

# On the Run Special Anniversary Edition

*Bedford Harriers*



*25<sup>th</sup> Anniversary*



**25th Anniversary Ball  
Bedford Harriers Calendar  
25 Laps for 25 years**

**Ironman Nice  
Round Norfolk Relay  
Great Yarmouth Half**

**25 Bridges  
Brussels Weekend  
Plus lots more....**

# *25th Anniversary - 25 Special Awards*

## *"Tongue In Cheek" Awards:* - "Representatives Of The Club"

- 1 **Oldest active member - Iva Barr**
- 2 **Biggest sporting achievement - Veronica Singleton**
- 3 **Most "official" road races entered in a year - Rob Bishop**
- 4 **Longest distance run in "one day event" - Paul Stuart**
- 5 **Most marathons run in a week - Noel Jones**
- 6 **IM Team recognition**
- 7 **Longest "involved" member - always a helper even when not running - Bill Tallentire**
- 8 **Longest "active" member - Norman Beckwith**
- 9 **Most "welcoming" member and supporter of our races - Jack Chana**
- 10 **Most "enduring supporter" - Keith Lakin**
- 11 **Most "teas brewed" at our races - Sarah Fadden**
- 12 **Most "bacon baps made" at our races - Jutta Crane**

## *"Unsung Heroes" Awards:* - "Services To The Club"

- 13 **Longest serving coach - Jeanette Cheetham**
- 14 **Longest serving committee member - Jacinta Horne**
- 15 **All the Race Directors - Kev, Brian, Steve G and Steve C**
- 16 **Former club secretary and current coach - Graham Horne**
- 17 **Former committee member, Team captain and runner of greatest number of XC races in the league as a Harrier - Tony Barnes**
- 18 **Current web site designer and a former trip organiser and Race Director - Chris Cottam**
- 19 **Web site manager and former Chairman - Brian McCallen**
- 20 **Invaluable race helper - start/finish man - Richard Hales**
- 21 **Invaluable race helper - middle of night set-up - Martin Lambourne**
- 22 **Race management support - Elise Allen**
- 23 **Race helper - posting race packs and chip timing helper - Graham Short**
- 24 **Design work and printing helper - Alastair Fadden**
- 25 **Race helper and unofficial photographer - Bill Khinda**

(Only 1 Prize per Person)



**Dear Members of Bedford Harriers AC,**

as our 25th anniversary year draws to a close , we would like to reflect on the events and mementoes we have shared with you over the last twelve months. This magazine is a diary of our celebrations which we hope you have enjoyed.

Your anniversary sub-committee began meeting in mid 2009 to plan and organise the past year. Our first item was your 2010 calendar to kick things off, followed by strategically placed trips and events throughout - some of them usual events simply enhanced to be more memorable and others completely new.

We have met each month at my house and must give thanks to Tony for always topping up our coffee and biscuits!!

The sub-committee consisted of Angie Harris, Angela Gallivan, Val Bird, Zoe Willett and our only male colleague - Richard Watson, as well as myself. As Chairperson of this small team - I must give my grateful thanks to the other members. I could not have asked more of the team - each person has worked extremely hard and taken their fair share of the workload. So on a personal note - many thanks team - it has been a pleasure working with you all.

To all the club members, please enjoy the following pages and we hope you all have your own memories of our anniversary year.

Wishing you all a very happy Christmas and here's to the next 25 years of Bedford Harriers....

Chris Parello  
Chair, 25th Anniversary Sub-Committee

This year there have been several successful events organised by the Anniversary sub-committee led by Christine Parello. These events were open to all members what ever ability and enjoyed by all who participated. A big thank you needs to go to Christine for all the hours she has spent over the last year chairing meetings, writing minutes, organising and handing out calenders and generally keeping up the momentum for a year to remember.

# Bedford Harriers 25

*Happy Anniversary  
Bedford Harriers  
25 Years  
"Young" 2010.*

Way back in early 2009 a Sub-Committee was chosen to come up with ideas for events throughout our 25th Anniversary year, one of the events suggested was a Black Tie Grand Ball and the pleasure of organising this fell in my hands.

What date to hold it, where to hold it, disco or band, guest speaker, photographer, cake, decisions decisions?

June 2009: After looking at venues in and around Bedford, The Swan Hotel was chosen and the date was set for Friday 21st May 2010, so giving me plenty of time to organise all that goes with an Anniversary Ball!

A band rather than a disco was decided on and a recommendation from a friend put me in touch with local band Cellar-V.

The guest speaker was next and again I was fortunate that someone put me in touch with former World Champion Athlete Derek Redmond. It's not what you know but WHOM you know at times and I was lucky enough that Derek agreed to be our guest speaker.

150 tickets were printed and advertised on the web site that Christine Parello and myself would be selling them. Ever hopeful that Harriers would be rushing to buy a ticket for such a "prestigious" event and it would be a sell out, as indeed it was.

Harriers were asked for old photographs and newspaper cuttings of events from 25 years ago that could be put on boards to be shown at the Ball, and in they came, enough for 4 boards! My thanks to those people who allowed their photos to be shown.

As the day of the ball got nearer I hoped and prayed that all would go well without any hiccups and that the sun would shine.

Friday 21st May came and with it, a beautiful hot day and evening.



"Careful with that knife ladies"

At 4 p.m I arrived at the Coach Room at the Swan to check all was ok, the silver 25th Anniversary balloons and flower arrangements I'd ordered were on every table and the room looked beautiful.

The band arrived to fine tune their instruments and the photographer set out his "stall" to take photographs.

All I had to do was go home and polish the tiara for the evening's festivities.

At 7.30, 152 Bedford Harriers and guests arrived, the men looking handsome in their tuxedos and lounge suits, the ladies looking wonderfully elegant in evening and cocktail dresses, what a sight to behold.



"A fine collection of young runners"

# 25th Anniversary Ball

By Val (Russell) Bird



"Gripped by Derek's speech"

Derek Redmond, our guest speaker arrived to join us for dinner and mingled and chatted with everyone.

Proceedings started with Richard Watson, our Master of Ceremonies, introducing our patron Bill Jordan who spoke on the beginnings of Bedford Harriers in 1985 where back then there were 9 members, in 2010 we are almost 450. Bill gave a witty 10-minute talk, which got us in the mood for a great evening.

As desserts were being served, Derek took to the floor and stories of his days as an athlete brought laughter from the audience and finished with a video of the 1991 World Championships 4 x 400 relay race in Tokyo when Derek, Roger Black, Chris Akabussi and John Regis won gold medal for Great Britain, you would have thought that the race was happening live with the audience cheering and whooping, willing the boys to win! A great moment.

Derek had brought along his gold medal for all to see and feel and wear round their necks.

Derek, Chris Parello and myself then "cut" the Anniversary cake, which had the 2010 Harriers logo design on the top, great photo by Bill Khinda on website.

Bill took some great photos of the evening; hopefully you have all seen them by the time you read this article. Thank you Bill.

The band Cellar-V started to "rock and roll" just after 10 pm and entertained us with some great music which got people dancing until 12.30 when time was called on the evening and carriages arrived to take weary and not so weary Harriers

home to their beds, hopefully with good happy memories of the Bedford Harriers 25th Anniversary Ball 21st May 2010.

I would like to give my thanks to Richard Watson for being our Master of Ceremonies for the evening, what a fantastic job he did, as well as setting the quiz questions left on each table, all of the year 1985, a great idea and a lot of fun.

Last but not least my special thanks to Chris Parello who helped so much with the sales of tickets which is a mammoth task in itself. Thank you Chris.

I'd also like to thank Chris for chairing our 2010-committee meetings every month at her house where the decision making on all of our events are made.

The finale of the Ball was an article that I'd written for The Times & Citizen newspaper, which after weeks of emailing and telephoning reporter Ben Raza, finally appeared in Thursday 1st July's edition.

But to my dismay... he had referred to me as "Social secretary Val Russell" whoever she may be!

I hope this brings back happy memories for all who attended, for those who couldn't make it I hope this makes happy reading.



"Bruce Forsyth eat your heart out!"



"One can dream!"

# 25th Anniversary Calendar

By Chris Parello



The Calendar was really the beginning of the 25th anniversary celebrations. The first discussion in the anniversary sub-committee meeting – 5 months prior to the start of 2010 – was on “what can we give the membership”. We knew it needed to be memorable and significant to all the members. Clothing was a first idea – but quickly dismissed – so difficult to know how many and what sizes to purchase.



"About time you finished"

Finally we stole the idea of the calendar which had been used as a memento at the Half Marathon a few years earlier. We still needed to ensure it held an interest for all members - so we

decided on a month per training group, plus the coaches and a club picture. Now the hard part – getting the co-operation of the whole club to make this work.

The ideal approach we made was to the coaches meeting. Brief them and get them on side and let it run. The design was all in hand – many thanks to Alastair Fadden. The brief to the coaches was – take a group photo and have some fun with it. Well the humour of the club came up trumps!!

For my own group (May) – we were on a late summer training run which involved running through Clapham Ford. The river was running particularly fast – though not deep – and as we held hands and supported each other through it, I suddenly realised it would make a great photo. When I announced this to the group they all looked at me in disgust – obviously thinking of wading through several times until we got a good photo did not seem to appeal to them too much. However when I get an idea I am like a dog with a bone – we just will not be parted. Therefore a couple of weeks later we were back at the ford. Fortunately it was a lovely warm evening and although the water was flowing with less speed – it was definitely considerably deeper than before! With photographer lined up on the opposite bank – we joined hands and just went for it – running into the water. Then turned round, out again, in again, and so on. The final result was in our opinion worth the soaking.

Other groups also came up trumps – the top group each posing with a symbol of their employment – though I never realised before that the Stig ran with Bedford Harriers!

As for the cheeky ‘July’ crowd. I am assured they had clothes on under those towels - but how they got away with sneaking into the same shower room ... I suppose the rest of the club was out running that evening – but the “improvers” probably didn’t have time to!



"Harriers first ever evening?"

The warm up/down routine in August shows a familiar view of Steve Crane – familiar that is to anybody who like myself has cycled behind him in the past. And the triathlon crowd in June looked good in the Bedford Harriers tri kit – but boy we got into trouble for taking the bikes poolside!



"It's not that deep"

Finally with all photos in, a couple of evenings surfing the web for sporting quotes and matching them to the pictures where I could, and finally, filling in race dates and 25th anniversary events, including the constantly changing date of the Brussels marathon and half, we were ready to print.



"What a shower!"

Then began weeks of harassing people as they entered the stadium each training night with “have you got your calendar yet”. Finally, though not until mid February, all calendars were distributed. Lots of hard work with a great sense of pride in the result.

We hope you have all enjoyed your 2010 Bedford Harriers 25th anniversary calendar.



"Budding Ironmen.... little did they know"

# 25th Anniversary

By Zoë Willett

## - 25 Laps

On a damp, cold night in February 2010 a number of Harriers Members turned out to participate in our first 25th Anniversary celebration event.

All coaching groups were represented. The coaches had already been briefed on the aim of the night and then each group decided on how they were going to run it. Each group was given 25 x 50p pieces and they all had their own ideas to make the evening fun!

Each group were allocated a lane on the track;-

Lane 1 - Jacinta, Jeanette, Alex ,David, Darren and Noel

Lane 2 - Theresa and Rebecca

Lane 3 - Angie and Chris

Lane 4 - Mike and Ken

Lane 5 - Steve Crane, Viv and Lesley

Lane 6 - Jen, Mark and Chris

Lane 7 - Steve, Steve, Tony, Anna and Rob

Lane 8 - Kevin and Graham.

The aim was for all groups to complete 25 laps putting a 50p piece in bucket each time.

First was the warm up and then all out onto the track.

Some groups ran the whole thing, some did Indian file all way around, some divided group and ran relays, some people just lost count and did more laps! Kevin and Graham's group entered into the spirit and wore gold wigs! Steve, Viv and Lesley's group wore hats.

We also had some cheerleaders with balloons and blowers at the side of the track joining in the fun .

Christine was in charge collecting the money and donations were gratefully received. A total of £235.40 was raised for North Beds Special Olympics Horseshoe Group, our chosen charity for the 25th Anniversary celebrations.

Overall a successful evening with a different way of spending a Wednesday club night and bringing all the coaching groups together.



**Bedford Harriers chosen charity for the 25th Anniversary celebrations**

## The North Bedfordshire Special Olympics Horseshoe Group

*"Special Olympics is special because the people involved - the athletes, the families, the coaches, the volunteers, the fundraisers - from tiny communities to large cities all over the world, make it so. No words can describe a movement that has created so much sharing - so much joy and so much achievement. It's about real people reaching unbelievable goals."*

Paul Anderson, Olympic Bronze Medallist, Sailing, Mexico 1968

The Special Olympics itself, was founded in 1968 by Eunice Kennedy Shriver, sister to the late President John F Kennedy. Special Olympics Great Britain was established in 1978. The Special Olympics is a registered charity which receives no financial assistance from the government. All funds come from private individuals and industry donations. It seeks to provide the highest possible quality of coaching and competition for its athletes.

Athletes are able to choose which sports they would like to participate in from a range of more than 20 Summer and Winter Games. Special Olympics reaches over 1 million athletes in 153 Countries. There are now more than 10,000 athletes in England, Scotland & Wales. In 1988, Special Olympics was formally recognised by the International Olympic Committee. It is the only sports organisation authorised by the IOC to use the word Olympics in its title.

The Special Olympics believe that, through sports training and competition, people with a learning disability benefit physically, mentally, socially and spiritually. Families are strengthened and the community at large, both through participation and observation, is united with people who have a learning disability in an environment of equality, respect and acceptance.

The mission of Special Olympics is to provide year round sports training and competition, in a variety of Olympic sports, for people aged 8 years and over with a learning disability. This provides continuing opportunities to develop physical fitness, demonstrate achievement, experience enjoyment and participate in sharing gifts, skills and friendships with other Special Olympics Athletes. It gives confidence and new hope to people with a learning disability as well as those who care for them.

Special Olympics Athletes are 'banded' to allow each individual the opportunity for achievement based on their own level of ability. This philosophy is carried right through to the selection of teams for international events. All athletes, not just the elite, have the chance to be chosen to represent Great Britain.

**over £500 raised**

[www.valdeze.co.uk/horseshoeweb](http://www.valdeze.co.uk/horseshoeweb)



# *Ironman Nice, France*

## *A Spectators Viewpoint*

By Chris Parello



As one of the most experienced “Ironman Widows” of Bedford Harriers, it was no great surprise to me that the Ironman boys wanted to do a big splash with the 2010 event - and try to build a team of 25 participants for the 25th anniversary.

They very nearly succeeded too!!!

This was to be my 6th Ironman - OK I don't actually compete - but I defy anybody to say that watching an Ironman is an easy option. Race day involves rising at the same time as Tony and joining him for breakfast at 4:00 am (yes there is such a time in the day), then walking to the start with him staying on the race course throughout the entire day, before finally helping to transport back to the hotel at night, one bike, three transition bags, goodie bag, medal and an adrenalin packed husband who frankly should be as exhausted as me!

The most rewarding part of this Ironman for me – was that there were girls in the team. It was interesting to watch them change from insecure

“not sure I can do this” beginners to develop into confident Ironman winners. (Yes I mean winners – because anybody that can complete an Ironman is just that. If you can think of swimming 2.4 miles, riding 112 miles and then running a marathon within one day, you would be a winner too in my eyes). The girls were not the only “first timers”, there were several of the boys who also were entering unknown territory.

The initial plan to move 23 team members plus their families to Nice was seemingly simple – just use a travel company to do the work for you, but this was soon dismissed by most and eventually all, as we individually decided to travel via different means and stay in different types of accommodation.







For our part we stayed in a small hotel close to the seafront, as did several of the experienced Ironmen. The hotel was very accommodating - very kindly rising to do breakfast for us at 4.00 am on race day! We had actually been to Nice earlier in the year, in order for several of the

participants to cycle the bike course to familiarise themselves with it, and for us "hangers on" to try out the "beach" which actually in Nice consists of pebbles only. However to walk along the seafront is stunning and it makes a great running route for the inevitable training runs between the airport and the harbour. When running this route in June - it became a little surreal – as each time you went for a run – you inevitably saw other Bedford Harriers running the same route. It felt at times that the whole club had relocated to the South of France!!

Anyway race day dawned - Sunday 27th June - and a scorcher it turned out to be. The spectators from the club were spread throughout Nice – some made it onto the beach to see the swim start/finish, others were up on the promenade and some of us were standing in the grandstands looking out at a sea of swimmers in wetsuits, completely unable to distinguish one from another. As the swimmers began to leave the sea, it was time to relocate to the exit from transition where we were able to cheer them on as they set off on the long bike section. I was thrilled for Tony that his brother and sister-in-law were on the trip and joined me to spectate. Although they knew the distances involved – they didn't really appreciate the time it took to do each section until they witnessed it for themselves.

Once all our club members had departed transition to cycle through the French mountains it was our turn to return to the hotel, have a second breakfast if required, shower and if we were lucky - have a nap, before taking up our positions on the run route. One by one the team rode into transition and began the arduous task of running the marathon, each one passing us eight times on the run, once each way on the four laps along the seafront. We eventually became delirious trying to work out who was

due next and from which direction. Throughout this period, it was our duty to remain on our feet and ensure no Harrier was missed. Some supporters would grab a moment to sit down and rest their legs, but once one was spotted they sprung to their feet again. After all - the team had trained hard for several months in order to get to the start line and the least they deserved from us was a cheer and a shout of encouragement. Tony's brother had no idea who anybody was, but once I fed him a name he simply spotted the Harriers kit and joined in the shouting and chorus of cheers.

As late afternoon dawned, and the faster members of our team were nearing the end of their event, it was time to move down towards the finish line. One by one - over several hours, they finished their races. Some were close to collapse having given their all in the race, but most were buzzing with the adrenalin rush and the excitement of having finished their Ironman. Tony, as usual at the end, was intent on playing mother hen to everybody else. He always seems to feel he needs to become some kind of provider, returning from the finishers area with bags of food which he distributes to everybody. It was eventually 11:00 pm before we finally made our way back to our hotel, despite Tony finishing approximately 6 hours earlier. We had stayed at the finish until every team member had come over the line, been fed and watered and collected their kit from transition.



Breakfast in the hotel the following morning was a buzzing affair with everybody expressing their pride in all the finishers. A well earned relaxing day ensued, with the whole team meeting that evening for pictures in their finishers t-shirts before all descending en-masse into a restaurant which actually coped wonderfully considering the number of us there were.

**Undoubtedly there will be more Ironman events in my future - Tony's racing bike is probably better travelled than most of the UK population - but for now - well done to all the Ironman France finishers - you did us proud.**

# Ironman Nice

## *A very personal, shared journey* By Gill Fullen



I distinctly remember someone talking about the France Iron Man in the swim changing rooms and thinking, rather than me. I could never put my body through that. It was Angie who said, you could do that Gill. I know I didn't take her seriously at the time, however I can't remember when I last backed down from a challenge, and if not now, then when? Inexorably the idea wormed its sneaky way in until somehow it became a real possibility. Actually I looked around at the other people taking part and saw no reason why they should be able to do it and I shouldn't. So what other decision was there ever going to be?

**September** - The trip to Nice to explore the bike course was make or break for me. I had never cycled more than 50 miles in one go, and that was in a spur of the moment half iron man. I had never confronted mountain ranges or even thought about being in the saddle (of a bike) for more than a couple of hours. So to the others who took me to Nice with them; what a leap of faith to let me come along.

First touch of reality was that Keith, who had out of a spirit of pure generosity, offered to pack our 4 bikes up, got absolutely filthy dismantling my trusty steed. I didn't know you were actually meant to clean the things; who tells you that? It got its first ever clean in Nice, and I used all the cleaning fluid in the flat.

Anyway the cycle course; daunting, steep, long, hot, incredibly tough. All of the above. Scenic, thoroughly enjoyable, awe inspiring; yes all of those too. The first trip round the 100 odd mile course was tough; endless seeming climbs, baking heat, saddle sores, pounding hearts, aching legs. So did we do it a second time in 3 days? Oh yes. And was it just as testing? No. This time looking up to the scarp face of the top of the mountain range held no fears, because we had already conquered it once and knew we could do it again. This time the climbs were tough, but familiar. The descents were fast and furious, but more confident — even the hairpins. This then, was the final deciding factor; could we do this race — yes we probably could.

Of course the sea was another big hit. Soft, bright blue with ripply waves just breaking the shimmering surface. Not a tropical island, but our swim course. Simply gorgeous. Even Nora, who approached the swim with some trepidation, not being a naturally confident swimmer, couldn't be dragged away from its cooling embrace. We fell in to the waves fully clothed in the dusk after both cycles and loved the instant support and relaxation it offered us. So take the fear from the swim and that only leaves the run. A quick jog along the promenade? Easy. Decision made.

The other factor in the decision making process, which I have only fully appreciated with hindsight, is the pure fun we had on the trip. Just the pleasure of being with supportive and positive people, who have a common goal made the whole iron man journey a hugely exciting prospect.

**November** - Normal priced entries have to be in by the end of December, so the braver entrants had already started the ball rolling, whilst the less committed of us left it a bit later. The moment of having the entry on line accepted and seeing your name on the start list — very frightening. And not cheap either. Now the hard work would have to begin.

I'm still not running due to my IT band injury (exacerbated by racing my brother in the Windsor half marathon in September), so mostly swimming, cycling and trying to find other ways of maintaining running fitness without running. The cross trainer proving very useful. Not able to find anywhere to aqua jog, despite being really keen to try it as apparently all the elite tri-athletes use this as a training tool. Since running is my strongest disciplines, however, it's probably not all bad to focus on the other two for a bit.

**December** (400 swim time 6.40) - Is it that time already? Can't wait to get started on my training programme which is going to turn me into superwoman. At the moment I am still recovering from my injury, which has left me unable to run for more than about 5 minutes and when bad, cramps my right knee so badly that I can't bend it at all. Rest and physio has got me to a point where, just before Christmas, I can start to jog quite slowly for a few minutes. Not the best point from which to start training for a marathon, let alone a full iron man.

The programme starts pretty easy; too easy in fact when I'm prepared for putting in hours and hours of hard graft and find myself cycling just for 45 mins.

Great news around Christmas, both the podiatrist and the physio agree that I can start running again — just 5 mins at a time and a very slow build up, but thrilled to be able to do even that. Must be careful not to overdo it in my enthusiasm. Am absolutely paranoid about hurting that leg again though, so this fear is probably a really good self defence mechanism.

**January** (400m swim time 6.31) - Aims and goals for the new year: Beat Angie swimming, beat Keith cycling, beat Nora running. Hmm, no mean feat all that. Realistic? Absolutely not. Good carrot dangling exercise to make me try harder? Absolutely. Will I make friends if I manage my target — no, I'm more likely to lose them. Certain disincensive there. Will have to hope that we all improve at a similar pace, so I keep trying, but don't actually beat them. Can keep the banter up though.

**February** (400m swim time 6.30) - Cycling stints getting longer at last. Running picking up slowly. Swimming going well. Still plagued by freezing weather and snow, making picking training days difficult.

**March** (400 swim time 6.17) - Start of March and all the base training has obviously paid off, as it's all feeling far too easy now. Have really itchy feet to do more as I don't feel like I'm doing enough. Beginning to find more respect for the race now, instead of seeing it as an abstract it is becoming much more real. Not fear as such, just reality seeping through the cracks in my confidence.

Swimming continues to be the most improved and strongest area of the three disciplines, but frustratingly is the least important in terms of overall time. Hoping that I shall be able to complete the distance in a good time, without being too shattered.

Still feel pretty weak in the cycling department

**Weekend 6/7 March** - Lots of horsey stuff this weekend so have had to adapt training regime to cope. Did short cycle long run brick on Friday and other brick in lovely weather with Angie on Saturday. Won horse comp on Sunday - good, but also came off my own horse show jumping - bad, so have injured shoulder. Not good for swimming.

Shoulder luckily fine for cycling and not too bad for running, so they carry on. Not great for weights though, so new regime at the gym will have to wait another week. Ho hum.

Chiropractor treated me briefly Thursday with new techniques she has been studying: all looking very dubious but trust her immensely, so have faith.

Cycled in the afternoon with Andy and Keith, despite them trying to sneak out without me, then ventured out to circuits thinking I would have to avoid lots of the stations to do with upper body, but really surprised and pleased to be able to do most things without too much pain. Very impressed with those new techniques now.

**Weekend 13/14 March** - After swimming, asked why I'm not cycling with the big boys today... what an honour! Will have to up the ante and actually venture out with them soon. Trouble is, then my macho cover is blown and I shan't be asked again. What a dilemma.

**April** - Thurs 1st: Yuk. First day I haven't enjoyed training. Weather turned icy cold again and stinging rain lashing down on us. 45Min bike followed by 2hrs10 run. We cycled to Potton, ran round the Sandy 10 course plus some and cycled back home. We did manage to dry out between bouts of rain, but cycling home the dark clouds descended on us just to make sure we arrived home soggy and cold. But it is done! Would have been great going out in the morning when it was actually sunny, if blustery, but work didn't permit, so rain it was. Angie reckons she likes running in the rain, but I struggled to find a positive mental attitude today; especially knowing others are jetting off to the South of France tomorrow morning for a week of sunny cycling. Just feeling my IT band too, after the run, so niggling worry creeping in on that front. Is currently tightly packed in ice and liberally smeared with Ibuprofen gel. Hope it helps.

**Friday:** What was meant to be an Easter social ride with Keith, Andy and Angie turned into a 5 hour long haul, briefly interrupted by a hot cross bun stop. Felt like a long time as most of it was into the wind; obviously all the way home. This time it was Angie suffering sense of humour failure and the grinding and gnashing of teeth must have been audible all over Bedfordshire. I was pretty happy with the ride, since it didn't tip down with rain as predicted, and even happier after Angie thoroughly pounded my legs into submission afterwards, (having had time to calm down and shower whilst I rode the horse).

**Saturday:** Meant to have swum and run this morning, but woke up with raging sore throat, which has now progressed to dripping nose, headache and general lethargy. Have given in to it for today, but will be itching to do stuff tomorrow.

**April - Week 19** - Monday: Fed up with feeling rubbish now, so kill or cure — up to meet Richard Piron and Steve Turner for a 4 hour cycle towards Wing (via Bow Brickhill of course, and back via 3 locks hill). Not sure Richard could have found more hills if he had tried! Good pace though, and even functioning on only half lung capacity, sweating one minute and freezing the next, just about managed to stay with them. They left me behind pretty well on the hills, so must go and concentrate on going up in my training. Felt sufficiently ok to add a quick run to the end of what turned out to be a 3.30 bike and the route I chose took 20 mins, so left it at that.

**June - Week 29** - Meeting with Dave (coach) was based on slide presentation and going over details of race logistics and planning. Bit scary as so close now, but little I didn't know, so that's good. More warnings about over-eating ... have had slightly dodgy stomach for a while now, so feel hungry most of the time. Emphasis on healthy eating and simple foods. No alcohol from now on! Some stats he had were total swim, bike and run distances we would have completed in training .... 250 to 300 miles swimming, 3000 to 3500 miles on the bike and 750 to 800 miles run. Wow, no wonder I'm a bit tired now and again. Next time we see him will be in Nice.

Some worries about whether the race will actually go ahead, since heavy rain has devastated parts of the Cote d'Azur and more forecast. That would be the ultimate bad news!

**Saturday:** Social ride proposed today, from Box End to Harrold country park for cake eating! Definitely not eating cake, as trying to shed every last pound now before that big hill, but social ride with others will be good. Ride was meant to be for all abilities and family, but in the end consisted of 8 of us regulars riding an obviously circuitous route to Harold into a good strong headwind. Was still a chatable pace and we arrived at the cake stop 1 1/2 hours later. Ridiculously weak-willed I succumbed with little prompting to a slice of moist, gooey, hugely calorie-ridden chocolate brownie with my decaf tea. Everyone else was indulging, so can't feel too bad, but now glad of the headwind, which will have used a few calories on the way there. Much easier ride back to Box End with the wind behind us and a straighter trajectory. Have done somewhat more than the 1 hour on the plan, but will sleep for England tonight, so should recoup energy.

Conversation at cafe predictably about travel to Nice, etc, but also about Tony's tactics to help him sleep before the race, Steve Turner's trouncing at the time trial and complete lack of backbone for not turning up for the cake ride, Mark T's madness at running Colworth this weekend, the absence of Nora, Alison and Geoff amongst others. Also some talk of next year's challenges, already! Finally, back at Box End the very personal discussion of weeing tactics in swim, bike and run ... some will lose time by stopping and others will smell quite a lot at the end of the race!



**Tuesday:** Travel so no training

**Weds, thurs, Friday:** very light swimming, biking and running with no real efforts. Not well on Friday; bad stomach so not great for fuelling up for the race.

**Saturday:** no swim, 15 bike, 15 run

**Sunday 27 June:** Race day! Amazingly did manage to get some sleep before the alarm went off at 4am, so that a large bowl of porridge and banana could be properly digested before the race.

The commentators were doing their best to get everyone going, and playing "tonight's gonna be a good night" ... for us to sing along too; just wanted to get in the water and get started, but the starting bell still took me by surprise. Fiddled goggles on quickly and stumbled into the water over the stones underfoot.

From then on it was a complete brawl. I rarely saw any water, let alone enough to get into a decent stroke in. Each time I spied some clear water at least 10 other wet-suited prize fighters made a bee-line for it and I always seemed to be caught in a pincer movement squashing me backwards. Still, made it to the shore in a reasonable time all things considered and concentrated on trying to get through transition well. I was ushered into the ladies side of the changing tent, with Kev Willett! Gave Kev sharp slap on bum as I ran past him to get bike, which no doubt spurred him on to run past me later!

Within 100m the chap in front of me skidded off his bike, with the bike veering right across my path and him to the left. I just managed to avoid crashing into either, steering one-handed as I was putting sun-glasses on at the time. Would have been a shame to only get 100m on the bike.

The route climbs pretty steadily for about 50k, with the odd minor descent, just to make you work through the gears now and then. I decided I ought to try taking a gel about now and found it really hard work. I had trouble getting it down and then drinking enough water to go with it. I made the (fatal) decision to switch to bits of power bar, as I was still hours away from the run and chewed my way over the next hour through about 4 pieces, accompanied by water and interspersed with infinite drink. I gradually started to feel my stomach tighten as time went on and eventually realised that whenever anything hit my stomach, it was rebelling. It got to the stage where even a mouthful of infinite would cause it to clamp into severe stomach cramps, so that I had to sit up and concentrate on breathing.

Whilst this is all going on, the kilometers are passing pretty well and the climb just after the perfume factory, towards Gourdon, saw Mike Furby catch me, to my surprise - I thought he would be well in front by now. He was with me for some of the climb, then pushed on towards the Col. Some time later, on the final part of the Col de L'Ecre ascent, Kev Willett caught me up and we crossed the timing mat there together. Luckily for me he needed both hands on his

handlebars, or I would have had the bum-slap returned at this point. From the top of the Col I lost Kev, as we went into a brilliant descent. Here I was hoping that a lower effort level would help my digestion to settle down before the last long climb.

As we started to enter the wooded section I was pleased to see that I was keeping pace with Guylyne Louis (age group competitor placed in previous years). Coming round a bend with Louis I came across another familiar figure in the form of Mike, who had slowed considerably. "You're not going to like this Mike" was I'm afraid the sharpest banter I could drum up at this stage as I pushed on past him. With the roads closed (mostly), the descent was relentless, I couldn't see it at the time, as my cycle computer refused to display speeds over 30mph, but I reached 55.7mph on this descent and although in part terrifying, loved every moment of it.

Dismounting the bike, running shoes and skins on, white running hat, dextrose tablets in pocket and I was away again on the final section. Legs didn't feel too bad, but stomach still had me pretty much doubled over with cramp and because of that, diaphragm so tight that I was having difficulty breathing. Still unable to take anything on at the aid stations, but knew I would not survive without water, so kept sipping some whenever I could. Luckily the breathing gradually became easier with being upright and after 2 laps wasn't an issue, pretty much about the time that my legs started to complain.

Towards the second half of the marathon Kev W caught me up and was great, encouraging me to pick up my pace and run with him. We ran together for a while, until I simply couldn't keep up with his pace any more and fell behind. Have to say big thanks to Simon Fisher at this stage, who I knew understood what I was feeling (having no doubt been there himself) and who just told me to dig in and keep going each time we passed each other on a loop. Supporters came into their own in terms of encouragement now, but really by the time the fourth loop came around, I just wanted to be left alone to slog it out. I knew I was way slower than I had wanted to be, but there was simply nothing I could do about it now.

Coming into the finish I saw and heard nothing. The fact that my family and friends were hanging over the barrier shouting at me went completely over my head, so focused was I on getting over the finish line. Medal. Photo. What next?

Gill Fullen

(Note from Chris Parella: - Gill's actual full diary was 26 pages long and is a fascinating insight into her training for a first Ironman, from novice to "superwoman". I hope I have not distorted her record by editing it down to only 5 pages, but request you keep this in mind when reading.)



# Great Yarmouth

15 August 2010

By Angela Gallivan



The idea of running the Great Yarmouth Half as one of our anniversary events actually came from Iva. We'd discussed at the 2010 committee the idea of including a half marathon trip somewhere in the UK for those Harriers who were unable to go to Brussels. It was hard finding somewhere which was near enough to travel to in a day; one hot favourite was the Bournemouth half which luckily we noticed fell on the same day as the Oakley 20. We wouldn't have been very popular with Kevin if we'd taken a whole coach load of potential marshalls out for the day!

And so on a dull, but thankfully not too warm, August Sunday, 41 Harriers and families arrived at the stadium at 6.15am (yawn!) to be greeted by the Barfordian coach driver, who turned out to be Derek who took us to Amsterdam in 2008!

After an uneventful journey (with a certain Mr and Mrs Crane occupying the romantic back row seats!) we arrived at Great Yarmouth where Andy Peck of the Great Yarmouth Road Runners met us and escorted us up some very narrow roads to the school where there was room to park the coach. He'd been very helpful and had even offered us 5

free race places as we had so many runners entering. On the coach we had a lucky draw and 5 lucky Harriers had their race entry refunded (Kevin Willett, Becky Childs, Steve



Crane, Juliet Smith and Richard Gallivan). It was only a short walk to the race HQ and start at the Gorleston football club. Those not running were tempted by the little cafe serving up tasty bacon rolls!

After a photo call we lined up ready for the off. The course itself was quite flat, and was run along winding Norfolk lanes but didn't feel that easy as it was a windy day. At one point we must have left Norfolk as we saw a Suffolk Middle School. I hadn't really paid attention to the route and only realised that we were repeating a loop when I saw a beautiful hydrangea bush and an old flint church twice! The support from those not running (Keith Lakin, Elise Allen, Bill Khinda, Lesley and Tony Barnes, Norman Beckwith, Paul Hudson, Angelina, Paul and Julie Walton and Bill Tallentire spring to mind) who appeared on various corners was much appreciated and LOUD! Other runners were most impressed.

The 22 Harrier runners made up a large percentage of the 280 finishers.

There were a number of Harrier successes;

Simon Fawcett was 4th man home (and

2nd senior man) in an impressive time of 1:17:13, Juliet Smith was 2nd LV40 in a time of 1:40:38

and Jen Lovesey ran well to finish 3rd LV45 in 1:49:41. I think that they each won a small

monetary prize; but alas, due to my slightly slower time I missed the prize giving! Iva won a spot prize of a Debenham's gift voucher. The goody bags at the end contained a bottle of Adnams ale and a race T shirt, so even those who hadn't won prizes were rewarded well for their efforts.



After braving the slightly chilly showers we left for the bright lights of Great Yarmouth, where we spent the afternoon. First things first; as soon as we arrived we

all headed to various locations for the compulsory seaside meal of fish and chips (not forgetting the mushy peas, bread and butter and pot of tea). Chris and Jude Cottam took our group to the pier cafe; as the organisers of previous trips to the Great Yarmouth Half they had useful inside information!



# Treasure Hunt

By Richard Watson



The sun came out for a while and a large group of us enjoyed a paddle in the sea and a walk across the beach to the pleasure beach



where Alex Rothwell, who'd done his homework, took us to the oldest wooden roller coaster in Yarmouth!

After tea and cake, it was back to the

coach for our journey home. We had a lovely summer day out; sun, sea, sand, fish'n'chips and a half marathon too. What more could a Bedford Harrier wish for?!



An empty space in the 25th Anniversary calendar required a low key event to keep things ticking over between the 25 lap Charity run and the Ball and IronMan in Nice. So the idea of a treasure hunt or hunts was developed.

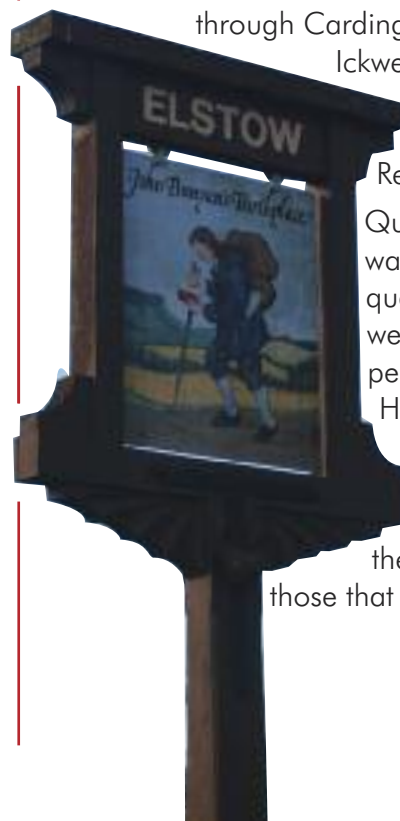
I decided on a couple of routes, one cycling out through picturesque Bedfordshire, for the Ironmen, cyclists and Rob Bishop and Noel to run, and an 8 mile running route around the town. Chris Parello volunteered to do the



questions for the running route, and subsequently dragged poor Tony out for a run/ cycle one Sunday morning. This left the cycle treasure hunt down to me, I fully intended to bike out there one weekend to enjoy the undulating countryside and compile the questions, but one thing

led to another and it was a hasty car drive out through Cardington, Southill,

Ickwell, Moggerhanger, and back through Wilden and Renhold.



Questions compiled, it was time to load the questions onto the web-site and let people loose.

Hopefully those that took part enjoyed the hunts and congratulations to

the winners and all those that gave it a go.

# Round Norfolk Relay

By Richard Watson



Year 3 of the Bedford Harriers' Round Norfolk Relay experience was a must; given it was our 25th Anniversary, and the fact that it had become a popular and well supported event in previous years.

Unfortunately because of injury (Anna, Jerry) and holidays/unavailability (Graham and Cint, Chris Fadden, Steve and Lesley, Dave and Viv) many of the RNR regulars were unavailable.

Thankfully we had new-comers in Graham Short, returning Colworth Striders (Tony Dadd and Stuart), and late and great substitutes in Jenny, Gill Fullen and Mourad so we got the two teams together....just!

The usual Friday night meal was arranged by Pauline and Lynne, and a fantastic Italian was found with great service and great food. As we had our two urchins with us, the restaurant served us our puddings first which meant a hasty exit, into our sleeping bags for a short sleep.

Up at 5:30am to join Kevin and Zoe in their tent for a cuppa, before Zoe set off on her leg at 5:30am, supported by Alex Rothwell and Alastair on the bike. I had respect for Zoe tackling this tough leg, and was thrilled with the regular reports from Kevin that she was doing well, and was pleased when she finished in a good time, although I'm sure that Zoe was even happier.

It was then time for Andy Sewell to go off for the Masters team, and I was on my bike to Wolferton supporting him. It was the first time I'd done bike support and despite nearly knocking him over once we made it to Wolferton for his change over to Leg 2 and Superwoman! I was a



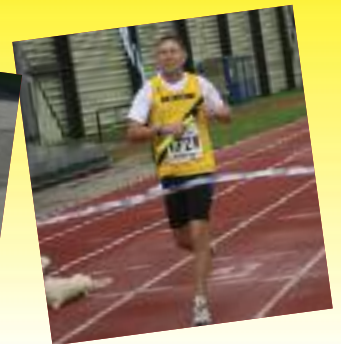
bit nervous about biking alongside Gill when she gave me three bottles to carry, I only had two pockets and would need to hold my bike steady for the Lance Armstrong type cycle ride I was embarking on to keep up with her.

Linda drove on to the first part of the course where I could un-rack my bike and start cycling with Gill, she was sprinting along and I was peddling like mad just to keep up with her, juggling with the three bottles and a map it must have been interesting to watch. The leg had been diverted two days before the race so neither of us had the full updated route but we

made it past the diversion and onto the normal route. I had to leave Gill after about four miles for her to run on the coastal path. At this stage I became king of the mountains on the coast road to Burnham Overy (well it was a lot more undulating than the flat coastal path, I met Gill for the last mile, rapidly catching up the

Headington Road Runner in front, and she carried on at her relentless pace, smashing the stage record by some margin.





By now both teams were in full flow, and it is only now that an organiser can relax. Steve and Jutta had finally emerged from their hotel and had completed their weekly shop in Tesco's Kings Lynn, Mourad had left Bedford so I could relax. It is at times like this that you realise what a great strength in depth the club



has, everyone pulls their weight and you can trust that they will all be in the right place at the right time. With Chris Potter taking photos, Jutta timekeeping I even felt quite redundant.

We departed at Cromer to head back to base, a quick stop at Keith Lakin's favourite chip shop in Wells and the in-laws, kids and Linda blowing a small fortune on the 2p arcade machines we were back in Kings Lynn and asleep at 9pm.

Up at 1:30, what the hell for I hear you ask? Time to drive to Thetford for mine, Chris Potter's and Linda's legs.

I love the RNR and Thetford is one of the reasons why, at 2:30 it is buzzing with teams bunching up and many runners about. The shout went up that Beverly Tredget was in town and I was stripped and raring to go. Off I went with Matt Burgin's mate alongside on the bike, it was a long steady climb out of Thetford and up to Grimes Graves, I love running in the dark and

then it started raining so it was like Heaven (okay I am a bit odd). I was determined to get to Feltwell without Juliet Smith overtaking me (as Tony Dadd had predicted), and made it with a few minutes to spare. Over to Chris, and then back in the car to drive Linda to Wissington for her leg. I was bike support for Linda and must have done well with my encouragement as she didn't moan too much. Linda did well and then handed over to the RNR's oldest ever competitor Iva Barr, she went off like a greyhound, and after a brief stop to get her breath ran an excellent leg before handing over to Steve for the glory leg.

It was a great performance by both teams, and with Stage winners Gill Fullen, Marianne Williamson (stage records as well) and 3rd Place ARC team for the Masters team it was another successful weekend.

Roll on 2011 and the first appearance in the event of Tony Parello.....



# Brussels Marathon *and Half*

*an organising point of view*

By Richard Watson



After we had decided that it would be good to have a club trip to celebrate our 25th Anniversary, the first job was to determine where. October seemed to be one of the best times to organise a trip, so what races were around that time. Brussels caught my eye: Marathon and Half on the same day, easy to get to via the Eurostar and not a long journey. So that was the decision made.

After calls to Eurostar to determine the feasibility of group bookings, it was decided to go ahead and advertise Brussels. I was very pleasantly surprised at the number of people who put their names on the list and paid their deposits. It was then that Chris and myself decided that we would share the responsibilities, Chris collecting the money and me spending it, so early calls were made to the Brussels Holiday Inn and Eurostar.

I was most impressed by both, Eurostar who took my details and the requirements, the day the booking opened they contacted me ensuring that we got the best price for the whole carriage of 56 and 14 in the second carriage. The hotel had also provided me with a contract which meant that four stage payments could be set up for the payments.

Soon the day neared and it was time to sort out 140 Eurostar tickets and Thameslink tickets along with menu choices, hotel rooming, and as with all the 25th Anniversary events the team swung into action and sorted it all so that everyone was aware of the trip itinerary.



Everyone met up at the station on 9th October at 6:15 to board the train, some tried to sleep but with fidget arse Tony walking up and down the train, most of them gave up.

After a short delay the Eurostar left on its journey. Before it crossed the Thames, the Cheeky Girls had cracked open their bottle of Bucks Fizz (well Jane and Val had). It was a noisy journey through excitement, and with Steve Crane taking the opportunity to recruit people for the Half Marathon jobs.

On arrival at Brussels we managed to make our way to the hotel, unfortunately Belgium's Fagins had been at the Harriers and despite Tony keeping a real close eye on his Ironman rucksack, they managed to get away with Chris and Tony's toileteries. I would have loved to see their faces when they opened the bag, but thankfully that is all they got away with.

The day was spent at leisure after we checked in, and a quick visit to the Expo (if it could be called that) gave us all of our race numbers etc. Paul Davis provided some of the group with a great walking tour of Brussels and Graham and Cint managed to check out a couple of the local brews.



The hotel was great, and it was great to see the spirit in the club on the whole trip where on seeing that Jutta and Steve were quite distressed about the lack of wardrobe in their room, some of our members lent them coathangers to lay their clothes out on the floor. (You had to be there!)

The race day arrived and it was great to see so many Harriers about, we saw the Marathon runners go and those doing the 4km race, cheering on them all. It was quite funny watching the organisation at the start. For a big city race it was not a patch on our races, with the funniest thing being a car driven through all of the marathon runners lined up at the start, it then proceeded to drive over the start mats. Mr Crane and Mr Willett did obviously not have Belgian equivalents.

The finish in the Grand Place was spectacular, and all of the Harriers did well, particularly those that ran their first marathons.

The Sunday evening was rounded off with a great meal, organised by Paul Davis, where the club took over the whole restaurant, with tales of their race.

Funnily enough Monday's journey home was significantly quieter. I suspect that there will be future trips such as this so watch this space.....



# *a Runner's Perspective*

By Zoë Willett



Ever since I started running I always said I would never do a marathon, but there comes a time when most runners want to meet the challenge a marathon provides. Since I was part of the 25 year anniversary committee I decided it was appropriate to choose Brussels Marathon.

I had a very supportive, hard task master, coach husband- the long training runs seemed endless and hard work, but thank goodness I did them. Packing for Brussels trainers came first followed by Harriers running kit, Garmin, Infinitt drink and of course passport!!!

The train carriage was buzzing even though it was an early start at Bedford Train station, Richard Watson produced never ending goodies from his bag for all, Belgian Chocolates, maps of Brussels and to stop us all getting bored a quiz on Belgium.

Follow my leader to the hotel and then we checked in, our penthouse room provided wonderful views across Brussels - we even had a wardrobe!

Rest of the day we explored Brussels, what a beautiful city, wonderful architecture and friendly people. Found a delightful place for lunch and did some carbo loading ready for the big day! After walking around the city and finding the marathon start & finish it was time for a well earned rest before heading out again to eat, just across the road from the hotel - very convenient!

Early to bed ready for an early start Sunday morning. Awoke to clear blue skies with a chill in the air, made our way to the start along with several other Harriers, nerves were beginning to set in, but also excitement, this is it, all the training completed now the race for all to enjoy! Group photo taken, bags deposited at lorry and several trips to the toilet later we were on the start line at the wonderful setting of the Triumphant arc in Cinquantenaire park the music playing to cheer us on our way - we were off . Great to see



other Harriers cheering us on, waiting to start their half marathon and even some not running at all but positioned themselves along the route to support us all.

The route took us through several under passes which upset the Garmin, thank goodness they had shut all roads from traffic, we then went through a lovely park where there was an out and back section, Harriers supported each other with words of encouragement. What was disconcerting was the sweep bus that appeared and waited for the last runner. At that point I thought I can't be that far back can I? Picking up momentum again we ran along another stretch of road where we could see other runners coming back the other way and all downhill, you just know you will be climbing up and down that again later. Sun still shining and feeling ok running through a long wooded section and around a beautiful lake, started to overtake other runners now, some walking and some just slowing down! Encouragement from my husband kept me going I knew I could finish!

Some ran in fancy dress, we caught up and ran with a chef from France, another runner was from Mexico and we were not the only couples running together either! Two miles from the finish another hill appeared, if anyone tells you Brussels is flat don't believe them, back under the arch and through the park where we started and it was all downhill to the cobbled finish in the wonderful setting of Grand Place.

I had done it! Completed my first marathon in a respectable time and feeling tearful but happy, greeted by other Harriers who had waited to see me finish.

Back at the Hotel, short sleep and then changed for a superb meal in a restaurant booked out solely to Bedford Harriers and a well deserved glass of wine! Thanks to Paul Davis for organising an excellent venue.

I really enjoyed the weekend and being part of a supportive group of people which aided the enjoyment of my first marathon.



# 25 Bridges

By Zoë Willett



It all started with an idea to include any member in the Bedford Harrier's 25th anniversary celebrations. The anniversary committee decided it would be a good idea to organise an event to be held on a club night and have a buffet afterwards in the bar.

Angie Harris and Zoe Willett chose a wet Saturday afternoon to cycle around Priory Marina and the Embankment to find 25 bridges and a suitable run route to include them all. Some bridges runners needed to go over and some go under.

A map was drawn up and distributed to all coaches with a few rules remembering it was for fun and not a race! Some groups decided they would run it as a steady run in a group and some decided to use the bridges for a speed session, all in all everyone had some fun trying to find the numbered bridges.

The approximate length of the route was 4.6 miles with an option at bridge number 10 where runners who wished to do a shorter distance could join the rest approximately 2.38 miles into the run.

Most people returned to the stadium and headed up to the bar for an excellent buffet provided by the stadium to finish a successful social evening enjoyed by all. Steve Crane finished the evening by presenting Jacinta Horne with a well deserved honorary membership.

25 years old, (I hate using the term young) and what a fantastic 25 years it has been.

The club, when first formed, could not have envisaged how big it would become and the people who started it would never have guessed how many people's lives the club has touched over all those years



As Chairman I would like to say a big thank you to the team that has put together this year's festivities. Christine Parello, Val Bird, Angie Harris (Kay), Angela Gallivan, Zoë Willett and Richard Watson, have been meeting once a month throughout the year to put together the events for all of us to enjoy. Chris and the team decided that it would be great to put on something once a month throughout the year to give every member the opportunity to take part in something. We have had the 25 Bridges Run, the Charity Time Trial, a Treasure Hunt, Ironman France, Great Yarmouth Half, Brussels Trip, and the Gala Dinner to name a few. I am sure you will all agree with me that this was a fabulous achievement and enjoyed by all those who took part.

Those of you who went to the Gala Dinner back in May will fail to forget the speech by Derek Redmond; he gave us an inspirational insight into the minds and running of the successful 4x400 team that won Gold at the World Championships in 1991. The story of how the team would change the running order at the last minute to go on and win and then watching the race, where John Regis, Roger Black, Derek himself and Kriss Akabusi beat the Americans, to us all cheering as though it was live, Amazing!

The trip to Brussels was also a fantastic success not only for the event itself but also to the slickness of the organisation, from the minute we left Bedford Railway station to the Sunday

night meal in a city where the majority of restaurants were closed must have taken a lot of hard work and many hours to put together for us all to enjoy, and reminisce about for many years to come.

On a personal note it was good to see and speak to some of the original members and to listen to our Patron, Bill Jordan, talking about how the club started when he too gave a speech at the gala dinner. He told us how he, Richard Canvin and Bill Steele had formed the club from Bedford and County as the road running boom took off and the need for a club in its own right became apparent. The training in those days was a no nonsense approach and Bill with his broad Glaswegian accent would tell you what you were going to do which you never questioned, but he would always encourage and get the best out of you. I know this as I was a County boy in those days and I joined Bill's Jog and Swim classes at Robinson Pool. Bill had been my juniors coach many years previous. As a junior he once sent 'us boys' out for a 1.5 mile warm up run from the stadium, when we returned we couldn't find him so stood round talking and laughing when his voice bellowed out "if you are laughing you haven't worked hard enough, go bloody run it again" We did, no questions asked. Those were the days!

Finally I would like to say congratulations to you all for making the club what it is today and to those who quietly work behind the scenes week in week out to make us what we are, also to those founder members that are still running with us today.

Congratulations one and all, and Happy Anniversary to the Harriers.

**Steve Gaunt (Chairman)**

# 2010 Club Best Times

## Nora Haggart

October	LV50	Gt Eastern Half Marathon	1:37:19
November	LV50	Fenland 10	1:14:57

## Pauline Bambury

March	LV55	Brantree 5	36:59
July	LV60	Doug Anderson 5k	22:05
August	LV60	Wellingborough 5	36:55
September	LV60	Bedford Harriers 10k	47:04
September	LV60	Swineshead 10	1:22:20
October	LV50	Brussels Half Marathon	1:47:47

## Linda Wilding

April	LV60	London Marathon	4:40:23
-------	------	-----------------	---------

## Gill Fullen

April	LV45	Sandy 10	1:07:13
July	LV45	Doug Anderson 5k	18:34
August	LV45	Wellingborough 5	31:06
September	LV45	West Pinchbeck 10k	37:48
October	LV45	Gt Eastern Half Marathon	1:23:26

## Kathy Horsman

April	LV50	London Marathon	3:38:50
May	LV50	Harborough 5	34:51
May	LV50	Silverstone 10k	43:07
June	LV50	Last Friday 5k	21:05
October	LV50	Rugby 10	1:13:00
November	LV50	St Neots Half Marathon	1:35:33

## Renee Corbett

July	LV35	Doug Anderson 5k	18:46
------	------	------------------	-------

## Veronica Singleton

October	LV50	Brussels Marathon	3:28:23
---------	------	-------------------	---------

## Martin Leach

April	MV65	Sandy 10	1:17:43
September	MV65	Bedford Harriers 10k	43:24

## Jim Hendry

July	MV75	Doug Anderson 5k	29:52
September	MV75	Bedford Harriers 10k	1:04:39

# 2010 Annual Shields

## Male

5k Championship	Alastair Fadden
5m Championship	Simon Fawcett
10k Championship	Simon Fawcett
10m Championship	Marcus Cookham
Half Marathon Championship	Marcus Cookham
Marathon Championship	Marcus Cookham
Cross Country Championship	Simon Fawcett
Triathlon Championship	Richard Piron
Most Improved Runner	David Hutchings

Club Man of the Year

---

## Female

5k Championship	Gill Fullen
5m Championship	Gill Fullen
10k Championship	Renee Allen
10m Championship	Gill Fullen
Half Marathon Championship	Marianne Williamson
Marathon Championship	Marianne Williamson
Cross Country Championship	Carla Fisher
Triathlon Championship	Lynne Greenard
Most Improved Runner	Gill Fullen

Club Lady of the Year

---

# Road Race Championship

## Male

1st	Simon Fawcett
2nd	David Holt
3rd	Jerry Pullinger

## Female

1st	Gill Fullen
2nd	Pauline Bambury
3rd	Kathy Horsman

# 2010 Championships Awards

**Renee Allen**  
1st 10k Championship  
2nd 5k Championship  
2nd 5m Championship  
2nd Cross Country Championship

**Carla Fisher**  
1st Cross Country Championship  
2nd 10k Championship  
2nd 10m Championship  
2nd Half Marathon Championship  
3rd 5k Championship  
3rd 5m Championship

**Sarah Lee**  
3rd 10k Championship  
3rd Marathon Championship

**Nora Haggart**  
FV50 5k Championship  
FV50 10k Championship  
FV50 Cross Country Championship

**Juliet Smith**  
3rd Half Marathon Championship  
FV40 5m Championship  
FV40 10k Championship  
FV40 Marathon Championship  
FV40 Cross Country Championship

**Eugene Carr**  
FV35 10k Championship

**Pauline Bambury**  
FV60 5k Championship  
FV60 10k Championship

**Lesley Barnes**  
FV45 10k Championship  
FV45 10m Championship

**Liz Byers**  
FV55 5k Championship  
FV55 10k Championship

**Gill Fullen**  
1st 5k Championship  
1st 5m Championship  
1st 10m Championship

**Julie Clarke**  
3rd 10m Championship

**Julie Wargent**  
FV35 10m Championship

**Deborah Palmer**  
FV40 10m Championship

**Anne Barnicoat**  
FV60 10m Championship  
FV60 Half Marathon Championship

**Angie Harris**  
FV50 5m Championship  
FV50 10m Championship

**Marianne Williamson**  
1st Half Marathon Championship  
1st Marathon Championship  
FV40 5k Championship

**Karen Robertson**  
FV45 5k Championship

**Carla Jenkins**  
FV35 5k Championship  
FV35 Half Marathon Championship

**Andrea Sewell**  
FV45 Half Marathon Championship

**Rose Parkes**  
FV40 Half Marathon Championship

**Lynne Greenard**  
1st Triathlon Championship  
FV60 5m Championship

**Viv Holt**  
FV45 5m Championship

**Caroline Diggle**  
FV35 5m Championship

**Sally Cartwright**  
3rd Cross Country Championship

**Helen Woolley**  
FV35 Cross Country Championship

**Caroline Devine**  
2010 FV45 Marathon Championship  
FV45 Cross Country Championship

**Linda Wilding**  
FV60 Marathon Championship  
FV60 Cross Country Championship

**Iva Barr**  
FV80 Marathon Championship  
FV80 Cross Country Championship

**Veronica Singleton**  
2nd Marathon Championship

**Kathy Horseman**  
FV50 Marathon Championship

**Julie Clarke**  
FV35 Marathon Championship

**Janet Taylor**  
FV55 Marathon Championship

**Simon Fawcett**  
1st 5m Championship  
1st 10k Championship  
1st Cross Country Championship

**Gary Finch**  
2nd 5k Championship  
2nd 10k Championship  
3rd Half Marathon Championship

**Adam Hills**  
3rd 5k Championship  
3rd 5m Championship  
3rd 10k Championship  
3rd Cross Country Championship

**Neil Loader**  
MV40 10k Championship  
MV40 Marathon Championship

**David Holt**  
MV50 5k Championship  
MV50 5m Championship  
MV50 10k Championship  
MV50 10m Championship  
MV50 Marathon Championship

**Rob Miller**  
MV45 5k Championship  
MV45 5m Championship  
MV45 10k Championship  
MV45 Cross Country Championship

**Bob Wells**  
MV60 10k Championship

**Richard Piron**  
1st Triathlon Championship  
MV60 10k Championship

**Larry Corkery**  
MV70 5k Championship  
MV70 10k Championship

**Martin Leach**  
MV60 5k Championship  
MV60 5m Championship  
MV60 10k Championship  
MV60 Half Marathon Championship

**Alfredo Maio**  
MV35 10k Championship

**Jim Hendry**  
MV75 5k Championship  
MV75 10k Championship

**Marcus Cookham**  
1st Marathon Championship  
1st 10m Championship  
1st Half Marathon Championship  
MV35 5k Championship Male

**Jerry Pullinger**  
2nd Half Marathon Championship  
3rd 10m Championship  
3rd Marathon Championship

**David Hutchings**  
MV45 10m Championship

**Dan Hayes**  
MV35 10m Championship

**Julian Winn**  
MV40 10m Championship

**Gary Chester**  
MV50 10m Championship  
MV50 Half Marathon Championship

**Richard Whiteman**  
MV60 10m Championship  
MV60 Marathon Championship

**Steve Williamson**  
MV55 5m Championship  
MV55 10m Championship  
MV55 Half Marathon Championship

**Bill Billington**  
MV70 10m Championship

**Alastair Fadden**  
1st 5k Championship  
MV45 Marathon Championship

**Jose Ariza**  
MV40 5k Championship

**Neil Lovesey**  
MV55 5k Championship  
MV55 Cross Country Championship

**Norman Beckworth**  
MV65 5k Championship  
MV65 Cross Country Championship

**David Fake**  
MV60 5k Championship

**Tony Barnes**  
MV40 Half Marathon Championship

**Darren Miller**  
MV40 Half Marathon Championship

**Chris Cottam**  
MV60 Half Marathon Championship

**David Sharman**  
2nd 5m Championship

**David Roberts**  
MV40 5m Championship

**James Elsworth**  
2nd Cross Country Championship

**Graham Short**  
MV50 Cross Country Championship

**Carl Furness**  
MV40 Cross Country Championship

**Mark Taggart**  
MV35 Cross Country Championship

**Bill Khinda**  
MV60 Cross Country Championship

**Roger Sewell**  
MV70 Cross Country Championship

**Mark Tinkler**  
MV50 Marathon Championship

**Andrew Moore**  
MV35 Marathon Championship

**Robin Fiander**  
MV55 Marathon Championship