

# THE Run

TELLING IT LIKE IT ISN'T FROM OCT -JAN 2006

## Contents

|                       |    |
|-----------------------|----|
| 2005 Review           | 1  |
| Chairman's Column     | 2  |
| Standalone 10K        | 2  |
| Editor's Column       | 3  |
| Biddenham 10K         | 3  |
| Team Management News  | 4  |
| China Marathon        | 5  |
| Training              | 6  |
| Veronica Singleton    | 6  |
| St Neots Half         | 6  |
| Championship News     | 7  |
| Balancing Blues 5K    | 7  |
| Bedford Harriers Half | 8  |
| Barton 10K            | 9  |
| Amphill XC Trophy     | 9  |
| Blisworth 5           | 9  |
| Chicago Marathon      | 10 |
| Coffee Time Crossword | 11 |
| Wisdom                | 11 |
| Fixtures Feb-May      | 11 |
| Roll of Honour 2005   | 12 |
| Crossword Solution    | 12 |

Editor :  
David Gallagher

Thank you to the following contributors:  
Phil Gray, Brian McCallen, Steve Gaunt, Gary & Maria McBeth, Vic Byer, David Sutcliffe, Jacinta Horne, Mike Barnard, Ray Evans

Photography:  
Linda Wilding, Malcolm McEwen, Adam Hills, Phil Gray

Contributions by email or post:  
20 York Street, Bedford  
david@chapterandverse.co.uk

## 2005 REVIEW

What a year and a half as Bedford Harriers celebrated their 20<sup>th</sup> Anniversary in style. A hectic start to the year as yours truly was travelling about a bit to capture Harriers in action at the Stamford 30k, the Woburn 10k and Castle Ashby 10k.

Who can forget Oakley and the incredible numbers that participated? Freezing conditions at these events and much more as spring turned to summer.

June is always a busy month and who can forget the incredible temperatures that touched 34 degrees on the final day of the Colworth Marathon Challenge? *(Certainly not anyone who ran it – Ed)*

Magical images as Harriers celebrated with an anniversary bash at The Swan Hotel on the Embankment as 150 people marked a special occasion in the history and evolution of an incredible club. July and August always hectic in the running calendar, with a fruitful 5k at Cranfield and a damp Doug Anderson Memorial 5k in late July. Yet more races including the Blisworth 5 and the ever popular Embankment 5 completed the short summer season.

Time to catch my breath as the autumn months bought yet more incredible performances, particularly at the St Neots Half Marathon in freezing conditions. Morgan Walters stole the show with a fantastic 1:16 time. Not to be out done, Richard Dorman completed the Luton

Marathon in a time of 2:48 that broke the MV40 Club Record for the distance. Well done Richard.

Days hurtled past at the end of the year and we came to the event that sums up the ethos of the Club: Bedford Harriers Half Marathon at Wootton Upper School on December 11. I and many others spent most of weekend in Wootton but the end result was worth it.

Tracey Morris of Valley Striders was a welcome guest and duly took the ladies prize in 1:16 as over a 1000 went the distance on that December morn.

Too many other things happened to document in this article but suffice to say it was an incredible year for an incredible club. A Happy New Year to one and all at Bedford Harriers A.C.

### Philip Gray



*Norman sums up the year a little more succinctly....*

## CHAIRMAN'S COLUMN

2005 was the 20<sup>th</sup> anniversary of Bedford Harriers and it proved to be another highly successful year for the Club. The events we organised to celebrate our 20<sup>th</sup> year all went well particularly the Gala Dinner which was held at the Swan Hotel in June and the anniversary Fun Run and club photograph which was held in July. Both events were very well supported and I am sure much enjoyed. Many thanks to all those who helped to organise them.

The Club's membership continued to be solid in 2005 at around the 400 mark. New members are joining us on a monthly basis which is highly encouraging as the only time we really advertise is in April of each year for our Absolute Beginners night. Interest in joining the Harriers remains strong from runners of all levels at the moment and membership numbers are likely to continue rising in 2006.

The Club organised five road races in 2005 and all went very well with many

complimentary comments being received from runners. Together these races attracted around 3,700 entries up from just over 3,000 in 2004. A large part of the increase was due to the inaugural running of the Harriers 10K which proved to be a great success. Very pleased to confirm that all five races will once again be held in 2006.

It should be mentioned that the profit we make from these races is ploughed back into the club for the benefit of all members. This has enabled us for example, to pay the entry fees for all Harriers who are taking part in the 2005/2006 Three-Counties X-C league.

We have also removed the charge which members have been asked to pay in the past for the Friday night circuits. We hope to continue this funding policy in 2006 and meet the cost of some of the other outings which members currently pay for.

2005 was also a good year for many Harriers whose running levels continued to

improve and who set new personal best times. The extent of the overall improvement was epitomised in a race such as the St Neots Half when two new club best times were set and half of the 50+ Harriers who ran in the race achieved personal bests.

Improvements on this scale are the result of good coaching, regular training, hard work and determination. Carrying over those qualities in to 2006, should enable many more runners to achieve the sort of race times and performances they may currently think are beyond them.



**Brian McCallen**

## STANDALONE 10K 2 October

|                    |                    |
|--------------------|--------------------|
| Morgan Walters     | 35.56              |
| Bob Wells          | 39.37              |
| Donna McEwen       | 40.07 <sup>1</sup> |
| Andrew Wilkinson   | 40.38              |
| Veronica Singleton | 41.44 <sup>2</sup> |
| Mark Ingledew      | 42.11 <sup>1</sup> |
| Martin Leach       | 42.44              |
| Ian Marshall       | 43.22              |
| Cliff Smith        | 43.32              |
| Owen Lewis         | 43.40 <sup>1</sup> |
| Mark Tinkler       | 44.01              |
| Alex Roithwell     | 44.02 <sup>1</sup> |
| Andrea Ward        | 44.22              |
| Stuart Bullard     | 45.15              |
| Chris Capps        | 46.02              |
| David Russell      | 46.14              |
| Judith Ingledew    | 48.49 <sup>1</sup> |
| Kate Barnard       | 49.28 <sup>1</sup> |
| Zoe Willett        | 52.03              |
| Karen Robinson     | 53.33              |
| Angie Kay          | 53.50              |
| Penny Duffin       | 54.16              |
| Colin Bennetts     | 54.49              |
| Leigh Price        | 55.00              |
| Linda Wilding      | 55.01 <sup>1</sup> |
| Gary McBeth        | 55.01              |
| Maria McBeth       | 55.40 <sup>1</sup> |
| Melanie Pyman      | 56.22              |
| Helen Broughton    | 64.26              |

<sup>1</sup> PB

<sup>2</sup> LV 45 Club Best Time



Don't forget to keep up to date with all the latest news, results and club information on the Bedford Harriers website.

There's also a very interactive, and occasionally amusing, forum so come along and chat to other Harriers, find out where Buff goes for his Sunday bike rides, what Adam is selling on Ebay or how Lakes is defining a new 'I'm hailing a cab' running style.

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

## EDITOR'S COLUMN

Welcome to the first edition of The Run in 2006.

I trust you've all had a good Christmas and New Year and all those mince pies, extra helping of turkey and just one more chocolate from the tree are all starting to fall off again. No? Good, it's not just me then.

There's something about January that just isn't motivating. Within three days the thought of a dry month is enough to turn you back to drink, the idea of improving the mind with an evening class is mildly less appealing if it clashes with Dragons' Den and the mantra of training three nights a week whatever the weather that I signed up to I'm sure didn't include freezing fog and sleet.

So what can you do?

One thing is to run somewhere where it is warm, and certainly the two articles in this issue from Gary and Maria McBeth and Mike Barnard are a great insight into what it is like to run two completely

different marathons in two different continents.

Both articles capture brilliantly the essence of the very different atmospheres and challenges faced in China and Chicago respectively, and with both races occurring later this year, there's a chance for you to feel inspired by their writing and sign up.

Some of you may already be enjoying (or is that enduring) building up your winter mileage in preparation for the London Marathon in April, and if so, good luck to you. Having done it twice myself there is nothing quite like the feeling of crossing the finish line in the Mall. It's something you need to hold on to and visualize as you set out again for another long run on a cold winter evening, or worse, morning!

Elsewhere in this issue we're bringing you up to date with major changes in the way the club run the road race championships, so make sure you read up and know what you need to

do to put yourself in the frame for overall or distance prizes this year.

There are also changes to the Club Championship races, due to the popularity that running is increasingly having amongst the UK population.

With many races full weeks, if not months, before the race date, it was felt that we needed to move to some lesser known events to ensure that as many Harriers as possible can take part in the Championship distance races.

Finally, following on from the success of the 20th Anniversary 10K under the careful stewardship on Chris Capps and his team, it has been decided to keep this on the race calendar and make it a regular fixture. The Harriers are moving from a Fantastic Five series to a Super Six.

Enjoy!

**David Gallagher**

## BIDDENHAM 10K

What a glorious September morn as yours truly cycled to Biddenham at 10am.

Why you might ask? I often ask myself that question but I never get a straight answer. A little matter of the Biddenham River 10k and a number of Harriers participating and helping out in the guise of Steve Crane (does he ever go to bed?), Martin, John, Tony and compere Jack Keenan.

Minutes ticked away till

11am as one and all left Biddenham behind and addressed a testing 10k.

I captured some of the action on camera as the winner appeared after 36 minutes, with Morgan not too far behind in 37 minutes and 3rd place on the day. Andy and Stuart had their own duel in the sun, with Andy the victor this time. Bob Wells also ran well as did all the Harriers who went the distance on a glorious day in Biddenham.

Thanks to all who made

the whole thing possible, to all who went the distance and to that vital ingredient, glorious sunshine.

Just enough time for a shower then lunch. Phew!

**Phil Gray**



## BIDDENHAM 10K 25 SEPT

|                    |                    |
|--------------------|--------------------|
| Morgan Walters     | 36.20              |
| Andy Sewell        | 39.17              |
| Stuart Trevaillon  | 39.17              |
| Neil Lovesey       | 40.56              |
| Bob Wells          | 41.40              |
| Adam Hills         | 43.23              |
| Peter Campbell     | 44.24              |
| Michael Bernard    | 44.49              |
| Ian Lacey          | 44.58              |
| Kevin McPhillips   | 45.17              |
| Stuart Snelson     | 45.27              |
| Jim Gannon         | 46.37 <sup>1</sup> |
| Chris Capps        | 46.52              |
| Dolores Wallis     | 47.20              |
| Dave Guerin        | 47.41              |
| Bill Billington    | 47.42              |
| Stuart Bullard     | 47.48              |
| Bruce Mehew        | 48.04              |
| Paul Raymond       | 48.10              |
| Steve Young        | 49.19              |
| Bill Morant        | 50.12              |
| Elaine Munday      | 51.07              |
| Rachel Burrage     | 53.10              |
| Mark Billington    | 53.46              |
| Sharon Taylor      | 54.41              |
| Karen Robinson     | 55.07              |
| Suet Lua           | 55.50              |
| Rakesh Kumar       | 56.46              |
| Melanie Pyman      | 56.54              |
| Maria McBeth       | 57.44              |
| Veronica Singleton | 58.19              |
| Karen Wallbank     | 60.32              |
| Patricia Steer     | 60.42              |
| David Price        | 60.43              |
| Barbara North      | 64.30              |
| Simon North        | 64.35              |
| Carly Mowbray      | 67.04              |
| Mandy Pullinger    | 70.06              |
| Lyn Ayton          | 73.25              |
| June Holmes        | 73.38              |
| Linda Payne        | 77.41              |
| Liesje Smith       | 96.56              |

<sup>1</sup>PB



## TEAM MANAGEMENT NEWS

### New League Tables

Here we are at the start of another new year with expectations and aspirations – hopefully high for all of us. As we write this the year has started off with the first of many 5Ks, namely Mr Buff's Sporting Blues race. As you have probably seen, we have a league table up on the notice board and on the web site naming all Harriers that have taken part in this event. This is the start of the year long exercise to register all club members in a number of league tables over the main race distances (5K, 5 mile, 10K, 10 mile, half marathon, full marathon). Registration is automatic - i.e. if you run a 'well known' race your results will appear on the appropriate table as long as the event is a certified road race, which the club can prove by either race results being posted on a website, or if you go off to do some more obscure race in the Outer Hebrides for instance, you need to tell us and we would like verification either by a race website or by official results being posted to you.

The league tables will show your season's best time and therefore your position in the table based on fastest first, and also your position taking your gender and age into account – known as Age Graded scores. Rules and tables will appear on the website and notice board soon. Your times will be automatically changed every time you improve on the same distance. We hope you will find some interest in this new system, and feel encouraged to race!

### Cross Country Season

We are now well into the cross country season, with three races already completed in the Three

Counties Cross Country Championship. At present, we are lying 4<sup>th</sup> with 598 points only 3 points behind North Herts Roadrunners. In the men's league we are 4<sup>th</sup>, but in the ladies we are 2<sup>nd</sup> with only two races to go which are Dunstable on 5<sup>th</sup> February and our own event on 5<sup>th</sup> March. Congratulations to all Harriers taking part – it has been a really good turn out on all three occasions, and hopefully will be for the next two races.

### Club Championship Races

Due to the popularity of various races the Team Management along with the Coaches have decided to change some of the Championship races for this year. We were concerned last season that we could not get all our members who wanted to run into some races due to their popularity. It seems the same is happening again this year as all those doing the London Marathon may have found out with both the Folksworth 15 and the Fred Hughes 10 both being full well before closing date. With this in mind, the following have been put forward as this year's Club Championship races:

Sandy 10 - 26<sup>th</sup> March  
Stanwick 10K - 17<sup>th</sup> April  
Cranfield 5K - 7<sup>th</sup> July  
Wellingborough 5 or Cranfield 5 -  
Dates to be announced  
St Neots Half Marathon - November

If you intend to run any of the above races, then you will need to enter well in advance. Please note that anyone wishing to enter the Championship this year will have to do so under their own number, and running for Bedford Harriers. Number transfers will only be allowed if the race organisers can re-register you.

### Age Graded Championship

This year's age graded Championship will be based on six races and not ten as in previous years. Three races are to come from 10K distance and under, and three from 10 miles and over. This will hopefully allow more people to register a complete set of races and thus take part in the Championship. For more details on the rules, please refer to the Championship web page or speak to David Sutcliffe.

### 5K League Table Championship (new for this year)

Trophies will be awarded at the end of the year for the fastest 5K and also the best age graded 5K in both men's and women's league tables as described in the first Team Management News item. Please note, that Harriers races will not be counted due to marshalling commitments.

We are always looking for ways to improve our Team Management services, and therefore anyone who has an idea or would like to comment on what we do, please feel free to come and speak to either me, Veronica Singleton, David Sutcliffe or Angie Kay.

Good luck to all of you this year, stay fit, train hard, and most of all – enjoy what you do and have a smile on your face!

### Steve Gaunt



## CHINA MARATHON - Gary & Maria McBeth

We flew out to China on a ten day trip which was to be a break as well as a half marathon run. The race wasn't scheduled until 4 days after we arrived so it gave us time to adjust to the high altitude and the dry heat that averaged 34C.

After visiting many of the great temples and endless historic places of interest it on our second full day we had to inspect the section of wall that all runners would have to run.

The section was over 7k long and incorporated 3700 steps. We were taken to the base of the wall via bus which wound its way up the side of a steep mountain for three miles before reaching what was called base point. We had all been told of how difficult the wall would be to conquer but nothing could have prepared us for what we saw as we stepped off the bus. At this point I realised why they kept referring to it as the Great Wall. We were told that in order to comply with insurance stipulations we had to walk the 7k section before being allowed to run it.

Maria (thanks to Steve Gaunt & Graham King for doing her a training schedule) had trained hard and was prepared at least for the distance if not the steps, I on the other hand was suffering from shin splints and an annoying trapped nerve

in my right leg. Consequently I hadn't trained properly for over a month. With this in mind we set off to walk and climb the steps of the wall.

It took just over an hour and a quarter to walk for most of us, eight hundred pairs of legs arduously trekking up and down the uneven steps which ranged from 2inches to 18 inches. As we walked we realised that it would be almost impossible to establish any sort of running rhythm. Everyone admitted that their legs were totally jellified at the end of the wall if that's the right expression.

We were then grateful to be bussed around the rest of the course, giving our legs a break.

As half marathon runners we would only have to conquer the wall once but the marathon runners would meet it twice - the second time at twenty one miles, I didn't envy them.

Race day came soon after and with it all the excitement, I had my knees and calves so tightly strapped I could barely feel them. We set off in 3 waves at 5 minute intervals. We opted for the third wave, at 7.30am all praying the sun would rise late that morning. The luck of the gods was with us as it was the only day that the sun never came out at all. Still very hot we

began the 3 mile steep mountain climb which would bring us to base point. We had a plan to run together and finish together as quick as we could without getting injured. After the steep climb we helped each other conquer the wall, I remember leaving the wall with about nine miles to run, our legs feeling like we had already run a marathon saying to Maria "Pretend it's just a Sunday morning Steve Crane run now and we will be ok" She replied "I can't feel my legs Gary." I replied "I'll feel them later girl, keep running"

We finished together in 3hours 14minutes to receive our well earned medals and tee shirts.

It was a wonderful and challenging experience, and one to be recommended. It is said that the Great Wall marathon is the 4th toughest in the world and I can well believe it. For the record Bedford Harriers running club is recognised throughout the world as being a large and professional club as we were approached by many national and international runners who recognised our Harrier vests.

To conclude we would like to thank everyone that supported and helped us both with our training and advice especially Steve Gaunt, Graham King and Steve Crane.

## GREAT WALL OF CHINA

If anyone fancies emulating Gary & Maria's fantastic effort, the next running is on 20 May 2006.

The race event includes a Marathon, Half, 10K and 5K.

Visit:

[www.great-wall-marathon.com](http://www.great-wall-marathon.com)

for more information



## TRAINING

The following information is my interpretation of an article by Gareth Wallis, a final year PhD student in Sports Nutrition & Exercise Metabolism, in the Human Performance Laboratory at the School of Sport and Exercise Sciences, University of Birmingham.

"Research has shown when 'Carbohydrate Loading' for a marathon or similar, the dietary needs of men and women are different."

We get most of the energy we need for running, from burning carbohydrates (mainly in the form of glucose) and fat stored within the body. In the 1960's Scandinavian scientists showed that if athletes changed to a high carbohydrate and low fat diet, for a few days, it resulted in a dramatic increase in the amount of glycogen stored in their muscles.

These early observations were developed and we now all know the value of 'carbohydrate loading' before a marathon or similar event. Almost all

the research was performed on male athletes. It was assumed the responses to exercise in males and females were not different. However in 1990 Canadian scientists demonstrated that there were gender differences in the metabolic response to endurance exercise. They found that females got more energy from fat sources and less from body carbohydrate stores (in comparison to similarly trained males).

Further research followed (1995; 2001; 2003) and current conclusions (June 2005) suggest:

**For men:** Carbohydrate Loading can be achieved, over 4-5 days, by increasing the amount of carbohydrate consumed in the diet, to about 75% of the total calories consumed (normally we get about 55% of our daily calories from carbohydrate sources).

**For Ladies:** It was found the 55% to 75% carbohydrate increase

was ineffective with females, so a new formula based on body weight was produced. It assumed a female athlete consumed a normal diet of 2000 calories a day. Then, to achieve carbohydrate loading over 4-5 days, at least 8 grams of carbohydrate per kilogram body weight per day, had to be consumed. This equated to an approximate, 30% daily increase, of their total energy intake.

**Note:** There is no gender difference about the way to keep the body's glycogen in its 'topped up' condition. To maintain the gains achieved, the amount of exercise performed must be reduced in this '4-5 day' period.

Research continues and current tests suggest that females may derive more benefit from the ingestion of carbohydrate drinks during exercise than males.

**Vic Byer**

## VERONICA SINGLETON

Not content with smashing Club Best times throughout 2005, Veronica Singleton made it a special year on being selected to represent Wales in the British & Irish Masters International Cross Country in Santry Des-

masne, Dublin on Saturday 12 November.

Delighted to make her international debut after being team manager for many years of the Welsh Women's Road & Cross Country Team, Veronica completed the course in 25.05



## ST NEOTS HALF 20 NOVEMBER

|                    |                      |
|--------------------|----------------------|
| Morgan Walters     | 1.16.51 <sup>2</sup> |
| Kevin Willett      | 1.21.38              |
| Richard Piron      | 1.24.23              |
| John Dickinson     | 1.25.45              |
| Rob Miller         | 1.26.07 <sup>1</sup> |
| Shantna Trowell    | 1.26.19 <sup>1</sup> |
| Steve Gaunt        | 1.27.27              |
| Tom Inman          | 1.28.26              |
| Donna McEwen       | 1.28.43 <sup>1</sup> |
| Tony Parello       | 1.29.36              |
| Neil Lovesey       | 1.29.48              |
| Steve Daniels      | 1.29.57              |
| Andy Perkinson     | 1.29.59              |
| Veronica Singleton | 1.30.43 <sup>3</sup> |
| Carla Fisher       | 1.31.34 <sup>1</sup> |
| David Hutchings    | 1.31.46              |
| Kevin McPhillips   | 1.31.56              |
| Mark Tinkler       | 1.33.31 <sup>1</sup> |
| Adam Hills         | 1.33.23              |
| Mark Ingledew      | 1.33.53 <sup>1</sup> |
| Ian Marshall       | 1.33.55              |
| Peter Campbell     | 1.35.49 <sup>1</sup> |
| Andrea Ward        | 1.35.51 <sup>1</sup> |
| Terry McEwen       | 1.36.22              |
| Owen Lewis         | 1.36.16              |
| Alex Rothwell      | 1.37.57 <sup>1</sup> |
| Phil Wainwright    | 1.39.33              |
| Simon Smith        | 1.39.55              |
| Julie Wargent      | 1.40.40              |
| Richard Ogbourne   | 1.43.31 <sup>1</sup> |
| Paul Raymond       | 1.43.52 <sup>1</sup> |
| Bill Billington    | 1.44.28              |
| Peter Marshall     | 1.44.37              |
| Steve Clarke       | 1.44.47              |
| Lesley Barnes      | 1.45.09 <sup>1</sup> |
| Stuart Bullard     | 1.48.02              |
| Nora Haggert       | 1.48.05 <sup>1</sup> |
| Kate Barnard       | 1.49.05 <sup>1</sup> |
| Richard Watson     | 1.49.23 <sup>1</sup> |
| Rakesh Kumar       | 1.49.41 <sup>1</sup> |
| Judith Ingledew    | 1.50.18 <sup>1</sup> |
| Jack Chana         | 1.50.29              |
| Nigel Anstee       | 1.50.57              |
| Peter Gillott      | 1.52.36 <sup>1</sup> |
| Alison Ogbourne    | 1.54.26              |
| Penny Duffin       | 1.55.55 <sup>1</sup> |
| Karen Robinson     | 1.56.24 <sup>1</sup> |
| Linda Wilding      | 1.56.24 <sup>1</sup> |
| Suet Lua           | 1.57.13 <sup>1</sup> |
| Zoe Willett        | 1.57.46 <sup>1</sup> |
| Jacinta Horne      | 2.01.41              |
| Rachel Burrage     | 2.03.39              |
| Maria McBeth       | 2.06.52 <sup>1</sup> |
| Chris Armstrong    | 2.07.47              |
| Dane Woodward      | 2.17.51              |
| Jane Sizer         | 2.20.32              |

<sup>1</sup>PB

<sup>2</sup>Club Best Time MV40

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



**GOODBYE TO THE 10 RACE ROAD CHAMPIONSHIP**

2005 saw the last of the 10-race championship contests, introduced in 1999 as a more focused contest following a period in which our worthy club champions would run up to 30 or even 40 road races a year, scoring points according to how many fellow Harriers they strove to beat in the process.

The introduction of age-graded scoring, providing a level playing field, and a spread of race distances offering several options, aimed to reflect the running preferences of the 'average Harrier'.

The 10 race agenda was welcomed as a challenge by some runners and there have been some interesting contests, with a tied second place in 2005 being the latest after computer calculations could not convincingly separate Steve Gaunt and Bill Billington.

Meanwhile the ladies' contest in 2005 produced the highest ever figure of 10 runners competing the requirement of 10 races, with the 3 leading positions being 'up for grabs' right up to December.

Across the board however the championship has involved only a small proportion of the club's increasing membership, competing on the road being only one feature of the Harriers Year. Off-road events - from Marston Vale, Biddenham, the Colworth Series and the Cross Country programme to the challenges of the Grizzly, Ironman and Triathlon are immensely popular.

At the same time the Club's five successful annual race promotions involve the willing assistance of so many members and also provide welcome opportunities to race locally.

So the proposal for 2006 is to experiment with a 6-race competition which, subject to some finishing touches by the club captains, team management and coaches, will look something like:

Six road races consisting of 1 race at 10 miles, 1 at Half marathon and 1 at any distance of 10 miles or longer. As well as 1 race at 5K, 1 at 10K and 1 at any distance from 5M to 9M.

Races from 1 January to the first weekend in December may count, so the courageous souls who have ventured out for the freezing Folksworth 15 or Balancing Blues series already will have made their mark for 2006. As per the previous competition, the five Harriers races will not qualify for inclusion in the championship.

**Standards Awards Scheme**

Following suggestions from runners at the 'sharp end' the scheme has been extended to six levels, with runners earning age graded scores of 80% or over at four distances now picking up a Diamond Award. On page 12 you will see the full list of Standards Award Winners for 2005. If you think you have improved on a previous level, or have earned an award and are not listed, please get in touch and earn a special mention in the next edition of 'The Run'.

**David Sutcliffe****BALANCING BLUES  
5K - Race 1  
4 January**

|                   |       |
|-------------------|-------|
| Tristan Windley   | 17.18 |
| Morgan Walters    | 18.00 |
| Stuart Bartlett   | 18.31 |
| Alistair Fadden   | 19.03 |
| Neil Lovesey      | 19.23 |
| Andrea Ward       | 20.47 |
| Anna Litchfield   | 20.58 |
| Kevin Ward        | 21.20 |
| Mark Bell         | 21.38 |
| Charlie Hempstead | 21.41 |
| Mark Billington   | 22.12 |
| Steve Young       | 22.31 |
| Bill Billington   | 22.44 |
| Richard Watson    | 23.01 |
| Elaine Munday     | 23.09 |
| Paul Raymond      | 23.14 |
| Gary McBeth       | 23.20 |
| Katie Barnard     | 23.20 |
| David Fake        | 25.32 |
| Malcolm McEwen    | 25.42 |
| Paul Kent         | 25.52 |
| Jen Lovesey       | 25.56 |
| Leigh Price       | 25.56 |
| Martine Moon      | 26.15 |
| Keith Lakin       | 28.03 |
| Elaine Reynolds   | 28.16 |
| Maria McBeth      | 29.36 |
| Peter Lawley      | 30.10 |
| Paul Hudson       | 37.54 |
| Iva Barr          | 38.03 |



## BEDFORD HARRIERS HALF MARATHON

A crisp December morn at Wootton Upper School as over a thousand people were expected for the Bedford Harriers Half Marathon run over a demanding course. The atmosphere was incredible as I and a host of other people appear to have spent most of the weekend in Wootton. Clock ticking down as the Bedford Town Band played some festive tunes and Mr Motivator in the guise of Steve Gaunt got the runners warmed up before the main event at 11. Yours

truly took his leave to get the Fun Run underway as a thousand hardy souls addressed a demanding 13.1 miles through the Bedfordshire countryside and among their ranks one Tracey Morris of Valley Striders and Great Britain. Tracey was part of the GB ladies team that ran the Olympic Marathon in Athens 2004. Enough said as the Fun Run began a little after 11.15 and over 30 hardy souls took up the challenge and I located on the course to capture the

action. A major thanks to all Harriers who gave up all or part of their weekend, to those who went the distance on the day and to three exceptional musketeers in the guise of Brian McCallen, Kevin Willett and the driving force behind the event - Steve Crane.

What a way to celebrate the 20th Anniversary of perhaps the biggest athletics club in the South East.

**Phil Gray**

## BEDFORD HARRIERS HALF MARATHON

|                      |                      |
|----------------------|----------------------|
| Mark Prior           | 1.21.09              |
| Dave Dormar          | 1.24.03              |
| Bob Wells            | 1.25.10 <sup>1</sup> |
| Stuart Trevallion    | 1.26.36              |
| Donna McEwen         | 1.28.00              |
| Steve Daniels        | 1.34.00              |
| Kevin McPhillips     | 1.35.31              |
| Alistair Vile        | 1.38.42              |
| Elizabeth Whittaker  | 1.38.59              |
| Stuart Snelson       | 1.40.54              |
| Mark Billington      | 1.41.55              |
| Stuart Bennett       | 1.43.13              |
| Julie Wargent        | 1.43.15              |
| Paul Raymond         | 1.43.25              |
| Mark Tinkler         | 1.45.54              |
| Muzzamil Lakhani     | 1.46.00              |
| Thomas Barwood       | 1.49.14              |
| Steve Clark          | 1.50.42              |
| Alison Champion      | 1.51.18              |
| Nigel Anstee         | 1.51.34              |
| Jaswant Chana        | 1.52.17              |
| Deidre Bethune       | 1.52.23 <sup>2</sup> |
| Heather Hobbs        | 1.52.33              |
| Dave Guerin          | 1.53.18              |
| Rakesh Kumar         | 1.56.10              |
| Sharon Taylor        | 1.57.01              |
| Bruce Richardson     | 2.03.54              |
| Paul Brummell        | 2.03.56              |
| Jake Baker           | 2.05.08              |
| Ayona Sylva-Fletcher | 2.06.36              |
| Catherine Clark      | 2.06.36              |
| Emma Lawless         | 2.07.36              |
| Sarah Evans          | 2.13.34              |
| Alison Puddefoot     | 2.14.18              |
| Steve Scott          | 2.17.38              |
| Rebecca Kier         | 2.23.28              |
| Joan Kirby           | 2.25.07              |
| Helen Broughton      | 2.30.04              |
| Kim Winconek         | 2.30.42              |
| Beth Smith           | 2.30.42              |
| Christine Greaves    | 2.38.35              |

<sup>1</sup>1st MV55  
<sup>2</sup>1st LV55





**BARTON 10K**

I got up earlier than I usually do in preparation for a race in light of the Stevington disaster. Forgive me if I don't elaborate but it would put you off whatever meal you are about to have (and maybe several after!)

Everything went according to plan (amazing) and we arrived at the venue to find 6 cars in the car park. I was told it was a low key race but that was ridiculous. We queued for the loos – no locks on doors, no loo roll – and then began to warm up.

We decided to take our warm up seriously as we knew we were starting uphill. Having concentrated on warming up we arrived at the start to the news that it had been delayed by 10 minutes due to many people who were late.

The sun shone down on us and it was very pleasant leading swiftly to "oh no I'm going to be too hot" type panic.

I quickly removed my t shirt leaving just my Harriers vest and managed to find someone to take it back to base for me – it was the bacon butty lady.

Eventually the claxon sounded without warning while most of us were still facing the wrong way.

I knew the first hill was going to be tough and it

was – the whole K and a half of it – so anything above a walk would be ok, but is it acceptable, if you consider yourself to be running, that the lady walking next to you is not only keeping up but asking loads of questions about Bedford Harriers. (I noted that many in that race were fascinated by us Harriers and considered us an elite club.)

After the hill I made sure I got away from that lady only to be caught by her again just after 2k. "18 minutes, not bad", she said. I thought about that – 18 mins for 2k divided by 2 = 9 minutes for 1k = 92 minutes for 10k.. What am I doing!???? Trouble is I was enjoying the scenery so much I'd forgotten about the running.

I put a bit of a spurt on after that and concentrated on catching the people ahead. The first water station was where the race split but the only clue to show which way was 10k and which was 5k seemed to be written on the road and it was covered in feet. I asked. I didn't want water (wine would have been nice).

I trogged on, managing to pass my chosen targets just after 5k. The course was still very pleasing to the eye and had undulated enough for me to start feeling tired as I came upon my running mate, Dane at about 6k.

"I can't do this", he whimpered. "Yes you can", I assured him and soon enough I'd dragged him to the next k marker – 8k.

What?!!! We did a double take but sure enough 8k it was. I was convinced that they the next one we saw would say 8k too but it was a definite 9k. By this time the course was going down, down, down and we were flying.

Strange race, I thought, you get half way round feeling knackered and finish feeling like you could go round again.

Over all this was an extremely enjoyable race, a beautiful course and a great atmosphere.

My only complaint being amateurish organisation and marshals with their arms folded when they should have been directing runners.

If I ever find out what happened to the missing k I'll let you know.



**Jacinta Horne**

**AMPTHILL XC TROPHY 23 Oct**

|                 |       |
|-----------------|-------|
| Tristan Windley | 30.42 |
| Sean Newbury    | 33.12 |
| Donna McEwen    | 35.11 |
| Tony Barnes     | 35.57 |
| Mark Ingledew   | 36.18 |
| Duncan Vavagas  | 36.19 |
| Andrew Moore    | 36.24 |
| Carla Fisher    | 36.29 |
| Steve Gaunt     | 36.29 |
| Cliff Smith     | 37.24 |
| Paul Roberts    | 37.29 |
| Peter Campbell  | 38.42 |
| Alex Rothwell   | 39.07 |
| Mark Billington | 40.38 |
| Steve Clark     | 42.39 |
| Judith Ingledew | 43.18 |
| Bruce Mehew     | 43.18 |
| Gary Fuller     | 44.15 |
| Bill Billington | 44.34 |
| Ramash Kumar    | 45.37 |
| Steve Crane     | 45.39 |
| Colin Bennetts  | 48.05 |
| Sharon Taylor   | 48.15 |
| Emma Lawless    | 48.27 |
| M Moon          | 49.13 |
| Elaine Reynolds | 52.09 |



## CHICAGO....MIKE'S KINDA TOWN

Getting on a plane to take part in a race -- that aspect alone had me excitedly anticipating the Chicago Marathon far more than, say, the Blisworth 5, as I boarded a British Airways flight from Heathrow bound for O'Hare on the first day of last October.

Having missed out on the London Marathon because of a stress fracture I was determined to do something to make 2005 at least not a complete write-off running-wise, so with family living close to the Windy City and my brood and baggage stuffed into a minibus, off we went from Bedford.

Though the fracture had more or less healed by July, anyone who's ever suffered a similar injury will tell you that it's not until months later that the nagging residual effects (calcification, as the bone knits together being among them) disappear. So my training programme through the tail end of summer was enthusiastic but not really adequate, with my performances in the few races I participated only at about 80 per cent.

With that in mind, I didn't worry too much about any training run in the week I had leading up to the race upon landing in Chicago: that would be devoted to drinking decent beer (yep, they go way beyond Heineken, Miller or Bud in the States these days), sampling the food (good and cheap, and as you would expect ultra-generous portions) and being a tourist (boat rides on Lake Michigan, and exploring Niketown clutching credit card).

Come race pack collection day I decided a vigorous walk from downtown would be my best bet to reach the Convention Centre. Perhaps a mile into this approximately five-mile jaunt I

was joined by a group of fellow entrants from Mexico City -- plus the mum of one of them, complete in poncho. It was fun at first, but their faltering English, my faltering Spanish and an incessant rainfall led me to throw in the towel and I hailed a cab to complete the journey, as Pedro, Miguel, mamma and the rest squeezed themselves into the back. I got the driver to agree to charge \$20 for all of us: quite astute on my part I thought, until on the return journey, when I discovered the free shuttle bus that stopped off at all downtown hotels.

If you've ever collected your London Marathon number from ExCel you'll know all about the vast commercial interests that you must negotiate before reaching the exit door after you've collected your number. Needless to say Chicago has the same thing -- only more much more so, with vendors from California selling hyper energy muffins, space age drinks, kiwi fruit gel bars, and all sorts of things you never knew you needed. They even set up a Starbucks there. I escaped having purchased nothing more than a pair of Harriers-yellow shorts.

So to race day, rising at 5am to take advantage of a special early morning breakfast service the hotel provided for us runners. It was just a couple of miles to the start in Grant Park, so I treated that as my warmup, walking briskly among the growing throng. I checked in my sweatpants and top -- it was not quite warm enough that you could keep still in just top and shorts -- and found my start area, which was mercifully not too crowded, a good 20 minutes before the 8am start. But there, massed behind me were about 28,000 runners, and as the glowing orange sunrise reflected off the skyscrapers and some bloke who used to be in the Dukes of Hazzard sang Star Spangled Banner it dawned on me -- I really wasn't in Blisworth any more.

Anyway, off we went past skyscrapers, beneath overpasses, past furniture stores, on bridges across the Lake, and every step on the way there was noise. Where a small child on the London Marathon route might say "Keep going, well done" and clap politely, the Chicago equivalent was a 17-year-old youth bellowing at the top of his lungs "WHHOOOOAGGGGH!!! AWESOME YOU GUYS ARE AWESOME!!!" We went though Chinese, Mexican, Russian, all sorts of neighbourhoods -- all of 'em united in being intensely noisy.

Urged on by this 140-decibel enthusiasm I didn't dare slacken. I'd made a decent enough start, reaching 18 miles before the dreaded dead legs began to kick in. Then it took me an hour to complete the last six miles for a 3.36 finish -- not bad, but nowhere near my best, though at least I hadn't expected to approach that. Curiously I've never completed a marathon feeling better, for once not dehydrated and disoriented.

Perhaps it was the Gatorade. But then again maybe it was the Michelob Ultra samples being handed out at the finish.

### Mike Barnard



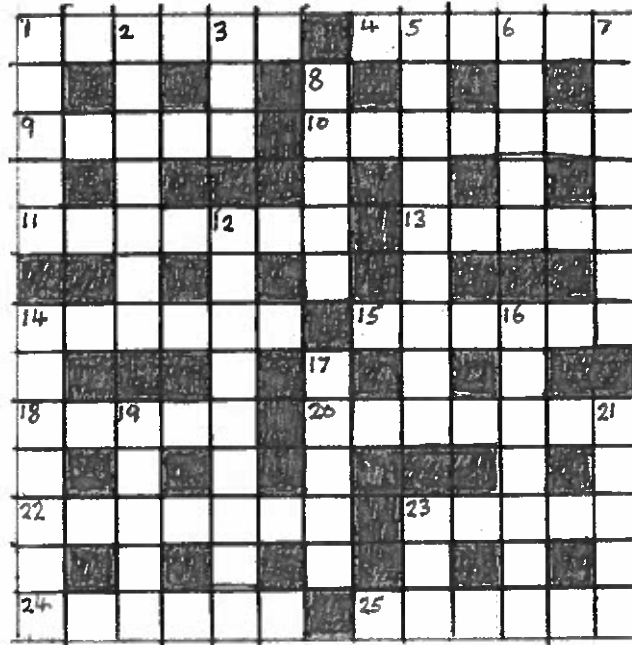
## COFFEE TIME COMPILED BY RAY EVANS

### ACROSS

1. Travel Card (6)
4. Stress (6)
9. Evidence (5)
10. Moorland Plant (7)
11. Bravery (7)
13. Edition (5)
14. Messy, disorderly (6)
15. Busy, active (6)
18. Pick-me-up (5)
20. General pardon (7)
22. Rice dish (7)
23. Longed for (2)
24. Deceive (6)
25. Entreaty (6)

### DOWN

1. Theme (5)
2. Lawn game with hoops (7)
3. Pixie (3)
5. Custom (9)
6. Pains (5)
7. Kindergarten (7)
8. Tear into pieces (5)
12. Gave up title of king (9)
14. Spoken (7)
16. Nature of (7)
17. Hooked claw (5)
19. Relating to the nose (5)
21. Sing in Swiss style (5)
23. Apple seed (3)



## FIXTURES FEB-MAY

### FEB

- Sun 5 Watford Half  
XC Dunstable  
Wed 15 Balancing Blues  
5K  
Sun 19 Woburn  
10K

### MAR

- Sun 5 XC Bedford  
Sun 12 Great Daffodil  
10K & 15M  
MK Half  
Mondi 15  
Sun 26 Sandy 10

### APR

- Sun 2 Oakley 20  
Sun 9 Flitwick 10K  
Mon 17 Stanwick 10K  
Sun 23 London Marathon  
Sun 30 Titchmarsh 10K

### MAY

- Mon 1 Watford 10K  
Great Weston 5  
Tues 2 Silverstone 10K  
Sun 14 St Albans 10K  
Eye 10K  
Wed 24 Rockingham 5  
Sun 28 Great East Anglia  
Run (10K)

### NB

### Club Championship Races:

**SANDY 10 (26/3)  
STANWICK 10K (17/4)**

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

Email:  
davidstutcliffe@hotmail.com

## WISDOM FROM A NON-RUNNER

At the end of a pathetic half marathon effort a woman says to her husband (non runner) "Can't understand what went wrong".

"Over training?" Suggested her husband.

"You're joking", she replied, "considering all the times I was supposed to....."  
"Undertraining?" he butted in not wanting to

listen to all the excuses. "But all my long runs!" she exclaimed. "Well", he said, "If you've not over-trained and you've not undertrained you should have just run a perfect half marathon".

### Dirty Shoes

I applied polish to my daughters shoes then waited the required four minutes. On my return I read the instructions

which said "Buff to shine". Unfortunately he was too busy and my daughters shoes are now dull.

### Jacinta Horne



**ROLL OF HONOUR 2005**

**Road Race Championship**

**Men**

- 1st Graham King
- 2nd Bill Billington
- 3rd Steve Gaunt

**Women**

- 1st Veronica Singleton
- 2nd Donna McEwen
- 3rd Andrea Ward

Runners with 10 qualifying races for a championship listing:

**Men**

- Graham King (810pts)
- Bill Billington (721)
- Steve Gaunt (721)
- Steve Daniels (669)
- Mark Ingledew (658)
- Adam Hills (643)
- Paul Raymond (581)
- Stuart Bullard (580)
- Bruce Mehew (556)

**Women**

- Veronica Singleton (768)
- Donna McEwen (737)
- Andrea Ward (722)
- Dee Bethune (716)
- Linda Wilding (647)
- Lesley Barnes (632)
- Judith Ingledew (629)
- Suet Lua (595)
- Leigh Price (583)
- Maria McBeth (560)

**Club Awards**

Most improved runner:  
Donna McEwen

Club Man of the Year:  
Steve Gaunt

Club Women of the Year:

Lesley Barnes

**Championship Race Winners**

**Women**

- 5K**
- 1. Shantna Trowell
- 2. Donna McEwen
- 3. Carla Fisher

**5M**

- 1. Donna McEwen
- 2. Andrea Ward
- 3. Emily Woodfield

**10K**

- 1. Donna McEwen
- 2. Veronica Singleton
- 3. Andrea Ward

**10M**

- 1. Donna McEwen
- 2. Veronica Singleton
- 3. Carla Fisher

**Half**

- 1. Shantna Trowell
- 2. Donna McEwen
- 3. Veronica Singleton

Best Marathon:

Carla Fisher  
3.39.22 (London)

**Men**

**5K**

- 1. Sean Newbury
- 2. Tony Dadd
- 3. Stuart Bartlett

**5M**

- 1. Sean Newbury
- 2. Alistair Fadden
- 3. Stuart Bartlett

**10K**

- 1. Morgan Walters
- 2. Bob Wells
- 3. Andrew Wilkinson

**10M**

- 1. Sean Newbury
- 2. Alistair Fadden
- 3. Rob Miller

**Half**

- 1. Morgan Walters
- 2. Bob Wells
- 3. Richard Piron

Best Marathon:

Richard Dorman  
2.48.46 (London)

Congratulations to you all.

**David Sutcliffe**

**Standard Award**

(Finish in 4 races, any 4 of the 6 distances):

- Rachel Burrage, Peter Gillott, Dave Guerin
- Emma Lawless, Melanie Pyman, Gary McBeth
- Leigh Price, Andy Purdy
- Paul Raymond, Karen Robinson, Liz Stockton
- Sharon Taylor, Richard Watson

**Bronze Award**

(4 of the 6 race times at 60%-64.9% of age graded scores):

- Gabriel Arpaia, Kate Barnard, Penny Duffin
- Ian Goodwin, Bev Hayes
- David Herinck, Judith Ingledew, Suet Lua
- Linda Wilding

**Silver Award**

(4 of the 6 race times at 65%-69.9% of age graded scores):

- Mark Tinkler
- Nora Haggert
- Lesley Barnes
- Carla Fisher
- Adam Hills
- Mark Ingledew

**Gold Award**

(4 of the 6 race times at 70%-74.9% of age graded scores):

- Donna McEwen
- Rob Miller
- Stuart Trevaillon
- Andrea Ward

**Platinum Award**

(4 of the 6 race times at 75%-79.9% of age graded scores):

- Veronica Singleton

**Diamond Award**

(4 of the 6 race times at 80%+ of age graded scores):

- Graham King
- Morgan Walters
- Bob Wells

**COFFEE TIME CROSSWORD - SOLUTION**

**Across**

- 1. Ticket
- 4. Strain
- 9. Proof
- 10. Heather
- 11. Courage
- 13. Issue
- 14. Untidy
- 15. Lively

**18. Tonic**

- 20. Amnesty
- 22. Risotto
- 23. Pined
- 24. Delude
- 25. Appeal

**Down**

- 1. Topic

**2. Croquet**

- 3. Elf
- 5. Tradition
- 6. Arches
- 7. Nursery
- 8. Shred
- 12. Abdicated
- 14. Uttered
- 16. Essence

**17. Talon**

- 19. Nasal
- 21. Yodel
- 23. Pip