completed the mission as I ordered the crew to relax after their incredible efforts. Magical scenes as thousand upon thousand reached the finishing point, some visibly suffering from the heat. Paul, our navigator, was a welcome sight as the crew returned to Station Cairn Hotel for refreshments and a night to remember.



I arrived in the bar at 6pm to discuss the mission with one or two crew members. It was good to enjoy a meal and for Officers Brian and Steve to acknowledge some credible performances on the day, including Officer Tony Barnes and Officer Janet and a special mention for Chris Cottam to acknowledge his efforts in making the whole experience possible. He was visibly moved by the applause he received. Refreshments continued in the bar till the early hours of Monday morning. Officers Mick and Iain were reliving their incredible Great North Run experience with the aid of some toxic substances, while other members of the crew enjoyed a mixture of toxic and less toxic substances.

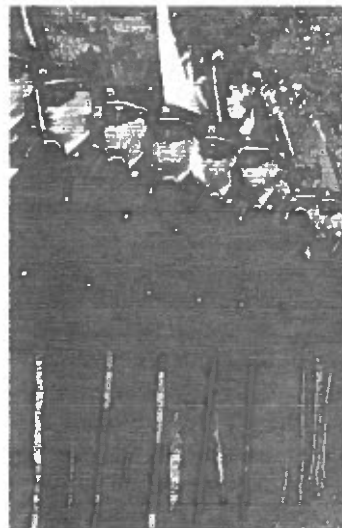
What a day as one by one the crew sought some slumber before the journey back to planet Bedford. A successful mission by the crew of the Starship Enterprise. Thanks to all who made this mission an unforgettable experience, and for Newcastle, which continues to express itself with some magical moments of emotion.

phil gray

## *The Harriers jokes pages*

### *Where are they?*

The pentagon recently found it had too many generals and offered an early retirement bonus. They promised any general who retired straight away, his full annually benefits PLUS \$10,000.00 for every inch measured in straight line along the retiring general's body between two points he chose. The first general accepted. He asked the pension man to measure from the top of his head to the tip of his toes. 6 feet. He walked out with a check of \$720,000.00. The second general asked them to measure from the tip of his outstretched hands to his toes. 8 feet. He walked out with a check for \$960,000.00. When the third general was asked where to measure, he told the pension man. "From the tip of my penis to my testicles." The pension man said that would be fine, but he'd better get the Medical Officer to do the measuring. The Medical Officer attended and asked the general to drop his pants. He did. The Medical Officer placed the tape on the tip of the general's penis and began to work back. "My God!" he said. "Where are your testicles?" "In Vietnam." the general replied.



### *Whose he?*

Quasimodo was not a happy man. He felt that life had passed him by. He was useless at most things and never seemed to excel at anything.. "Cheer up", said a friend "I know something you're the best at. You're the ugliest man in the world! In fact, you could get into the Guinness Book of Records for that". "Do you think so" said Quasimodo. "Yes" replied his friend. Go down to London and see them and as soon as they see you, they'll put you in". So down to London Quasimodo goes and to the offices of the Guinness Book. After just a few seconds with them, he emerges - with a scowl on his face. "What happened?" asked his friend "Whose Robin Cook?" replies Quasimodo..

### *Keep then Locked!*

Saint Peter was manning the Pearly Gates when forty scousers showed up. Never having seen anyone from Liverpool at Heaven's Gate, Saint Peter said he would have to check with God. After hearing the news, God instructed him to admit the ten most virtuous from the group. A few minutes later, Saint Peter returned to God breathless and said "They're gone" "What? All of the scousers have gone?" asked God. "No" replied Saint Peter "The Pearly Gates"

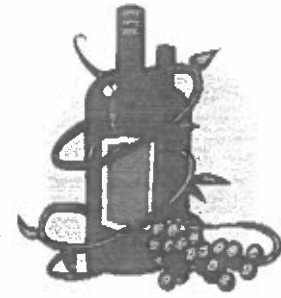




**Friends at Last?**

There's a Scotsman driving down to Wembley, and an English guy driving in the opposite direction. In the middle of the night with no other cars on the road they hit each other head on, and both cars go flying off in different directions.

The Scots lad manages to climb out of his car and surveys the damage. He looks at his twisted car and says, "Jings, Crivvens. Help ma boab, am I lucky to be alive!" Likewise, the Englishman scrambles out of his car and looks at his wreckage. He too says to himself, "I say, I can't believe I survived this wreck!"



The Englishman walks over to the Scotsman and says, "I say old boy, I think this is a sign from God that we should put away our petty differences and live as friends instead of such rivals".

The Scotsman thinks for a moment and says: "Aye laddie, you're absolutely right! We should be friends. Noo I'm gaun tac sec whit else survived the wreck." So the Scotsman pops open his boot and finds a full, unopened bottle of Famous Grouse. He says to the English fella, "I think this is another sign from God that we should toast our new found understanding and friendship".

The Englishman says, "You're damn right!" grabs the bottle and starts slugging down the whisky. After putting away nearly half the bottle, the Englishman hands it back to the Scots lad and says, "Your turn!"

The Scotsman twists the cap back on the bottle and says, "Nahh, I think I'll just wait 'till the bobbies show up!"

**What's the problem?**

"Doc, I can't stop singing the green green grass of home."  
That sounds like Tom Jones syndrome."  
"Is it common?"  
"It's not unusual."  
> >>>>



**What's up?**

A man takes his Rottweiler to the vet.  
"My dog's cross-eyed, is there anything you can do for him?"  
"Well," says the vet, "let's have a look at him."  
So he picks the dog up and examines his eyes, then checks his teeth.  
Finally, he says "I'm going to have to put him down."  
"What? Because he's cross-eyed?"  
No, because he's bloody heavy." > >>>>



**No escape!**



A secretary, a paralegal and a partner in a city law firm are walking through a park on their way to lunch when they find an antique oil lamp. They rub it and a Genie comes out in a puff of smoke. The Genie says, "I usually only grant three wishes, so I'll give each of you just one." "Me first! Me first!" says the secretary. "I want to be in the Bahamas, driving a speedboat, without a care in the world." Poof! She's gone. "Me next! Me next!" says the paralegal. "I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of pina colodas and the love of my life." Poof! He's gone. "You're next," the Genie says to the partner. The partner says, "I want those two back in the office after lunch."



Harriers Puzzles Page



**Subject: Test - Try it, it is not as basic as it seems!**

Pay close attention! There are 10 questions, so you should be able to answer them all in 5 minutes. Write each of your answers down, it makes a difference! The answers are at the bottom of the page

**Questions**

1. Some months have 30 days, some months have 31 days. How many months have 28 days?  
>
2. If a doctor gives you 3 pills and tells you to take one pill every half-hour, how long would it be before all the pills had been taken?  
>>
3. I went to bed at eight o'clock in the evening and wound up my clock and set the alarm to sound at nine o'clock in the morning. How many hours sleep would I get before being woken by the alarm?  
>>
4. Divide 30 by half and add ten. What do you get?  
>>
5. A farmer had 17 sheep. All but 9 died. How many live sheep were left?  
>>
6. If you had only one match and entered a COLD and DARK room, where there was an oil heater, an oil lamp and a candle, what would you light first?  
>>
7. A man builds a house with four sides of rectangular construction, each side having a southern exposure. A big bear comes along. What colour is the bear?  
>>
8. You take 2 apples from my 3 apples. How many do you have?  
>>>>
9. How many animals of each species did Moses take with him in the Ark?  
>>>>
10. If you drove a bus with 43 people on board from London and stopped at Peterborough to pick up 7 more people and drop off 5 passengers and at Leethorpe to drop off 8 passengers and pick up 4 more and eventually arrive at Portsmouth 20 hours later, what's the name of the driver?  
>>

**Answers**

- 1). All of them. Every month has at least 28 days.
- 2) 1 hour. If you take a pill at 1 o'clock, then another at 1:30 and the last at 2 o'clock, they will be taken in 1 hour.
- 3) 1 hour. It is a wind up alarm clock which cannot discriminate between a.m. and p.m.
- 4) 70. Dividing by half is the same as multiplying by 2.
- 5) 9 live sheep.
- 6). The match.
- 7). White. If all walls face south, the house must be on the North Pole.
- 8). 2 apples. I HAVE 3 APPLES, YOU TAKE 2, WHAT DO YOU HAVE?
- 9). None. It was Noah, not Moses.
- 10). YOU are the driver

# Baby News

# Grandparent News

## Zac and Tara

Congratulations to **Zac and Tara Hollis** on the recent birth of their baby daughter Amber. Amber who weighed in at around 6lbs, will now be able to annoy little brother George

## George and Chris

Pleased to hear that **George and Chris Armstrong** are due to become grandparents in the new year. Son Steve will be the happy father.

---

## Good Idea Avril!

Avril has suggested that we invite one of the running shops down to the club about twice a year so that members can purchase items such as running shoes etc. The idea is to bring them down early in the new year (on a training night) before the main road race season starts and then again towards the end of the year in time for the cross country season. Avril thinks that we should be able to negotiate some discounts. Watch the noticeboard for further details.



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## Our new Committee Member

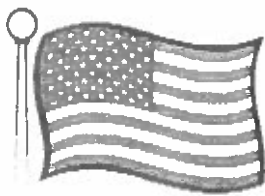
We are pleased to announce that **Graham Bufton** has joined the committee. Graham who only joined the club this year is the brains behind the new league system which the club is now operating. Graham's also intends to introduce raffle-type club draws in the near future. Look out for details.

Graham replaces **Paul Roberts** who has decided to stand down due to work commitments. Many thanks to Paul for all the work undertaken over the last few years.

## **Deirdre Bethune's Chicago Marathon** **24<sup>th</sup> October 1999**

*Deirdre Bethune* recently competed in the Chicago Marathon Here's her report.

**W**e had a few days in New York and then Chicago before the marathon. On the Friday I had to register at McCormack Place, a large exhibition centre a bus ride away from Downtown Chicago. (We found out later there were complimentary buses running there from outside the Hilton). We picked up the bib numbers for the fun run and tried to get details of the start on the Saturday. No details we hoped the marathon would be better organised. I collected bib number tea shirt and goody bag and traipsed round all the stands. Pacers stand. Good idea maybe. I decided if I wanted to break four hours I should run with a pacing group. I got my bib and I'm glad I did! I'll skip Saturday: a fun fun run and a busy touristy type day with the theatre thrown in the evening.



Got back to base at about 12:00 for an early night, preparing for a five o'clock start. Would I sleep. I did but intermittently not helped by the guys upstairs chatting and laughing. Finally 5:00am rise no shine, cup of tea, a muffin and a banana. I thought there would be more at the start, there wasn't. Dress quickly and then off in the taxi to the start. Off in the dark on my own. Scary! A few blocks on I saw someone trying in vain to get a taxi: I stopped and four more runners piled in. Finally we're at the start. Only 6:30 and its cold: 29°. I went into the Hilton, a plush hotel built in 1927 with 3000 bedrooms, three storey laundry and an eighteen hole golf course on the roof, and now overrun with runners. An amazing sight

At about 7:00 I went to the start. I couldn't believe how casual it all was. I met up with the pacing group which was being led by Emily and Dan. They could both do a least a 3:30 marathon and knew just how to pace us. At least Emily did, Dan we never saw again. In the group were people who'd run before trying to beat times, maintain times (me) and those who'd never run a marathon before. Immediately you were among friends. The start was so relaxed, no charging to the start, your chip time is your time so why rush? Once over the line we ran. Emily said relax for the first three miles, don't worry about time just warm up and enjoy. It was too crowded for speed and it was bitterly cold. I was running in shorts but I still had on a sweat shirt and gloves. Others were in coats hats and gloves and many were wearing leggings.

The Chicago wind is a fact: a wind tunnel down the streets straight off Lake Michigan! And cold! Even that early, the streets were lined with people and they were probably colder than we were. As we ran along people would say here come the four minute milers, if only! Later they were saying here come the four o'clock finishers that wasn't so good. Every mile Emily would check her watch. Some people thought we were going too slow. No we were fine she said we'd make the time up later. We'd only gone four miles. Just a few more to go.



The marathon is split up into rally sections and there's a prize for the best station. At mile seven I expected to see my supporters (husband Bill and daughter Sophie), no sign of them but a wonderful rally station. This was the area we stayed in, Lakeview and the Chicago Gay area. It was also the best. Here were guys dressed in silver skirts with Y2K glasses strutting their cheer leader stuff, wearing tee shirts with Y 42 K. I only worked out later that a marathon is 42K. It was unbelievable to run through and I heard later fantastic to be there. That station has won the prize for the last few years.

## Christmas 1999

Ran back downtown. Don't look now but you're running past the tallest building in the world (Sears Tower). Talking to people in the group. I don't like Brits one said but you must be OK you're running a marathon. Never mind! Most of them seemed fine with Brits. We ran on. Stock phrase for the race came from Emily - we were "Awesome". She was rallying us on, telling us our splits. That was awesome 8.57 then 9.00 and again. Sometimes more sometimes less. We cheered her she really kept us there.



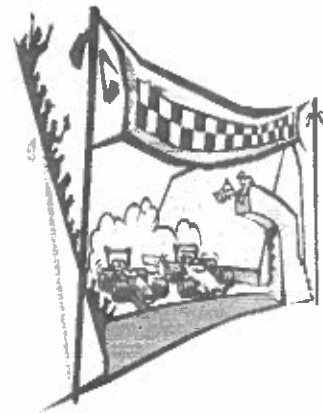
We slowed, almost stopped for drinks, no bottles only cups and you can't run and drink like that. Drinks every two miles, water followed by gatorade. Powergel stations twice along the route but I'm not sure where. When its that cold you need to warm the gel but be careful I put one down my top and forgot it till after the race had then had a nasty sore where it had rubbed.

The more tired you got the more the race melded. Also not knowing Chicago I can't identify with the areas we ran through. I do remember Chinatown and Little Italy. I also know that I was flagging. But ahead of me was Emily with the 4:00 hour stick. It really kept me going. I went through 13.1 at 1:58:32 but could I keep it up. I thought at that point I could but later I wasn't so sure. Was that the dreaded wall? I'd not hit it before. We ran past Kaminski stadium home of the White Sox. Suddenly there balls of coloured smoke in the air and terrifically loud bangs. Just for us! I could still smile. I think that was about mile 22. I could make it.

Along the way the other rally stations tried to help. One had a series of 26 excuses for not running a good marathon: classic runners excuses. Around mile twenty a paper wall appeared with an invitation to run through it: surprisingly it was still intact.

With the last few miles I was feeling it. I'm not going to make it in under four hours. I caught up with Emily again (she was always in sight but getting away from me). You're awesome, you can do it. Past McCormack Place where we'd registered. A mile and .2 to go.

The sun is shining and its warm. The last mile is lonely, through Grant Park no vast crowds. You can see the finish ahead. Still a long way off. At 26 miles Emily turns around, she's marking time still holding her 4:00 hour stick ( can you imagine running all the way carrying something). She's waiting for her runners. She shakes my hand and tells me once again I'm awesome. I tell her I want a photo at the end but that is the last I see of her. I cross the line with banks of spectators on bleachers on either side. I finished 4:06:06 on the clock but my watch says 3:58:12. Made it! I staggered after the line and there was someone to help me. My legs were dead but I was fine really. Still a way to go. First the space blanket, then the medal. Bumping into people, grinning, it didn't matter anymore we'd all made it. Water, walk finish photos. Line up, hand your blanket over, stand on a podium. Only two steps up but really hard to do. Smile, click, down and on wards. There was food waiting for you, apples bananas, bagels, veggieburgers juice and even beer. I wasn't interested but thought I'd better eat an apple or something. I plodded on in search of the family.

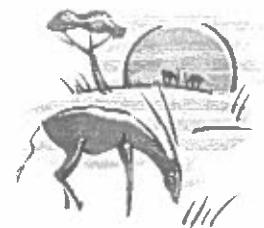


Walking through the funnel out of the runners zone. I was standing next to one of the four hour runners. Hi he says have you seen Emily? No, I wanted a photo with her. Oh he said I wanted to propose. We'd both broken four hours. We were elated.

As busy as it was I met Bill and Sophie easily. There was an enormous crowd but only one placard with mum written on it (American is Mom). Now only the baggage tent to clear, dress and walk to the nearest metro. Back to base and a wonderful bath. It was over. Sophie looked the results up on the web straight away: 4:06:06. It hadn't worked. So much for chip time. I was thoroughly disappointed. Too many people over the start together, whatever. I was not happy. Then we got the paper the next day and it had worked. There it was 3:58:12

*Deirdre*

# Janet Clark



Hello !  
Aangename kennis !

Some of you may have noticed a few strange accents around the club the last six months. No, we are not Australians or New Zealanders, we are here from sunny South Africa - namely Christine, Craig and myself, Janet. And what an eventful time it has been for me. This is the first time I've actually sat still at home for a reason other than to eat. (mind you, I've just finished a bowl of measly!).

Thanks to a fantastic landlord (I'll be in trouble for calling him that - his lodgers are rather 'friends that come to stay') and you lovely lot at the Harriers, I've managed to cover most corners of England and Wales since coming over.

Sat in the Reebok factory shop in Honeydew: Johannesburg with a pile of tried on - no good shoes littered around me, the shop assistant tentatively asked if I was going to England to race professionally!

Now I wonder if that was a close prediction or a stupid question. With the amount of races I've run since joining the Harriers, I should be able to get something in exchange for all those heavy medals. (My, the English do love their medals, T-shirts and shields).

Entry fees here are the equivalent of four times the norm at home. Thanks to counseling from various people, for example, Avril Thomas: I should soon be over the R10 to £1 conversion paranoia. Quick public relations blurb: take a break in South Africa and be amazed at the prices. Now, I have to watch myself. Instead of taking 2 days to chose a pair of running shoes as I did while at home, I tried on 2 pairs after Nottingham 1/2, bought one pair for sixty pounds (double what I'd ever spent on shoes before) only to find that they were too big for me the next day.

I spend my weekdays getting to grips, literally, with the community of injured Bedfordians. Working as a physio for the NHS sometimes makes me feel like a sausage machine operator. In one end, all floppy and sloppy (oops- rather let's say slouched), then patched and batched, they are pushed out the other end. All in twenty minutes - and we hope they can stay that way. Of course we have the pressure of waiting lists but this operator is concerned about the quality and shape of her little and not-so-little sausages! So, please understand if I look a bit bedraggled on a Wednesday night when you ask me what's wrong with your knee.

Running wise, I must sum up:

Imagine: a dry, dusty track up the side of a rocky mountain, vineyards below and endless mountains opposite, a classic running into the bush, perspiration dripping off your exposed, tanned legs and most noticeable, deep blue sky and 'mooi sonskyn' ( a November am, Stellenbosch, Cape)

Reflect on: waterlogged, slushy emerald grass, a public footpath down a hill and over the ever present style, sheep and cows in the field, relatively flat but rolling hills, mud tanning my newly acquired tracksters; and I admire the shapely grey clouds through which the sun is desperately trying to cast his hue, (a November am Green Lane) Yes it is 'mooi' as well.

All across the world, runners are a unique breed. I tend to like them wherever I go, but Bedford's runners will have a special place in my memories of England. Hope to see you visiting SA some day. How about a trip to the Two Oceans marathon, I'll organize the braai.

God bless you all over the Christmas period. He has certainly blessed me through you all.  
Lekker Bly !!

*Janet Clark*

**So what's happening with the club kit ?????**

Reflective Bibs should finally be available by the time you read this - so you (ok I mean we) will have no excuse for not wearing one.

Club Singlets (which are made to our specification) have been promised for delivery in the 2<sup>nd</sup> or 3<sup>rd</sup> week of January - including some XXL

The supplier has been reorganised and I have made contact with the new manager and I will hopefully in 2000 have other kit available with the Bedford Harriers name or logo (eg tracksters)

I am also awaiting a club price list for the new Ron Hill catalogue. My intention is then to order individual items as requested possibly on a monthly basis.

To talk to me about kit try and grab me at the Club. Yes I know I'm elusive. Oh, yes I'm probably out somewhere training.

The best way to let me know of your requirements is to write them down with your name and 'phone number and shove it (now now) in my hand

Or

'Phone me on

(01234) 407573

(24 hour answering service)

I am intending to have a

***JANUARY SALE***

of the old stock which I inherited.

This will be on

***WEDNESDAY 12 JANUARY 2000***

in the bar after training.

***All that's left is to wish you all***

***a very merry kitmas and a happy new gear***

***Colin***



## Phil's Poetry Page

### CANDLES

They are the last romantics, these candles:  
Upside down hearts of light tipping wax fingers,  
And the fingers, taken by their own haloes,  
Grown milky, almost clear, like the bodies of saints.  
It is touching, the way they ignore

A whole family of prominent objects  
Simple to plumb the deeps of the eye  
In its hollow of shadows, its fringe of reeds,  
And the owner past thirty, no beauty at all.  
Daylight would be more judicious,

Giving everyone a fair hearing,  
They should have gone out with balloon flights and the stereopticon.  
This is no time for the private point of view.  
When I light them, my nostrils prickle.  
Their pale, tentative yellows

Drag up false, Edwardian sentiments,  
And I remember my maternal grandmother from  
Vienna.  
As a schoolgirl she gave flowers to Franz Joseph.  
The burghers sweated and wept. The children wore white,  
And my grandfather moped in the Tyrol.

Imagining himself a headwaiter in America,  
Floating in a high-church hush  
Among ice buckets, frosty napkins.  
These little globes of light are as sweet as pears.  
Kindly with invalids and mawkish women,

They mollify the bald moon.  
Nun-souled, they burn heavenward and never marry.  
The eyes of the child I nurse are scarcely open.  
In twenty years I shall be retrograde  
As these draughty ephemerids

I watch their spilt tears cloud and dull to pearls.  
How shall I tell anything at all  
To this infant still in birth-drowse?  
Tonight, like a shawl, he mild light enfolds her,  
The shadows stoop over like guests at a wedding.

SYLVIA PLATH

### SYLVIA

A cold December day,  
when all was dull and damp.  
Your face stood out  
on a crowded street,  
so clear that image in my mind.

Silence for a brief moment  
until words broke that  
oh so sweet silence.  
Your words so clear,  
So distinct, so real.

I noticed your eyes  
of blue, and lips,  
so red – so soft.  
Fortune had smiled on  
me that December day.

You spoke of  
a passion for the  
written word.  
Your love of poets,  
both past and present.

Your love of life  
so clear in your eyes.  
I was held captive by  
your manner,  
your very being.

Tears in your eyes  
as we embraced.  
Your lips, so red,  
so soft to the  
human touch.

The clock of life  
stood still as our  
bodies were locked  
in a passionate embrace.  
Hearts beating so fast.

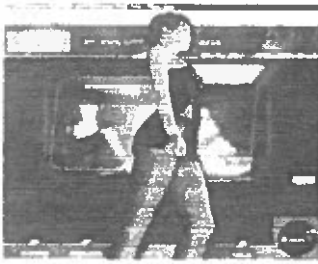
Passion in your eyes  
as we drew breath.  
My heart was beating  
so fast, I felt it would  
explode at any moment.

Numbers exchanged on  
this cold December day.  
I cannot and will not  
forget you – the name  
of love itself.

PHILIP GRAY



## Muddy Marvellous



What can you say that has not been said a thousand times before? Why do mad dogs and Englishmen go out in the howling wind and rain and muddy terrain. They just do, don't they? Wellingborough played host to brave hearts in the initial race in the Today's Runner League. A course adjacent to the Redwell Leisure Centre would be a baptism of fire for the majority. It was good to see so many Harriers braving the elements., including some new faces, like Alan and Iain. Race time approached as hearts began to beat faster and faster.

11.10am Game on as the leaders tore into the distance at a suicidal pace while some, myself included, settled for a more realistic pace. It was good to see Harriers addressing the elements in style, with Alan stealing the show as 1st Harrier home with Tony 2<sup>nd</sup> and Paul 3<sup>rd</sup>, while Jenny was 1st Harrier Lady on the day. It was muddy experience for the majority, with a shallow stream adding to the unknown. Yes you can have a shower while running through a stream, all part of the cross-country experience. Hot showers and refreshments were welcome sights after the adventure in the mud of Wellingborough. All participants went the distance on the day and Harriers achieved a credible 4<sup>th</sup> place out of 10 teams. What a performance from an incredible club. Thanks to Steve et al for providing transport on the day.

### Sunday the 5th December – What a day!

Sunday the 5th December, was a day to remember as Bedford Harriers participated in a number of events in the region.

Luton played host to the Luton Relays and Luton Marathon. Harriers had a team competing in the Relays. They turned in an exceptional performance as each completed a little under 9 miles each. Tony Barnes { 52 minutes }, Paul Langford { 51 minutes } and Kevin Willett { 55 minutes }. The team finished 3<sup>rd</sup> out of 100 teams participating. Well done .

Maurice stole the show in Luton after his blistering performance at Wolverton . Maurice addressed the marathon distance and did not disappoint. He completed the distance in a mind blowing 3:14:04. How many Shredded Wheat this time Maurice? Was it two, three or more? Let me know. #

Meanwhile in Peterborough, the Three Musketeers , namely Chris, Iain and Michael were addressing the Nene Valley 10. Iain stole the show in 79 minutes, with Michael a minute behind. Chris also turned in an excellent performance. Well done to all Harriers who went the distance at Luton and Peterborough. **You Ain't Seen Nothing Yet** should be applied to Bedford Harriers as we leave the 20<sup>th</sup> century behind, and address the unknown of the 21<sup>st</sup>.

Phil gray



# Malta



This year's overseas outing by the club took us to Malta for their annual Malta Challenge Marathon. Over 30 members of the club, their friends and family made the trip this year together with half a dozen runners from Beds and County. We flew out from Gatwick on the evening of Tuesday the 16th November for the one week trip and just managed to arrive at our hotel in Malta in time for our evening meal. After that we all thought about having an early night but decided to go out for a drink instead.

Our hotel, which was about eight miles from the capital Valetta, was slap bang in the middle of the local disco scene. Some found this convenient, others less so!. Across the street from our hotel was another which contained the 1999 'Miss World' contestants. Not sure what they were doing there but they certainly attracted their fair of attention and were almost impossible to get at!. Ah, forget them, you see better looking women in Bedford.

The challenge itself involves running the marathon distance of 26.2 miles or about 42k over a three day period. The first stage covered a distance of just over 11 k, the second day 6k and the final day 25k.

The first stage, the 11K run was held on Friday the 19th. This became a race that all involved will forever remember. Within seconds of the start, the heavens opened and the rest of race was run in absolute monsoon conditions. Part of the course took us up a mountain where visibility was minimal. This, combined with the torrential rain, roads under water and cars and buses flashing by regardlessly, made the whole experience kind of macabre. Though everybody was totally drenched at the finish, it was a once in a lifetime running experience.

The second stage of the challenge, the 6k was uneventful by comparison apart from the fact that the first 3k was more or less all uphill and the second 3k thankfully all down. The only point of remembrance, was the difficulty we encountered in getting Steve Wilby out of bed for the coach to the race which left our hotel at far too early an hour. Steve had the misfortune of having a hotel room which was directly over the loudest disco on the island. The music stopped at 4.0am. By that point Steve was contemplating suicide!.

The final stage of the challenge, the 25k run, ended in the main square in Valetta and was pretty tough. The first 8k of the race wasn't too bad: 8k to 10k was all uphill (not nice), 11k to 20k was undulating (I think that's the word) and the final 5k seemed to be all up hill again including one stretch which definitely had a 45 degree slope. The best bit was the last 100 yards along the main street. That part I liked!

The awards ceremony was held that evening in the race HQ and we are pleased to report that the Harriers picked up their fair share of honours. A combined ladies team of Veronica, Christine, Teresa and Ivy plus Delores and Paula from Beds and County gained third place in the women's team awards. Though this was good, there was general agreement that we were robbed and that the girls should have won. The reason we didn't protest was because the trophies they were handing out were so big that we'd never have got them on the plane! The other trophy winners included Veronica who had a tremendous three days and was the fifth lady overall to Finish. Christine also did really well and won the LV40 prize and Ivy won an award for being the oldest competitor. No individual prizes this time for Teresa though – sorry Teresa.

## Christmas 1999

On our final evening, we presented Jude, who had organised the trip, with a small thank you gift for all her efforts. Jude had been a little down that evening because injury had forced her to withdraw from the final stage of the challenge and as a result she hadn't been awarded a medal. Glad to report however that a few glasses of wine put the situation right. After that, the Harriers had a karioke evening, some pictures of which are included in the magazine.

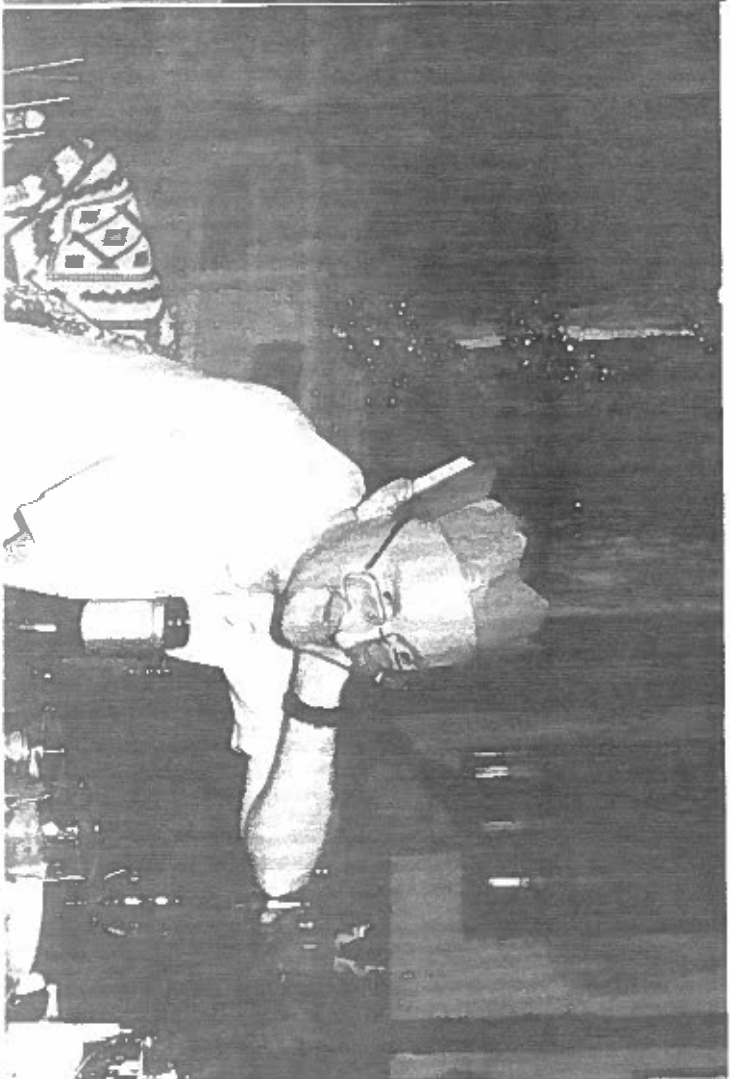
Other memorable moments (for some) include attending a disco at 4'0 o'clock on a Sunday afternoon (which was absolutely packed), travelling on the local bus service – interesting, the over-officiousness of some of the race administrators, an eight mile walk on race registration day from our hotel to the race HQ which left Linda with a swollen foot for the remainder of the week and the pleasure of knowing that a group of Dutch runners greatly preferred our company on the coach to the races, rather than that of the 'orrible French. Great stuff.

This was the first time that most of us had been to Malta and though I'm sure we all enjoyed it, there was general agreement that the island does not yet have the sort of holiday atmosphere of somewhere like the Costa. As such, were all heading back to Benidorm next year for the half marathon. It should be fun. Join us!

### Malta Marathon Challenge

	11.195k Time	6k Time	25k Time	Total Time	Final Position	
Brian McCallen	46:00	23:56	1:46:44	2:56:40	18	1st MV45
Veronica Singleton	52:58	26:44	2:03:47	3:23:29	70	5th Lady
George Armstrong	50:16	25:50	2:07:36	3:23:42	72	
Dolores Wallace	52:46	26:50	2:08:17	3:27:53	85	8th Lady
Colin Tranter	53:44	26:22	2:14:09	3:34:15	102	
Paula Darby	54:12	28:28	2:12:34	3:35:14	105	1st LV35
Teresa Munns	56:26	29:24	2:14:09	3:39:59	113	
John Waugh	58:26	28:53	2:12:47	3:40:06	114	
Steve Wilby	53:57	27:01	2:19:13	3:40:11	115	
Chris Cottam	55:42	29:13	2:16:38	3:41:33	122	
Brian Collins	53:04	28:02	2:24:02	3:45:08	132	
Christine Armstrong	54:46	27:27	2:24:00	3:46:13	136	1st LV40
Samsey Shankar	1:05:01	31:09	2:21:28	3:57:38	170	
John Thompson	59:29	30:42	2:40:44	4:10:55	198	
Trevor Beard	1:02:10	33:10	2:46:36	4:21:56	214	
Chris Brace	58:50	35:57	2:59:07	4:33:54	233	
Gerry Dazley	1:03:16	33:32	2:59:05	4:35:53	235	
Arthur Monk	1:10:13	35:13	2:52:32	4:37:58	239	
Peter Lawley	1:13:43	38:25	3:07:48	4:59:56	251	
Iva Barr	1:15:48	39:30	3:07:48	5:03:06	252	1st LV70





## Club Best Times

A number of new club best times have been set over the last three months with many of them coming from **Maurice Crook** for the men and **Deirdre Bethune** for the ladies. **Maurice** who only moved up to the V60 category in the summer, has already set new best times for the age group from 5 miles to the marathon. The new best five mile time of 31.25 was set at Wolverton in November. A new best 10k run of 39.55 was produced at Standalone in October and a new best ten mile time of 65.14 at Bishop Storford also in October. The Gt North was the location for the new MV60 half marathon best of 1.32.05 and Luton the scene for the new marathon best time of 3.14. 05.. - - - Quite a few months for Maurice! There's a picture of the man himself below.

**Deirdre Bethune** has also produced a couple of good runs at the longer distances and in the process improved two LV50 best times. The first of these was at Gt Barford in September when Deirdre ran 1.50.39 for the half clipping around seven minutes of Jude's old record. Deirdre then followed this up running 3.58.12 for the full marathon at Chicago in October. Deirdre's account of the race is given in the magazine.

A number of other new club best times have also been set of late. **Christine Armstrong** set a new club best LV40 time in November with her 34.33 at the Wolverston 5. This was a really good run by Chris coming just a week after the Malta Marathon Challenge. **Irene Cornwall** whose been troubled by injuries for some time, did exceptionally well at **Shuttleworth** in October setting a new LV60 5 mile best time of 53.42. **Jacky Keenan** whose moved up to LV50 this year, established a new best 10 mile time for the age category of 81.42 at Swineshead in September.

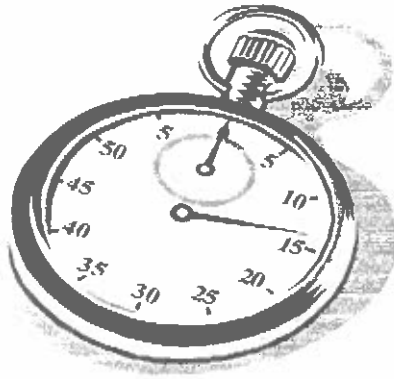


## Christmas 1999

	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 1999	Maurice Crook 1.26.41 Hitchin March 1999	Dennis Gound 3.23.00 London April 1998
v60+	Maurice Crook 31.25 Wolverton November 1999	Maurice Crook 39.55 Standalone October 1999	Maurice Crook 65.14 Bishop Stortford October 1999	Maurice Crook 1.32.05 Gt North October 1999	Maurice Crook 3.14.05 Luton December 1999
v65+	David Sutcliffe 35.45 Corby May 1998	Brian Cornwall 45.26 Standalone October 1999	Brian Cornwall 76.23 Leighton Buzzard May 1999	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 Cheerham 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 34.39 Blisworth August 1999	Christine Armstrong 44.20 Milton Keynes June 1998	Christine Armstrong 72.42 Boxing Day December 1996	Christine Armstrong 1.42.09 Yarmouth August 1999	Pauline Behan 3.32.11 London April 1999
v45	Teresa Munns 36.19 Caldecote 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	Deirdre Bethune 37.50 Corby June 1999	Deirdre Bethune 48.08 Milton Keynes July 1999	Jacky Keenan 81.41 Swineshead September 1999	Deirdre Bethune 1.50.39 Gt Barford September 1999	Deirdre Bethune 3.58.12 Chicago October 1999
v60	Irene Cornwall 52.43 Shuttleworth October 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

## PB Performances



The final months of the year have brought a further flurry of PB runs by many club members.

Half a dozen runners at the Wolverton 5 for example, produced best times over the distance including *Iain Booth* who clipped two minutes of his previous best to run 38.15, *Derek Morrison* who knocked 90 seconds of his old time with 34.22 and *Jenny Tuite* who went under 35 minutes for the first time with 34.46. Jenny's time was 80 seconds faster than her previous best, *Chris Armstrong's* also did

well with a time of 34.29 which was five seconds up on her old record and Cliff Smith clipped a further six seconds of his previous with 32.02. In line with his form throughout the year, Cliff then went on to reduce his best marathon time by another two minutes to 3.35.18, at Luton. Also running exceptionally well at Luton was *Terry McEwen* who knocked 21 minutes off his previous best for the distance and in the process went well under four hours for the first time with 3.40.22 run.

*Malcolm McEwen* has also had a couple of good runs of late. Malcolm lowered his best for the ten miles by almost two minutes to 75.44 at the Gt South 10 and then improved his half marathon best by a minute and a half to 1.39.49 at Fort William. *Mick Inskip* clipped 13 minutes off his previous half marathon best with a run of 1.50.44 at Stevenage and *Chris Williams* knocked 12 minutes of his time for the Riverside 9 at St Neots with a 66.48 run. *Derek Morrison* similarly improved his time at the Riverside race by 90 seconds to 66.41 and *Paul Roberts* also achieved a new Riverside best time. *Lynsey Harrison* reduced her best time for the half by 2 minutes to 1.38.00 at Great Sams and *Viv Kilgour* got a new marathon PB when running 3.28.10 at Edinburgh.

### Other Notable Performances

There have been a number of other notable performances by club members over the last three months. Already mentioned in the magazine, was the 3rd place performance of a combined Bedford Harriers / Beds & Counties ladies team of *Veronica, Christine, Teresa, Iva, Delores and Paula* in the Malta Marathon Challenge. Nearer to home, *Jacky Keenan* was the 1st LV45 to finish in the Shuttleworth 5 in October and *Jacky, Jackie Bullard, Debbie Taylor and Iva Barr* took the 1st vet ladies team prize in the same race. In the Wolverton 5 race, *Maria Konstantaki, Wendy Machan and Alison Bennett* took the second ladies team prize while *Paul Langford, Tony Barnes and Kevin Willett* did exceptionally well in the Luton Relays marathon finishing third out of 100 teams. Perhaps not surprisingly in light of his current times *Maurice Crook* is also now regularly receiving awards for finishing first in his age category. Maurice was the first v60 to finish in the Standalone 10k, the first in the Wolverton 5, the first at the Bishop Stortford 10 and the first in the Luton marathon.



## Best Performance Awards

# Christmas 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 and especially so this time. The final choice is as always subjective

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Sorry, but it has to be. First place goes to **Maurice Crook** for his run in the Luton marathon. Though Maurice only needed to complete the course to win the club's 1999 road race championship his time of 3.14.05 gained him the 1st v60 prize. A terrific end to a terrific year for Maurice.

# 1st

Second place goes to **Colin Bennetts** for running two marathons in two days. Colin ran the Seven Sisters marathon on the 30th October and then followed this up by running the Snowdon marathon the next day. Colin's time at Snowdon, which is a nasty course, was a very respectable 3.31.38. Tremendous stuff.

# 2nd

Couldn't split these two performances so were awarding each joint third place. The first is **Deirdre Bethune** run in the Chicago Marathon. Not sure if Deirdre's time of 3.58.12 was a personal PB but it was certainly a new club LV50 best marathon performance. Joint third also goes to **Terry McEwen's** for his run of 3.40.36 in the Luton Marathon. This was over 20 minutes off Terry's old PB and his first time under 4.00 hours.

# 3rd

## Graham new League System

Graham Bufton has introduced a new type of league system into our road racing year. The league, which is based on a promotion and relegation format, was set up in the summer and gets into full swing next year. Graham explains below how the league works. The initial divisions, positions and points of runners in 1999 are also given.

For reasons of space in the magazine, only those runners who have competed in road races this year and who have obtained points, are included in the tables. A separate race results supplement, which we hope to bring out shortly, will include a complete listings of all league placings and positions and also provide details on how many points are earned per race performance.

# League System

### To All Club Members

Joe/Joanna Joggers, Athletes, Mean Running Machines (Norman) and the Rest of the Best.

The rules are straightforward and can be seen below.

1. Every club member will be placed into 1 to 5 male & 1 to 4 female league table depending on ability.
1. The league table will operate the same as most leagues. You receive point's for your best performance over 5 distances – 5K, 5mile, 10K, 10mile, Half marathon. Remember you do not have to do the 5 distances to earn points. However, if you do it should increase your point's total.
3. Times, points and league tables are on the main notice board and in the newsletter. Bold is mile pace.
4. At the end of the season the top three receive trophies and the top six are promoted and the bottom six is relegated. The season will run from 26<sup>th</sup> December 1999 to 10<sup>th</sup> December 2000.
5. *How it works - Example:* The first league race you participate in is a 5K. You run a time of 25 minutes and you are in Division 3. You will receive 15 points (male) & 65 points (female - excellent). The following week you have an outstanding performance and run 24 minutes for the 5K, you will receive an extra 20 points (male & female). Therefore your overall score is taken from the second faster race. That will be 35 (male) & 85 (female). It is your best time that counts.
6. You will also receive one point for every league race you participate in, over the league distances. Club colours must be worn.
7. Place your time in the book on the club desk on club nights. Once they are placed on the club's web-site you will receive points. The race must be a recognised distance and not 'Over the bushes and far away al-

## Christmas 1999

most 5K' or 'Get that PB with the just under 10K'.

8. The leagues will be placed on the notice board, web-site (monthly), and in each newsletter.

8. If you do not compete in a league race for the first two months of the session you will be placed in a holding league until your first race, and then you will be placed accordingly.

9. This will not interfere with any other race competition the club is running.

10. Any??? Phone me on 07788 – 698883 or see me at the club. Remember points make prizes. You never know one day you might knock me of the bottom of division 5.

### Good Luck to All Graham League Co-ordinator

Pos/Div 1	Male Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Langford Paul			27.38	65	35.40	55	58.36	45	79.09	35	200
2	Barnes Tony			27.17	70	36.17	45	60.11	35	79.36	35	185
3	Willett Kevin					37.24	35			82.32	20	55
4	McCallen Brian			30.24	35			67.25	3	84.58	10	48
5	Fadden Alastair			30.20	35			65.26	5	89.19	2	42
6	Parello Tony			31.02	25	40.04	10	66.17	4	89.34	1	40
7	Wheeler Alan			30.06	35					88.35	2	37
8	Barnes Phil					39.24	15			82.38	20	35
9	Gaunt Steve			31.13	25	40.47	5	71.29	0	96.28	0	30
10	Crook Maurice			31.25	20	39.55	10			92.05	0	30
11	Bullon Graham			30.33	30							30
12	Lovesey Neil			31.21	20							20
13	White- man Richard			32.24	10							10
14	Hollis Zachary			32.56	4	42.26	2	73.09	0	96.43	0	6
15	Arm- strong George			32.43	5	43.07	0	73.47	0	106.48		5
16	Home Graham							67.08	3	94.10	0	3
17	Tranter Colin					42.07	2					2
18	Bennetts Cohn			33.55	0			74.28	0	97.00	0	0
19	McLewen Terry			34.53	0							0

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Pos/Div	Male Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Smith Cliff			32.02	65	41.18	50	71.09	20			130
2	Billington William			34.28	35	44.26	20	78.57	0			55
3	Deaton Gary			33.30	45					100.53	1	46
4	Beckwith Norman			33.21	45							45
5	Marshall Ian					44.03	20	72.03	15	107.32	0	35
6	Piron Richard									92.17	25	25
7	Evans Raymond					44.18	20	76.20	2			22
8	Monmont Frank									93.34	20	20
9	Fake David			37.20	1	47.17	2	80.35	0			6
10	Trotter Shaun			36.52	5							5
11	O'Hara Mike									99.27	2	2
14	Mawson Christopher							93.35	0			0

Pos/Div	Male Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	McLwen Malcom			35.41	70	46.53	45	75.44	45	99.10	40	200
2	Morrison Derek			34.27	85	47.16	40	78.36	25	104.47	20	170
3	Surchiff David			36.22	60	49.06	25	77.31	30	106.23	10	125
4	Fisher Simon			34.45	100			79.39	20			120
5	Ward Ralph									95.17	60	60
6	Clark Stephen			36.32	60							60
7	Booth Ian			38.21	35			79.02		133.27	0	60
8	Chana Jack			37.32	45					107.03	10	55
9	Cornwall Brian			37.47	45							45
10	Conam Chris									101.08	35	35
11	Kimmins Anthony							79.14	20	111.26	1	21
12	Williams Christopher									104.51	20	20
13	Cheetham John									104.21	20	20

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## Division 3 continued

14	Inskip Michael							80.15	15	110.44	2	17
15	Bullard Kevin		40.20	15								15
16	Welch Colin		40.17	15								15
17	Alston Tony		40.36	10								10
18	Greaves Tom		40.29	10						133.26	0	10
19	Kingstone Ian							81.43	5	117.32	0	5
20	Kingstone David							81.43	5	113.43	0	5
21	Waugh John									108.41	5	5
22	Solebury Ian		41.00	5						133.26	0	5
23	Horsman Gary					53.00	1					1

We're on the Web:  
[Http://members.tripod.co.uk/Harriers.bhac.html](http://members.tripod.co.uk/Harriers.bhac.html)

Pos/Div	Male Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Bithell David			40.00	70	50.42	60	84.10	45	112.19	35	210
2	Mata Mukesh			40.54	60							60
3	Meadows John			40.54	60							60
4	Maddox Andrew					51.15	50					50
5	Thompson John									109.24	45	45
6	Brown Craig			38.48	30					117.32	40	40
7	Beard Trevor									117.19	40	40
8	Warner Mark									118.15	5	5
9	Bowden William									119.03	5	5
10	Gray Phil									157.03	0	0

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Pos/Div	Male Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Hollis Mathew			41.02	100	58.22	35					135
2	Crane Stephen			42.15	90	58.23	35					115
3	Garner George									122.40	35	35
4	Smith Andrew									125.14	25	25
5	Monk Arthur									125.22	25	25
6	Graham Bob			48.24	25							25
7	Burley Graham									128.52	10	10
8	Klabe Neil									131.02	4	4
9	Sparks James					71.43	0			179.00	0	0
10	Dazley Gerry									138.08	0	0

### Ladies Leagues

Pos/Div	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Clark Janet			33.37	45			72.41	10	92.16	25	80
2	Penny Dawn			32.14	60							60
3	Thomas Avril					43.04	30	71.07	20	97.30	4	54
4	Armstrong Christine			34.33	35	45.29	10	77.28	1	102.09	0	46
5	Crook Alice					44.08	20					20
6	Singleton Veronica							75.00	4	99.39	2	6
7	Bithell Vicky			36.57	5							5
8	Kilgour Vivien							74.28	4			4
9	Brown Christine			37.09	4					113.37	0	4
10	Brett Eve									117.19	0	0
11	Klabe Nicola									113.20	0	0
19	Jones Linda											

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Pos/Div 2	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Tute Jemy			34.47	80	47.11	40	74.34	50	101.38	30	200
2	Munns Teresa			37.28	50	47.20	40					90
3	Bithune Diedre			38.46	35	48.22	30			110.39	2	67
4	Machan Wendy			38.01	40	49.35	20	85.12	1			61
5	Harrison Lynsey							80.57	10	98.00	50	60
6	Keenan Jacky			38.29	35	50.59	5	81.12	5			45
7	Gardner Char- lotte			39.48	25	51.50	3			113.50	0	28

We're on the Web:

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

Pos/Div 3	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	T.Pts
1	Bullard Jacky			42.05	45	53.45	30	89.37	10			85
2	Ranson Andrea			41.54	45	53.18	30					75
3	Marks Heather					50.13	60					60
4	Cooper Theresa			42.01	45	56.00	5			133.26	0	50
5	Behan Pauline					51.36	50					50
6	Taylor Debbie			44.12	15	53.11	35					50
7	Davies Lesley			42.44	35	57.07	3	95.59	0	142.01	0	38
8	May Dawn			43.40	25							25
9	Payne Elaine			43.40	25							25
10	Williams Lorraine									112.55	0	0

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Pos/ Div 4	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	1.Pts
1	Hyton Deborah			43.37	75					142.54	0	75
2	Pritchett Julie			46.24	40							40
3	Martin Margaret			47.17	30							30
4	Round Jennifer			47.21	30							30
5	Cottam Judith									124.39	30	30
6	Collett Joanne			48.50	20	61.25	5					25
7	Horne Jacinta			48.50	20							20
8	Smith Joy			49.21	10	64.00	0					10
9	Murfit Lorraine			49.21	10	64.00	0					10
10	Burr Iva			51.01	2	65.22	0			153.20	0	2
11	Smith Patricia			51.01	2							2
12	McElhat- ton Trish									134.12	1	1
13	Cornwall Irene			51.38	1	67.31	0					1
14	Sutton Heather					69.00	0					0
15	Salesbury Yvonne									175.40	0	0
16	Brace Val					71.43	0			178.59	0	0

1. League positions for **The End of the Session** 1999.
2. Please let me know if you think you have been misplaced or not placed.
3. Remember points make prizes. so put the rubber to the tarmac. race for you and the club.
4. You receive one (1) for every race you compete in for the club + your normal points.
5. You **must** race in club colours.

Graham  
(League co-ordinator)



# Christmas 1999

## TODAY'S RUNNER XC LEAGUE

With two of the five race series run, Bedford Harriers are currently placed fourth out of ten teams. The third race is at Priory Marina, Bedford (19th December). The fourth and fifth races are at Amphill & Flitwick (23<sup>rd</sup> January 2000) and North Herts (13<sup>th</sup> February 2000)

### WELLINGBOROUGH

	Place			Place				Place
Alan Wheeler	16	Senior	Brian McCallen	73	MV45	Jenny Tuite	14	LV35
Tony Barnes	27	Senior	Tony Parello	76	Senior	Alice Crook	16	Senior
Richard Piron	30	MV45	Simon Fisher	78	Senior	Lisa North	19	Senior
Paul Waite	31	Senior	Paul Catton	153	Senior	Christine Armstrong	23	LV40
John Shearer	45	MV40	Mike Bliss	188	MV50	Teresa Munns	29	LV45
Graham Bufton	57	MV40	Iain Booth	191	Senior	Jacky Keenan	31	LV50
Steve Gaunt	61	MV40	Craig Brown	207	MV45	Andrea Ranson	47	LV35
Alastair Fadden	65	Senior	Phil Gray	223	MV40	Margaret Martin	60	LV55
Martin Leach	71	MV50						

### WOOTTON

Tony Barnes	16	Senior	Martin Leach	101	MV50	Avril Thomas	5	Senior
Paul Waite	34	Senior	Paul Catton	123	Senior	Jenny Tuite	9	LV35
Richard Piron	38	MV40	Iain Booth	151	Senior	Alice Crook	10	Senior
Graham Bufton	48	MV40	Albert Kirk	153	MV40	Christine Armstrong	15	LV40
Brian McCallen	63	MV45	Roger Irengrove	157	MV50	Jackie Bullard	32	LV35
Steve Gaunt	64	MV40	David Fake	162	MV50	Margaret Martin	57	LV55
Ralph Ward	66	MV40	Matthew Hollis	165	Senior	Val Bird	66	
Simon Fisher	83	Senior	Craig Brown	166	MV45			
Paul Roberts	89	Senior						

# Christmas 1999

## Race Results: October – December

### Biddenham 10k – 10<sup>th</sup> October 1999

<b>Richard Piron</b>	<b>38:30</b>	<b>Teresa Munns</b>	<b>47:31</b>
Alistair Fadden	40:21	Pauline Behan	49:35
Cliff Smith	40:59	Mike Bliss	49:52
Colin Tranter	42:08	Heather Marks	50:16
Ray Evans	44:29	Dave Bithell	51:00
Andrew Bithell	45:22	John Thompson	51:45
Anthony Kimmins	46:02	Eric Cartwright	52:26
Jim Middlemiss	46:27	Gary Horsman	53:02
Phil Wainwright	46:52	Bruce Tilbury	53:17
Derek Morrison	47:09	Joy Smith	64:11
David Fake	47:18	Lorraine Murfitt	64:11

### Great Sams Half Marathon 31<sup>st</sup> October 1999

Lynsey Harrison 1:38:00 PB by 2 mins

### Dublin Marathon – 25<sup>th</sup> October 1999

<b>Kevin Willett</b>	<b>2:58:50</b>
Graham Horne 3	3:13:32
Anthony Kimmins	4:07:30
Ian Kingstone	4:20:00

### Isle of Wight 10 Miles 3<sup>rd</sup> November 1999

Veronica Singleton 1:15:00

# Christmas 1999

## Great North Run – 10<sup>th</sup> October 1999

<b>Tony Barnes</b>	<b>1:23:36</b>	<b>Mark Warner</b>	<b>1:58:15</b>
Phil Barnes	1:24:00	Diedre Bethune	1:59:03
Alan Wheeler	1:28:35	Bill Bowden	1:59:03
Tony Parello	1:29:34	Jack Chana	2:01:16
Brian McCallen	1:31:44	Trevor Beard	2:01:37
Maurice Crook	1:32:05	George Garner	2:02:40
Franck Monmont	1:33:34	Andy Smith	2:05:14
Ralph Ward	1:35:47	Chris Williams	2:08:59
Steve Gaunt	1:36:28	Neil Klabe	2:11:02
Janet Clark	1:36:59	Graham Burley	2:12:26
Colin Bennetts	1:37:00	Jude Cottam	2:13:21
Avril Thomas	1:37:50	Mick Inskip	2:13:26
Gary Denton	1:40:53	Theresa Cooper	2:13:26
Neil Summerville	1:44:21	Ian Solesbury	2:13:26
Chris Cottam	1:45:57	Iain Booth	2:13:27
George Armstrong	1:46:48	Trish McElhatton	2:14:12
Ian Marshall	1:47:32	Arthur Monk	2:14:20
Lynsey Harrison	1:47:34	Gerry Dazley	2:18:08
John Waugh	1:48:41	Lesley Davies	2:22:01
Nicky Klabe	1:53:20	Deborah Hylton	2:22:54
Christine Brown	1:53:37	Lorraine Williams	2:22:55
Dave Kingstone	1:53:43	Iva Barr	2:33:20
Christine Armstrong	1:53:54	Phil Gray	2:37:03
Shaun Trotter	1:54:09	Yvonne Solesbury	2:55:40
Eve Brett	1:57:19	Val Brace	2:58:59
Ian Kingstone	1:57:32	Chris Brace	2:59:00
Craig Brown	1:57:32		

## Christmas 1999

### Luton Marathon – 5<sup>th</sup> December 1999

Maurice Crook	3:14:05		
Cliff Smith	3:35:20		
Terry McEwen	3:40:36		
Anthony Kimmins	4:49:00		
Marathon Relay Team 3rd out of 100 Teams			
Paul Langford	51:00		
Tony Barnes	52:04		
Kevin Willett	55:30		

### Nene Valley 10 Miles – 5<sup>th</sup> December 1999

<b>Jenny Tuite</b>	<b>1:14:34</b>
Iain Booth	1:19:02
Mick Inskip	1:20:15
Jackie Bullard	1:29:37
Chris Mawson	1:33:35
Kevin Bullard	

### Paris 20k – 17<sup>th</sup> October 1999

Jenny Tuite 1:37:55

### Rickmansworth 9 Miles – 31<sup>st</sup> October 1999

Veronica Singleton 1:09:49

### Fort William Half Marathon 7<sup>th</sup> November 1999

Malcolm McEwen 1:39:49

# Christmas 1999

## Standalone 10k – 3rd October 1999

<b>Paul Langford</b>	<b>35:40</b>	<b>Wendy Machan</b>	<b>49:35</b>
Tony Barnes	36:17	Kevin Bullard	50:09
Kevin Willett	37:24	Brian Cornwell	50:10
Phil Barnes	39:24	Dave Bithell	50:42
Maurice Crook	39:55	Jacky Keenan	50:59
Tony Parello	40:04	Andy Maddox	51:15
Steve Gaunt	40:47	Pauline Beehan	51:36
Cliff Smith	41:18	Debbie Taylor	53:11
Zac Hollis	42:26	Andrea Ranson	53:18
Avril Thomas	43:04	Jackie Bullard	53:45
George Armstrong	43:07	Lesley Davies	57:07
Ian Marshall	44:03	Matthew Hollis	58:22
Bill Billington	44:26	Stephen Crane	58:23
Christine Armstrong	45:29	Joanne Collett	61:25
Malcolm McEwen	46:53	Iva Barr	65:22
Jenny Tuite	47:11	Joy Smith	66:59
Derek Morrison	47:16	Lorraine Murfitt	67:00
Diedre Bethune	48:22	Irene Cornwell	67:31
David Sutcliffe	49:06	Val Brace	71:43
Teresa Munns	49:10	Chris Brace	71:43

## Seven Sisters Marathon – 30<sup>th</sup> October 1999

<b>Janet Clark</b>	<b>4:33:00</b>
Viv Kilgour	4:33:00
Colin Bennetts	4:33:00
Steve Clark	4:46:00

## Snowdon Marathon – 31<sup>st</sup> October 1999

<b>Colin Bennetts</b>	<b>3:31:38</b>
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# Christmas 1999

## Shuttleworth 5 Miles – 17<sup>th</sup> October 1999

<b>Paul Langford</b>	<b>28:04</b>
Cliff Smith	32:08
Bill Billington	34:28
Jack Chana	37:32
Brian Cornwell	38:46
Jacky Keenan	38:54
Dave Bithell	40:00
Kevin Bullard	40:20
Jackie Bullard	42:05
Deborah Hylton	43:37
Stephen Crane	43:59
Iva Barr	52:08
Irene Cornwell	52:43

## Riverside 9 Miles – 21<sup>st</sup> November

<b>Ian Marshall</b>	<b>1:03:35</b>
Paul Roberts	1:03:50
Derek Morrison	1:06:41
Chris Williams	1:06:48
Craig Brown	1:11:43
Christine Brown	1:11:43
Malcolm McEwen	1:21:11
Andrea Ranson	1:21:11
Lorraine William	1:29:00
Margaret Martin	1:31:00

<b>Tony Barnes</b>	<b>1:19:36</b>
Veronica Singleton	1:39:39
Jenny Tuite	1:41:38
Chris Cottam	1:46:35
Jack Chana	1:47:03
Michael Inskip	1:50:44
Dave Bithell	1:52:19
Jude Cottam	2:04:39
hur Monk	2:05:22

## Stevenage Half – 7th November 1999

## Christmas 1999

### Wolverton 5 Miles – 27<sup>th</sup> November 1999

<b>Tony Barnes</b>	<b>27:17</b>	<b>Teresa Munns</b>	<b>37:28</b>
Graham Bufton	30:33	Maria Konstantaki	37:31
Steve Gaunt	31:06	Brian Cornwell	37:47
Brian McCallen	31:17	Wendy Machan	38:01
Maurice Crook	31:25	Iain Booth	38:21
Simon Fisher	31:45	Deidre Bethune	38:46
Cliff Smith	32:02	Alison Bennett	39:35
George Armstrong	32:43	Matthew Hollis	41:02
Norman Beckwith	33:21	Andrea Ranson	41:54
Derek Morrison	34:27	Stephen Crane	42:15
Christine Armstrong	34:33	Lesley Davies	42:44
Jenny Tuite	34:47	Margaret Martin	47:17
Malcolm McEwen	35:41		

### Shuttleworth 5 Miles – 17<sup>th</sup> October 1999

<b>Paul Langford</b>	<b>28:04</b>
Cliff Smith	32:08
Bill Billington	34:28
Jack Chana	37:32
Brian Cornwell	38:46
Jacky Keenan	38:54
Dave Bithell	40:00
Kevin Bullard	40:20
Jackie Bullard	42:05
Deborah Hylton	43:37
Stephen Crane	43:59
Iva Barr	52:08
Irene Cornwell	52:43

