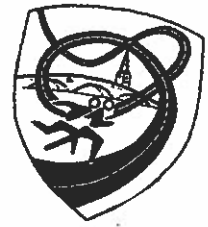


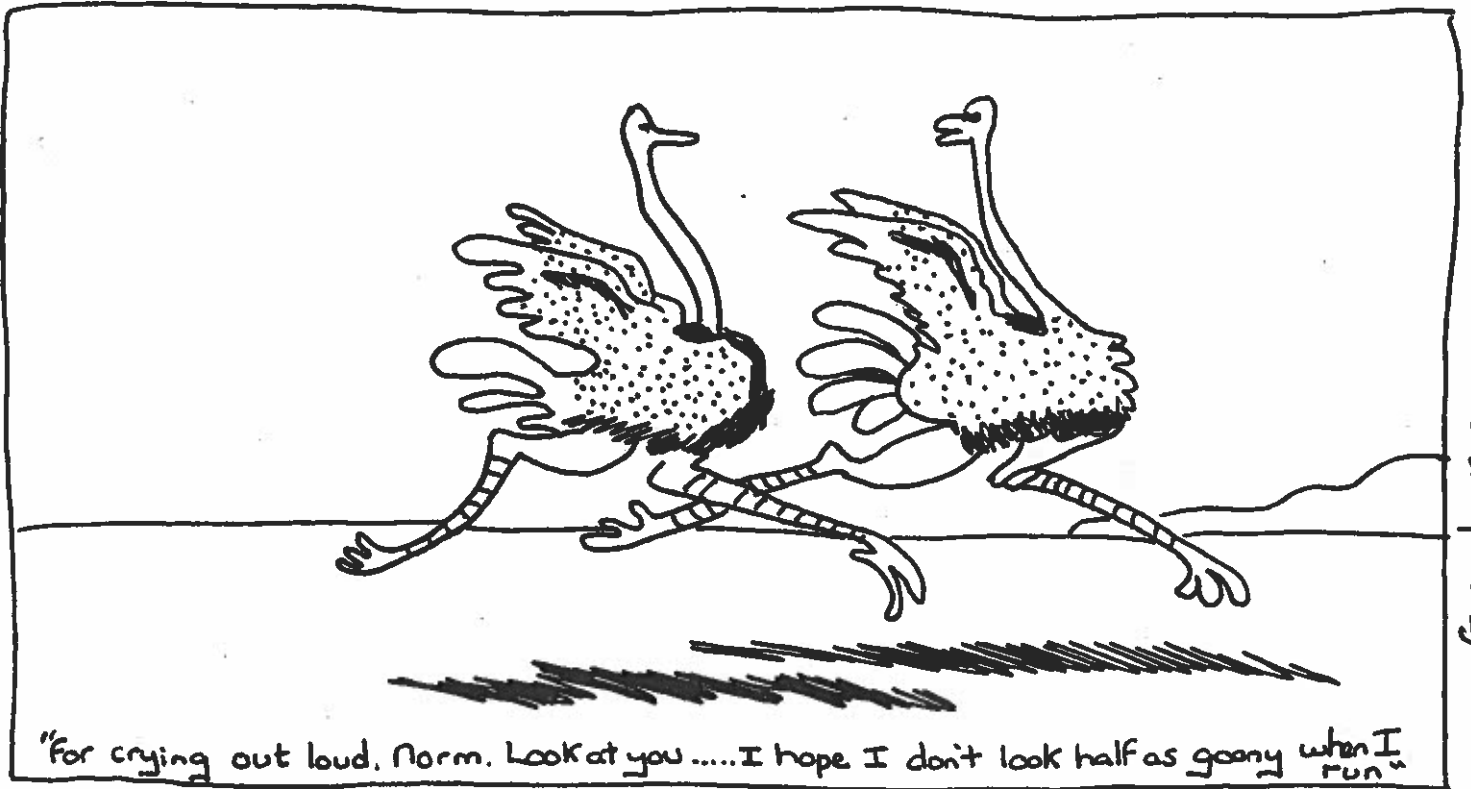
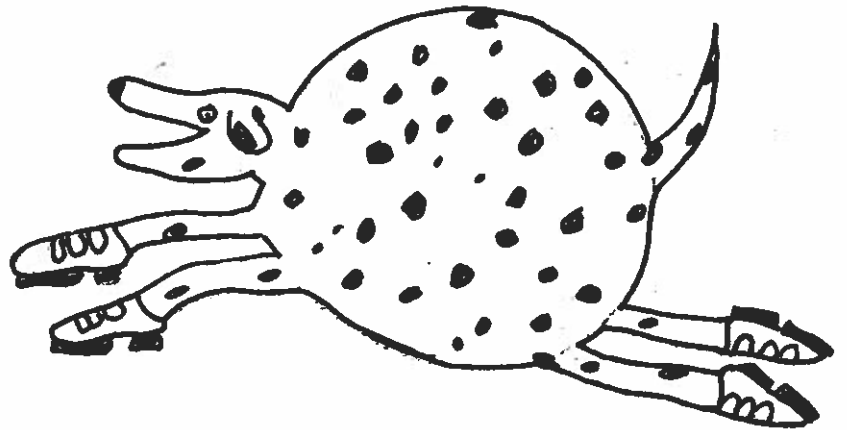
Bed For D

Harriers

MAG



2007-2008



Gary Larson

"For crying out loud, Norm. Look at you.... I hope I don't look half as goofy when I run"

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EDITORIAL

At long last here is the summer issue of the Bedford Harriers Magazine. The mag is now going to be published twice yearly in July (yes this one is a bit late...) and January. In the bits between a newsletter will be produced updating results, news, races etc. This is my first and last attempt at being Editor. We are now looking for someone to volunteer, preferably not a luddite like myself - who thinks that computers, the Net, E mails etc are the Devil's handiwork and the end of civilisation. (Thankyou Graham Burley for this wonderful MANUAL typewriter). Also someone who can put this magazine together without any references to dogs-esp. the spotted variety (I tried, I really did). So all you budding editors please see Brian McCallen or myself - forming an orderly queue. Hope to see you all at the Caribbean Night when Norman and I walk off with the prizes for the loudest voices.....sorry...loudest shirts.

Linda Thurston

Sound advice for safe running

Now's the time of year when runners struggle to get in any decent mileage, but don't be tempted to take risks even if you've had enough of dark nights standing between you and your training. Here are a few tips.

1. Take care of your door keys. Always lock up and don't be tempted to leave the keys in a 'safe' place.
2. Run in company.
3. Tell someone where you're going and how long you will be.
4. Wear comfortable, reflective clothing.
5. On deserted streets, run down the edge of the road or pavement, not near doorways and bushes.
6. Consider carrying a personal attack alarm.
7. Run facing oncoming traffic.
8. Never take short cuts.
9. Keep to busy routes.
10. Vary route and time.
11. Don't wear a personal stereo, it cuts you off from your surroundings and potential warning signs.
12. Run with a dog.
13. Leave a light on at home for your return.
14. Don't exhaust yourself, never be so tired you couldn't put on a spurt or defend yourself if necessary.
15. Avoid kerb crawlers or those stopping to ask directions.

It happens to the best of us

Many international careers have been put on hold at one time or another due to injury. It's part and parcel of being an athlete and is often unavoidable. But what about the following elite mishaps?

- 1 Steve Ovett (quadri-
ceps) inspecting church notice board
- 2 Steve Cram (ankle) kicking
Coca Cola can
- 3 Lasse Viren (thigh) stood
up too quickly to answer
phone
- 4 Alan Pascoe (back) fell
over hurdle during lap of
honour
- 5 Derek Redmond (Achilles
tendon) disco dancing in
basketball boots
- 6 Carl Thackeray (various)
assaulted by cactus plant

DIARY OF A BEDFORD HARRIER - Debbie Bilham

Boxing Day.

Some choice! Watching repeats on the brain-rot box and eating left over turkey or running ten miles in sub-zero temperatures. Cople it is.

There was frost on the ground which remained throughout the day. The race started at 11 o'clock with 209 runners heading straight towards the pub just as the landlord would have been unbolting the door. Imagine his disappointment as they all veered off to the right towards Mox Hill.

An hour and 38 minutes later I staggered across the finish line in an uncoordinated fashion, barely able to remain upright. And to think that I could have achieved exactly the same effect by spending an hour and a half in the pub.

January.

Moved up to Gary's group following the sudden dissolution of Margaret and Albert's group after a visit to an Italian restaurant, just before Christmas. Actually Gary doesn't have a group, he has a mass following which swarms through Bedford rather like a swarm of locusts on the move.

The debates on the ethical issues pertaining to human cloning which are starting to feature in the media are clearly happening too late.

Since the "Buffco Warriors" group was formed it has become impossible to go anywhere without meeting them, sometimes several times in the same evening. This is surely proof that human cloning is already with us and has been for some time; I suspect that there are about six Graham Buftons, but there may be more.

March.

Haven't been running lately as I have been laid up with a "double whammy" cold virus; you think you're over the first dose and then it comes back and gets you again only more so.

Went to Graham's Friday session. There has been a light dusting of snow and the temperature is about freezing. The snow lays in some places but not others but it appears to lay best of all on the surface used on the track so we did circuits inside. It all seems a bit futile as the runs at Althorp and Hemel Hempstead have been called off due to the foot and mouth outbreak.

There's something about Linda Thurston; you always instinctively know if she's in the showers -even if she's hidden away round the corner out of sight. Why that is I'm not quite sure; I just can't quite put my eardrum on it.

It was in the auspicious surroundings of the ladies showers that a discussion on the format of the Harriers Magazine took place.

She had gone off humanity completely but then she was facing the awesome prospect of a committee meeting followed by two cold bean burgers. I mentioned that I ought to scribble something for the magazine.

"Oh! I've forgotten all about the ****ing magazine."

"But you can't. You're the ****ing editor." I replied

"Well let's start with a list of everything that's been cancelled due to Foot and Mouth, that should fill up a couple of pages."

There then followed a debate as to whether the poetry page might be a little bit highbrow for the average harrier, who's idea of a brush with culture is more likely to be wiping the green hairy bits off a three week old ham sandwich before eating it.

I asked Linda for her e-mail address and which format she would like contributions in: text, rich text or Word?

"Paper!" came the reply.

"Oh Hell! This is getting technical -isn't that the stuff you wipe your bum on?"

April.

I missed the AGM due to a combination of a Kung Fu class plus a healthy glider pilot's fear of AGMs brought about by having sat through a few. The format of gliding club AGMs is pretty standard and is as follows:-

Various pilots arrive at the appointed venue, the newer members bringing a pint with them, the more astute among them bringing two. Those who've been before bring the complete Boots home brew kit and

associated paraphernalia; buckets, tubing, rubber gloves, etc.. The first hour or three is given over to detailed examination of the minutiae of the accounts. Quite how they arrive at a depreciation figure on a dilapidated wartime nissen hut with the roof caving in, an elder bush growing through the wall, and the rear half of an ancient fuselage gathering dust and pigeon droppings, rotting in the corner I have never understood but then I am not an accountant. Another hour is spent on why the tug is so expensive to run. They eventually come to the conclusion that it's BECAUSE IT'S A PAWNEE*. They worked that one out last year, and the year before that; indeed every year since they bought the wretched thing. Trivial matters such as the neighbouring farmer's offer to sell the club the big field at the end of the runway at a knock down price or proposals by NATS to site an airway immediately overhead are expeditiously dismissed to make way for the most important item on the agenda -that perennial favourite -dogs defecating around committee members trailers. I'll spare you the details, which is more than the aforementioned committee members ever do, but suffice to say by the time the meeting's finished the bloody bar's shut! And I bet you all thought that gliding is a glamorous sport didn't you?

I've been getting a bit despondent lately; I am a slow runner and no matter how hard I train I can't seem to get any faster. The Sandy 10 didn't help.

"There's a bit of a climb at the beginning and then it's a nice run." advised a fellow harrier most helpfully. What he didn't mention was that the climb lasted for 4 miles. Well I got round but took even longer than I did at Cople. To be fair the Sandy run is a nice course and the fact that it is presided over by the Mayor, who presented the finishers medals, plus there was a visiting party from Sandy's German twin town taking part as well, gave it a sense of occasion.

May.

And so to Leighton Buzzard for another ten miler. It was a cold day of the sort where you don't want to hang around for too long at the start after warming up lest you seize up, possibly something to do with a 15 -20 knot north easterly. I was impressed by the marshalling here, there were plenty stationed around the course, particularly at one point near the end where we had to cross a main road. Also the three drinks stations were very welcome. The course took us round Mentmore and Cheddington, the area where the great train robbery took place. There were a few small shallow hills, nothing too strenuous, and some long boring stretches; some on busy roads. At one point about 3 miles gone, I was passed by a man with a small dog, both wearing vests emblazoned with the name of a brand of worming tablets. Perhaps therein lies the answer to my speed problems, it seems to work for those two.

After the race was finished, we had to wait around for a while for the results, they took a bit of time to process the stragglers, but it was well worth it, I'd knocked over 5 minutes off my previous PB thus lifting my spirits a bit. I discovered the next day that five other harriers had PBs too. All in all a good run.

A week later I gave the Stockwood Park 10km a miss; it was too hot. It's that time of year again!

* *pawnee poor'knee*, n 1. a member of a tribe of N. American Indians, *orig* from Nebraska; their language. 2. *pawner, pawnshop* etc., See under *pawn*. 3. a fiscal black hole with a propeller on the front.

Sick notes

Feel like you aren't doing enough training? Relax - the reverse is more likely to be true. Infection and over-training are two of the most common reasons why athletes fail to perform to expectation, and the link between the two is currently being investigated by the University of Birmingham, funded by the English Sports Council. Those involved in heavy training programmes, particularly for endurance events, appear to be more susceptible to infection. Sore throats and flu-like symptoms are more common in athletes than the population as a whole, and take longer to shake off.

What is over-training?

Signs of over-training are long-lasting fatigue and worsening of competitive performance. A vicious circle develops, where more training produces lower performance and chronic fatigue. The athlete may also have muscle soreness and weakness, mood swings and nutritional problems such as lack of appetite. A weakened immune system leaves him wide open to infection.

Dr Michael Gleeson of the School of

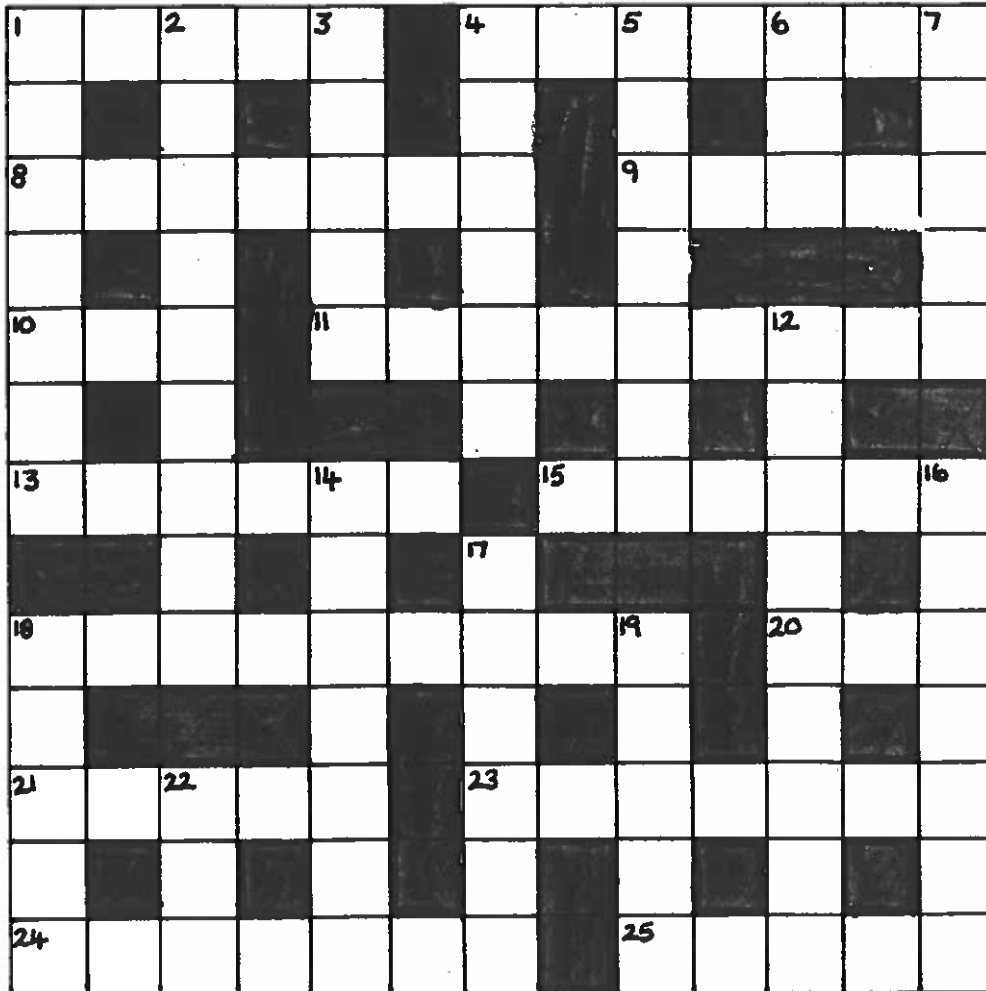
Sport and Exercise Sciences, University of Birmingham, has the following advice for those seeking peak performance:

1. Monitor mood, feelings of fatigue and muscle soreness during training. Decrease the training load if the normal session feels harder than usual.
2. Include one or two days of rest and

3. Always rest when sick. Don't exercise with a sore throat or other systemic infection. Build up the level of training gradually after illness.
4. You are most susceptible to infection in the first few hours after a training session, so avoid contact with sick people at this time if possible.
5. Get adequate sleep - at least six hours per night.
6. Eat well, with appropriate carbohydrate, vitamin and energy intake. Consult a nutritionist if necessary.
7. Minimise psychological stress - it can cause physical problems too.
8. Consider regular performance testing with an accredited physiology lab. This could include blood testing to indicate over-training or causes of poor performance such as anaemia and muscle damage.

Taken from
TODAYS RUNNER
May 1998

COFFEE TIME CROSSWORD BY RAY
 COFFEE TIME CROSSWORD BY RAY
 COFFEE TIME CROSSWORD BY RAY
 COFFEE TIME CROSSWORD BY RAY



CLUES

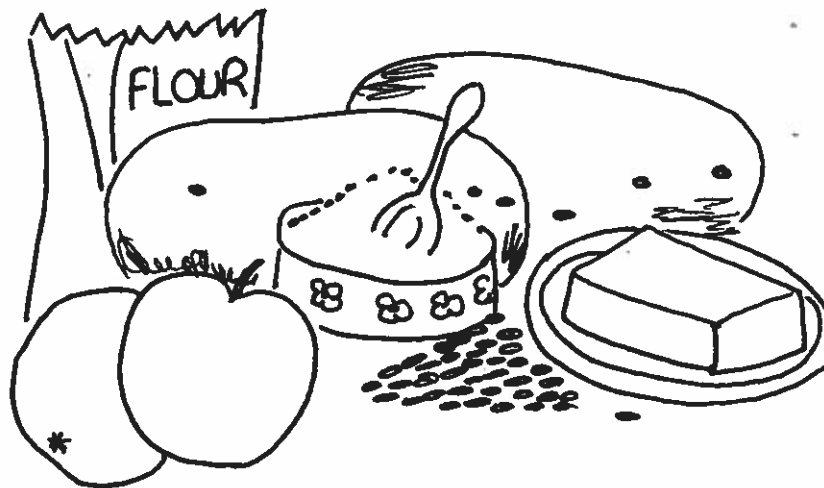
ACROSS

- 1. Of a European City (5)
- 4. Atones for (7)
- 8. Broken partially (7)
- 9. Lax (5)
- 10. Geman for 'and' (3)
- 11. To set ashore (9)
- 13. Enhance (6)
- 15. A void (6)
- 18. Impregnates with a curative drug (9)
- 20. Acted (3)
- 21. Remove Headwear (5)
- 23. Pertaining to the seven seas (7)
- 24. Playhouse (7)
- 25. Unit of heat (5)

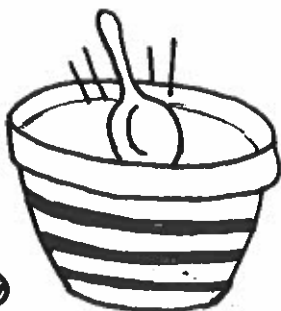
DOWN

- 1. Hermit (7)
- 2. Wandered (9)
- 3. Nude (5)
- 4. A root vegetable (6)
- 5. Quandary (7)
- 6. The self (3)
- 7. Smooth (5)
- 12. Amplitude (9)
- 14. Pilots cabin (7)
- 16. A small quantity (7)
- 17. An optical instrument for studying rotating machinery (6)
- 18. To shed plumage (5)
- 19. Item of bed linen (5)
- 22. Snooker-players rod (3)

Potato Apple Cake



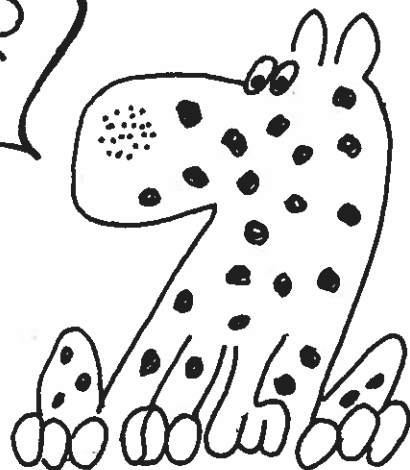
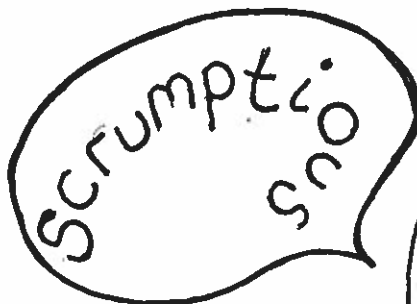
YOU WILL NEED: 450g (1lb) hot mashed potato
125g (4oz) demerara sugar
50g (2oz) butter
175g (6oz) self-raising flour
450g (1lb) cooking apples
75-125g (3-4oz) seedless raisins



METHOD

1. Blend the butter into the potatoes then add the sugar and flour to form a dough.
2. Roll one half out to line a shallow pie dish or flan tin.
3. Cover with the sliced apples, sugar to taste and the raisins in layers.
4. Roll out the remaining dough to cover the apple mixture. Pressing the edges well together. Make a couple of slits in the top.
5. Bake at approximately 190 C (375 F), Gas Mark 5 for about 45 minutes. If the top is inclined to brown too much, cover with greaseproof paper for the last 10 minutes.

TASTES BETTER THAN IT SOUNDS



Recipe from the Potato Marketing Board
Drawings blatantly copied from
My Learn-To-Cook Book by
Ursula Sedgewick (Hamlyn)

TEN CHARACTERISTICS OF PHILOSOPHER COACHES

1. Committed to individual integrity, values and personal growth.
2. Profound thinkers who see themselves as educators, not just coaches.
3. Well educated (formally and informally) in a liberal arts tradition.
4. Long-run commitment to their athletes and their institution.
5. Willing to experiment with new ideas.
6. Value the coach-player relationship, winning aside.
7. Understand and appreciate human nature.
8. Love their sport and work.
9. Honest and strong in character.
10. Human and therefore imperfect.

Taken from BEYOND WINNING-'The Timeless Wisdom of Great Philosopher Coaches' by Gary M. Walton.

And I thought all you needed was a loud voice - The Editor



IF YOU HAD YOUR RUNNING CAREER TO DO OVER AGAIN, IS THERE ANYTHING YOU WOULD DO DIFFERENTLY?

There are many things I would change. For one thing, I would show more respect to my injuries. Unfortunately, I didn't heed my injuries. I challenged them. I couldn't allow injuries to restrict my training. If I wasn't knocked off my feet by an injury, I would simply try to run through it. At the time this seemed like the right thing to do. I was aiming to become a world record holder, and I didn't want something like an injury to get in the way.

Experience has given me more wisdom as far as injuries go. Now, I would show an injury the respect it deserves, I would rest it, exercise it, and if need be, stop running until it healed. Such an attitude during my competitive years might have kept me off the operating table a few times.

I would also spend more time on preventive exercises. I was always somewhat lethargic about doing these as so much of my time was spent running.

DEREK CLAYTON - The first man to break 2 hours 10 minutes for the marathon. Competing in the Fukuora marathon in Japan on 3rd December 1967, he won in an astounding 2 hours 9 minutes and 36.4s.

Taken from 'Running To The Top' by Derek Clayton, published by Anderson World Inc.

THE JUMP

BY IVA BARR

For some unaccountable reason I have long wanted to do a parachute jump. On the 12th May at Hinton Airfield in Oxfordshire that ambition was fulfilled. My son drove me to the airfield where I was going to do a tandem jump and free-fall, this means you are attached to an instructor. We arrived early hoping to get an early 'lift' as it is called, but our hopes were dashed when we saw lots of other people were waiting. I got checked in and decided to have a video taken of the event !!! I was assured that although the experience would 'scramble my mind' I would love it.

I didn't actually start preparing to jump until after 1 p.m. and we had been there since 8.30a.m. Still it was a lovely day and we enjoyed watching the earlier 'jumpers' floating down. With many different colours of 'canopies' it was quite a sight.

At last my name was called and I met up with my instructor who told me what would be happening and what I had to do. I was then given a jump-suit to put on and there was also a helmet and gloves for later. A harness was strapped on and when I and the other people were ready we were told to walk to the plane - a very small one. It held about 16 people. Looking at the video later we looked like the astronauts at NASA ! Once we were all on the plane my instructor fastened his harness to mine and we taxied along the runway and after takeoff went up to 12,000 ft. The instructor had an altimeter on his wrist and was able to watch the rate of climb. When told, I put on the helmet, goggles and gloves and walked to the open door. The jump out of the plane was awesome and for a fleeting moment thought my end had come. The video photographer had told me to look to my left and smile as I jumped. He had to be joking. There wasn't time. The free-fall was quite noisy with our clothing rattling away while we were falling, I was told later, at 120 mph !! In the video you can see the facial distortion caused by the G forces. We were free falling for 5,000ft. and looking back I don't remember being frightened. After the canopy is opened you shoot up quickly at first and then you float gently down. This was the best part, having time to look around. There were some steep turn manoeuvres which made me feel a bit queasy and then we were coming into land. This was easy and gentle and there were people on the ground to help. I staggered a bit and my legs were like jelly but I was being told how well I had done and was given hugs and kisses by the instructor, and the photographer hurried off to develop the video. In a state of disbelief I went over to my son who was so proud of me and said he could never have done it, and guess what - I won't be doing it again. Nevertheless I am glad I've had such an amazing experience.



WHY MEN LIKE TO RUN - Brutus Hamilton (U.S.Olympic Coach)

People may wonder why young men like to run distance races. What fun is it? Why all that hard exhausting work? Where does it get you? Where's the good of it? It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest men. When you see 20 or 30 men line up for a distance race in some meet, don't pity them, don't feel sorry for them, Better envy them instead. You are probably looking at the 20 or 30 best 'bon vivants' in the world. They are completely and joyously happy in their simple tastes, their strong and well-conditioned bodies, and with the thrill of whole-some competition before them. These are the days of their youth when you can run without weariness; these are their buoyant, golden days, and they are running because they love it. Their lives are fuller because of this competition and their memories will be far richer. That's why men love to run. There is something clean and noble about it.

Apologies to the Ladies but this was written in 1954

Taken from Beyond Winning by Gary M. Walton
Published by Leisure Press

Race Marshalling - Pleasure or Pain?

Ask any runner what they think of race marshalling and, not surprisingly, most will tell you that they would much rather take part in a race than watch it from the side of the road. But if you haven't yet marshalled a race, you might be surprised to learn that far from being frustrating or boring, it can be interesting, rewarding and fun! Like most things in life, what you get out of it depends on how much effort you put in.

Of course the most important part of the job is to ensure the safety of the runners. Earlier this year I helped marshal the Gt Barford half marathon with Martin Lambourne. We were controlling the traffic through a long, narrow, uphill section of road that was wide enough for one vehicle plus runners, but not two vehicles plus runners. Martin wisely brought along two-way radios so that we could co-ordinate the traffic, taking it in turns to release vehicles from the top and bottom of the hill. The vast majority of road users were very considerate; I think the official looking fluorescent vest helped in this respect. However, on one or two occasions we were confronted with the sort of driver who "knows his rights" and wasn't prepared to wait a few moments or slow down, even if it meant risking the lives of the runners. Such individuals are difficult to reason with and if you are not careful they can be a distraction. My advice is to politely agree with their unfounded objections, avoid any heated discussion and encourage them to move on, allowing you to concentrate on the runners.

The second most important aspect of marshalling is the manner in which you pass on instructions to the runners. The instructions that you give depend on your position in the course and will be given to you by the race director before the start of the race. It is vitally important that you pass these instructions on as clearly and loudly as possible. I recently helped marshal the Oakley 15m race with Linda Thurston and can tell you that she is an outstanding exponent of this skill.

The final point I would like to make about marshalling, one that is often overlooked but potentially the most rewarding, is the support you can give to the runners. There isn't a single runner who doesn't perform better when told they are running well, even if they suspect that it isn't true! When you are towards the back of the field (a place all too familiar to me) this kind of encouragement can make the difference between finishing in a reasonable time and perhaps not finishing at all. Be careful to be impartial though or you might be accused of assisting a fellow club member. Take some sweets or fruit to hand out. If it's a hot day take some water-soaked sponges or bottled water (most people take on very little water from the plastic cups provided at water stations). You will find that most runners are surprised and delighted to be offered this kind of assistance, particularly towards the latter stages of a race, and if they enjoy the race there is every chance they will enter again next year.

GJF 11/5/01

Gary Fuller

this fluid, your cardiovascular system has to work harder to pump blood around the body, which can affect both your short-term performance and your long-term health. Because isotonic drinks have the same concentration as body fluids, they can be absorbed at the same rate as water or slightly faster. Commercial isotonic drinks also contain added sugar, vitamins and minerals to aid recovery. However, if you need to replace fluid more urgently, a hypotonic drink may be a better option: this is one which is less concentrated than body fluids, which means that it can be absorbed more rapidly. It's worth experimenting with both kinds to see which works best for you. (At the other extreme are hypertonic drinks, which are more concentrated than body fluids and will thus be absorbed more slowly.)

These contain more carbohydrate and are designed to replace energy rather than fluid. If you're unwilling to pay for your isotonic drink, make your own by dissolving six tablespoons of sugar and a pinch of salt in two pints of water. Alternatively, mix two parts water, two parts unsweetened fruit juice and a pinch of salt.



ISOTONIC DRINKS

'Iso' as a prefix simply means 'equal', so an isotonic drink is one that has the same concentration of dissolved particles - roughly 5-7g per 100ml - as the fluids in the body. Many runners use isotonic drinks (such as Isostar or Mizoadre Sport) to replace fluid lost during exercise through sweat. Although the amount varies between individuals and according to the duration and intensity of the run and the weather conditions, an average runner can lose up to two litres of fluid per hour. If you don't replace

Phil Gray

Lincroft Middle School in Oakley was the venue for the inaugural Oakley 15. It was a bright April morning as runners began to arrive from this region and beyond. Some had travelled from Bristol and one participant was reportedly travelling from the USA. Some people clearly determined to race, regardless of distance to get there. Anticipation in the air as car parks began to fill and runners prepared for the start at 10:30AM. It was good to see quite a few Harriers participating, including Nicky and Dave Sutcliffe, a race veteran. Minutes counting down as Derek and myself located in the picture postcard village of Carlton.

10:30AM Game on as the leaders left Lincroft Middle School behind and addressed initial loops around Oakley before leaving the village and addressing the main event itself. This would involve going through Pavenham, Felmersham, Carlton, Stevington before returning to Oakley. A total of 15 miles. The leaders were setting a good pace, with Hugh Lobo of Beds and County leading the field of 200 plus runners. He passed through Carlton in 54 minutes, a distance of approximately 9.5 miles, so under 6 minute miling at this point. The second placed runner was minutes behind. It was good to see Harriers doing well, with Nicky excelling on the day to be third Harrier and second lady home. Dave Sutcliffe ran a blinder, considering this was his first major race for over a year.

Hugh Lobo duly completed victory in 1 hour 23 minutes. A cracking time and a course record, unless someone in the 2002 race can do better. Who knows? It was good to see so many smiling faces as runners passed through Carlton. An added bonus was two welcome mugs of tea from Gary, a former Harrier. Much appreciated Gary. All runners welcomed a hot tea and roll as their efforts were duly recognised on a cracking April day in Oakley. Mega thanks for all those who made this incredible day such a clear cut success. In particular the dynamic duo of Kevin Willett and Brian McCallen, who put in many days and hours leading up to the race. Special thanks to Zoë and family for their efforts in creating sufficient sustenance for tired and hungry runners. I feel that all involved will agree that the inaugural Oakley 15 was a megamungus success. See you in 2002.



QUICK QUIZ

- *1. What unique Olympic treble did Emil Zatopek achieve?
- *2. What was the name of the runner nicknamed 'the flying Finn'?
- *3. Who was the first man to retain an Olympic marathon title?
- *4. Who was the first woman to run a sub 2hr 30m marathon?
- *5. What is the body's main fuel used in running?
- *6. Who first ran the 1500m in less than 3min 30 secs?

ANSWERS

- 1. Gold medals in the 5,000metres, 10,000metres and marathon in the same games in 1952.
- 2. Paavo Nurmi.
- 3. Abebe Bikila of Ethiopia at Tokyo in 1964.
- 4. Grete Waitz in 1978.
- 5. Carbohydrates.
- 6. Steve Cram in 1985 at Nice.

It was a bright April morning as one and all began to arrive for the inaugural Oakley15. An early start for myself and many others as the course and related elements were duly set up by a happy band of Harriers that included Mark, Steve, Gary and Brian. It was good to see so many Harriers involved at such an early hour. Some time later runners began to arrive from this region and beyond.

Oakley
beloved
beholding.

April
blooms
today.

Faces
smiling
happy.

Expectation
unknown
unseen

Race
mile
miles

Runners
200
plus

Bodies
tired
relieved.

Celebration
relaxation
applause.

Thank
you
today

April
blooms
today.

Phil Gray

You know you are getting old.....when you suddenly realise you are being given "the deadly stare" by a couple of pretty young ladies that mistakenly think that you are ogling them, when in actual fact you are eye-balling the contents of a nearby skip in case there was anything useful in it!

Yes it really happened!

Mike B.

ENJOYING THE JOURNEY

Whether you are laboriously inching toward your cherished goals or you have already arrived, you will be more of a winner when you can experience yourself and your life joyfully.

Find pleasure in your work as you go after the things that add up to success for you. Stretch to the limit of your abilities and feel proud to put forth everything you have. You can turn failures into an advantage by enjoying the excitement and fun of playing with your unique style of life. This can be a big win for you...and everyone.

Smile at yourself more and appreciate the absurdity of your foibles failures and manipulations. Watch out for the saboteur inside of you and don't take your adult role-playing too seriously. Then you can have more fun observing the drama of your striving for a richer life.

When you accept and believe that all of us have stamped visas... that no one is getting out of this beautiful world alive...you will learn to savor every hour.

I believe that a healthy way to get your revenge with death is to truly experience every sweet moment of your life now...with feelings of gratefulness and wonder. It is a fascinating journey you are taking. Winning or failing, you win just by being here on this wondrous planet.

Go For It by Dr. Irene C. Kassorla (Published by Futura)

Shoes - Care and Repair

by Christine Green

The most important investment for any runner is a pair of good quality running shoes. Your actual choice of shoe will depend on a number of factors such as budget, but however much they cost, you can't expect your shoes to last forever.

Expert opinion is that they will have lost much of their shock absorbing ability at around 400 miles, although there are no hard and fast rules. So if you run around twenty five miles a week, you'll need to renew your shoes every four or five months.

It can be tempting to believe this is just a commercial ploy put about by greedy shoe manufacturers when your shoes still look full of running to the untrained eye. But shoes are now made from such durable materials that the cushioning may have deteriorated long before the sole shows signs of wear. As a result, your knees and hips will be taking the impact instead.

Do I need new shoes?

The following may also be signs that your shoes need replacing:

- Any sign of a loss of padding or support in the midsole
- Pain down the back of the legs, ankles, shins, feet, knees or hips
- particular fatigue after running
- worn tread in the area of the ball of the foot or heel
- shoes which roll too far in one direction when placed on an even surface and looked at from behind



TODAYS RUNNER JUNE 1999

Extending shoe life

Weather conditions and temperature can accelerate the breakdown of materials, but there are other things you can do to extend the lifespan of your shoes:

- Invest in two pairs and rotate wearing them so you always have a back-up pair
- Store in a cool, dry place where they can air - this does not mean stuffed in your sports bag!
- If they get wet, undo the laces, open the tongue and remove the insoles to allow them to dry naturally. Stuff with newspaper to absorb excess moisture and help shoes retain original shape. Never dry under direct heat - it can change the fit and damage materials.
- Clean with a soft brush and damp cloth - never stick trainers in the washing machine!
- Use an antifungal foot powder or spray inside your shoes to control odour and kill bacteria

10 UNBEATABLE REASONS TO TAKE UP CROSS-COUNTRY

By Owen Anderson (Runners World November 1996)

Some say cross-country running is just a pastime for big kids who want to get as muddy as rugby players – without the physical contact. But the truth is that it's one of the best things an athlete can do, as it builds tremendous strength, speed, and agility during sessions which are as enjoyable as they are intense.

In fact, the sport has so much going for it that it's been incredibly easy for us to list 10 of its major benefits. Once you've read them, you'll be sure to look at your ordinary road routes through different eyes and – who knows – even spend your days dreaming of sloughs, fens and bogs. If you're already a cross-country fiend, you'll be out of the door before you're even halfway down the list.

1 First, it's important to realise that running in muck is great for developing strength. Remember Rambo? He trained for his most difficult action by sprinting in deep sand, and the same principle can apply to you. You see, each time one of your feet descends into a less than solid patch of ground, your foot, ankle, and calf muscles have to work overtime to extract you from it. This builds tremendous strength in the lower reaches of your legs, which you'll inevitably use to blaze your way to new PBs on your old courses.

2 Running up all those hills works wonders for your upper legs. It may feel terrible at the time, but it powers up your quads, hamstrings, and buttock muscles like nothing else. Overall, cross-country's unique

combination of mountain and mire gives your legs a complete make-over, transforming them – given time – into steely cords of sinew. The bottom line is that you get a lot faster and fatigue seems more like a distant memory.

3 Running down the hills is also good for you. It may be hard to believe that coasting down an incline can do much for you, but scientific research shows that downhill running inoculates leg muscles against soreness, leading to more consistent, higher-quality sessions. In addition, the eccentric nature of downhill striding, during which your quads are stretched like rubber bands while they're trying to contract, seems to help prevent 'detraining' (ie you don't lose much fitness when you're forced to take lay-offs).

4 When you run cross-country, you're constantly having to change speeds. After all, you're alternating back and forth between hard-packed ground, soft mud, Everest-like uphill, Kilimanjaro downhill and the flat. There's just no way that you can keep a steady pace. That's tremendously good for you as a runner, because it teaches you to handle surges in intensity, which will help you shake off another runner during a race or kick powerfully towards the finish line. It also strengthens your fast-twitch muscle cells, since they're the ones that have to handle all the upswings in tempo. Once these cells become better trained, you'll be surprised at how much quicker you are.

5 Cross-country running improves your athletic agility. Most road and track runners aren't very agile, and that's a bad thing. The problem is that runners tend to move in only one direction – straight ahead. This gives them strength in only one plane of motion and also increases their risk of overuse injuries (which arise when mechanical forces are applied to muscles and joints in a similar way, over and over again). In contrast, constant changes in direction and movement patterns (eg sudden turns, leaps over barriers and jumps to avoid mud) break up repetitive forces, activate different muscle groups, and let your joints and connective tissues work in different planes of motion. This variation eases the repetitive stresses and produces a broader base of strength and power. As a result, you become more resistant to sudden injuries, such as those you'd get from stepping in a hole during a race; you become a more economical runner, since you're better able to stabilise your body when you run; and you'll also find that your overall athletic ability improves, making you better able to compete in other sports which involve changes of direction.

6 Cross-country lowers your risk of injury: fact. It's partly for the reason we've just mentioned, but it's also because the terrain is so rough. The uneven surfaces force your feet to land at different angles, strengthening your ankle muscles tremendously. Stronger, more stable ankles reduce the stress on your calves and shins, lowering the risk of strained Achilles tendons and shin splints. They also take the pressure off your knees, preventing the twisting motions which can lead to irritated cartilage, loose ligaments and sore tendons.

7 Preposterous as it may sound, cross-country's positive effects are even stronger if you run some courses bare-footed. Letting your naked soles touch turf will feel good, for one thing, but more importantly it will allow your feet – which are usually completely sealed off from the outside world – to actually do some work for a change. Contracting your foot muscles against the resistance of mud and sand will really add power to your arches, giving you a more explosive footstrike.

8 Cross-country is something you can practise in your own home – and you don't have to spread slop across your living room rug or hammer together hummocks in your basement to do it. All you need is an ordinary chair. Simply stand in front of it with one foot up on the seat. With full bodyweight on this foot, lift yourself up into the air, balance on the foot for a moment, and then let your other foot return to the ground. Repeat this 10 times, and then follow the same procedure with your other leg. This simple exercise activates the same muscles you need for hill running, and will help make you a

much tougher climber in your cross-country races.

9 Cross-country work is 'complete' training. That's because if you want to be a better distance runner, you need to accomplish three key things – raising your aerobic capacity ($VO_2\max$), improving your running economy, and lifting your lactate threshold. The high intensities of cross-country training and competition are perfect for increasing $VO_2\max$; the hills and mud are great for economy; and the competitive distances involved – commonly five to 10 miles – are just right for raising your lactate

threshold. As a result, you can emerge from cross-country training in your best shape ever!

10 Cross-country improves your sex life. Just kidding... but since it does so much for your overall fitness, it's probably not far from the truth.

So what's the bottom line? When you've run cross-country in the past, you probably thought you were just getting cold, grubby and wet. The fact is that the hills and the muck of cross-country courses will help you run as you've never run before. ■

Russell Park Relays – 11th July

There was a poor turn out to this annual event due to the Cranfield 5k coming up on 13th July, but the low numbers and the excellent organisation enabled the event to go very smoothly.

As usual it was great fun. 'Fun' I hear some of you shout! Yes definitely fun. If it wasn't fun for you then you took it too seriously. It was a very cool and windy evening for July, but the 'race director' was swift to sort us all in to groups ready for the start. There was some grumbling about unfair advantages and one or two changes were made to even out the abilities, which if I remember rightly made no difference whatsoever!

We were then told that each runner in turn would run one lap of the park, followed by a second lap when all the team had finished the first, and finally the whole team (consisting of 5 members) would run a lap together at the pace of the slowest runner. We were strongly warned against 'dragging' slower runners round, and nobody wanted to face the wrath of Jacinta so we all did as we were told! The final instruction before the off was to 'cross the finish line smiling'!

I can't tell you much about the tooting and froing of the teams due to taking part myself and spending every spare moment recovering from each lap. It certainly seemed a close run thing however, as teams B, A then C respectively embarked upon their last lap within seconds of each other.

One thing I do know is that my team came last and I am proud of it. It is not the winning that counts it is the taking part, and I know that my team put in a marvellous effort and thoroughly enjoyed the evening.

Well done to Jacinta for organising it, to Graham Bufton for assisting, and a special mention to 12 year old Ryan Lawes who ran as well as the rest of us. (If not better!)

Do come along next year, it is well worth it. The winning team consisted of Chris Proud, Jenny Lovesey, Bruce Richardson and Lara and will be awarded with their prize at the December awards night.

Jeanette Cheetham

The Rwanda Dash for Cash - Roy Castle Cause For Hope Appeal

Staff Sergeant JM Cowell - 82 Airborne Squadron

Having despatched probably the first ever batch of potential paratroopers to have completed their Pre Parachute Company selection in Africa to the somewhat cooler training area of Catterick, PTI Corporal Woody Felton was straining on the leash to impose severe muscle fatigue on the unwary.

With only 49 'days to push', what can you do with a possible 98 sessions of altitude training? The answer, of course, was to bring the squadron up to a peak level of fitness and then trash it in the shortest possible time. But how? Easy, run across Rwanda in memory of Roy Castle.

The route was obvious: north - south from the border with Uganda to the border with Burundi. But that is only 264.5 km. OK, start from Mount Muhubura (14,500 feet), at the time an unknown volcano on the map. So, we have to work a bit. Anything else? Yes, do it in 24 hours.

With permission granted by the Commanding Officer, Lieutenant Colonel Wharmby, and the Roy Castle Cause for Hope Appeal, the Rwanda Dash for Dash was born. Over 600 begging letters were sent out, courtesy of the UN photocopier and the Operation Gabriel postal system, despatched to every sector of commerce in the UK. We were committed, now we had to do the reconnaissance to see if it could be done!

After two days the Mount Muhubura recce team still had not reached the summit, despite walking into and out of Uganda trying to find a route up the seemingly impenetrable jungle covered steep slopes of the volcano. Constantly soaked due to the humidity and the tropical rain storms as we cut our way through the bamboo, our consolation being the brief glimpses through the trees and clouds of the plains, lakes and mountains of Rwanda, Uganda and Zaire. This was hard work, but the thought of writing 600 apologies kept us going:

As darkness rapidly fell that evening we finally cleared the bamboo and on the third morning we reached a cloudy, cool summit and, a little disappointed at being deprived of the reward of the ultimate view, we held the usual photo call and quickly departed. Seven hours later, after we had cut, crashed and fallen through the bamboo and struggled through the mud and rivers of the lower slopes, ever wary of treading on a land mine and now very tired under the weight of bergens and rifles, we finally reached the pick up point.

We were in trouble: seven from twenty-four would leave just 17 hours to complete the remaining 250 kilometres. That is 15 km an hour and, even with the high calibre of runners available to us it would be a tall order considering the seriously hilly terrain facing us.

The road recce was far simpler as we were equipped with Magellan. Three long days were spent measuring distances, heights, logging climbs and descents and landmarks for changeovers. Armed with all this information I spent many hours in the Combat Supplies command post putting runners to legs and producing the user friendly plan A.

After two weeks of injuries, redeployments and physical assessments we were reduced to the minimum of manpower and I was already writing plan Z. If that was not enough, further political unrest continued to threaten our safety and, understandably, the event was now in some doubt. Perhaps I'd have to write those letters after all!

With assistance from other agencies, despite the increased workload as Operation Gabriel wound down, sufficient manpower was made available. All runners and reserves increased their training to include more hills and running in the heat of the day and, after so many rejections (some quite amusing) we received our first cheque.

The composition of the climbing team received the most concern as obviously the speed of the descent would dictate whether the dash would be successful or not. The final choice of Lieutenant Mat Hing and Sergeant Alan Smiles was deemed to provide the best ratio of speed, agility, strength and ability to cope with the altitude. The introduction of Sergeant Steve Freeman as an additional mountain goat to take over in the foothills would also help speed the descent. Supported by a base station communications team and ably assisted by the sherpas, which included a medic and a radio operator, they set out from Ruhengeri for the two day climb of Mount Muhubura (the path having already been cut). Less hindered than the recce team had been they made steady progress to the final camp just short of the summit.

For the remainder an early start was required on the Sunday and after a mad drive on the slippery slopes (which raised our heart rates sufficiently so as not to require interval training for a while!) we arrived at the end of the road

just in time to hear Lt Col Wharmby start the Rwanda Dash for Cash by radio at 10:03 on Sunday 13th November 1994.

After reaching the base camp by Land Rover, we scanned the volcano using rifle sights and, to everyone's surprise, after just over an hour the duo were spotted below the tree line. Ten minutes later in a near state of exhaustion, they handed over having descended 6,000 feet and covered 6 km 100 minutes ahead of schedule. Suitably motivated, Sgt Freeman continued the descent through the farms and villages and, in a little under two hours we were on the road and going well.

All runners performed admirably throughout the day, notably former Army Cross Country champion Staff Sergeant Ray Keeney, who ran 30 km through a storm, climbing the central range of hills, Staff Sergeant Dave Rollins, who completed two 12km climbs just 6 hours apart, Lance Corporal Nigel Burke, who ran his heart out over a difficult 10km leg and just 6 hours later went back out again to run even quicker and Sergeant Tony Melvin, recovering from a serious injury, who agreed to run a couple of 'steady legs' and found himself completing a more than steady climb during the night.

As darkness fell the need for the Royal Military Police escort became even more apparent as the Rwanda Peoples Army had increased their road blocks due to continued incursions by bands of *interahamwe* (*we who kill together*). Much negotiation was required to clear these obstacles prior to the runners arrival.

Rwanda proved to be an exhilarating country to run through at night: the feeling of being on top of the world, the clear night sky, the silence created by the curfew and the distinct lack of wildlife and the tattered ruins of towns like Giterama all made for an eerie atmosphere. The silence was soon shattered by the arrival of the 4 ton trucks as they caught up after picking up the previous runner. In the pitch black areas their presence was often vital to light the road ahead.

Still very much ahead of schedule (the expected decrease in speed did not occur in the second legs) and after much insistence, all runners opted to complete a third leg. After rapid recalculation I rearranged the final legs so that all could run a final 2km. This caused the whole momentum of the dash to pick up even more speed as the final run became a sprint as all competed against each other to produce the quickest time. Incredibly, Corporal Andy Shoreman defied the laws of physics to produce the night's best.

Now very much ahead of schedule, we realised that we would be running at a rate of knots right up to the border still in darkness. Not a wise move with the tension between Burundi and Rwanda, and so the escort again went ahead to try to explain what we were doing to the startled border guards. As the sun began to rise over the tree tops around Ngozi, Cpl Felton ran up to the border, reaching Burundi at 05:23 14th November. After a rapid photo call we turned around to find a safer place in which to relax and have breakfast.

So, outside of an outstanding opportunity to train what else did we achieve as part of the United Nations Assistance Mission for Rwanda (UNAMIR) ? 23 Parachute Field Ambulance treated 125,202 casualties; 9 Parachute Squadron Royal Engineers conducted bridge and road repairs, mine clearance and provided both the UN and the refugee camps with clean running water and electricity; 10 Field Workshops carried out 803 vehicle repairs; 63 Squadron took out a fleet of 50 lorries as a gift to the nation, transported food and medical supplies and in the final days repatriated 19,561 refugees; and 82 Airborne Squadron supplied 1,583 tonnes of aid as well as supplying the contingent with ammunition, fuel, water and food.

So, back to Kigali to prepare for home. The hoped for influx of mail never appeared. Of the 100 replies only seven offered assistance, however their generosity meant so much more. One magazine, 220 Triathlon publicised the event (thank you) but this also produced little. Our saving grace was to be our families at home. Their dedication collecting sponsorship contributed greatly to the several thousand pounds raised. Thank you all.

Finally a big thank you to all who took part, not only to the fifteen who ran, but also to the twenty two members of the support team. Not only had we run 264.5 km in just 19 hours 19 minutes and 56 seconds, but we had also developed climbing skills, negotiating skills and again proved that the Airborne soldier is the best; the best at working as a team, the best at pulling together in the face of hardship and the best at performing that little bit better when sufficient has already been done.

Footnote: *With much regret I must report the tragic death of Army photographer L/Cpl Jackson, killed only days after completing this assignment. Not only was he responsible for most of the photographs of this event but also for much of the publicity shots used to highlight the Army's presence in Rwanda. We will miss his professionalism. Our deepest sympathy to his family.*

WOULD YOU LIKE A GUARANTEED PLACE FOR --



NORTH BEDFORDSHIRE

AGE *Concern*

WOULD YOU LIKE TO RUN FOR A LOCAL CHARITY?

The Bedford Guild House (56 Harper St.) is offering a sponsored marathon runner a guaranteed place.

Maggie Goodchild (Development Officer) has contacted the Bedford Harriers to find a runner who will raise money for this local charity. She writes -

Many of our members visit us every day as it is their only real social contact with others. We have in excess of 500 members at the moment and would like to increase it.

As with many charities such as ourselves, we are not self-sufficient and rely on trust grants and other fundraising activities to make ends meet. A sponsored marathon runner would help us with our funding and also raise awareness in the local area of what we offer older people in terms of friendship, support and advice, as well as various activities they can participate in to help them keep active in body and mind. It would also be good publicity for your group and the runner, of course! We would, of course, give him/her every support.

The Bedford Guild House is a popular meeting place for all those over 55 and retired, and offers a wide range of activities every day - craftwork classes, line dancing, Tai Chi, carpet bowls, snooker and table tennis being among a few.

There is a new Cyber Cafe with one to one tuition available from volunteers.

Guest speakers are a regular feature covering topics such as travel local history, food, current affairs and literature.

The Turner Room serves lunch and snacks at reasonable prices.

If you are interested, please speak to Jacinta Horne - 01234 307013



ANSWERS TO RAY'S COFFEE TIME CROSSWORD

ACROSS 1. Roman 2.4. Redeems 8. Cracked 9. Loose 10. Und 11. Disembark
 13. Enrich 15. Vacuum 18. Medicates 20. Did 21. Uncap 23. Oceanic
 24. Theatre 25. Therm

DOWN 1. Recluse 2. Meandered 3. Naked 4. Radish 5. Dilemma 6. Ego
 7. Steek 12. Abundance 14. Cockpit 16. Modicum 17. Strobe
 18. Mount 19. Sheet 22. Cue

Qualified Race Scrutineers

As from Jan 1st 2001, UK Athletics (UKA) introduced new Permit Standards for all road races. By the end of year the new policy will affect every event applying for a UKA Road Race Permit. Then from 1st January 2002 UKA will be introducing a new National Road Race Grading scheme which will also be phased in over the year.

For both the Permit Standards and the National Road Race Grading scheme UKA asked BARR to help devise the criteria and mechanisms by which these new schemes could be implemented. There is however one major difference between them. With the Permit Standards, although BARR developed, and retains copyright, on the Standards themselves, they have been given to UKA for it to incorporate into its Permit system, which is administered by Regional and County Permit Secretaries throughout the country. **It must be strongly emphasised that (apart from carrying out, at the request of Regional Permit Secretaries, scrutiny of events for compliance with Permit Standards - see below) BARR is not involved in any way with the administration of the Road Race Permit System, which is properly and solely the responsibility of the UKA Regions and their Permit Secretaries.**

In contrast BARR has been asked to design and operate the new National Road Race Grading scheme and will administer it on behalf of UKA. Draft proposals for this have already been submitted to UKA for agreement. The scheme will be launched in November ready for 1st January 2002 implementation.

In both cases it has been agreed that self-regulation has to be demonstrated via efficient policing of the events. Once up and running it is expected that about 10% of all Permitted events will be selected by the UKA Regional Permit Secretaries for scrutineering with regard to their compliance with the Permit Standards. Under the proposed new National Road Race Grading system a much higher proportion of graded events will be subject to scrutiny – such scrutiny is a feature of the existing BARR Race Grading system which will be merged with the National Road Race Grading scheme. In both cases all scrutineering is to be carried out by BARR.

BARR already has a number of experienced Race Scrutineers but your Committee realised that we would need to substantially increase the numbers involved if we were to meet the expected growth in demand.

Our General Secretary, John Joyner, is heading up the training effort required to required to bring us up to the required number of qualified Race Scrutineers and Senior Race Scrutineers. In recent months training seminars have been held in Oakham, Hatfield, Taunton and Birmingham and future ones are planned for the North, the South East and Scotland.

The work is extremely interesting and would not be demanding as most scrutineers would be required to attend just three races per year within easy travelling distance. Whilst experience as a Race Organiser is useful so too is any experience on a race committee or as a runner over a few years. Just as important is a desire to help raise and maintain the standards of road races in Britain and an ability to be objective and produce a fair and accurate report.

Continued.....

In East Anglia we had an excellent response to our first request for volunteers and a subsequent very successful training seminar at Hatfield. We do need more volunteers in the Region and we hope to run another seminar later this year. As you can see from the previous paragraph the commitment is not too demanding. If you are interested, or would like further information about qualifying as a Road Race Scrutineer please get in touch with me.*

Incidentally, scrutineers can do their work as well as take part in the event! The work is not onerous or physical and is not only interesting in itself but also an excellent way of putting something back into the sport.

* Dick Meredith

East Anglia Rep.

34 Dale Avenue, Gustard Wood, Wheathampstead, Herts AL4 8LS

Phone/Fax: 01438 832651 email: rem@gustard.freeseve.co.uk

Definitely not a BARR Event

A member of my running club recently "participated" in a race in South Africa. She brought back with her the report below which appeared in the "*East Cape Weekend*." She described it as a confusing and amusing experience but says it reminded her of the importance of good marshals at a race.

Chaos as runners take wrong route in race

Fuming runners are demanding their money back after a 15km race turned into a fiasco in Port Elizabeth on Saturday.

More than 90 per cent of the nearly 400 entrants in the Castle Lite Challenge at the University of Port Elizabeth ended up taking the wrong route because there were no marshals to indicate what path they should take.

And it is believed that winner, Laurence Ntantiso, won in an "impossible time for the course" - because he mistakenly ran the incorrect route.

Now race officials are battling to determine how they are going to award prizes, including the R3,000 worth of prize money as no one is sure how to tell who really won.

A race official, who wished to remain anonymous, said: "I think they are going to award Ntantiso the prize, but no one really knows what is going on. A race of this length would take at least 49 minutes to finish. Ntantiso did it in 42 minutes, which is an impossible time."

The race, organised by Western Striders, turned into a fiasco shortly after the runners set off from UPE at 7 am. Most of the runners missed a turn-off and ended up taking a shorter route, while others ran around confused, trying to find the right direction.

The race official said runners arrived at the finish hurling abuse at officials and demanding their entrance fee - R18 for early entrants and R20 for late entrants - back.

They also vowed to file a complaint with the EP Athletics Union.

One bystander said the race was "one of the biggest embarrassments in Port Elizabeth's athletic history". "All the runners were going ballistic, demanding their entrance money back," he said. "The majority of the runners had to turn back without even finishing the course."



BEDFORD HARRIERS A.C.

SOCIAL EVENT – CHRISTMAS PARTY.

FRIDAY 7TH DECEMBER

UPSTAIRS AT THE TRACK

**JOIN IN THE SEASON'S FESTIVITIES WITH FELLOW
HARRIERS MEMBERS, PARTNERS AND FRIENDS.**

DANCE MUSIC FOR ALL AGES.

BUFFET FOOD WITH A DIFFERENCE.

SING, SWING AND MAKE MERRY TILL MIDNIGHT.

Watch the notice board and Harriers website www.bedfordharriers.co.uk
for further details.

Notable Performances

There have been a number of notable performances so far this year. Some of the best have been by **Nicky Klabe**. Nicky was the second lady to finish in the Oakley 15, the first lady at the Sharnbrook 10k and the second at the Bedford Park 5k. In the eight Grand Prix series, Nicky was the first lady to finish at both Weedon and Banbury, the second lady at both Market Harborough and Milton Keynes, the third lady at Silverstone and the fourth lady at Corby

At the Weedon 10k, **Nicky Klabe, Veronica Singleton** and **Janet Clark** also won the ladies team prize and Veronica won her age category prize.

Kevin Willett's had some good runs. Kevin was the third man to finish at both Sharnbrook and Colworth and the 10th runner to finish out of 539 at the Whitstable 10k.

Paul Langford did well at Stevington and was the first man to finish.

Jo Sawyers had a good run at the Ladies Race for Life 5k at Milton Keynes. Jo was the third lady to finish from a field of 3,500.

The Harriers won the Erlensee Cup for having the highest numbers of finishers (29) in the Sandy 10. The Men's vet team of **Graham Bufton, Michael Barnard, Steve Gaunt & Richard Whiteman** won the 1st men's vets team award. The Club also won the 3rd men's team award and the 2nd ladies team.

Delores Wallis won her age category prize at Colworth and **Christine Armstrong** won an age category prize at Dunstable.

PB Performances

2001 has been a good year so far for setting PB's. Here are the ones we've recorded. If anyone's been missed out, let us know.

Adam Dodsworth has set a string of new pb's. Adam started by improving his best for the 10k at Lincoln to 44:03. Hethen reduced his best time for 10m to 73:51 at Leighton Buzzard, improved his 10k pb by another 8 seconds to 43:55 at Silverstone, improved his 5 mile pb by 23 seconds to 36:06 at Market Harborough, got a new pb of 21:14 for the 5k at Silverstone, improved his best 5 mile time by another 6 seconds to 36:00 at Corby and then improved it again by another 6 seconds to 35:54 at Banbury.

Colin Welch has also had a good run of pb's Colin knocked 1 min 20 seconds off his 10k at Lincoln with a run of 47:30. Colin then improved his 10 mile best by 1 min 56 seconds to 80:37 at Sandy and then clipped 8 mins 28 seconds off his half marathon time to 1:50:29 at Shakespeare. Next came another 50seconds improvement in his 10m time to 79:47 at Leighton Buzzard, a further 28 seconds reduction in his 10k time to 47:28 at Silverstone,, a 43 seconds improvement in his 5k time to 22:20 at Stevenage, a 48 seconds reduction in his 5 mile time to 37:52 at Corby and finally another 2 seconds off his 10k time to 47:26 at Eye.

Nicky Klabe's had a tremendous few months of running. Nicky started by improving her best time for 10k to 38:42 at Silverstone. Nicky then got a new 5 mile pb of 31:03 at Market Harborough and then improved it again by a further 22 seconds to 30:41 at Banbury. Nicky then got a new 5k pb of 18:43 at Bedford Park and clipped another 22 seconds off her best time for the 10k with 38:23 at Milton Keynes.

Steve Crane's also set a couple of pb's this year. Steve improved his best for the 10m to 84:01 at Leighton Buzzard, set a new 10k pb of 50:20 at Stockwood and then improved his time over the 10k distance by another 3 mins 22 seconds to 46:58 at Silverstone.

Stuart Bartlett has set a number of new pb's. In January, Stuart knocked 28 seconds of his previous best for the 10k when running 36:03 at Bicester. Stuart then knocked another 8 seconds of his 10k at Royston to finish in 35:55. It was the first time Stuart has run under 36 mins for the distance.

Dave Briggs pb's include improving his best half marathon time by 12 mins to 1:25:47 at Watford and then clipping 25 mins of his previous best for the marathon to 3:08:57 at Rotterdam.

Jack Chana's pb's include an 18 mins 30 seconds improvement to 2:35:06 over his old 30k time at Stamford and an amazing 45 minute reduction to 3:35:25 in his marathon time at London.

Debbie Bilham also set a couple of pb's this year. Debbie ran 92:08 for the 10 mile at Leighton Buzzard and then got a new 10k pb of 54:02 at Silverstone.

Chris Williams improved his 10 mile time by 12 mins to 73:58 at Sandy and then set a new 10k pb of 44:07 at Silverstone.

Eric & Kath Grahn have had a few good runs over the last few months. Eric knocked 30 mins of his previous best for the marathon when running 3:29:56 at Sheffield and then clipped another 30 seconds off to run 3:28:26 at Blackpool. Kath Grahn knocked 29 mins of her previous marathon best to finish in 3:30:28 at Sheffield.

Zac Hollis has improved both his 10k and 5k times this year. At the Cranfield 10k Zac finished in 40:55, a 45 seconds improvement. At the 5k in Bedford Park, Zak improved his pb by 44 seconds to 19:46.

Kevin Willett's had a couple of excellent runs this year. The first was at the Whitstable 10k where Kevin recorded a new pb of 35:43. Kevin then also got a new pb for the 5mile of 29:04 at Colworth.

Quite a few other Harriers have also set new pb's this year. **Gary Horsman** knocked 6 mins 35 seconds of his previous best for 10 miles with a 83:16 run at Sandy. **Liz Byer** improved her best for the marathon by 6 mins to 4:25:10 at Boston; **Teresa Cooper** got a new marathon pb of 4:23:24 at London and **Ian Swift** also improved his best for the marathon by 17 mins to 3:41:52 also at London; **Derek Morrison** clipped 7 mins of his best marathon time with a 3:37:08 run at Sheffield; **Cliff Smith** set a new marathon pb of 3:19:45 at Blackpool; **Lorraine Murfitt** and **Joy Smith** both got new 15 mile pb's at Oakley; **Alastair Fadden**, **Malcolm McEwen** and **Paul Roberts** all got new 10 mile pb's at Leighton Buzzard; **Vic Byer** knocked 17 mins of his previous best for 6 miles when running 47:50 at Bedford; **Tony Parello**, **Chris Armstrong** and **Lesley Barnes** all set new 7.5 mile pb's at Stevington; **Jo Sawyers** got a new pb of 19:22 for 5k at Milton Keynes; **Peter Pack** got a new 10k pb of 51:44 at Cranfield; **David Harris** set a new pb of 38:44 for the 10k at Silverstone; **Shaun Trotter** set a new 10k pb of 45:30 also at Silverstone and **Neil Lovesey** and **Kevin & Jackie Bullard** set new pb's for the 5k at Bedford Park.

Club Best Times

Some new club best times have been set since the start of the year. **Nicky Klabe** has set new senior ladies best times for 5k, 5 mile and 10k. Nicky's new 5k best of 18:43 replaces the previous best of 19:55, which was set at Blisworth in May 1999 by **Dawn Penney**. Nicky's new 5 mile best of 30:41 replaces the previous best of 31:29, which was set by **Avril Thomas** at Corby in 1996. Nicky's new 10k best of 38:23 replaces the previous best of 40:49, which was also set by Avril at Milton Keynes in August 1996.

Two other new ladies best times have been set since the start of the year. **Veronica Singleton** set a new LV40 10k best of 43:26 at Silverstone in May. This replaced **Christine Armstrong** previous best for the distance of 44:20, which was set at Milton Keynes in June 1998. In the LV50 category, **Jacky Keenan** improved her own time for the 10 mile at Leighton Buzzard by 11 seconds to 81:30. The previous LV50 10m best time had been set by Jackie at Swineshead in September 1999. Finally, **Margaret Martin** set a new LV55 10k best time of 65:47 at Sharnbrook. **Muriel Moore** had previously held this record.

CLUB BEST TIMES: WOMEN

	5K	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Nicola Klabe 18:43 Bedford Park June 2001	Nicola Klabe 30:41 Banbury June 2001	Nicola Klabe 38:23 Milton Keynes July 2001	Avril Thomas 56:00 Swinshead September 1996	Jeanette Chedham 1:28:00 Stratford On Avon April 1989	Avril Thomas 3:26:30 Stratford April 1991
	V35 Veronica Singleton 20:40 Stevage November 1997	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	Veronica Singleton 20:51 Cranfield July 2000	Veronica Singleton 34:30 Blisworth August 2000	Veronica Singleton 43:26 Silverstone May 2001	Christine Armstrong 72:42 Boxing Day December 1996	Christine Armstrong 1:42:09 Yarnough August 1999	Pauline Betan 3:32:11 London April 1999
V45	Chris Armstrong 21:28 Blisworth May 2000	Christine Armstrong 35:58 Blisworth August 2000	Christine Armstrong 45:24 Sharnbrook May 2000	Christine Armstrong 74:29 Sandy April 2000	Christine Armstrong 1:42:58 Milton Keynes July 2000	Christine Armstrong 3:31:29 London April 2000
V50	Jacky Keenan 23:39 Cranfield July 1999	Deirdre Bellune 37:50 Corby June 1999	Deirdre Bellune 48:08 Milton Keynes July 1999	Jacky Keenan 81:30 Leighton Buzzard May 2001	Deirdre Bellune 1:50:39 Ot Bedford September 1999	Deirdre Bellune 3:58:12 Chicago October 1999
V55	Margaret Martin 29:50 Cranfield July 2000	None Recorded	Margaret Martin 55:47 Sharnbrook May 2001	None Recorded	None Recorded	None Recorded
V60	None Recorded	Irene Cornwall 52:43 Shuttlworth October 1999	Irene Cornwall 56:27 Standlake 1996	Irene Cornwall 96:14 Swinshead September 1997	Irene Cornwall 2:21:46 Leighton Buzzard September 1996	Non-Recorded
V65+	Iva Barr 30:40 Bedford Park August 1999	Iva Barr 51:00 Blisworth July 1997	Iva Barr 58:41 Standalone September 1997	Iva Barr 97:37 Gr South September 1998	Iva Barr 2:06:41 Forest of Dean March 1996	Iva Barr 4:43:20 London April 1998

CLUB BEST TIMES: MEN

	5K	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Tony Barnes 16:39 Werrington August 1998	Tony Barnes 25:44 Corby May 1996	Tony Barnes 32:34 Filtonwick April 1996	Tony Barnes 53:04 Standon July 1996	Tony Barnes 1:13.19 Swinesay August 1996	Tony Barnes 2:36.19 Stratford April 1991
v40	Paul Langford 17:28 Cranfield July 2000	Steve Gaurt 29:30 Blisworth August 2000	Paul Langford 34:40 Silverstone April 2000	Phil Barlow 58:33 Boxing Day December 1987	Phil Barlow 1:19.27 St. Nicols 1987	Phil Barlow 2:52.48 Huntingdon 1987
v45	Richard Piron 18:17 Cranfield July 2000	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. Nicols 1991	Phil Barlow 2:57.51 Abingdon 1991
v50	Colin Bennetts 19:55 Bedford Park June 2000	Colin Bennetts 31:51 Corby May 2000	Maurice Crook 37:01 Yaxley November 1992	Phil Barlow 50:44 Nene Valley 1995	Maurice Crook 1:20:57 Canterley March 1992	Maurice Crook 2:57.49 St. Albans December 1992
v55	Martin Leach 18:52 Bedford Park July 2000	Maurice Crook 31:09 Blisworth August 1995	Maurice Crook 37:41 Filtonwick April 1996	Maurice Crook 52:28 Leighton Buzzard May 1996	Maurice Crook 1:23.04 Ransley June 1996	Dennis Gound 3:23.00 London April 1998
v60+	Bill Billington 21:31 Vauxhall August 2000	Maurice Crook 31:25 Wolverton November 1999	Maurice Crook 39:55 Standalone October 1999	Maurice Crook 55:14 Bishop Stortford October 1999	Maurice Crook 1:32.05 Gr North October 1999	Maurice Crook 3:14.05 Luton December 1999
v65+	David Sutcliffe 22:34 Bedford Park July 1999	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 Ransley June 1999	John Cherry 7:02.30 London April 1999

RACE RESULTS: JANUARY TO JULY 2001

<p>St Albans 10 7th January Stuart Bartlett 59:57</p> <p>Folksworth 15.3 21st January 2001 Paul Langford 1:40:04 Colin Bennetts 1:57:44 Derek Morrison 1:58:59 Jack Chana 2:04:29 Malcolm McEwen 2:13:15 Chris Cottam 2:21:12 Dave Bithell 2:21:50 David Fake 2:23:42</p> <p>Bicester 10k 28th January 2001 Stuart Bartlett 36:03 pb 28 secs Deirdre Bethune 49:25 Bill Bethune 56:03</p> <p>Watford Half 4th February 2001 Stuart Bartlett 1:20:29 Richard Piron 1:24:57 Dave Briggs 1:25:47 pb 12 mins Ian Swift 1:37:53 Jack Chana 1:43:26 b Chris Armstrong 1:50:25 Tony Parello 1:50:27 Deirdre Bethune 1:51:53 Bill Bethune 2:04:15</p> <p>Stamford 30k 11th February 2001 Stuart Bartlett 2:03:12 Cliff Smith 2:21:11 Ian Swift 2:24:00 Veronica Singleton 2:29:48 Derek Morrison 2:28:44 Will Drown 2:34:52 Jack Chana 2:35:06 pb: 18 mins 30 secs Viv Kilgour 2:36:57 Colin Bennetts 2:36:58 Chris Armstrong 2:40:25 Dave Bithell 3:09:14</p>	<p>Winchester 10k 25th February 2001 Steve Crane: 54:42</p> <p>Thanet 20 4th March 2001 Stuart Bartlett: 2:09:45</p> <p>Oakley 15 Sunday 1st April 2001 Stuart Bartlett 1:34:41 Dave Briggs 1:40:19 Nicola Klabe 1:41:00 Richard Piron 1:42:18 Michael Bernard 1:44:57 Neil Lovesey 1:45:40 Tony Parello 1:46:11 Colin Bennetts 1:48:57 Alastair Fadden 1:50:19 Robbie Burrells 1:50:19 Martin Kay 1:50:19 John Bushby 1:50:19 Simon Fisher 1:51:07 Jack Chana 1:51:25 Des Morrison 1:51:45 Steve Wilby 1:52:22 Veronica Singleton 1:52:24 Phil Wainwright 1:52:32 Graham King 1:52:40 Kath Grahn 1:53:44 Peter Sarad 1:56:44 Avril Thomas 1:57:17 Will Drown 2:07:26 Chris Armstrong 2:07:26 Deirdre Bethune 2:08:39 Ian Marshall 2:08:51 Neil Klabe 2:10:11 Dave Sutcliffe 2:15:40 Ian Kingstone 2:16:48 Alice Edwards 2:17:48 Gary Horsman 2:18:14 Guy Brooks 2:21:34 Liz Byer 2:30:44 Dave Bithell 2:31:03 Pippa Hawker 2:35:26 Lorraine Murfitt 2:38:39 Joy Smith 2:38:39</p>
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Lincoln 10k
 Adam Dodsworth 44:03 pb
 Colin Welch 47:30 pb: 1 min 20 secs

Royston 10k
 8th April 2001
 Stuart Bartlett 35:55 pb: 8 secs
 Graham Bufton 36:49
 Colin Liddiard 49:30
 Dave Bithell 51:03

Sandy 10
 15th April 2001
 Graham Bufton 65:01
 Alastair Fadden 65:21
 Michael Barnard 65:41
 Tony Parello 66:33
 Steve Gaunt 67:26
 Richard Whiteman 70:25
 Paul Mowbray 70:54
 Zac Hollis 71:18
 Ian Marshall 72:20
 Graham Horne 73:22
 Jack Chana 73:48
 Chris Williams 73:58 pb 12 mins
 Adam Dodsworth 74:23
 Terry McEwen 75:27
 Neil Klabbe 75:46
 Steve Clark 76:42
 Bill Billington 76:48
 Malcolm McEwen 78:47
 Christine Armstrong 80:13
 Colin Welch 80:37 pb 1min 56 secs
 Colin Liddiard 81:31
 Alice Edwards 82:53
 Gary Horsman 83:16 pb 6 mins 35 secs
 Eric Cartwright 88:37
 Lesley Barnes 84:20
 Guy Brooks 85:32
 Dave Bithell 87:40
 Debbie Bilham 98:42
 Iva Barr 110:35
 Wanda Miller 112:25

Boston Marathon
 16th April 2001
 Liz Byer 4:25:10 pb 6 mins
 Vic Byer 4:39:12

London Marathon
 22nd April 2001

	Own Time	Official Time
Kevin Willett	3:06:44	3:07:45
Ben George	-	3:10:36
Brian McCallen	3:15:59	3:16:58
Simon Fisher	-	3:25:53
Cliff Smith	3:26:21	3:27:07
Steve Wilby	-	3:31:59
Colin Bennetts	3:31:47	3:33:03
Veronica Singleton	3:34:21	3:34:35
Nicky Klabe	3:35:00	3:36:08
Paul Langford	3:35:00	3:36:08
Viv Kilgour	-	3:36:13
Jack Chana	3:35:25	3:39:14: pb: 45 mins
Ian Swift	3:41:52	3:41:52: pb:17 mins
Sue Wetton	-	3:52:12
Bill Jordan	3:52:00	3:54:21
Chris Armstrong	3:58:35	3:59:36
Robbie Burrells	-	4:04:31
Phil Wainwright	3:58:00	4:05:30
Lisa North	3:58:00	4:05:30
Chris Cottam	4:05:00	4:07:33
Will Drown	-	4:12:01
Graham King	4:17:42	4:18:26
Craig Brown	4:20:11	4:26:16
Teresa Cooper	4:23:24	4:29:25: pb:8 mins
Malcolm McEwen	4:28:34	-
Guy Brooks	-	4:39:06
Les Dick	-	4:41:59
Michele Boyden	4:31:00	4:43:13
Andy Smith	-	4:48:02
Dee Holland	4:38:57	4:53:47
David Fake	4:55:56	5:07:38
Joy Smith	-	5:28:41
Pippa Hawker	-	5:30:17
Belinda Whittington	-	6:07:46
James Cherry	-	8:14:59

Rotterdam Marathon
 22nd April 2001
 Richard Piron 3:08:21
 Dave Briggs 3:08:57 pb: 25 mins

Fort William Marathon
29th April 2001
Malcolm McEwen 3:57:42

Sheffield Marathon
29th April 2001
Stuart Bartlett 3:10:00
Eric Grahn 3:29:56 pb 30 mins
Kathy Grahn 3:30:28 pb 29 mins
Cliff Smith 3:30:38
Colin Bennetts 3:34:48
Derrick Morrison 3:37:08 pb 7 mins
Des Morrison 3:45:11

Shakespeare Half
29th April 2001
Colin Welch 1:50:29 pb: 8 mins 28secs

Leighton Buzzard 10
6th May 2001
Alistair Fadden 64:47 pb
Brian McCallen 66.00
Paul Roberts 67:37 pb
David Harris 68:37
Zac Hollis 69:23
Graham Home 70:35
Ray Evans 73:46
Adam Dodsworth 73:51 pb
Jack Chana 74:10
Malcolm McEwen 74:59 pb
Gary Fuller 75:38
Bill Billington 78:25
David Sutcliffe 79:09
Colin Welch 79:47 pb
Colin Liddard 79:47
Jackie Keenan 81:30
Vic Byer 83:02
Jim Gannon 83:02
Steve Crane 84:01 pb
Liz Byer 90:19
Debbie Bilham 92:08 pb

Whitstable 10k
6th May 2001
Kevin Willett 35:43 pb
Cliff Smith 48:56

Seaford 10k
6th May 2001
Teresa Munns 50:20

Stevington 7.5
6th May 2001
Paul Langford 43:08 1st
Tony Parello 47:23 pb 75 secs
Christine Armstrong 56:38 pb 8 mins 32 secs,
Lesley Barnes 58:32 pb 4 mins

Enfield 10k
13th May 2001
Colin Welch 51:11
Adam Dodsworth 56:14

Marlow 5
13th May 2001
Teresa Munns 37:30

Women's Run for Like 5k
13th May 2001
Jo Sawyers
19:22 pb, & 3rd lady

Blackpool 10k
13th May 2001
Eric Grahn 43:30
Kath Grahn 44:45 8th lady

Stockwood Park 10k
13th May 2001
Stuart Bartlett 38:53
Veronica Singleton 45:36
Colin Liddiard 49:50
Steve Crane 50:20 pb
Simon Lawson 52:59
Bill Billington 54:33
Caroline Morgan 62:47
Iva Barr 71:39
Dave Bithell 73:47
Angela Gallivan 76:51

Silverstone 10k
15th May 2001
Stuart Bartlett 36:38
Graham Bufton 37:40
Duncan Vavangas 37:55
Nicky Klabe 38:42 pb, 3rd lady & new club record
David Harris 38:44 pb
Brian McCallen 39:12
Steve Gaunt 40:34
Steve Leutchford 41:51
Graham King 42:13
Phil Wainwright 42:24
Terry McEwen 34:13
Viv Kilgour 43:14

Silverstone 10k (continued)

Colin Bennetts 43:14
 Veronica Singleton 43:26
 Neil Klabe 43:33
 Adam Dodsworth 43:55 pb
 Jack Chana 44:05
 Chris Williams 44:07 pb
 Sean Trotter 45:31
 Steve Crane 46:58 pb: 3 mins 22secs
 Lesley Barnes 47:04
 Dave Sutcliffe 47:23
 Colin Welch 47:28 pb
 Ian Kingstone 51:17
 Debbie Bilham 54:02 pb

Eye 10k

20th May 2001
 Jack Chana 43:51
 Ray Evans 44:25
 Adam Dodsworth 44:44
 Dave Sutcliffe 46:43
 Colin Welch 47:26 pb
 Steve Crane 48:18
 Debbie Bilham 58:03

Market Harborough 5

23rd May 2001
 Nicky Klabe 31:03 PB, 2nd lady & new club record
 David Harris 31:32
 Brian McCallen 31:55
 Graham King 33:46
 Neil Klabe 34:28
 Viv Kilgour 34:39
 Colin Bennetts 34:39
 Adam Dodsworth 36:06 pb 23 secs
 Steve Crane 40:03
 Bill Bethune 44:36

Stevenage 5k

27th May 2001
 Adam Dodsworth 21:14 pb
 Jack Chana 21:47
 Colin Welch 22:20 pb 43 seconds
 Steve Crane 25:04

Chorley 10

27th May 2001
 Eric Grahn 69.55
 Kath Grahn 73.33

Sharnbrook 10k

28th May 2001
 Kevin Willett 36:30 3rd Man
 Matt Burgin 39.24
 Stuart Bartlett 39.26
 Richard Piron 39.40
 Nicky Klabe 39:59 1st Lady
 Graham Bufton 41.05
 Phil Barnes 41.16
 Cliff Smith 41.31
 Brian McCallen 41.41
 Steve Gaunt 41.51
 Tony Parello 41:55
 Graham King 43:07
 Paul Mowbery 43.08
 Ralph Ward 43.12
 David Harris 43.34
 Graham Horne 43.48
 Avril Thomas 43:58
 Richard Whiteman 44.29
 Jo Sawyers 44:57
 Zac Hollis 45.01
 Andrew Newstead 45.40
 Neil Klabe 45:58
 Phil Wainwright 46.12
 Veronica Singleton 46.16
 Paul Roberts 46.25
 Jack Chana 46.32
 Ian Marshall 46.33
 Chris Armstrong 47.11
 Bill Billington 48.21
 Adam Dodsworth 49.12
 Norman Beckwith 49.29
 Malcolm McEwen 49.31
 Colin Welch 49.33
 Chris Williams 49:36
 David Sutcliffe 49.40
 Shaun Trotter 50.44
 Gary Fuller 50.57
 Paul Kent 51.09
 Anthony Sidorowski 51.36
 Steve Crane 52.09
 Chris Cottam 52.32
 Simon Lawson 52.38
 Jackie Bullard 52:39
 Lesley Barnes 53.31
 Jackie Keenan 54.05
 Martin Lambourne 54.30
 Dave Bithell 54.38
 Julie Willett 54.50
 Andrea Ranson 55.18

Sharnbrook 10k (continued)

Liz Byer 56:02
 Michelle Boyden 56.04
 Ian Kingstone 56.45
 Davina Holland 56.53
 Trevor Beard 57.15
 David Fake 60.44
 Jacinta Horne 60.50
 Matt Hollis 61.09
 Michael Mayling 61:57
 Margaret Martin 65.47
 Barbara North 70:54

Corby 5

29th May 2001
 Stuart Bartlett 29:39
 David Harris 31:02
 Nicky Klabe 31:03 4th lady
 Graham King 33:11
 Neil Klabe 34:57
 Adam Dodsworth 36:00 pb 6 secs
 Colin Welch 37:52 pb 48 secs
 Bill Bethune 43:45

Buxton Half Marathon

3rd June 2001
 Colin Bennetts 1:40:23

Cranfield 10k

3rd June 2001
 Paul Langford 36:16
 Stuart Bartlett 38:16
 Andy Sewell 39:16
 Steve Gaunt 39:22
 Phil Barnes 39:38
 Zac Hollis 40:55 pb 45 secs
 Paul Mowbrey 41:07
 Ian Marshall 43:03
 Jack Chana 43:57
 Chris Williams 45:16
 StaunTrotter 45:17
 Christine Armstrong 45:59
 Jim Gannon 48:53
 Alice Edwards 49:25
 Ian Kingstone 50:08
 Peter Pack 51:44
 Dave Bithell 52:05
 John Waugh 54:05
 Matt Hollis 54:08
 Trevor Baird 54:49

Cranfield 10k (continued)

John Meadows 54:55
 Dee Holland 55:07
 Bill Bethune 55:54
 Magda Wojciechowska 60:50
 Vicky Barnes 69:57
 Lesley Barnes 77:44

Blackpool Marathon

3rd June 2001
 Cliff Smith 3:19:45 pb
 Eric Grahn 3:28:26 pb
 Colin Bennetts 4:22:59

Bedford 6

5th June 2001
 Paul Langford 34:51
 Stuart Bartlett 36:00
 David Harris 37:39
 Tony Parello 37:44
 Paul Roberts 38:21
 Richard Canvin 38:39
 Graham King 40:32
 Ian Marshall 40:51
 Veronica Singleton 41:52
 Terry McEwen 42:12
 Viv Kilgour 42:13
 Colin Bennetts 42:13
 Shaun Trotter 42:34
 Jack Chana 43:40
 Janet Clark 43:48
 Adam Dodsworth 45:08
 Christine Armstrong 45:23
 Teresa Munns 45:29
 David Sutcliffe 46:00
 Jacky Keenan 47:20
 Vic Byer 47:50 pb 17 secs
 Steve Crane 48:45
 Ian Kingstone 49:54
 Jim Hendry 50:15
 Liz Byer 51:15
 Bill Bethune 52:19

Long Eaton 5

10th June 2001
 Adam Dodsworth 38:33

City of Norwich Half

10th June 2001
 Andy Sewell 1:27:33

Weedon 10k

12th June 2001

Stuart Bartlett 38:03

Duncan Vavangas 38:34

Nicky Klabe 39:25 1st Lady, 1st Ladies team

Dave Harris 40:53

Graham King 42:18

Brian McCallen 42:48

Veronica Singleton 43:58 1st LV40, 1st Ladies team

Janet Clark 45:48 1st Ladies team

Neil Klabe 45:55

Adam Dodsworth 47:23

Bill Bethune 57:16

Colworth 5

15th June 2001

Kevin Willett 29:04 pb & 3rd man

Dave Briggs 30:44

Richard Piron 30:52

Alastair Fadden 31:21

Simon Fisher 31:35

Paul Roberts 31:51

Graham Bufton 31:53

Neil Lovesey 31:58

Andy Sewell 32:06

Mike Bernard 32:35

Brian McCallen 32:45

Steve Gaunt 32:57

Mark Cook 33:20

Jo Sawyers 33:32 3rd lady

Graham King 33:35

Sean Trotter 35:31

Colin Bennetts 35:51

Colin Wildman 35:51

Adam Dodsworth 36:22

Delores Wallis 36:42 1st LV35

Avril Thomas 37:10

Kevin Bullard 37:45

Norman Beckwith 38:13

Gary Fuller 38:23

Colin Welch 38:29

Jenny Lovesey 38:47

Lesley Barnes 40:27

Jackie Bullard 41:23

Jim Middlemas 41:40

Steve Crane 42:11

Dave Bithell 43:00

Debbie Bilham 43:00

Dee Holland 45:02

Richard Hales 45:37

Jacinta Horne 51:05

Iva Barr 54:29

Angela Gallivan 61:03

Hampstead 10k

17th June 2001

Adam Dodsworth 46:04

Colin Welch 48:18

Banbury 5

19th June 2001

Stuart Bartlett 29:56

Nicky Klabe 30:41 1st Lady, pb, new club record

Graham King 32:47

Viv Kilgour 34:36

Neil Klabe 34:36

Colin Bennetts 34:38

Janet Clark 34:59

Adam Dodsworth 35:54 pb 6 secs

Bill Bethune 43:44

Bedford Park 5k

20th June 2001

Nicky Klabe 18:43 2nd Lady

Steve Gaunt 18:55

Neil Lovesey 18:56 pb 34 secs

Brian McCallen 19:03

Richard Adams 19:04

Zac Hollis 19:46 pb 44 secs

Graham King 20:03

Graham Bufton 20:08

Mark Cook 20:11

Martin Leach 20:14

Neil Klabe 20:25

Phil Wainwright 21:23

Ray Evans 21:32

Kevin Bullard 21:49 pb 49 secs

Jack Chana 21:52

Chris Armstrong 22:15

Marcus Lee 22:53

Colin Welch 22:27

David Sutcliffe 22:51

Adam Dodsworth 23:06

Colin Liddiard 23:35

Mike O'Hara 23:39

Lesley Barnes 23:56

David Fake 24:06

Jackie Bullard 24:12 pb 1 in 13 secs

Steve Crane 25:06

Trevor Beard 25:12

Dave Bithell 25:28

John Meadows 26:22

Dee Holland 26:40

Val Bird 31:57

Iva Barr 32:44

Dunstable 10k

24th June 2001

Tony Parello 41:20

Mike Bernard 42:11

Jack Chana 45:01

Terry McEwen 45:07

Chris Armstrong 47:22 1st LV45

Teresa Munns 48:13

Steve Clark 48:28

Jenny Lovesey 51:16

Malcolm McEwen 54:29

Wyre Forest Half

24th June 2001

Andy Sewell 1:37:12

Carlton 10k

1st July 2001

Adam Dodsworth 44:33

Colin Welch 48:54

Angus Mackinnon 50:59

Lorraine Murfitt 59:14

Joy Smith 59:15

Heather Sutton 70:05

Val Bird 70:58

Milton Keynes 10k

3rd July 2001

Nicky Klabe 38:23 ; 2nd lady, pb, new club best time.

Stuart Bartlett 38:33

Paul Roberts 39:30

David Harris 41:25

Brian McCallen 42:02

Graham King 42:08

Viv Kilgour 42:15

Neil Klabe 44:05

Janet Clark 44:33

Phil Wainwright 44:40

Colin Bennetts 45:38

Adam Dodsworth 45:53

Jack Chana 46:35

Malcolm McEwen 48:07

Jackie Bullard 50:21

Kevin Bullard 50:21

Bill Bethune 56:09

THE TAIL END

Far better it is to dare mighty things,
to win glorious triumphs, even though
checkered by failure, than to take rank
with those poor spirits who neither
enjoy much nor suffer much, because
they live in the grey twilight that
knows not victory nor defeat.

Theodore Roosevelt



When we feel willing and eager
the gods join in -

AESCHYLUS

FEAR OF FAILURE

Failure is an integral part of the learning process—a natural signpost, a guide, an aid to further progress. I used to "fail" at least fifty times a day in the gym; it was no big deal. In order to learn, we have to see what's not working and take it into account. Most of us, when still young, were taught to fear failure—especially public failure—and to avoid it at all costs. We have therefore built in some mechanisms of defense against failure.

A common defense against failure is "not really trying". Athletes who sometimes appear lazy may not be motivated. Why not? Usually because they feel they will fail. If they do, they can fall back on the belief "I could have succeeded if I'd really tried."

Fear produces tension; tension constricts the blood flow and slows the reflexes, producing shallow breathing resulting in general or chronic contraction of opposing muscle groups; it can even affect eyesight. All this change obstructs effective movement and leads to probable failure. Fear of failure thus produces a vicious circle, resulting in the occurrence of what was most feared.

To break this cycle, we need to make peace with failure, for failure is not our enemy. Yet it isn't enough merely to tolerate failure. "Tolerate" means to endure something; we need to APPRECIATE failure in order to make use of it. When we learn something; let's give ourselves a couple dozen errors 'for free'. Let's even miss on purpose, just to stay loose and keep a balanced perspective. If we can make ourselves miss, we can also make ourselves hit.

Inner athletes laugh at failure as if it were an old friend playing a practical joke. The greatest inventors, artists and athletes of all time failed many times.

The Inner Athlete by Dan Millman (published by Stillpoint Publishing)