



Contents

Team Bedford	1
Chairman's Column	2
Bedford 6	2
Editor's Column	3
Cranfield 5K	3
The Coaches Reply	4
GNR Weekend	5
GNR Weekend	6
Message From An Invalid	7
Embankment 5	7
Colworth Marathon	
Challenge	8
Colworth - An Ode To	
Camping	8
The Grizzly	8
Canada 2010	9
Dunstable 10/20	9
Blisworth 5	9
Harrold 10K	10
Coffee Time Crossword	11
Tiger, Tiger!	11
Fixtures Oct-Jan	11
Ropa Lopen	12
Quartermaster Vacancy	12
Doug Anderson 5K	12
Doug Anderson 5K	13
Volunteers Wanted	13
Anniversary Run Photos	13
Race Etiquette	14
Crossword Solution	14

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David Gallagher

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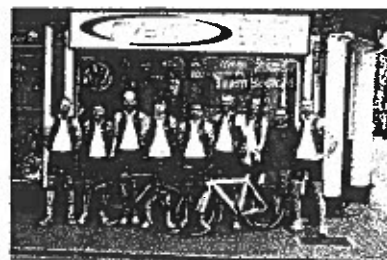
TEAM BEDFORD - IRONMEN THROUGH & THROUGH

It began in 2002 when Simon Fisher was talking about Ironmans he had competed in, and Richard Piron and Tony Parello decided they would like to do one "one day." The "one day" almost immediately was decided on as being July 2003 in Klagenfurt, Austria and from that moment on I became an Ironman spectator. I have watched as "Team Bedford" was born. I've watched as every weekend "the boys" mounted their bikes and disappeared for hours, only to reappear, change to running shoes and disappear again. I've watched as my meals in restaurants disappeared from my plate, as much stolen by Tony as eaten by me. (Tip: if you are really hungry never go for a meal with several Ironmen in training, they can never get enough food). Best of all, I've watched as good runners have become good triathletes and developed renewed excitement about their sport.

Klagenfurt 2003 came and went and I realised what an exhausting and emotional day it was, and that was just for the spectators! Anybody that has spent a day watching the London Marathon, need only try to imagine standing for 11 hours scouring the competitors trying to find a familiar face. A day that started at 4:00 pm, finally ended at midnight. Any thoughts of Team Bedford quietly disbanding after Klagenfurt were immediately dispelled. The Lanzarote Ironman was decided on as the 2004 event and another winter of training began. Oh well at least this time I could spend a week in Lanzarote in the sunshine. The faces of Team Bedford changed a little for this one but the enthusiasm was still there. This was a far more difficult spectator event in May that year. We saw all action on the beach as they entered the sea for the 2.4 mile swim and the run up to transition 1, but once they mounted their bikes for the 112 miles cycle leg we saw nothing. The cycle

course traversed the whole island so 5+ hours sitting in bright sunshine followed. Finally they all returned safely to begin the marathon run along the seafront. Having driven the bike course and seen some of the mountain roads they had to cycle I was grateful to see them all safely back on their feet!

And so to Ironman Frankfurt 2005. 'Team Bedford' has now taken on an identity of its own, no matter who its members are, and it's contagious. For 2005 it had 10 members 7 of whom are Bedford Harriers. The amount of spectators, or "support crew" as our specially printed t-shirts said, had also grown considerably in size. This year the team of 10 consisted of 6 'Ironman virgins' all of whom turned in great performances. From a spectator point of view, the more team members there are, the more interesting the day. We seemed to have our own competition: "who could spot the Team Bedford kit on the bike first." During the run, which is always a multi lap marathon, we spread ourselves around the course, giving as much voice to our support as we possibly can, which always brings its own rewards, seeing each of the guys raise a smile through the exhaustion they must feel. Most of us will never find out how much effort is involved in competing in an Ironman. I certainly hope to never find out what is involved in getting an Ironman tattoo (optional extra). I think I will simply stick to being an Ironman spectator and hope it helps the competitors in some small way.



Chris Armstrong

EDITOR'S COLUMN

Another autumn, another lay off with an injury. This is becoming worryingly routine. At least this year I appear to be in good company.

Graham Short updates us on his long road back to fitness (though I decided to spare readers the close up photo of the post op foot he so kindly emailed), and regular contributors Mike Barnett and David Sutcliffe are also on the sidelines.

It is also great to see so many new contributors picking up the pen (or laptop) once they've hang up their running shoes. This is the first edition of the magazine I've also had to edit DOWN from the amount of contributions - but rest assured that all those that missed the cut this time, will be in the next edition in January next year.

With the relaunched magazine coming up to its second birthday, it appears to be going the same way as the Club itself - from strength to strength.

It feels like we've only just got over the excellently organised and enjoyable 20th Anniversary celebrations, and already the Harriers are looking forward to our silver jubilee.

You can read all about the plans to mark that watershed with a Club trip to Canada to take part in the Niagara Falls Marathon.

One Club trip that appears to be running almost to perfection now thanks to the efforts of Steve Gaunt and Lesley Barnes, is the Great North Run. This autumn edition of the magazine has been delayed so that we can include a report and images from that trip.

Whilst the day will have been tinged with sadness felt by many Harriers for the deaths of four fellow runners on the course, the GNR trip is now a firm fixture on the Harriers calendar. I suspect this may have something to do with the clever decision of the organisers to stay in Newcastle on the Sunday for post run celebrations!

The deaths in this year's GNR seemed to be laid partly at the door of the weather. A hot day for a half marathon at 18C. This reminded me of the incredible weather we had at the Colworth Marathon Challenge this year.

Having enjoyed the 5M on Friday evening and endured the 8.1M on Saturday noon, I was in no condition to run the Half on the Sunday and bailed out. With temperatures on the course hitting 35C however, many other runners strode on out. Bruce Mehew captures the struggle of mind over (and searing heat) in a great article later in the magazine.

Unlike Bruce, I didn't complete the challenge, but like him, I'll be back next year. The Colworth race weekend is a unique event on our doorstep and well worth penciling in to your diary for 2006.

David Gallagher

CRANFIELD 5K - CLUB CHAMPIONSHIP

A balmy July evening as Cranfield University welcomed one and all to the annual jamboree that is the Cranfield University 5K.

Good to see so many familiar faces as race time approached and an opportunity to catch some amusing images on camera. I located at the Kingsley Garage to capture the frantic action in front of me as a sea of yellow and black diagonal stripes came tearing past.

It would be the mother of all tussles between Tony Dadd and Sean Newbury to see who would depose Kevin

Willett, the current Club 5K Champion at this event.

Sean prevailed in a personal best of 16.59, with Tony not too far behind and Stuart Bartlett making up the first three Harriers home.

It would be equally as exciting in the ladies event as Shantna Trowell got the better of Donna McEwen to win the Ladies Club 5K title in 19.17. Carla Fisher made up the first three Harrier ladies home and the Ladies Team Prize was theirs.

A host of awards for the club as one and all

welcomed refreshments of hamburgers, hotdogs, kebabs and the odd beer or several.

Thanks to Mike, Richard and the Cranfield massive, for another excellent evening at University.

Phil Gray



**CRANFIELD 5K
8 JULY**

Sean Newbury	16.59 ¹
Tony Dadd	17.07 ¹
Stuart Bartlett	17.43
Graham King	18.01
Stuart Trevallion	18.19
Simon North	18.33
Rob Miller	18.39
Neil Lovesey	18.40
Adam Hills	18.41 ¹
Bob Wells	18.55
Steve Gaunt	19.07
Mark Francis	19.13
Shantna Trowell	19.17 ¹
Donna McEwen	19.42 ¹
Steve Daniels	19.56
Cliff Smith	19.58 ¹
Carla Fisher	20.09 ¹
Veronica Singleton	20.16
Martin Leach	20.21
Avril Monmont	20.31
Peter Campbell	20.33
Brian McCallen	20.35
Mark Ingledew	20.38 ¹
Andy Purdy	20.57
Gary Fuller	21.03
Gabriel Arpaia	21.08 ¹
Mark Tinkler	21.17
Graham Bufton	21.24
Bev Hayes	21.41
Alex Rothwell	21.46
Mark Billington	21.49
Michael De Cesare	21.53
David Gallagher	21.58
Bruce Mehew	21.58
Gary McBeth	22.13
Dave Guerin	22.17
Ian Kingston	23.08
Stuart Bullard	23.10
Bill Billington	23.10
Lesley Barnes	23.15
Vivien Kilgour	23.17
Elaine Munday	23.22
Kate Barnard	23.24
Judith Ingledew	23.31 ¹
Norman Beckwith	23.47
Sarah Janes	24.21
Jackie Keenan	24.32
Colin Bennetts	24.35
Leigh Price	25.54
Linda Wilding	26.52
Maria McBeth	27.40
Brenda Robinson	27.47
Laura Hayes	27.49
Stephen Ball	28.49
Barbara North	29.38
Peter Lawley	29.41

¹PB

Results and photos continued on next page.

THE GREAT NORTH RUN WEEKEND

At 7.00 am on a chilly September Saturday, a coach load of runners and supporters left Bedford for 'The North'. As each person entered the bus, a bag containing not only comprehensive instructions regarding the weekend, but also a t-shirt proclaiming 'Harriers on Tour', was given out. Some people stripped off straight away to change, but others waited until we were at the service station and gave neighbouring coaches an eyefull

The journey up was, as ever, made more eventful with 'THE QUIZ' which has grown in stature and now warrants capital letters. Steve and Lesley managed to dream up some devilishly tricky questions, including those that started a heated discussion about who were the original members of The Wombles. (I still maintain Madame Cholet appeared later.)

Our driver, Graham, safely deposited us at The Jury's Inn hotel and most people bimbled around Newcastle, watching the mile races and commenting on Sue Barker's nice blue coat. Saturday evening was spent in getting those all important carbohydrates down and doing a bit of 'celeb' spotting. Chris Chittel (AKA Eric Pollard from Emmerdale) was once again in our hotel as were other members of the cast. Biggest spot though was Christopher Ecclestone (AKA The Doctor).

Sunday morning, race day, dawned sunny and bright. Far too sunny and bright for my liking, but that's a personal preference. The Chinese I had the night before had haunted me throughout the night and without the help of Val and Jane and their magic little pills, I might not have even made it to the start line, so a big THANK YOU ladies.

As the bus approached the start, there seemed to be more than the 50,000 people that were supposed to be running. It was heaving!! We all found the baggage buses and deposited our bags. (Later, I was to regret placing mine on the top deck.) As each Harrier busied themselves with essential race preparation – loo,

drink, loo, walk around, last minute loo, find the right starting pen, last minute loo again (probably in the bushes by this point) then squeeze your way into the corrals.

The cannon goes...and most of us stood still for a few minutes before being able to break into a shuffle. However, some people did manage to get fairly well up the front and this was to stand them in good stead later.

The temperature was now getting hotter and I felt sorry for all those in costumes. I saw a variety of runners dressed as Elvis, fairies, some sort of character that had to wear a thong (and this is the men I'm talking about!) Highlight for many of the male Harriers was seeing Nell McAndrew, and I understand one person in particular was able to test out whether she does have a fantastic rear. Italian hands did a little bit of wandering!

The injury that I had completely rested for the previous two weeks, and which I thought might be OK for about 5 or 6 miles, decided to rear it's ugly head just before I crossed the Tyne Bridge. That's at about 1 ¼ miles. So, only another 11 ½ miles to hobble round.

From about 10 miles, there was a lot of first aid activity, and as we were to find out later, four people sadly died during the race. As it was a hot day, some kind souls had brought their hosepipes out and were sprinkling the runners. These were actually more effective than the showers out on the course which barely touched you.

I don't think any Harriers took advantage of the cups of free beer – yes that's right – free beer that was available at about 9 miles, but I could be wrong. There was even a sign painted on the road to warn of it coming up (unlike the showers). I did, however take advantage of a slice of orange about a mile later on.

The seafront at South Shields was a welcome sight and the crowds certainly lifted me. I was determined to run the whole of the last mile, even though at this point I felt as though I was melting and had lost most of the sensation in my legs. With 200 metres to go I heard the voice of one of our supporters, (Bev), shouting me on. The finish line loomed

and as I ran across the line, the helpful marshals told me to keep going!! At that point, the tension in my shoulders was released and turned into pain. The chip was taken off and water and goody bag collected. Next, the walk to the baggage bus. Why did I put mine on the top deck? Going up was OK but coming down again was very painful.

Meeting up with everyone at the velodrome was great. Graham King was the first Harrier home in a time of 1.21. According to the GNR website Graham was 146th out of about 47,000 and managed to go across the elite finish line. Well done to everybody for finishing. (All the times are on the Harriers website.) As we wandered back to the bus, stopping for the traditional tray of chips, the sun continued to beat down.

Back at the hotel, a chance to relax and watch the highlights, accompanied by some 'light refreshments', this year in Leigh and Marie-Ange's room. Later we congregated in the Italian restaurant and had the alcohol that most of us had abstained from the previous evening. As it was Angela's birthday (and mine on the following day) we were presented with cake and free drinks. A fantastic way to spend a birthday and thanks to Steve and Lesley for organising this.

As far as I know, there were no souvenirs collected from the Quayside this year, but I have it on good authority that some people stayed up past 10.30pm.

Monday, and the fry-up breakfast was great. I even managed to snatch a few minutes sleep this year with a smooth journey home!

Many, many thanks to Lesley and Steve for organising this. If you are seriously thinking of running or supporting the race next year, get your name down for the club trip soon.

There really is no better way to do this, and I for one will be wearing my Harriers on tour T-shirt with pride.

Jen Lovesey

MESSAGE FROM AN INVALID

As many of you will know, I underwent foot surgery this year. As I write this I'm still working through the recovery so I thought I'd share some thoughts with you on how its been going. Surgery was actually on Friday 13th (of May). Not the best of omens, but that apart, things are progressing to plan.

I had the big and second toe operated on to correct a bunion on my big toe. The joint on my big toe where it connects to the foot collapses (a genetic defect, yes I know, one of many!) has caused it to bend and my second toe has become arthritic. I saw a disturbing deterioration in the toe over the last 6 months of 2004 as it felt like I was walking on a lump. Indeed that's exactly what was happening as I was building up boney material under the second toe.

The surgery consisted of pinning that big toe joint, cutting a portion of the toe bone out and pinning it straight plus removing two arthritic joints on the second toe and pinning it temporarily to fuse those joints. John Bramel, the specialist, based at Luton & Dunstable, said that this should give me more stability and correct the issues once I got back to running.

After surgery I had a cast on my right foot which extended to just below the knee. This ensured immobilising the joints and I was to put no weight on it until after the cast came off. I had to learn to walk on crutches, not to mention the art of going up and down stairs. I had a pretty bad first night after the anaesthetic had worn off, but since then, however, I've not really had anything that you'd call pain. Aches, yes, and latterly niggles.

The cast stayed on for 6 weeks and for this time I was not able to put any weight on it which also meant no driving. I had to keep my leg elevated for much of the time (40 mins out of every hour for the first week). Now I'm not the best of patients and I'm very independent, so I didn't enjoy this much. I'm not big on sitting on my backside being waited on, so I was up and about, hanging out the washing and cooking and ironing to keep myself busy. After a couple of weeks I was able to go back to work, still in plaster. I was not able to drive, and I

work in Cambridge, but was fortunate enough to have a boss who drove me to work and back each day.

After 6 weeks the cast came off, but even then I wasn't allowed to put all my weight on it. I had to get on the scales and press down to one third of my weight. This was all the pressure I could apply for the first week. Then on the second week I could put two thirds of my weight down and lose one crutch. After the second week I could throw away my crutches and get back to full weight bearing and also drive again.

I wasn't really given a lot of physio or exercising to do. I have to massage my scars to desensitise them. I also had to work my toes by curling them up while I pressed down on my foot. A month following that I was allowed to start exercising. No running, as this puts too much pressure on the injury. But I could go into the gym and do cycling, rowing, cross training and weights, of course. I was never much of a gym enthusiast, but the chance to regain some fitness and do aerobic exercise is much welcome.

I now look forward to October 3rd when I go back to see the specialist who will hopefully bless me off to start running again. I intend to take it very slowly so I'll be using Mr Bufton to advise me on a slow and steady progress.

I'd also like to say a big thank you to all of you who have sent your kind wishes for my convalescence. Being a Harrier is not just a running or fitness activity. There's that social interaction and you really do miss your running mates. So being able to come down and do some timing on track nights or chat before they go off for a run while you go into the gym, has been a very important boost to my recovery. Here's hoping that I'll be able to start chasing you soon and maybe even get in front. Roll on my first cross country. That's my big target before the end of the year.



Graham Short

**EMBANKMENT 5
21 August**

Mark Pryor	29.36
James Wilson	31.33
Steve Gaunt	31.53
Adam Hills	31.55
Donna McEwen	33.28
Paul Harris	34.28
Michael Barnard	34.59
David Herincx	35.51
Ian Marshall	36.05
David Russell	36.45
Bev Hayes	37.15
Chris Asante-Ampaduh	37.21
Dave Guerin	37.31
Stuart Bullard	37.37
Steve Young	38.26
Ray Evans	38.34
Elaine Munday	39.05
Lesley Barnes	39.32
Jack Chana	39.46
Peter Gillott	40.24
Penny Duffin	41.03
Ian Kingston	41.14
Karen Robinson	42.16
Rachel Burrage	42.18
Bruce Richardson	42.38
Suet Lua	42.45
Sharon Taylor	43.14
Steve Ball	43.41
Keith Gray	43.49
Melanie Pyman	44.08
Leigh Price	46.14
Maria McBeth	46.18
John Keenan	46.43
Emma Lawless	47.10
Jude Cottam	56.19
Iva Barr	60.39



CANADA 2010 - 25th Anniversary Race

For anybody that has not visited the club noticeboards over the last few weeks – or even if you have and require more details, on the back of our 20th anniversary year – we are already looking ahead to our 25th anniversary in 2010.

We plan to organise a trip to an overseas mixed race event for which we (the committee) have considered many options and finally decided on a trip to Niagara Falls in Canada. To this end we have set up a savings scheme and further information follows:-

The race(s) themselves – a marathon (which starts in the USA and finishes in Canada), a half marathon, a half marathon walk and a 5K – something for everybody. All overseas entries are guaranteed. The official web site for the race is:

www.niagarafallsmarathon.com

You need to register your interest in the trip with either Steve Gaunt (Men's Team Captain) or Chris Armstrong (Club Treasurer) now. We need to know possible numbers even at this early stage.

You must pay at least £150 into the savings scheme over the next 2 years (by the end of Sept '07).

We are estimating a price of £1,200 for the trip (excluding spending money) – but cannot make any guarantees re inflation etc.

We suggest a savings amount of £5 per week or £25 per month – minimum.

All monies (cash or cheques) must be given to the Club Treasurer who will

issue a receipt at the time. Monies should not be given to anybody else.

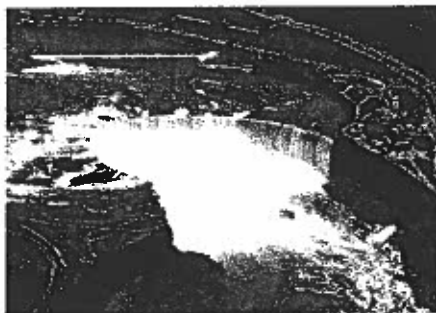
A quarterly statement will be issued to everybody in the scheme detailing the total of their funds held – any discrepancies can then be dealt with immediately.

All monies will be refundable in full to any saver upon request until at least some time in 2009.

Once deposits start to be paid – some amounts (possibly £150) will be non-refundable – but we will issue a warning of this at least a couple of months in advance to allow people to opt out if they so wish.

Hope this is sufficient info for now. Any other questions please speak to either of us.

Steve Gaunt & Chris Armstrong



BLISWORTH 5 Club Championship 29 July

Sean Newbury	28.26
Alistair Fadden	29.38
Stuart Trevallion	29.40
Neil Lovesey	31.05
Rob Miller	31.16
Steve Gaunt	31.23
Bob Wells	31.25
Donna McEwen	32.29
Adam Hills	32.40
Brian McCallen	33.37
Ian Goodwin	33.37
Andrea Ward	33.55
Gabriel Arpaia	34.20
Mike Barnard	34.32
Emily Woodfield	35.20
Stuart Bullard	36.27
Mark Billington	36.35
Bruce Mehew	36.43
David Gallagher	37.21
Bill Billington	37.40
Ian Kingston	38.31
Nora Haggart	38.49
Norman Beckwith	38.57
Jack Chana	39.03
Steve Gingell	39.17
Lesley Barnes	39.17
Penny Duffin	41.01
Leigh Price	42.03
Steve Ball	42.41
Linda Wilding	43.58
Maria McBeth	44.02
Jane Sizer	48.34
Val Bird	51.40
Iva Barr	58.36
Paul Hudson	65.33

THE GDR - GREAT DUNSTABLE RUN!

On the same day as the GNR, it was a shame that these events did not attract more support, especially as it was a very enjoyable run in some spectacular scenery. The 20 mile and 10 mile events shared the same start before separating at about the four mile point. Suet Lua got off to a very fast start, disappearing into

the morning mist, and I didn't see her again until just before four miles when she followed the 10 mile course whilst I continued on the 20 mile route. At the beginning the route was well marked with red and white tape but, as the course got further away from Dunstable, the markers became a bit scarce with the result that

many people got lost with the result that any hopes of decent times went out the window so people just relaxed and enjoyed the run. The Dunstable club produced a very nice certificate which was a change from the usual t-shirt which shrinks to nothing. **Peter Gillott (3.31.27)**



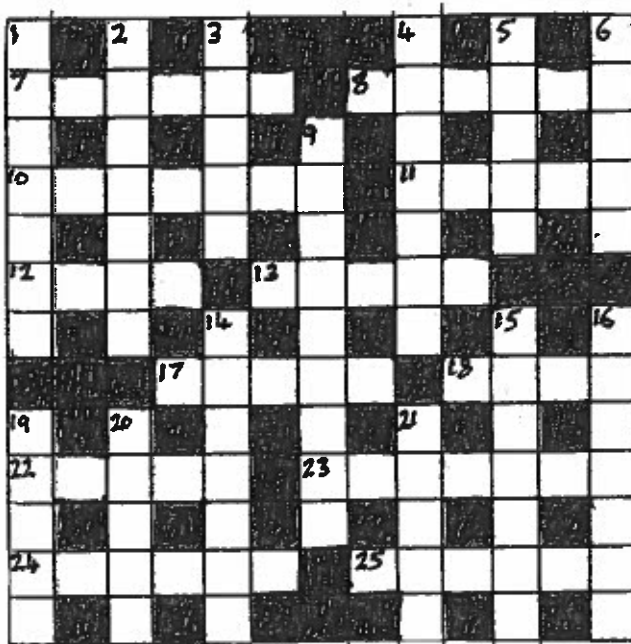
COFFEE TIME COMPILED BY RAY EVANS

ACROSS

- 7. Choice (6)
- 8. Set of eight notes (6)
- 10. Betraying one's country (7)
- 11. From Italy's Capital (5)
- 12. Spent (4)
- 13. New (5)
- 17. Move gracefully (5)
- 18. Group of three (4)
- 22. Inexpensive (5)
- 23. Originator (7)
- 24. Pantry (6)
- 25. Relative (6)

DOWN

- 1. Line on a map (7)
- 2. Emerged in (7)
- 3. Cook under heat (5)
- 4. Female stage performer (7)
- 5. Front of the hands (5)
- 6. Denim trousers (5)
- 9. Acquaint (9)
- 14. Indoor footwear (7)
- 15. Object (7)
- 16. Female singing voice (7)
- 19. Size (5)
- 20. Strange (5)
- 21. Lure (5)



FIXTURES OCT-JAN

OCT

- Sun 2 Standalone 10K
Glenn Miller 10K
- Sun 9 Woburn Rhino
10K
Daventry 6
- Sun 16 Abingdon
Marathon
Cancer Research
10K (Althorp
House)
- Sun 23 Fenland 10
- Sun 30 Rotary Challenge
10K (Luton)

NOV

- Sun 6 Stevenage Half
Marlow Half
- Sun 20 St Neots
Riverside Half
- Wed 23 Henlow 10
- Sat 26 Wolverton 5
- Sun 27 3 Counties XC
(Wellingborough)

DEC

- Sun 4 Luton Marathon
Nene Valley 10
- Sun 11 Bedford Harriers
Half Marathon
- Sun 18 3 Counties XC
(North Herts)
- Mon 26 Pirton 3.2 (Nr
Hitchin)
- Tue 27 Buntingford Year
End 10
- Sat 31 Ely 10K

JAN

- Sun 8 3 Counties XC
(Amphill)
- Sun 22 Folksworth 15
- Sat 28 South of England
XC Champs

For more information on any fixtures, contact the Competitions Secretary, David Sutcliffe.

Email:
davidsutcliffe@hotmail.com

TIGER, TIGER, BURNING BRIGHT

Leicester Tigers and Bedford Harriers. What a combination as yours truly has become well and truly hooked on a game with an odd shaped ball. Stop laughing Angela.

Leicester Tigers have a new Season Ticket holder and I have enjoyed every minute of it so far. How do you top sitting in a capacity filled Welford Road – 16,815 to be exact, home of Leicester Tigers, and watching some magical rugby from a team packed full of international players?

I could bore you with my enthusiasm for this game but I will not. Imagine the scene. It is 2.55 p.m. on 3 September as Leicester prepare to kick off their Guinness Premiership program in front of 16815 and what happens? A Puma helicopter lands on the pitch to deliver the match ball and the Tigers roar past a poor Northants Saints side 32 – 0.

Wow and so much more as the season unfolds before me. In between all this I captured Harriers in action

at Swineshead and the boys in the guise of Richard Dorman, Morgan Walters and Stuart Trevallion secured the team prize. September barely done and dusted and the Heineken Cup in October. Watch this space!



Phil Gray

VOLUNTEERS WANTED

This year's Bedford Harriers Half Marathon takes place on 11th December 2005 and provides the last opportunity to qualify for this year's Volunteers' Draw. The lucky winner will be able to choose between a London Marathon place plus £100 cash or a cash only prize of £150.

The objective is to encourage our members to offer their services in the staging of the Club's races. Services can include, but is not restricted to, marshalling, timekeeping, catering, setting up the course, 'screening' vehicles at other races, taking late entries, stuffing envelopes etc. etc.

Briefly, to qualify for the draw, you need to be a paid up member of the Harriers on 12th December 2005 and have helped in one or more of the Harriers' races, (the more races you help with the more times your name is in the draw). If the winner declines the London Marathon place then a second draw is made from those volunteers that have reject slips from the London Marathon. This ensures that a volunteer will win a London Marathon place.

Qualifiers

A list of people that volunteered for the Oakley 12 & 20, the DA5K and the Embankment 5 is provided with this copy of The Run. The list includes some non-members since they deserve a mention but are

ineligible for the draw. If your name has been omitted or included in error please accept my apologies and let me know as soon as possible. Similarly, if you helped in the Harrold 10K please let me know; the list of volunteers for this race is currently under revision.

Rewards

Whilst on the subject of volunteering please try to ensure that you have made your contribution to the Harriers' races throughout the year: the races contribute an enormous amount to Club funds enabling the membership fees to be kept to a minimum level. If you have not marshalled or assisted before you may be a little apprehensive. Don't be. Full training and instruction is given and inexperienced volunteers are always paired with an experienced person. And it is an enjoyable and rewarding experience!

Race management teams

The race management teams are always looking for volunteers to become a little more involved and take responsibility for certain aspects of the race events. Currently there is a core of experienced people that make up the race management teams. This is a comparatively small group and needs to be expanded to provide continuity for future events. If you are interested please make

yourself known to any of the Committee members, they will be able to point you in the right direction.

Views

The Committee would welcome your views on the number and type of races the Club stages throughout the year; do you feel perpetually bombarded with requests for volunteers or are you always happy to help? Can we do things differently? How would you feel about taking 3 or 4 signs to your marshalling position and erecting them assuming all equipment is supplied and erection points are indicated?

Volunteer early

Finally, if you are planning to volunteer, please do it early in order that the management teams can plan ahead. Whilst volunteers on race day are always welcome any race director or chief marshal will tell you how difficult it is to brief volunteers whilst attempting to do many other things at the same time. Increasing bureaucracy in the guise of Health & Safety is putting the onus on race promoters to ensure that an event complies with the latest H & S requirements. In the context of road races compliance is difficult if there is insufficient time in which to brief the participants.

Steve Crane
Race management secretary

DOUG ANDERSON
5K

27 July
(Continued)

Liz Stockton	24.56
Penny Duffin	25.04
Mark Fielder	25.13
Leigh Price	25.22'
Melanie Pyman	25.40
Steve Ball	25.46
Claire McQueen	25.54'
Lorna Barford	26.23
Karen Robinson	26.34
Maria McBeth	26.37'
Anne Adamson	26.45
John Keenan	26.47
Emma Lawless	27.02
Brenda Robrisa	27.03
Linda Wilding	27.07
Katie Frankel	27.20
Sarah Evans	27.31
Patricia Smith	28.06
Catherine Clark	28.08
Anna Lyden	28.44
Jennifer Walker	28.45
Jude Cottam	29.12
Carly Mowbray	29.18
Karen Lincoln	29.23
Amelia Beggs	29.38
Emma Sharp	29.51
Barbara North	29.55
Lorraine Pearson	30.59
Joan Kirby	31.05
Mandy Pullinger	31.09
Adeleye Yeyeside	32.07
Kathryn Styles	32.18
Helen Kemp	32.40
Kim Winconek	32.53
Tina Hurst	34.18
Linda Payne	36.09
Tobais Kemi	36.10
Adrian Tanner	37.11
Iva Barr	37.46
Paul Hudson	38.22

'PB



Left are three images from the Club Anniversary Photo and Run on 19 July. Many Harriers set PBs that evening attempting to get to the buffet when the cake was cut!

Volunteers role of honour		
Oakley 12 & 20 20th March 2005		
Phil Gray	Steve Gaunt	Yvonne Barnett
Mike Devonshire	Lesley Barnes	Bob Wells
Norman Beckwith	Linda Payne	Bill Bethune
Bill Billington	Marlene Devonshire	Chris Proud
Maurice Crook	Helen Wade	Matt Burgin
Martin Lambourne	Jac Chana	Paula Holowell
John Durham	Jane Sizer	Mark Billington
Hannah	Jacinta Horne	Jen Lovesey
Kimberly W	Jeanette Cheetham	Neil Lovesey
Robbie Burrell	Barbara North	Keith Lakin
Chris Armstrong	Steve Crane	Kate Barnard
Richard Hales	Justin North	Bev Hayes
Rob Miller	Bill Bethune	Linda Wilding
Paul Rayner	Kevin Willett	Sharon Healey
Martin Leach	Alison Champion	Colin Bennetts
Richard Piron	Henry Downes	Malcolm McEwen
Charlie Hempstead	Derek Morrison	Penny Duffin
Graham King	David Gallagher	Peter Bird
John Haggart	Jackie Dempster	Val Bird
Kevin White	Jim Gannon	Martin Leach
Norma King	Liz Stockton	Brian McCallen
Angela Galivan	Dave Sutcliffe	John Shearer
Andy Sewell	Liz Byer	Mark Pryor
Zoë Willett	Mark Tinkler	Andy Purdy
Sarah Fadden	Chris Capps	Peter Lawley
Jude Cottam	Ian Goodwin	Alastair Fadden
Jutta Crane	Chris Saunders	Mark Ingledew
Lyn Short	Jack Keenan	Judith Ingledew
Mike Barnett	Maria McBeth	Roger Trengrove
Graham Horne	Gary McBeth	Wendy Trengrove
Tony Dadd	Roger Trengrove	Penny Duffin
Leigh Price	Wendy Trengrove	Veronica Singleton
Ollie Payne	Malc Holmes	
DA5K 27th July 2005		
Andrea Ranson	Brian McCallen	Mike Devonshire
Andy Sewell	Steve Crane	Marlene Devonshire
Keith Lakin	Martin Lambourne	Colin Bennetts
Nicky Pickering	Henry Downs	Viv Kilgor
Bill Billington	Gary Fuller	Bruce Mehew
Phil Grey	Steve Gaunt	Richard Piron
Paul Rayner	Lesley Barnes	Robbie Burrells
Gabs Arpaia	Kate Barnard	Mark Pryor
Charlie Hempstead	Alison Champion	Angela Gallivan
Steve Clark	Liz Byer	Paul Hudson
Chris Capps	Nora Haggart	Linda Wilding
Alex Capps	Pat Steer	Jutta Crane
Vicky Capps	Tony Steer	Jeanette Cheetham
Kevin Willett	Jacinta Horne	Ryan
Barbara North	David Prior	Jane Sizer