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PAULA IN IAAF BAN WORLD EXCLUSIVE

Bedford Harriers will be aware about the controversy regarding Tetragro...., Titterahygr...., Gyrotetra...., er, THG over the past few weeks, but our undercover reporters have unearthed even more SHOCK news from the athletics world.

In what is thought to be the first of many new items to be added to the IAAF banned list, Paula Radcliffe's knee high socks are so performance enhancing that they are to be BANNED from all competitions in 2004.



A source close to the IAAF told us:

"It's just not fair – those girl's school knee high socks give Paula Radcliffe an advantage over the other competitors. She wore them in London for this year's Marathon – result: world record. She wore them at the Great North Run this year – result: world best time. European Championship 10,000m? Same result."

A close showbiz pal of Paula said:

"Paula's gutted! She's been wearing those socks since she was four years old when she used to run to catch the school bus, and once she caught up with it, pass it with a devastating turn of speed and beat it by over 4 minutes to the school gates."

David Gallagher
Investigative Reporter

HARRIERS WORRIED AT IPA BAN

Phil Gray: Undercover Reporter

Have you ever wondered why certain Harriers have achieved a marked improvement in their athletic performance? No? Then look no further than the humble pint of IPA..

A recently conducted scientific survey of local athletes has located a direct link between consumption of IPA and enhanced athletic performance.

A club member, who wishes to remain anonymous (though his picture is in the next column), has attributed his recent athletic improvement down to the humble pint of IPA.

A season's best last year of 66 minutes for 10 miles has been reduced to an incredible 58 minutes this year.



Any doubts were further illustrated by club performances at the recent St Neots Half Marathon. His story, like so many other club members, illustrate clearly the power of the pint; the power of the humble IPA to enhance athletic performance.

Following on the heel's of Paula's socks, IPA could soon be added to the banned list too.

Editor's Column

Welcome to the relaunch edition of the Harrier's Club Magazine – The Run. This will be a thrice yearly publication coming out at the end of April, end of August and end of December (or maybe, beginning of January).

Firstly, a huge thank you to all those club members who have contributed articles, race reports, embarrassing photos and creative musings. Of course, anyone can submit anything to this magazine; all you have to do is email your contribution to me (see address at the bottom of this column).

It is my intention that the magazine reflects the nature of the club – fun, informal, and catering for all, from the serious athlete as well as those who just enjoy meeting up on a Monday and Wednesday for people to jog with. So, do send me your race reports – not just your times; your views on anything running (or non-running!) related; and I'm aware there are a few budding poets, novelists and crossword compilers in our midst, so send your contributions too (plus, somebody must know some running jokes?).

The next edition will come out post London Marathon, so if you're running in 2004, or you have run before, I want you to drop me a line (with or without photos) and let me know your thoughts on the race and the day.

Have a great Christmas and New Year and look forward to seeing many of you staggering round the streets running off that extra helping of Christmas Cake

Send copy to:
david.gallagher@milton-keynes.gov.uk
Images to:
schools@milton-keynes.gov.uk

Chairman's Column

Firstly, many thanks to David Gallagher for taking on the job of putting this magazine together. It's been a couple of years since the Harriers magazine was last published and it has been greatly missed.

OK, how can we sum up 2003? What kind of year has it been? Well in truth, it's probably been one of the most successful in the club's history. Our membership is now at an all-time high and exceeds 300 for the first time, our new membership programmes are going exceptionally well, the numbers of Harriers running races is well up on last year, the number attending the training sessions on Mondays and Wednesdays is getting seriously high, the numbers going up to Newcastle for our annual trip to the Gt North was back to previous levels, and the races which we organise ourselves have all gone exceptionally well.

What therefore is the secret of all this success? What are we doing right? The simple answer is work and in many instances, hard work by many people in the club and over a number of years. From Steve Clark, Keith Lakin and Martin Lambourne who have organised the new beginners group, to our Race Directors - Steve Crane, Kevin Willet and Graham Bufton and their teams of helpers and marshals, to the Team Managers - Steve Gaunt and Cathy Rogers who have done so well to stimulate the club's participation and interest in racing this year and particularly in the cross country series, to the group leaders many of whom are taking out larger and larger running

groups by the week, to Jacinta our membership/race entries/ and coaching co-ordinator, to David our Competitions Manager, to Christine our Club Treasurer (and part-time catering manager) and to all the other members of the committee, all have put in huge amounts of work over the past twelve months to make the club what it is.

Suppose what it comes down to is teamwork, working together and helping out when it is needed. Only through teamwork for example, are we able to organise four road races and one cross-country race each year including ones of the scale and complexity of Oakley and Barford. Only through teamwork are we able to provide up to 60 people new to running with structured three-month training programmes twice a year. Only through teamwork and people willing to give their time, effort and ideas to the club are we able to achieve most of what we do.

There are many examples of this teamwork though one which comes particularly to mind is the 'Doug Anderson Memorial 5k' which was held in Bedford Park in July in memory of Doug Anderson a founder member of the Harriers who died last year. Many Harriers helped out in the organisation of that race and some 76 Harriers ran in it including many who knew Doug from the early days. It was a great team effort and Doug would have liked that.

All the best for Christmas and the New Year.

Brian McCallen

Running is Good for Your Wealth

Did you know that your Harriers Membership Card can save you money?

Many sports shops such as 'Sweatshop' in Milton Keynes and 'At Your Own Pace' in Tavistock Street, Bedford

give Harriers members 10% discount on purchases.

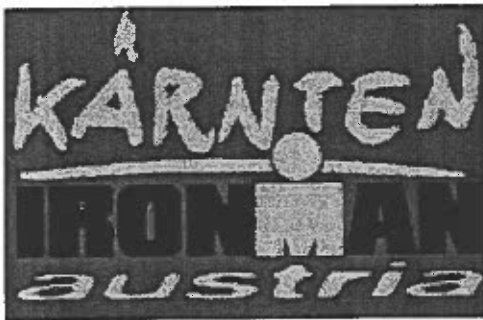
However, you must have your membership card when claiming your discount. So carry it with you.

IronMan Triathlon – Klagenfurt Austria July 2003

took up 'Triathlon' seriously a few years ago because I was worried that running or 12 months of the year could lead to injury or mental staleness (or both).

Triathlon is definitely a summer sport so I thought that once the 'Spring Marathon' was out of the way I would ease up on running and do more cycling and swimming. Triathlon as a sport is still in its youth but I soon discovered that there were other runners in the Harriers who were 'converting' to Triathlon.

I knew Simon Fisher was a committed 'Ironman' and others were considering the ultimate challenge an 'Ironman Triathlon'. Eventually we put together a 'team' and opted to do the Austrian IronMan whilst raising money for the Primrose Appeal / Macmillan Cancer Care.



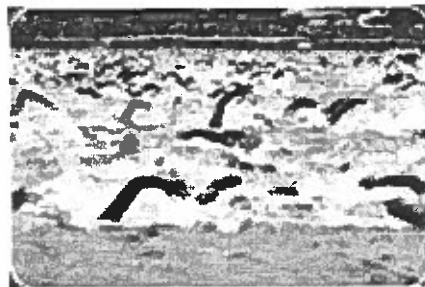
We chose Austria partly because we could get cheap flights with Ryanair, a lake swim (in clean, clear and warm water) and the 112 mile cycle route looked stunning as it took us along the side of Lake Worthersee and then away up into the hills toward Slovenia.

As of November 2002 'Team Bedford' became 5 – Simon Fisher, Tony Parello, John Shearer, Mark Phillips and myself and from December 2002 training began in earnest! Weekends were taken up with e.g. 3 hour bike / 1 hour runs, 4 hour bikes 30 minute runs, 6 hour bike (both days sometimes!) and then as May/June approached we started open water swimming – i.e. 1 hour swim / 4 hour bike / 1 hour runs until eventually we all had the confidence and stamina to complete a 2.4 mile swim / 112 mile bike / 26.2mile run.

Before the team flew out, our support crew – Ian Kingstone and Simon Rimmer loaded up our bikes and set off in the van (kindly donated by VW UK).

By Thursday – 3 days prior to the event we were all settled in at our hotel and absorbing the Ironman 'vibe'. Race day dawned cloudy and fairly cool as we made our way down to the lake shore.

The site of 1600 wet-suited swimmers was a bit daunting but as the starting horns sounded and we crashed into the water the nerves soon disappeared. The first 800m of the swim was a bit frantic with flailing arms and legs everywhere and it was difficult to find clear water but we soon settled into a kind of rhythm.



Having swum out 800m to a buoy then a further 300m to the left we turned back to shore, climbed out, ran 100m along the beach then began the second 1.9K. The last 1k was up a narrow canal. It was a relief to get out of the water and onto the bikes.

At this stage I didn't know where the rest of the team were but assumed that John would be at least 15 minutes ahead already and Tony about 10 minutes behind. I saw Simon in transition and as I learnt later, Simon, Mark and I got out of the water almost at the same time.

It was such a treat to get on the bike and cycle on traffic free roads with no potholes and I raced away and was soon averaging over 20mph. After about 18 miles we encountered the Rupertiberg hill for the first time.

This was 'manageable' at least for the first lap but the descent the other side was superb and I clocked 45mph at one point. After the first lap I was feeling good, almost euphoric, and not in the least bit tired.

Mark passed me half way round the 2nd lap and by lap 3 I was beginning to feel it tough and with 10 miles left of the 112 mile cycle I was beginning to think 'how the hell am I going to run a marathon!'



To make matters worse the temperature was rising and I knew that in the shelter of the town and by the lake the heat would be oppressive. I finished the bike leg having averaged about 19mph (a lot quicker than I'd hoped) and at the start of the run I was jogging along at about 9 minute miling. I soon realised that I was going to have to adopt a run/walk strategy (8 mins jogging / 2 mins walking) and this kept me going til about 16 miles. After that it really was a case of keeping going jog a bit, walk a bit – the main objective was to get across the finish line.

During the run, Simon passed me then Tony, then I passed Mark at about 22 miles and then John. I was fading badly myself at 24 miles and at the finish John dug deep and came past me with about 200m to go. I crossed the line in just under 12 hours which was well within my target.

Like your first marathon, its one of those events in your life you never forget. I learnt a lot that day, about myself, how hard I can push myself, and more importantly what I need to do to get a quicker time next year! I recommend triathlon to anyone – it has to be the most complete form of exercise you can get and if you are just a runner training for Triathlon gives your joints a well deserved rest in the summer and will leave you feeling refreshed for Autumn / Winter road and cross-country racing. The team should have raised nearly £10,000 for the Cancer Charities.

Richard Piron

**Bedford Harriers
Club Championship
Half Marathon**

1. Kevin Willett	1.18.00
2. Graham King	1.20.08
3. Richard Piron	1.22.54
4. Mike Barnard	1.24.58
5. Andy Sewell	1.27.09
6. Graham Horne	1.27.54
7. Tony Parello	1.28.04
8. Alistair Fadden	1.30.50
9. Steve Gaunt	1.30.50
10. Martin Leach	1.31.47
11. Rob Miller	1.32.01
12. Brian McCallen	1.32.27
13. Colin Tranter	1.33.27
14. Andrew Moore	1.33.43
15. Paul Roberts	1.35.21
16. Henry Downes	1.36.26
17. Graham Short	1.36.33
18. Derek Morrison	1.37.25
19. Gary Fuller	1.37.39
20. Richard Whiteman	1.37.50
21. Carla Fisher	1.38.12
22. David Herincx	1.38.37
23. Suki Nandha	1.39.09
24. Ian Marshall	1.40.02
25. Michael De Cesare	1.40.11
26. Chris Williams	1.43.05
27. Teresa Munns	1.43.47
28. Steve Clark	1.45.09
29. Jack Chana	1.46.47
30. Vic Byer	1.46.56
31. Ian Kingstone	1.46.56
32. Gary Horsman	1.47.35
33. Jenny Lovesey	1.47.42
34. Donna Thornton	1.47.53
35. Steve Gingell	1.49.59
36. Larry Corkery	1.51.12
37. Mark Billington	1.51.13
38. Bill Billington	1.51.53
39. Lynne Gingell	1.52.19
40. Pete Chana	1.56.13
41. Mike Barnett	1.56.41
42. Debbie Bilham	1.56.46
43. Mick Inskip	1.56.58
44. Stuart Bullard	1.57.41
45. David Gallagher	1.58.08
46. Catherine Griffiths	1.59.20
47. Bruce Richardson	2.01.14
48. Suet Lua	2.01.15
49. Teresa Cooper	2.07.37
50. Barry West	2.08.18
51. Helen Broughton	2.09.23
52. Jude Cottam	2.22.26
53. Chris Cottam	2.22.27
54. Val Bird	2.30.24

St Neots, 16 November 2003

**BEDFORD HARRIERS 10 MILE
CLUB CHAMPIONSHIP**

1. Kevin Willett	59.00	17. Colin Liddard	77.38
2. Tony Dadd	60.29	18. Vic Byer	77.57
3. Alistair Fadden	63.56	19. Peter Campbell	80.21
4. Richard Piron	64.00	20. Jonathan Rook	80.29
5. Simon Walstrom	65.04	21. Bill Billington	81.25
6. Mike Bernard	68.03	22. Mark Billington	81.25
7. Tony Parello	68.03	23. Gordon Sutcliffe	81.32
8. Martin Leach	69.41	24. David Sutcliffe	81.52
9. Simon Fisher	70.01	25. Dave Russell	82.00
10. Brian McCallen	70.54	26. Nick Francis	86.30
11. Steve Gaunt	71.26	27. Liz Byer	87.40
12. Paul Campbell	72.05	28. Lesley Barnes	93.19
13. Ian Marshall	72.18	29. Iva Barr	118.28
14. Karen Price	73.35		
15. Sean Newbury	76.10		
16. Steve Crane	77.37		

Hemel 10, 9 March 2003

BEDFORD HARRIERS 5K CLUB CHAMPIONSHIP

1. Kevin Willett	16.43	35. Mark Billington	22.59
2. Tony Dadd	17.20	36. Alex Rothwell	23.04
3. Sean Newbury	17.23	37. Stephen Wilby	23.05
4. Richard Dorman	17.50	38. Bill Billington	23.10
5. Alistair Fadden	17.55	39. Lesley Barnes	23.37
6. Graham King	17.57	40. Michael Barnett	23.40
7. Stuart Bartlett	18.01	41. Larry Corkrey	23.55
8. Neil Lovesey	18.31	42. Lynnie Gingell	23.55
9. Tony Barnes	19.06	43. Steve Gingell	24.18
10. Paul Roberts	19.15	44. Malcolm McEwen	24.24
11. Andrew Moore	19.21	45. Jeanette Cheetham	24.26
12. Steve Gaunt	19.29	46. Jim Hendry	24.31
13. Brian McCallen	19.38	47. Keith Lakin	24.46
14. Michael Barnard	19.52	48. Barry West	25.55
15. Martin Leach	19.54	49. Pascale Fernee	26.11
16. Graham Short	20.05	50. Jacinta Horne	26.15
17. Derek Morrison	20.37	51. Karen Robinson	26.39
18. Peter Campbell	20.45	52. Steve Ball	26.51
19. Colin Tranter	20.52	53. Laura Soady	29.09
20. Jonathan Rook	21.01	54. Norma King	29.29
21. Norman Beckwith	21.02	55. Margaret Martin	29.57
22. Christopher Capps	21.19	56. Debra Davis	30.11
23. Avril Monmont	21.27	57. Paula Hollowell	30.38
24. Stuart Bullard	21.35	58. Michelle Goddard	31.18
25. Eugenia Carr	21.52	59. Emilie Cowlen	31.20
26. Ian Kingstone	21.55	60. Valerie Kidd	31.23
27. David Herincx	21.55	61. Emma Yoxen	32.07
28. Cathy Rogers	22.10	62. Rachel Bridger	32.07
29. Teresa Munns	22.14	63. Merlyn Webb	33.42
30. Steve Crane	22.34	64. Paul Hudson	33.42
31. David Russell	22.39	65. Vanslin Noel	38.07
32. Steve Clark	22.44	66. Martin Lambourne	38.07
33. Donna Thornton	22.47		
34. Mark Francis	22.59		

Cranfield 5K, 11 July 2003

BEDFORD HARRIERS 5 MILE CLUB CHAMPIONSHIP

1. Kevin Willett	27.55	21. Jack Chana	38.46
2. Tony Dadd	29.29	22. Bruce Mehew	39.03
3. Graham King	29.38	23. Lesley Barnes	39.09
4. John Shearer	32.17	24. Norman Beckwith	39.17
5. Martin Leach	32.40	25. Martin Lambourne	39.47
6. Hannah Liston	32.47	26. Alex Rothwell	39.55
7. Brian McCallen	33.00	27. Larry Corkery	40.04
8. Steve Gaunt	33.18	28. Peter Pack	42.31
9. Derek Morrison	34.31	29. Suet Lua	44.16
10. Veronica Singleton	34.44	30. Steve Ball	44.46
11. Paul Roberts	35.08	31. Keith Lakin	45.02
12. Colin Tranter	35.43	32. Helen Broughton	45.56
13. Peter Campbell	36.09	33. Teresa Cooper	46.28
14. Colin Bennetts	36.36	34. Barry West	47.10
15. Chris Capps	36.54	35. Laura Soady	49.23
16. Gary Fuller	37.16	36. Norma King	51.02
17. Teresa Munns	37.33	37. Paul Hudson	61.28
18. David Herincx	37.54	38. Iva Barr	61.40
19. David Sutcliffe	38.21		
20. Ian Kingston	38.32		

Blisworth 5, 8 August 2003



St Neots Half

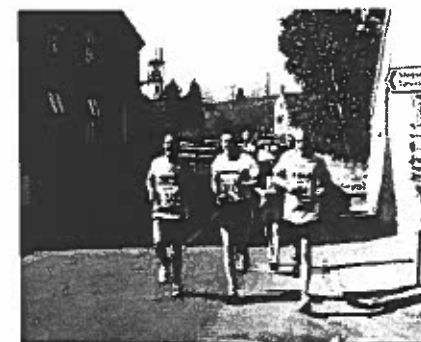


Cranfield 5k

BEDFORD HARRIERS 10K CLUB CHAMPIONSHIP

1. Kevin Willett	34.55	27. Bruce Mehew	47.05
2. Tony Dadd	35.55	28. Bill Billington	47.21
3. Richard Dorman	36.21	29. David Sutcliffe	48.37
4. Graham King	37.11	30. Larry Corkery	48.49
5. Sean Newbury	37.29	31. Lesley Barnes	49.47
6. Mark Whiteman	37.56	32. Richard Hales	50.47
7. Alistair Fadden	37.56	33. Jacky Keenan	51.48
8. Richard Piron	38.44	34. David Gallagher	56.02
9. Andy Sewell	39.16		
10. Hannah Liston	39.51		
11. Neil Lovesey	39.53		
12. John Shearer	40.04		
13. Mike Barnard	40.19		
14. Andrew Moore	40.29		
15. Tony Parello	40.36		
16. Martin Leach	41.16		
17. Steve Gaunt	41.23		
18. Brian McCallen	41.36		
19. Graham Short	42.11		
20. Peter Campbell	43.55		
21. Avril Monmont	44.04		
22. Cathy Rogers	44.31		
23. Ian Marshall	44.38		
24. Chris Capps	45.50		
25. Alex Rothwell	46.04		
26. Jonathan Rook	46.40		

Standalone 10k, 5 October 2003



Oakley 20



Embankment 5

A Racing Year – Paul Hudson

I joined the Harriers in January of this year. I had finally succeeded in gaining a place in the London Marathon after three previous failed attempts and needed to start training in preparation for this race. I had estimated my completion time at 4 hours, this time being based on my finishing times of 1 hour 45 minutes that I had achieved from my first few Bedford half marathons in the 1980s. I still remember the killer hill at Curlew Crescent after 9 miles!!

It quickly becoming apparent from my first few runs with the beginners group that it would be near nigh impossible to achieve the time I had estimated. I was now 4 stone heavier and was also carrying a spare tyre (or two) around my waste. I also found running a lot harder now; I always seemed to suffer from a new ache or pain after a training session.

In preparation for London, I had entered a few races including the inaugural London half marathon at Silverstone. I had decided upon the M1 and A43 route, and it should have taken me no more than 40 minutes tops to get there. I left home well over 2 hours before the race, but with roadworks on the A43, I managed to arrive at the race with only 5 minutes to spare. Fortunately, there were plenty of others in the same boat, and the official start of the race was put back by 10 minutes, which was greatly appreciated. I quickly got changed and got to the start with only a couple of minutes to spare. My warm up consisted of a few stretches before the gun signaled the start of the race. I started fairly well, going through the first mile in just over 10 minutes, which included the time to cross the start line. Coming towards the end of

the second mile and the first incline of the course, I decided on a breather and started walking. Only problem being that once I got to the top of the incline, I continued walking, a fatal mistake!! Within minutes of this though, a big mass of people descended upon me, it was the 2 hours 30 minutes Runner's World pacer group, I decided to stick with them for as long as I could. They would run for 5 minutes and then walk for a minute. I kept with them until the water station at 5 miles, I stopped to take a drink and they just kept on going!! They had obviously mastered the art of taking on fluid while still running, unlike myself who was walking through all the drinks stations.

As I continued, they seemed to get further and further in front of me, until they were only a brief figment of my imagination. It was at this time, I kept looking at the distance markers and was thinking that if this was the marathon, I would have an additional 13 miles to go, which wasn't helping!! Eventually, I struggled round and completed the course in 2 hours 46 minutes, which was well over an hour outside my personal best!! This had been the first race I had done in ages and it was by far the worse I did during the year. Hopefully, with this race under my belt things could only get better!!

There were numerous races after this I that I enjoyed during the year. The first was the London Marathon; I decided to start with the "Get you round" Runner's World pacer group. As at Silverstone, you would run for 5 minutes and walk for 1 minute. I kept with them for the first 2 miles, and then decided to go off on my own. This was due partially to the blue start group, which I was with slowing down to enable the red group to catch up, the wonder of mobile phones.

The red start had taken an additional 5 minutes to clear the start line and so were further behind on us the course. Unlike Silverstone, there was plenty of vocal support and load of various activities going on around the course and the miles seemed to pass at lot more easily. I bumped into Phil from Birmingham, who I had met at Silverstone and we kept together for a couple of miles. He was very appreciative of the 2 scantily clad Daily Sport stunners at the 9 mile mark and it was at this point that he started to fall behind me. I reached the halfway mark in just over 2 hours 35 minutes and it was at this point I started to suffer from blisters. The weather didn't help since it was a boiling hot day, and it soon became quite painful to run. The "get you round" group caught me back up at 16 miles and I managed to keep with them for about a mile before letting them go off in front of me!! Now, I was mainly walking with brief stints of running. By the time I got to the Tower of London at 20 miles, the carpets were starting to be rolled up, but the roadside support kept you going along with the thought of the monies that you were raising for your designated charity. At the 23 mile mark, I heard Arsenal were leading Sheffield United 1-0 in the FA Cup semi-final and so knew a trip to Cardiff was beckoning. A further mile on a lady came out with a big tray of meat pies, which she was handing out to runners, I quickly devoured one. As I approached the finish of the marathon I kept looking at my watch and was determined to get round in under six hours, which I did this after completing the last mile in under 11 minutes, catching up with the remnants of the "get you round" group. It was definitely the best day in terms of support and atmosphere and I would recommend this event to any other runner.

Continued on next page

A Racing Year – Paul Hudson

Continues from page 6)

The other race, which I enjoyed, was the Stena Discovery 10km at Doverscourt (near Harwich) in late September.

I had entered this via the Runner's World website, since I was now trying to run as many races as Jack Chana in the year, and since this was on a Saturday, this would enable me to catch up on him. The race was to be run along the coastline and there was a special prize for the first to reach the lighthouse at 2.59km and go on and complete the race.

Needless to say, I didn't win this, but there were definitely some runners who went off to fast and paid for it later. What made the race special, was the big contingent of Dutch runners (around 330) that had come across to compete in the race, they were very friendly and encouraged all other runners competing.

At the end of the race, the slower runners were joined by their fellows who

had already finished to ensure that they crossed the finishing line with plenty of support around them.

Although it was late September, it was a sunny day and therefore the award-winning beach could be taken advantage off as well as sampling the local fish and chips. It was certainly a good day out.

Other races that deserve a mention during the year were the Rockingham 4.75 mile on a wet Tuesday night in May. Having arrived late at the race after taking a couple of wrong turns, and starting 5 minutes after everyone else, I was the last competitor to finish. It was greatly appreciated by me for the support given by the marshalls even though they were getting drenched in the process. A mention must also go to church choir and musical group at the 4-mile mark in the Nottingham Half Marathon.

Anyway, I will be looking forward to running more races in the New Year!! Happy Running!!

Our 1000th Member

Bedford Harriers current membership now exceeds 300. However, since the club was started back in 1985, over 1,000 people have been members of the club. We think this latter achievement deserves recognition so on our Awards Night, Wednesday 17th December, the 1000th member on our books will receive a year's free membership and a club t-shirt. Who is that person? Find out on the night!



YOUR CLUB NEEDS YOU

Helpers wanted to organise 2005 celebrations

Bedford Harriers will celebrate its 20th anniversary in 2005 and we intend to mark the occasion with a main function and other celebratory events. To help us do this, we need members who can help plan and organise. If you have any ideas and would like to be part of the 2005 organising team, let us know.

New Club Secretary Needed

Avril Monmont our Club Secretary, will be leaving the Bedford area after Christmas and, very sadly, will be unable to continue in the position. We need someone therefore who can take over from Avril. If anyone is interested, could they please let us know.

If you can help with either of the above, contact a committee member on a club night, or email hello@bedfordharriers.co.uk

The Great South Run

The Gt South Run, not a patch on the Gt North Run, but still 12,500 runners and badged as the largest 10 mile race in the world(!). It is still good fun, loads of spectators, a few stars, Sonia O'Sullivan, Liz McColgan, her daughter Eilisha (a star of the future), Richard Dunwoody, the usual splattering of Kenyan runners and stars of television.

For those that were at Gt North, the Scotsman on his stilts was there, so were the 2 seagulls and I understand there were a couple collecting for Bedford Hospital.

Portsmouth is a great place to spend a weekend, loads of naval history, HMS Victory, HMS Warrior, boat trips around the Naval harbour, and even Gun Wharf Quay for that bit of retail therapy the ladies need.

The race started along the Esplanade (posh for sea front) on a windy, cool but dry day. It took us to the west, the full length of Portsmouth, with the wind at our backs, past the hovercraft ferry (it actually arrived as I passed), along to the historic dockyard, past HMS Victory, through the naval docks, before we turned and did a loop back past the start and through to the far eastern end of Southsea, now the wind was in our faces. The last 2 miles were returning to the finish along the sea front with the wind behind pushing us home.

The course is flat but busy and should have been ideal for a pb, but with few club runners of any sort, I was a couple of minutes off mine, but I still enjoyed it and the organisers are looking to get their numbers up in the coming years so worth noting in your diary for 2004.

Chris Capps

Chris finished in 1.17.04

The Munich Marathon

The Munich Marathon attracted 10,000 runners this year - a substantial increase on last year's entry - and with friends living in the city and a dream of doing a sub-4, I became the 10,001st.

The race start was in the impressive Olympic stadium built for the 1972 Olympic games and still boasting its original gaudy lime green seating. The starting pens for the runners were inadequate to hold the large number of participants with some entrants resorting to climbing the 7 foot high perimeter fencing to get into the right starting position. With the countdown to the start into the last minute an avalanche of excess running clothing cascaded over the fencing and onto the grass verges for retrieving by their owners at the end of the race.

The course itself was changed this year to remain within the confines of the city and meandered through the Bavarian capital via the open square of Odeonsplatz passing the arches of the neoclassical Feldherrnhalle, where Hitler marched with his followers, and past the Glockenspiel into the bohemian neighbourhood of Schwabing.

Now going uphill, the course swung past the Deutsche Museum at kilometre 14 and headed northwards. For the runner to appreciate the crisp autumnal morning, kilometres 27 to 37 ran through the 18th century Englischer Garten, the largest public park in Europe, hugging the city's River Isar.

Throughout the run the marker posts being in kilometres rather than miles made split timing difficult and mentally multiplying by 0.625 gets tiresome even for a maths tutor! I made a mental note

in future to map out training runs in kilometres. The people of Munich were loud in their support with the deafening rattle of spoons on saucepans, whistles and cowbells throughout the wide tree lined streets.

With the course now heading back to the stadium for the finish, the route became littered with the walking wounded limping along the last few miles. Entry to the stadium itself was through a tunnel within which flashing disco lights and dry ice made for a scene from a 70's Top Of The Pops episode. All that remained was a lap of the track. With the clock lurching dangerously close to 4 hours, Steve's Friday night track sessions came into their own for the final sprint.



Travelling overseas may not immediately come to mind when choosing a marathon venue but think about giving it a go! With budget airlines, guaranteed on-line entry now available and a 26 mile sightseeing tour thrown in - it makes for an unforgettable weekend city break.

Jim Gannon

Don't forget to visit the Harriers website:

www.bedfordharriers.co.uk

For all the latest news, results and fixtures

Ramsay Half – 28 September

BIRTHDAY

By Phil Gray

The cooler weather is upon us now so I had a look through the entry forms folder to see if there were any longish runs in the offering; since, like a certain well known supermodel, I don't consider anything less than 10K to be worth getting out of bed for, at least not on a Sunday morning. I found the Ramsey Half Marathon, which wouldn't involve too much travelling.

I have to admit to being a bit apprehensive about a "multi terrain" race as Ramsey is described as. I have nightmarish visions of hills and mud which takes 3 hours to clean off your trainers.

While en route, a cold front went through, producing some heavy rain in places, but it had cleared by the time I arrived at the venue, St Ailwyn's School. The parking was close to the race HQ and plentiful, there was a burger van for post race sustenance, supervised baggage storage and above all adequate toilets with no queues.

At the late entries desk I was given the number 116, which indicated that there weren't many entrants, at a guess I would say about 150. I was a bit surprised to find just one other Harrier, Andy Sewell, here; possibly due to this being the week after the Great North run.

One of the sponsors, Advanced Performance, were holding a free draw for a pair of running shoes; worth a go, I thought, as my present ones are getting worn.

The course was not as I had feared. The start and finish were on the school playing field, with most of it on concrete paths, possibly a disused airfield peritack. A short section was run on a very quiet public road. The whole area is incredibly flat which must make this, on a light or no wind day, one of the best races for getting a PB.

A PB wasn't on my mind today as I really just wanted to treat this as a test run at the beginning of the season to pace myself and make sure there were undue no aches and pains. In fact I missed a PB by just 13 seconds and everything seemed to work OK so I was happy. There was, however, a bit more to come. The draw was held after prize giving and I am now the proud possessor of a £60 shoe voucher. There were several other raffle prizes awarded as well such as umbrellas and tee shirts.

Well done to Andy who came 1st in the MV40 class with a time of 1:26:39.

This was a well organised race with a well marshalled course and St John's and REACT personnel in attendance. If you're wanting to run a half marathon then this is a good one to go for.

Debbie Bilham



Minutes turn to hours as you grow with time.

Each year you reflect on being older.

A case for unending celebration or not.

Me?
A quiet drink in my local –

The Castle
Newnham Street
with Rie and Dave.

Rie is from
Japan and
studies

at a local college.
She is Diana
in all her glory.

A magical figure
to stir
the imagination.

Dave working
towards yet another
million or

so he claims as
the day provides
rest bite from recent

inclement weather.
364 days have
passed since

I last
celebrated
my birthday.

A good year
in more
ways than one.

A new home
and perhaps
a new me

is the end
result of
it all.

2003 – A Year in Review

The story so far...

Renaissance is a good way to describe the year of 2003. Renaissance in the sense that an injection of passion and the resurgence of the team ethic have been ignited. I have witnessed first hand some incredible scenes throughout the year and captured Harriers in action in my capacity as Club Photographer.

I also have an appreciation of the effort people put into addressing races, races that range in their demands from the explosive nature of a 5K race around Cranfield University to the stamina sapping extremes of Iron Man Austria. A quiet start to the year but this soon evaporated as Harriers addressed the Club 10 Mile Championship at Hemel in March. Kevin began his quest for excellence as he duly secured 1st Harrier in a mind boggling 59 minutes and 10th overall. Kevin was well supported in his efforts as he along with Tony Dadd and Alistair Fadden secured 3rd place in the Senior Men's Category. Karen Price secured 1st Harrier Lady in 73.35

London produced another stream of good performances in the guise of the London Marathon and Harriers were well represented in the capital. May witnessed incredible scenes as the Grand Prix Series got underway at Silverstone.

My camera could barely keep pace with the action in front of me. May came and went with some incredible performances but the best was yet to come as June witnessed a deluge of races with Harriers continuing their passionate quest for excellence. Colworth was an incredible weekend as a number of Harriers addressed the Colworth Marathon Challenge. It began with a sedate 5 miles multi-terrain race on Friday, an 8 miles trail race on Saturday and concluding with a demanding half marathon in hot conditions on Sunday.

Emotions high as my camera began to melt as it took photo after photo of Harriers addressing the ultimate challenge. Hot conditions did little to aid participants as the Marathon Challenge reached a climatic conclusion on Sunday. Kevin was on fire over the weekend and duly secured a remarkable 2nd place overall, while a number of Harriers also went the distance, with one or two pb's along the way. July would exceed all expectations in the guise of some incredible performances and the atmosphere at each event was electric. Cranfield, Stevenage and Bedford Park held court to some incredible scenes and the tide of Harriers clearly in evidence at each event. Cranfield 5k was host to the Club 5k Championship.

What a night in July as I located near the roundabout at 1k. I could not keep pace with the frantic action in front of me

as a stream of Harriers came blasting past at a pace I could only dream of and the scene of new members strutting their stuff in their first race ever was magical to say the least. Times reflected some serious efforts as Kevin secured yet another Championship Race in a new pb of 16.43 and a new club MV40 time, chased home by Tony Dadd and Sean Newbury. Graham King was also blasting around in a new pb of 17.57, closely followed by Stuart and Neil and many more. So fast was the action I thought the camera would melt. Avril had another good run as 1st Harrier lady in 21.27 closely followed by Eugenia Carr and Cathy Rogers. A night to remember and concluded with a well earned burger and a cold beer. Wow!

Less than a week later I found myself capturing Harriers in action at the annual Stevenage Relays. The distance: 3k. An incredible mixture of Harriers racing pedigree on display in the guise of 5 teams, 3 mens teams and 2 ladies teams and led in style by that man Kevin Willett. He did not disappoint. He led the Senior Men to 2nd Senior Team in the Beds County Championship, while Steve Gaunt, not to be outdone, led the Vets Team to victory in the Beds Vets County Championship. Hannah Liston led the Senior Ladies to victory in the Beds Senior Ladies Championships supported by Karen Price and Lisa North, while Teresa Munns and Co duly secured the Vets Ladies County Championships. Wow!

Yet more to come as Bedford Harriers staged a 5k Race in Bedford Park in memory of Doug Anderson, a founder member of the club. His son ran with the coveted number 1 and led a night of celebration as Harriers turned on the style and some incredible performances. *(Continued on next page)*

2003 – A Year in Review (cont)

feel sure that Doug would have raised a mile as the event reached a fruitful conclusion. At the same time a number of Harriers addressed and duly completed a demanding Iron Man in Austria in the guise of Team Bedford. Well done guys.

August was a quiet month but not before members addressed the Club 5 mile Championship in Blisworth. September duly arrived and Swineshead witnessed magical scenes as Bedford Harriers secured the 1st Mens Team on the day in the guise of Richard Dorman, Paul Langford and Sean Newbury. Well done guys.

June was a face that was quickly to become a feature of the year was that of Suet Lua. Suet has completed an amazing 29 races to date. Well done Suet. October was a busy month for Harriers as they addressed a number of races in the guise of the Biddenham 10k, Standalone 10k { Club 10k Championship } and the

Liverpool Half Marathon. Biddenham and Standalone had a combined total in excess of 90 Harriers competing, while Liverpool did not let us down.

It was an incredible weekend in the North West as Harriers invaded the capital of Scouseland, led by our local boys, Brian McCallen and Mike Barnard. A day spent seeing the sights, if 3 or 4 hours in the Cavern in Mathew Street is exploring, then I will go along with that. Yet more delights as Harriers opened their cross-country account at Letchworth.

Nearly at the end as we prepare for the jewel in the crown that will have run its course by the time you read this – the Great Barford Half Marathon. Numbers and passion speak volumes and so does the effort of the driving force behind it – Steve Crane. At last it just remains for me to wish you all a Happy Christmas and a peaceful 2004.

Phil Gray

I am sure I speak for many at the club in saying a huge thank you to Phil for tirelessly taking his camera to virtually every race this year where the Harriers are out in force. It certainly brightens up our website, and makes my job of filling these pages a lot easier!! - David Gallagher



Liverpool Half



Colworth Challenge



London Marathon



Sandy 10



Silverstone 10k



Great North Run

CROSS COUNTRY RENAISSANCE

Any concerns about the passion within the club for all things covered in mud have been dispelled by record turnouts in recent weeks. What is at the heart of this so called 'renaissance'? A desire that cross-country can be fun and that it is not just about winning but taking part and representing your club. Having fun is a key factor in persuading members that you can run in muddy conditions and still be alive to tell the tale as recent weeks have illustrated.

I have witnessed first hand the enthusiasm within the club and the atmosphere from the start at Letcworth in October has been – 'Agincourt was just a minor scuffle, you ain't seen nuffin yet'. Letcworth was a baptism of fire for many but still they put on the club vest and ventured forth.

Look what happened next as the Harriers bandwagon rolled onto Wellingborough and a record 55 Harriers crashed through streams of mud and water and Hannah became acquainted with a new friend called – 'oh my god'. What a level of support as well and a constant sight was that of Sarah and Jenny Fadden raising the roof with echoes of 'come on Harriers'. How do you top this? Well you do that by having the first man home on the day at Bedford in the guise of Nick Berrill.

Well done to Nick and to all Harriers who have raised the profile of the club by representing the club and having fun. Thanks to the team captains in the guise of Steve Gaunt and Catherine Rogers who have persuaded members that cross-country can be fun and that running in club colours can be an inspiration for other members to venture forth. At last a renaissance that will live in the memory of participants and supporters alike.

Phil Gray

Why Do We Do It?

Who'd have thought it... me running. We must have all said it at some point "I couldn't run to save my life". Well, a holiday to Club La Santa in September 2002 soon changed that for me.

My first experience was doing 3 laps of the running track in sweltering heat. Boy was I knackered!. I never thought I'd survive that 4th lap, but I did. I joined the beginners group in October and soon became a fully fledged Harrier. From then on... there was no turning back – I was hooked! I'd watched Malc run a few races before. My initial thoughts being why??? I soon started to realise what attracts us all to running, like bees to honey. We all do it for different reasons, but for me it's all about the people. Must also confess to suffering from a slight case of PB'ness... there's nothing better than chipping seconds off your race times! The customary aches and pains is the only negative for me.

My first ever race was Wolverton 5 in November 2002. I'm left with a vivid memory of striding towards the finish line, cheered on by Harriers. Crossing that line was such an achievement and a great buzz. I couldn't wait for the next race. I will have run 25 races by the end of the year and have so many great memories of my first running year... Castle Ashby Half in March, gorgeous setting and a wicked atmosphere (if only I could have got under two hours!! Couldn't walk the day after, but still enjoyed it). Leighton Buzzard 10 in May, my first 10 miler and another great day. The sun was shining and the route was cool. Loved it! Colworth weekend in June, definitely in my top 5 favourites. I had watched Malc run the 5 mile race the year before and remember meeting so many great

people (Harriers of course). A year on at Colworth 2003 – 3 days of great camaraderie and bags of support for everybody. A great highlight of the year for many I'm sure (oh, thanks Jack for dragging me round in the half).

July too proved to be a busy race month; Cranfield 5k – another fave. A great Harrier turnout and stacks of encouragement...fantastic. Fairlands Valley Challenge – a different but fun experience. I'd heard of water stops but never of food stops (the bread pudding certainly helped Malc around). Lake Vyrnwy Half in September scores 10 out of 10 for scenery. Certainly the biggest race I've ever run in. The sun was pounding down, the views spectacular and the course flat (what a bonus). Just lacked yellow and black vests – definitely worth noting in your diary for 2004. I could go on and on, every race gets a big tick from me. Grimsthorpe Castle 10k, St Neots Half, Biddenham 10k, the X C events – absolutely no regrets about any of them.

Becoming a Harrier has to be one of the best things I've ever done. Can't imagine life without it now. I think we'd all like to thank our coaches for keeping our weeks filled with challenging training sessions (for me personally, cheers to Steve C, Martin and Gary) and to Steve G for his Friday night frolics, definitely made an improvement to my running.

With 2004 around the corner, lets all continue supporting each other, to help us achieve that next goal. For me, that's what the harriers are all about. Have a fab Xmas!

Donna Thornton

The Great Barford Half – A Legend In The Making

The Great Barford Half Marathon has developed from humble beginnings in 1996 to become one of the most popular road races in both Bedfordshire and the South East. At the time of writing (late November), over 1,100 runners had already entered the race, a far cry from the early days of the event when we were lucky to get 200 entries. A few words on the history and development of the race may partly explain therefore how this improvement has come about.

The Great Barford Half Marathon was the brainchild of Pete Davies a long-time member and now honorary member of the club. In the mid-1990s, Pete lived in the Great Barford area and wanted to organise a half marathon there. The first race was run in September 1995 and though we don't seem to have kept records of the race, we don't think it attracted more than 200 runners. Pete kept the race going for a couple more years and did most of the organisational work himself. This invariably involved Pete in some sleepless nights especially on the Saturday before the race when he spent more time pacing the floor than in bed.

Great Barford's next Race Director was Arthur Monk who took over in 1999. Still held in September, the race continued to attract less than 200 entries and we did discuss at one point whether it was worth keeping going. Then in Arthur's second year in charge we had an enormous stroke of good fortune in the guise of the petrol drivers strike. The race had again been arranged for September but due to the strike and the associated transportation problems, the decision was made to move the race back to December - when we hoped the strike would be over. The impact of this was immediate and totally unexpected. From having little more than 150 pre-entries in September, entries for the December race more or less doubled to around 300, which was viewed at the time as being a substantial number. The race subsequently proved to be a big success and it was decided to keep the date of the race where it has remained

since, the second Sunday in December. After the 2000 race, Arthur who like Pete, had done much of the arrangement for the race on his own, decided to stand down as Race Director (his wife had threatened divorce) and in 2001 Steve Crane took over as Race Director. Since then, the race rocketed in popularity with finishing numbers rising from 236 in 2000 to 418 in 2001 to 551 in 2002. This year we are hoping for 1,000 finishers.



What therefore have contributed to the improvement in the race's popularity?

A major one is the Race Directorship of Steve and wife Jutta. Steve has quite simply done an excellent job. His attention to detail is remarkable and with Steve little is left to chance

Also probably contributing to the professionalism of the event is that the races we put on today are organised by a management team rather than being mostly left to the work on just one individual such as Pete and Arthur. Though Steve still does by far the lion's share of the organisation, the idea of just one person organising a road race on their own today seems unimaginable.

Another key factor is the help that the club receives from members who are willing to marshal the race. There were around 80 marshals at last year's event and all were very much needed. Without their help, Great Barford could simply not be staged.

The fortuitous move to a December race-date has also added to the race's popularity. Great Barford is now known as the last half marathon run in the UK each year - a nice little selling point.

Yet another factor contributing to the appeal of the race - and this may surprise some people - is that Great Barford is a PB course! Many runners report not only getting new PBs at Barford but improving substantially their best times. This is good news because once a race gets a reputation as a being a PB course, runners will come back year after year.



Though all the news so far about Great Barford has been good there is a cloud on the horizon in the shape of the Great Barford bypass. Work on this is due to begin in April next year and is expected to cut across the course between the one and two mile points.

We are not sure as yet what the full impact of this will be but we will do our best to ensure there will be a Great Barford in 2004 and for many years after that.

PS: Another of our races which have undergone a transformation over the last few years in the Oakley 12 & 20. The history and development of that race will be covered in the next edition of the Harriers magazine.

Brian McCallen

Editor's Note – entries closed with over 1400 runners!!

Caption Competition

Rie

By Phil Gray

Rie –
How shall I
think of thee

as raindrops
dance a merry dance
on the windowpane.

You have a smile
so precious that
gold would melt

on contact.
A zest for life
and people.

An endless capacity
to lighten the
darkest space.

You touch
the hearts of all
you meet and give

new meaning to
life itself.
How shall I think

of thee?
Someone special,
someone unique.

Rie –



**Writer of the best caption will receive
FREE ENTRY INTO THE OAKLEY 12 OR 20
on 28 March 2004**

**Entries to:
david.gallagher@milton-keynes.gov.uk**

Closing date: 31 January 2004

The Tragedy of Scott of the Antarctic, in the form of a Haiku

By David Gallagher

“Right I’ll be off then.”
“Aye, shut the door behind you,
“Or we’ll catch our deaths.”

You Are What You Eat

You are what you eat: in that case I must be nuts. Well, at least they're loaded with protein, a compound that we runners need in abundance together with our old favourite carbohydrates and yes, even fat. Because the farther you run, the more fuel you're going to need to reach your destination in anything like the time you are aiming for.

Sounds simple, doesn't it? Wolf down a colossal meal the night before, carb-loading like nobody's business then dig into a hearty breakfast a good three hours before the start time – perhaps like those world-beaters Paula Radcliffe and David Sutcliffe you swear by porridge, or a simple cereal/toast combination. Maybe there's even some out there who've gone for a fried bread and black pudding based-Full Monty, but I doubt it.

The fact is, like your car you can fill your petrol tank only to its capacity and when all that full tank of fuel is gone, so are you. Some people learn this only the hard way, myself included. It was my first ever marathon last year at Stratford-upon-Avon and my preparation was almost as casual as it was for my first half-marathon, when I ran a pretty decent race having consumed no more than two cups of tea.

Let's just say that you need a lot more fuel than a mere hot beverage for a marathon, and after a reasonable start I blew up spectacularly. The rest is another story for another day but the experience taught me a valuable lesson about fuelling and refuelling; the mistake made will not be repeated.

We've all come across pasta parties, those eve-of-the-big-race get-togethers when the runners gobble up as much spaghetti as they can handle. Yes, this is a useful meal but then so is anything balanced with its fair share of protein and carbohydrates: if you enjoy them potatoes, rice and even bread all do the same job as pasta. And please, let's not get into the blinking Atkins Diet, a non-runner in every sense.

Bottom line is that a little of what you fancy is good. Witness the Harriers'

Saturday evening meal on the eve of the Liverpool half-marathon in September.



Brian discovered that the Chinese restaurant next to our Holiday Inn HQ did an all-you-can-eat buffet for £10 a head, and this clearly did the trick for the unstoppable Graham King, who produced yet another blockbuster record-busting performance (since improved upon) the following morning.

While tempted to join the gang, I had fond memories of the previous year's Liverpool outing. I had sought out a favourite Mexican restaurant on the fringe of the city centre, gorged on enchiladas and guacamole and surpassed everyone's, even my own, expectations by running a blinder next day. Full of (refried) beans you might say.

Naturally I was keen to repeat the feat, so returned to El Nacho's this year for a solo feast while my clubmates tucked into their Chinese grub. Slavering with anticipation over the menu like Homer Simpson (mmmmm.....doughnuts), I seriously considered ordering two meals, such was the overwhelming temptation. I even dared to have a margarita. You'll gather I'm pretty keen on this Mexican stuff.

So did this little ritual do the job? Well I reckon it did. While my time wasn't quite up there with 2002, it was still pretty good and factoring in some high winds, plus an adjustment to the course that took in some extra daunting climbs, I felt my performance was least the equal of its predecessor, whatever the numbers might say. And there was at least a quarter left in the tank.

More than the actual ingredients it was probably the simple fact that I greatly enjoyed my meal that spurred me on. Plus the fact that as a Liverpool native I had "home advantage". It's all a bit like horoscopes really: there's possibly something to it, on the other hand it's more likely to be a load of tosh. Yet if you believe in it then it will work for you.



Had it been a marathon I expect I would have scoffed a couple of energy bars at the start to get through the extra miles. Don't know how anyone can handle those nasty energy drinks though, or tolerate Mars Bars and the like, which I've actually seen runners chomping between pre-race stretches. I mean, why not go the whole hog and have a Mr Whippy 99 with two flakes while you're at it?

It's taken some trial and error, but generally speaking if you imagine that your favourite dish is your personal rocket fuel, then it is. Might want to give that king prawn vindaloo a miss just before the big race though. You would risk bringing a whole new meaning to the title of this magazine.

Mike Barnard

The next issue of The Run will be out in April 2004 – get involved in making it a magazine to be proud of with your race reports, articles, poetry/stories, general musings, etc.

Contact
david.gallagher@milton-keynes.gov.uk

Buff's Warm Up Advice

As a qualified sports therapist, Graham Bufton ('Buff') has provided the article below on the importance of warming up....properly!

"Why bother?"

Before starting any exercise session, it is essential to warm-up. There are two main reasons for this: first, warming-up can make sport injuries less likely in certain circumstances; second, the body works more efficiently when warm and sports performance may actually improve.

The body can produce energy by two methods: aerobically (with oxygen) and anaerobically (without oxygen). The aerobic method is preferable, because when we work anaerobically we produce a waste product called lactic acid.

Unfortunately, we cannot work aerobically straightaway as it takes time to switch the aerobic system on.

If we start intense exercise without a warm-up, the aerobic system does not have enough time to switch on; we therefore have to provide energy anaerobically, with resultant lactic formation.

The function of a warm-up is to 'switch on' the aerobic system and allow the body to reach a steady state where the energy provided by the body exactly matches its requirements through exercise. Once this is done, less waste is produced and so our recovery after exercise much faster.

If you start of too fast the lactic formation will decrease your performance and you will have a crap race or training run."

For advice on injury treatment and prevention, see Graham at the Club Training Nights, or email: g.bufton@ntlworld.com

Graham Bufton

Standard Awards 2003

Standards awards are given for competing in 4 of the following races: 5K, 5M, 10K, 10M, Half, Marathon. Congratulations to the following Harriers:

Club Standard

Mike Barnard, Mark Billington, Helen Broughton, Stuart Bullard, Peter Campbell, Jude Cottam, David Gallagher, Lynne Gingell, Richard Hales, David Herincx, Michael Inskip, - Paul Hudson, Keith Lakin, Suet Lua, Kevin McPhillips, Stephen Owens, Barry West

Bronze Standard

Ian Beston, Vic Byer, Hilary Downes, Andrew Moore, Donna Thornton

Silver Standard

Graham Short, Eric Morrisson

Gold Standard

Martin Crosby, Sean Newbury, Larry Corkery

Awards are given based on age graded results – see overleaf for an explanation.

Co-ordinator Wanted

Kingsmill the bakers are doing a promotion of collecting tokens of bread and cakes in exchange for sports equipment. A range of equipment is available including stopwatches, measuring tapes, measuring wheels and weights etc, equipment which the club would find useful. The website for this is:

www.kingsmillkitforclubs.co.uk

As we probably have many people who eat Kingsmill Bread, it has been suggested that we co-ordinate our efforts and submit the vouchers together. To do this however, we need someone to be the named person on the registration form and to organise the collection, counting and sending of the tokens?

Any volunteers? If you fancy taking it on, let us know.

Email:
hello@bedfordharriers.co.uk

The promotion ends next August.

Brian McCallen

**Fixture List
Spring 2004**

January	
Sun 11	XC League Flitwick
Sun 18	St Albans 10
Sun 18	Folksworth 15
Sat 24	Southern XC
February	
Sun 1	Watford Half
Sat 7	Beds XC Championship
Sun 8	Eastern Vets XC Championship
Sun 8	Wellingborough Multi-Terrain 10K
Sun 15	XC League Leighton Buzzard
Sat 21	National XC Championship
March	
Sun 7	Silverstone Half
Sun 7	Reading Half
Sun 14	Hemel 10
Sun 14	Hastings Half
Sun 28	Oakley 12 & 20
April	
Sun 4	South of England 6+12 Stage Relay
Sun 4	Sandy 10
Fri 9	Maidenhead 10
Sun 18	London Marathon
Sun 25	Flitwick 10K

For more information on these events, visit the Fixture List on the Harriers website

www.bedfordharriers.co.uk

Club Championship – Road Races

A maximum of 10 age graded scores per runner will be calculated from official race times. This will include:

- At least 4 events at 10 miles & over including at least one race at half marathon or over.
- At least 4 events at under 10 miles including at least one race at 6 miles or over.
- No more than 3 events at any one distance
- Club vests must be worn for all qualifying races

NB: times achieved in the Harriers own races are not eligible for inclusion. Times achieved in multi-terrain races such as the Colworth Marathon Challenge or event undertaken on non-officially measured course, are also ineligible.

The Road Race Championship runs from 1 January to 7 December each year.

AGE-GRADED SCORES:

A n E x p l a n a t i o n

The scores in the Road Race Championship are Age Graded. For those unfamiliar with the idea, Age Graded Scores measure any race-time in terms of a percentage against the WORLD BEST for a runner of the same age and sex, thus giving an accurate and

unbiased measure of performance, e.g.

A male aged 41 runs 10 miles in 73.49

The world best for a 41 year old is 46.16

Divide 46.16 by 73.49 and you get 62.68%

So our runner would score 62.68 championship points

17 runners have completed 10 qualifying races, with Donna Thornton, Malcolm McEwen and 6 others keeping the Harriers' flag flying at the Wolverton 5.

Several Harriers are planning to tackle the popular Nene Valley 10 on 7 Dec - a race with an impressive Harriers PB record, and others will be at the 2nd Stevenage 5k on 3rd Dec.

These are the last "local" races for which age-graded scores will be included in this year's Road Championship.

Should any runners be thinking of making the list, please note that the minimum requirement is 4 races at under 10 miles and 4 at over 10miles, within the conditions set out above.

Awards will presented to the first three Ladies and the first three Men on the Club Awards night to be held on WEDNESDAY 17 DECEMBER.

David Sutcliffe

Don't forget to visit the Harriers website:

www.bedfordharriers.co.uk

For all the final standings in the club championships and league tables

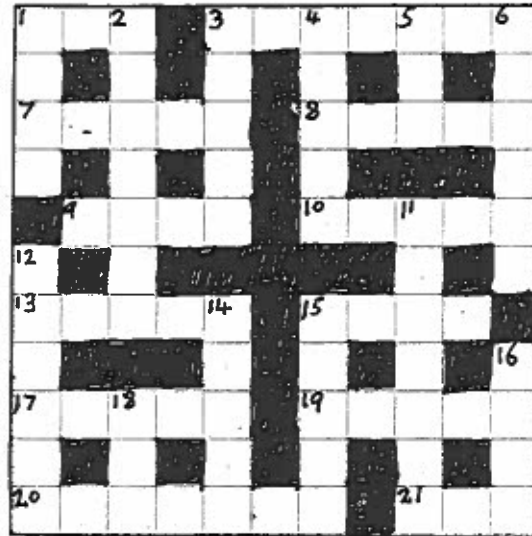
Harriers Crossword – Ray Evans

Across

- 1. A preserve (3)
- 3. Coped with (7)
- 7. Leg joints (5)
- 8. Moved by the wind (5)
- 9. Very small (4)
- 10. Delete (5)
- 13. Royal (5)
- 15. Chime of bells (4)
- 17. Danger signal (5)
- 19. A musical composition (5)
- 20. Reach out (7)
- 21. A weight (3)

Down

- 1. Funny story (4)
- 2. Gathering (7)
- 3. Cloudy (5)
- 4. Lordly (5)
- 5. Sticky substance (3)
- 6. A meal (6)
- 11. Versus (7)
- 12. Musical instruments (6)
- 14. Restrict (5)
- 15. A fish (5)
- 16. Presently (4)
- 18. A Scottish town (3)



Team News**SEAA 6 & 12 Stage Relays**

One of the main events for teams this year was at Milton Keynes were the 6 & 12 stage relays took place. This was the second year that the club has participated in this event and in a high quality field, the men finished 44th out of 56, and the ladies finished 20th out of 33.

Well done to all those taking part – full results available on our website.

Stevenage 3K Relays

In July 2003, the Ladies Senior Team came first in this Beds County Championship – well done to Hannah Liston, Karen Price and Lisa North. Not to be outdone, the Ladies Vets also came first – congratulations to Veronica Singleton, Teresa Munns and Avril Monmount.

For the men, the Harriers Male Vets A (Richard Dorman, Graham King, Paul Langford, Neil Lovesey, Steve Gaunt) won their section also, and the Male Seniors (Sean Newbury, Tony Dadd, Alistair Fadden, Kevin Willett, Andy Sewell) came second.

**The Maidenhead 10 – 1953-2003**

This race celebrated its 50th Anniversary this year, and amazingly there is a current Bedford Harrier who ran in the first and last races! Over to you, David!

The 50th Maidenhead Easter 10

Famed as the town of 'Gin an' Jags' in "Three Men in a Boat" by Jerome K Jerome, Maidenhead offered the 800 contestants the opulent location of Wooley Hall, with vast green lawns and huge refreshment and presentation hall, the HQ of Scottish and Southern Energy – so those who use this body as their gas and electricity supplier now know where their money goes!

The now fast course, over superb countryside, proved to be quite testing on a very hot day, with some uphill running and rough ground over the 8th and 9th miles, with a few of the runners dropping out. The biggest ordeal for some, however was the 9.30am start time, on a Good Friday with congested motorways and no trains running.

The winner in a reasonable time of 52.10 was John Downes of London Irish, with James Lawlor of Beds & County coming second. Former Harrier Anna Berrill was the fifth lady to finish against opposition of international status.

No gin and jags offered with the 'goodies' but this is a brilliantly organised event, even when judged by Harriers with very high standards.

Delightful surroundings – so come next year, but plan your travel with care.

The 1st Maidenhead Easter 10

The first race run on 6 April 1953 by the Maidenhead Cycling and Athletic Club, was a rather different experience, particularly for a first attempt at road racing. Lined up in Maidenhead town centre were 98 runners – all male (nothing strange as ladies were only allowed to race up to 200 yards on a track at the time).

Of these, only four took longer than 74 minutes to complete the two lap course around the town. This despite the fact that a glance at the assembled field showed that whilst Puma and Addidas had invented road shoes, Dunlop Green Flash tennis shoes and Army grey socks were highly favoured running gear.

With there being very few races on the calendar, the event had clearly attracted the South of England's best. The winner in 54.19 was Stan Cope of Southgate Harriers, who was the UK no. 2 marathon runner, and with the legendary Jim Peters had brought the UK – and the world – marathon times down from 2 hrs 25 mins, to 2 hrs 17 mins. At the time causing a sensation equal to the present Paula Radcliffe phenomenon.

David Sutcliffe

“Thanks for the present Dad! Merry Christmas and a Happy New Year to one and all! By the way Day, any chance of some other presents...?”

