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HARRIERS ON STANDBY FOR OLYMPICS ARE THEY COMING TO BEDFORD?

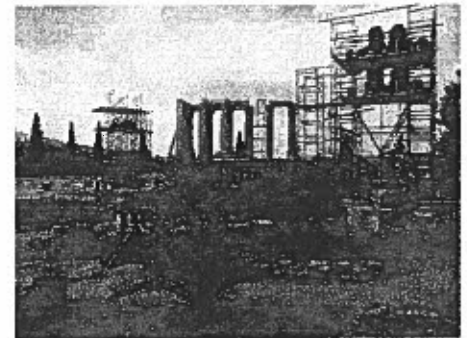
The Run can exclusively reveal that due to the problems with the building schedule in Athens, the IOC have been secretly looking at alternative venues, with Bedford International Athletic Stadium high on their list.

It is thought that the recent success Harriers have achieved, particularly in the London Marathon, has been instrumental in moving Bedford up the list—ahead of other illustrious athletics venues such as Berlin, Crystal Palace and Paris.

An IOC spokesperson refused to confirm or deny that there were mounting problems with the building work in Greece. When asked to comment about the Bedford situation he said, "Where?".

Bedfordians could soon be spending the summer witnessing some top quality running at the Athletics Track. But enough about the beginners group, the Olympics could be here too, honest!

David Gallagher
Investigative Reporter



Greek Builders Hard At Work



The new shuttle service for athletes was not what the IOC were expecting

WAITING FOR A MAN LIKE YOU

As well as running for charity, as many Harriers did recently at London, there are other ways you can help other people less fortunate than ourselves.

The Anthony Nolan Bone Marrow Trust urgently needs to attract more younger men, ideally aged 18 – 25.

Evidence highlights the benefits of using young, male donors for many transplant patients but at any one time only 40% of the volunteers database is made up of men.

They never manage a 50/50 female/male split. An 18 year old male can potentially stay of the Anthony Nolan Register for more than 40 years!

If you are young and male, or know someone who is and might consider joining the register, go to www.anthonynolan.org.uk and find out all you need to know.

Jacinta Horne

Editor's Column

Welcome to the second edition of the Harrier's Club Magazine – The Run. Thanks again to everyone who has contributed words and pictures. This issue I was delighted to welcome back some regular columnists, as well as some new faces.

The first four months of this year have seen personal bests tumble, record numbers of beginners attending the first induction night, and growing numbers of runners at races, particularly those so well organised by the Harriers.

As well as the commitment and dedication of the key organisers, our races couldn't take place without marshals. Indeed, without marshals at our races, the Harriers as a club might cease to exist: no marshals, no race; no race, no money; no money, no club.

I, like all club members, have benefited from the success of our races by enjoying a 25% reduction on this year's membership fee. Having marshalled for the first time at the Oakley 20, I can also honestly say that it is good fun – and the bacon samies and coffee are very welcome!

This issue we also feature a number of articles from this year's London Marathon conquerors. Well done to all Harriers, and particularly to Iva Barr, who ran a fantastic race, and to Jude Cottam for an incredible amount of sponsorship raised.

Next issue out in September. Remember, it's your magazine, so send what ever you like to me.

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

Images to:
schools@milton-keynes.gov.uk

Chairman's Column

The first four months of 2004 are now behind us and there have already been a number of highlights for the club. Three however stand out for me. These are the rising popularity of our Oakley races, the participation and performance of over 30 Harriers in the London Marathon and the amazing success of our latest Induction/Beginners night.

Firstly the Oakley races. These were first organised by Chris and Jude Cottam in the mid-1990s and run as the Oakley 9.1 and 16.4. In 2001, the location of the race was changed to Lincroft School and the event was run as a 15-mile race, a distance which we thought at the time would be a good training run for the London Marathon. The distance proved not to be popular however and in 2001 and 2002 entries and finishing numbers were relatively low (214 finishers in 2001 and 181 finishers in 2002).

Something had to be done therefore and in 2003, the main distance was increased to 20 miles and a 12-mile race was added to enhance the overall appeal of the event. These changes proved to be an immediate success with 478 runners completing the races in 2003 and over 600 finishing this year. The event would now seem to have found its niche in the road-racing calendar and the Oakley 20 in particular has the potential to become one of the top races of its distance in the South of England. The addition next year of a 'Fun Run' will we hope add even more to the day.

The first marathon I ever ran was the Wirral Marathon over 20 years ago.

I can't remember much about the race itself but I do recall that being relatively new to running at that time, the thought of doing a marathon was a huge and exciting challenge. Having done it, there was definitely a sense of achievement. For those Harriers who ran their first marathon at London this year, I suspect the emotions they had we're about the same. The race is a mixture of excitement and apprehension and not knowing quite what lies ahead. Having finished, you know far more about what is involved than when you started and understand why some finishers say 'Never Again!' Very well done therefore to all the Harriers who ran at London, especially those who ran their first marathon and also those who said never again but did it again!

Finally, I've got to write a few words about the turn out for our latest Induction Night, which was held on Monday 26 April. These twice-yearly events are aimed at giving people new to, or returning to running, an overview of the club, the sort of things we do and an outline of the training programme that they'll be following over the next three months. When we first held these inductions night a couple of years ago, around 50 people turned up. On Monday, over 120 people came along and it was literally standing room only. This occasion therefore, just seems to be getting bigger, better and more popular. Attendances like this also mean of course that the club's membership numbers could be boosted again. Having only recently passed the 300 mark, we may now be heading towards 400 members! Quite amazing.

Brian McCallen

Raffle News

The annual raffle at the AGM in early April produced a good result in that Ian Kingstone who won the cross country runners TV actually ran every race, and Colin Bennetts who won the £50

marshals prize gave half to a Parkinsons charity and half to Jude Cottams charity for the FLM.

Jacinta Horne

RUNNING IN FRANCE

The UK's most popular holiday destination can be even more appealing if you take your trainers with you. The climate and terrain enjoyed by our 'entente cordiale' neighbours offer superb running conditions, whether your preference is a gentle run to enjoy the morning sun and scenery, or the animated buzz of a "course pedestre" (foot race), a term embracing events over roads, trails, country, hills – the whole lot in fact.

There is always the unexpected – Kevin Willett, when racing at Banyuls near the Spanish border found that male veterans can win prizes at 35+, while Bill Morant, a MV60 Harrier found he was made welcome in a race that was part of the French National Championships. Then in Normandy, Cathy Rogers discovered five races on the same day all finishing in the city of Caen – presumably not all at once – as part of the D Day Anniversary celebrations.

Well worth the effort of running, often on a sweltering hot day are the generous "goody bags" and post race festivities. Apart from the obligatory T-shirt, you may well find that bottles of wine, jars of honey, local sausage, a bunch of onions, running gloves and caps turn up in your goody bag. Another custom is for your race number to go into a large box for a draw – often more bottles of wine, or a 20 Euro voucher for a local patisserie, though similar sums to spend at a nearby garden centre can be less convenient.

Finding a race can be easier than in the UK. 'Le Running', believe it or not, is a French version of Runners World and publishes a list of some five thousand races throughout France (see note at the end of these ramblings).

Now a few notes on three events in Languedoc-Rousillon – a chunk of France roughly between Montpellier and the Spanish border, along and going inland from the Mediterranean coast. Accessible via cheap Ryanair flights, the Eurostar and connecting trains, and car drivers can enjoy a new motorway

opening in 2006 connecting it to central France.

Oh yes – the races. North of Montpellier are the hills and gorges of the Cevennes, trodden by Robert Louis Stevenson in 'Travels with a Donkey', and now by a mass of runners in 'Les Foulees de la Soie' (roughly, 'the silk trail'). Runners choose between a 12K or 26K multi-terrain race and it is held on the last Sunday in June with a 9am start, not uncommon in France, but local hotels are extremely good value if you are not on holiday nearby. A very welcoming and friendly event followed by a four-course meal going on all afternoon.

The Carcassons 12K on the other hand starts at 9pm on a late September Saturday. Three laps round the city can be boring but good value for spectators and followed by a chaotic pizza party – again Ryanair from Stansted can get you there for a cheap weekend away.

At nearby Castelnaudury on a September Saturday afternoon, you'll find the Foreign Legion Half Marathon and 10K. The race management takes on military precision and there is no entry fee, the race being compulsory for the soldiers based there at the time. By no means all natural runners, the level of fitness is awesome, and the few runners taking longer than two hours are invariably local club entrants. Much of the race follows the scenic Canal du Midi and this area in the Aude valley is known for its hot winds – a recipe for an attack of cramp, I was told afterwards, but that's another story!

One big difference in racing in France is the medical certificate. In other countries, your signed race entry confirms that you take responsibility for health and fitness matters. France, being a nation of exceptions, all runners who are not members of a French national sporting body are required to submit to the race organisers a certificate of fitness to run. It is sometimes possible to get round this hurdle by pleading ignorance or your allegiance to UK Athletics.

Race organisers hate refusing you entry, but they have more crucial matters to attend to on race day, so it is far better to turn up with a medical certificate.

The routine is easy. If you have not obtained one from your home GP, find a practice near to where you are staying drop in. The doctor will probably welcome the opportunity to practise his or her English, and after checking out your breathing and blood pressure the doctor will sign your certificate (see note below), wish you luck, charge you about 20 Euros and give you a treatment note marked 'consultation' to send with your E111 form to the nearest CPAM (Health Authority). Some months later you will be reimbursed by cheque.



Marathon du Medoc's Drink Stations are filled with Bordeaux!

Please contact davidsutcliffe@hotmail.com - or at the track – if you would like any information on any of the following:

- Information and contacts for races in any part of France – please say where you plan to go, nearest big town, etc., and approximate dates.
- Copy of format – in English and French – for medical certificates used in France to confirm fitness to compete.
- Details of a 4 bed, 2 bathroom house available for holiday lets in delightful Languedoc village, one hour from the Med, and swimming nearby. Special rates for Harriers, running not obligatory!

David Sutcliffe

**Bedford Harriers
Oakley 12 and 20 Photos**



Photos: Phil Gray, Jim Gannon, Matt Burgin. More on Harriers website.

**BEDFORD HARRIERS 10 MILE
CLUB CHAMPIONSHIP**

1. Kevin Willett	59.49	16. Kevin McPhillips	75.48
2. Mark Whiteman	62.13	17. Stuart Bullard	77.19
3. Alistair Fadden	66.02	18. Alex Rothwell	78.24
4. Mike Barnard	66.06	19. Steve Daniels	79.33
5. Neil Lovesey	68.41	20. Vic Byer	80.23
6. Rob Miller	69.27	21. Davd Gallager	80.44
7. Chris Proud	69.35	22. Bill Billington	82.12
8. Henry Downes	70.40	23. Mike Barnett	87.26
9. Graham Short	71.33	24. Peter Campbell	89.27
10. Derek Morrison	71.34	25. Larry Corkery	91.39
11. Veronica Singleton	72.17	26. Liz Byer	93.39
12. Michael de Cesare	72.48	27. Iva Barr	2:15.43
13. Avril Monmont	73.55		
14. Ian Marshall	74.27		
15. Chris Williams	75.35		

Hemel 10, 14 March 2004

BEDFORD HARRIERS OAKLEY 12 & 20

Oakley 20

Mike Barnard	2:18:42
Andy Sewell	2:22:02
Henry Downes	2:28:27
Derek Morrison	2:31:03
Veronica Singleton	2:32:20
Cathy Rogers	2:34:10
John Shearer	2:35:31
Suki Nandha	2:40:15
Mark Billington	2:41:21
Neil Godfrey	2:42:04
Alex Rothwell	2:44:12
Chris Williams	2:44:59
Gary Horsman	2:45:45
Charlie Hempstead	2:48:29
Viv Kilgour	2:49:26
Mike Inskip	2:50:45
David Herincx	2:51:25
Deirdre Bethune	2:51:56
Dennis Hone	2:53:38
Jaswant Chana	2:56:34
Chris Capps	2:57:24
Richard Whiteman	2:59:13
Ian Kingstone	3:05:57
Andrew Lake	3:06:00
Stuart Bullard	3:06:39
John Ballantyne	3:08:01
Piara Chana	3:18:00
Keith Lakin	3:27:00

Oakley 12

Graham Short	1:26:46
Rosemary McMahon	1:35:07
Ian Marshall	1:35:33
Lisa North	1:39:47
Bruce Richardson	1:53:21
Suet Lua	1:53:49
Nichola Lawton	1:55:27
Deborah Hylton	1:55:29



Graham Taylor made many friends round the Oakley course in his final pre-London Marathon race

Oakley, 28 March 2004

Woburn 10K

On a day more suited to kite flying, or wind surfing, I joined a group of Harriers at the start of the inaugural Woburn 10K – held in the magnificent grounds of Woburn Abbey.

Having got there early, I took heed of Buff's advice in the last magazine and warmed up properly. Previously I had invariably arrived at races with minutes to spare, changing as I went down to the start and then we were off. More often than not these races were hard work – after a few miles I was struggling and I didn't enjoy the final stages when I was weaving like a Bedfordian down the High Street on Saturday night, and being passed by all and sundry. Sprint finish? Yeah right.

So, new year, new me. My new pacing and warm up routine was being road tested at Woburn. Despite the wind, the sun was shining and after a few km's I was beginning to get the feeling back in my fingers. It was also very heartening to steadily catch up and pass all those speed demons who had rocketed off from the start line.

I did think about passing on my advice about the need to warm up properly, and pace yourself, but thought I'd leave it to the end...just in case anything went wrong.

Half way came and went. I was on target for a 48 min pace and I didn't feel I was getting slower as the second half unfolded. I understand that the local deer herd decided to run across some of the runners at one point in the race, but luckily I had passed this spectacle. My pace remained constant, and I even managed a bit of a sprint at the end, coming in at 48.25 – a PB.

I hope that the Woburn 10K becomes a regular event – a challenging run (there's a few hills, and you need to keep an eye on those deer) set in some of Bedfordshire's most beautiful grounds, and a short drive from home – what more could you want?

Full results are listed below. Well done to all fellow finishers.

David Gallagher

Harriers results at Woburn:

Henry Downes	43:22
Richard Whiteman	44:27
Chris Williams	45:17
Viv Kilgour	48:13
David Gallagher	48:25
Dennis Hone	48:59
Kevin Cadman	52:04
Carla Fisher	52:50
Nichola Lawton	53:23
Malcolm McEwen	53:37
Terry McEwen	53:37
Elaine Munday	53:53
Suet Lua	56:05
Nyree Hone	59:35
Keith Sonnenstein	61:24
Jane Sizer	61:35
Helen Broughton	62:13
Lyn Banks	65:21
Val Bird	67:27
Angela Gallivan	67:25

Woburn Abbey, 8 February 2004

Silverstone Half

Tony Dadd	1:20:30
Mike Barnard	1:27:59
Richard Whiteman	1:35:30
Henry Downes	1:38:42
Chris Williams	1:38:50
Dennis Hone	1:45:04
Andrew Moore	1:45:15
Mark Billington	1:46:15
William Billington	1:48:28
Andy Purdy	1:48:33
Suet Lua	1:58:08
Elaine Munday	2:01:38
Keith Lakin	2:08:54
Nyree Hone	2:13:04

Silverstone, 7 March 2004



County Challenge

As I was looking through the Harriers results pages on the website recently, I suddenly wondered whether, in any given year, could the club produce at least one runner in a race in every county in the UK?

If we can, it will be down to us to do it!

So, during 2004, I will be ticking off the counties of England, Scotland, Wales and Northern Ireland. If you've raced in any of the counties not listed below, send me an email detailing where and when, so I can add it to the list.

Who knows, there may even be an obscure group of Harriers that, come winter, will be scouring the fixture lists – not for distances, or PB courses, but for geographic locations!

To the end of April 2004, Harriers have so far raced in:

- Bedfordshire
- Buckinghamshire
- Cambridgeshire
- Devon
- Hertfordshire
- Kent
- Leicestershire
- Lincolnshire
- Northamptonshire
- Somerset
- Suffolk

There's obviously far more places to visit over the coming year – let's see how many counties we can tick off!

David Gallagher

2004 ROAD RACE CHAMPIONSHIP

Runners need to complete ten road races. The age-graded scores per runner from these races will be calculated from official race times and totalled up to give your championship points score.

The road race championship runs from 1 January to 7 December each year. The races run will include:

- At least 4 events at 10 miles & over including at least once 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.

Age graded scores measure your race time as a percentage against the world best time for a runner of the same age and sex, thus giving an accurate and unbiased measurement of performance. A calculator can be accessed via the Race Stats section of the Home Page on the Harriers website.

The 2004 Championships (up to 25 April)

At this stage of the road season, runners with a lot of races to their name will always figure prominently, and if 'yellow jerseys' were on offer for heading the pack at this stage, these would deservedly be worn by Mike Barnard and Suet Lua, who in all have worn the Harriers vest for 12 and 10 road races respectively, and lead the mens' and ladies' sections.

Listed below are Harriers who have so far completed four or more qualifying races, as per the rules shown above.

David Sutcliffe

	>10M	10M+	Races	Points	Av Per Race
Mike Barnard	1	6	7	516.7	73.8
Henry Downes	1	6	7	454.0	64.8
Suet Lua	2	6	8	449.0	56.1
Chris Williams	1	6	7	412.7	59.0
Tony Dadd		5	5	367.8	73.6
Bill Billington	1	4	5	352.3	70.5
Jack Chana		5	5	306.0	61.2
Dennis Hone	2	3	5	269.9	59.4
Stuart Bullard		5	5	275.5	55.1
Richard Whiteman	1	3	4	274.8	68.7
Vic Byer	1	3	4	262.7	65.7
Liz Byer	1	3	4	240.0	60.0
Gary Horsman		4	4	228.7	57.2
Elaine Munday	2	2	4	225.1	56.3
Andrew Lake		4	4	205.4	51.3

Bedford Harriers Committee

The New Committee, elected in early April is:

Chair Brian McCallen

Vice Jacinta Horne

Secretary Lesley Barnes (new)

Treasurer Christine Armstrong

Membership Jacinta Horne

Committee Members
 Cathy Rogers
 Steve Crane
 Val Bird (new)
 Jane Sizer (new)
 David Sutcliffe
 Phil Gray
 Tony Parello

SOUTH ENGLAND 12 STAGE ROAD RELAYS

**Open University, Milton Keynes
4 April 2004**

An opportunity once a year to mingle with the UK's road-running elite and compete as a 12-man team at an event as close to home as the OU is one which I hope will stay on the Harriers' calendar.

Despite big marathon commitments in the UK and abroad, together with holidays and injuries, an enthusiastic team of 12 was mustered. With a few days to go however, five reluctantly withdrew through illness or injury, but replacements stepped in – a big thank you in particular to Peter Campbell for coming in at 36 hours notice!

At this event the Harriers usually 'succeed' in not finishing last, but this year it was a close run thing. Another quality run by Kevin Willett and solid runs by Tony Barnes and Paul Langford kept the team on track. However, the overall quality of the opposition was such that on setting out on the 9th stage of 7.9k, Mark Whiteman needed to make up no less than three minutes to haul the Harriers out of last place behind Ampthill & Flitwick.

By the home straight Mark had done just that and gained an 8 second advantage! Rob Miller, one of seven Harriers new to this event, then had a steady run on the 11th stage, assisted by a hail storm, and the Ampthill & Flitwick runner temporarily going off course. Rumours of sabotage were strenuously denied!

Finally, mobile phones were alive with word that the Harriers' nearest demonstration of perpetual motion – Mike Barnard – had run a 64 minute PB at the Sandy 10 and was on his way over to run the final stage of 5.3k, which

he achieved with enviable ease to ensure 44th place of the 45 teams to finish.

To the Harriers team all of whom gave it their best, many thanks for a very entertaining day – much appreciated by the massed ranks of Harriers supporters (three in number plus the Fadden family, the club photographer and his chauffeur)!

For others with an obsession for statistics:

- The exact distance for the longest stage is stated as 7879m – just 68m short of five miles
- Kevin's 27.41 for this lap was the same as his time in the 2003 relay. The only Harrier to have run this stage faster was Nick Berrill in 2003
- The shorter stages are 5506m in length, the fastest time recorded by a Harrier being 20.06 by Andy Sewell in 2003; the fastest this year was Tony Barnes in 21.34
- The Harriers overall time this year for the whole of the 80.9km covered was 5hrs 19mins – only 3mins 46 secs slower than in 2002, but 19mins slower than in 2003 when a nearly full strength team was available
- This year the record for the longer stage was beaten by Keith Cullen, a UK international from Highgate Harriers who clocked 23.24
- In the women's event this year the fastest lap was clocked by Beds & County's Liz Yelling (Athens bound for the Olympics) in 17.24 – which was 1.13 quicker than her nearest rival Our 'local rivals' this year had a good day, winning the women's event with ease and taking second in the men's

David Sutcliffe

Dave Bithell Flitwick 10K

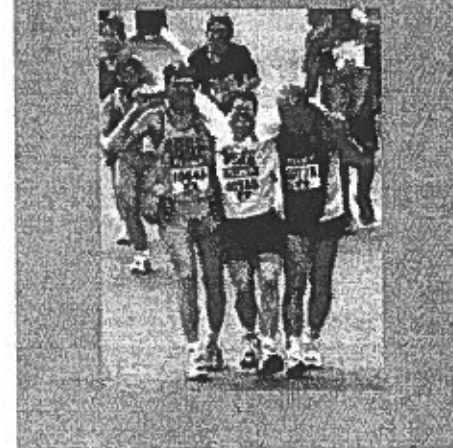
Mark Whiteman	37:54
Graham King	38:56*
Mike Barnard	39:45
Rob Miller	40:40
Neil Lovesey	41:00
Paul Roberts	42:14
Graham Short	42:34
Emily Woodfield	43:49
Avril Monmont	43:54**
Steve Gaunt	44:00
Ian Marshall	45:38
David Herincx	45:44
Steve Daniels	46:14
Bill Billington	47:34
Jonathan Rook	48:19
Vic Byer	48:33
David Fletcher	51:06
Elaine Munday	51:34
Larry Corkery	51:42
Bruce Mehew	52:11
Paul Keñt	52:37
Jackie Keenan	52:59
John Keenan	54:57
Liz Byer	55:59
Malcolm McEwen	57:28
Janet Taylor	58:37
Claire Payne	59:10
Lynn Banks	60:55***
Martin Lambourne	61:44
Rachel Bridger	63:15
Paula Hollowell	69:52

*1st MV50
**3rd LV35
***3rd LV55

25 April 2004

**View all race results on
www.bedfordharriers.co.uk**

Mark Billington's London Marathon



Hi it's that lucky (ED: was that blighter, Mark...?) again!

Having competed in the Oakley 20 and getting a respectable time (2hrs 41min) I was looking forward to the Marathon to see if I could keep up my blistering pace over the rest of the six miles!

I hardly slept the night before and kept waking up and clock watching. Finally my alarm went off at 4.30am and I proceeded to get ready and have my bowl of porridge and bananas. I was starting to feel nervous as I left the house at 5.30 am to drive to Bedford. What if I don't make it? What if I trip and fall over? What if....? The rain was lashing it down and I started to get despondent as I don't do rain very well.

By the time I got on the coach and started to chat to others I started to relax a bit and concentrated on the task ahead. Then, just as I was starting to look forward to the marathon again, the coach driver got lost! Mild panic started to set in. What if I don't make it to the start on time? Will I be able to run?

However, not all was lost. The driver managed to drop us off about half a mile from the start. Phew panic over!

After dumping my worldly goods in the back of a truck I carried out my warm up routine and a little stretching and made my way to the start. The rain had eased off a little by now so I was starting to feel good. The start soon came round and I slowly made my way up to the start point then I was off!

I set my watch and started to knuckle down for the long slog. However, it didn't take long before I came to a grinding halt. It felt like being in traffic jam for the first mile everybody stopping and starting. I checked my watch and I was not on schedule so I started to speed up a bit for the next few miles to catch up!

Once I had settled down at my pace I started to enjoy the race, waving at the crowds and slapping children's hands as they held them out.

I felt like a celebrity! Unfortunately the rain started to come down heavy again and my t-shirt started to get heavy with all the moisture. I battled on but by the 18 mile point I was starting to feel it and my legs were beginning to ache. My pace started to slow and by the 23-mile point I really felt I couldn't go on. (Is this the wall?) I stopped and grabbed a Lucazade Sport and gulped it down but I decided I needed to walk a bit as my thigh muscles were beginning to cramp up.

After coming out of the tunnel into the embankment, I gritted my teeth and started to run again. The crowds were fantastic and kept me going. Just before Buckingham Palace I spotted the family and went over to give them a wave. This gave me the final encouragement that I needed and I picked up the pace up to the finish. What a relief!

I crossed the line at 3hrs 46min. I had done it and I felt great although my legs were knackered and I had real trouble walking. What a fantastic race - I had reckoned on around 3hrs 40 although in reality anything under 4hrs was great for me. The crowds were really great and thanks to anyone who cheered me on. I did here 'come on Bedford' many times.

My legs are still stiff and aching but a small price to pay for a great personal achievement. Would I do it again? After finishing I defiantly said no way but after sleeping on it.....maybe. It's like when a woman has a baby she always says 'never again' but the pain is soon forgotten and they have another one (sorry ladies no offence meant, I know I would rather run a marathon than have a baby)!

I'm off to Buffers tomorrow to have a well deserved massage, although I suspect it's going to be painful rather than pleasurable (knowing Buffers)!

See you there next year....?

Mark Billington

LAKIN QUALIFIES FOR ATHENS

A stupendous performance in this year's Flora London Marathon by Bedford Harrier Keith Lakin, saw him qualify for Athens by just 19 seconds. Comments about this incredible performance, from experienced members of the sporting world, included phrases such as "full credit", "early doors", "the boy done good" and "over the moon". I know, meaningless babble, but what can you expect when there is so much football in the media? All Keith needs now to cement his place in the MV375 team is a suitable birth certificate and to facilitate this he will be changing his name to John Bunyan and applying to Somerset House.

So, how was it for me? Well despite suffering from hypothermia in the coach and the coach driver's interpretation of what constituted the most appropriate way to Blackheath requiring us to walk the last 1 ¼ miles to the start, I arrived in fine fettle.

I was a little disappointed at the start. Having watched the marathon on the telly year after year, I had in mind that it would be a huge festival of running. Instead, there were thousands of people whose main concerns were rushing to find a toilet and rushing to their starting pen. This is where my experience told. Having queued for an hour for the loo at the Great North Run, the 20 minutes in London was small beer. And, why rush to the start as we were being chip timed. And, I'd done the Oakley 20, so I'd be okay until the last 6 and a bit miles. If only. Then we were off with a roar from the field. Ten minutes later we were at the start line, bin bag discarded and only 26 miles 385 yards to go in the rain.

The first few miles were taken at a steady 10:30 min pace. We were past Cutty Sark and on to my first encounter with the Harriers' support crew at 7 miles. I was still going well at Tower Bridge, and there is a photo to prove it, at 10:30 to 11:00 min mile pace. But where was the girl from Blue Peter interviewing people? Halfway in 2 hours 21 minutes and still feeling good. Past the 2nd batch of Harriers'

supporters and they were noisy. At 14 miles I started to feel tired. I tried the "you can't be tired yet you did the Oakley 20 and finished strongly". But whatever I told myself my legs didn't listen. Even the jelly babies didn't help. I put it down to seeing the faster runners coming out of Docklands and thinking I'm 8 miles behind them but it didn't help when they'd gone.

My pace was slowing. I was down to 11:45 minute miles. The noise through Canary Wharf was incredible but that is where Buff's patching up of my knee came unpatched. So here I was, 8 miles from home, too tired to run continuously with a knee that hurt more when I walked. If only I was Jake the Peg I'd have a spare. I'd slowed to 14 minute miles. My slowest mile was past Her Majesty's Palace and Fortress, the Tower of London. Gosh, Steve Cram's right about those cobbles and the mat doesn't help. And even a "waddun" (that's well done in English) from Sally Gunnell couldn't increase my pace.

And then the Embankment. One hears so often sporting celebs say that "the crowd supported brilliant". (Yes I know it's poor English but that's what they say.) But it's true. The shouts of encouragement, "Come on Keith, only a mile to go." My mumbled response, "You run the previous 25 miles then and I'll do the last mile." It was great to see loads of Harriers shouting and waving and before long I was past Big Ben and into the "sprint for home" where I saw a familiar face. Andrew (sorry I can't remember your surname) was also struggling at this stage, so we jogged and walked and talked and jogged our way past Buckingham Palace (one of the few sights I noticed) into the Mall and over the finish line. 5 hours 10 minutes 51 seconds and I didn't have to relieve myself in someone's front garden.

It is the hardest thing I have ever done, but the feeling of emotion when they hang the medal around your neck is worth it. Honest guv.

Keith Lakin

April in London

Greenwich
Blackheath
9.45am
Blue Start
Red Start
Green Start

Canon crack
Heartbeats
Expectation
Elation
Emotion
Excitement

Mile 1
Mile 2
Too many miles
Cutty Sark
Tower Bridge
Mile 13

Half way
Relief
Keep going
Crowds cheer
Voices echo all around
Isle of Dogs

Canary Wharf
Wapping
News International
Cracking on and on
Mile 22
London Embankment

One last effort
Body tired
Very tired
Westminster Bridge
Birdcage Walk
Crowds cheer

So much noise
Buck House
I can taste it
The Mall
The Finish
26.2 miles

Elated
Done and dusted
Relief
Drinks required
Catch my breath
Catch my life

Heart relaxes
Oh what joy
Sublime feeling
I am dreaming
Is this a dream?
Oh my god

Echoes of a past life
Echoes of future days
What a day!

Phil Gray

MY LSD (LONG SURREAL DREAM) TRIP

Dark, foreboding skies that hung over Greenwich Park threatened us with a good drenching, whiling away the minutes at the Green Start before this year's London Marathon. And here I was making my debut at the event, all dressed up in my best black bin liner too.

The downpour would come later, but with the oversized shopping bag that represents your security blanket surrendered to the kit wagons it's really just you against the elements. Nor were these pleasant ones, but having risen at 5am to catch the Harriers bus, and with five months' worth of hard slog on the road behind me, it was hardly the time to turn back.....



Finally 9.45 rolled around, the hooter sounded and off we went, a heaving sea of humanity hell-bent on Pall Mall. Funny how you always bump into old pals in these situations isn't it? So it was that Tony Dadd and I took turns picking a path through the throngs in those opening miles, spotting the gaps then diving into them.

In spite of the relatively slow-paced opening stages, Tony seemed especially relaxed, high-fiving kids at the roadside along the way as he made 50p pieces magically appear from within his bandana. At the 10k mark his quick spin on a unicycle while juggling three pouches of Lucozade Sport had the crowds roaring in appreciation - but then he was gone, somehow tearing off the next 32k in 2.14, by my estimate.

The crowds grew gradually thicker and noisier as we moved along - so much so that I began to lose sight of where I was and just what I was doing. The whole experience took on a dream-like sensation, as though I'd stumbled on some wild carnival in full swing, all rather overwhelming compared with the Sandy 10.

Crossing Tower Bridge was especially intense, as my amnesia really set in: all I knew was that I was somewhere around halfway, having constantly forgotten to look up atop the pillars at each mile. Here, on what appeared to be bouncy-castle versions of Tower Bridge festooned with the Flora logo, was the distance you'd covered, along with a clown laughing hysterically and a pantomime horse. OK, I might have made some of that up.

For a while at least, time and distance didn't seem important any more. The threatened rain arrived approx mile 17, just as I passed the showers which curiously no one was taking advantage of. The wet velcro fastening on my watch was losing its grip, so I simply held it in my hand, concerned now only with persevering through to the finish.

Soon I ran into another old friend, Andy Sewell, who told me he'd passed Neil McAndrew "wearing a little Sun top" (he meant the newspaper, of course). Hmmph, and the only celeb I spotted had been the 93-year-old fellow doing pre-race stretches in his turban.

Next, I passed my own workplace at News International in Wapping, unable to pick out a familiar face, though to be fair they don't usually start putting The Times together until mid-afternoon. Cobblestones on the approach to St Katherine's Dock are murder on tiring legs, and they jarred my knees, slowing my pace a little more.

"Ahhh, and so close too," I heard a couple of ambulance ladies commiserating with one stricken competitor who'd clearly reached the point of no return at Tower Hill. Everywhere around me were walking wounded, suffering that horrible hip-lock that allows little more than crawling pace. They limped, grimaced, tried to run but gave up like the wounded soldier in those war movies: "I've had it Sarge, you go on without me."

Familiar with the condition and knowing that once you start walking it's difficult to pick up pace again, I kept the legs going through the Lucozade-scented Blackfriars Tunnel and along the Embankment, even if it was at something approaching nine-minute-mile pace. "Come on Bedford," people in the crowd roared (...did they think it was my name on my vest)?

The happy ending is that my finishing time, though slightly disappointing, is still good enough to secure an automatic "Good for Age" place in next year's race.

But will I do it again? Phew, just let me think about that for a while.

Mike Barnard

Marathon Running - The Byer's Guide

We have run three marathons abroad all in the USA. Their preferred energy drink for races seems to be Gatorade, so try it first with your training runs, in the UK, in case it does not agree with your digestion.

1. New York

We ran NY in 1999, it was a great experience (Vic's first marathon), with large and very noisy crowds. We got our guaranteed entries via one of the running tour companies (found in Runners World). We only got our entries on condition we booked our flight via the tour operator.

We choose our accommodation through one of the worldwide hotel chains and booked direct with them. Various firms have mini buses for transport from the airport to the city. The 'Ground Transportation' desk at the airport will help you.

Transport was provided to the start but you have over a three hour wait for the 'off' and the holding location (Staten Island) was cold and windy. If we do it again we would enquire about renting an apartment. We've been told Radio City has apartments and it is in a good central location, also we would get a cab to the start.

2. Boston

A must for all marathon addicts, it has been going for over 100 years and it was the forerunner for City marathons.

Entries appear to be difficult because you need a qualifying time, but don't be put off as the running tour companies have limited guaranteed places, whatever your ability. You certainly won't be running alone, we took over 4.5 hours and there were plenty of runners behind us.

However you must book your flight and hotel package with them. The deal included transport to and from the airport.

We enjoyed the pre-race pasta party as we met up with some local club runners. The course is undulating and there are three hills (about the same as Brickhill/Manton Lane) in the final miles so train accordingly. There is a good crowd all along the route. Be prepared for a deafening cheer (from students at a local college) just before the halfway point.

3. Chicago

As you can book this one 'on-line', you can pick your own flights and accommodation. This race starts and finishes at Grant Park so pick a hotel that is near to the park. A subway train goes from the airport direct to the city centre. It was inexpensive, convenient and quick.

We booked our hotel via one of the 'City Break' brochures found in travel agents and we got a good deal (better than booking direct or on-line). It's a flat course with good support all the way round.

Finally we are thinking about the Venice Marathon 2004, ideas and tips would be welcomed.

Thoughts on the London Marathon (from Liz)

No matter how good a race you are having, even if you are on course for a PB, you still might be passed by a rhino, a human caterpillar and a fairy. However it's still well worth doing.

Vic & Liz Byer

Harriers Results from London Marathon

Tony Dadd	2:54:53
Andy Sewell	3:07:29
Mike Barnard	3:11:11
Veronica Singleton	3:25:14
Henry Downes	3:33:50
Derek Morrison	3:34:37
Gary Horsman	3:44:26
Michael Killeen	3:44:58
Mark Billington	3:46:57
Alex Rothwell	3:50:37
Viv Kilgour	3:52:20
Jenny Lovesey	3:52:48
Suki Handha	3:56:56
Jim Gannon	3:58:39
Deirdre Bethune	3:58:56
Mick Inskip	3:59:27
Chris Williams	3:59:49
Chris Capps	4:01:25
Richard Whiteman	4:01:59
Jack Chana	4:11:32
David Hetincx	4:12:35
Charlie Hempstead	4:13:09
Dennis Hone	4:13:48
Stuart Bullard	4:23:31
Melissa Frame	4:27:36
Martin Lambourne	4:30:21
Peter Chana	4:35:34
John Ballantine	4:46:23
Andrew Lake	5:02:39
Keith Lakin	5:10:41
Jude Cottam	5:35:17
Iva Bar	6:26:43

London, 18 April 2004

**View more marathon images on
www.bedfordharriers.co.uk**

Online Entries – Making Life Easier...Right?

Wrong! Below is an email exchange that Jacinta Horne (Bedford Harriers Race Organiser Extraordinaire) had recently and now you might be able to see why she wrote her article you'll find in this month's magazine.

I have changed the name of the runner (not a Harrier!) to protect the clinically stupid... innocent, I meant innocent. The runner had entered the Oakley races online, but not specified which of the two distances he was running.

From: Jacinta Horne

To: Runner

Subject: Oakley Races

Thank you for your online entry, could you please indicate which race you would like to run?

Yours in sport,
Jacinta Horne

From: Runner

To: Jacinta Horne

Subject: RE: Oakley Races
The Flitwick 10K please.

And, to paraphrase the 'filiarious' Jimmy Cricket, there's more! Jacinta is regularly phoned by a hardcore of online entrants, who despite having entered their details via the internet, received an email back thanking them for their entry AND have had the money taken out of their account, ring her up to check that their entry has been 'received'!

Indeed, one caller rang late last November wanting to know where their race number was as she was panicking that her entry hadn't been received, and she had heard nothing from the race organisers. Jacinta hunted high and low through the 1400 Great Barford entries, but had to concede that the lady's entry to the Great Barford Half in a few weeks time appeared to have been lost.

"Barford?", she said, "No, I've entered Oakley."

EASTERN VETS XC CHAMPIONSHIPS

Supercrocks Strike Gold!

Arrington Park on the Royston to Cambridge road is the usual venue for this event and it is steeply undulating, arable land that reliably offers testing conditions. In the past, waterlogged running conditions and a flooded parking area have featured, but this year fierce icy winds had dried out the course and ensured that the event, involving some 95 enthusiasts aged between 35 and 82 years, lived up to its reputation as the best knobby knees exhibition in the East of England.

The overall winner was Stan Owens, a MV50 runner from Nene Valley Harriers, who covered the 6.5km course in 25.08. In this section, probably the most competitive in the race, the Harriers team of Chris Proud, Martin Leach and Brian McCallen managed 4th place.

Next, a surprise second place by the Harriers MV40 team who despite having no runners in the top twenty, packed well behind Nene Valley who placed three runners in the top four. The Harriers were led home by fast improving 'returnee' Tony Barnes, followed by Comrades Marathon exponent Simon Bowden – normally happier over 100km rather than a mere 6.5km, the ever dependable Graham Horne, and a rare but entertaining effort by Robbie Burrells.

Finally, the MV60 team, long accustomed to taking second or third in Eastern Vets events struck gold at last!

Leading the charge was Dennis Gound, new to this age group and to cross country, and also placed third in the MV60 individual contest. Next a back to form Bill Billington, 'fresh' from his effort in the Watford Half the week before, and also taking first place in the MV65 individual group, whilst steady efforts by Bill Morant and Larry Corkery saw the team home.

Interestingly, a glance at the race result showed that whilst Bill Billington and Dennis were evenly matched with the leading runners from Milton Keynes and the host team from Eastern Vets, our first place was clinched through third scoring Harrier Bill Morant coming home some ten places in front of the third runners from both other clubs – team running at its best!

This being the 25th running of this event, iced cake was produced for consumption with the usual Eastern Vets liberal supply of free tea, coffee and biscuits, while the complicated race results for a dozen or so different age groups were being calculated. Finally, after the presentation, held in rooms conveniently located next to the Hardwick Arms, some seven 'survivors' from the first Eastern Vets Cross Country held in 1979 were duly lined up for pictures by the club photographers.

David Sutcliffe

SPORTING BLUES LEAGUES

Enclosed with this issue of The Run, is an update on the Sporting Blues Leagues, run by Graham Bufton.

The league tables take in all races to the end of April 2004.

Leading the packs in their relative divisions are:

Kevin Willett, Chris Proud, Gary Horsman, Mick Inskip, Veronica Singleton & Emily Woodfield, Viv Kilgour, Elaine Munday and Janet Taylor.

FLAT OUT IN VENRAY: A LAP TOO FAR

European Powerman Duathlon Championships, Venray, Holland

Every year Venray, a small, laid-back town in south-east Holland, hosts one of the biggest duathlons of the worldwide Powerman series, which culminates in the World Championship in Zofingen, Switzerland. The contrast between the two events could not be greater; Zofingen incorporates 40km of hilly running and 150km of cycling over nine major climbs. In Venray the distances are 15km running, 62km cycling and another 7.5km of running and the largest climb is the speed bump outside the town hall.

Venray was totally destroyed in September 1944 during a fierce and bloody battle that followed on from Operation Market Garden, the abortive attempt by General Montgomery to force a corridor into Germany and beat the Americans into Berlin; now immortalised in the classic film "A Bridge Too Far".

After the war Venray turned this misfortune to its advantage and rebuilt the town, restoring the old Grote Markt and the huge church tower and providing many kilometres of wide and well-used cycle tracks around a totally car-free centre.

Everyone, from about three to eighty, cycles in Venray; to work, to school, to the market or out into the extensive network of tracks that cover the flat countryside (but no one wears a helmet).

It was an astonishing sight to see a huge 'peleton' of mothers riding away from the junior school in the afternoon, most with a child fore and aft.

In typically continental fashion the whole race weekend was given over to a busy programme of related events. On the Saturday evening there was a pasta party complete with can-can dancers, the Dutch hand bike championships and a hair-raising criterium cycle race around the town centre that finished after 10pm under the gloom of the street lights. Sunday started with a series of 'Powerkids' races, for seven year-olds upwards, a business teams race and a citizens third distance race, before the European Championships proper started at noon in hot and windy conditions.

Unusually the 55+ age groups had their own start and I lined-up with five Dutchmen and two Germans in my group and another six Germans who were contesting the older groups up to 75. I was third in my category after the first run (six 2.5km laps of the town centre) but I was outclassed in the cycle (four 15km laps of an out-and-back course), blowing a five minute advantage and losing nearly ten minutes in total to the eventual bronze medallist. The effort and the heat took its toll and suffering from severe cramp during the final three laps of the run, I was happy to hang on to fourth place.

But the suffering was soon forgotten and a very enjoyable weekend concluded with yet another pasta party.

Chris Proud

Fixture List - Summer 2004 Key Races

MAY

Sun 16 - Eye 10K
Tue 18 - Bedford 6
Fri 21 - Blisworth 5K
Sat 22 - Lanzarote Ironman
Sun 23 - Stockwood Park 10K
Wed 26 - Rockingham 5

JUNE

Tue 8 - Weedon 10K
Sun 13 - Dunstable 10K
Tue 15 - Banbury 5
Fri 18 - Colworth Marathon
-Sun 20 Challenge
Tue 22 - Harborough 5

JULY

Sun 4 - John O'Callaghan 5
Tue 10 - Milton Keynes 10K
Fri 9 - Cranfield 5K
Sun 18 - Fairlands Valley
Challenge
Sun 18 - St Ives 10K
Tue 20 - Fairlands Valley Relays
Sun 25 - Milton Keynes Half
Wed 28 - Doug Anderson
Memorial 5K

AUGUST

Sun 1 - Harlow 10
Fri 6 - Blisworth 5K
Fri 13 - Cranfield 5
Sun 15 - Burnham Beeches Half
Sun 15 - Thorney 5
Sun 29 - Wardour Park 5K

*Harriers Championship Race

For a full list of local fixtures visit the Harriers website or speak to our Competitions Manager, David Sutcliffe, for further information on any of the forthcoming races.

**Don't forget to renew your
membership cards
See Jacinta for any queries**

2004 - The Story So Far

VAT – Primrose Appeal

Many thanks to Colin Bennetts for sending in the cartoon below – Colin is obviously as enamoured about the tax man as all those involved in the Primrose Appeal in Bedford.

Having just opened the magnificent centre at Bedford Hospital to improve the cancer care for patients and their families (and speaking from personal experience, the staff at Bedford Hospital now have a fantastic facility that mirrors their excellent levels of care for cancer patients), the VAT man then came knocking and demanded a £265,000 cut from the appeal fund!

Having run two FLMs for the Macmillan Appeal in Bedford, and persuaded my sponsors to sign the gift aid declarations, it then made complete nonsense to slap a large VAT bill on the fundraising proceeds!

Thankfully common sense, a large petition and the intervention of our local MPs finally saw off the Shylocks of the Inland Revenue, but could Colin's cartoon be soon appearing for real in next year's London Marathon?

David Gallagher

April has arrived with a mixture of sunshine and showers but Bedford Harriers have been in action since day 1 of 2004. I count myself lucky to be able to capture Harriers in action but also to appreciate the level of work undertaken at some events to make the whole thing possible.

Oakley 12 and 20 were a prime example as I appear to have spent most of the weekend in Oakley itself. Saturday concluded at 4.30pm and in a flash I was back again making ready for the start. It was an incredible day and a real bonus was capturing Graham Taylor, the ex England Manager, in action as he prepared for the London Marathon. Sunday finished about mid-afternoon for me but some did not see its conclusion till gone 6pm.

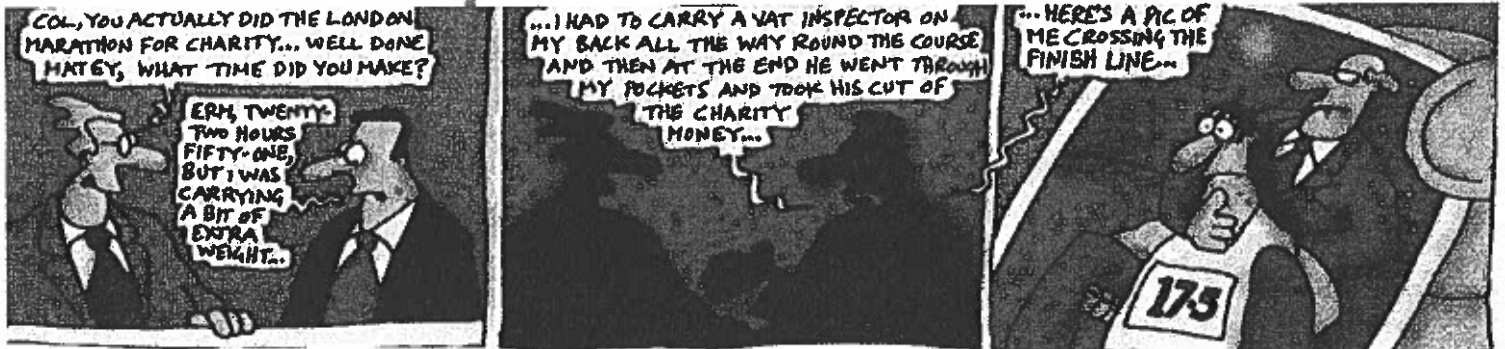
March was a busy month as Harriers addressed all manner of events including the Milton Keynes Half Marathon and the Bungay Marathon and not forgetting a little matter of the Hemel 10 – where Kevin Willet retained

the Club 10 Mile Championship and was supported well by Veronica as first Harrier Lady.

Relays are a new experience for a lot of people as Harriers addressed a major relay event in the guise of the Nike SEAA 12 Stage Relays at the OU in Milton Keynes. Dave Sutcliffe's report goes into more detail about the race. There was a lot going on this day and one or two performances of particular note – Mike Barnard having achieved a 10 mile PB at the Sandy 10 (64.30) then drove to Milton Keynes to achieve one of the fastest Harrier short leg times of 21.40, and not forgetting the Rotterdam Marathon where a sublime performance by Tony Dadd saw him take an incredible 6 minutes of his previous best to record a time of 2 hours 50 minutes.

More surprises await as I write I this article and hopefully some exciting tales from the capital on 18 April and a little matter of the London Marathon.

Phil Gray



CAPTION COMPETITION

Congratulations to Keith Lakin, who won the last issue's caption competition with:

"Oh no, I think I've stepped in something."

Keith had the pleasure of running the Oakley 20 for free as a result.

This issue we are giving away a free entry into the Doug Anderson Memorial 5K (28 July) for the funniest caption submitted for the image below of Viv getting hosed down after The Grizzly!

Email your entries to:

david.gallagher@milton-keynes.gov.uk

by end June please for your chance to win the free race entry to the Doug Anderson Memorial 5K.

Good luck!

David Gallagher



April Dawn

Sunshine splits
a clear blue sky
as I open my

eyes to the
dawn of
a new day.

So much have
I seen and
so much more

as yet unseen.
I count myself
fortunate to

witness nature
at its height
as blackbirds

echo all around
with a chorus
of pure delight.

Cherry Blossom
Daffodils
Tulips

My eyes are
dazzled at the
sight of so much

beauty in
the world.
Do others see

what I see?
Are they smiling too?
April I welcome

you as others
welcome
a new day.

Each second
more precious
than the last.

Each moment locked
away safe to view
another day.

Phil Gray

Marshals - Why?

I have been an active member of Bedford Harriers Athletic Club for more than a decade and during that time I have watched the club grow from no more than a dozen members since its foundation in 1985 to its present figure of 318.

During that time I have also participated in and marshaled at countless events in this region and beyond. I have an appreciation of the effort and number of people involved to make the whole thing possible and key to any successful event is the role of the humble marshal, who gives up his or her time to make an event possible.

Imagine if you will the following scenario – you have trained long and hard for an event only for your hopes to be dashed at the last minute because the organiser had insufficient marshal numbers for the event to take place.

How would you feel if this actually happened?

Let us look at some figures if you will. Harriers hold a number of events during the course of the year and rely heavily on marshals to make the whole thing possible. Great Barford needs up to 80 marshals as does the Oakley 12 and 20. I appreciate this because for both events I marshaled at a given location for 4 hours on both occasions. Why? Because I too participated in races where marshals have stood for the same period of time so that I and many others can enjoy the event in question.

So if someone asks you to marshal at a Harriers event, think of those marshals at other events and imagine if they decided not to marshal.

Phil Gray

ENTERING RACES

Warming Up & Cooling Down

Warming-up

The physiological purpose of the warm-up is to increase your metabolic rate (heart rate, oxygen consumption) to the level it must reach during the initial stages of the race. Start the warm-up 45 minutes before the start of the race. It is a good idea to go from the finish back along the course therefore you will know when to push on near the closing stages. Do about 10/15 minute jogging, then stretch the parts other stretches won't reach (10/15 minutes). 15 minutes before the start do strides (50 to 100 metres) and drills (high knees etc.) and more focused running. Get to the start line approx 5 minutes to the start (keep moving once there). This will work the cardiovascular system/increase metabolic rate/ and warm all muscles (stop injury).

Cooling-down

The purpose of the cool-down is to help return your body to the pre-exercise condition. This includes reducing your heart rate, your breathing rate, your core body temperature, and the levels of hormones such as epinephrine (adrenaline) in your blood. After races of 10K or shorter an important role of the cool-down is to remove the lactate that has accumulated in your muscles. Your cool-down should consist of easy running (jogging) for a number of minutes (up to 20). If you are too tired to run, brisk walking will help.

Graham 'Buff' Bufton

How Not To P--- O-- (Annoy) The Race Entries Manager

A light hearted look at the life of a race organiser....

I can't remember how long I have been processing race entries now although I can remember how I got in to it in the first place (thanks Richard). One thing for sure is that there has been an enormous increase in the number of people entering our races since I started. So what is my problem? Kevin said at Oakley as he handed me a beautiful bucket - sorry bouquet - that it was because I worked hard without complaining - you should hear me!!

So, next time you enter a race please picture poor me and have my dulcet tones in your ears with the following requests:

Please DO NOT cellotape your envelope closed so that it is more secure than Fort Knox.

Please DO NOT use abbreviations. Just because you know what TVH or NHRR means, doesn't mean that the person dealing with your entry will have a clue.

Please DO NOT let a spider crawl across the page - i.e. can you please write legibly (*Ed: sorry Cint! Couldn't resist not correcting that!!*).

Please DO cut off the top half of the page that contains the important information. I DO NOT NEED OR WANT IT. I probably sent you the form in the first place so I already know what it says. What's more you will be phoning me in a couple of weeks time to ask me to remind *you* what it says. On top of that you cannot make a neat pile of race entries when they are all different sizes.

ALWAYS enclose a SAE unless otherwise instructed.

Make sure your SAE is big enough. Why runners think that several pieces of A4 will fit into a dinner money envelope is beyond me.

DO NOT fold said SAE an excessive number of times in order to fit it in with your entry. We do not have time to get out the ironing board.

DO NOT write "please use cellotape" on a rotten old envelope. The person dealing with your entry may have 1500 other envelopes asking for the use of cellotape and that is just not on. Get a life and go buy yourself some new envelopes.

Check that your cheque is for the correct amount made out to the correct person and is signed. Do not post date until the next millennium.

If the closing date is tomorrow - please enter on the day!

How a Harrier should enter a Harriers Race

First and foremost volunteer to help the day before or replace yourself as a helper on the day.

Post your entry to the address on the form. Do not rely on your coach or the person living nearest to the address on the form to drop it in for you.

Do not attempt to give me cash in the stadium foyer - it can give totally the wrong impression.

Enclose a SAE as requested. My "entries on the day" team may not have time to deal with Harriers collecting numbers on the day.

Jacinta Horne

Sporting Blues League Tables (Female)

Div 1	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	Mar	Pts	T.Pts
1	Veronica Singleton							72.17	10			3.25.14	35	45
2	Emily Woodfield					43.49	25	71.02	20					45
3	Avril Monmont					43.54	25	73.55	5					30
4	Teresa Munns					46.58	3							3
5	Carla Fisher					52.50	0							0
6	Debbie Bilham							100.30	0	2.07.16	0			0
7	Deirdre Bethune							81.10	0	1.48.05	0	3.58.56	0	0
8	Jackie Keenan					52.59	0							0
9	Hannah Liston													
10	Nicky Klabe													
11	Cathy Rogers													
12	Eugenia Carr													
13	Jo Sawyers													
14	Heather Bagward													
15	Teresa Cooper													
Pos/Div 2	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	Mar	Pts	T.Pts
1	Viv Kigour					48.13	30							45
2	Jenny Lovesey							1.18.22	25			3.52.20	15	40
3	Delores Wallis					48.20	30							30
4	Rosemary McMahon							77.57	30					30
5	Suet Lua					54.52	0	91.36	0	1.58.08	0			0
6	Helen Broughton					62.35	0							0
7	Nichola Lawton					53.23	0							0
8	Liz Byer					55.59	0	1.29.57	0	2.04.00	0			0
9	Iva Barr							2.15.43	0			6.26.43	0	0
10	Lesley Barnes													
11	Karen Price													
12	Christine Armstrong													
13	Lisa North													
14	Paula Browning													
15	Jacinta Home													
16	Karen Robinson													
17	Alice Edwards													
18	Lydia Swift													
19	Margaret Martin													
20	Debbie Hylton													
21	Andrea Ranson													
22	Belinda Whittaker													
23	Dani Martin													
24	Donna Thornton													
25	Lynne Gingell													
Pos/Div 3	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	Mar	Pts	T.Pts
1	Elaine Munday					51.34	50	91.23	4	2.01.38	2			56
2	Zoe Willett					55.11	15							15
3	Melissa Frame											4.27.36	5	5
4	Jude Cottam									2.21.14	3	5.35.17	0	3
5	Nyree Hone					59.35	0			2.13.04	0			0
6	Val Bird					67.27	0							0
7	Jeanette Cheetham					62.56	0							0
8	Michelle Goddard					73.47	0							0
9	Rachel Bridger					63.15	0							0
10	Catherine Griffiths													
11	Laura Soady													
12	Norma King													
13	Emma Sharp													
14	Emilie Cowlen													
15	Holly Barnard													
16	Paula Hollowell													
17	Debra Davis													
18	Valerie Kid													
19	Nia Wall													
20	Charlotte Papworth													
21	Emma Yoxen													
22	Merlyn Webb													
Pos/Div 4	Female Athlete	5K	Pts	5M	Pts	10K	Pts	10M	Pts	Half	Pts	Mar	Pts	T.Pts
1	Janet Taylor					58.37	30	99.31	3					33
2	Jane Sizer					59.09	25							25
3	Claire Payne					59.10	25							25
4	Samantha Tai					59.55	20							20
5	Lyn Banks					60.55	10							10
6	Angela Gallivan					67.25	0							0
7	Palua Hollowell					69.52	0							0
8	Gabriella Kawalski													
9	Muriel Moore													
10	Nikki Linford													
11	Kim Morris													
12	Lyn Short													
13	Rachael Ayre													
14	Vanslin Noel													
15	louise Harradine													
16	Anne Coulter													
17	Heather Mackinson													
18	Sandra Elliot													
19	Lisa Hall					67.38	0							
20	Kate Hipwood									1.54.56				
Graham Buff - League Co-Ordinator														

