

## Harriers Facing Ban

Word has reached The Run that a number of Bedford Harriers are facing lengthy bans as they are currently running far too well.

Runners have been breaking club times, winning age categories in race series, and winning races outright all summer, and the local racing authorities have had enough.

The main culprits, whose exploits are provided in more detail in this issue of your number one The Run, include Kevin Willett, Larry Corkery, Jackie Keenan, Deirdre Bethune and Martin Leach.

Not content with winning his age category in the East Midlands Grand Prix



Some of the culprits facing lengthy bans for "running too well"

Series, Larry Corkery has been identified in a report seen by The Run as having "the audacity to win almost every race in the series as well."

Deirdre Bethune has also been criticised in the report for "consistently improving club best times

throughout the year", and action is expected to be taken.

When confronted by our reporter, local race officials laughed off the report as ludicrous nonsense - like we would have made it up!

**David Gallagher**

## Harriers Go Emerald

2005 sees the 20<sup>th</sup> anniversary of the Bedford Harriers Athletic Club.

A gala dinner is to be held at the Swan Hotel, Embankment Bedford on Friday 5<sup>th</sup> June 2005.

It will be an opportunity to

shed the scruffy running kit and trainers and 'scrub up'.

The dress code for men is to be lounge suit and for the women something gorgeous. Tickets are limited to 150 and will be on sale at a discounted price after the New Year.

Watch this space for further details.

It truly is a cause for celebration as the club has grown in number and status since those early days of jogging around Bedford Park.

**Jude Cottam**

The Run  
Telling it like it isn't from  
May to August 2004

### Contents

Harriers Facing Ban  
Harriers Go Emerald  
Are you a First Aider  
Chairman's Column  
World Duathlon Championships  
Editor's Column  
Bedford Harriers Half Marathon  
Bedford 6  
Club Championships  
Something Different?  
Dunstable 10K—Sort of...  
A Runner for All Seasons  
Road Race Championships  
Insurance  
Larry's Corking Runs  
Mud, Sweat and Cheers  
Bedford Harriers Organisation  
Caption Competition  
St Ives 10K  
Stevenage Relays  
Doug Anderson Memorial 5K  
The Run Crossword  
Colworth Marathon Challenge

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### Are you a First Aider?

Any club member who has a first aid qualification, can you please make yourself known to Jacinta Horne. This is in order that we can build up a register in case of emergencies on a club night or during a run.

Thank you.

## Chairman's Column - Brian McCallen

Those who come down to our training nights on a regular basis will no doubt have noticed that the club is getting bigger. More and more people are doing the warm-up and we are attracting an increasing number of new members. Encouragingly, many of these new members are ladies who now account for around 44% of the membership compared to around a third a few years ago. What is also welcome is that many of these new people are already running road races or taking part in the events which we organise ourselves such as the relays in Russell Park, the charity 1-mile time trial on the track and the handicap race around Priory Marina.

For those who may be interested in some seeing some actual figures on enrolments, at the beginning of September 2004, the Harriers had around 320 members. This is 70 more than in September 2003 and more than we had for the whole of our 2003/2004 membership year.

The current membership year runs up to the end of March 2005 and if the increase in new members continues, then by that date we could have in excess of 350 members.

A membership of 350 would position us as one of the largest road running clubs in the South East of England. It would also put well within striking distance of much longer established clubs such as Milton Keynes AC, Norwich AC & Beds & County who are thought to have between 350 and 400 members. As many of the members of these clubs are juniors or track & field athletes however, Bedford Harriers have probably already overtaken them in terms of road running members alone. This is quite a remarkably achievement for a club which is still not yet 20 years old.

This rapid growth in membership has created one problem however namely a shortage of coaches. This shortage was one of the main reasons why we had to cancel our

next 'Absolute Beginners Night' which was due to be held at the end of September. The previous 'Absolute Beginners Night', which was held last April, attracted over 120 people, which indicated a high degree of interest amongst the general population of Bedford for taking up road running and for joining the Harriers. The potential for further growth in our membership would seem therefore to be substantial.

Coaches are key to this continued growth however and more are always needed. To encourage new recruits, the club pays the examination and training fees of members undertaking coaching courses at Level I and II, and Steve Clark, our new coaching coordinator, is arranging for some courses to be held at Bedford Stadium. Recruiting more coaches' means that one major obstacle to further growth at the club is removed. If we can achieve this then who knows what our membership could be in a few years time!

## World Duathlon Championships

Just a couple of weeks after competing in the Lanzarote Ironman, Cathy Rogers along with Chris Proud competed in the World Duathlon Championships in Geel, Belgium.

Some 1000 duathletes from 32 countries took part in the Championships which involved a 4-lap - 10km run, followed by a 5 lap - 40km bike, and finished with a second 2-lap run 5km.

The day in Geel was cool with air temperatures around 18C, with light

rain - ideal for running, but quite treacherous on the bike.

Chris finished in 16th place in his age category in 2:15:47 and Cathy finished in 18th position in her age group in 2:24:51

Chris Proud - 10k run 41:15, 40k bike 1:14:02, 5k run 18:50, total 2:15:47 (16<sup>th</sup> 55-59 category)

Cathy Rogers - 10k run 43:16, 40k bike 1:19:05, 5k run 20:11, total 2:24:51 (18<sup>th</sup> 40-44category)



Cathy & Chris - Part of an increasing number of Harriers competing in Triathlons and Duathlons

## Editor's Column — David Gallagher

To paraphrase a commentator from Keith Lakin's favourite sport, it's been a summer of two halves for me. May saw me run a PB at the Great Weston 5, before some good but hot summer races culminated in a 5th PB at a 5th different distance in 2004 at the Doug Anderson 5K.

And then it all went Pete Tong. A niggle I had been ignoring for a few weeks led to a three week rest, and that I hoped would be that.

No chance. A week of Harriers Club Nights later and it was back with a vengeance. There was nothing else

to do. I had to go and see Buff for the first time!

For the uninitiated, Graham 'Buff' Bufton is our resident sports therapist, and a more cheerful inflicter of the no pain no gain principle I have yet to meet.

He diagnosed a shin splinter-esque condition caused by tight calves and trainers that should have been changed a few months earlier. I won't divulge the secrets of the treatment room, but it worked. Three sessions and a pair of new trainers later and I reappeared at the

Embankment 5 (which Graham and his team also organised brilliantly). After two years of running regularly I had thought I knew when trainers had to be changed and what self diagnosis was required for minor ailments. It just goes to show how dangerous a little knowledge can be. I'm now going to be monthly visitor to Buff, with the aim that a sports massage will help prevent injuries occurring before they do. And the biggest lesson following 8 weeks of inactivity? I'm a proper runner now, and I don't half miss it when I can't.

## Bedford Harriers Half Marathon

Sunday 12<sup>th</sup> December heralds the relocation of the Half Marathon.

The increasing popularity and continuing success of the Harriers' December Half Marathon has necessitated it's relocation to Wootton and the surrounding area.

The race HQ will be at Wootton Upper School; this venue will provide improved changing and baggage facilities as well as a larger hall for pre-race congregation and the award ceremony. Additionally the school's grounds will provide a safe environment enabling the accommodation of a large number of runners for the start assembly.

Charles Wells and Ravensden Service Station are once again the race sponsors with St John Ambulance and the Bedford Hospital Jubilee Appeal the appointed race charities.

The date is Sunday 12<sup>th</sup> December 11:00am start, 1.5k Fun Run at 11:15am.

The entry form is available as a download from the Harriers web site and also available at the Bedford Athletics Stadium. The race also incorporates the Beds AAA County Championship.

The course will be run in a circular anti clockwise direction with only one right turn, (in a remote area), ensuring the best possible safety for all concerned. A map of the course will appear on the Harriers web site shortly.

As ever the success of the Harriers races are due to a tremendous esprit de corps and the huge number of volunteers. All Harriers members are welcome to enter but if you are not planning to run please volunteer to help. Volunteering early helps the organising team plan ahead. If there are any individuals prepared to volunteer for managerial roles please contact either Brian McCallen or Steve Crane.

**Steve Crane**

### Bedford 6 - 18 May 2004

Richard Piron	37.05
Rob Miller	38.46
John Gibson	38.52
Graham Short	40.28
Henry Downes	40.39
Michael De Cesare	41.05
Veronica Singleton	41.07
Tony Barnes	41.48
Emily Woodfield	41.54
David Holt	41.57
Avril Monmont	42.06
Terry McEwen	42.24
Andy Wilkinson	42.32
Steve Daniels	43.18
Alex Rothwell	44.09
Stuart Bullard	44.51
Vic Byer	45.11
Vivien Kilgour	45.59
Suki Nandha	46.12
Kate Hipwood	46.43
Deidre Bethune	47.11
Larry Corkery	48.05
Janet Lehain	48.21
Jack Chana	48.27
Jackie Keenan	49.41
Elaine Munday	50.05
Suet Lua	53.04
Bruce Richardson	53.22
Janet Taylor	54.38
Bill Bethune	59.06



## Club Championships

### Cranfield 5K

67 Harriers ran in the Cranfield 5k, the largest turnout by the club for a race so far this year. Cranfield is a fast course and a number of Harriers achieved good times and ran pb's. Cranfield is also the club's 5k championship race.

The first Harrier to finish and the 1st MV40 overall on the night was Kevin Willett in 17:03. Kevin has now won the club's 5k championship at Cranfield in four of the last five years. The second Harrier to finish was Tony Dadd in 17:13. Tony's run was a pb by seven secs. The third Harrier to cross the line was Alistair Fadden in 18:21.

The first lady Harrier to finish was Emily Woodfield in 20:47. It was the first time Emily had run at Cranfield. The second lady Harrier was Viv Kilgour in 21:37 followed by Jenny Lovesey in 21:45.

The Harriers vets performed particularly well with Chris Proud, who is producing some excellent runs at present, being the 1st MV55 to finish in 18:59. Chris won the MV55 by 7 sec from Tony Simmons of Luton, who in the 1976 Montreal Olympics took 4th place behind bronze medallist Brendon Foster in the 10k. [Chris was also just seven seconds short of Martin Leach's club best].

Also running well were Martin Leach whose 19:17 was a new MV60 club best time and Bill Billington who clipped 4 secs off the Club MV65 best! Bill was the 1st MV65 at Cranfield, but as Cranfield does doesn't present prizes for age categories over 55+, Bill left empty handed as did Martin who would have won the MV60 prize.

A full list of results is available on the column opposite.

### Blisworth 5

Kevin Willett completed a summer clean sweep as the first Harrier to cross the line in 28.13 (3rd MV40 overall), with Neil Lovesey running a PB to be the second Harrier in 30.59. Third male Harrier to finish was Rob Miller in 31.19.

Veronica Singleton was the first female Harrier home in 34.30 (2nd LV40 overall), Donna McEwen running a PB in 36.09 to be second lady Harrier, and Lyn Banks third in 38.28.

Full list of runners below:

Kevin Willett	28.13
Neil Lovesey	30.59
Rob Miller	31.19
Chris Proud	31.21
Graham King	31.46
Tony Parello	32.23
Mike Barnard	32.26
Simon Fisher	32.49
John Shearer	33.08
Steve Gaunt	33.30
Derek Morrison	33.47
Brian McCallen	33.57
Veronica Singleton	34.30
Kevin McPhillips	35.18
Mark Francis	35.20
Gary Fuller	35.47
Donna McEwen	36.09
Alex Rothwell	36.44
Bill Billington (1st MV65)	37.15
Bruce Mehew	38.17
Norman Beckwith	38.23
Lyn Banks	38.28
Jenny Lovesey	38.34
Jack Chana	38.52
Richard Hales	39.45
Paul Kent	39.45
Deidre Bethune	40.10
Lawrence Foley	40.22
Lesley Barnes	41.20
Steve Crane	41.43
Stephen Ball	43.03
Kevin McCulley	43.10
Lydia Swift	44.29
Leigh Price	44.59
Jennifer Walker	45.48
Laura Soady	46.56
Steve Gingell	47.16
Claire Payne	47.18
Peter Lawley	48.11
Bill Bethune	51.17
Emilie Cowlan	51.27
Norma King	52.58
Paul Hudson	68.37

### Cranfield 5K - 9 July 2004

Kevin Willett	17.03
Tony Dadd	17.13
Alistair Fadden	18.21
Neil Lovesey	18.32
Rob Miller	18.43
Tony Barnes	18.46
Andrew Moore	18.52
Chris Proud	18.59
Paul Roberts	18.59
John Shearer	19.05*
Martin Leach	19.17
Graham Short	19.24
Mike Barnard	19.36
Michael De Cesare	19.48
Adam Hills	19.48
Steve Gaunt	19.48
Henry Downes	19.55
Derek Morrison	20.14
David Herinx	20.22
Steve Daniels	20.35
David Holt	20.42
Peter Campbell	20.46
Emily Woodfield	20.47
Chris Williams	21.19
Chris Capps	21.28
Alex Rothwell	21.30
Gary Horsman	21.30
Gary Fuller	21.37
Viv Kilgour	21.37
Colin Gipson	21.37
Jenny Lovesey	21.45
Paul Brown	21.49
Bruce Mehew	22.02
Donna McEwen	22.10
Bill Billington	22.16**
Steven Wallace	22.20
Janet Lehain	22.46
Steve Clark	22.47
Norman Beckwith	23.02
David Russell	23.09
Jack Chana	23.12
Paul Kent	23.27
Lesley Barnes	23.31
Elaine Munday	23.31
Stephen Ball	23.50
Larry Corkery	24.32
Ian Kingstone	24.37
Dennis Hone	25.02
Paul Rayner	25.23
Zoe Willett	25.31
Lydia Swift	25.35
Nyree Hone	27.46
Kevin McCulley	27.50
Chris Payne	27.51
Jane Sizer	28.09
Barry West	28.19
Debbie Gilbert	29.13
Val Bird	29.20
Barbara North	29.34
Paula Hollowell	30.14
Maria McBeth	30.49
Norma King	31.04
Jeannette Cheatham	31.22
Sarah Thuman	31.22
Sarah Maddison	31.49
Lynn Short	32.27
Paul Hudson	38.59

\*club best MV60 time

\*\*club best MV65 time

## Something different?

Is your running a bit stale, doing the same old races, want to try something new? Or are you thinking of going up a distance to half marathon or even a full marathon but just not sure?

When I ran my first ever London Marathon back in 1994, at about mile 20 I was enjoying myself so much that I knew I wanted to do it again. I passed the final miles trying to decide what fancy dress outfit I could feasibly run in next time.

In reality and several marathons later I have not been able to prise myself away from the comfort of Lycra and Dri-fit for a tutu or a rhino costume. But my 'dressing up through the streets of London' dream has come true courtesy of the Moonwalk, which many of you kindly sponsored. Yes I have walked briskly around the many of the famous sites of London at night for 26.2 miles in a decorated bra, running tights and silver wig, and I can thoroughly recommend it.

The Moonwalk is organised by Walk the Walk charity, who is committed to raising funds for breast cancer research and cancer care.

15,000 of us took part in May this year including 1000 men – all raising money for these charities. The walk started and finished in Hyde Park and took place during the night. It was well organised with food and entertainment (Bjorn Again) at the start and plenty of marshals, encouragement and support en route. It has the buzz and atmosphere of other big events like the London marathon, but not the pressure of being in a race or getting a pb.

You get a T-shirt, hat and bra, to decorate – Playtex are one of the sponsors. I would think that at least two thirds of the participants wore bras, including the fellas, and others wore the T-shirts, so don't be put off if you don't feel brave enough to expose a bit of torso. Unless you are used to walking long distances you will need to train for the event.

As runners we have a good head start, we are used to building endurance and we already have trainers!

Details for next year's event have not yet released, but I have been told that entries will be available from October or November. It's on a first come first served basis - this year's walk was oversubscribed by 8,000 entries.

It has quickly grown in size and popularity since the first Moonwalk back in 1998, when 25 women took part. If you would like to know more about the Charity, the Moonwalk and other walking events plus training programmes for distance walking, visit the website [www.walkthewalk.org](http://www.walkthewalk.org) or have a word with me. I hope to put details of the 2005 Moonwalk on the Harriers' notice board and website when I know them, for anyone who is interested.

**Liz Byer**

## Dunstable 10K—Sort of....

Well it's a good job I've got a sense of humour! I can't give much of a race report because I got sent the wrong way by the marshal and did not complete the course! But here goes anyway.

Me and my old mukka Henry arrived and registered at about 9.45. The race kicked off at 10.30 and I decided after my disaster at Weedon that it was too hot to tear off, so nice and easy does it. I must admit I was feeling quite good and at 4k I was able to pick up the pace a bit. Then it all went wrong, me and the guy I

was running with took the wrong turn at the 1st/2nd lap marker and found our selves running with the sub 40 minute gang!

So I finished in a very respectable 38 minutes and got a fantastic reception from the crowd which I did milk a bit! It was very funny at the time but now I wish I'd stayed in bed. So well done to every one who took part on a sweltering day and for me, well at least it was not a half marathon, god knows where I might have ended up!

**Chris Williams**



**Chris Williams - Probably not sending Christmas cards to Dunstable this year**



## A Runner for All Seasons?

Look back at your race times and you'll likely notice that at certain times of the year you are racking up some useful numbers, while during others you're quite clearly not doing the business. Well, I know this applies to me anyway. My running year is a series of peaks and troughs, with all my best performances coming in April/May, followed by another little spurt in September /October.

You don't need any rocket science formula to explain this pattern -- it's the simple fact that, along with I suspect the majority of runners, I am simply not a Man for all Seasons. Hot, sticky and humid? Don't care for it. Blue toes and frostbitten noses? Rather be at home in bed.

Conventional wisdom has it that ideal running conditions comprise overcast skies with a little drizzle. But for me it takes a bit of sunshine peeking through on a clear, crisp day, say of about 50 degrees to really get in the mood. That's how it was at The Harriers Oakley 20 race this year, when I just about peaked thanks to a lot of dedicated marathon training and crossed the finished line in a great time still fresh as a daisy. Pity I couldn't have reproduced that form a couple of weeks later in London, when I only just held it together to the end on a dank, miserable morning. Coincidence? I think not.

At the Peterborough half-marathon in March 2002 we runners were delayed awaiting the arrival of the race starter, some local rigger bugger bigwig apparently, and it was

during the hold-up that the heavens opened. We were exposed to the elements with nowhere to go, as the rain cascaded down in sheets, leaving us a sorry half-drowned lot by the time the starting gun finally went off.

It became a bit of an obstacle course with newly formed streams to navigate or leap across along the way, yet some runners (see below) revelled in it. My time was OK too, but I surely would have done better had I not had to endure the torment of squeaky shoes.

Then there's the other extreme, which Andy Sewell and I encountered at the Norwich half-marathon last summer (Peterborough one week, Norwich the next. It's all jet-setting and glamour this running lark you know). All right it was June. But it also turned out to be the hottest day of the year so far, hitting 86 degrees of stifling, sweltering intensity.

There were just too many long stretches where shade just couldn't be found, and exposed so brutally to the ferocious heat you soon forgot about pre-race targets and concentrated simply on reaching the finish. Before that experience I had reckoned that I could handle the heat -- but definitely not that kind of heat.

This year's Blisworth 5-miler was another good example, being run on an evening of extreme humidity that crept up on you and just wouldn't let go, and it was here that I asked a few Harriers about their favourite

conditions to run in. Chris Proud, who was among them, ran a blinder that day -- perhaps not surprising seeing as he's run in the deserts of Morocco and China. After that a gentle jog around a Northamptonshire village really can't be too much of a challenge.

Brian McCallen likes a bit of rain; "it keeps you cool and you don't sweat as much. In Malta there was a challenge 10K four years ago. There was a torrent just before the start and that suited me, as I did a good time."

Likewise for Steve Gaunt who likes it "cool and possibly rainy. I certainly don't enjoy the heat. But if you're running really well the weather shouldn't come into it. At the Cople 10 a few years back it rained at the start. I loved it and came in under 70 minutes for the first time -- in fact I broke it by three minutes."

Another who likes a deluge is Neil Lovesey, who had things just the way he likes them at the St Ives 10K in July, when he racked up a PB. "The rain was hammering down then just before the start it ended." In common with most of us Neil cites a "strong, biting wind" as his own bete noire. John Shearer sensibly suggests that "downhill with a following wind" amount to his ultimate conditions. He also employs the sound homily that "the worst step is the doorstep. If you can get over that the training's not a problem" (origin possibly Scottish).

**Mike Barnard**



## Road Race Championships

Positions up to and including 20 August 2004:

With ten qualifying races in the bag, Mike Barnard still leads overall. In second place, Bill Billington continues to show evidence of a return to form. Likewise, Dee Bethune holds a clear lead in the ladies section. However Dee could be challenged by Veronica Singleton and Avril Monmont who both average over 70 points per race.

Challenging strongly in the men's section is Chris Proud with a series of quality performances especially in the shorter races including a score of

81.6% for his time of 31:21 in the M55 section at the Blisworth 5.

Also with strong chances of making the leading places in the men's section are Neil Lovesey, Tony Dadd and Kevin Willett who all average over 74 points per race so far".

For more information, league table and rules visit the Harriers website:

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

**David Sutcliffe**

### Larry's Corking Runs!

As many Harriers know, the annual East Midlands Grand Prix Series took place over the summer. The series comprises 8 events, of which a runner's best 5 times are carried forward for overall series prizes.

Larry was entered in the MV65 category and literally ran away from the opposition. His race times (and position in the category) are listed below:

Silverstone 10K	49.50
Rugby 6 (1st)	47.54
Bedford 6 (2nd)	48.05
Rockingham 5 (1st)	38.12
Weedon 10K (1st)	52.19
Banbury 5 (1st)	39.48
Harborough 5 (1st)	38.59
Milton Keynes 10K (1st)	50.19

I seem to remember many of the races taking place in very hot weather (apart from Silverstone), making Larry's achievements even more special.

**David Gallagher**

## Insurance

From time to time the question of insurance cover arises in various situations. The Club carries two types of cover; Public Liability Insurance and Personal Accident Insurance.

### Public Liability Insurance

As an affiliated member of UK Athletics the club is indemnified against all sums that it shall become legally liable to pay as damages in respect of:

- accidental Bodily Injury to any person
- accidental damage to Third Party property
- injury resulting from negligent advice and instruction given by a coach to an athlete arising from the clubs activities anywhere in the United Kingdom.

More detail of the extent of the liability cover including exclusion clauses is available from the committee.

### Personal accident insurance.

Age limits, minimum 5 years maximum 70 years, (80 for non-competitive members).

Compensation is payable in the event of Accidental death or Accidental Bodily Injury whilst club members are:

- participating in athletics at any meeting organised by or recognised by UK Athletics Ltd anywhere in the world
- any training organised by the club and/or the Federation or other Association Body
- travelling directly to/from the above mentioned meetings or training sessions

Various levels of benefits are available covering death, permanent/temporary total/partial disablement. All are subject to the policy exclusions, terms and conditions. A detailed schedule of benefits is available from the committee.

**Steve Crane**



Larry Corkery in the East Midlands Grand Prix Series - leading the way as usual





## Mud, Sweat and Cheers

Well the nights are closing in, it's time to get out the lycra tights, so it must be cross-country season!

Bedford Harriers are part of the 3-Counties Cross Country League. It's a local league of twelve teams with 5 different races held from October to February.

The races this year are at:

Leighton Buzzard - 31<sup>st</sup> October  
 Wootton - 28<sup>th</sup> November  
 North Herts - 19<sup>th</sup> December  
 Ampthill - 9<sup>th</sup> January  
 Wellingborough - 6<sup>th</sup> February

Full details of times and maps to find venues will be up on the board nearer the time.

Last year we had a fantastic season finishing 4<sup>th</sup> team overall with the Ladies team finishing in 2<sup>nd</sup> place. In some races over 60 Harriers of all different speeds competed and there was a brilliant team atmosphere. So forget the memory of school cross country and have a go this season!

For every 3-Counties League race you enter this season you will have a free entry into the best Bedford Harriers raffle ever. You stand a chance of winning a REMOTE CONTROL COLOUR TELEVISION WITH DVD and at the same time the club has a chance of winning the league!!

**So why would you want to run a cross country race.....**

The beauty of the 3 Counties league is that there is no pressure and there are plenty of fun runners taking part. The distance of each race is never more than 5 miles and there isn't a race clock in sight. The post race social includes a roll, a cake and a cuppa (much more useful than a medal) and it only costs £2 to enter.

It's great not knowing beforehand whether you will be changing in an International Sports Centre (like ours) or a cow shed! The suspense continues until you are out on the course, sometimes tramping knee deep through mud, other times running along a pretty country track. Hills may be a feature but nothing too strenuous. Part of the fun is finding out whether the showers are still

hot when you get back! (The other part is.....have they got any showers?) All in all an exiting way to spend a Sunday morning, supporting your running club at the same time.

The more races you run (5 in total) the more entries you will have into the grand Bedford Harriers raffle. There will also be prizes for the male and female runners who improve most on their finishing position in the 5 races.

### Questions Frequently Asked About Cross Country

#### **Will I need special clothing and foot wear?**

A club vest is essential as part of the rules, but what you wear with it is up to you and dependant on the weather e.g. gloves, thermals, long sleeved tee shirt, tracksters etc. Off road running shoes or studded trainers are certainly beneficial but normal trainers are worn by many of the runners.

#### **What is a cross country course like?**

The routes will be on grass, tracks, shingle paths, and mud but definitely no roads.

#### **How long are the races?**

Each race distance is approximately 4.5 to 5 miles. All race organisers have agreed the distances will be no longer than 5 miles.

#### **I am not a fast runner, is it worth me coming?**

YES!!! The beauty of cross country is that you are running for your club, how fast you go is irrelevant. Placing is important right down to the last scorer in each of the teams. You may be the 200<sup>th</sup> runner to finish, but if the runner behind you is the last scorer of his team then he will score 201, pushing up their points score.

#### **How does the scoring system work?**

Men and women all run together but score for their gender. The first 5 men and the first 3 women score for their team. Two of the men MUST be vets and one of the women MUST be a vet. So, imagine a race where the first 5 men and the first 3 women are Harriers (with the requisite number of vets).

The placings for the men are totaled (1+2+3+4+5=15) and the placings for the women (1+2+3=6) and the two scores are added together, so our score for the race would be 21.

Then, if the next few runners to cross the line were also Harriers, even though they wouldn't score for the team, they would be ensuring that the next runner to score for another team would have a far higher number. The team with the lowest score wins. The more Harriers we get running in each race the more chance we have of pushing other scorers further down the line. (If this isn't clear on paper, ask a coach to explain it to you.)

#### **How can I get to races if I don't drive or don't want to travel on my own?**

Runners will be invited to meet at the club so that we can car share.

#### **Are the races expensive to enter?**

The cost of each race is £2. There are no prizes but your £2 entitles you to a filled roll, a piece of cake and tea or coffee.

#### **How do I enter?**

A sheet will go up on the notice board in due course for you to put your name on to register for the league. Before each individual race another sheet will go up asking for names of people going to that race. Cathy will be around to register runners at the beginning of the season but you can join in whenever you want.

#### **And finally .....**

3 Counties Cross Country league is for ALL runners; fast, slow or intermediate. The bottom line is that they are fun events with a great feeling of camaraderie and **NO PRESSURE**. Let's see you on the start line on 30<sup>th</sup> October and show our region just how many yellow and black vests there are!

#### **Cathy Rogers**



**You too can look like this with XC running!!**





# Bedford Harriers Organisation

*Continued from previous page*

Finally as far as the who's who is concerned, there are a group of individuals who form the Harriers Committee. This is a group of 12 members who meet on the first Monday of each month. Our Annual General Meeting is held on the last Wednesday in March. Elections to the Committee are held at this time and all members of the Club are eligible to stand for committee membership. The Committee year runs from April to March.

### The Committee 2004-2005

Brian Mcallen (Chairman)  
 Jacinta Horne (Vice Chair)  
 Christine Armstrong (Treasurer)  
 Lesley Barnes (Club Secretary)  
 Jacinta Horne (Membership Secretary)  
 Steve Crane (Race Director)  
 David Sutcliffe (Competitions Manager)  
 Steve Gaunt (Men's Team Manager)  
 Cathy Rogers (Ladies Team Manager)  
 Val Bird  
 Jane Sizer  
 Phil Gray (Club Photographer)  
 Tony Parello

So, there you have it – an introduction to the website and the Harriers organisation, and some names for you to remember.

If you have any suggestions, proposals etc. regarding the 'running' of the club, please come and talk to one of us and we'll be happy to discuss it with you.

**Lesley Barnes**

Monthly Schedule	Lead Coach	Coach	Coach	10K Times
Beginners	Steve Clark	Keith Lakin	Phil Gray	Unknown
Group 1	Jacinta Horne	Richard Piron	Steve Crane	60-65 mins
Group 2	Jeanette Cheetham	Barry West (NYQ)		55-63 mins
Group 3	Roger Trengrove	(Mondays Only)		50-60 mins
Group 4	Theresa Cooper	Mike Barnett		48-53 mins
Group 5	Gary Denton	Mark Francis		45-51 mins
Group 6	Christine Armstrong	Angie Kay		42-52 mins
Group 7	John Durham	Ralph Ward	Martin Lambourne	38-42 mins
Group 8	Steve Gaunt	Viv Kilgour		37-41 mins
Group 9	Graham Bufton			32-40 mins
Group 10	Graham Horne	Kevin Willet		Sub 40 mins

## Caption Competition

Well done to Ray Evans who won the last issue's caption competition with:

"You sure must have been going a hell of a pace for shoes to catch fire"

This issue we are able to offer you a free entry into the Harriers organised race of your choice in 2005, if you can come up with a suitable slogan for the summer image opposite:



Send your entry by 1 December 2004 to: [david@chapterandverse.co.uk](mailto:david@chapterandverse.co.uk)

## St Ives 10K

Jackie Keenan established a new LV55 club best time for the 10k at St Ives. Jackie's time of 51:07 was a nine second improvement on the previous best for the distance of 51:16 which was set by Deirdre Bethune at Weedon in June 2004. Jackie was also the 1st LV55 to finish on the day.

Neil Lovesey was the first Harrier to finish in the race in a time of 38:58. Neil's run is believed to have been a PB by around 10 secs. Also continuing to make a strong come back after injury is Donna McEwen. Following on from her PB in the recent Cranfield 5k, Donna improved

her 10k best by around 2 mins 35 secs to finish in 45:25.

Similarly running well at St Ives were Avril Monmont who finished in 43:27 and Ian Marshall who ran his fastest 10k this year in 43:48. Bruce Mehew (48:00), Jack Chana (51:07) and Andrea Ranson (56:36) were the other Harriers putting in good performances.

**Jackie Keenan set 2 club best times over the summer.**



## Stevenage Relays

Fun and frolics was the name of the game as we left sunny Bedford behind and straight into the eye of what seemed like one almighty storm as John Shearer gave me, Andy Sewell and Andrew Moore a lift to the relays in Stevenage.

What a night in more ways than one as Harriers addressed the Stevenage Relays around Fairland Valley Park. Christine kept tabs on the times as 7.30 approached. Bedford Harriers had entered 3 Mens Teams { 5 runners in each team } and 2 Ladies Teams { 3 runners in each team } Each runner would address a 3K lap.

Game on as Andy, Sean and Kevin led the guys away, while Jenny and Carla led the ladies away. Kevin was on fire and blitzed the 3K in 10:04 - the best Harrier time on the night - before handing over to Richard Dorman, while Sean did equally as good in 10.14 before handing over to the next Harrier.

I managed to capture some of the action on camera as the guys and girls did the business on the night.

One of the Harriers Male Vet Teams came away with 1st prize on the night, while the Harriers Ladies Vet Team stole 2nd place. Harriers also picked up a host of Beds AAA's Relay Awards as well. It was also good to see Morgan Walters in action on the night and only 5 seconds behind Kevin's time in 10:09.

Thanks to Steve and Cathy for putting the teams together and to John et al for providing transport on the night. A night for heroes as tea and bread and butter pudding hit the spot before John took us safely back to Bedford and some much needed kip for all concerned. A tired but elated individual!

### Phil Gray

Phil's images and all times can of course be found on our website!

## Doug Anderson Memorial 5K

Well done to all the Harriers who ran this year's Doug Anderson - and a big thank you again to all the marshals and helpers!

Neil Lovesey	Sharon Healey
Rob Miller	Nicky Pickering
Andrew Moore	Stuart Bullard
Paul Roberts	Linda Wilding
Martin Leach	Jude Cottam
Michael De Cesare	Barbara North
Ralph Ward	Laura Soady
Henry Downes	Malcolm McEwen
Derek Morrison	Peter Lawley
David Herinx	Nicola Keir
Steve Gaunt	Rachel Bridger
Veronica Singleton	Nyree Hone
Ian Marshall	Debbie Gilbert
Steve Daniels	Muneeb Magre
Kevin McPhillips	Vai Bird
Mark Francis	John Meadows
Emily Woodfield	Adrian Tanner
Simon North	Stephen Ball
Steven Wallace	Sarah Thurman
Ian Kingstone	Carly Mowbray
Gary Fuller	Emma Yoxen
David Gallagher	Diane Lines
Peter Campbell	Maria McBeth
Jim Gannon	Sian Roberts
Jonathan Rook	Lynn Short
Viv Kilgour	Karen Ann Heaume
Gary Horsman	Helen Shade
Jenny Lovesey	Margaret Sharman
Elaine Munday	Stephen Owens
Lesley Barnes	Paul Hudson
Mike Barnett	Linda Payne
Ray Evans	Helen Dodsworth
Paul Kent	
Jack Chana	
Dennis Hone	
Peter Chana	
Steve Gingell	
Mike Inskip	
Bruce Richardson	
Paul Rayner	
Jackie Keenan	
Kevin McCutley	
Karen Brooks	
Sarah Fadden	
Zoe Willett	
Keith Lakin	
Trevor Beard	
Barry West	

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

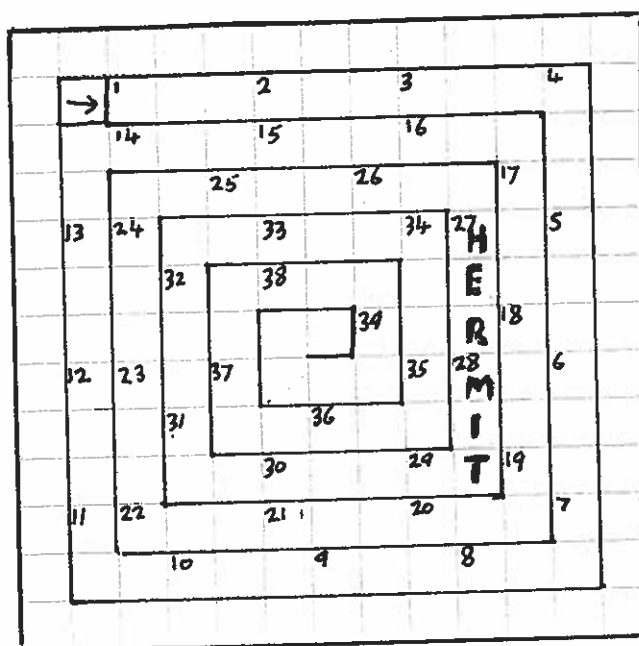


# 'Circuits' - Compiled by Ray Evans

All answers are words of six letters. They should be entered in clockwise sequence from Square 1 to the centre of the diagram opposite. Each answer overlaps the next by three of its letters; for example, the answer to 27 which is given consists of the last three letters of 26 and the first three letters of 28. The last three letters of 39 are the same as the first three letters of 1.

**Clues**

1. Mode
2. Sensitive cords
3. Venue, the evening star
4. Allow
5. Headwear for bishops
6. Take offence at
7. Tempt
8. Toboggan slide (3-3)
9. Small brook
10. Famous Admiral
11. Type of poem
12. Lower
13. Composed of aromatic plans
14. Song or narrative poem
15. Large spoons
16. Diminish
17. Spanish lady
18. A speech-maker
19. Scorching
20. Mounted, as a horse
21. Pertaining to teeth
22. Special aptitude
23. A course at dinner
24. Doped cigarette
25. Containing iron
26. More wealthy
27. A recluse
28. Type of glove
29. Gentle
30. Of the skin
31. Carpenter's tool
32. Deadly
33. Consecrate
34. Nearest the bottom
35. Girl's name
36. Messenger of the Gods
37. Made of network
38. Trimmer of bushy fences
39. A European



The answers will appear on the Harriers website on 1 December 2004

## Colworth Marathon Challenge

After a few attempts, the unstoppable Iva Barr this summer completed the Colworth Marathon Challenge.

The 5 mile race was completed in 71.07, the trail race in 2.01.42 and the final half marathon in 3.20.31



Iva deservedly toasts her success!

On behalf of everyone at Bedford Harriers, well done Iva!

Keep on running!

## Popular Races Coming Up

Oct	Sun 10	<u>Biddenham 10k</u>	
	Sun 10	<u>Daventry 6</u>	
	Sun 17	<u>Glenn Miller Run (10k)</u>	
	Sun 17	<u>Woburn Rhino Run 10k</u>	
	Sun 17	<u>Amphill Cross-Country Trophy 8k</u>	
	Sun 31	<u>3-Counties X-C @ Leighton Buzzard</u>	2004/05 X-C Season: Race 1
Nov	Sun 7	<u>Stevenage Marathon &amp; Half Marathon</u>	
	Sun 14	<u>St Neots (Riverside) Half Marathon</u>	Half Marathon Championship
	Tues 16	<u>Stevenage 5k Series (1)</u>	
	Sun 21	<u>Storford 10</u>	
	Wed 24	<u>Henlow 10</u>	
	Sun 28	<u>3-Counties X-C @ Wootton</u>	2004/05 X-C Season: Race 2
	Tues 30	<u>Stevenage 5k Series (2)</u>	
Dec	Sun 5	<u>Luton Marathon</u>	
	Sun 5	<u>Nene Valley 10</u>	
	Sun 12	<u>Bedford Harriers Half Marathon</u>	Bedford Harriers Race
	Thurs 16	<u>Stevenage 5k Series (3)</u>	
	Sun 19	<u>3-Counties X-C @ North Herts</u>	2004/05 X-C Season: Race 3
	Mon 27	<u>Buntingford End of Year 10</u>	
	Fri 31	<u>Ely New Year's Eve 10k</u>	
Jan	Sun 9	<u>3-Counties X-C @ Amphill</u>	2004/05 X-C Season: Race 4
	Sat 15	<u>Beds County X-C Championship</u>	
	Sun 23	<u>Folksworth 15</u>	
	Sat 29	<u>Parliament Hill (SEAA X-C Champs)</u>	
	Sun 30	<u>St Albans 10</u>	
Feb	Sun 6	<u>3-Counties X-C @ Wellingborough</u>	2004/05 X-C Season: Race 5

