



SPRING 2000

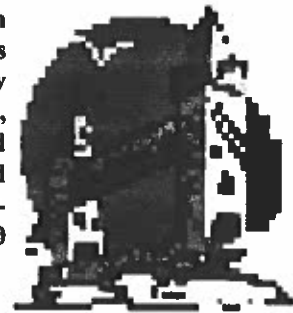
# Bedford Harriers

# Magazine

## Bedford Harriers raise £000's for Charity.

**B**edford Harriers members have raised thousands of pounds for charity over the last few months. One of the biggest fund raising events has been the 9.1 mile and the 16.4 mile Oakley races which generated a total of £3,964 for the Primrose Appeal. The club's Cranfield 10k race which is being run in June, is also receiving donations for the fund from entrants.

Many club members who ran in this year's London Marathon raised large sums. Lorraine Williams whose come back from a serious illness over the few years, ran for Primrose and raised £1,200. Iva Barr, who ran herself to near exhaustion in the race raised another £1,000 for the same Appeal. Tony Parello and Ian Kingstone ran for VICTOR, the Visually Impaired Children's charity, and raised £1,600 and £900 respectively.



Away from London, John Waugh raised £450 for the Primrose appeal at his 30th birthday party and Jude Cottam, who organised the Oakley races, is shortly to embark on the three week cycling expedition across Europe once again in aid of Primrose.

These sums alone total over £9,000 and are only the ones we know about. We've almost certainly missed others out. If you know of any, tell us about them.

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## Bedford Harriers New Website.

The club has a new website and a new website address:

[www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)

We also have a new e-mail address for correspondence:

[bedfordharriers@hotmail.com](mailto:bedfordharriers@hotmail.com)

There more about both on page 2.



## **Bedford Harriers Magazine: Spring 2000**

### **Welcome**

Welcome to the Spring Edition of the Harriers Magazine. Quite a bit has happened since the start of the year. London's come and gone (page 9), the Oakley races attracted a large entry and raised a considerable amount for charity (page 1), a new stream of personal PBs and club best times have been set (pages 16 & 26) and around 40 new members have joined the club (page 13). There's also advice inside from physio Ian Kitching on how to prevent injuries and what to do when you have them, an update on Graham's Friday night track sessions, Phil Gray's race reports & poetry page, Ray's coffee-time crossword, Harriers wedding & baby news, all Harriers race results up to the end of April and more.

There's lots more coming up over the next few months. The Bedford River Festival and our contribution to it, the club's 15th anniversary party, the Cranfield 10k and our new 5k championship race. Reports on these will be included in the next edition which is due out late August / early September.

Hope you enjoy the read.

#### **Editors**

#### **We have a new website:**

The club has set up a new website with a new domain name. We're now found at:

**[www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)**

The site will be administered by Chris Cottam, Tony Barnes and George Armstrong (George set up our first site). It currently contains race results going back to the beginning of 1999, information about the club and the coaches, photographs of Harriers from races and details of the club championships etc. We intend to develop the site further over the next few months so if anyone has any ideas on what other content they'd like to see on it, let us know.

#### **Do you have an e-mail address:**

The club is trying to build up a list of members e-mail addresses. The idea is that a contact list like this would allow us to communicate club news, information and other correspondence with members in an easy and cost effective way. If you have an e-mail address and would like to join the register, send it to:

**[bedfordharriers@hotmail.com](mailto:bedfordharriers@hotmail.com)**

**CHAIRMAN'S COLUMN**

Hello. My name is Brian McCallen and for those who've never heard of me, which I suspect could be many considering all the new members we have, I had the great honour and privilege to be elected Chairman of Bedford Harriers at the Club's AGM in March.

Now I have to say that when I joined the Harriers back in 1994, I never thought for a minute that I'd end up as Chairman. In fact, it wasn't until 1997 that I even considered joining the committee. So what changed my mind?

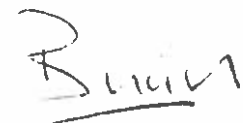
The reason, was that in the previous year, I'd suffered an injury which put me out of action (running wise) for six months. What I remember most from the experience was the help, friendship and encouragement which I received from so many members of the club. Indeed, the level of support I was given during this period made me aware of what Bedford Harriers is really about – And I can tell you, it's a lot more than just running! Upon regaining fitness, I joined the committee to do my bit and the rest, as they say, is history.

Well that's enough about me. What about the other members of the committee. Firstly, I'd like to thank Mike Devonshire who stood down as Chairman in March after seven years in the job. During Mike's time as Chairman, membership of the club increased three-fold and many of the events which have become important parts of the club's year, such as the Cranfield 10k, were established. I'm very pleased that Mike has decided to remain on the committee and to benefit the club with his experience.

A sad goodbye from the committee to Lesley Davies, Graham Horne and Rod Drew. Lesley served on the committee for four years during which time she was the Ladies Team Captain and latterly the co-ordinator of the Today's Runner Cross Country League. Graham served as the Club Secretary for five years and did a difficult and time consuming job exceedingly well. All will be greatly missed.

At the same time, a very warm welcome onto the committee for new members Lesley Barnes, Men's Team Captain Steve Gaunt, and John Waugh. A warm welcome back for another year of committee work to Tony Barnes the new Vice Chairman, Club Treasurer Mike O'Hara, our new Secretary Linda Thurston, Membership Secretary (and much more) Jacinta, Race Director Steve Clark, club photographer and fellow magazine editor Phil Gray, our Jack of all trades Jack Keenan and the man with many of the new ideas Graham Bufton.

I have absolutely no doubt that with the experience, new ideas and enthusiasm that the new committee has, the club will continue to move forward strongly. Our combined efforts, together with the contributions made by many members outside the committee, should ensure that 2000 is another successful year for Bedford Harriers.



Brian McCallen

## **Upcoming Events to Note**

### **The Bedford River Festival**

Next weekend, the 27th /28th May, the Bedford River Festival will be with us again and as usual, the Club will be taking a Stand in the Sports Village. Over the years, many current members of the club had their first contact with the Harriers at the Festival and we are hoping to maintain that tradition this year.



All club members are very welcome to visit us at the stand and if you can spare a few hours on Saturday and / or Sunday to help out, your efforts will be greatly appreciated. We expect to be especially busy on Saturday afternoon between 12.0 and 3.0 o'clock and need people just to answer any questions that members of the public may have about us. We'll also need half a dozen helpers on Sunday morning to assist in the stewarding of a fun-run which we're organising. Steve Gaunt's in charge of this so if you can help out, let Steve know or just come along.

### **Our 15th Anniversary Party**

The club is celebrating its 15th anniversary this year and to commemorate the occasion, we'll be organising a barbecue on Friday the 25th August. We held a barbecue last year at the Stadium and it proved to be a huge success with apparently record takings at the bar. We're hoping that this year's event will be even more enjoyable. It's likely that we'll choose an outside venue for the barbecue this time. We'll publicise details nearer the event.

It should be a really good night so keep **Friday the 25th August free.**

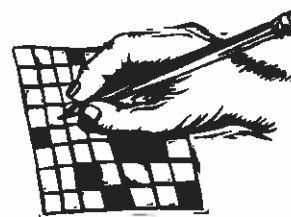
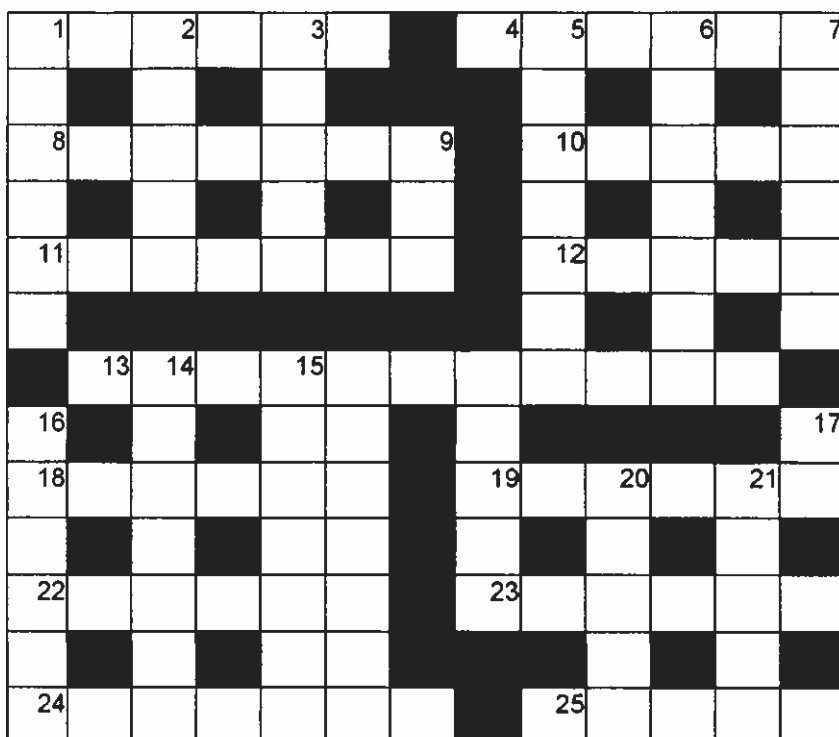


### **Bedford Stadium Athletic Meetings – Help Needed**

Bedford Athletic Stadium is hosting a number of major athletic meetings between now and the end of August. The list includes the UK Inter-Countries Championship, the BBC televised Sydney International Meeting, the British Athletic League Cup Final and the AAAs Under 20s Championships. Stewarding assistance is needed at all these events. If you'd like to help, add your name to the list on the notice board.



## Bedford Harriers Magazine: Spring 2000



RAY

EVANS

COFFEE -TIME

CROSSWORD

### Clues Across

- 1) Spasm of the diaphragm (6)
- 4) Aren't you glad you became one of these (6)
- 8) Girl's name (7)
- 10) Having weapons (5)
- 11) Person, device, chemical agent for removing dirt etc. (7)
- 12) Person skilled in building with stone (5)
- 13) Person skilled in the treatment of feet (11)
- 18) One of the best science fiction films ever made (5)
- 19) ... or better still one of these? (7)
- 22) To be superior or to surpass another or others (5)
- 23) Electronics: Another name for components (7)
- 24) Having insight or acumen; perceptive, shrewd (6)
- 25) Substance made of ground pigment bound with gum (6)

### Clues Down

- 1) To seize, divert or appropriate a vehicle or the goods it carries while in transit (6)
- 2) ———system in Hindu society (5)
- 3) An association, alliance, or confederation of individuals or groups (5)
- 5) Opposite of 10 across (7)
- 6) Greek myth: Goddess of retribution and vengeance (7)
- 7) Name of a group of mammals which include rats, mice, squirrels etc (6)
- 9) Flying machines (9)
- 14) In my day, it was 'short back and sides' (7)
- 15) Lock of hair hanging down in a spiral curl (7)
- 16) Optical device for taking photographs (6)
- 17) Small annual leguminous plant which can be cooked and eaten as a vegetable in soups etc. (6)
- 20) Long legged carnivorous dog-like mammal which laughs when annoyed or frightened (5)
- 21) To make a strenuous effort (5)

### Answers

- Down
- 15) ringlet, 16) camera, 17) lentil, 20) hyena, 21) exert
- 1) hijack, 2) caste, 3) union, 5) unarmed, 6) nemeses, 7) rodent, 9) aeroplane, 14) haircut,
- Across
- 1) hiccup, 4) runner, 8) Jessica, 10) armed, 11) cleaner, 12) mason, 13) chiropodist, 18) alien, 19) athlete, 22) excel, 23) element, 24) astute, 25) pastel
- Answers**

**LEIGHTON BUZZARD 10**

April was a beautiful day as we travelled to the Tiddenfoot Leisure Centre in Leighton Buzzard. It was the venue for a 10 Mile Road Race, which also acted as the 10 Mile County Championship. An incredible atmosphere as we encountered one or two Harriers participating in the race. It was destined to be an eventful morning as a local cycling club decided to hold a time trial on virtually the same course as the road race. Fascinating stuff as Dave Sutcliffe and myself located at 3.5 miles as race time approached. 10am. Game on as the runners left Leighton Buzzard behind and addressed the main event.



I decided to capture some magical moments on film as Dave shouted words of encouragement. It was good to see Tony Barnes and Steve leading the Harriers. Steve would record yet another p.b of 61:59. Christine still smiling. Enough said as Lesley Davies and Brian Cornwell were given encouraging words from Dave. Minutes later, Dave and myself had relocated to Mile 9 to witness the closing stages. All Harriers went the distance this day. Steve had recorded yet another p.b. Is it three, four or a box of Shredded Wheat?

Christine secured third place in the County Championship as the day was at an end.

Megamungus!



## **SANDY 10**

It was a bright and breezy April morning as runners began to arrive for a demanding 10 mile road race in Sandy. Some had travelled a distance to address a testing 10 mile course. It was good to see so many Harriers participating, including Christine, Iain and Steve. Start time approached as I located in Everton to capture some magical moments on film. 10:30am as the leader led the runners out of Sandy towards Everton, via a nice incline. Wind in their faces as the runners entered Everton. Tony, Paul and Kevin in the leading group, with Steve in close attendance.

It was good to see so many smiling faces on the day, including Christine, who never stops smiling, and Arthur and Lesley Barnes enjoying the scenery. In no time at all, the leaders were on their way back and the winner would record a respectable 57 minutes. Tony, Paul and Kevin duly held position to be first Harriers home. Steve was next home in a personal best of 63 minutes. Harriers excelled on the day, with the Senior Men and Veteran Men securing their respective team prizes. Well done to all Harriers who went the distance on a wild and windy day in Sandy. All had a tale to tell!

phil gray





### **London Calling**

What is the ultimate test for any individual? Different people will give you a thousand and one answers. A runner will tell you that such a test is the marathon distance of 26.2 miles. Mind and body addressing the ultimate test of endurance. This was the question facing one or two Harriers on a bright April morning, as we left the haven of Bedford Athletic Stadium and headed south to London via the A1. A couple of hours later and Shooters Hill in Greenwich had been reached. We had arrived at the starting point for the 2000 Flora London Marathon.

A sea of colours and costumes as the minutes ticked away before the start. It was good to see some Harriers addressing the distance for the first time, including Michael, Lorraine and Patricia. No turning back as Harriers made their way to their respective starting points. I decided to capture some magical moments on film, including some incredible hot air balloons and colourful kites cutting the air like a knife cuts through butter. A loud cannon crack split the clear blue sky as green and yellow balloons peppered the same blue sky. The London Marathon was up and away as thousands upon thousands left Greenwich behind to face the ultimate challenge. Each would have a story to tell as the race unfolded before them.



Some time later I made the brief train journey from Greenwich Station to Charing Cross Station to capture the leaders along The Embankment. I decided on some refreshment as the excitement grew to a crescendo. I was not to be disappointed, as Laroupe looked easy as the leader and subsequent winner of the Ladies Race. Not long to wait as Antonio Pinto flew under Charing Cross Bridge at Mile 25. I managed to capture him on film. My watch told me that the course record was about to be blown apart in a mind-blowing 2:06.36.



Yet this would be a day to remember as the first Harrier, in the guise of Tony Parello appeared, with Paul Langford and Brian McCallen the next two Harriers. Veronica was first Harrier lady. Lunch was now a priority as Trafalgar Square loomed large in the distance. As I relaxed with my Big Mac meal, Iain in Bedford informed me, via my mobile, that he had seen me on television. Fame at last as the minutes of this incredible day ticked away. I decided to capture some more magical moments as strangers began feeding the pigeons in the square. What a sight as I left Trafalgar Square behind and enjoyed a relaxing walk around the sights of London.

Departure time was fast approaching as I headed towards Whitehall, the meeting point for Harriers. Familiar faces came into view and each expression told its own story. Christine Armstrong was smiling like a cheshire cat. She had smashed her marathon best and recorded an incredible 3:31.29. Cloud nine has one more occupant. A day to remember.

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•  
**Sports Injuries**  
**Prevention is better than cure**

- Warm-up thoroughly
- Stretch safely - do it after your warm up, not before or instead.
- Warm-down and stretch gently. It's just as important as a good warm up.
- Muscular or skeletal in-balance can lead to injury, if you are prone to certain injuries see a sports therapist.
- Try to have regular health and fitness check ups.
- Have your body "serviced" with a sports massage.
- Be careful sudden increases in work load can result in sore muscles, strains and fatigue.
- Changes in Terrain can result in sprain & strains.
- Do not train when you are ill or feel unwell, it will do more harm than good.
- Footwear is very important, make sure its the best and that it suits you.
- Diet. The right grade of fuel is vital to get out the optimum performance. Do not forget fluids.
- Well prepared, progressive training plan
- Keep a training log and make sure you do not over train.

**Sports injuries**  
**What to do if you are injured**

- Assess the severity of the injury.
- If unsure - stop & seek professional advice.
- Do not just run through it - stop!
- Training on an injury leads to low grade activity and makes the injury worse.
- Acute phase (first 48 hours) - "ICER"
- Ice - Compression - Elevation - Rest.
- ICE for 15 minutes every 2 hours for 2 days, not just once. Apply a compression bandage between icing

## **Bedford Harriers Magazine: Spring 2000**

- "ICE" will reduce the degree of injury & aid faster recovery - get you back into quality training quicker.
  - Rehabilitation should start immediately you are injured, not when you feel better.
  - Do not restart intensive training too quickly, it could lead to re-injury. Remember its quality that counts, not just quantity
  - If you are injured look at alternative training:
  - Cycle - Swimming - Sports massage - Gym
  - As a last resort you could use strapping & taping (crepe bandage & adhesive tape) to help support and protect the injury.
- 



Sports Massage

Sports Injury Management

Fitness Training

Mobility & Stretching

**Contact: Ian Kitching**

01234 870700 mobile 0374 434972

Email: [ian.kitching@lineone.net](mailto:ian.kitching@lineone.net)

22 Willoughby Close Great Barford Bedford MK44 3LD

Available Wednesday nights at the club

Only £10 per half-hour.

**Booking form is on the club notice board**

# Weddings News



**C**ongratulations to Harriers Jenny Tuite and Neil Lovesey who have announced their intention to convert their individual Membership to team status in the autumn. Jenny and Neil's future together would never have come about had Neil joined Milton Keynes AC last year rather than the Harriers as he was considering . Fate obviously took a hand.

Neil and Jenny intend to tie the knot at St Peter and St Paul Church in Cranfield

PS: who says that running and romance don't mix!

# Baby News



**B**elated congratulations to Alistair and Sarah Fadden on the birth of their baby boy William in December.

Also to Graham and Jacinta for the March arrival of their baby daughter Jessica.

Apologise to Zac and Tara Hollis for informing the world in the last edition of the magazine that their first born was a little chap named George. It should of course have read a little girl named Georgia.

### **Great Party John!**



John Waugh's 30th birthday party, to which all members of the Club were invited, proved to be an extremely enjoyable evening. The party was held at the Cutler-Hammer social club in Kempston. It started with a karioke. Jude Cottam and Chris Brace both gave stirring performances on the microphone though Veronica stole the show with a superb rendition. (Talk about the Singing Policeman). The evening then continued with John's cousin giving a few songs, (he was very good), followed by a raffle for which the prizes were definitely worth winning (the first name out of the hat got a mountain bike). There was also a buffet and a disco.

John had used his party as a way of raising money for the Primrose Appeal and on the night he presented Jude with the proceeds collected to date. The amount John subsequently raised rose to £450.

John joined the Committee at the AGM in March and has agreed to become the Club's Social Secretary. Sure to be some good nights ahead.

### **More Coaches Needed**

With the numbers of members growing all the time, the Club is continually in need of more coaches. If your interested in the idea or want more information about it see Jacinta.

### **New Members**

The following, have joined us since the start of the year.

Desmond Alexander, William Bethune, Sandra Bond, Jamie Bradley, Barry Bright, Dean Brookes, Matt Burgin, Vic Byer, Alison Chapman, Sue Chester, Terry Clarke, Angela Collett, Mark Cook, Anne-Marie Coulter, Annette Cyl, Karen Damiano, Julie Drown, Karen Edwards, Rebecca Fleckney, Lynne Gingell, Juliet Harper, Stephanie John, Leisa Jones, Carole Martiello, Robert Martiello, Rachel Midgley, Racheall Monton, Robert Moore, Philip O'Dell, Joyce Parkinson, Dorian Spencer-Grey, Mandy Waite, Elaine Walker, Leigh Wells, Matthew Williams, Colin Wilman, Sophie Windsor.

Welcome.

## **Race News**

### **5K Championship**

We've changed our 5K championship race venue. We initially decided to use one of the Arlington 5k series of races run in Bedford Park. We've now using the **Cranfield University 5K** race. This is being run on Friday 28th July at the Cranfield Campus with a start time of 7.30pm. There is an entry limit of 300 for the race with postal entries closing on 21st July. The entry fee is £3.00 or £4.00 on the day. After the race, refreshments, a BBQ and bar facilities will be available. This is the first year we've had a 5k championship race and were hoping for a good turnout from the club. The distance should appeal to beginners.

### **Half Marathon Championship**

Following the cancellation of Ramsey (our originally choice for the club's half marathon championship race this year), we'll now be using the **Stevenage half** as our championship race. The Stevenage race will be run in November. Exact date will be given later.

### **The Cosworth 5**

Harriers member **Richard Piron** is once again helping to organise this year's Cosworth 5. The race is being run on the Friday the 16th June with a start time of 6.30pm. For those who haven't done this before, it's a multi-terrain race around the Cosworth Estate. Postal entries are £5.0 (before 14th June) or £6.0 on the night. There's a barbecue and bar after the race. Entry forms are in the race entries book.

### **Blisworth 5**

The Blisworth Friday 5 mile race attracted the most Harrier entrants in 1999. The race is run in August and its possible that we'll organise free coach transport to the event, as we did last year. We don't have an actual date yet though its likely to be either the 18th or 25th of August. Entries will need to be made in advance as none are allowed on the night. Watch the notice board for further details.

### **Harlow 10**

The Harlow organisers tell us that with some surprising support from local and national companies they are hoping to offer their best race package yet. Most of the race is on traffic-free cycleways and the local police are offering their usual level of support without restrictions. The prize structure has been altered to encourage more women to enter. The race takes place on 6th August

**LASER CARE CRANFIELD UNIVERSITY 10K**

**SUNDAY 11th JUNE 2000**

**HARRIER ENTRIES**

This years Cranfield 10k will take place on Sunday the 11th June. We are hoping to repeat the success the race has enjoyed in previous years and this of course relies upon the help of a large number of club members giving their time before, during and after the race. In order that the maximum number of Harriers are available to help we are again restricting entries to those categories listed below:

- a) **First year Harriers – Harriers in their first full year of membership are encouraged to run this friendly but challenging course as a great way to experience road racing at its best.**
- b) **Other Harriers who wish to enter are asked to help with the event either before (Saturday), during (Sunday a.m.) or after (Sunday p.m.). Please see either Brian McCallen, Steve Clark or simply put your name on the list on the notice board.**
- c) **Those other Harriers who wish to enter but are unable to help are asked to nominate someone who can help on their behalf, NOT another Harrier. Again see Brian, Steve or put their name down on the list (get their permission first !)**

**NO HARRIERS WILL BE ALLOWED TO ENTER ON THE DAY.**

**Steve Clark**  
**Race Director.**

## Club Best Times

A number of new club best times have been set since January.

- ♦ **Paul Langford**, who became a V40 in January, knocked almost three minutes off the previous best 10k time for this age group when running 34:40 at Silverstone in April. Paul's 10 mile time of 59:28 at Hemel in March was also less than a minute outside the current 10 mile V40 best time of 58:33 which was set back in 1987.
- ♦ For the girls, **Veronica Singleton** set a new LV35 10 mile best time of 70:19 at Hemel. The previous best LV35 time for this distance of 72:36 was held by Pauline Behan and was also set at Hemel in March 1996.
- ♦ **Christine Armstrong** has quickly established two new LV45 best after moving up to the category this year. The first was Chris's 10 mile run of 75:16 at Leighton Buzzard. This was nine seconds up on Teresa Munns previous best for the distance of 75:16. Christine then went on to knock almost half an hour off the previous best LV45 time for the marathon with her London marathon run of 3:31:29. The record was previously held by Heather Marks.

### Club best 5K Times

We haven't assembled any records to date of club best times over the 5k distance. As we've now introduced a 5k championship into our road race series it's probably time that we did. The Table below lists what we believe are the club's best times by age over this distance since the beginning of 1999. There's a few gaps in the table at present. Some of these will probably be filled in this year.

#### Club Best 5k Times: 1999-May 2000

Senior Male	MV40	MV45	MV50	MV55	MV60	MV65
Tony Barnes 17.31 Blisworth May 1999	Steve Gaunt 17.33 Blisworth May 2000	Brian McCallen 18.40 Bedford Park June 1999	David Fake 21.39 Bedford Park June 1999	Bill Bethune 26.06 Blisworth May 2000	None recorded	None recorded

Senior Lady	LV35	LV40	LV45	LV50	LV60	LV65
Dawn Penney 19.55 Blisworth May 1999	Lesley Barnes 23.57 Blisworth May 2000	Chris Armstrong 22.49 Blisworth May 1999	Chris Armstrong 21.28 Blisworth May 2000	Deirdre Bethune 23.42 Blisworth May 2000	None recorded	Iva Barr 31.42 Blisworth May 1999



## Bedford Harriers Magazine: Spring 2000

### CLUB BEST TIMES: MAY 2000

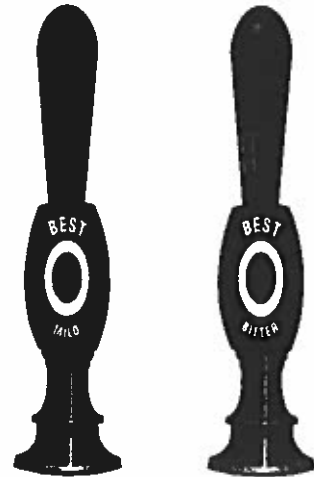
	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Tony Barnes 25.44 Corby May 1996	Tony Barnes 32.34 Flitwick April 1996	Tony Barnes 53.04 Standon July 1996	Tony Barnes 1.13.19 Swanesay August 1996	Tony Barnes 2.36.19 Stratford April 1991
v40	Brian McCallen 30.08 Wolverton October 1997	Paul Langford 34.40 Silverstone April 2000	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 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	Veronica Singleton 70.19 Hemel March 2000	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 Caldecotte June 1998	Jacky Keenan 45.45 Flitwick April 1996	Christine Armstrong 75.07 Leighton Buzzard April 2000	Teresa Munns 1.43.17 Forest of Dean March 1998	Christine Armstrong 3.31.29 London April 2000
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 Shuttlworth 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

## **Phil's night out on the town**

### **Porter Black's**

Have you ever had a night out, where the expectation turned out better than the reality of the evening? If you want a good night of music and fun, where your expectation is realized, then you need look no further than Porter Black's in Bedford, a little part of Ireland in the High Street. You will not be disappointed as the night cracks into a high octane gear. Brian had invited me to join him to kick-start the May Bank Holiday weekend. I was to be amazed as the group Clockwork did their stuff, with a medley of classics, including hits from the Blues Brothers and Queen. It was certainly high octane as one and all in the audience were carried along on a tide of emotion. Emotionally charged in the High Street. What a concept. It was a magical high as Clockwork concluded their set with the classic Eternal Flame. A night of pure magic concluded some time after 11.00. I'm still on a high as I write this article.



**Rating: Megamungus!**

**phil gray**

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**Today's X-Country League**

Wellingborough 24th October	Wootton 14th November	Priory Park 7th November	Flitwick 23rd January
16) Alan Wheeler	17) Tony Barnes	<u>Senior's Race</u>	16) Tony Barnes
27) Tony Barnes	38) Paul Waite	Alan Wheeler	26) Alan Wheeler
30) Richard Piron	43) Richard Piron	Paul Catton	32) David Briggs
31) Paul Waite	53) Graham Bufton		47) Richard Piron
45) John Shearer	71) Brian McCallen	<u>Vet's Race</u>	50) Steve Gaunt
57) Graham Bufton	72) Steve Gaunt	Ralph Ward	52) Simon Fisher
61) Steve Gaunt	74) Ralph Ward		64) George Armstrong
65) Alistair Fadden	91) Simon Fisher		79) Maurice Crook
71) Martin Leach	98) Paul Roberts		80) Colin Bennetts
73) Brian McCallen	113) Martin Leach		83) Paul Roberts
76) Tony Parello	139) Paul Catton		93) Zac Hollis
78) Simon Fisher	180) Iain Booth		110) Graham Bufton
153) Paul Catton	184) Albert Kirk		158) Roger Trengrove
178) Roger Trengrove	193) Roger Trengrove		166) Dave Kingstone
188) Mike Bliss	196) Mike Bliss		168) Kevin Bullard
191) Iain Booth	199) David Fake		190) Mike Bliss
207) Craig Brown	202) Kevin Bullard		192) Ian Kingstone
223) Phil Gray	204) Matt Hollis		
	206) Craig Brown		

<b>LADIES</b>			
14) Jenny Tuite	5) Avril Thomas	9) Avril Thomas	6) Avril Thomas
16) Alice Crook	9) Jenny Tuite	16) Chris Armstrong	11) Viv Kilgour
19) Lisa North	10) Alice Crook	17) Alice Crook	13) Janet Clark
23) Christine Armstrong	15) Chris Armstrong	25) Jackie Keenan	16) Lisa North
29) Teresa Munns	32) Christine Brown		20) Alice Crook
31) Jacky Keenan	43) Jackie Bullard		21) Chris Armstrong
47) Andrea Ranson	51) Margaret Martin		26) Elaine Walker
60) Margaret Martin	246) Val Bird		27) Teresa Munns
			28) Jackie Keenan
			51) Jackie Bullard

**Club  
Competitions  
Information  
Update**



**Team Captains**  
Mens – Steve Gaunt  
Ladies – Chris Armstrong

**Competitions Manager**  
Brian McCallen

**This is an update on the Bedford Harriers Club Competitions. If you are a member of the Club – you are already registered for the Club Competitions. The update is to advise or remind you how they work.**

**There are 3 categories of competition in the Harriers:-**

- 1) The Road Race and Cross Country Championships,**
- 2) The Standards Awards, and**
- 3) The League Tables.**

**1) The Road Race and Cross Country Championships:**

**These are the main club championships – responsible for the majority of the trophies awarded to members each Christmas. There are 3 separate types of Championship:-**

**a) The overall Road Race Championship.**

**This operates like a league system – with all ‘permitted’ road races eligible for scoring. The eligible year runs from the 1<sup>st</sup> of January to the 1<sup>st</sup> weekend in December (inclusive).**

**Each time you run a road race your “official finishing time” is ‘age graded’ ie adjusted to put everybody on an equal standing. The resultant percentage score determines your placing in the league. For this year your best 10 races scores will count. The following rules are applicable for 2000:**

- 1 Club vests must be worn for each race.**
- 2 3 of the qualifying races must be of a distance of 5 miles or 5k.**
- 3 A further 3 of the races to qualify must be 10k or 6 miles.**
- 4 The final 4 races must be 10 miles or greater, of which at least 1 must be a half marathon or greater.**
- 5 Official results must be obtained and presented to Brian McCallen**

**Trophies are awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> men and ladies.**

## **Bedford Harriers Magazine: Spring 2000**

### **b) The "Single Race" Club Championships:**

These are various distance championships based on selected single races each year. For these races you are competing strictly against club members of the same sex and age category as yourself. Trophies are awarded for all age categories.

For 2000 the following races are the Club Championship ones:

<b>5k</b>	<b>Cranfield University 5K</b>	<b>Friday 28th July</b>
<b>5 mile</b>	<b>Blisworth Friday 5</b>	<b>(August)</b>
<b>10k</b>	<b>Standalone</b>	<b>(October)</b>
<b>10 mile</b>	<b>Cople 10</b>	<b>Already Run</b>
<b>Half Marathon</b>	<b>Stevenage</b>	<b>(November)</b>

### **c) Cross Country Championships - (2000/2001):**

For this Championship – 5 races are selected – your best 3 scores from the 5 to count. As with the "Single Race" Championships – you are competing only against people in your age category. The 5 races for next winter are still to be selected.

### **2) The Standards Awards:**

These awards are based on pre-calculated tables giving Platinum, Gold, Silver and Bronze qualifying times for your age category. Copies of the tables are available in the race entry folder or from the Harriers Web site (<http://www.bedfordharriers.co.uk>).

These awards are individually achievable – you do not need to compete against others. For each standard award you need to attain 4 out of 5 of the relevant times.

A standard award can be achieved by simply completing races for 4 of the 5 distances – times are irrelevant.

For all the standards – you need to advise Brian McCallen if you have achieved one.

### **3) The League Tables:**

These tables are run by Graham Bufton and can be regarded as a bit of fun. Points are awarded for each race you participate in. With these tables your are at least only competing against others of a similar standard to yourself. Graham automatically updates the tables – so just watch your progress on the main notice board.

**\*\*Good luck in your participation in the Club Competitions\*\***

## **Graham's Page**

### **The Friday Night Track Sessions**

Those Harriers who have taken part in the warm up's over the last few weeks, will have heard Steve mention Graham Bufton's Friday night track sessions a few times.

Graham only started these sessions at the beginning of the year but they're already established themselves as an enjoyable and valuable part of the weekly training programmes for those who attend. The sessions start at 6.30pm every Friday and cater for all levels of ability. Quite a few of the club and particularly those who have performed well in races this year, put down their advance to Graham's programmes.

If you haven't been to the sessions yet its well worth giving them a try. The schedules for the next six weeks are given on the opposite page.

The sessions are usually finished by 7.15 to 7.30.

### **Graham's League Tables**

The latest positions in Graham's League Tables are now up on the notice board and also available on the club's website. ([www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)) The positions are up to April 2000. Next league positions will be out on the first June 1<sup>st</sup> and will include the May races. If you not in a league and have raced for the club this year, let Graham know.

### **Graham's Snowball Fund**

Graham's snowball fund is drawn every Monday and Wednesday evening in the bar after training at 8.40. The draw started at £5.00 and is now up to £50.00. It gets bigger every week. You don't have to buy anything to win, just be there.

If the following members had been in the bar when their names were pulled out of the hat, they'd have won the following amounts:

John Cheetam	£5.00	Catherine Rogers	£40.00
Steve Wilby	£10.00	Val Brace	£40.00
Nicola Klabe	£15.00	Joyce Parkinson	£45.00
Dennis Gound	£20.00	Bill Billington	£45.00
Michael Bliss	£25.00	Barry Bright	£45.00
Peter Sarad	£30.00	Sue Nash	£45.00
Bill Billington	£35.00	John Izard	£50.00
Jennifer Round	£40.00		
Debbie Taylor	£40.00		

## Bedford Harriers Magazine: Spring 2000

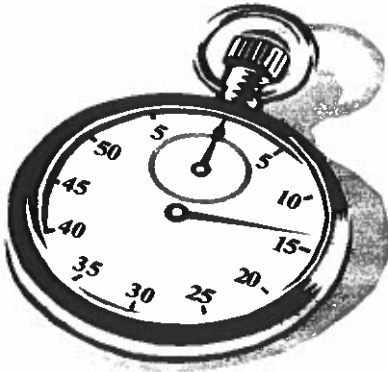
### Coach Friday Group Schedules for the next 6 weeks

<u>Date</u>	<u>Group</u>	<u>Session</u>
Fri 26 <sup>th</sup>	1	6 x 600 – Steady 200 recovery 6 x 300 – Steady 100 recovery
	2	5 x 600 – Easy 200 jog recovery 5 x 300 – Easy 100 jog recovery
	3	4 x 600 – Walk 200 recovery 4 x 300 – Walk 100 recovery
Fri 2 <sup>nd</sup> June	1	6 x 1,000 turn around 5.35
	2	5 x 1,000 turn around 7.35
	3	4 x 1,000 turn around 9.35
Fri 9 <sup>th</sup>	1	200/400/800/1600 x 2 100/200/400/800 - Steady recovery
	2	200/400/800/1600/200/400/800 100/200/400/800/ 100/200/400 – Easy jog recovery
	3	200/400/800/1600/200 100/200/400/800/100 – Walk jog recovery
Fri 23 <sup>rd</sup>	1	2 x 7 x 400 turn around 2.10. 5 minutes rest between sets.
	2	2 x 6 x 400 turn around 3.10. Same as above.
	3	2 x 5 x 400 turn around 4.10. Same as above.
Fri 30 <sup>th</sup>	1	7 x 800. 400 steady recovery.
	2	6 x 800. 400 easy recovery.
	3	5 x 800. 400 walk jog recovery.
Fri 7 <sup>th</sup> Jul	1	2 x Straights (100%) and Bend (50%) 4 x 200(100%) ~ 100 Steady recovery. 8 x 300(100%) ~ 200 Steady recovery. 4 x 200(100%) ~ 100 Steady recovery. 2 x Straights(100%) and Bends.
	2	2 x Straights (100%) and Bend (50%) 4 x 200(100%) ~ 100 Steady recovery. 8 x 300(100%) ~ 200 Steady recovery. 4 x 200(100%) ~ 100 Steady recovery.
	3	2 x Straights (100%) and Bend (50%) 4 x 200(100%) ~ 100 Steady recovery. 8 x 300(100%) ~ 200 Steady recovery.

Remember the sessions are not ☹ they are ☺. Any problems regarding track workouts please let me know either club night or ☎ 07788 698883. Keep-up the good work you will benefit. Running tips from the experts will be handed out weekly.

Graham

## **PB Performances**



The accolade of being the first Harrier to set a new PB this century went to **Cliff Smith** who ran in the Millennium Marathon on the 2nd January. Cliff knocked 14 minutes of his old time for the distance for a new PB of 3:22:00. Cliff, who won our 'most improved runner award' for 1999, later went on to clip more than six minutes of his previous best for the 16.4 mile race at Oakley. Also in January, **Barry Bright** and **Terry McEwen** improved their times at the Folkesworth 15 race. Barry's run was 20 seconds faster at 1:55:46 and Terry's 19 seconds up at 1:56:31

**Derek Morrison** has produced some good runs since the start of the year. At the Hastings Half in March, Derek ran 1:41:00, up three and a half minutes on his previous best for the distance. Derek then ran his first marathon at Sheffield in April and recorded a highly respectable 3:44:10. **Janet Clark** has also run well of late. Janet shortened her best time for 20 miles by six minutes to 2:26:03 at Worthing and then improved her best 10k time to 42:20 at Silverstone.

The Oakley races were the venue for a clutch of new PB's. **Steve Gaunt** recorded one in the 9.1 race and **Neil Lovesey**, **Chris Armstrong** and **Gary Horsman** achieved them in the 16.4. **Kevin** and **Jackie Bullard** also set new PB's for the 9.1 at Oakley and then a week later improved their 10 mile times by seven minutes and two and a half minutes at Hemel. Also at Hemel, **Kevin Willett** set a new PB and just missed going under 60 minutes for the first time by 32 seconds. Kevin then went on to finish fortieth out 800 in the Belfast marathon on Bank Holiday Monday.

Among the other Harriers running well over the last few months have been **Mick Inskip**, **Iain Booth** and **Jack Chana**. Mick, who ran his first marathon at London this year improved his half marathon time by two minutes at Reading and Iain reduced his previous best for the half marathon by 11 minutes to 1:52:41 at Hitchin. A week later at Sandy, Iain clipped three minutes of his 10 mile best time to get down to 79:36. Jack, whose running races on a regular basis, set a new PB of just under three hours for the 20 miles at Bury.

The London Marathon produced a number of good runs. **Tony Parello**, who was the first Harrier home, knocked two minutes of his previous best for the distance with a time of 3:03:05 (official time 3:03:12) and **Bruce Tilbury** also did well reducing his PB by ten minutes to 4:28:00 (official time 4:38:15). Among those who ran their first races over the distance, **Trisha Doran**, whose had a number of injuries over the last 12 months got round well but vowed never to do another at the end of it. She will!

### **Notable Club Performances**

The Club has produced a number of notable team performances of late. At the Hemel race, **Veronica Singleton**, (who was the 3rd LV35 to finish), **Chris Armstrong** and **Teresa Munns** won the LV Team Award. At the Sandy 10, **Tony Barnes**, **Paul Langford**, **Kevin Willett** and **Steve Gaunt** won the 1st Men's Team Award and **Graham Bufton**, **Martin Leach**, **Martin Kay** and **George Armstrong** was the 1st Vets Team Award.



## **Best Performance Awards**

**Spring  
2000**

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 with so many good times achieved so far this year. The final choice is as always subjective.

The Spring 2000 Best Performance Award goes to **Lorraine Williams** for her London Marathon run. Lorraine's time of 5:27:09 meant that she wasn't among the leading finishers. Time however was unimportant. Lorraine big battle occurred in 1997 when at the age of just 26, she found out she had cancer. Many operations later, Lorraine was thankfully cured but vowed, if she could, to help those who helped her. Completing the London Marathon for the Primrose Appeal was Lorraine's way of saying thank you to the hospital. This is the our way of saying well done Lorraine.

**1st**

Second place in the Spring Awards goes to **Christine Armstrong** for her tremendous run in the London Marathon. Christine's time of 3:31:29 was a 26 minute improvement on her previous best for the distance and followed a 26 minute reduction in her 30k time at Stamford. The London run is probably the highlight of Christine's running career to date.

**2nd**

Third place goes to **Steve Gaunt** for his 61:59 ten mile run at Leighton Buzzard. Steve's had an excellent few months during which time he's lowered his PB for the 10 from his previous best of 66:47 to 65:01 at Hemel to 63:07 at Sandy and then to the 61:59 at Leighton Buzzard. Steve's PB runs are continuing to arrive and he subsequently ran 17:32 for the 5K at Blisworth, a 50 second improvement. More to come here.

**3rd**

## **Bedford Harriers Magazine: Spring 2000**

### **Races distances run so far.**

Between the 1st January and the end of April, club members ran 35 road races. The most popular distance was the half marathon with nine races being contested. The second most popular distance was the marathon with six run. Five, ten miles races and four 20 miles events have also attracted Harrier entrants. Only four of the 35 races run so far have been less than ten miles in length.

	Marathon	20m	15m	Half-marathon	10m	10k	Others
Races run	6	4	3	9	5	4	4

### **The Road Race Championship**

It should be remembered that the rules to this year's road race championship are that three races need to be at a distance of 5 miles or 5k with three more at 10k or 6 miles. (The final four need to be at 10 miles or more with at least one at half marathon).

Finding these shorter distance races over the next few months shouldn't be too much of a problem There's our new 5K championship race at Cranfield University at the end of July, our 5 mile championship race at Blisworth in August, the Arlington 5K race series in Bedford Park, the Bedford 6 race in June, the Sharnbrook 10k at the end of May, the Milton Keynes 10k in July plus the remaining races in the mid-week Grand Prix series. There's a more detailed fixture list for the forthcoming races at the end of the magazine.

The most popular individual races run so far this year have been the London Marathon and the Oakley 9.1 which both attracted 30 Harriers, the Oakley 16.4 and the Hemel 10 which both had 29 and the Sandy 10 which had 25 Harriers running. The Leighton Buzzard 10, the Silverstone 10k, the Stamford 30k and the Watford half also continue to be popular.

### **We need the Official Results**

**We don't yet have the official results for ten of the races given on the next page. Official results are needed for verification for the road race championship. Points in the championship are based on the official results. Without these, no points can be awarded.**



## Bedford Harriers Magazine: Spring 2000

<b>Race</b>	<b>Date</b>	<b>Harriers in Race</b>	<b>Official / Unofficial Times Received</b>
Stratford Half	30th April	1	Unofficial
Stratford Marathon	30th April	1	Unofficial
Fort Willam Marathon	30th April	1	Unofficial
Leighton Buzzard 10	30th April	16	Official
Silverstone 10k	27th April	11	Official
Maidenhead 10	21st April	2	Official
London Marathon	16th April	30	Official
Sheffield Marathon	16th April	1	Unofficial
Sandy 10	9th April	25	Official
Royston 10k	9th April	1	Official
Linton Half Marathon	2nd April	2	Official
The Grizzley	2nd April	3	Official
Hitchen Half Marathon	2nd April	6	Official
Worthing 20	26th March	2	Unofficial
Banbury 15	19th March	1	Unofficial
Hastings Half	19th March	3	Official
Ashby 20	19th March	3	Official
Forest of Dean Half	19th March	1	Official
Orion 15	18th March	3	-
Reading Half	12th March	6	Official
San Dominico cardiff 20	12th March	2	Unofficial
Hemel 10	12th March	29	Official
Oakley 9.1	5th March	30	Official
Oakley 16.4	5th March	29	Official
Althorpe Park Half	5th March	3	Official
Althorpe Park 10K	5th March	2	Official
Bury 20	27th February	6	Official
Sleaford Half	20th February	2	Unofficial
Stamford 30k	13th February	11	Official
Las Vegas Marathon	6th February	1	Official
Watford Half	6th February	10	Official
Canterbury 10	30th January	1	Unofficial
Bicester 10K	30th January	3	Official
Folkesworth 15	23rd January	7	Official
Leyland Millennium Marathon	2nd January	2	Unofficial
<b>Other Races</b>			
Aldbury 5.3 multi Terrain	26th March	1	-
Goodrich Fell Race	11th March	1	-
Quantocks Millenium	27th February	2	-

## Bedford Harriers Magazine: Spring 2000

### Aldbury 5.3 Multi Terrain 26<sup>th</sup> March 2000

Will Drown	43:30
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### Althorpe Park Half Marathon 5<sup>th</sup> March 2000

Steve Williamson	1:45:04
Deirdre Bethune	1:53:58
William Bethune	2:02:10

### Althorpe Park 10k 5<sup>th</sup> March 2000

Colin Tranter	43:43
Teresa Munns	49:11

### Ashby 20 19<sup>th</sup> March 2000

Tony Parello	2:24:19
Steve Williamson	2:24:29
Christine Armstrong	2:50:43

### Banbury 15 19<sup>th</sup> March 2000

Jack Chana	2:11:59
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### Bicester 10k 30<sup>th</sup> January 2000

Chris Cottam	51:00
Jude Cottam	56:36
Arthur Monk	57:00

Bury

### Folksworth 15 23<sup>rd</sup> January 2000

Barry Bright	1:56:00
Terry McEwen	1:56:46
Derek Morrison	1:58:33
Neil Lovesey	1:59:18
Steve Clark	2:01:06
Jenny Tuite	2:02:09
Dave Bithell	2:18:48

### Forest of Dean Half Marathon 19<sup>th</sup> March 2000

Colin Bennetts	1:31:49
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### Fort William Marathon 30th April 2000

Malcolm McEwen	4:20:17
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### Goodrich Fell Race (3.2 Miles, 900ft Climb) 11<sup>th</sup> March 2000

Colin Bennetts	32:25
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### The Grizzly 02<sup>nd</sup> April 2000

Simon Fisher	3:09:51
Viv Kilgour	3:16:05
Colin Bennetts	3:16:05

### Hastings Half Marathon 19<sup>th</sup> March 2000

Neil Lovesey	1:31:42
Jenny Tuite	1:39:42
Derek Morrison:	1:42:46

## **Bedford Harriers Magazine: Spring 2000**

### **Hemel 10 Miles** 12th March 2000

Tony Barnes	59:13
Paul Langford	59:28
Kevin Willett	1:00:32
Graham Bufton	1:04:51
Steve Gaunt	1:05:01
Bill Jordan	1:05:38
Tony Parello	1:05:55
George Armstrong	1:06:52
Cliff Smith	1:08:50
Veronica Singleton	1:10:19
Paul Roberts	1:10:24
Ian Marshall	1:11:05
Zac Hollis	1:11:31
Colin Tranter	1:11:52
Barry Bright	1:12:56
Will Drown	1:16:19
Christine Armstrong	1:16:22
Graham King	1:16:50
Andrew Woodraft	1:18:58
Teresa Munns	1:20:00
Ian Booth	1:22:31
Jack Chana	1:22:36
Kevin Bullard	1:22:45
Jackie Bullard	1:23:07
Dave Bithell	1:27:50

### **Hemel 10 Miles (continued)** 12th March 2000

Brian Cornwell	1:28:48
Matthew Hollis	1:30:44
Debbie Taylor	1:33:43
Lesley Davies	1:34:36

### **Hitchin Half Marathon** 02<sup>nd</sup> April 2000

Tony Barnes	1:22:35
Avril Thomas	1:32:45
Bill Billington	1:44:07
Jack Chana	1:51:32
Iain Booth	1:52:41
Dave Bithell	1:57:46

### **Linton Half Marathon** 02<sup>nd</sup> April 2000

Christine Brown	1:52:51
Craig Brown	1:58:07

### **Las Vegas Marathon** 06<sup>th</sup> February 2000

Chris Cottam	4:20:38
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## Bedford Harriers Magazine: Spring 2000

### London Marathon

16th April 2000

### Leighton Buzzard 10

30th April 2000

Tony Barnes	59:25
Steve Gaunt	61:59
Tony Parello	65:55
Brian McCallen	66:46
Neil Lovesay	67:46
George Armstrong	69:00
Ian Marshall	73:28
Bill Billington	74:93
Christine Armstrong	75:07
Jackie Bullard	84:37
Lesley Barnes	86:58
Vic Byer	92:58
Kevin Bullard	92:42
Liz Byer	93:50
Lesley Davies	94:50
Brian Cornwall	94:50

### Leyland Millennium Marathon

2<sup>nd</sup> January 2000

Cliff Smith	3:22:05
Colin Bennetts	4:24:37

### Maidenhead 10

21st April 2000

Colin Tranter	71:51
Teresa Munns	77:42

Tony Parello	3:03:12
Paul Langford	3:07:20
Brian McCallen	3:16:53
Veronica Singleton	3:20:00
Avril Thomas	3:28:51
Christine Armstrong	3:31:29
Janet Clark	3:31:30
Colin Bennetts	3:34:37
Viv Kilgour	3:34:38
Steve Williamson	3:34:45
Jenny Tuite	3:40:31
Will Drown	3:40:45
Len Donovan	3:42:04
Vicky Bithell	4:10:14
Alastair Fadden	4:12:50
Diedre Bethune	4:17:23
Jack Chana	4:17:55
Neil Lovesey	4:20:36
Ian Kingstone	4:21:52
Mick Inskip	4:25:19
Shanks Shankar	4:26:49
Gary Horsman	4:36:11
Bruce Tilbury	4:38:15
Dave Bithell	4:50:09
John Waugh	4:51:09
Malcolm McEwen	4:51:55
Martin Lambourne	4:52:51
Trisha Doran	4:56:39
Lorraine Williams	5:27:09
Iva Barr	5:45:48
Chris Brace	No time yet
Christine Brown	No time yet

## **Bedford Harriers Magazine: Spring 2000**

### **Oakley 9.1 Miles** **5th March 2000**

Franck Monmont	0:57:50
Steve Gaunt	0:59:03
Graham Bufton	0:59:06
Martin Leach	1:00:27
Ralph Ward	1:01:30
Steve Luetchford	1:04:40
Richard Whiteman	1:04:40
Paul Roberts	1:05:16
Zac Hollis	1:06:04
Ian Marshall	1:06:10
Rod Drew	1:08:29
Phil Wainwright	1:10:56
Peter Newberry	1:11:05
Kevin Bullard	1:12:47
Jackie Bullard	1:15:41
Dave Kingstone	1:17:31
Andy Smith	1:20:32
Matthew Hollis	1:21:01
Chris Mawson	1:21:04
Lesley Davies	1:22:57
Arthur Monk	1:24:57
Josie Perrin	1:32:07
Lorraine Murfitt	1:32:46
Joy Smith	1:32:46
Andrea Ranson	1:37:18
Julie Drown	1:37:18
Susan Cartwright	1:37:23

### **Oakley 9.1 Miles (continued)** **5th March 2000**

Iva Barr	1:37:47
Angela Gallivan	1:47:06
Heather Sutton	1:47:22

### **Oakley 16.4 Miles** **5th March 2000**

Alastair Fadden	1:50:09
Paul Langford	1:54:07
Cliff Smith	1:56:40
Neil Lovesey	1:50:50
Martin Kay	1:57:51
Avril Thomas	2:00:15
Tony Barnes	2:00:27
Terry McEwen	2:01:59
David Briggs	2:02:04
Christine Armstrong	2:06:39
Barry Bright	2:06:44
Derek Morrison	2:07:58
Jim Middlemiss	2:09:20
Chris Williams	2:16:14
Mick Inskip	2:20:28
Ian Kingstone	2:21:27
Jack Chana	2:22:28
Gary Horsman	2:24:46
Shanks Shankar	2:25:11
Chris Cottam	2:25:59
Gerry Dazley	2:32:40
Bruce Tilbury	2:32:49
Dave Bithell	2:33:21
Liz Byer	2:35:26
Deborah Hylton	2:39:23
David Fake	2:47:06
Martin Lambourne	2:48:26

## **Bedford Harriers Magazine: Spring 2000**

### **Orion 15 (Epping Forest)**

18<sup>th</sup> March 2000

Viv Kilgour	2:00:34
Colin Bennetts	2:00:34
Simon Fisher	2:06:06

### **Quantocks Millennium 2000**

27<sup>th</sup> February 2000

Viv Kilgour	1:07:59
Colin Bennetts	1:07:59

### **Reading Half Marathon**

12<sup>th</sup> March 2000

Simon Fisher	1:29:13
Gary Denton	1:36:50
Viv Kilgour	1:40:54
Mike Inskip	1:49:33
Theresa Cooper	2:09:52
Angela Kay	2:46:24

### **Royston 10k**

9<sup>th</sup> April 2000

Matt Burgin	38:44
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### **San Dominico Cardiff 20**

12<sup>th</sup> March 2000

Janet Clark	2:32:09
Colin Bennetts	2:32:09

### **Sandy 10 Miles:**

09<sup>th</sup> April 2000

Tony Barnes	1:00:07
Paul Langford	1:00:24
Kevin Willett	1:01:18
Steve Gaunt	1:03:07
Graham Bufton	1:06:13
Martin Leach	1:07:53
Martin Kay	1:09:14
George Armstrong	1:09:18
Paul Roberts	1:10:17
Richard Whiteman	1:10:24
Barry Bright	1:12:33
Christine Armstrong	1:14:29
Bill Billington	1:15:35
Iain Booth	1:19:36
Brian Cornwell	1:20:15
Jack Chana	1:21:11
Dorian Spencer-Grey	1:21:28
Tony Parello	1:21:35
Jackie Bullard	1:25:59
Debbie Taylor	1:26:41
Stephen Crane	1:28:17
Lesley Barnes	1:28:38
Arthur Monk	1:37:04
Will Drown	1:43:29
Julie Drown	1:43:29
Josie Perrin	1:43:11



## Bedford Harriers Magazine: Spring 2000

### Silverstone 10 27th April 2000

Paul Langford	34:40
Tony Barnes	35:39
Colin Bennetts	40:21
Zac Hollis	42:04
Steve Leutchford	42:20
Janet Clark	42:27
Rod Drew	43:45
Deidre Bethune	49:28
Matt Hollis	50:56
Bill Bethune	55:15
Lesley Davies	56:10

### Stamford 30k 13<sup>th</sup> February 2000

Paul Langford	2:01:31
Tony Parello	2:12:36
Alastair Fadden	2:16:32
Veronica Singleton	2:22:45
Derek Morrison	2:27:53
Will Drown	2:28:46
Steve Clark	2:29:15
Christine Armstrong	2:30:21
Jenny Tuite	2:34:55
Malcolm McEwen	2:47:52
Jack Chana	2:53:13

### Sheffield Marathon 16<sup>th</sup> April 2000

Derek Morrison	3:44:10
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### Sleaford Half Marathon 20<sup>th</sup> February 2000

Neil Lovesey	1:35:24
Jenny Tuite	1:40:38

### Stratford Half Marathon 30th April 2000

Barry Bright	1:42:43
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### Stratford Marathon 30th April 2000

Terry McEwen	3:48:52
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### Watford Half Marathon 06<sup>th</sup> February 2000

Tony Barnes	1:21:52
Paul Langford	1:22:50
Tony Parello	1:43:29
Christine Armstrong	1:43:30
Will Drown	1:45:20
Stephen Williamson	1:51:21
Deidre Bethune	1:54:52
Mike O'Hara	1:55:34
William Bethune	2:04:44

### Worthing 20 26th March 2000

Janet Clark	2:26:03
Colin Bennetts	2:26:03

## **Bedford Harriers Magazine: Spring 2000**

### **Club 2000 Road Race Championship**

**Closing to 30th April.**

<b>Runner</b>	<b>Qualifying Races</b>	<b>Score to 30th</b>	<b>Position on 30th</b>
<b>Paul Langford</b>	<b>5</b>	<b>380.92</b>	<b>1</b>
<b>Tony Barnes</b>	<b>5</b>	<b>373.83</b>	<b>2</b>
<b>Chris Armstrong</b>	<b>4</b>	<b>283.94</b>	<b>3</b>
<b>Veronica Singleton</b>	<b>4</b>	<b>280.41</b>	<b>4</b>
<b>Tony Parello</b>	<b>4</b>	<b>273.14</b>	<b>5</b>
<b>Colin Bennetts</b>	<b>4</b>	<b>266.22</b>	<b>6</b>
<b>Barry Bright</b>	<b>4</b>	<b>265.41</b>	<b>7</b>
<b>Dee Bethune</b>	<b>4</b>	<b>258.75</b>	<b>8</b>
<b>Jenny Tuite</b>	<b>4</b>	<b>254.42</b>	<b>9</b>
<b>Neil Lovesay</b>	<b>4</b>	<b>253.66</b>	<b>10</b>
<b>Derek Morrison</b>	<b>4</b>	<b>241.39</b>	<b>11</b>
<b>Will Drown</b>	<b>4</b>	<b>238.00</b>	<b>12</b>
<b>Jack Chana</b>	<b>4</b>	<b>237.32</b>	<b>13</b>
<b>Dave Bithell</b>	<b>4</b>	<b>222.88</b>	<b>14</b>
<b>Colin Tranter</b>	<b>3</b>	<b>219.24</b>	<b>15</b>
<b>Bill Billington</b>	<b>3</b>	<b>218.11</b>	<b>16</b>
<b>Steve Gaunt</b>	<b>3</b>	<b>217.60</b>	<b>17</b>
<b>George Armstrong</b>	<b>3</b>	<b>211.23</b>	<b>18</b>
<b>Teresa Munns</b>	<b>3</b>	<b>207.18</b>	<b>19</b>
<b>Brian Cornwall</b>	<b>3</b>	<b>196.57</b>	<b>20</b>
<b>Steve Williamson</b>	<b>3</b>	<b>174.79</b>	<b>21</b>
<b>Ian Booth</b>	<b>3</b>	<b>162.59</b>	<b>22</b>

#### **Notes**

- ♦ **Runners with 3 or more qualifying races so far are listed:**
- ♦ **The points in the table are based on age graded scoring. Age grading provides each runner with a percentage score that enables their race performance over any distance from one mile to 100k. Their performance is graded against the 'world best' for a runner of the same age and sex. There's an example on the next page explaining how this is calculated.**

**Age Grade Scoring**

**An Example:**

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

<b>Twelve Best age Graded Race Times by Harriers this year</b>			
<b>(To end of April)</b>			
	<b>Runner</b>	<b>Age Graded Time</b>	<b>Race</b>
1	Paul Langford	77.27	Hemel 10
2	Paul Langford	76.08	Sandy 10
3	Tony Barnes	75.46	Hemel 10
4	Tony Barnes	75.20	Leighton Buzzard 10
5	Bill Billington	74.93	Leighton Buzzard 10
6	Tony Barnes	74.29	Sandy 10
7	Steve Gaunt	74.13	Leighton Buzzard 10
8	Paul Langford	73.84	Watford Half
9	Colin Tranter	73.76	Maidenhead 10
10	Paul Langford	73.33	Stamford 30k
11	Steve Gaunt	72.80	Sandy 10
12	Tony Barnes	72.80	Watford Half



## *Phil's Poetry Page*

### *Tarentella*

Do you remember an Inn  
Miranda?  
Do you remember an Inn?  
And the tedding and the spreading  
Of the straw for the bedding.  
And the fleas that tease in the High Pyrenees,  
And the wine that tasted of tar?  
And the cheers and jeers of the young muleteers  
[ Under the vine of the dark verandah]?  
Do you remember an Inn, Miranda?  
Do you remember an Inn?  
And the cheers and the jeers of the young muleteers  
Who hadn't got a penny.  
And who weren't paying any.  
And the hammer at the doors and the Din?  
And the Hip! Hop! Hap!  
Of the clap  
Of the hands to the twirl and the swirl  
Of the girl gone chancing.  
Glancing,  
Dancing,  
Backing and advancing,  
Snapping of the clapper to the spin  
Out and in -  
And the Ting, Tong, Tang of the Guitar!  
Do you remember an Inn,  
Miranda?  
Do you remember an Inn?

Never more;  
Miranda,  
Never more.

Only the high peaks hoar:  
And Aragon a torrent at the door.  
No sound  
In the walls of the Halls where falls  
The tread  
Of the feet of the dead to the ground  
No sound:  
But the boom  
Of the far Waterfall like Doom.

**HILAIRE BELLOC**

### *Marathon*

Sweet dreams my  
son, as this day  
unfolds before you.

Canon fire cracks  
the clear blue sky  
this April dawn.

Thousand upon  
thousand address  
this challenge.

Marathon the  
distance, marathon  
the effort.

Tick follows tock  
as the clock  
ticks on and on.

Mile follows  
mile as the  
race unfolds.

Cutty Sark!  
Tower Bridgel  
How do you feel?

So many faces:  
smiling faces,  
happy faces.

Hearts beating  
so fast - they  
almost break.

Tick follows tock  
as your race  
is almost won.

The Mall!  
Oh joy!  
perfect joy!

Finish line  
crossed,  
day complete.

Happy!  
Tired!  
Victorious!

**PHILIP GRAY**

## Bedford Harriers Magazine: Spring 2000

### Bedford Harriers A.C.

#### Fixture List May 2000 to October 2000

#### May

23	Harborough 5	GPS
28	Stevenage 5k	
29	Sharnbrook 10k	**

#### June

6	Bedford 6	GPS **
11	Cranfield 10k	BHR
13	Weedon 10K	GPS
20	Banbury 5	GPS
25	Dunstable 10k	BPR
25	Ramsey 10m & 5m	
28	Arlington Bedford Park 5k	BPR **

#### July

2	Vauxhall 5	
4	Milton Keynes 10K	GPS **
9	Lea Valley 10	ERL
9	Wycombe Half	
16	Stopsley Women's 5k	
19	Arlington Bedford Park 5k	BPR

#### August

6	Harlow 10	ERL
16	Arlington Bedford Park 5k	BPR **
18	Blisworth 5 (Provisional)	CC
20	Gt Yarmouth Half	
27	Vauxhall 5k	

#### September

10	Swineshead 10	**
17	Gt Barford Half	BHR

#### October

8	Biddenham 10k	
22	Gt North Run	

-	Races we are targeting
BED	Beds County Championships
CC	Club Championships
ERL	Eastern Road League
GPS	Grand Prix Series (Mid Week Race Series)
BPR	Bedford Park Race
BHR	Bedford Harriers Own Race

**IT'S NEVER EASY**



**ASK PAUL**