

2008  
Awards  
Edition

available online

Bedford Harriers A.C.

# On the Run



Magazine Editor - Adam Hills

Club formed 1985

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over 50 Marathon hours
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### Contributions gratefully received from:

Richard Watson, Steve  
Gaunt, Noel Jones, Linda  
Payne, Sue Peacock, Tony  
Dadd, Steve Crane, Jacinta  
Horne and Steve Daniels.

## Round Norfolk Relay Triumph

### with special thanks to Richard Watson

So after months of planning, the weekend finally arrived, being extremely busy at work meant that I was in a real rush to pack so threw a few things in the back of the car ensuring tent, running kit, race numbers and paperwork was all included.

Picked Bob up and off we went, got to Kings Lynn dropping Bob off at the exclusive Kings Lynn Travel Inn and headed for Lynn Sports and the camp site, where I found the Harriers' corner - ours' and Biggleswades' contingent covered a third of the site. Had a quick check of who was at the site, adding the posh lot at the hotel meant that all were present and correct with Andy Purdy on his way (one worry off my mind).

It was just my luck that I was sharing a tent with the only person more excited than I was. Tony Dadd was up at 5:30 to watch the first runners go off, I managed to get a few more zzzzs before getting up at 7:30 to see Kate Barnard start for FetchEveryone then off to Tesco with Chris to stock up on provisions for the next 24 hours.

It was great to see the Saturday lot turn up, Mark Tinkler with the Junior Cheeky Girls (Anna, Sarah and Nora), Dave & Viv and Judy. *story continues on page 5.*



## Club Chairman's Report for 2008

written by Steve Gaunt

I cannot believe that it is almost 12 months since I last wrote a report for the club magazine. This year has once again been very eventful with successful races staged by us and also in the number of members that keep coming to the Monday and Wednesday training sessions.



I would like to take this opportunity to firstly thank all the coaches for their hard work and commitment - turning out week after week, producing schedules, trying to keep sessions fresh and always looking for new ideas to help improve what has become one of the best running clubs in the region. Secondly, to thank all the new faces that have taken up posts to help keep the club running smoothly behind the scenes. Lastly, thanks go to the race directors and all volunteers for producing such good events that help to keep general costs down for our members and provide such good value races for the competitors.

In 2008 we decided not to hold an absolute beginners induction, but to have an open invitation to potential members who already had a level of fitness. This was because Steve Clark and his 'beginners crew' have had such success in previous years, and with membership reaching over 400, we had hoped to have a smaller intake. This was not to be! Word of mouth got round and once again we had nearly 100 new people turn up for the first session. The difference was this year's intake has been the most successful yet and

because of the fitness levels made the coaching easier with many taking part in races throughout the autumn and into the winter.

With regard to races, we had 113 members take part in the Doug Anderson 5K, which was a record number. There were 6 other races where we had at least 60 Harriers, and 262 members in total taking part in races throughout the country over the course of the year. This high volume of racing has resulted in many club best times being broken in the last 12 months, with the ladies taking the honours of producing 20 club best times against 12 for the men.

The Harriers is not all about competitive racing however. This year we had another club trip, this time to foreign shores by going en masse to the Amsterdam marathon and half marathon. Although the racing was important, the weekend was a fantastic success with all levels of the club being represented and many new friendships made. On the social side, we have also had a Halloween Quiz night, a Kinda Curry night and a Christmas Party, all of which were well attended and enjoyed. Individually, groups have organised their own social events throughout the year and it's nice to see so many people enjoying one another's company under the banner of the Harriers.

Finally, preparations are well under way for our 25th anniversary in 2010 with a sub group of the committee looking at lots of ideas of how we can celebrate in style, but for now let's look forward to Christmas, a happy New Year and another great Harriers year.



# 12 Marathons in 12 Months (or a year of madness?)

narrated by Noel Jones

Why would anyone want to run a marathon a month for a year? Three years ago I wondered how anyone could run a marathon at all so I decided to find out. Blackpool seemed like a good one to go for because we could stay with friends there and I was sure that 4 months would be long enough to train for it. Needless to say that first marathon was a nightmare - I did a fine first half marathon time before I ran out of steam and the calf cramps started. For a week afterwards stairs had to be negotiated backwards and nothing in the kitchen was safe. Undeterred, and with greater enthusiasm, I entered the Snowdonia marathon for no other reason than I liked the sound of it.



As soon as I started Windermere I knew that the remaining 26 miles would be done one painful step at a time.

Finding a suitable marathon each month was not so easy but the Long Distance Walkers Association (LDWA) came to the rescue. They do a number of "challenge" events over various distances up to 26 miles for both walkers and runners. These are always off road in beautiful countryside with cakes at the checkpoints. They allowed me to let go of my quest for speed and to just get out and enjoy the running. My favourite runs were another double in June; Midsummer Malvern followed

by Cheltenham Circular Challenge. The Midsummer Malvern went over every peak in the Malvern range and took nearly 7 hours. I joined up with another runner to help with the navigation and we still keep in touch. The first half of the Cheltenham course took us up yet more hills and by the finish I was cursing every stile.

This year all started with the curiously named "Cold Christmas to Good Easter" marathon. I'd really enjoyed the off road runs that I had been doing around Turvey over the winter and here was an off road with written instructions which would be a new experience. This was followed by the Draycote Water marathon in February (2 marathons in 2 months - don't be daft!) Draycote turned out to be a fabulous PB that remains a tough one to better. Then I heard about The Ridgeway Challenge, 85 miles over the August bank holiday weekend. If I did this I would start as an MV40 and finish as an MV45.



There have been highs and lows but I have enjoyed the challenge of each run. I still have just as much respect for the marathon distance than when I started running. I have a few particular memories. The PB at Draycote. Running off a field and still being 5 inches of the ground due to the mud on my shoes. The ice cream 20 miles into Windermere. The phone call from my mum a mile from the finish asking why I wasn't at the finish and whether I was lost (the fact that she had come to watch me finish was special). The lowest point was perhaps not finishing The Ridgeway, but I still look at it in a positive frame of mind. It was after all 36 miles further than I had ever run before, and there's always next year.

Now it was a question of training for an 85 mile run. I did two marathons in March to see how I coped and even managed to run the Grizzly in between but this still wasn't going to be enough to prepare for 85 miles. I needed to enter some doubles so in May I did White Peaks marathon one Saturday and Windermere marathon on the following Sunday.



## Editor's Column

written by Adam Hills

It's been a long time coming to see and read another edition of the Harriers magazine. A good way to bring back the pleasurable and interesting news of the year of what's been going on in the Club. As Norman would say, "what's going on?" Here, we read some of what's been going on. Many thanks for the contributions received and the photos I've managed to capture from the well-maintained website with special thanks to Brian McCallen. A big thanks to Richard Watson who has been pivotal in helping to ensure a

smooth delivery of this latest edition, and Steve Gaunt for publishing the magazine. All in all, it has been a pleasure producing yet another magazine for the benefit of the Club. In this edition lists all the relevant Award Winners of the Year presented at the ever important Awards Ceremony in December. With so many new Club Best Times achieved in the year, it goes without saying that something must be right in what the qualified coaches deliver and the hard work shown by all runners concerned.

### Reminder about Track Passes

advised by Jacinta Horne

Most of us already realise this but, for those that are unaware, if you are an active member of Bedford Harriers, i.e. you train with us on any club session, you MUST have a stadium user pass, either an annual card or a day ticket. The user pass is commonly known as a track ticket. Bedford International Athletics Stadium is the home of Bedford Harriers. We store kit & equipment there; we have all our meetings in the rooms there. We hold social functions and award ceremonies there. Without the use of Bedford International Athletic Stadium Bedford Harriers would not exist. Those above are just the less obvious benefits of the stadium.

The User Card entitles holders to use:

During club sessions:

the car park, changing & toilet facilities, various areas for warm up and cool down track

Outside club sessions:

the car park, changing & toilet facilities, the track (as long as there are no meetings)

The User Card also entitles users to a discount on the Gym (£1.70 per session instead of £3.90) - users would need to have an induction before they can use the Gym (£5.70 for induction, only carried out on a Tuesday evening 6 or 7pm- booked and paid in advance).

Most importantly, once you have a user pass, you are insured for any unforeseen events. The Stadium holds public liability insurance but unless you pay (thereby entering into a contract) there is no guarantee that, in the result of a claim, you would be covered by this insurance.

The stadium user pass can be purchased from the stadium reception for the whole year or just by the session. If you feel you have any issues with the purchase of the user pass, please refer to your coach or a committee member to discuss.

Bedford Athletic Stadium:

w: [athleticstadium.bedford.gov.uk](http://athleticstadium.bedford.gov.uk)

t: 01234 351115

**Bedford International  
Athletic Stadium**



## Round Norfolk Relay

narrated by Richard Watson



*continued from page 1.* 10:30, our allocated start time came and we all met at the start, and Dave Holt was up and running with Tony peddling like mad on the Brompton behind him. Keith, Judy and I as support were off and soon passed them in the car before collecting Tony whilst Dave was running 'off road'. Our first logistics lesson meant that we missed Dave at the first beach point, as it was hot this meant lack of water and it was great to see Dave at Hunstanton (where he could drink), handing the baton to Matt. Back in the support car to meet Matt at the first check point. At this stage we bumped into Mr & Mrs Burgin who spotted Matt running through the dunes before we did. Matt ran a storming leg to pass the baton to Zoe to run into Wells, ably supported by Steve C x 2. Steve Crane had already run the leg in reverse, but because of the heat it looked like he'd swam it!

Wells next the Sea, should be noted as the only fish and chip stop for Keith's 21 hour timekeeping marathon, but I'm told they were great F&C.

A quick kiss at handover and Kevin was away, he caught up 9 minutes on the St Neots runner who started with us, then it was onto Viv (supported by Andy P) for her undulating Cliff run into Cromer, where a crowd of 15 Harriers had gathered to watch the handover and the start of the Junior Cheeky Girls legs.

Sarah ran from Cromer to Mundesley, before it was time for the orange flashing light and the slow drive behind the runners, which would continue until leg 15. Anna was looking good with a consistently fast paced run into Lessingham,

supported by Chris Fadden on the bike, who at first looked as if he'd never ridden a bike, but he steadied as the leg progressed (a bit of practice on water bottle retrieve is still required here though).

Nora then took over running into Horsey Mill, where there was a large and vocal contingent of Harriers roaring her across the line. It was then Brian's turn to run into Caister, where he was greeted by Norfolk's version of the fat slags staggering out of a pub (it wasn't even 10pm), wondering why someone would be running along supported by a car and a cyclist.

Yarmouth came and went, it was now Steve Crane's turn to take over with the support (with Judy and Keith) whilst Tony and myself headed back to Kings Lynn for 2-3 hours shut eye. We'd had the trio of Junior Cheeky Girls, now it was the turn of the three Superheroes. Bob destroyed his estimated time, coming in 14 minutes ahead, before Simon took over. He was like a coiled spring, high on caffeine and adrenalin and flew out of the blocks supported by Alan Shilitoe on the bike. Alan was on the wind up suggesting the Simon should run rather than walk and he responded with a superb leg, winning the stage overall from all 17 teams, before handing over to Stuart.



By this time I'd had two hours kip, and as a result of Bob's time we'd rescheduled the departure time from Kings Lynn to get back to Thetford for Neil's leg, nearing it we saw many teams running and got to the Thetford handover point which resembled Gatwick Airport at Easter, but can best be described by Alan.

## Round Norfolk Relay

narrated by Richard Watson

Suddenly the phone burst into life - it was the call we'd been expecting "Neil get your gear on - Stuart's in town!", he'd overtaken 9 runners on his leg - awesome stuff from the Three Superheroes. Neil was off like a hare, and it was into the car again to Feltwell and my leg. I always get nerves before a race but this was intensified, I'd seen great runs by everyone and they'd nearly all beaten their times and I felt I had to deliver. Again the call from Keith - Neil is 2km away, he must have sprinted those last two kms as suddenly I was off and running through the early morning mist, listening to Mark Tinkler and his stories. It was now getting light and with Tony booming at me I had a strong finish before passing over to Alistair.

There were now runners everywhere and a fantastic atmosphere, Alistair handed over to Chris Capps who flew over the bridge at Downham Market, leaving Chris Fadden to peddle like hell to catch him up. We drove to Stowbridge, where we met the "all night brigade" of Steve Crane/ Clark, Keith and Judy - looking remarkably fresh (ok perhaps not). Tony was

itching to get started, and suddenly he was gone, and we all headed back to KL.

The Harriers all grouped at the finish, all 28 of us plus kids, when Tony came into view. Simon's face lit up. Tony crossed the line to a roar and a 7th place overall finish for the Club, 22 hours 35 minutes and 39 seconds, 1st Newcomer and 3rd best Club. We collected our medals, then it was all over, pack up and the slow drive home to catch up with sleep, until 2009's event.



## Round Norfolk Relay Results

Stage	Miles	Multi-terrain or road	Runner	Time	Team Time	
1	16.32	MT	David Holt	2:00:48	2:00:48	
2	14.06	MT	Matt Burgin	1:42:04	3:42:52	
3	5.39	MT	Zoe Willett	50:10	4:33:02	
4	12.76	MT	Kevin Willett	1:24:39	5:57:41	6th in stage
5	8.61	MT	Viv Kilgour	1:16:02	7:13:43	
6	7.86	MT	Sarah Lee	58:35	8:12:18	
7	9.24	Road	Anna Litchfield	1:05:03	9:17:21	
8	7.52	Road	Nora Haggart	55:51	10:13:12	
9	11.30	Road	Brian McCallen	1:22:08	11:35:20	
10	15.08	Road	Bob Wells	1:42:50	13:18:10	8th fastest by age grading
11	19.60	Road	Simon Fawcett	1:57:55	15:16:05	Stage Winner
12	19.67	Road	Stuart Trevallion	2:10:44	17:26:49	
13	13.25	Road	Neil Lovesey	1:30:02	18:57:09	
14	8.80	Road	Richard Watson	1:03:02	20:00:11	
15	7.20	Road	Alastair Fadden	46:39	20:46:50	3rd in stage
16	5.49	Road	Chris Capps	39:57	21:26:47	
17	11.73	MT	Tony Dadd	1:08:52	22:35:39	4th in stage

## Championship Rankings 2008

Rank	Name	WAVA sum	Qualifying Races	WAVA average
1	Bob Wells	509.5	6	84.92
2	Richard Piron	479.5	6	79.92
3	Tony Dadd	476.9	6	79.48
4	Simon Fawcett	472.1	6	78.68
5	Neil Lovesey	458.8	6	76.46
6	Nora Haggart	453.6	6	75.60
7	Kathy Horsman	453.0	6	75.50
8	Morgan Walters	451.1	6	75.19
9	Stuart Trevallion	449.8	6	74.97
10	Carla Fisher	443.1	6	73.85
11	Andy Purdy	438.4	6	73.06
12	Lynne Greenard	438.0	6	73.00
13	Bill Billington	433.6	6	72.27
14	Jerry Pullinger	431.1	6	71.84
15	Justin Openshaw	426.5	6	71.08
16	Tony Barnes	424.5	6	70.75
17	Anna Litchfield	424.4	6	70.73
18	Joe Horsman	423.7	6	70.61
19	Rob Miller	423.6	6	70.60
20	Mark Tinkler	423.3	6	70.55
21	Amanda Friman	423.1	6	70.51
22	Adam Hills	419.8	6	69.96
23	Graham Short	418.1	6	69.68
24	Gary Butler	415.6	6	69.26
25	Alison Cooper	414.3	6	69.05
26	Sarah Lee	411.3	6	68.56
27	Jason Goodman	410.6	6	68.44
28	Geoff Cooper	404.1	6	67.35
29	Karen Robertson	403.3	6	67.21
30	Mark Ingledeu	402.4	6	67.07
31	Steve Earley	396.5	5	79.29
32	Iva Barr	395.2	6	65.86
33	Veronica Singleton	393.5	6	65.58
34	Donna McEwen	391.6	5	78.32
35	Larry Corkrey	391.3	6	65.21
36	Kate Barnard	390.1	6	65.02
37	Richard Watson	388.2	6	64.70
38	Kevin White	382.5	6	63.74
39	Pauline Bambury	381.8	5	76.36
40	Heather Hobbs	380.5	6	63.42
41	David Roberts	380.0	6	63.34
42	Robin Fiander	377.4	6	62.91
43	Ian Marshall	374.4	6	62.39
44	Susan Farr	373.4	6	62.23
45	Mark Holland	372.4	6	62.07
46	Samantha Linney	370.4	6	61.74
47	Rob Bishop	370.2	6	61.69
48	Ian Joyce	367.7	6	61.29
49	Lesley Barnes	365.6	6	60.93

Rank	Name	WAVA sum	Qualifying Races	WAVA average
50	Gyll Brunton	360.9	6	60.15
51	Keith Gray	359.6	6	59.93
52	Noel Jones	357.7	6	59.62
53	David Piegaze	356.1	6	59.35
54	Angie Kay	355.9	6	59.32
55	Nick Bampton	354.0	6	58.99
56	Jose Ariza	350.1	5	70.03
57	Caroline Devine	348.0	5	69.61
58	Paul Stuart	346.5	5	69.29
59	Rachel Burrage	345.6	6	57.61
60	Jack Chana	345.6	6	57.60
61	Steve Gaunt	341.1	5	68.22
62	Jude Cottam	337.6	6	56.26
63	Linda Watson	326.4	6	54.40
64	Fiona Fiander	326.0	6	54.34
65	Alan Shillitoe	321.4	5	64.28
66	Alistair Vile	317.1	5	63.42
67	Mark Billington	315.9	5	63.18
68	Chris Capps	315.3	5	63.05
69	David Prior	312.5	5	62.50
70	Alex Rothwell	309.0	5	61.80
71	Joe Nellis	305.7	5	61.15
72	Elaine Reynolds	305.3	5	61.07
73	David Holt	302.4	4	75.59
74	Lynne Gingell	298.7	5	59.73
75	Tom Brassington	298.4	5	59.68
76	Renette Wolvaardt	295.4	5	59.07
77	David Sharman	294.7	5	58.93
78	Al Fadden	292.3	4	73.08
79	Greg Jeffries	292.2	5	58.44
80	Judith Ingledeu	286.1	5	57.22
81	Sandra Cope	283.7	5	56.73
82	Elaine McCulloch	282.2	5	56.43
83	Andrea Sewell	279.0	4	69.76
84	Willie Young	277.5	4	69.37
85	Malcolm McEwen	277.2	6	46.21
86	David Girling	275.8	4	68.95
87	Avril Monmont	275.0	4	68.75
88	Louisa Wright	270.4	4	67.59
89	Gary Chester	270.3	4	67.57
90	Lynn Christison	265.5	5	53.10
91	Tony Parello	260.9	4	65.23
92	Peter Gowans	259.5	4	64.88
93	Peter Bishop	258.5	6	43.09
94	Roger Ward	257.7	5	51.54
95	Ken Toye	254.8	4	63.70
96	Alistair Gould	252.3	5	50.47
97	Mandy Lawson	247.3	4	61.82
98	Kevin McPhillips	246.3	4	61.58
99	Mike Cheveralls	246.1	4	61.53
100	Chris Cottam	245.9	4	61.48



## Cross Country Championships

Name	Sex	Award
Steve Earley	m	MS_1
Tony Dadd	m	MS_2
Simon Fawcett	m	MS_3
Alistair Vile	m	MV35
Al Fadden	m	MV40
Tony Barnes	m	MV45
Steve Crane	m	MV50
David Girling	m	MV55
Bob Wells	m	MV60
Norman Beckwith	m	MV65
Bill Billington	m	MV70
Sally Cartwright	f	FS_1
Renee Corbett	f	FS_2
Anna-Louise Didier	f	FS_3
Anna Litchfield	f	FV35
Nora Haggart	f	FV50
Juliet Smith	f	FV40
Mandy Lawson	f	FV45
Penny Duffin	f	FV50
Linda Wilding	f	FV55
Judy Prior	f	FV60
Iva Barr	f	FV80



Picture taken at ECCA National Cross Country Championships 2008

## Linda and Sue's Great Adventure:

### Their First Marathon - Amsterdam 2008

#### It seemed like a good idea at the time...

Whilst basking in astonishment that we had completed the Great North Run last year, we heard the Harriers were organising a trip to Amsterdam with the chance of running a marathon, half marathon or the 7.5km race. Feeling invincible (as not that long ago we couldn't even run a lap around the track now we had done GNR) we began to try to convince ourselves that maybe we could do a marathon. Full of self doubt, when the form arrived we half ticked both the marathon and the half marathon just in case!

#### Training....

The year whizzed by, Linda was great and dedicated to her running, Sue was trying to finish her PhD so hardly running at all. Suddenly it was July 2008, PhD completed and holidays enjoyed we began our training. We decided we would do our long runs at the weekends and would run with the club during the week as much as possible. Mostly we thoroughly enjoyed our weekend runs, that started in Kempston, progressively longer by 2 miles each week until we reached 20miles, (apart from the times when we actually got soaked to the skin in the rain and the day we were nearly 'taken out' by a mad cyclist!) As with everyone's training we had our hiccups along the way, Linda was worried about her knee injuries, Sue's hip stiffened up and became painful, but Graham B was great as well as fixing us he gave us valuable advice and support. It was really strange the last weekend run before the marathon, when we couldn't believe we only had to run 10miles...only!

Towards the end of our training we had mixed feelings, the excitement of a long weekend away in Amsterdam but then it dawned on us that we actually had to run 26.2 miles HELP!!! Lots of emails and texts passed between us, a frequent one was; "can we actually do this?" Only to be reassured by the other that we could! We could not have done all this training without the support of each other, some weeks Linda would be flying along other weeks it would be Sue but having each other kept us going! The support from Elise and Mandy was great and the encouragement from other Harriers who found out it was our first

marathon was very encouraging and spurred us on.

#### The weekend....

After a safe but quite long journey we arrived, staying in a lovely fishing village not far from Amsterdam. After a good night's sleep we were up on the Saturday at 6.30am for a run, totally mad but terrified if we didn't do this and stretch our legs we wouldn't be able to do the marathon! After breakfast and much debate about whether we could or couldn't run the marathon and should we opt for the half instead, (although deep down neither of us had any intention of quitting now we had got this far); we went to Amsterdam to collect our race numbers, chip timing, NO GOING BACK NOW!!! The rest of Saturday we had time to sample the delights of the City, the Cheeky Girls, David and Judy looked after us superbly. They



found a lovely old fashioned tea/coffee house. Not only did we have nice coffees we also helped them by being tasters for their lovely home made chocolate brownies and various fruit tarts. We chose the trams as our transport to save our legs - we needed all the help we could get for the biggest race of our life the next day! We enjoyed a lovely walk through the park and found yet another nice place to eat as Angela would say we need to "Carb load". We visited the lovely flower markets and bakeries on our travels. Time went very quickly and I was soon 5pm, time to get back to the coach. After some more lovely food in our hotel we thought it best not be too late to bed, although it would have been nice to have sampled the local bars we thought perhaps it wouldn't be a good idea! We heard all the stories the next day at breakfast.

## Linda and Sue's Great Adventure:

### Their First Marathon - Amsterdam 2008

#### Race day is upon us - help!!!!!!!!!!!!

We didn't really sleep well that night partly due to our own anxieties and partly we could hear the bus driver snoring in the room next door to us! We felt so nervous that we could hardly eat any breakfast. The support and encouragement we had from our fellow Harriers was amazing and helped allay some of our fears! Once we arrived at the Olympic Stadium in Amsterdam, there was not that much time to hang about, few photos, toilet stop and with Alison and Nick, we prepared to start our marathon. The Harriers set up camp towards the back of the Stadium. We could see Keith and everyone else in their sea of yellow we could also hear them all - 10 out of 10 for the cheers!!!!!!!!!!!!

We found our place, the blue balloons at the back of the starters. I started chatting with some fellow runners, it seemed it was the first or second marathon for a lot of people. Everyone was very friendly, just to be standing in such a great stadium was quite surreal. Finally got round to the start and we were off, waving as we went. The first few miles were quite tough and we wondered how on earth where we going to do 26.2 miles, at that point we saw some Harriers. It was fantastic as we really didn't expect to see them cheering us, at which point we decided absolutely no going back now!

We were told that the kms would pass quickly as they did with us being used to mile markers. The crowds were good; not quite as many as London or Newcastle. It was nice to see the windmills, horses and the Amstel River en route. We started together and had planned to run together, but we struggled at different times, so we had to just keep plodding on. It was quite lonely at some points with the pressure of the time limit and the SAG wagon hovering. As we were venturing into unknown territory having never completed a marathon, we hadn't set ourselves a time; our aim was to just get round it. We were adamant that there was no way we were getting a lift back in the SAG wagon as this would mean no medal and no grand finish in the stadium!

Before we knew it the half marathon runners were joining us so we knew we would soon be seeing

some fellow Harriers, many whizzed passed us but all shouted words of encouragement. Lots of people were cheering 'Come on Bedford!' We both kept trying to work out in our heads; that's only another 6K then a 3K to go but when you have been running for over 20miles and are quite tired to say the least just kept saying to ourselves "FINISH, where's the stadium?"

Finally we see it and all of the crowds...awesome. We heard our fellow Harriers shouting down from the heights of the Stadium. It was a surreal but emotional experience to finish; we got a huge bear-hug from this really tall man who gave out the medals and ponchos. We had been running for over 5hours but bizarrely it didn't seem that long. Sue finished in 5hours 32mins and Linda in 5hours 40mins. After our lovely hug and soaking up some atmosphere of the Stadium



we proceeded to get out of the stadium to get our goody bag and a much needed drink of water. We then had to master the stairs back up to the Stadium for loads more hugs, congratulations, Judy's yummy flapjacks and Liz's fleecy blanket to keep us warm. We were also able to cheer Norma, Val, Angela and Iva in as they finished their half marathon.

Before we finish this epic, we would like to say huge heartfelt thanks to all our fellow Harriers for all their support and encouragement that not only helped spur us on with our training but got us round our first marathon. To conclude, to any of you thinking about a marathon, go for it, if we can do it, so can you! Remember without a challenge there is no achievement!

## Harriers Championship Races 2008

### 10K Championship - Silverstone

Carla Fisher	f	00:39:07	76.50%	FS_1
Sarah Lee	f	00:44:30	67.40%	FS_2
Nora Haggart	f	00:46:25	74.00%	FS_3
Heather Hobbs	f	00:48:24	65.00%	FV40
Sylvia Jones	f	01:11:02	46.20%	FV45
Amanda Friman	f	00:47:48	71.20%	FV50
Pauline Bambury	f	00:48:33	75.80%	FV55
Simon Fawcett	m	00:35:05	77.80%	MS_1
Kevin Willett	m	00:36:01	79.70%	MS_2
Morgan Walters	m	00:37:46	77.10%	MS_3
Jason Goodman	m	00:40:20	68.60%	MV35
Rob Miller	m	00:39:25	72.30%	MV40
Graham Short	m	00:42:53	69.50%	MV45
Neil Lovesey	m	00:39:44	77.50%	MV50
Bill Billington	m	00:50:09	72.70%	MV70

### 10M Championship - Garden City

Anna Litchfield	f	01:10:21	71.20%	FS_1
Alison Cooper	f	01:16:35	69.20%	FS_2
Kate Barnard	f	01:17:19	65.30%	FS_3
Heather Hobbs	f	01:22:08	62.90%	FV40
Veronica Singleton	f	01:19:40	68.90%	FV45
Amanda Friman	f	01:20:11	69.70%	FV50
Susan Farr	f	01:38:37	60.70%	FV55
Lynne Greenard	f	01:26:26	71.40%	FV60
Simon Fawcett	m	00:57:50	77.80%	MS_1
Tony Dadd	m	00:58:53	78.00%	MS_2
Steve Earley	m	01:00:20	76.20%	MS_3
Alistair Vile	m	01:11:53	62.20%	MV35
Justin Openshaw	m	01:08:45	67.80%	MV40
Neil Lovesey	m	01:07:42	75.00%	MV50
Richard Piron	m	01:08:44	75.70%	MV55
Bob Wells	m	01:05:41	83.00%	MV60
Bill Billington	m	01:28:39	67.70%	MV70



**5K Championship - Doug Anderson**

Carla Fisher	f	00:19:30	73.80%	FS_1
Eugenie Carr	f	00:20:32	71.80%	FS_2
Nora Haggart	f	00:21:10	78.60%	FS_3
Sarah Lee	f	00:21:12	69.00%	FV35
Alison Cooper	f	00:23:20	67.00%	FV40
Viv Kilgour	f	00:24:38	64.00%	FV45
Amanda Friman	f	00:23:51	69.10%	FV50
Jackie Keenan	f	00:26:34	67.90%	FV55
Lynne Greenard	f	00:24:49	73.40%	FV60
Iva Barr	f	00:38:39	63.20%	FV80
Tony Dadd	m	00:17:05	78.90%	MS_1
Simon Fawcett	m	00:17:13	76.70%	MS_2
Adam Hills	m	00:18:00	72.10%	MS_3
Jose Ariza	m	00:19:13	69.70%	MV35
Stuart Trevallion	m	00:18:23	74.40%	MV40
Morgan Walters	m	00:18:36	75.70%	MV45
Neil Lovesey	m	00:19:18	77.10%	MV50
David Girling	m	00:22:51	68.70%	MV55
Bob Wells	m	00:20:00	80.00%	MV60
Ray Evans	m	00:25:50	64.40%	MV65
Bill Billington	m	00:24:57	70.60%	MV70

**5M Championship - Blisworth**

Carla Fisher	f	00:33:01	72.00%	FS_1
Anna Litchfield	f	00:34:23	70.60%	FS_2
Sarah Lee	f	00:34:55	69.00%	FS_3
Alison Cooper	f	00:37:52	67.90%	FV40
Lesley Barnes	f	00:42:03	62.80%	FV45
Pauline Bambury	f	00:38:39	75.90%	FV55
Lynne Greenard	f	00:41:32	72.20%	FV60
Iva Barr	f	01:02:54	63.80%	FV80
Simon Fawcett	m	00:28:50	75.40%	MS_1
Stuart Trevallion	m	00:30:19	74.30%	MS_2
Adam Hills	m	00:30:24	70.60%	MS_3
Jose Ariza	m	00:31:21	70.30%	MV35
Rob Miller	m	00:31:28	72.10%	MV40
Steve Gaunt	m	00:33:26	71.00%	MV45
Neil Lovesey	m	00:31:39	77.50%	MV50
Bill Billington	m	00:41:27	70.00%	MV70

### Half Marathon Championship - St. Neot's

Anna Litchfield	f	01:31:25	72.80%	FS_1
Sarah Lee	f	01:35:13	69.30%	FS_2
Avril Monmont	f	01:39:30	69.60%	FS_3
Anne Donkin	f	01:54:46	58.90%	FV35
Alison Cooper	f	01:39:42	70.60%	FV40
Caroline Maher	f	01:40:43	71.10%	FV45
Amanda Friman	f	01:43:19	71.90%	FV50
Susan Farr	f	02:10:50	61.40%	FV55
Lynne Greenard	f	01:51:59	73.20%	FV60
Iva Barr	f	02:43:25	67.00%	FV80
Simon Fawcett	m	01:16:59	77.80%	MS_1
Kevin Willett	m	01:20:09	79.10%	MS_2
Stuart Trevallion	m	01:23:44	74.10%	MS_3
Alistair Vile	m	01:30:38	65.80%	MV35
Al Fadden	m	01:24:43	73.80%	MV40
Tony Barnes	m	01:31:22	69.40%	MV45
Jerry Pullinger	m	01:29:38	73.50%	MV50
Richard Piron	m	01:26:08	80.40%	MV55
Bob Wells	m	01:24:41	86.50%	MV60
Bill Billington	m	01:53:50	71.10%	MV70

### Full Marathon Championship

Donna McEwen	f	02:56:51	78.50%	FS_1	London
Anna Litchfield	f	03:25:31	67.70%	FS_2	London
Kathy Horsman	f	03:26:38	74.40%	FS_3	London
Sarah Lee	f	03:47:42	61.00%	FV35	Edinburgh
Alison Cooper	f	03:40:39	66.70%	FV40	Amsterdam
Andrea Sewell	f	03:50:06	65.70%	FV45	Leicester
Nora Haggart	f	03:39:54	71.20%	FV50	Rotterdam
Linda Wilding	f	04:56:49	56.50%	FV55	London
Iva Barr	f	05:50:45	64.90%	FV80	London
Steve Earley	m	02:38:00	81.60%	MS_1	Abingdon
Simon Fawcett	m	02:40:47	78.90%	MS_2	Abingdon
Tony Dadd	m	02:55:30	73.50%	MS_3	Rotterdam
Nick Bampton	m	03:57:42	53.50%	MV35	London
Stuart Trevallion	m	02:56:25	74.20%	MV40	Rotterdam
Morgan Walters	m	03:14:26	69.30%	MV45	London
David Holt	m	03:11:44	73.60%	MV50	Abingdon
Richard Piron	m	03:15:09	74.20%	MV55	Rotterdam
Bob Wells	m	03:09:55	81.30%	MV60	Leicester

## What kind of a Harrier are you ?

articles by Jacinta Horne

Don't worry, this is not some kind of personality test that you have to complete then send on to six friends within 30 seconds or a dog comes and poops on your computer!

As race entries secretary and results manager for all of our races you could say that I see what happens to the people who enter our races. Well, one thing that often doesn't happen is the correct awarding of the team prizes. But that is NOT OUR FAULT! So why does it happen? In a nutshell, runners don't seem to know the name of their club. I can have four entries from the same club with each one saying something different. E.g. Shaftesbury, Shaftesbury Barnet, Shaftesbury Barnet Harriers and finally one that states Shaftesbury Barnet Harriers AC. It doesn't matter how fast these athletes run, they could be the first four past the post, but my computer will not award them the team prize as they will all be



recorded as having a different club. So next time you are filling in a race entry form, don't just put Harriers or Bedford, remember what your club name is and be proud to be a member of Bedford Harriers A.C.

While we're on the subject, what is your name??? Do you know? Is it Jon, Jonathan or Johnny? Liz, Betty or Elizabeth? My race software has the ability to bring up anyone who has previously run our races and, provided all the details remain the same, I just have to allocate a race number. It's quick and easy and much appreciated especially when organising Wootton Half with 2000 entries to key in. Extremely annoying then, when an athlete enters three of our races and their name is different on each entry form. So please, Bill, William, Robert, Bob, Richard or Dick, make your mind up.

Do you have a bored, lonely, unused email address? WHY??? As the administrator of the club database I send out many bits of Harriers info by email every month. The main pluses of having your info by email are -

You don't have to wait for another club night to get up to date.

We get your opinion quickly. There are no trees involved

Our carbon footprint is smaller. It is free !!!!!

The main minuses of having your info by email are -

No, sorry, can't think of any.

If you have an email address but didn't let me have it on your membership details I would be interested to hear why? Please email me at [Jacinta.horne@ntlworld.com](mailto:Jacinta.horne@ntlworld.com)

Calling All Email Addresses



### Bedford Harriers A.C. 2008 Committee

**Jacinta Horne** - Vice Chairman, Membership Secretary, Race Entries Secretary

**Christine Armstrong** - Treasurer

**Lesley Barnes** - Club Secretary

**Steve Crane** - Race Manager Secretary & Race Equipment Manager

**Val Bird** - Social Secretary

**Steve Daniels** - Team Management Co-ordinator

Other management committee members -

Chris Capps, Tony Dadd, Simon Fisher,  
Richard Piron, Richard Watson, Zoe Willett

## From Newbie to a Vitruvian

narrated by Steve Daniels

At 44 years of age I have a few races under my belt, but the question is: What do you do when you've run for years, your Pb's are well in the past and a long steady run feels like a marathon? One idea would be to put your feet up and let the youngsters take the lead, the other is to enter The Vitruvian.

The latter is exactly what I did! Now for those of you that have not been introduced to the world of triathlons let me introduce you to The Vitruvian. The Vitruvian is held every year in September and although not quite a half Ironman at a distance of 1.9K swim, an 85K bike ride and a 21K run (5K short on the bike of being a full half Ironman) it does take in the Rutland ripple.....twice, so it's pretty tough!!!!

Having just completed the 2008 Flora London Marathon in 3 hours, 16 minutes and 59 seconds

to be precise (my best time in 24 years), like most athletes I was looking forward to a well deserved rest to allow my body to recover from the stress that it had just been put through, but no chance. For me it was time to intensify my training as I had foolishly entered the world of triathlons!!

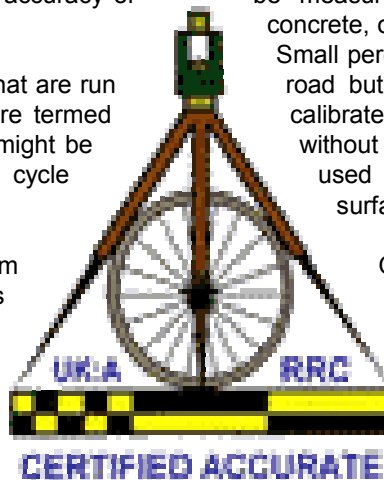
Now, anyone that has completed a marathon knows how hard it is to train for such a respected distance and being an experienced and accomplished runner like myself (why do you laugh!) I knew that doing the silly distance required for The Vitruvian would require something else, something special - maybe a new body at this stage would have given me an advantage but no, I was stuck with what I had!! Decision made it was time to put a plan into action. I entered the race online at a bargain price of £90 (it had better be a decent T-shirt!!) to commit myself and so my journey started.

### How do you know if a course has been accurately measured?

There was some discussion on the Harriers message board concerning the accuracy of race courses.

The following applies to races that are run on a hard, even surface and are termed road races even though some might be confined to footpaths and/or cycle lanes.

Currently the only recognised form of measurement is that that is effected using a 'Jones Counter'. A Jones Counter is a metering device that is attached to the wheel of a bicycle and the bicycle is calibrated before and after measurement using a fixed calibration course. A qualified measurement. 'Recognised' in this context means approved by the IAAF.



In order to effect a measurement the surface to be measured must be firm, e.g. asphalt, concrete, or other highly compacted surface. Small percentages of the course can be off road but it must still be possible for the calibrated bicycle to traverse the surface without deviation, e.g. a playing field that is used as a start or finish where the surface is firm and even.

Once a course has been measured a Certificate of Course Accuracy is issued. This should be displayed on race day and the course measurement certificate number incorporated into the race entry form and literature.

If you want to know if a course has been accurately measured ask for the course measurement certificate number or a copy of the course measurement certificate.



# From Newbie to a Vitruvian

narrated by Steve Daniels

Firstly, I went shopping. I needed a new bike, a helmet, some clip-less bike shoes, a wetsuit, a tri-suit and I even subscribed to a triathlon magazine to get the best tips. The list of things you can buy is endless ! I knew that triathlons would drain my energy supplies but I didn't realize my financial supplies would take such a beating!

Anyway, all kitted out and feeling very proud of my new purchases (especially my shining new ultra-light bike) I was ready to start my training. I decided to head for the pool. Most people think they can swim and I thought I was an okay swimmer; snorkelling in the Maldives really was no problem but I soon realized I had a problem when I felt more like a beached whale than a dolphin. The 25m lengths in the pool felt more like a mile!! Only one answer there then.....swimming lessons!!

Next, the bike ride. You know what they say about learning to ride a bike, you never forget. Well that is possibly true but you do forget about the soreness a saddle can inflict on a certain part of your body, padded shorts were my next purchase!!

So, now I'm swimming (not quite like a fish but it's getting there!!), I am out on my bike and getting used to the gears and the fact that I was clipped to the bike and if it went over then I would be going with it and I was running (well, a kind of run) straight after a bike ride. I felt ready to compete in a sprint tri, so I foolishly entered the Bedford Tri Series.

The sprint distance is a 400m swim followed by a 20K cycle and a 5K trot around Bedford Park! I could do this, couldn't I?

Well the day of reckoning arrived and after booking in at 6.30am on a damp Sunday morning I was ready and raring to go. Although I was a newbie (not competed in triathlons before) I thought I looked pretty confident and pretended I was a seasoned tri-athlete!!

It was all looking so good until the starter said 'Go'; my heart was in my mouth and within 3 strokes of front crawl half of Robinson Pool had joined it!! After coughing and spluttering for a couple of lengths or so and adopting a kind of breast stroke action to catch my breath while I tried not to drown, my thought was that if I made it

to dry land I would at least not need the St. Johns Ambulance team that were ready and willing to spring into action and look after any casualties from the race!!

I headed for the transition area and searched for my bike and belongings. I am not sure if it was the chlorine overdose I had just consumed but every bike looked the same and I had no idea which rack I needed to head for. Search over, I found my kit and changed for the bike section of the race wondering what was going to happen next!

Things could only get better I told myself and after completing the distance and not having fallen off my bike I headed for the run, confident that I was



on for a PB!! Normally 5K around Bedford Park would not cause me too much trouble but when my brain and legs stopped corresponding with each other I felt sure that trouble was imminent. With heavy legs, heavy breathing and heavy arms I was feeling pretty good as I crossed the finish line!! I had the biggest sigh ever as I left the world of newbie's and entered into the world of accomplished

tri-athletes!!!

What next? As the Vitruvian swim is a two circuit swim of Rutland Water my next challenge was conquering an open water swim which would not only test my fear of the unknown but also my ability to get into my wetsuit!!

The time and place was Tuesday evenings at the new Box End Water Park. Ready and eager to go I soon realised that getting my wetsuit on was possibly the easiest part. The water was freezing and it took me at least 300m to pluck up enough courage to put my head under water, I was not sure what was down there which was scary or

## From Newbie to a Vitruvian

narrated by Steve Daniels

Anyway, as they say practice makes perfect and although several weeks later I'm not sure that I had perfected the art of open water swimming I had already entered the Big Cow Sprint triathlon, a series of three open water triathlons so not turning back now!

The venue was at Emberton Park, a lovely setting in the village of Emberton just on the outskirts of Olney (if you have a dog it's a lovely walk around the lake!) but having to book in early in the morning when it was still dark the novelty soon wore off.

With a distance of a 750m swim followed by a 25K bike and then a 5K run I decided to listen to the seasoned tri-athletes and I played it safe by starting the swim towards the back and to one side of the lake to keep out of trouble and avoid ending up in the centre of the 'washing machine' effect that I had heard and read so much about.

I realise now that the advice I had been given was purely a selfish act. I was heading for the bank, the bushes and the canoe marshal and the other triathletes just wanted me out the way so I didn't slow them down!!

After my previous triathlon I knew what to do and my bike ride and run were better, I really felt like a seasoned tri-athlete as I completed both the Bedford and Big Cow series, although my times did not always reflect this!!

As well as the sprint series' I was also brave enough (or stupid enough) to complete in the Milton Keynes triathlon and the Jordan's Classic triathlon which required me to complete a 1.5K swim, a 40K bike ride and a 10k run and by now I even felt that I had the transitions sussed. The training was done and I was now ready to tackle 'The Vitruvian' itself!!

This race would see me swimming and cycling further than I ever had before in any event. Making the decision to go into Triathlons was the easy bit but I was on the verge of the toughest race of my life.

At 4:30 am on Saturday the 6th September I left home, full of porridge, ready to take on the challenge that had consumed the last 5 months of my training and social life. It was a dark drizzly morning, the sort of morning when you would

normally wake up and decide to roll over and snuggle up in your duvet.

Anyway, I was there and I was ready and knowing that I had supporters out there who would be waiting for me along the route it was time to get out there and do it.

My swim started at just gone seven (that would be seven in the morning - in case you were wondering), the water was cold and the weeds seemed to be attracted to me but for some really silly reason I felt myself looking forward to the race that lay ahead!!



For the swim you have to swim once around the lake, get out and run along a small platform before getting back in the lake to do it all again which was weird for me as I had never done that before. I know what you're thinking, a tri-athlete as experienced as myself taking on new aspects of a race, how could that be!!!!

Second time round I was out and headed for the transition area which seemed to go pretty well (told you I was getting better) and I headed out for my bike ride. Just like the swim you have to do two circuits of the course which was great because there was terrific support when you entered the race park but doing the Rutland ripple once was hard work, doing it the second time was torture but being a Bedford Harrier and an elite athlete (!) I gritted my teeth and pulled myself around the ups and downs, then more ups and downs and then just a few more ups!!!!

Off the bike then and no messing around as we headed for the run. I have to say that the organisers of the Vitruvian are consistent in their

## From Newbie to a Vitruvian

narrated by Steve Daniels

planning and the run was also a two lap course. This was fantastic for crowd support as you run out to a certain point then have to run back on the same route and then run it all again, so you get to see your loved ones four times, great!!!

The run was okay for an old man but having been up early and the fact that I had been exercising without a rest now for several hours, I was a bit weary but determined to reach the finish line in my target time of 6 hours.

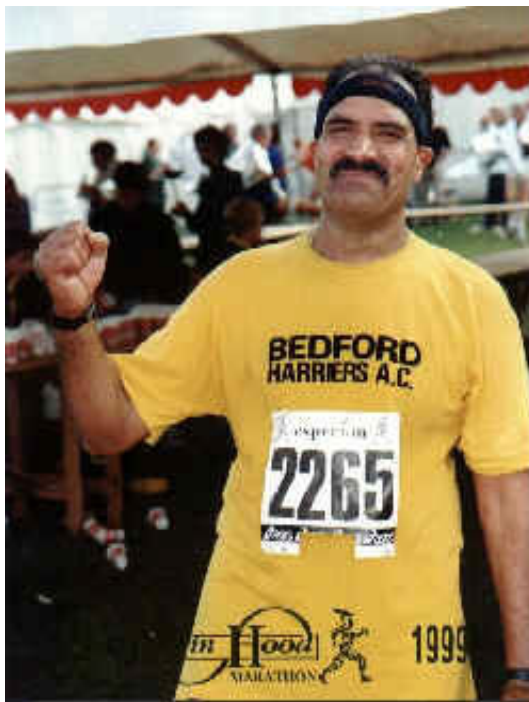
As I came down the last hill the finishing line was in sight as I heard screams of encouragement from fellow Harriers who had been stupid enough (sorry, I meant kind enough) to hang around for the duration of the race to see me back safely.

With only a few strides to go until I crossed the line, I heard the commentator on the microphone say "Number 614, Steve Daniels from Bedford Harriers, you are a Vitruvian". I experienced a great feeling of emotion and achievement and wandered around with a huge smile across my face which lasted until at least the following Tuesday!

I completed The Vitruvian in 5 hours, 21 minutes and some seconds (they don't count!!) and

although the t-shirt was very good it would have to be the most expensive way to get one!!

Having achieved my triathlon aim for this year, what next? Well, just like Morgan Freeman and Jack Nicholson in their hit movie 'The Bucket List', I have written my own 'Bucket List' (a list of things to do before I....kick the bucket !) and foolishly, completing a full Ironman Triathlon is definitely on my list. How difficult can it be to complete a 3.8K swim, a 180K bike ride and a 42K run.....on the same day.....without stopping.....watch this space!!!



### Don't forget !

race photographs taken since 1999 are on the club website [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk) click on Club Photos



## Club Best Times – Women

as of December 2008

	5k	5m	10k	10m	Half Mar	Full Mar
Senior Ladies	Nicola Klabe 18:07 Cranfield July 2002	Donna McEwen 29:19 Wolverton November 2007	Nicole Klabe 37:30 Milton Keynes July 2002	Donna McEwen 59:56 Nene Valley December 2007	Donna McEwen 1:21:28 Peterborough October 2007	Donna McEwen 2:56:51 London April 2008
v35	Nicola Klabe 18:57 Nene Valley August 2007	Julia Phillips 31:32 Wolverton November 2001	Kath Browning 38:48 Cranfield June 1997	Julia Phillips 65:47 Nene Valley December 2001	Anna Litchfield 1:29:17 St Neots November 2006	V. Singleton 3:15:00 London April 1998
v40	Andrea Ward 19:33 Cranfield July 2006	Andrea Ward 31:55 Cranfield August 2006	Sally Cartwright 40:46 Milton Keynes July 2007	Andrea Ward 67:39 Nene Valley December 2006	Andrea Ward 1:29:31 Gt North October 2006	V. Singleton 3:18:36 London April 2002
v45	V. Singleton 20:07 Stevenage December 2005	V. Singleton 33:39 Harborough June 2007	V. Singleton 41:44 Standalone October 2005	V. Singleton 71:22 Sandy March 2007	V. Singleton 1:29:35 Milton Keynes March 2006	Kathy Horsman 3:26:28 London April 2008
v50	Nora Haggart 21:10 Doug Anderson July 2008	Nora Haggart 35:40 Wolverton November 2008	Nora Haggart 44:58 Invitation 10k September 2008	Nora Haggart 76:04 Nene Valley December 2007	Nora Haggart 1:40:40 Chester May 2008	Nora Haggart 3:39:58 Rotterdam April 2008
v55	Pauline Bambury 22:30 Stevenage November 2007	Deirdre, Bethune 37:46 Rockingham May 2004	Pauline Bambury 48:33 Silverstone May 2008	Deirdre Bethune 81:45 Sandy April 2005	Pauline Bambury 1:47:04 Amsterdam October 2008	Deirdre Bethune 3:53:41 London April 2005
v60	Lynne Greenard 24:49 Doug Anderson July 2008	Lynne Greenard 40:15 Wolverton November 2008	Lynne Greenard 51:20 Hatfield May 2008	Lynne Greenard 1:26:26 Garden City Sept 2008	Lynne Greenard 1:51:59 St Neots November 2008	Muriel Moore 5:12:29 London Marathon April 2003
v65	Iva Barr 30:40 Bedford Park August 2000	Iva Barr 51:00 Blisworth July 1997	Iva Barr 58:41 Standalone September 1997	Iva Barr 1:37:37 Gt South September 1998	Iva Barr 2:06:41 Forest of Dean March 1996	Iva Barr 4:43:20 London April 1998
v70	Iva Barr 37:46 Doug Anderson July 2005	Iva Barr 54:27 Blisworth August 2001	Iva Barr 1:04:07 Dunstable June 1999	Iva Barr 2:06:27 Sandy March 2006	Iva Barr 2:29:05 Gt Barford December 2002	Iva Barr 6:26:43 London April 2004
v80	Iva Barr 38:39 Doug Anderson July 2008	Iva Barr 62:02 Cranfield August 2008	Iva Barr 76:39 Invitation 10k September 2008	Iva Barr 2:11:31 Swineshead September 2008	Iva Barr 2:43:25 St Neots November 2008	Iva Barr 5:50:45 London April 2008



## Club Best Times – Men

as of December 2008

	5k	5m	10k	10m	Half Mar	Full Mar
Senior Men	Tony Barnes 15:39 Charndon August 1996	Tony Barnes 25:44 Corby May 1996	Tony Barnes 32:26 Flitwick April 1996	Tony Barnes 53:04 Standon July 1996	Nick Berrill 1:12:32 Liverpool Sept 2001	Nick Berrill 2:32:51 Amsterdam October 2001
V35 (From 1/01/2006)	Steve Earley 16:57 Cranfield July 2006	Simon Fawcett 27:45 Victoria Park March 2008	Adam Mills 33:51 Standalone October 2008	Adam Mills 55:47 Leighton September 2008	Simon Fawcett 1:15:51 Ross Peeters May 2008	Simon Fawcett 2:40:47 Abingdon October 2008
v40	Kevin Willett 16:43 Cranfield July 2003	Kevin Willett 27:33 Rockingham May 2004	Paul Langford 34:40 Silverstone April 2000	Tony Dadd 56:45 Fenland Oct 2008	Steve Earley 1:16:02 Felixstowe October 2008	Steve Earley 2:38:00 Abingdon October 2008
	Morgan Walters 17:28 Mens Only August 2007	Phil Barlow 28:26 Wolverton November 1990	Phil Barlow 35:01 Flitwick April 1990	Phil Barlow 59:36 Cople Dec 1992	Phil Barlow 1:18:36 St Neots April 1991	Morgan Walters 2:54:20 London April 2007
v50	Graham King 17:57 Cranfield July 2003	Graham King 29:38 Blisworth August 2003	Maurice Crook 37:01 Yaxley November 1992	Graham King 60:18 Garden City September 2003	Graham King 1:20:08 St Neots November 2003	Graham King 2:54:34 London April 2005
v55	Martin Leach 18:52 Bedford Park July 2000	Richard Piron 30:24 Wolverton November 2008	Maurice Crook 37:41 Flitwick April 1996	Maurice Crook 62:28 L. Buzzard May 1996	Bob Wells 1:22:03 St Neots November 2004	Richard Piron 3:15:09 Rotterdam April 2008
v60	Martin Leach 19:17 Cranfield July 2004	Bob Wells 31:07 Wolverton November 2008	Bob Wells 39:54 Standalone October 2008	Bob Wells 63:08 Nene Valley December 2007	Bob Wells 1:24:21 Wootton December 2007	Bob Wells 2:58:09 Dublin October 2007
v65	Bill Billington 22:16 Cranfield July 2004	Dave Sutcliffe 35:45 Corby May 1998	Brian Cornwall 45:26 Standalone October 1998	David Sutcliffe 74:18 Nene Valley December 2001	Dave Sutcliffe 1:38:46 Gt Barford December 2001	Bill Morant 4:48:30 London April 2007
v70	David Sutcliffe 24:41 Doug Anderson July 2005	Dave Sutcliffe 37:42 Embankment June 2003	Dave Sutcliffe 47:31 Milton Keynes July 2003	Dave Sutcliffe 77:32 Leighton Buzzard May 2003	Dave Sutcliffe 1:47:47 British Vets June 2003	John Cherry 7:02:30 London April 1999

