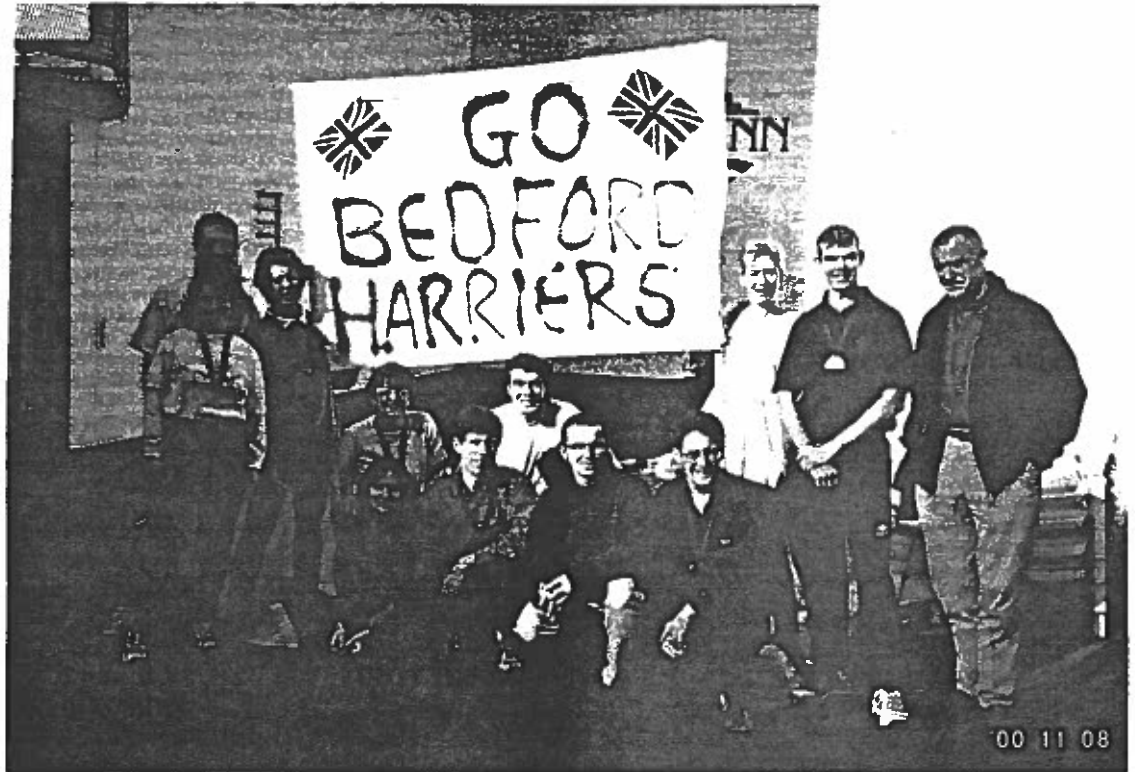




CHRISTMAS 2000

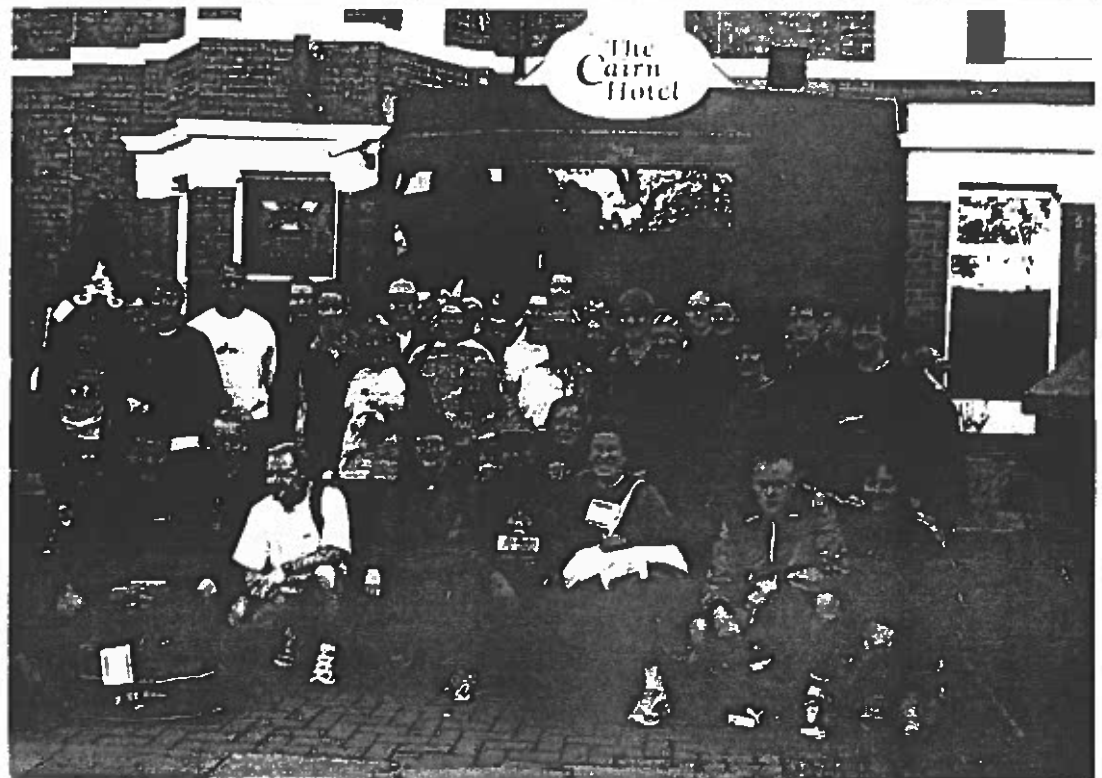
Bedford Harriers

Magazine



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Welcome

Welcome to the Christmas 2000 edition of the Harriers Magazine. Inside this issue are reports on the Harriers trips to New York, Newcastle and Benidorm. There's also an article by Colin Bennetts on his amazing three marathons in three days and another by Debbie Bilham who recently ran her furthest race to date, the Riverside 9. There's news from Graham Bufton on a new running group he's starting up and further information from Colin this time on the Welsh Castle's Relay.

There's a full listing of all the Harriers race results since September, details of all the winners from this year's awards night, (many thanks to Dave Sutcliffe), a list of those harriers who have achieved standard awards this year plus the Xmas 2000 best performance awards. Information on some changes to the rules governing next year's road race championship are also included.

Finally, and on a personal note, I've been editing the Harriers mag for the last four years and have now decided to pass on the baton. Linda Thurston, I'm very pleased to say, has agreed to take over the job and will be the new editor for the next issue of the Harriers which is due out around April. I've derived much pleasure from editing the Harriers Magazine for the last dozen editions and I'm sure that Linda will enjoy it just as much.

Hope you enjoy the read.

Brian McCallen

Jackie gets a commendation for bravery.

Harrier Jackie Keenan has received a commendation for bravery from Bedford Police following the rescue of a driver whose car had careered off Norse Road and landed upside down in a brook swollen by freezing storm water. Had Jackie and her fellow rescuer not taken action, its likely that the driver would have died.



BRAVERY AWARD: Lou Dunham and Jacky Keenan, who rescued a driver trapped in a car that crashed into a freezing brook.

Chairman's Column

December's been a bit of a month for records at the Club. Firstly, the Harriers Gt Barford Half Marathon, which had been postponed from September because of the petrol crisis, attracted a record 280 entrants (of which 236 finished) for the re-arranged December 10th running of the race. Secondly, the third of the five race Today's Runners League cross country meeting at Priory Park, which was hosted by the club, attracted another field of about 280. Not totally certain if that was a record but in terms of the amount of water on the course it must have been pretty close.

Another new record set is the size of our membership. At the end of our last membership year in March, the total was around 240. That figure has already been surpassed and with a new beginners group starting in January, the growth of the club, which has been going on for some time, continues for another year. It's a bit difficult to predict how large Bedford Harriers will become over the next few years though there's little to indicate at the moment that the peak has been reached. We're slowly getting nearer to 300 members and it may only be a matter of time before the figure is realised.

A question therefore is what makes the club so popular? What are we doing right? Firstly, many new comers tell us that we're a friendly and welcoming club. When people come down to a training night for the first time, the experience can be quite daunting. (I can remember my first night quite vividly). Having someone to meet them and introduce them to a group leader or members of a group is something which many first timers and beginners appreciate greatly. A second factor which many new members enjoy is the absence of any air of elitism at the club. Though there are many levels of ability at the Harriers, it's only right that all members, from new beginners to those who have won our road race championships, are made to feel equally welcome and valued. Many people have also mentioned how much they enjoy the club warm-ups on training nights and feel that this epitomises the essential togetherness of the Harriers. Valued also is the group training structure which we have developed. Perhaps somewhat surprisingly, people who have been members of other clubs say that this is by no means a widely adopted practice. For us it works and it works well.

Not that all is perfect at the club however and that there is no room for improvement. For example, despite our size, our racing performance measured against other clubs in the area in competitions such as the 'Today's Runners League' is not yet distinguished and is an area of activity which we hope to improve at over the next year or so. In addition, we're still experiencing the perennial difficulty of getting enough members to help marshal our own road races. Such problems are recognised and we hope to go some way to correcting them in 2001.

All in all however, there's a lot right with the club at the moment and as we look forward to 2001 we do so from a position of confidence. A lot of people put a lot of work into running Bedford Harriers and making it better and as long as that situation continues, the club won't go far wrong!

Brian McCallen

The Award Winners: 2000

**The
5K
Championship**

Winner	Kevin Willett	Winner	Janet Clark
2nd	Paul Langford	2nd	Veronica Singleton
3rd	Matt Burgin	3rd	Cathy Rogers
MV45	Richard Piron	LV45	Christine Armstrong
MV50	Colin Bennetts	LV50	Jackie Keenan
MV55	Denis Gound	LV55	Margaret Martin
MV65	Brian Cornwall		

**The
5m
Championship**

Winner	Franck Monmont	Winner	Avril Thomas
2nd	Steve Gaunt	2nd	Janet Clark
3rd	Graham Bufton	3rd	Veronica Singleton
MV45	Brian McCallen	LV35	Andrea Ranson
MV50	Colin Bennetts	LV45	Christine Armstrong
MV55	Martin Leach	LV50	Deirdre Bethune
MV65	Brian Cornwall	LV70	Iva Barr

**The
10k
Championship**

Winner	Paul Langford	Winner	Avril Thomas
2nd	Kevin Willett	2nd	Veronica Singleton
3rd	Franck Monmont	3rd	Kath Grahn
MV45	Richard Piron	LV35	Lynn Gyngell
MV50	Jack Chana	LV45	Teresa Munns
MV55	Martin Leach	LV50	Deirdre Bethune
MV60	Bill Billington		
MV65	Brian Cornwall		

**The
10m
Championship**

Winner	Paul Langford	Winner	Avril Thomas
2nd	Kevin Willett	2nd	Christine Armstrong
3rd	Tony Barnes	3rd	Jackie Bullard
MV45	Brian McCallen		
MV50	Colin Bennetts		
MV55	Martin Leach		
MV60	Bill Billington		
MV65	Brian Cornwall		

The Award Winners: 2000

**The
Half Marathon
Championship**

Winner	Kevin Willett	Winner	Avril Thomas
2nd	Paul Langford	2nd	Janet Clark
3rd	Graham Bufton	3rd	Kath Grahn
MV45	Richard Piron	LV45	Teresa Munns
MV50	Colin Bennetts		
MV55	Martin Leach		
MV60	Bill Billington		
MV65	Brian Cornwall		

**The
Road Race
Championship**

Winner	Martin Leach	Winner	Christine Armstrong
2nd	Steve Gaunt	2nd	Avril Thomas
3rd	Colin Bennetts	3rd	Teresa Munns

**The
Handicap
Race**

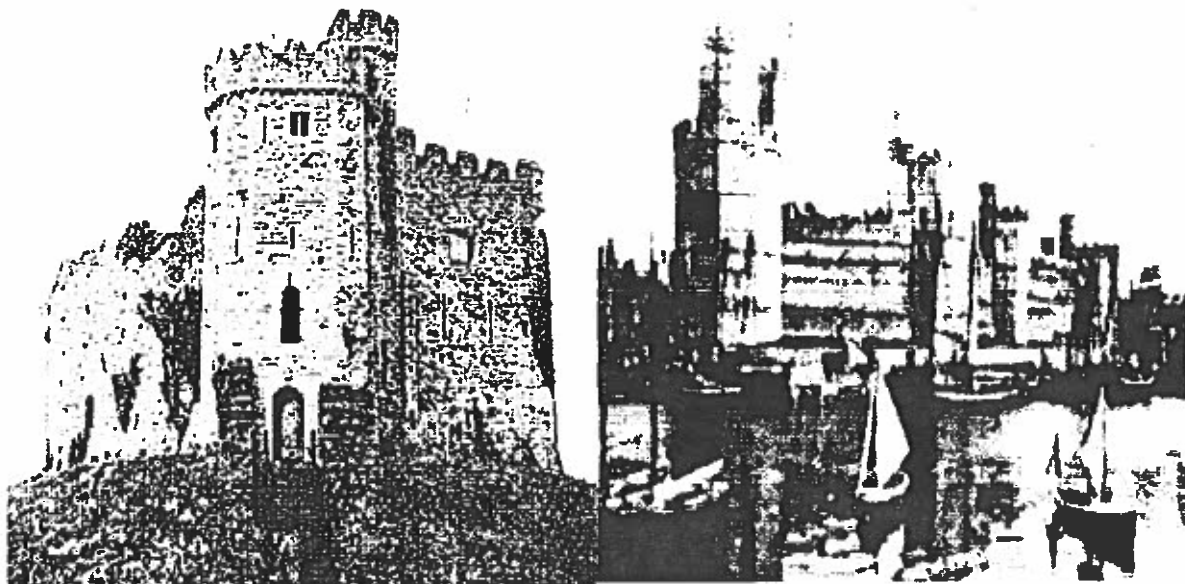
Winner	Colin Liddard	Winner	Debbie Bilham
2nd	Simon D'eath	2nd	Jackie Laws
3rd	Mark Holland	3rd	Caroline Morgan

**The
Cross-Country
Championship
1999/2000**

1 st Senior Man	Tony Barnes	1 st Senior Lady	Avril Thomas
MV40	Graham Bufton	LV35	Jackie Bullard
MV45	Richard Piron	LV40	Chris Armstrong
MV50	Roger Irengrove	LV45	Teresa Munns
		LV50	Jackie Keenan
		LV55	Margaret Martin

The names of those receiving the 'Most Improved Runner of the Year Award' and the 'Club Man' and 'Club Lady' of the year awards will be announced on the Awards Night.

Let's Go To Wales in 2001 !!!!



I need 20 brave runners plus back up to take part in the

Welsh Castles Relay - 23 & 24 June 2001

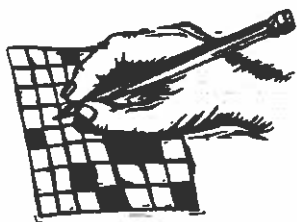
This is a 210 mile road relay starting at Caernarfon Castle and finishing in Cardiff Castle. Each leg is between 8 and 12 miles. Each stage commences as a mass start as the leader of the preceding stage finishes. This stops the race from spreading out over the whole of Wales. I will be arranging 2 mini-buses and will probably need a couple of cars as well.

Interested ????? I can tell you are !!!!

Contact Colin Bennetts

on 01234 407573

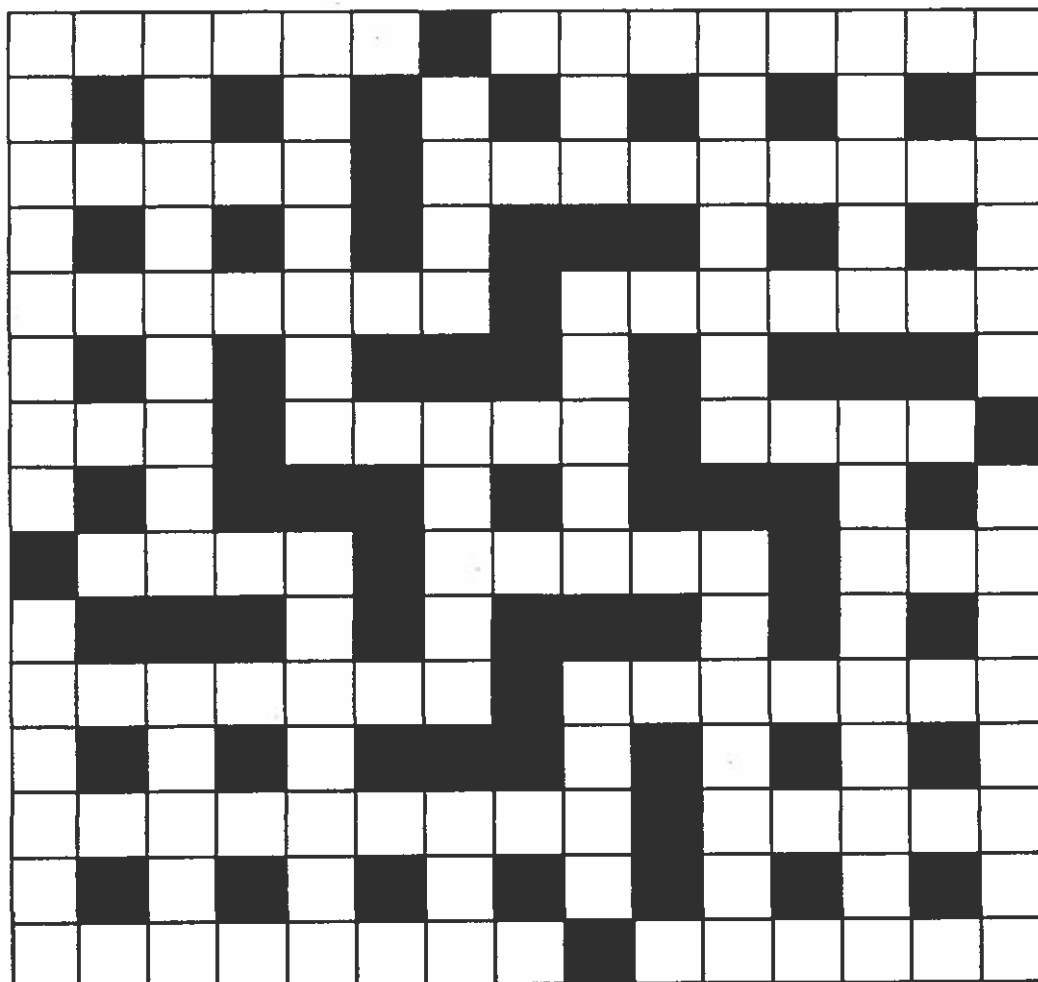
or e-mail colinbennetts@yahoo.co.uk



RAY EVANS

COFFEE -TIME

CROSSWORD



Clueless!

This time, instead of clues, all the answers have been provided. They just have to fit in the diagram!

9 Letters: Delineate, Ligatures, Rectangle, Vertebrae

8 Letters: Asbestos, Farewell, Rotating, Smoulder

7 Letters: Echelon, Extinct, Heedful, Pendant, Squeeze, Unequal, Wangled, Wrestle

6 Letters: Closes, Fidget, Reeled, Terror

5 Letters: Cinch, Dirge, Dulat, First, Nudge, Ralph, Skein, Tacit,

4 Letters: Avid, Jeep, Lull, Wren

3 Letters: Gas, Gun, Lea, Mar

The Completed Crossword is on page 11

'Bedford Harriers at the New York City Marathon 2000'

or 'Sixteen go on Honeymoon'



Jenny and Neil Lovesey got married on 27 October and to make it more interesting, they decided to spend their honeymoon running the New York City Marathon. Fourteen of their fellow Harriers and relatives came along for the fun! We left, 2 November at 4am in the pouring rain with cheery Kevin at the wheel of his bus and were soon on board a plane entirely full of Marathoners! None of them seemed to be able to sit still and gaggles of thin folk gathered around the loos, leg stretching, bragging and perfecting their excuses for a poor performance on the 5th. In the afternoon our happy band walked a few blocks to register for the Marathon. This turned out to be, not only a huge shopping opportunity for 'must-have' running kit, but also a chance for Tony to demonstrate his schmoosing ability on the unsuspecting young women who were representing the sponsors of the Marathon. He left the event with the biggest bag of freebies you've ever seen! By now it was Happy Hour in New York City and visiting a German beer hall to drink large stems of real beer seemed a very sensible choice. Steve G. entertained us with the story of his friend's sex life. Afterwards, we all went home for a lie down.

Friday and Saturday were beautiful warm, autumnal days and the Harriers spread out across the 'city that never sleeps'. Steve W. and George took this literally and came back with some pretty eye-stretching tales of city-folk. On Friday evening we met in Little Italy for the penultimate pasta-push. You would have been alarmed to see your normally staid friends joining in the 'Napkin Song'. A Dean Martin look-alike incited them to wave their napkins in the air, their natural dignity going to the wind! A happy band made their way home to W42nd Street whistling up-lifting ditties like "That's Amore", "Three Coins in the Fountain" and "Shuduppa ya face". Saturday, When the tense get tenser and the nerves get nervous... go shopping! Anytime of the day or night, a Harrier could be spotted crossing the lobby of the Travel Inn weighed down with carrier bags. Zac caused some jealousy with his beautiful new Barbie doll and Len bought a huge gun which, funnily enough, caused comment at JFK on the way home. We occasionally spied the honeymoon couple but they seemed to keep different hours than the rest of the Team.

All the Harriers took full advantage of fabulous New York. There were tales to tell of the Circle Line boat trip, the views from the World Trade Centre, the top of the Empire State Building, half-price tickets for the Broadway shows plus, Malcolm took a helicopter tour of Manhattan. The City was well prepared and very welcoming to us. There were Marathon 2000 signs up all over town and all tours started with a special hello to the Marathon runners. But, inevitably... Sunday the 5th finally came! The nearby deli, opened at 5am for breakfast, a sad and silent meal for the doomed was taken, then, on to the buses for the Staten Island start by 7am. Graham had to pull out as he felt ill with 'flu a sensible Harrier, he must be the first! Norma went with the Tour company reps. to Central Park to watch the finish from a special stand and Graham took to his little bed for the day. The morning's temperature was 9oC, but with the rising wind making it feel like 3oC. 30,000 athletes all concerned with keeping warm, last minute excuse-making, hy-

dration, hydration and more hydration and then, inevitably, elimination and evacuation is no pretty sight. The chaps were thrilled with the worlds longest urinal but facilities for chapesses were downright distressing! Unfortunately, I let myself commit what would be a Civil Offense in Britain but, in mitigation, muh Lud. Christine and Jenny encouraged me! All I will say about the offense is that it involved the use of my treasured Sunday Times foil blanket lovingly saved from the London Marathon and used to guard the modesty of the Bedford Belles.

Somehow or other, Christine and I found ourselves at the Elite Women's start on the top of the Verrazano Narrows Bridge. Tiny, thin creatures were prancing about to keep warm in front of us wearing only a few strips of lycra. They were some of the finest women athletes in the world...and me! I swear it wasn't only sheer fright when I realized what I'd got myself into but I really did feel the thermometer drop as the wind speed rose! 10.50 hours (funny time) the gun went off and Chris disappeared. (no, she didn't get shot, she just zoomed off!). All I can say about running through Brooklyn and Queens (featureless, poorer Boroughs) is that Bedford Avenue forms a major part of the route so the locals thought Bedford Harriers were part of their 'hood' and we got a special shouts of encouragement.

Most of the men had started on the lower level of the bridge but we joined up after 2 miles. I spotted George and Steve W. along the way. Steve G. and I ran through Williamsburg (10-11 miles) together which has been settled by Hasidic Jews. Our reception was quieter than in Brooklyn, mostly from little girls looking like 19th Century dolls wearing long, tiered coats. By half way, my time was good but at the 59th Street Bridge (or Queensboro Bridge), leg cramps set in. I will never hear that b... Simon and Garfunkle song about the bridge without reliving the agony! I knew where my husband, Peter and friends were going to be waiting with their homemade "Go Bedford Harriers" banner on First Avenue. (16th mile) so I concentrated on reaching them before taking the subway and the easy way out!

However, I was unprepared for the roar from the crowd along the three and half miles of First Avenue. This is the Upper Eastside where young, affluent Manhattan lives. They have given enthusiastic support to the Marathon over its 30 years of existence. The reception they give the weary traveller is a great boost. I found Pete and chums who were frozen solid but doing great work with a 2x1 metre banner. I cadged a free leg massage from them and plodded on. Jenny came bopping along, had a quick chat then left me to my solitary plod. A high spot came when I came across a first aid camp in Harlem and jabbered something about cold and cramp. I was flipped onto a sun bed being given a deep muscle massage by two huge men, perhaps they were American Football stars! Between my groans and sighs of pain and ecstasy I muttered that I would need them both in my hotel room later, (for a massage, for a massage!) Unfortunately, just then a doctor came along with a clipboard, probably the chap in charge of warm ambulances, lovely hospitals, cups of tea etc. who asked if I would be rejoining the race. "Oh yes", said one. I was tipped back out on to the mean streets of Harlem, damn!

While I made the long way to Central Park via the Bronx, Peter walked the short way in 20 minutes. Most my fellow Harriers were already there, tucked up warmly in their snug track suits, making the 18 block stroll to the hotel and taking luxurious hot baths. I was met by my fabulous support team, wrapped up warmly and taken to Starbucks for hot chocolate, yippee! Reader, you would have been proud, amazed, and even, perhaps, a little tearful to see your victorious Harrier friends as they hit O'Flaherty's on W46th at 7pm that evening. Were they up for it? Were they what! Nobody ate pasta, just a great deal of red wine and red meat was consumed! Then, they spoilt it my heroes, "there's plenty of life left in this one!" And with that reader, all by talking my Peter into the very

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silly purchase of a cardboard cut-out woman wearing very little clothes from a shop on Broadway. I made him take it back next morning of course! Gee, we didn't go to bed until really late, ages after 11pm! We were seriously celebrating surviving and triumphing over the notoriously difficult New York City Marathon 2000!

The next two and a half days were spent moaning about our legs, making excuses, reading the special Marathon section of the New York Times, watching the drama of the Senate and national elections and, of course, shopping!

Day 6, Wednesday afternoon, huge suitcases were loaded on to the buses. Jenny and Neil reappeared and we were back at JFK once again. But still, the fun was not over! Tony returned from the Mens Room and entertained everyone waiting at Gate 6 (possibly 500 people) with the shock he had experienced when he had briefly stood up from a self-flushing lavatory! Len was fighting for his right to bear arms, Andrea kept busy last minute counter-browsing, Zac bought a bottle of root beer for the first and last time. Peter was trying to swing an up-grade, the two Steve's, Lesley and George were in a card school. And Christine? Well Christine just counted and recounted us in amazement. She could not believe that somehow she had taken 16 people on Honeymoon (and to a marathon) and managed to get all 16 back intact!

List of Characters

Christine Armstrong - The Tour Leader -First Mate of Room 392

Jenny & Neil Lovesey - The Honeymoon Couple

Tony (The Schmoos) Parello

Andrea (The Happy Shopper) Ranson

Len (Religious Ranter) Donovan

Zac (game for anything really) Hollis

Steve Gaunt (FNYWT-Friend of New York Water Tanks)

Lesley (the Marathon's incidental, I'm here for a laugh!) Barnes

Steve Wilby & George Armstrong (tell us again about the Private Dancer.. He does what?)

Norma (you know, I'd quite like to run a Marathon!) King

Graham (good idea Norma, running makes you so healthy!) King

Malcolm (so many first time experiences its hard to pin point one) McEwan.

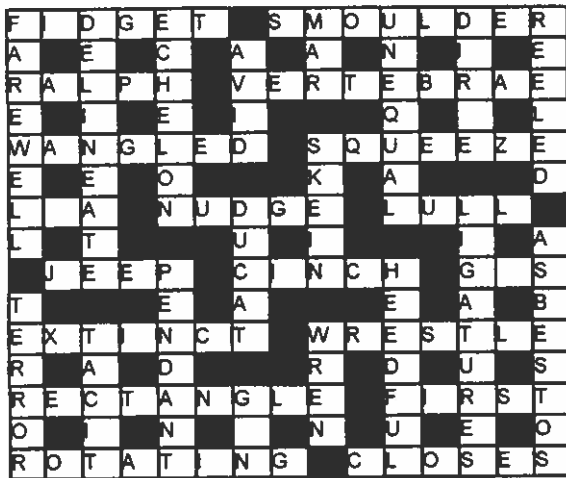
Peter (The Banner Man and loose cannon) Marks- Second Mate of Room 392.

Heather (The sensible one) Marks -Best Mate of Room 392.

Heather Marks



The Answers to : Ray's Coffee Time Crossword
(From Page 7)



The Harriers Road Races: 2001

The Harriers will again be organising three road races next year, Oakley, the Cranfield 10k and Gt Barford.

After being well received as a December run race, Arthur has decided to permanently move the Gt Barford half Marathon from its previously scheduled month of September to December. The September running of this year's race had to be cancelled due to the petrol crisis. It proved to be a blessing in disguise however as the switch to December attracted a record entry of around 280.

The Oakley race, which may now involve a 15m run, will be held on the 25th March next year and the Cranfield 10k will again be run in June. Brian McCallen will be the Race Director for both Oakley and Cranfield. Kevin Willett will be Chief Marshall at Oakley and Graham Bufton has agreed to be Chief Marshall at Cranfield. Mike Devonshire in his new role as Promotions Office will be co-ordinating the promotion of both events.

A frequent problem race organisers encounter is getting enough marshalling help from members of the club. (This situation occurred again at Gt Barford when due to a shortage of Marshall's, some helpers had to undertake two or three jobs). To encourage more club members to lend assistance, the club will be introducing a form of incentive/reward scheme for the Oakley and Cranfield races. Details of the scheme will be made available nearer Oakley.

St Neots Riverside Nine 19th November 2000

By Debbie Bilham

Debbie Bilham recently ran the St Neots Riverside Nine. Here's her account of the run

On Sunday 19th November I took part in the St Neots Riverside Nine. Less than 5 months earlier I had joined the Harriers as a raw beginner so the distance seemed a bit daunting. I had got round 10k at Biddenham a month earlier, but this was half as far again. Also taking part from my group were Margaret Martin, our group coach, and Caroline Morgan. The previous Sunday Margaret had taken me for an 8 1/2 mile run around Bedford, which had been a great confidence booster. Prior to that I had had some doubts as to whether I could cover the distance, now I knew that I could do it.

The name "Riverside Nine" is actually a bit of a misnomer since the course was changed last year to a more rural route rather than around the town itself, and doesn't actually go anywhere near the river. Given the recent heavy rainfalls and widespread flooding this was probably a good thing. The forecast was for widespread showers, some heavy and prolonged, following the passage of a cold front the previous night.

It was raining quite heavily when I arrived at the St Neots Leisure Centre, where we had to assemble. Registration took place in the main sports hall. The rain made an outside warm up run impractical and the hall was too crowded to run around inside so we had to make do with a bit of jogging on the spot and some stretches.

I waited until the last minute -literally- before going out to the start as I didn't fancy hanging around getting cold. The rain had stopped and it was looking a little brighter. As I approached the start, the voice on the PA boomed out "One minute to go -come on hurry up!". Good I thought as I took my place near the back so as to avoid getting trampled to death in the rush. A veteran behind me assured me that he had never been passed in a race and he let me into his secret. "I always start right at the back."

As we left the built up area and headed into open country, we passed the 1 mile marker. Already I could see the field strung out like a column of ants with the leaders disappearing into the distance.

During the first two miles the lack of proper warm up made itself felt. I wondered why I was doing this and not enjoying a nice Sunday morning lay-in and then consoled myself with the thought that in less than two hours time it would all be over. It wasn't until I got to the three mile marker that I started to feel as though I had "got going", rather like a car that runs a bit sluggishly before the engine is up to temperature.

Before Abbotsley, the going had been flat and easy. Here we encountered our first hill, fortunately a short one. Many of the locals had come out to cheer us on giving a welcome boost to morale. After Abbotsley came the boring bit so I won't dwell on it for too long. Basically it was long and flat. To sum up the highlights they were: - half way marker, 5 mile marker, the partially decomposed remains of something dead in the road, "keep left" sign, bend in the road, 6 mile marker, another bend in the road, drink station and another straight bit. The monotony was

broken by an enthusiastic lad standing outside a health club touting for membership; talk about preaching to the converted.

"Only £99 to join!" he called out. "I'll think about it." I assured him. I did -for about 2 nanoseconds.

2 1/2 miles to go -St Neots in sight with a dark cloud hanging over it with a tell tail grey curtain of rain underneath. A light drizzle started which gave way to heavy drizzle and then rain as I approached the town. I realised that the leaders would by now be back at the leisure centre, showered and warm and dry. Once over the by-pass road bridge I passed the 8 Miles sign, nearly home!

The last mile seemed to last an eternity as we followed a convoluted route through a housing estate. It was raining quite heavily now and I was starting to notice a stinging sensation in my eyes, as though I had got soap in them. I can only assume that this was due to salt from sweat on my forehead and in my hair now being washed into my eyes by the rain. (If anybody knows of any other likely cause, please let me know.)

We were "teased" a few times by hearing the sound of the PA system at the finished only to be turned in the opposite direction by the marshals. Eventually we came to a bend where the police had stopped the traffic. "Only 200 metres to go now" called the marshal. I turned the corner and there, up ahead, was the finish. One hour, twenty six minutes and thirty seconds after starting out, I staggered across the line.

Desperate to get out of our rain and sweat sodden clothes, Margaret and I sought out the changing rooms. On the door was a sign proclaiming "No riverside runners". Please use outside changing rooms." B*****ks! I thought. It was cold and, by now, peeing it down outside and I didn't have the energy left to go looking for them. Upon entering the changing rooms it was evident that several other runners had felt the same way. The showers were very welcome with individual cubicles and water at just the right temperature. However they couldn't be classed as showers; they were high-pressure water cannon of the type used by Belgian police to disperse crowds of belligerent soccer hooligans before an England-Germany match. I constantly had to be careful where I stood since even a foot placed under the jet was likely to get bruised. Since the mains pressure in St Neots cannot be THAT high I can only assume that they bought a cheap impeller pump which was left over from the Blaenau Ffesiniog pumped storage hydro-electric reservoir scheme.

I headed home aching and tired yet with the feeling of immense satisfaction that can only come through achieving a personal goal, which only a few months ago seemed impossible.

Debbie Bilham

Debbie's Joining the Editorial Staff

Delighted to tell you that Debbie Bilham is now joining the editorial staff at the Harriers Magazine. So if anybody has any news, views, suggestions, or just plain gossip about the Club, let Debbie know.

The Treblin

3 days **3** countries **3** marathons

Like the eclipse the chance to run 3 marathons over 3 consecutive days only occurs every few years. So it had to be done, especially in 2000.

First **Seven Sisters**, up 4:30 for the drive to Eastbourne where I meet up with Cliff Smith who is running 2 of the marathons. The race starts and we set off up the hill to the tune of 'will ye nae come home agin' on the bagpipes. Cliff immediately disappears into the distance. It had been raining on & off all week so the course was lovely and muddy. Excellent views, constantly changing terrain and the camaraderie of the other runners makes the time pass quickly. The course continues undulatingly (total ascent 3000ft) and then a sign is seen. 'Lift Out of Order. Please use Steps' The Steps! - 227 of them! Half way up is Joe the Piper making a sound that matches our screaming calves. Oh no, it's just another Scottish bagpipe tune. Then it's sharply downhill and through the Country Park until at 20 miles the Seven Sisters are reached. Eight (yes, there are 8 sisters really!) grassy hills. We had been hoping that, as we changed direction to run eastwards along the cliffs, the wind would be on our backs but, of course, the wind buffeted us on the side coming from the direction of the sea. The views along the cliffs are breath taking and the wind was producing large waves beneath us. Finally the finish banner is spotted and after a final descent the first marathon is completed.

Cliff Smith 4:02:00 Colin Bennetts 4:53:00

A quick feed then into the car. An overnight stay at Silsoe before another 4:30 wake up to drive, accompanied by Viv, to Wales for the **Snowdon** marathon billed as 'the run on the wild side'. At registration in Llanberis we meet up again with Cliff. We walk down to the start at Nan Peris. Viv sets off ahead of the race on her mountain bike. Cliff has decided to take this race steadier and catches up with me after the first mile then we climb together up 800 feet to Pen y Pass at the top of the Llanberis Pass. Viv is waiting there to cheer us on. Viv is recovering from a bad cold and admits to us afterwards that she had been overtaken by the lead runner on her 3 mile cycle climb. I promised never ever to tell anyone. (trust me!) The road then drops 900 feet to Bethgelert. As I love running down hill Cliff drops behind for a while. Viv shuttles between us encouraging us all the way. The views of the Snowdon range are spectacular. I vote this my favourite marathon. At 21 miles the course rises sharply 1000 feet on a trail road. I walk for a while and am overtaken again by Cliff walking faster. Viv feeds me with Nutri-Gran bars and I run again battling with Cliff up through the quarry to Bwlch y Groes. Then down through a muddy bit followed by a very steep path on which Cliff speeds ahead down to Llanberis. Cliff and I

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have a final tussle with me finishing just 30 seconds ahead.

The finish was very déjà vu for me as I was escorted along the final straight for the second year in a row by a cycling therapist. (Viv 2000 Janet 1999 This could get to be a very nice habit!) As we finished mega rain started. It had been dry all day except for a 2 minute flurry of sleet. So we headed for Pete's Eats and we sure did! Pete's Eats is the legendary café in Llanberis, frequented by climbers and walkers, famous for its big portions and excellent food accompanied by a giant mug of tea.

Colin Bennetts 4:03:26 Cliff Smith 4:03:56

Viv and I bid farewell to Cliff and headed for Anglesey and the port at Holyhead. Just caught the ferry as due to bad weather brewing ours had been cancelled and we had been moved to the earlier boat. Finally arrived at Dublin Youth Hostel at midnight. Next morning the Dublin marathon. Viv ran this one with me. At the start we are immediately spotted by Barry Bright who is also running. Veronica Singleton is also somewhere around. This was the tough one, my quads hurting all the way but I was nagged through the race, Viv delighting in telling everyone that this is my third marathon in three days. I would have been at least 10 to 30 minutes slower if Viv hadn't stayed with me and she would have been at least 10 minutes faster. (thanks again chuck!) The Dublin course is flat and not as picturesque as the other 2 marathons but the support is great. A Dublin drizzle for the middle part of the race which cleared up for the finish. A final burst of speed and it was finished. We were fed by the 'team in training' charity, some of whom we had met on the way, with muffins and chocolate cookies. We had coffee with Veronica then headed back to the ferry.

Veronica Singleton 3:29:58 Barry Bright 3:49:44
Vivien Kilgour 3:51:16 Colin Bennetts 3:51:16

The ferry was delayed because of the weather which had seemed fine to us. When we got on the ferry we saw the news on the screens that England had had over the last 2 days the worst weather for 40 odd years - we had missed it all - I felt like the eye of the hurricane.

Saturday 28/10/00 Seven Sisters marathon 4hr 53min
Sunday 29/10/00 Snowdon marathon 4hr 03min
Monday 30/10/00 Dublin marathon 3hr 51min

Driving 750 miles

3days 3countries 3 marathons

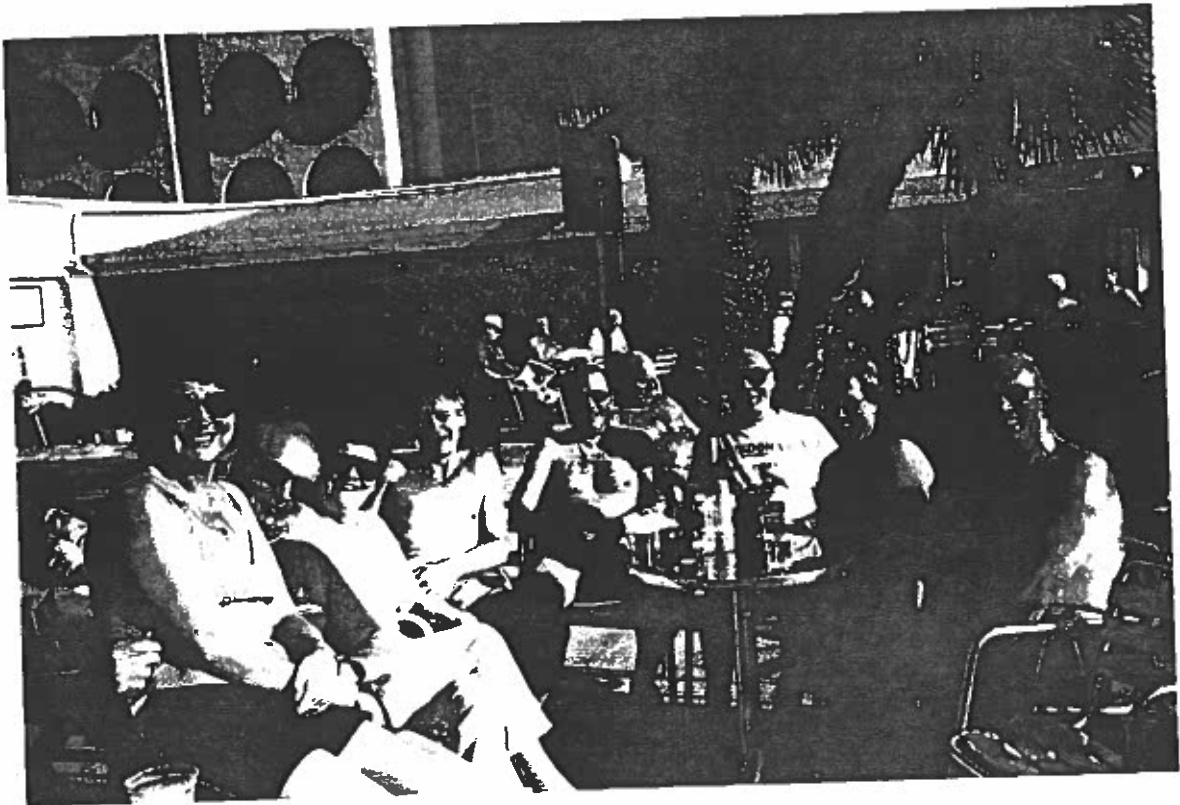
Tuesday 31/10/00 very very tired - had rest day!!!

Colin Bennetts

Harriers Photos



Harriers Photos



Standard Award Winners: 2000

	5M		10M		Mar
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If you have run races at four of the above distances this year, you will have qualified for a Standard Awards Badge.

There are five levels at which you can qualify:

- * **Club Standard:** Finish in races at any four of the above six distances.
- * **Bronze Standard:** 4 of the 6 race times at 60% or over age graded scores.
- * **Silver Standard:** 4 of the 6 race times at 65% or over age graded scores.
- * **Gold Standard:** 4 of the 6 race times at 70% or over age graded scores.
- * **Platinum Standard:** 4 of the 6 race times at 75% or over age graded scores.

The final tally for this year is shown below.

Platinum	Gold	Silver	Bronze	Club	Club
Martin Leach	Chris Armstrong,	Deirdre Bethune	Jack Chana	Leslie Barnes	Matt Hollis
Paul Langford	George Armstrong	Barry Bright	Simon Fisher	Iva Barr	Gary Horsman
	Tony Barnes	Janet Clark	Zac Hollis	Bill Bethune	Martin Lambourne
	Bill Billington,	Colin Tranter		Dave Bithell	Malcom McEwen
	Colin Bennetts	Tony Parello		Iaian Booth	Derek Morrison
	Graham Bufton	Cliff Smith		Jackie Bullard	Asndrea Ranson
	Brian Cornwall			Kevin Bullard	Paul Roberts
	Steve Gaunt			Mark Cook	Chris Williams
	Neil Lovesey			Will Drown	
	Teresa Munns				
	Avril Thomas				
	Veronica Singleton				
	Kevin Willett				

Notes:

- ◆ **The race times required for the different award levels are to be found in the 'Standard Awards Folder' in the Harriers Locker at the track. They standard's obtained by runners at the various distances are also given on the Harriers website..**
- ◆ **If you have completed four races at the above distance and your name or correct level is not shown, see Dave Sutcliffe.**

Merry Christmas

To

BEDFORD HARRIERS

From all at

SPEAR TRAVELS

01234-823449 frank.jackson@tesco.net

At Your Own Risk?

"At your own pace" fits as nicely with the Bedford Harriers scenario as it does with Phil Thompson's running shop in Tavistock Street. However, Harriers contesting the third race of the Bedford Park 5k race series must have wondered whether "At Your Own Risk" might have been better advice on the day.

Harriers embarking on the 2nd lap of the 2½ lap course reported being fired on by youths with air guns. A quick dash across to the 'back straight' pretending to be a jogger, soon revealed the youth of Bedford, some 14 in number, gathered at a vantage point, the offending marksman making no attempt to hide his offensive weapon.

With the race drawing to a close, the matter was brought to the notice of the men's team manager who had just clocked a credible time himself for the 5k. After a precautionary visit to the scene of the crime, disguised as a runner who was warming down (which he was) the men's team captain considered the option of dealing with the problem in person but decided on balance that odds of 14 to 1 were a 'bit heavy' and that the constabulary should be called upon.

The situation was rapidly defused when the police summoned by mobile phone, approached across the green swards of Bedford Park in a large white car, an obvious cue for the gun wielding offender to disappear leaving his innocent partners in crime to deny all knowledge of any wrong doing.

Dave Sutcliffe

The Gt North Run 2000

9.0am Saturday the 2st October and the start of the club's annual pilgrimage to Newcastle and the Gt North Run. This was the sixth year that a trip has been arranged to the North East's premier race and the event remains as popular as ever with around 50 Harriers travelling up this time.

The coach journey usually takes around 5½ hours and though this sounds a bit long, the time soon passes. Particularly useful this year was the coach driver, who, being from Newcastle, knew the area well. As such, he didn't need to be given directions to our traditional watering hole, the Cairn Hotel in Jesmond. This was just as well as I can never seem to remember where it is!

An hour or so after arriving at the hotel, some of us piled back into the coach and headed out to South Shields and the finish of the race. The race organisers usually put on a pasta party on the Saturday but this was the first time it had been held at South Shields itself. It was organised by Tesco's and was basically a case of eat all the pasta you could get down. Don't like to knock a food free-be but it was pretty revolting really.

The race started at 10.00 am and we arranged to leave the hotel for the 15 minute walk to the start of the race at about 7.45 am. The first challenge of the day therefore was finding a seat in the dining room for breakfast – Too many people – not enough chairs. The second challenge was knowing where to take up your position at the start of the race. Hardened veterans of the Gt North know the secret of getting a quick start, when 35,000 others are trying for the same, is to get as near the starting line as possible. The start area is marked by finishing times but these are best ignored. A few of us moved as far forward as we could and finished up by the 65 minute finishing point. Others played the game and lined up by their real estimated finishing time. Big Mistake! and costly in terms of time with some club members taking around half an hour to cross the start line.

The race itself was run in near perfect conditions and many Harriers achieved PB's. Almost all enjoyed the run though there were one or two exceptions. Jackie Bullard for example, said that she intended to write an article for the magazine and name the person who advised here to put Vaseline inside her stockings to avoid getting blisters. **Bad Advice! Bad Blisters! Jackie's learnt her lesson!**

Having all finished the race in one piece, we boarded the coach back in South Shields and headed back to the hotel in Newcastle. With the race out of the way, we were all now ready for the real reason for making the trip up to Newcastle – the amber nectar!

In previous year's we've all sort of lazed around in the hotel for a couple of hours after the race before meeting up in the evening for a meal. This year was different however because Jack was with us. Jack had the brilliant idea of organising a party in his room starting at 5.0'clock. Jack had brought some drinks with him and this was supplemented by a 'lorra six-packs bought by others when they heard the party was on. Most of the Harriers ended up coming along and err, basically, it was a really good couple of hours.

Bedford Harriers Magazine: Christmas 2000

Seven o'clock came and after the warm up session in Jack's room we all met in the hotel reception. We'd arranged to walk to a local pub, the Carriage, for a meal and though some of us were already feeling the effects, we headed off. We've used the Carriage several times in the past and it's been OK. This year however it wasn't so hot. Though the beer wasn't too bad, the general opinion was that the food wasn't all that brilliant. We'll probably go somewhere else next year.

During the evening, some of the girls felt a bit raunchy and with Jack and Phil for protection they went off to Newcastle city centre in search of naughty frolics. Nothing to report on how they went on other than to say that they all appeared safely back at the hotel later that evening. The celebrations finally ended (for some) at around 1.0 am (can I get some sleep please) though others had more stamina and carried on for a few more hours. Others still, having consumed a bit too much on the night, paid the inevitable consequence and ended up wishing they were dead. Remarkably, everybody managed to get down to breakfast the next day and to board the coach at 9.0 am. Five and a bit hours later we were back in Bedford.

We'll be going up to Newcastle again next year and we've already provisional booked the Cairn Hotel for the Gt North weekend (September 16th). A notice will be put up regarding it in the New Year. All welcome to come off course (especially Jack).



Graham's Pages

NEW RACING GROUP

From 8th January 2001 - Graham Bufton & Mark Cook will be establishing a new running /racing group on Monday and Wednesday nights (The Bufco Warriors).

The criteria for this group will be athlete's who can run sub 20 (Male) & 22 (Female) mins for 5K and sub 40 (Male) & 42 (Female) mins for 10K (or very close). Although this may sound elitist, it will allow top athlete's within the club too perform to their maximum ability. Therefore, in due course not only will we have a large number of very good athlete's participating in local races we will have a group of runners that will be completing for top honours, moreover, this will establish us as one of the top road running clubs in the country. We have the talent we just have to harness that talent.

Three-month training schedules will be placed on the notice board and web site. Much research has gone into these schedules (from the experts via books and journals) with specifically, procession, adaptation, overload (not overtraining) and recovery built into all sessions. The sessions will be very intensive (24 x 400 etc.) and will include reps, intervals (track & road), hills, tempo runs, cruise intervals (very long intervals), long runs and so on and so forth. All designed for improving both VO₂ max, lactate threshold, speed and pure endurance.

The first major race the group will be targeting and tapering down for is the Hemel 10 (club champs) on the 11th March 2001. However, there will be minor races on-route. During the summer period the major race will be the 10K-club championship, also favourite races that the club targets.

Tempo runs (steady/fast) will vary in distance and be over various running routes. Each mile will be marked before hand and this will allow each athlete's running speed at that time to be analysed. In order too maintain correct recovery pace a heart rate monitor is recommended. The reps/interval recoveries will be to the athlete's own ability (not be waiting to re-group), therefore the correct recovery will be established.

If you are interested in running in this group or have any ideas about this group contact either Graham Buff (07881654884) or Mark Co (07879011760). More information will be given out to the group on 8th Jan 2001.

Sports Science snippet from Mr Buff

Lactate-Threshold determines how fast you can race. Basically it is how fast you can run before lactate accumulation in the blood stops you from increasing speed.

Exercise physiologists use to think that VO_2 max was the most valid physiological variable for predicting distance-running performance. However, an athlete with a low VO_2 max can still out-class an athlete with a high VO_2 max because they have better a lactate-threshold. The bad news is that as the hourglass runs dry your VO_2 max will decrease. The good news is that evidence suggests this is not the case for your lactate-threshold.

Although VO_2 max is important for distance athlete's, both lactate-threshold and running economy is more important. This is one of the main reasons I keep telling the Friday night group to relax when carrying out speed work.
The speed will come naturally.

Improving lactate-threshold:

- a: Tempo runs – One to two miles warm-up and 20 to 60 mins at 5% below race pace, whatever distance you are training for. It is when you are doing a steady run with club mates and the talking stops, not because the conversation has run dry.
- b: Long intervals – 1 mile, 1½ miles, 2½ miles or minutes 6,8,10.
Good recovery's 3 to 6 minutes.
- c: Hills.

What happens within the body?

- 1) Increased number and size of mitochondria (muscle cell). The greater and bigger the mitochondria more energy is produced.
- 2) Increased aerobic enzyme activity (how much energy is being produced). By speeding aerobic energy production, you can produce more energy quickly.
- 3) Increased capillarization (small blood vessels). Therefore, more oxygen can be carried around the body to the muscles and the removal of waste products.
- 4) Increased myoglobin (carries the oxygen). As above more oxygen is supplied to the muscles.

Therefore, lactate-threshold training is beneficial for athletes.
Although LT training is hard, racing should be harder.
This will take some of the pain away and make life easier.

Next newsletter VO_2 max

Take care Graham – aka: Mr Buff

Benidorm 2000

The current disruption to the rail network not only creates inconvenience for commuters, it also causes problems for people who are organising holidays.

That was the background against which this year's club trip to Benidorm took place. The Harriers Party, which numbered around 30, had been booked to fly out from Gatwick to Alicante on Saturday 25th November at 7.00 am. To get to the Airport on time, we'd decided to catch the early morning Thameslink train from Bedford to Gatwick on the Saturday but weren't sure until the last day or so that the service would actually be operating. Thankfully it was and everybody, and especially, Gerry who had spent long hours trying to get a definite yes or no from Thameslink on the matter, arrived there well on time. Greet Stuff! Holiday On! And next stop Alicante, Benidorm and a week in the sun.

Benidorm, in the last week in November, hosts a half marathon and a full marathon and this is the third time in the last five years that the club has made the trip. It's the first time that we've arrived the day before the race however as normally, we set off mid-week. Those who ran this year, all seemed to prefer it as we basically got the race out of the way as quickly as possible and then had a holiday for the remaining six days

Anyway, after we arrived on the Saturday, most of us had a bit of a walk about along the sea-front and then sort of met-up at a bar called 'Vanessa's' which has more or less become our local in the town. The effect of a lack of a night's sleep, the sea air and too much San Miguel, was already taking its toll and some of those present in the bar were felling the impact. Gossip suggested that one of our numbers, having consumed a month's drinking ratio in the space of a few hours, retired to bed at about 4.0'clock that afternoon and didn't remerge until 8.00 am the following morning. Or was it the day after?

The half marathon course at Benidorm is reasonable flat apart from the hills!. Especially, the last hill which covers the final half mile of the course. The main problem on the day however was the heat which was an unexpectedly high 80 degrees. All the Harriers suffered from the conditions apart from Nicky Klabbe who somehow managed to run a remarkably good pb of 1:43:04. Apart from the run, what was impressive about the race was the low entry fee, just £4.00. For this, all runners received a decent tee-shirt, an impressive finishing medal and all the Mars Bars and Coke you could eat and drink at the end of the race. Can't think of many races in the UK which offer that kind of value.

The only Harrier to take part in the marathon was John Waugh. John too was affected by the heat however and called it a day after 18 miles. He was subsequently taken back to the race HQ, courtesy of the local Red Cross. Work commitments meant that John was unable to do much training. He also said he'd never run another marathon. (He will!).

With the race out of the way, we headed back to our hotel and in the late afternoon, met up by the hotel pool. Unfortunately, no-one had a camera to record what happened there, but basically, it involved, Trevor, trying to push Teresa in to the pool and ending up being pushed in himself, fully clothed, by Bill & Gerry. Trevor took it all in good fun (or at least seemed to) and having been given a good rub down by Val – which made it all worthwhile – he went back to his room to dry out his wet pesetas!. Full marks also to Teresa who retrieved Trevor's sunglasses from the bottom of the pool. Teresa was very impressive and dare one say it, a touch on the sexy side, as she stripped down to her undies before venturing into the water.

That evening, an award's ceremony had been arranged at Vanessa's and Gerry had given Ivan (the owner) loads of dosh. This meant that for much of the evening, the drinks were free. Trevor and Jack organised the awards ceremony itself and presented medals to those who had run in the race. Moore importantly, thank-you gifts were given to all those who had helped organise the trip.

The rest of the week was generally spent eating, drinking, shopping, drinking, travelling around a bit, drinking, sitting in the sun and drinking. Importantly, the food at the hotel was good. The breakfast for example included champagne with the full English. Now that sort of choice you don't get with a B&B at Blackpool.

Loads of memorable moments from the week including visits to some of Benidorm's more unusual bars. One, named the 'Beatles Bar' was memorable for the total lack of anything in any way resembling an association with the Far Four. Another bar, which was called the 'White Parrot' or something similar, had a karioke evening going on which Neil Klabbe took full advantage of. Neil's version of the Queen song 'Don't stop me now' was kind of unforgettable as was his apparent first attempt at Line Dancing earlier that evening in the hotel bar. Wonderful stuff Neil, your wasted in the bakery. Further memorable moments include John Waugh leaving his mobile in the hotel room and having to pay a taxi driver a king's ransom to bring it to him at the airport as we waited for the flight home.

Finally a point of much gossip during the week, though no one had actually witnessed it occurring, was the visit, by a senior member of the Harriers, to the liar of 'Sticky Vicky' one of Benidorm's most notoriously naughty ladies of the night. Not sure what happened in there though the chap involved has had a twinkle in his eye ever since. I'll have to go there myself next time!

All in all, Benidorm 2000 was memorable and extremely enjoyable for many reasons and in many ways. Particular thanks to Gerry for organising everything. Rumour has it that he's decided against putting together a trip away next year. Hope he changes his mind. If he does - count me in!.

Road Race Championship Races: 2001

Some changes have been made to the races we'll be using as our championship races next year.

Firstly, we'll again be using Cranfield in July as our 5k championship race. We also intend to use Blisworth again as our 5m championship though there is some talk that the race may not be held next year. Hopefully it will be on. Its also likely that we'll again use Standalone in October as our 10k championship. There have been some suggestions that we use Milton Keynes, which is held in July, as an alternative to the Standalone race. If we decide to do this, we'll obviously let everybody know well before the race date. Next year's 10 mile championship has been switched from Cople to Hemel. We've used the Cople race for many years, and we've now decided to have a change. The Hemel race which is held in early March, usually attracts a large field and is also used by some who are training for London. The venue for the half marathon championship is likely to be switched from Stevenage to Nottingham. The Nottingham race which is run in September, is one of the UK's largest half marathons. Its an early morning start however so there's a strong possibility we'll lay on a coach.

Provisional List of Championship Race Venues for 2001

5k: Cranfield: July

5m: Blisworth: August

10K: Standalone: October

10m: Hemel: March

Half: Nottingham: September

Ten Most Popular Races Run by Harriers: 2000

The Oakley Races, the 9.1 miles and the 16.4 mile, were the most popular races run by Harriers in 2000. 59 Harriers competed at Oakley this year up from 26 in 1999 (only the 16.4 was run last year). The second most popular race was the newly established Cranfield 5k with 58 Harriers running followed by the Blisworth 5K with 45. The most popular 10k race was Standalone, Cople was the most popular 10m, Newcastle the most popular half and London once again the most popular marathon.

The numbers running at Blisworth, Newcastle, London and Sharnbrook were all lower in 2000 than in 1999 though higher numbers ran at Cople, Colworth and Bedford. In addition, the ten most popular races in 2000 all attracted at least 30 Harriers. This is an increase on 1998 and 1999 when only five races had more than 30 Harrier entrants

1997		1998		1999		2000	
Flitwick 10k	54	Flitwick 10k	70	Blisworth 5	60	Oakley Races	59
Bedford Half	49	Bedford Half	49	Gt North	53	Cranfield 5k	58
Sharnbrook 10k	47	Gt North	45	Standalone 10k	40	Blisworth 5	45
Gt North	39	Cople 10	37	London Marathon	37	Gt North Run	43
Standalone 10k	38	Sharnbrook 10k	30	Sharnbrook 10k	35	Standalone 10k	40
London Marathon	30	London Marathon	27	Cople 10	28	Cople 10	34
Swineshead 10	27	Swineshead 10	27	Hemel 10	26	Colworth 5	33
Cople 10	24	Blisworth 5	26	Oakley 16.4	26	Sharnbrook 10k	32
Colworth 5	24	Bedford 6	23	Swineshead 10	25	Bedford 6	31
Bedford 6	22	Biddenham 10k	22	Bedford 6	24	London Marathon	30

Best Performance Awards

The Best Performance Awards acknowledge and recognize performances of particular merit. They are presented three times a year and highlight notable achievements in individual races, or occasionally, in a series of races. The points taken into consideration when deciding the awards include the time achieved in a race, improvement on PB, the position in the race, endurance and age related performances. All members of the Club are eligible for consideration.

Deciding who to present the awards to is always difficult. The final choice is as always subjective.

The best performance award for Christmas 2000 goes to **Colin Bennetts** for his three marathons in three days. To say that a run like this, particularly on three difficult courses, would be beyond most runners, (not just in the Harriers but running clubs in general), would be an understatement. Most people find running three marathons a year testing. Absolutely amazing.

1st

Second place in the Christmas awards goes to **Cliff Smith** for accompanying Colin on the first two of his marathons at Seven Sisters and Snowdon. To some extent Cliff's run has been overshadowed by Colin's performance. However, seen in its own light, two marathons in two days is a remarkable achievement in itself..

2nd

Third place in the awards goes to **Nicky Klabe** for her run in the Benidorm marathon. Nicky's time of 1:43:04 was a pb and an excellent performance on a very hot day. In a race which attracts a large entry from the UK, Nicky was the 3rd British women to finish and was in the first dozen ladies overall.

3rd

Race Results: September to December 2000

Womens London 10k: 3rd September 2000

Lorraine Murfitt 58:23
Joy Smith 58:38
Michele Boyden 59:45
Sandra Marshalleck 59:55
Jeanette Cheatham 63:19
Jacinta Horne 63:19
Alison Barrow 66:29
Caroline Morgan 67:42
Iva Barr 70:42
Heather Sutton 73:01
Val Bird 76:28
Angela Gallivan 77:03
Lesley Barnes 77:03
Victoria Barnes 77:03

Axe Valley Runners Saucony Seaton Half

Marathon: 10th September 2000

Colin Bennetts 1:35:54 5th MV50
Viv Kilgour 1:44:47 2nd LV35

Swineshead 10: 17th September 2000

Paul Langford 60:44 1st (1st mens team)
Kevin Willett 62:03 3rd (1st mens team)
Bill Jordan 64:12 (1st mens team)
Tony Parello 67:17
Brian McCallen 71:26
Graham Horne 72:42
Martin Kay 73:12
Alistair Fadden 74:09
Matt Burgin 74:12
Will Drown 75:16
Veronica Singleton 75:59
Ian Marshall 78:40
Derek Morrison 79:16
Simon D'eath 79:36
Barry Bright 80:58
Jack Chana 85:38
Dave Kingston 86:24
Heather Marks 87:26
Dave Bithell 92:06
Vic Byer 99:17
Trevor Beard 99:20
Martin Lambourne 108:29
Michele Boyden 108:31
Liz Byer 110:24
Matt Hollis 115:35

Eye Millenium 10k: 17th September 2000

Matt Burgin 38:20 (PB by 27 secs)
Colin Welch 48:50

Shuttleworth 5: 25th September 2000

Kevin Willett 29:05 (6th & PB)
Colin Liddiard 39:45
Jacky Keenan 40:00
Kevin Bullard 40:12
Jackie Bullard 44:04
Alison Barrow 47:21
Caroline Morgan 47:58
Iva Barr 51:59
Val Bird 59:09

Littledown 5: 24th September 2000

Mark Cook 32:30 (PB 69 secs)

Robin Hood Marathon: 24th September 2000

Terry McEwen 3:37:31 (PB by 2 mins)
Malcolm McEwen 3:41:22 (PB by 19 mins 58 secs)

Robin Hood Half: 24th September 2000

Steve Gaunt 1:28:17
Brian McCallen 1:31:20
Graham Horne 1:32:07
Derek Morrison 1:40:38 (PB:32secs)
John Waugh 1:50:00
Jack Chana 1:55:23
Lesley Barnes 2:04:32

Windsor Half: 1st October 2000

Des Morrison 1:41:27

Barnack 10 1st October 2000

Martin Leach 67:46
Dave Bithell 88:28

Southend 10k: 8th October 2000

Graham Bufton 38:32
Paul Mowbray 40:20

Bedford Harriers Magazine: Christmas 2000

Biddenham 10k: 8th October 2000

Mark Cook 42:03 (pb: 2 mins 59 secs)
Paul Roberts 43:30
Derek Morrison 45:57
Iain Booth 46:21 pb
Kevin Bullard 48:09 (pb: 43 secs)
Jack Chana 47:41 pb
Jackie Bullard 55:09
Julie Drown 58:36 (pb: 2 mins 22 secs)
Malcolm McEwen 58:36
Alison Barrow 59:42 (pb: 6 mins 47secs)
Angela Gallivan 73:54

Ridgeway Run 2000: 8th October 2000

Simon D'cath 71:41
Viv Kilgour 78:42
Colin Bennetts 78:43
Bill Billington 81:19
Brian Cornwall 100:04
Jeanette Cheatham 101:59
Jacinta Horne 102:00
Caroline Morgan 113.57

Weymouth 10 : 21st October 2000

Mark Cook 68:45 (pb 8 mins)

Seven Sisters Marathon: 28th October 2000

Cliff Smith 4:02:00
Colin Bennetts 4:53:00

Snowdon Marathon: 29th October 2000

Colin Bennetts 4:03:26
Cliff Smith 4:03:26

Dublin Marathon: 30th October 2000

Veronica Singleton 3:29:58
Barry Bright 3:49:44
Colin Bennetts 3:51:16
Viv Kilgour 3:51:16

Rushden & Diamond 5: 29th October 2000

Matt Hollis: 42:24

Standalone 10k: 15th October 2000

Paul Langford 36:22
Kevin Willett 36:39
Franck Monmont 37:04
Graham Bufton 38:06
Richard Piron 38:21
Matt Burgin 38:41
Dave Briggs 39:19
Tony Parello 39:45
Martin Leach 40:23
Paul Mowbray 40:42
Cliff Smith 40:57
Brian McCallen 41:15
Colin Tranter 42:36
Avril Thomas 43:02
Veronica Singleton 43:05
Barry Bright 44:07
Bill Billington 44:24
Eric Grahn 44:58
Kath Grahn 44:58
Iain Booth 46:01
Derek Morrison 46:21
Shaun Trotter 46:34
Teresa Munns 47:42
Jack Chana 48:19
David Fake 48:24
Roger Trengrove 48:47
Deirdre Bethune 49:03
Pauling Behan 49:07
Brian Cornwall 49:11
Jacky Keenan 49:43
Simon Lawson 49:53
Ian Kingstone 50:09
Colin Liddiard 51:26
Dave Bithell 52:16
Lynne Gingell 54:35
Annette Cyl 54:43
Bill Bethune 55:56
Peter Pack 57:16
Caroline Morgan 61:27
Arthur Monk 67:25

Bedford Harriers Magazine: Christmas 2000

Gt North Run: 22nd October 2000

Graham Bufton: 1:28:30
Brian McCallen: 1:28:33
Paul Roberts: 1:37:02
Derek Morrison: 1:40:10
Iain Booth: 1:44:00
Eve Brett: 1:52:04
Neil Summerville: 1:52:24
John Waugh: 1:50:00
Phil Wainwright: 1:50:00
Jack Chana: 1:49:11
Chris Cottam: 1:50:00
Andy Smith: 1:50:00
Kevin Bullard: 1:53:25
Chris Williams: 1:54:00
Deirdre Bethune: 1:54:00
Dave Kingstone: 1:54:00
Mick Inskip: 1:56:00
Gus Mackinnon: 1:51:00
Colin Welch: 2:07:23
Jackie Bullard: 1:59:15
Tricia Doran: 2:03:00
Shaun Trotter: 2:02:10
Bill Bethune: 2:01:54
Rachael Manton: 2:02:00
Gary Horsman: 2:03:08
Teresa Cooper: 2:04:30
Michelle Boyden: 2:04:00
Matt Hollis: 2:06:00
Graham Burley: 2:06:00
Vic Byer: 2:08:45
Gary Denton: 2:06:48
Suzanne Nash: 2:15:00
Liz Byer: 2:16:31
Julie Willett: 2:21:00
Debbie Hylton: 2:22:00
Belinda Whittington: 2:24:00
Jacinta Horne: 2:38:20
Jeanette Cheetham: 2:38:20
Heather Sutton: 2:27:13
Iva Barr: 2:30:20
Angela Gallivan: 2:49:17
Julie Brightman: 2:58:00

Stevenage Half : 5th November 2000

Kevin Willett: 1:20:43 (3rd & pb)
Paul Langford: 1:21:19 (7th & 2nd MV40)
Graham Bufton: 1:26:26
Richard Piron: 1:26:33
Martin Leach: 1:30:24
Brian McCallen: 1:31:41
Avril Thomas: 1:33:37 (5th lady & 1st ladies team)
Janet Clark: 1:34:48 (8th lady & 1st ladies team)
Kath Grahm: 1:37:51 (11th Lady & 1st ladies team)
Colin Bennetts: 1:39:19
Bill Billington: 1:40:44
Eric Grahm: 1:42:40
Teresa Munns: 1:46:25 (1st ladies team)
Colin Tranter: 1:46:25
Jack Chana: 1:47:50 (pb)
Vic Byer: 1:52:09 (pb)
Brian Cornwall: 1:55:12
Dave Bithell: 1:55:47

New York Marathon: 5th November 2000

Tony Parello: 3:12:02
Zac Hollis: 3:36:02
Len Donovan: 3:43:08
George Armstrong: 3:46:00 (pb 8 mins)
Steve Gaunt: 3:46:00 (pb 1.5 mins)
Neil Lovesey: 3:51:58 (pb 6 mins)
Steve Wilby: 3:54:33
Jenny Lovesey: 4:05:00
Chris Armstrong: 4:10:00
Heather Marks: 4:31:00
Lesley Barne: 4:42:03
Andrea Ranson: 5:29:00
Malcolm McEwen: 5:29:00

Henlow 10:: 8th November 2000

Paul Langford: 60:12
Bill Jordan: 65:10 (1st MV50)
Colin Bennetts: 72:40
Phil Wainwright: 76:52
Angela Kaye: 86:32
Brian Cornwall: 86:32

Bedford Harriers Magazine: Christmas 2000

Stevenage 5k Series (1): 16th November 2000

Matt Burgin: 17:50
Graham Bufton: 18:47
Mark Cook: 19:45
Jo Sawyers: 21:03

Riverside Nine: 19th November 2000

Steve Gaunt: 56:58
Paul Mowbray: 61:01
Paul Roberts: 62:27
Ian Marshall: 63:20
Derek Morrison: 67:25
Jack Chana: 70:10
Jackie Keenan: 71:06
Simon Lawson: 73:13
Lesley Barnes: 74:32
Racheall Monton: 74:34
Colin Welch: 76:42
Deborah Bilham: 86:30
Margaret Martin: 89:33
Caroline Morgan: 94:20

Bishop Stortford 10: 19th November 2000

Veronica Singleton: 73:34
Malcolm McEwen: 75:21

Wolverton 5: 25th November 2000

Paul Langford: 28:41
Graham Bufton: 30:04
Neil Lovesay: 32:30
Avril Thomas: 32:35
Colin Bennetts: 34:03
Phil Wainwright: 34:18
Norman Beckwith: 34:36
Derek Morrison: 35:11
Kath Grahn: 35:18
Eric Grahn: 35:29
Colin Wildman: 35:45
Malcolm McEwen: 35:56
Lisa North: 36:08
Will Brown: 36:31
Chris Armstrong: 37:47
Jack Chana: 38:03
Deirdre Bethune: 39:09
Colin Liddiard: 39:27
Jim Gannon: 40:22
Jackie Bullard: 41:42
Dave Sutcliffe: 44:10
Bill Bethune: 44:29
Julie Brown: 48:17
Andrea Ranson: 48:17

Gt South Run 10: 26th November 2000

Jack Chana: 80:09
Racheall Monton: 86:18
Colin Welch: 87:55

Stevenage 5k Series: 30th November 2000

Matt Burgin: 17:50
Graham Bufton: 18:35
Mark Cook: 19:52
Colin Wildman: 21:21

Luton Marathon: 3rd December 2000

Richard Piron: 3:17:00

Nene Valley 10: 3rd December 2000

Neil Lovesey: 65:38
Jenny Lovesey: 83:30
Dave Bithell: 87:12

Gt Barford Half: 10th December 2000

Tony Parello: 1:29:52
Zac Hollis: 1:31:47
Janet Clark: 1:35:57
Derek Morrison: 1:37:51
Des Morrison: 1:38:04
Jack Chana: 1:46:52
Rachael Manton: 1:50:06
Ian Kingstone: 1:50:44
Eric Cartwright: 1:51:45
Liz Byer: 1:55:10
Gary Horsman: 1:56:10
Dave Bithell: 2:01:21
Michael Boyden: 2:07:54
Deborah Hylton: 2:07:55

Stevenage 5K Series: 12th December 2000

Mark Cook: 20:05
Graham Bufton: 20:38
Dave Sutcliffe: 26:02

2000 Road Race Championship

Final Positions:Men

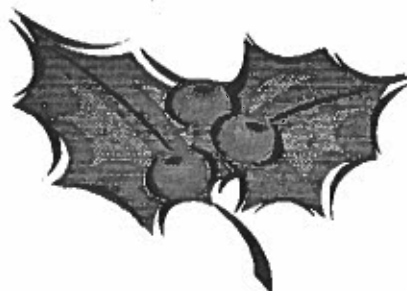
MEN		
	Races Run	Points
1) Martin Leach	10	787.7
2) Steve Gaunt	10	745.7
3) Colin Bennetts	10	733.7
4) Graham Bufton	10	727.2
5) Brian McCallen	10	723.8
6) George Armstrong	10	707.2
7) Paul Langford	9	694.5
8) Brian Cornwall	9	622.6
9) Tony Parello	9	618.2
10) Jack Chana	10	614.6
11) Tony Barnes	8	595.5
12) Kevin Willett	8	593.1
13) Bill Billington	8	590.5
14) Dave Bithell	10	586.5
15) Malcolm McEwen	10	586.4
16) Colin Tranter	8	582.0
17) Zac Hollis	9	568.6
18) Neil Lovesey	8	566.1
19) Kevin Bullard	10	539.2
20) Richard Piron	7	533.8
21) Bill Bethune	9	514.2
22) Iain Booth	9	508.5
23) Steve Crane	9	492.2
24) Matt Burgin	7	487.1
25) Derek Morrison	8	481.1
26) Paul Roberts	7	459.6
27) Barry Bright	7	450.6
28) Mark Cook	7	437.9
29) Matt Hollis	8	388.9



This year's winner of the men's road race championship was **Martin Leach**. Martin's overall score for the 10-race championship came out at 787.7 or an average of 78.8 age graded points per race. Martin's best age graded performance, almost 82% of world class standard, was in the St Ives 10k. This is the first time that Martin has won the road race championship.

Steve Gaunt came second in the championship this year with a overall score of 745.7. Steve's best run was in the Blisworth 5k when he produced a age graded time equal to more than 77% of the world class standard.

Colin Bennetts gained third place in this year's championship with an overall score of 733.7 age graded points. Colin's best performance was in the Corby 5. His time of 31:51 was, on an age graded basis, equivalent to more than 76% of world class



time.

2000 Road Race Championship

Final Positions: Women

Women		
	Races Run	Points
1) Christine Armstrong	10	718.5
2) Avril Thomas	10	714.9
3) Teresa Munns	10	704.3
4) Deirdre Bethune	10	668.4
5) Lesley Barnes	10	598.6
6) Veronica Singleton	8	571.8
7) Jackie Bullard	9	513.7
8) Iva Barr	7	443.7

Christine Armstrong has won the ladies road race championship for the fifth successive year. Christine accrued 718 age graded points from her ten races just four ahead of Avril Thomas. One of Christine's best runs of the year was the Blisworth 5k. Her time of 21:28 equated to almost 74% of world class pace.

The majority of Avril's ten races were run at 70% or more of world class standard. Avril's best aged graded performance, almost 74% of world class pace, was the Bedford 6. Her time was 39:13.

Teresa Munns achieved an overall age graded score of 704 from her 10 qualifying races. Teresa's best performance was at the Blisworth 5. Her time of 36:45 equated to almost 73% of the world class standard.

Amendments to the 2001 Road Race Championship

This year's road race championship involved running ten races over three main distance categories. To recap, these were:

- ◆ 3 races at 5k or 5m
- ◆ 3 races over 5m and under 10m
- ◆ 4 races at 10m and over at least one of which must be a half marathon or longer.

Though both the men and ladies road race championships were tightly fought this year, one disappointing aspect of the competition was that only 10 men and 5 ladies managed to run the 10 qualifying races. In order to improve on this, there will be some modifications to next year championship.

Firstly, there will still be 10 qualifying races. However, the rules covering which races qualify for inclusion have been simplified. Now,

- ◆ At least four races need to be at 10 miles or over of which at least one must be a half marathon or longer.
- ◆ At least four races must be at under 10 miles including at least one at 6 miles or over.
- ◆ A maximum of three races at any one distance.

Hopefully, these rule changes, which allow more flexibility in the distances members choose to compete in, will enable a higher number to run the 10 qualifying races in 2001. The rules now cover a full range of distances.

do not believe it!



AT: Mike Devonshire examines the tyre marks in the front lawn of his venue home.

Mike wakes up to police car stuck in front garden

AN AMAZED dad has told how he woke in the dead of night to find a police car bogged down in the front lawn of his Kempston home – and a force helicopter hovering overhead.

The bizarre spectacle was the culmination of an operation by police who chased suspected burglars at speeds of up to 120mph across three counties following a burglary in Cambridgeshire.

Mike Devonshire, 50, of Chantry Avenue, said: "It was like a scene written for Victor Meldrew.

"I woke up my wife and said: 'Marlene, you would not believe it. There's a police car in our front garden.'"

Officers from Bedfordshire sprang into action after a call from Cambridgeshire colleagues who were pursuing two cars down the A1 following a raid at a mobile phone company in Godmanchester.

At the Black Cat roundabout

***'There were police everywhere
It was like a scene from a movie.'***

officers reached speeds of 120mph and had to negotiate an assortment of mobile phones which were dumped out the windows.

Two occupants of one car headed for Hertfordshire, but were caught, and the others were pursued through villages including Becston, Hatch, Caldecote, Moggerhanger and Willington.

More phones were thrown from windows, officers on foot

by **David Cook**

deployed a tyre deflating "stinger" and the smoke-billowing Audi finally came to a halt near the Interchange Retail Estate where three men decamped.

They were all caught, but at one point in the pursuit a police car was forced to drive along the pedestrian access to houses in Chantry Avenue and came to a halt in Mr Devonshire's front garden.

Neighbours watched in amazement as more officers arrived on the scene, a helicopter flew overhead and a prisoner was finally led to the police car – which had to be pushed off the lawn.

Mr Devonshire, who applauded police for the operation, said: "We went to the window and there were police everywhere. It was like a scene from a movie.

"The officers did a fantastic job and were great in explaining what was going on. It was an amazing night – but I haven't slept a wink!"

■ A Cambridgeshire police spokesman said five people were arrested and were being interviewed.