



# Bedford Harriers Club Magazine January 2005

The Run  
Telling it like it isn't from  
Sept-Dec 2004

## HARRIERS SURPRISED IN NEW YEAR HONOURS LIST

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A number of Harriers received well-deserved recognition in this year's New Year Honours List. David Sutcliffe received a Life Peerage and becomes Lord Saucony of Bedford for services to local running shoes.

Knighthoods were awarded to Steve Crane for services to the Club Person of the Year Award and to Suet Lua for putting Bedford Harriers on the map by running in every race organised in 2004. Sir Steve and Dame Suet were said to be delighted.

A special OBE from his fellow club members ('Oh Bleedin' 'Eil - - we've got no chance of winning here) was awarded to Kevin Willett based on another almost clean sweep of the



Club Person of the Year  
"Sir" Steve Crane

Club Championships.

An MBE was awarded to Tony Dadd for beating Kevin in the Half Marathon. After beating Kevin in a club championship, Tony says he is now focusing on easier challenges and is currently working on a cure for the common cold.

Graham Bufton was awarded

a CBE for services to 4th floor gardening following on from his lawnmower Christmas present just a few days before.

For the first time ever the Order of the Bath was awarded to the entire Harriers Cross Country Team. Finally, Phil Gray becomes Poet Almost Laureate and celebrated in a suitable three word/three line style.

When asked to comment on his recent success, and those of his fellow club members, Lord Saucony told this newspaper that he'd never read such rubbish. Obviously he must have missed the previous editions of The Run.

David Gallagher

Top Investigative Journo

The Run logo designed by  
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## HAPPY BIRTHDAY TO US

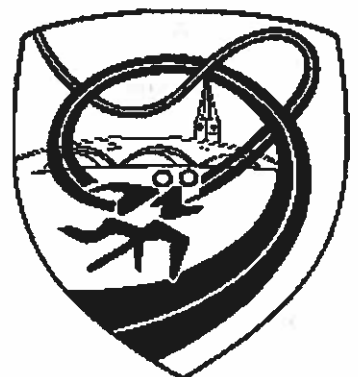
Don't forget that this year is the Bedford Harriers' 20th Anniversary. On **Wednesday 9 February** at 8.30pm the Committee are holding an Open Night for all members to air their views on what they would like to do to celebrate this great achievement.

Come along with ideas, enthusiasm and help shape how your club is going to make 2005 a year to remember.

All together now...

"Happy Birthday to Us

Happy Birthday to Us...."



## CHAIRMAN'S COLUMN

2005 is the 20<sup>th</sup> anniversary of Bedford Harriers. The Club came into being in January 1985 when former Beds & County member (of 30 years) and marathon organiser Bill Steele, resigned from County to form the Harriers. Bill felt that Beds & County were more orientated towards track running and allied events such as the high and long jump and that as a consequence, road running was not truly catered for.

Bill's intention in forming the Harriers therefore was to foster and encourage the mass participation of road running in the Bedfordshire area and to give people of all ages the opportunity to take up the sport. The venture would also allow road runners to meet other people who shared the same interest and to get fit under proper supervision. A variety of runs from one mile up to 26 miles were mapped out mostly around the Bedford Park area. Three road races were also scheduled in the first year.

In the early weeks of the formation, the Harriers numbered around 12 members and initially met every Tuesday and Thursday at Pilgrims School in Bedford. Such was the popularity of the

enterprise however that by the end of the first year, membership had grown to more than 100. What is particularly encouraging is that many of the Harriers who joined the club at its formation or shortly after including Bill Tallentine, Norman Beckwith, Bill Bowden, Robbie Burrells, and Tony Barnes still come down to the club regularly today. In addition, a number of the other originals including Pete Davies, Mike O'Hara, Bill Jordan and Richard Canvin are still members.

Another of the founder members was Doug Anderson, who very sadly passed away in 2002. The 5K race, which we now organise in Bedford Park each July, is in memory of Doug.

Over the past 20 years, the Harriers have continued to develop and expand and our membership is now around the 400 mark. Despite this growth, the ideals on which the Harriers were originally formed still very much apply. The huge popularity of the 'Absolute Beginners Night', which we hold each year and which attracts many new Bedfordians to the sport, is one example of this. Another is the success of the road and

cross-country races we organise. The practice of organising road races was established back in 1985 and has continued to be an important part of our tradition. A third tradition, which we maintain, is the social side of the club. This was also fostered in the early years, and remains an important part of what we are and what we do.

As we enter our 20<sup>th</sup> year therefore, there is every reason to be optimistic that the growth of Bedford Harriers will continue. The reasons, which Bill Steele had for starting the club back in 1985, still remain highly relevant today and are a sound basis for this future development.



Brian McCallen

## BEDFORD HARRIERS HALF MARATHON

There may have been a change of venue this year, but the result was never in doubt. Another superbly organised and well attended Harriers race.

Over 1,000 runners completed the course, including 45 Harriers - some of whom were tackling the

distance for the first time and others achieving PBs.

Special mention to Veronica Singleton, Emily Woodfield and Donna McEwen who took away the 1st Ladies Team Prize, and to Deirdre Bethune who set a new club best time at the distance.

Of course the event could not have happened without the hard work of all the organisers and marshals. The race continues to get better every year and is now very much a mainstay of the racing calendar for runners up and down the country.

David Gallagher

## Embankment 5

### 19 September

Rob Miller	31.40
Graham Short	33.17*
Steve Daniels	33.38
Andrew Moore	33.57
Ian Marshall	35.05
Donna McEwan	35.33**
Sophie Howman	36.10
Mark Billington	36.12
Henry Downes	36.24
David Herinx	36.55
Dennis Hone	37.07
David Russell	37.17
Mark Ingledew	37.41
Steve Clark	37.54
Stuart Bullard	38.03
Peter Campbell	38.08
Chris Williams	38.31
Kevin McCulley	39.25
Janet Lehain	39.54
Paul Rayner	40.26
Jackie Keenan	41.33
Elaine Munday	41.38
Jackie Dempster	42.11
Bruce Richardson	42.14
Steve Ball	42.21
David Sutcliffe	42.34
David Gallagher	43.53
Keith Gray	44.27
Judith Ingledew	44.30
Janet Taylor	45.03
Nora Haggart	45.06
Lydia Swift	45.41
Barry West	45.46
Reneta Boon	46.30
Linda Wilding	46.59
Jude Cottam	47.05
Nyree Hone	47.43
Maria McBeth	50.52
Paul Hudson	61.10

\*PB 4 secs

\*\*PB 5 secs

**EDITOR'S COLUMN**

Thank goodness that is the end of 2004. In running terms the last four months were full of injury, illness and work - I was AWOL on training nights and no races completed.

The year had started well and with hindsight improving my PBs at five of the six main distances isn't a bad return on 8 months training.

Over Christmas I dusted off the running shoes and started again - I was amazed at how quickly my "fitness" had dropped. For

the first few weeks it was all I could do to run a steady 3-4 miles.

But now I'm running regularly again and contemplating the Watford Half in early February. It is great to get back to the Harriers club nights - even if some of my group's jokes haven't changed much! It made me realise what a special club Bedford Harriers is and we're still just only out of our teens!

The next issue of The Run is in May so please do send me race reports,

reviews and rants so that they can be included. And thanks again to contributors old and new this time. Enjoy the wind, rain and cold because before we know it, it'll be too hot to run!



**David Gallagher**

david@chapterandverse.co.uk

**Nene Valley 10**

**5 December**

Kevin Willett	57.40 <sup>1</sup>
Graham King	61.32
Andy Sewell	61.36 <sup>2</sup>
Alistair Fadden	64.26
Neil Lovesey	65.38 <sup>2</sup>
Andrew Wilkinson	66.19
Steve Daniels	67.16 <sup>2</sup>
Avril Monmont	70.47
Mark Francis	71.47
Andy Purdy	73.56
Donna McEwen	74.05
Dennis Hone	74.46
Ray Evans	76.00
Peter Gillot	80.15
Janet Lehain	80.36
Jackie Dempster	83.04
Jeanette Cheetham	84.14
Suet Lua	86.01 <sup>2</sup>
Nora Haggart	86.58 <sup>2</sup>
Lesley Barnes	87.30
Zoe Willett	89.37
Malcolm McEwen	89.58
Jenny Lovesey	89.58
Andrea Ranson	92.15
Larry Corkery	92.34
Nyree Hone	98.42

<sup>1</sup> Club best time

<sup>2</sup> PB

**2004 - WHAT A YEAR**

Words on a page or pictures on a screen. They generate interest and discussion in equal measure as I reflect on the year that was 2004 and look forward to the new year of 2005.

What can one say about a club that goes from strength to strength and a membership that is fast approaching the 400 figure?

In April over 100 new faces crowded into the lounge bar to embark on hopefully a long relationship with both running and Bedford Harriers. I witnessed those same people develop as both runners and as people.

I captured incredible moments on camera and saw eyes light up as these were relayed to so many people via the Harriers ever popular website.

Such images were in plentiful supply as I

traveled far and wide to capture Harriers in action.

Who can ever forget that incredible weekend at Colworth and the sight of Iva Barr addressing and completing the Colworth Marathon Challenge at the third time of asking?

Or the scenes at Bedford Park in July as the Doug Anderson Memorial 5K kicked off a summer of exceptional performances? What about Wootton and the Bedford Harriers Half Marathon in December that concluded an exceptional year for the club.

What scenes that weekend in December as I and many more appear to have spent the whole weekend at Wootton Upper School. I have never taken so many pictures in one calendar year.

It has been a rewarding experience to capture joyful and smiling faces for the majority as another race was done and dusted.

How do you top that and how do you thank the unsung heroes who make the whole thing possible and who ensure that Bedford Harriers Athletic Club is the best there is?

You continue with the same formulae and build on those firm foundations for the future.

Have a peaceful and prosperous 2005.



**Phil Gray**

## GREAT NORTH RUN

On Saturday 25 September, approximately 30 Bedford Harriers, plus supporters, made the early morning start up the A1 to Newcastle.

Organised by Steve Gaunt and Lesley Barnes, the weekend promised to be every bit as good as last year, especially as we were to be staying in the Hilton. On Saturday afternoon, many of us watched the mile races around the Tyne. Great to see Kelly Holmes win again.

Sunday morning's weather was perfect; a following breeze and not too hot. After dropping off the runners at the start, some of us (supporters) went in the coach to the finish area. I managed to gain a vantage spot right near the elite finish, and hopefully did a bit of advertising for the club, as me in my bright yellow Harriers

sweatshirt appeared on TV a number of times. After watching the men's world record broken, I took up a spot about 200m from the mass finish and was able to cheer in the Harriers and take a few 'Action Photos'.

First Harrier to appear down the finishing straight was Neil Lovesey, finishing in a time of 1.29.45. More Harriers started to appear, all very focused on the finish line just around the corner. Well done to Rebecca Pinney who was the first Lady Harrier to finish and also to Colin Gipson who beat his previous PB by 10 minutes, and to Val Bird who beat her PB by 5 minutes. All Harriers managed to finish the race, although there were a few people hobbling back to the coach.

The hotel pool and jacuzzi were taken over by many of us that afternoon. Apparently

highly recommended as a post race activity. Tales of the race were regaled in a 'lively' Italian restaurant that evening and one or two souvenirs were 'acquired' on the way back to the hotel. Just look out for the new ½ mile sign at the Harriers Half marathon in December!

Many thanks to Steve and Lesley for organising the weekend. It just gets better every year – apart from the quiz on the coach which just gets harder!



Jen Lovesey

## Great North Run

### 26 September

Neil Lovesey	1.29.45
Steve Gaunt	1.37.43
Gary Denton	1.43.10
Mark Francis	1.43.10
Colin Gipson	1.42.51
David Herinx	1.50.39
Gary Horsman	1.50.00
Peter Chana	1.50.00
Stuart Bullard	1.52.00
Jack Chana	1.52.33
Peter Campbell	1.54.00
Rebecca Pinney	1.56.45
Ian Kingston	1.57.00
Lynne Gingell	1.58.21
Larry Corkery	1.59.01
Steve Gingell	1.59.55
Steve Crane	2.02.00
Mike Barnett	2.03.55
Jackie Dempster	2.05.00
Theresa Cooper	2.06.45
Steve Ball	2.07.00
Mick Inskip	2.12.00
Keith Lakin	2.22.00
Barry West	2.22.00
Jane Sizer	2.24.00
Val Bird	2.25.00
Lesley Barnes	2.28.00
Victoria Barnes	2.28.00
Angela Gallivan	2.49.00
Paul Hudson	3.03.00
Iva Barr	3.10.00

## CARDIFF MARATHON & HALF

Liz & Vic Byer recently completed the Cardiff 2004 Half Marathon (3 October). We enjoyed the event and we thought you might be interested in our experiences.

Cardiff is a good City race, which is becoming popular with nearly 3,000 entries for both races this year. The course is flat (a PB?); they have chip timing; drink stations every 2 miles with bottled water; a goody bag and T-shirt.

The route is circular (one lap for the half and two laps for the marathon) so it's good for spectators. You get to run through various parts of the City including Cardiff Bay; the docks; the castle, a couple of parks and the Millennium Stadium.

The race actually finishes with one lap of the stadium (a great

feeling, which adds to the atmosphere). We both, unknowingly, imagined that we were finishing, no winning, the Olympic Marathon.

The facilities at the stadium were very good, under cover, plenty of loo's so minimal queuing for the ladies. The half started 30 minutes before the full marathon, so the start was not too congested.

We felt the organisers could learn from the Harriers regarding organising a race, as there were one or two minor problems, but this is still a fairly new event for the City. However, overall it was a good race, which we enjoyed and would recommend.

There are numerous hotels, café's and bars in Cardiff and it has a good nightlife (according to Liz). So if you are looking for a change from the 'Great North' or Liverpool half, then think seriously about

Cardiff.

Veronica Singleton also ran in Cardiff, and completed the full marathon in an excellent time of 3.23.53. However, as she ran for her first claim club, Les Croupiers, her time is not officially recorded with the Harriers.

The race for 2005 is in Cardiff on Sunday 9 October. Visit the website [www.cardiffmarathon.org](http://www.cardiffmarathon.org) for more details.

Race Results:

Vic - 1.43.05

Liz - 2.12.22

Liz & Vic Byer



## BUFF'S SPORTING BLUES

### R.I.C.E.

One of the primary principles in treating an injury is referred to as RICE (rest, ice, compression, and elevation). The immediate objective being the reduction of inflammation, RICE should be started as soon as possible.

Rest is necessary to keep from making the injury worse from continual stress. The amount of rest is determined by the degree of injury. A severe, acute injury requires complete rest, but a mild overuse injury may require only slight reduction in activity.

Ice refers to applying cold to the injured area to reduce the inflammatory reaction. Ice can be used in a number of ways:

1. Ice can be placed in a plastic bag, which is then wrapped in a towel (stop ice burn) before application to an injured area.

2. Reusable cold packs.
3. Ice massage - Styrofoam cup filled with water is placed in freezer.
4. Ice gels.

Ice should be carried out as soon as possible. Ice should be applied for 15 to 20 minutes at a time. Overuse can cause cell damage.

*Compression* is the application of slight pressure to the injured area to limit swelling. When an elastic bandage is applied, it should be snug but not constrictive. The wrapping should start distal (far) to the injured area. This helps fluids back to the main part of body.

*Elevation* is also utilised to reduce inflammation, especially its swelling. The injured extremity

should be propped up on a couple of pillows so that the injured area is above the heart.

RICE is used initially to stop the inflammatory response. Once this has been accomplished, it is necessary to change to heat treatment. Heat increases circulation to the area and aids in the removal of damaged tissue and the repair of the injury by the body.



Graham 'Buff' Bufton

### CLUB CHAMPIONSHIPS

#### Standalone 10K

3 October

Kevin Willett	35.04
Richard Dorman	35.29
Mark Whiteman	38.03
Richard Piron	38.11
Rob Miller	38.39 <sup>1</sup>
Graham King	38.44
Neil Lovesey	39.04
Mike Barnard	40.27
Tony Parello	40.56
Brian McCallen	41.37
John Shearer	42.14
Derek Morrison	42.22 <sup>1</sup>
Kevin McPhillips	42.34
Ian Marshall	43.06
Henry Downes	43.06
Steve Gaunt	43.17
Andy Purdy	43.50
Sophie Howman	44.26
Alex Rothwell	44.53 <sup>1</sup>
Donna McEwen	45.24
David Russell	46.32
Mark Billington	46.34
Bruce Mehew	46.48 <sup>1</sup>
Ken Toye	47.01
Peter Campbell	47.12
David Herincx	47.35
David Gallagher	48.33
Gary Horsman	48.36
Bill Billington	48.36
Stuart Bullard	48.50
Bev Cocklings	49.01
Jackie Dempster	49.19
Jackie Keenan	51.17
Suet Lua	51.41
Zoe Willett	51.49 <sup>1</sup>
Kevin McCulley	53.12
Keith Gray	54.17
Leigh Price	55.48
Chris Armstrong	57.33
Maria McBeth	63.51

## CLUB CHAMPIONSHIPS - HALF MARATHON

### St Neots Half Marathon

14 November

Tony Dadd	1.16.37 <sup>1</sup>	Ian Marshall	1.33.22 <sup>1</sup>	Bruce Richardson	1.55.41 <sup>1</sup>
Kevin Willett	1.17.11 <sup>1</sup>	Mike De Cesare	1.33.34 <sup>1</sup>	J Cheetham	1.56.09
Richard Dorman	1.17.15 <sup>1</sup>	Graham Short	1.33.37 <sup>1</sup>	Mark Ingledew	1.57.10 <sup>1</sup>
Morgan Walters	1.19.03	Kevin McPhillips	1.34.13 <sup>1</sup>	David Prior	1.57.43 <sup>1</sup>
Bob Wells	1.22.03 <sup>2</sup>	Avril Monmont	1.35.20	Jack Chana	1.58.27
Andy Sewell	1.22.05 <sup>1</sup>	Gary Fuller	1.35.43 <sup>1</sup>	Bill Billington	2.00.13
Richard Piron	1.22.31	Gary Rudd	1.36.53	Nora Haggart	2.00.26 <sup>1</sup>
Stuart Bartlett	1.23.46	Simon Smith	1.38.21 <sup>1</sup>	Zoe Willett	2.03.20
Alistair Fadden	1.23.48	Jim Gannon	1.38.33 <sup>1</sup>	Lesley Barnes	2.03.21
Graham King	1.24.06	Dennis Hone	1.38.53 <sup>1</sup>	Judith Ingledew	2.04.51 <sup>1</sup>
Neil Lovesey	1.26.22	Sophie Howman	1.39.58 <sup>1</sup>	Jane Sizer	2.06.50 <sup>1</sup>
Mike Barnard	1.28.11	C Hempstead	1.40.27 <sup>1</sup>	Nyree Hone	2.09.34 <sup>1</sup>
Chris Proud	1.28.23	Mark Billington	1.41.46 <sup>1</sup>	Val Bird	2.16.38 <sup>1</sup>
Graham Horne	1.28.51	Gary Horsman	1.42.06		
Tony Parello	1.30.13	Vic Byer	1.44.10		
Steve Gaunt	1.31.51	Peter Chana	1.44.57 <sup>1</sup>		
Vronica Sing'ton	1.32.24 <sup>3</sup>	David Herincx	1.47.23		
Henry Downes	1.32.55 <sup>1</sup>	Chris Williams	1.47.56		
Derek Morrison	1.33.13 <sup>1</sup>	Bruce Mehew	1.48.39 <sup>1</sup>		
		Jackie Dempster	1.52.37 <sup>1</sup>		
		Peter Gillott	1.52.41 <sup>1</sup>		
		Elaine Munday	1.53.14 <sup>1</sup>		
		Suet Lua	1.55.40 <sup>1</sup>		



<sup>1</sup> PB

<sup>2</sup> MV55 Club Best Time

<sup>3</sup> LV40 Club Best Time

## A RUN ON THE WILD SIDE

It's that time of year, just after Christmas and a few days before New Year when I thought I'd go out first thing to do a couple of miles before tackling Milton Keynes shopping centre (to buy a few things in the sale that I don't really need - but they are half price!). Buff had informed us that the first training night back at the track would be a bleep test so I thought that I would, therefore, only do a gentle run to help get rid of the excess of Tesco's Luxury mince pies and Charles Wells finest bitter.

I had been running for only a few minutes, just getting to the edge of the village, when I came across a stationary car with hazards flashing. This was a bit unusual for this country road at 8.30 a.m. Then all became clear. Standing at the side of the road was a farmer and his wife who were trying to get a calf back into it's field. It had escaped into the neighbouring field. Although they had the calf cornered, it

had no intention of going in the direction they wanted it to, which was the gate at the opposite end of the field. Doing my Boy Scout bit, I asked them if they needed any help. The farmer's immediate reply was, 'we need all the help we can get!'

Our task was to get this excited beast across the field and through a gate into it's own field. Unfortunately, the field it was in at the moment was very big and very muddy. My job was to keep the calf close to the hedgerow as we 'walked' him back to his field. However, 'Junior' clearly had other ideas. He must have taken my running kit as a signal to initiate a post Christmas fartlek session.

It soon became obvious that my footwear for this session was wholly inadequate for this terrain. Within a minute, my blue and white Nike trainers had dramatically changed colour and trebled in weight as I became attached to two large lumps of field that were getting

bigger with each step. The calf made about three bursts for freedom which resulted in me giving chase to head him off. (picture the scene!) After about 20 minutes we eventually reunited him with Mum in his own field. After all the excitement, I got chatting with the farmer who turned out to have gone to school with my Dad about 60 years ago!!

Next time I do that route I think I'll take a lasso. I wonder if there are any in the sales?



Neil Lovesey

## HENRY DOWNES - 36 NOT OUT

If you're like me and you manage to get to the odd race every month, spare a thought for Henry Downes who in 2004 turned out for the Harriers at 36 races!

(Deep breath) - Watford Half, Woburn 10K, Stamford 30K, Silverstone Half, Hemel 10, Milton Keynes Half, Oakley 20, Sandy 10, London Marathon, Silverstone 10K, Stevington 12K, Bedford 6, Stockwood 10K, Rockingham 5, Big Cow 10K, Weedon 10K,

Dunstable 10K, Maulden 5, Vauxhall 5, Milton Keynes 10K, Cranfield 5K, Ramsey 12K, St Ives 10K, Doug Anderson 5K, Cranfield 5, Burnham Beeches Half, Embankment 5, Leighton 10, Standalone 10K, Liverpool Half, Rhino Run 10K, St Neots Half, Henlow 10, Wolverton 5, Bedford Harriers Half.

Suet Lua led the field in the equivalent Ladies Race competing in 27 races.



Well done Henry - keep on running!

David Gallagher

## Bedford Harriers

by Phil Gray

A word became words.  
An idea became a reality.

A club was born in 1985 of noble birth.

Bill Steele and his crew decided it was time

to herald a new beginning and gave it a name,

a name above all names.

Bedford Harriers was the name and that club

would grow and grow, as something special and unique developed.

Raise a glass to Bill and the crew of 1985.

Raise a glass To Bedford Harriers Athletic Club.

Raise a glass to the future of an incredible club.

Happy Anniversary Bedford Harriers!

## TRAINING RUNS - MIKE'S WAY

Training runs: wouldn't get far without them would we? Whatever level you run at you'd have a tough job tackling the next race if you didn't get out there and rehearse now and again. And as another running season gets under way I know I'll encounter many a Harrier heading in the opposite direction on my usual weekend route along the Embankment, through Priory Marina and on to Willington.

Apart from the ghastly stink around the sewage works these runs are enjoyable affairs, keeping my weekly mileage up and building stamina for the challenges ahead, while giving me the time to devise strategies. For one thing it's taken me a good four years of competitive running, but it's only lately that I've come to realise that in training, you don't have to go all-out every time. Yes, you really can ease up here and there, putting in a big effort maybe once or twice a week while easing up the rest of time.

Accustomed to running a fast 10k on the treadmill on a Monday, I used to make it my task to better that time the next day, and the next, and so on. But typically by Wednesday I just wouldn't have the legs for it and would have to settle for 30

seconds of a minute slower. But now I've reversed that trend: taking it easy on the weekend trek to Willington, gradually stepping up the pace on the treadmill sessions to a midweek peak, then easing down again for a few days.

Nowadays I've even been known to take a few days off, and though it's another simple commandment that's taken me a long time to acknowledge, a good rest can also work wonders. Three or four days of complete rest and I'm raring to go by day five: overflowing with speed, strength and stamina. The numbers on the treadmill are testament to that -- more often than not I'll come away not even feeling tired, knowing I've just put in a valuable session, providing a new platform to build on.

It's on the treadmill that I can measure my progress most accurately. We've all have heard that familiar complaint: it's sooo boring. Well, not to me. All those flashing lights and numbers -- wow! And on the TV monitors at the gym in work if I'm lucky they'll be showing an FA Cup classic from 1996 on Sky Sports with the sound turned down. We're into anorak territory here, but if you can manage to immerse

yourself in statistics, such as how many seconds you're up on yesterday's pace, what will happen if I put in a sprint finish, and how come the managers from 1996 still look the same but those players are now fat and bald, the good old treadmill can be a thrilling roller-coaster ride.

As for the great outdoors, for me those trees, the swans along the riverbank, rowing coaches barking out orders to exhausted-looking oarsmen and what movies are showing at the UGC are all too off-putting. Distracted by the sights and sounds, and often by someone's faithful pooch making a beeline for you, only to be summoned back at the last moment ("Rocky, leave that runner alone"), I drift along with little determination. But you know what? It doesn't matter, completing the distance is what really counts.

Perhaps it takes a setback, such as a poor race (yep, had my share of those) or a niggling injury to incorporate simple common sense into your running but some people insist on learning the hard way. Anyway, see you somewhere on the Embankment. Probably with a dog chasing me.

**Mike Barnard**

## ROAD RACE CHAMPIONSHIP 2004

### LADIES

Dee Bethune	709.1
Avril Monmont	695.4
Donna McEwen	656.3
Suet Lua	596.8
Elaine Munday	586.1

### MENS

Kevin Willett	794.2
Chris Proud	791.1
Graham King	784.9
Neil Lovesey	756.2
Mike Barnard	736.2
Bill Billington	709.1
Graham Short	680.6
Henry Downes	675.5
Larry Corkery	672.9
Derek Morrison	649.8
Jack Chana	632.1
Chris Williams	608.4
Stuart Bullard	562.0
Alex Rothwell	554.9
Bruce Mehew	548.0
Gary Horsman	528.1
Paul Hudson	332.2

Runners need to complete ten road races between 1 January and the first Sunday in December each year.

There must be at least 4 events at 10 miles and over including one race at half marathon or over.

There must be 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 can be included.

### New for 2005 - The Sporting Blues Chapter & Verse League Tables

I am stepping into some very big shoes this year and will be attempting to keep track of Graham's original league table format. Please bear with me while I grapple with the (so says Graham) simple formula to work out the points! Updated League Tables will appear in each edition of The Run. Any queries let me know on david@chapterandverse.co.uk

David Gallagher

## A LAY PERSON'S GUIDE TO NUTRITION

If you missed the talk at the track, during November, about nutrition and exercise, here is my understanding... 'A Lay Persons Guide to Nutrition'.

People from 'Science in Sports' (SIS) presented the talk and they focussed on Fats, Carbohydrates, Protein and Hydration.

With running, what you eat and drink affects your performance. If you want to improve your performance, at any level, you need to remember 'you are what you eat'!

The number of calories you 'take in' equals the calories available 'to go out'.

Having a lean body mass is ideal and, they said, having 'only 6% body fat' would not affect your health. Fat is released slowly which can reduce hunger, but fat is harder to burn (as fuel) than protein or carbohydrate.

The runners with the biggest carbohydrate stores tend to be the winners.

Carbohydrates are less 'calorie dense'.

Carbohydrates are stored in your muscle (glycogen).

If you do not have much in your store and you use it too quickly you become/feel exhausted. Approx. 60-70g carbohydrates are needed, per hour to improve or maintain performance.

They said that protein is only really important if your are facing starvation but, protein is good for recovery after exercise.

Hydration is critical. A 2% loss in body weight from dehydration equates to a 10% loss in performance. In cold weather hydration is still important as you lose water through vapour.

The message was think and eat quality/real food; keep hydrated and limit your alcohol intake.

They gave the following guide: -

60% of calories should come from carbohydrates.

20% of calories should come from fats (quality fats)

20% of calories should come from proteins (2g/Kg/day).

**Note** With quality fats consider; Olive Oil; spreads that are Rich in Monounsaturates & Low in Saturates, NOT products with Hydrogenated Vegetable Oil &/or Trans Fatty Acids.

They talked about the benefits and convenience of sports drinks, bars and gels.

So look at what's available and decide what might suit you, then experiment on your training runs. Your plan could include: -

1. Pre-event products/food to top up carbohydrate store and to keep you hydrated.
2. During the event products to replace carbohydrate (e.g. long runs 10 miles +).
3. After the event products/food to replace carbohydrates and proteins.

Apparently during the 20 minutes after a race/exercise you have the ideal time to eat/drink something that will assist with overall recovery and reduce injuries. This is because your muscles are warm and your arteries/veins are dilated. You could use a specialised sports product or, take your own snack consisting of, meat, or oily fish (tuna, mackerel, sardines), or eggs or nuts, plus water to re-hydrate. Avoid milk or cheese produce because they slow down the absorption process.

**Note** If you use sports drink that you have to mix yourself, then always follow the instructions. If you decide to add an extra spoon full 'to make it stronger' you will alter its molecular structure which could result in dehydration.

They did not push their own products but SIS is available from Pumpnickel in the Arcade in Bedford or from our own Graham Bufton. Pumpnickel and Graham give a 10% discount to Harriers (Pumpnickel will need to see your Harrier's card).

Finally, remember the above is based on my perspective of the talk, hence 'a layperson's guide'. If you want advice or guidance then book an appointment with Graham Bufton.

**Vic Byer**

## FIXTURE LIST FEB-APRIL 2005

### February

- 6 XC Wellingborough
- 6 Watford Half
- 13 Stamford 30K
- 20 National XC (Brum)
- 20 Woburn 10K

### March

- 6 Marie Curie Half
- 13 Flora London Half
- 13 Thorney 12K
- 20 Oakley 12 & 20
- 25 Maidenhead 10
- 25 Big Cow 10
- 27 Daffodil 10K
- 27 Daffodil Half

### April

- 3 12 Stage Relays
- 3 Sandy 10
- 10 Flitwick 10K
- 10 Castle Camps 6
- 17 London Marathon

## MARSHALLS WANTED

Don't forget that if you're not running the Oakley 12 or 20 on Sunday 20 March, your support and help to the race organisers would be invaluable.



Please note: silly hats are not de rigeur.



**ROLL OF HONOUR 2004**

**Bedford Harriers  
Half Marathon**

**12 December 2004**

Photos by Jim Gannon



**Club Championships**

- 5K**
1. Kevin Willett
  2. Tony Dadd
  3. Alistair Fadden
- 
1. Emily Woodfield
  2. Viv Gilgour
  3. Jenny Lovesey

**5M**

1. Kevin Willett
  2. Neil Lovesey
  3. Rob Miller
- 
1. Veronica Singleton
  2. Donna McEwen
  3. Jenny Lovesey

**10K**

1. Kevin Willett
2. Richard Dorman
3. Mark Whiteman

1. Sophie Howman
2. Donna McEwen
3. Bev Cockings

**10M**

1. Kevin Willett
  2. Mark Whiteman
  3. Alistair Fadden
- 
1. Veronica Singleton
  2. Avril Monmont
  3. Liz Byer

**Half Marathon**

1. Tony Dadd
  2. Kevin Willett
  3. Richard Dorman
- 
1. Veronica Singleton
  2. Avril Monmont
  3. Sophie Howman

**Road Race**

**Championships**

1. Kevin Willett
  2. Chris Proud
  3. Graham King
- 
1. Dee Bethune
  2. Avril Monmont
  3. Donna McEwen

**Club Person of the Year**

Steve Crane

**Club Best Times**

**LV40 Half Marathon**

Veronica Singleton 1.32.24

**LV55 5K**

Jackie Keenan 25.10

**LV55 5M**

Deirdre Bethune 37.46

**LV55 10K**

Jackie Keenan 51.09

**LV55 Half**

Deirdre Bethune 1.49.22

**LV60 5K**

Margaret Sharman 35.36

**MV40 5M**

Kevin Willett 27.33

**MV40 10M**

Kevin Willett 57.40

**MV55 Half Marathon**

Bob Wells 1.22.03

**MV60 5K**

Martin Leach 19.17

**MV65 5K**

Bill Billington 22.16

**Standards Awards**

Platinum

Tony Dadd, Neil Lovesey, Chris Proud

Silver

Vic Byer, Steve Daniels, Jackie Dempster, Henry Downes, Sophie Howman, Donna McEwen, Rob Miller, Andrew Moore, Emily Woodfield

Bronze

Mick De Cesare, Dennis Hone, Janet Lehain, Ian Marshall, Kevin McPhillips, Alex Rothwell, Dave Russell, Chris Williams

Club

Steve Ball, Piara Chana, Mark Francis, Steve Gingell, Colin Gipson, Nora Haggert, Adam Hills, Nyree Hone, Judith Ingledew, Mark Ingledew, Maria McBeth, Kevin McCulley, Bruce Mehew, Elaine Munday, Linda Wilding, Zoe Willett

# Bedford Harriers A.C.

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## Race Fixtures: 2005

Feb	Sun 6	3-Counties X-C @ Wellingborough	2004/05 X-C Season: Race 5
	Sun 6	Watford Half Marathon	
	Sun 13	Stamford 30k	
	Sat 20	National X-C Champs @ Cofton Park, Birmingham	
	Sun 20	Adidas Woburn 10k	
	Sun 27	Marie Curie Daffodil Run Half Marathon	
Mar	Sun 13	Flora London Half at Silverstone	
	Sun 13	Thorney 12k	
	Sun 13	Banbury 15	
	Sun 20	Bedford Harriers Oakley 12 & 20	Bedford Harriers Race
	Fri 25	52nd Maidenhead 10	
	Fri 25	Big Cow Bucks Bunny 10	
	Sun 27	Daffodil 10k & Half Marathon	
April	Sun 3	SOE 12 Stage Relays @ Milton Keynes	
	Sun 3	Sandy 10	Club 10M Championship Race
	Sun 3	Bungay Black Dog Marathon	
	Sun 10	Flitwick 10k	
	Sun 10	Castle Camps 6	
	Sun 17	London Marathon	
	Sun 24	Shakespeare Marathon	
May	Sun 1	Titchmarsh 10k	
	Mon 2	Great Weston 5	
	Mon 2	Watford 10k	