

HARRIERS

SUMMER 1997

READY ... STEADY... GO.....



HARRIERS READY TO MOVE AT THE JORDANS TRAIL CHALLENGE

- **Photos**
- **Race Reports**
- **Members Articles**
- **Crossword**
- **Six Months Race Results and Analysis**
- **Auntie Alice**

BEDFORD HARRIERS CLUB MAGAZINE

CHAIRMAN'S COLUMN

BEDFORD / BAMBERG SPORTS FESTIVAL, 1997

This was the first time the Harriers have ventured into acting as hosts. We were invited by the Town Hall to join other sporting clubs from Bedford in looking after about 15 German athletes from Bamberg.

No first reaction was, NO PROBLEM, but this was to be far from the truth.

First of all, the Town Hall with all its paid staff, should have been in the driving seat. As it turned out, most of the work was done by the Clubs who also seemed to put in most of the money. The Council paid for all the VIP's wining and dining, which seemed to go on and on. They did provide T-shirts for the hosts and visitors and a very nice meal at the Bunyan Centre.

Hosting by the Harriers in the end was not a problem and we just managed to cope with our number of visitors. This was mainly due to some of the Bambergers dropping out just before D.Day (sorry) and some of the Beds & County hosts insisting on putting up some of our road runners. As it turned out it was very fortunate because I could only find a few Harriers who were prepared to be hosts. May I thank those hosts for their support.

The long weekend turned out to be very enjoyable. The Bambergers were very friendly and were a joy to be with. The younger ones enjoyed their running but also found our pubs and night clubs interesting. At the end of each day, they were keen to sample the Bedford night life (If only I had been 15 years younger). But as it happened, my son Adam and Pete Carpenter, seemed to handle the challenge very well.

The Track meeting went very smoothly but unfortunately no Harriers took part on the day which was a shame. The Bamberg team won the day and were very impressive in most of the events. My visitor, Andrea, won the 400m, 800m, 4X400m and was third in the shot. She was also the 1st senior lady home in the 10k road race at Sharnbrook.

The Saturday night barbecue was very well organised by B&C and the free German beer made things flow nicely. It was a good night and we all danced till late. The challenge seemed to be who could drink the most beer and eat the most uncooked meat on the barbecue. The Germans then went to a night club and I went home to recover.

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I know it sounds more beer festival than a sports festival but it was amazing. They would compete during the day, except when they went to visit Warwick Castle, go out every evening, come back for a few hours sleep and compete again the next day. I think some of the older ones took it a bit easier but most of them kept it going for the four days.

The Sharnbrook 10k was either a great success, or as a team event, a waste of time. The race was well organised and the weather was great. All the runners from both teams agreed it was a perfect way to finish the weekend sports but behind the scenes things were happening. The Bedford team had won the day, Bedford 113 to Bamberg 226, which would mean that Bedford would win back the overall team trophy. A shock however was in store.

That night at the civic reception, the German officials were seen in deep discussion. They said that the 10k race was only a fun event and it was never agreed that it would count in the overall scoring. This was strange as some of the German runners only came over to do the 10k. So after much debate by the Bedford team managers, they decided to lay down and give in to the Germans. Will we ever stop feeling guilty about 1996!

So it turned out we need not have got involved in the festival in the first place. Our event was only a bit of fun, but in reality it was great and very enjoyable and I know that I speak for everyone who took part either as a runner or a supporter.

We have made friends from Bamberg and it was suggested that we should go over to Bamberg and take part in their local road race and perhaps visit some of their night clubs. They would very much like to be our hosts.

It would need at least two people from the Club to organise it, so if there is anyone out there who would like to give it a go, please contact the committee.

Mike Devonshire.

Welcome

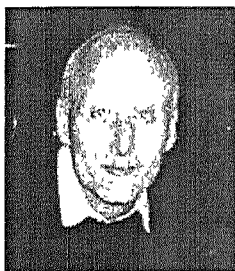
Welcome to the world of Bedford Harriers A.C. and the summer edition of Harriers. Bedford Harriers have certainly been busy in recent months and a number of notable performances have been recorded. Working on this edition has been an interesting and rewarding experience. A megamungus thanks to Brian, my co-editor, and Graham. I now appreciate the level of work undertaken by Graham. A megamungus thank you to all who have contributed to this issue and I look forward to your contributions for the next issue. Have a great summer and enjoy this edition

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WHO'S WHO ON THE HARRIERS' COMMITTEE



Mike Devonshire

Chairman

BAS Management
Committee



Mike O'Hara

Graham Horne

Secretary

Beds AAA
Committee



Paul Roberts

H/M Deputy
Race Director



Barry Bright

Treasurer
10K Race Director



Brian McCallen

Vice Chairman
Competitions Secretary
Magazine

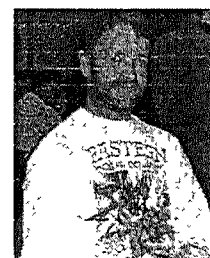
Lesley Davies

Ladies Team Management



Phil Gray

Club Magazine



Jacinta Horne

Membership Secretary
Coaching Co-ordination



Tony Barnes

Jack Keenan

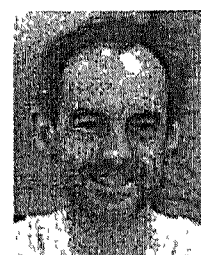
Press Secretary

County Coaching Committee



Steve Clark

10K Deputy Race Director



OFFA'S DYKE 15

PART ONE - Erections

Some, maybe many, Harriers love to erect given the excuse. Out of those who do it, some insist on plenty of facilities while others are just happy with their own simple erections. Either way, it makes for a fun time!

Last year Hay On Wye saw many Harrier erections and children swimming in rivers while runners plodded through 100 degree heat waves. This year one erection housed two children who decided to climb Hay Bluff with 'The Baby Sitter From Hell' and two runners, one of which came last!

We left Kempston on Friday afternoon and drove through visibility shattering rainstorms to arrive firstly in Evesham for pie 'n' chips and then in Hay On Wye to erect (our tent) in a field which appeared to have been rained on surprisingly little. The view from Radnor's End campsite is breathtaking regardless of grey cloud and non runners soon realise why they came. (Runners will question their own reasons somewhat later.)



Hay On Wye is a sleepy little tourist industry. It boasts 'millions' of book shops, a flea market and a cosy little café (coffee's horrid - personal opinion). At 10.30 at night Hay On Wye is most unwelcoming to children (aren't we all) and so it was that we sat outside the Rose and Crown to see the ghost of The Three Tuns, dressed in black and waving her arms about in the middle of the road; the local plod waiting for an invite into The Three Tuns and a police Range Rover trying to track down the local plod before he got sloshed.



Saturday was dull but dry and not altogether cold until you reach the top of Hay Bluff. Being approximately 2000 feet in the air was not ideal conditions for this particular day. Hay Bluff is bordering on the difficult to get to (almost like having your car on a roller coaster) but has an easyish path to climb it. The fact that it is very steep in places makes it some kind of a challenge and not really the proper thing to do the day before your first Offa's Dyke if you don't happen to be a Flatliner. I only wish I'd thought of that earlier.



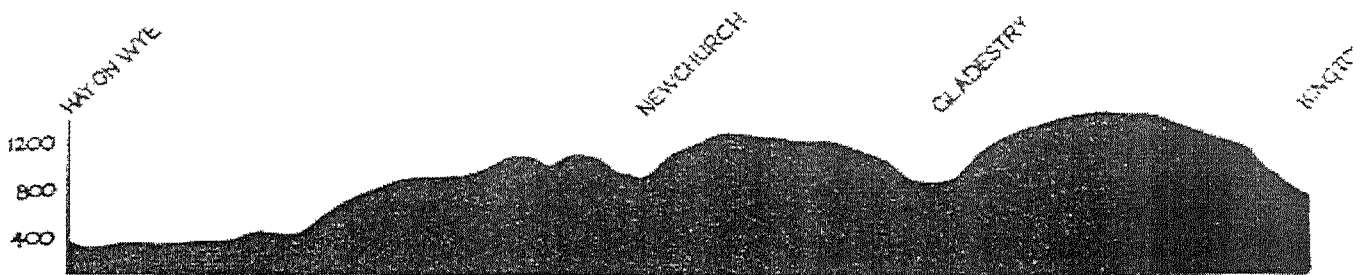
We woke Sunday to sunshine, reasonable warmth and The Baby Sitter From Hell. Other Harriers erecting in other part e.g. England have since boasted mass downpours - but no Baby Sitters From Hell. The children decided it was Hay Bluff time again so off they went with Malcolm (TBSFH) leaving Graham and I to visit on of his old haunts from past Offa's Dykes for a spot of pre race sustenance. The Holly Bush PH was just as he remembered and did a wonderful, if not greatly sustaining, toasted ham sandwich. All too soon it was time to go back to camp, dis-erect and get ready for the afternoons race.

PART TWO - Uphill Struggles

The rapidly changing weather conditions, warm, cold, hot, freezing then very warm made vest versus T shirt a monumental decision. The vest won and at times I was really glad, at times I wasn't ! Someone said 'go' and off we went. I had spent much of the time before this race, maybe weeks even, not listening to remarks about this race so that I would be free to make up my own mind. Had I known more I would undoubtedly all joking aside have chickened out. I'm not a fast runner or a strong runner but I can say, hand on heart, nothing has ever defeated me yet (not even Standalone !). I have never in my life felt so defeated and depressed as I did after just three miles of this race. If I thought I knew how to get back to the start I really can't be sure I would have continued. The first few hills were unlike any you could find in your average hilly 10k and turned me inside out to such an extent that when I did happen upon your average hill I couldn't even manage it. All this before you reach the ridges. I was despondent and some of the route was so badly marshalled that I was shouting to passers by, "seen any runners ?".

The fells were a different matter again and to some extent cheered me up when I began to feel justified in my walking. At this point you also start to take in and appreciate some of the picturesque scenes through which you are moving. Some of the fatigue diminishes, your heart lightens and you actually start to enjoy yourself.

Towards the ten mile mark my legs were beginning to feel truly 'cream crackered'. On stopping before the last ridge I was very kindly offered a lift to the end. Being a sensible type I said "no thank you"(did I say sensible ?). I also put the young lady behind me in a wonderful position by saying I really wanted to continue but not alone whilst looking purposely vulnerable and timid. She fell for it. The climb up to the last ridge was truly amazing and I really began to feel guilty for dragging her up there. Her name was Rosie but she definitely wasn't feeling much that way two miles later



The last two miles were down hill and that's an understatement. Rosie was in her element while I, with my degenerating bits in my back that don't like to be jarred, couldn't expect her to understand my difficulties. I cannot describe my elation on crossing the finish line except to say I've never felt it before in my life. For me it surpassed even the 26.2. The encouragement and support given by marshal's, drinks stations (so many thank you) and spectators was fantastic. All in all I am proud of myself regardless of my finishing position.

PART THREE - What's Next ?

Another enjoyable forthcoming erecting event is Race The Train. This fourteen plus miles cross country trek is 'a doddle' compared to Offa's Dyke I'm told. Again leaving Friday night we erect in Tywyn, North Wales and then head straight for the pub. We get an earlyish night ready for the race which is on Saturday. Post race celebrations include fireworks and BBQ and lots of fun.

Sunday can be spent on the beach, weather permitting and if, like us, you decide to make a week of it there's a great hotel in town with entertainment for young and not so young alike. We have plans to climb Snowdon and may other exciting things and can only stress 'the more the merrier' !!

JACINTA



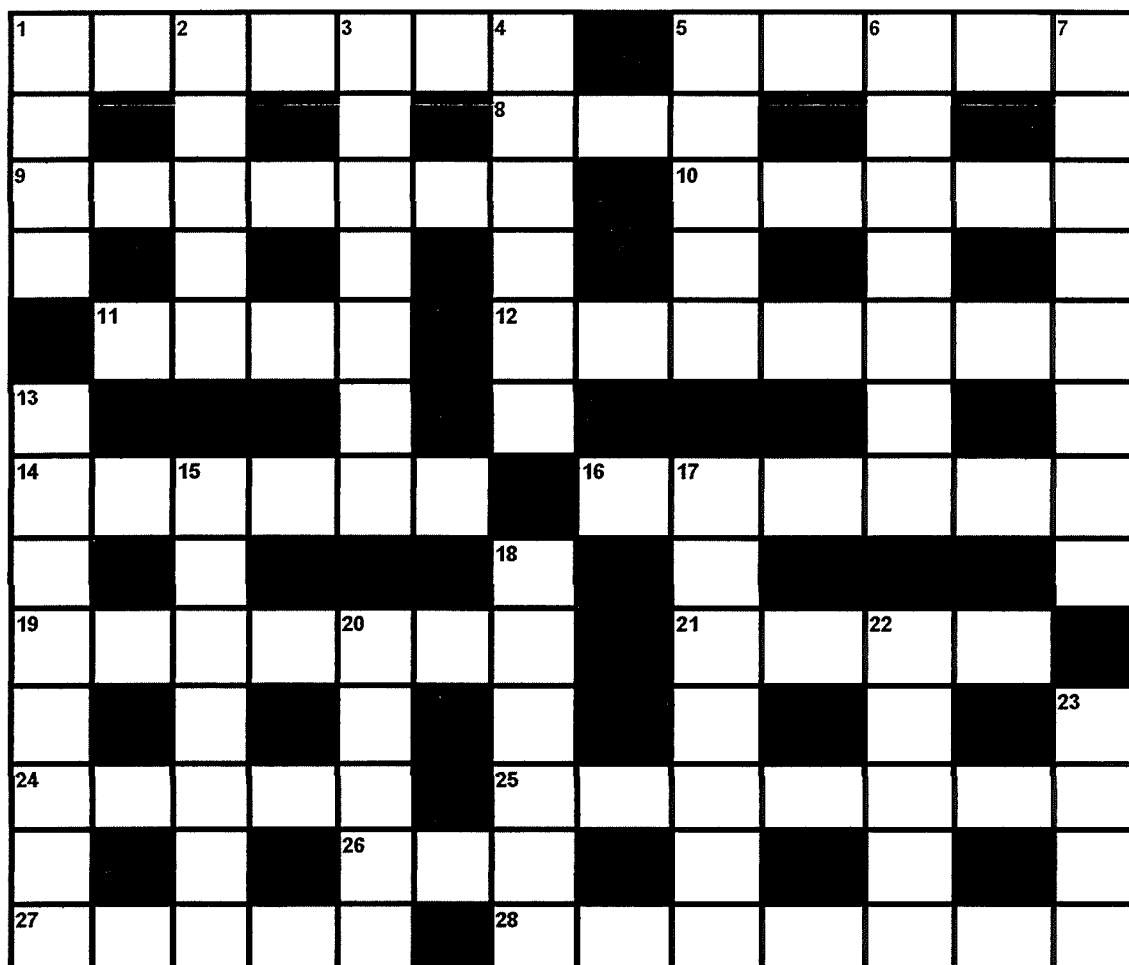
MAGIC MOMENTS

A recent event captured a special moment for this particular individual. What are your thoughts about this special moment? What is he thinking about? What is he saying? Write down your thoughts, word processed if possible, and hand them to one of the following:

BRIAN McCALLEN
PHILIP GRAY
GRAHAM HORNE

A selection of your thoughts will be published in the next edition of Bedford Harriers Magazine. So start writing now!!!

Ray's Coffee Time Crossword



ACROSS

1. Something hot to put food in [7]
5. Another name for a loft [5]
8. To conclude [3]
9. Visit the emporium for the kids [7]
10. 'The Pirates of Penzance' is one [5]
11. Omit the 'T' to be there [4]
12. Hospital Operations Room [7]
14. An Athlete of The Track [6]
16. Place of worship smaller than a church [6]
19. Young Tree [7]
21. Rosta by another name [4]
24. Americans call it rout [5]
25. Left out [7]
26. State of equality on golf course [3]
27. Select without the 'S' [5]
28. To be of serious intent [7]

DOWN

1. This insect usually has a ball [4]
2. The manner in which something is done [5]
3. Do we not aspire to be this? [7]
4. Sheriff's assistant [6]
5. To like someone or something intensely [5]
6. Apex of a tall plant made of wood and bark [7]
7. Another name for daddy - long legs [8]
13. To keep fruit etc in jars [8]
15. Eighth planet from the sun [7]
17. Member of a fine running club [7]
20. Incompetent [5]
22. Name of a book is called this [5]
23. Decide whether to leave in or out [4]

Gone To Pot - One Man's Potteries Marathon

Such an idea took root at the London Marathon Exhibition when I wandered onto the Road Running Club stand. A large part of the stand was devoted to the London to Brighton Road Race held each October over 56 miles. 'Its only two marathons and a 10K' said the man. 'You can do that' he said looking at me. The seeds were sown, the damage was done. Those words haunted me as I continued around the exhibition and on the train journey home.

It had occurred to me, as training began for the London Marathon, how futile most marathon training actually is. Futile in the context that we train for 16 weeks, cover some 600 miles and put in over 60 hours on our feet to reach a peak on race day, only to let it go in the following weeks and months. Why not maintain this level of fitness? This would have to be addressed if the London to Brighton Race was to become a reality.

A marathon would be ideal preparation and the Potteries Marathon in June appeared ideal. Described as one of the leading marathons. Everyone agreed that it was going to be tough. A course that takes in 5 towns, known as The Potteries, over an undulating course.

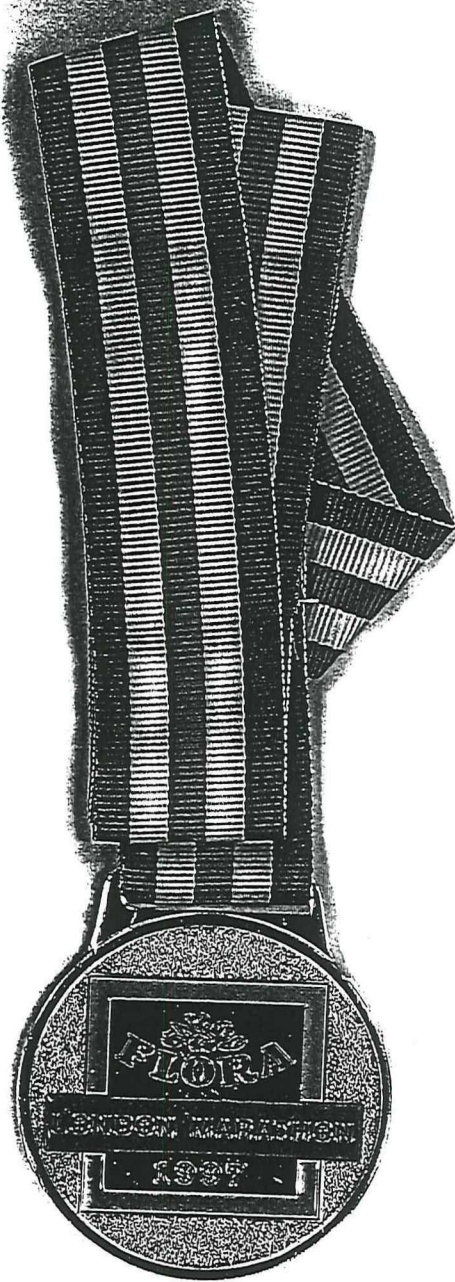
15 June - D-Day. A perfect morning, overcast with a light drizzle, as we started from Trentham Gardens. Hardly into our stride and the first climb. A unique feature of this race is that mile markers are used to mark the top of hills in conjunction with actual miles. This worked well until mile 5, which was halfway up a hill.

About 2000 enter this race which is well supported by the local population. I was soon in conversation as I toiled ever upwards. My daughter, in the middle of a Geography 'A' Level, was unable to answer my query about the absence of downsides to such hills. 7 miles and the drizzle stopped. A humid atmosphere was the end result. Drink stations every 4 miles as I struggled with a tetra pack that lacked a punched hole. A change in strategy as I drank when needed. 15 miles and the rain returned. Streams of water washed down the hills as we climbed up them.

Holden Viaduct provided the toughest climb at 15 miles. Locals began to emerge in the final stages as the real race began at 20 miles. 20 to 25 miles - a roller coaster of several hills until the final welcome descent into Trentham Gardens. An excellent atmosphere welcomed finishers as each had their name announced over the tannoy. I was more than pleased with my time of 3:46. I welcomed the sight of fresh orange juice and an incredible commemorative Wedgewood China plate. A hot sweet cup of tea concluded a perfect day in the Potteries. Well organised and well supported. I drove home a happy man.

Steve Clark

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London in April was the place to be as 29000 people addressed the demands of 26.2. miles . Satisfaction and a medal - like the one above - were the end result.

Applications for entry to 1998 Flora London Marathon available in August.

EUROPEAN DUATHLON CHAMPIONSHIPS.

The last thousand years have not been kind to the small Polish town of Glogow. The town was destroyed in the tenth century by the Polish King Mieszko I, in 1109 the inhabitants sacrificed their children to defend the town against the German Emperor Henry V and in the eighteenth century the town was successively plundered by Prussian, French, Russian, Swedish and Austrian armies. In 1945 the town was turned into a fortress and then totally destroyed as the Germans retreated across the rolling hills of Lower Silesia before the advance of the Red Army. After the war a new town was rebuilt around the outside leaving the burnt out devastation of the old town in the centre to be a permanent reminder of the brutality of the Nazis.

Fifty years on, the collapse of the iron curtain is changing attitudes and leading to an influx of Western investment into the East. The old town is now being rebuilt in a style recreating the brightly coloured apartments and cobbled squares of 18th century Central Europe. However the huge blackened ruin of St Nicholas Church remains as a sombre memorial to the past. Now known as the city of youth because nearly half of the 75000 inhabitants are under 21 years of age, Glogow is best known (?) for the manufacture of garden gnomes and the production of copper.

Last May more welcome foreign invaders, from over twenty countries and including one Bedford Harrier, lit up Glogow again in a very different way, as it became the unlikely venue for the 1997 European Duathlon Championships.

The small British team comprising nine elite men and women, four juniors, a single lady veteran and four male vets (all over 50), flew from Heathrow to Berlin on the first leg of their journey. Arriving at Tegel Airport I was relieved to retrieve my battered bike box from the cargo hold in no worse condition than it went in but there was consternation and delay when it was discovered that the bikes of two of the elite girls had remained behind at Heathrow. The girls remained surprisingly calm in the face of this potential catastrophe and had no choice but to continue their journey, leaving the matter in the hands of the concerned and efficient German airport staff. (To everyone's amazement the bikes turned up at the team hotel two days later, just in time for the race).

The second half of the journey was a five hour coach ride through the unspoilt rural countryside of the former East Germany and South Western Poland. The approach of the border between the two countries was heralded by about ten miles of stationary lorries on the motorway, plus hundreds more in customs compounds, awaiting clearance to cross the border. (Apparently the crossing takes about thirty hours to negotiate).

Hotel Kasztelanski and its staff proved to be one of the last bastions of the old communist regime in Glogow. The building was an ugly, decaying, concrete monolith, the desk staff surly and uncommunicative. My accommodation voucher was greeted with a shake of the head and an unhelpful grunt. Fortunately the Duathlon organisers had taken the precaution of providing each of the teams with a friendly, English speaking student who quickly ensured that the necessary accommodation and meal

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vouchers were forthcoming. The comrades at the desk never forgave me for undermining their authority and refused to change money (even given a choice of sterling, dollars or deutschmarks) or transact any other business during my four day stay.

The remnants of the old *babushka* system of elderly floor wardens also remained but was even more inefficient and unproductive than under the communists. The ladies stayed gossiping in their room all day long and my room remained uncleaned and my bed unmade for the duration of my stay. They were so ineffectual that the GB team manager had about £600 stolen from his room on the last day but they “saw nothing”. There was however a Brothel on the third floor, thriving (so I was told by the team members in the adjacent room), condoned and even advertised by a hotel management embracing admirable Western initiative and free enterprise. The Juniors were offered a special “two girls for the price of one” deal which I was assured they refused (some lack lustre performances on race day were entirely due to the hot weather).

The Opening Ceremony was held in the grounds of the Castle. The teams paraded across the stage, led by the GB team since *Anghika* (England) came first in the alphabet (much to the disgust of the Welsh and Scottish members of the squad), to be warmly welcomed by a huge crowd. The inevitable speeches by various local dignitaries signalled not only the opening of the championships but also an excuse for the whole town to embark on three days of gymnastics displays, pop concerts, laser shows and folk dancing, well lubricated by the contents of numerous beer tents. Quite a few thousand even turned up to watch the Duathlon.

Spending money in Glogow was a big problem - there was nothing to buy! Apart from buying 12 litres of water, considerably less cheap beer and three Mars bars and two packets of crisps I just couldn't get rid of my zoloty and finished up changing it back into sterling (although not at the hotel). Any walk out of the hotel involved the novel and ridiculous experience of running a gamut of little boys, and not so little girls, demanding autographs on school books, scraps of paper, tee-shirts or even their forearms.

The day of the race was an unseasonably hot 34°, which was to cause problems for several competitors, including the retirement of two of the GB girls. The first 10k consisted of four laps through the town centre, gradually down into and along the moat of a large palace and up a very steep 1 in 2 bank to street level again. The 40k bike course went out of the town and climbed gradually for 10k up to loop through a small village, very fast back to Glogow and then a second lap of the same route. The final 5k run was another two laps of the first course, with the bank assuming Himalayan proportions by the sixth ascent. I held off a touch of cramp to finish 7th, pleased to be the first of the GB vets but well behind the medal winning Austrians and Dutch.

The closing ceremony continued the revelry that had been going on all weekend, with the competitors now free to participate as well. The organisers laid on a buffet with, rather rashly, the promise of free beer. Predictably this ran out early in the proceedings but didn't prevent everyone enjoying a very pleasant evening.

The journey home retraced the route outwards. This time the queue of lorries was on the Polish side of the border but had been completely cleared on the German side during the weekend. We were amused to spot the Spanish team coach waiting at the border. They had left the hotel at 0530, four hours ahead of us to catch their flight to Madrid but, for no known reason (since their driver didn't speak Polish), they had been kept waiting for four hours and had, by the time we arrived, missed their plane. A few words from our Polish driver to the border police and they were on their way again. The BA flight home was enlivened when the pilot, hearing that one of the junior girls had won a silver medal, sent a bottle of Champagne back for us all to enjoy. A nice end to a very enjoyable trip.

Chris Proud

HEARTBEAT

I have always had an inquisitive nature when it comes to anything that will enhance training and therefore improve performance. Ware in Hertfordshire may appear a long way to go to a workshop - but if one is curious, one should aim to satisfy that curiosity. My initial curiosity about heart rate monitors was triggered by a number of discussions with Stuart Hale. Stuart - runner and coach - represents Advance Performance - which advocates the utilisation of heart rate monitors as an effective training tool.

A workshop was an obvious way to satisfy my curiosity. It was organised by Steve Worrall of Herts AAA and welcomed runners from all clubs to gain an insight into the world of heart rate monitors. Stuart Hale outlined the programme for the day. Elements discussed included : energy systems [glycogen and fat] - heart rate monitors as an effective training tool - advantages of this training tool - the anaerobic threshold.

It was an incredible programme that exploded a lot of myths surrounding heart rates. It was good to experience a 70% session [70%MHR - Maximum Heart Rate] with a fellow runner who was about to do a marathon in South Africa. Utilising heart rate monitors we proceeded to complete 10 laps [4K] around a running track. Once this was completed the information was downloaded onto a personal computer by Stuart. It was great to see our efforts graphically represented on the personal computer. Stuart then discussed the results with one and all. The level of information in the graphs was incredible.

I have little doubt I have learned a lot about heart rate monitors and look forward to utilising what is clearly an effective training tool.

@philip.j.gray.

SUMMER FUN COLLECTION



JACK ISSUES FINAL INSTRUCTIONS TO KATHY.



DAVE AWAITS JACK'S FINAL BRIEFING.



JACKIE ON VACATION IN SHARNBROOK.

SUMMER 1997

SUMMER FUN COLLECTION



PAULINE LOOKS BEMUSED AT FINAL BRIEFING.



HARRIERS IN PARTY MOOD AT CRANFIELD.



'MY MUM IS BRILLIANT. 10K IS A LONG WAY'.

Dear Auntie Alice

Auntie Alice calling all you runners, with a helping hand and an ear to all those running problems.

Before I answer my latest postbag, I would like to make it quite clear that there is no fee or charge for any consultation and everything is done in the best possible taste!

Dear Auntie Alice.

I seem to be running well of late, though this has coincided with a distinct lack of sexual activity over the last month or so. Can you help me sort out my priorities

Desperate Dan

Dear Desperate Dan

I am glad to hear you are succeeding in your running, both training and racing. You have that feel good factor, so why is there a lack of sexual activity in your life? Your fit, strong and healthy, clean living, good habits. "So what is wrong with me" you ask yourself. Perhaps you have asked too much of your partners in the past or set exacting criteria and no one person's close. You have to find the right chemistry then you will find all things are possible. I know there is someone out there waiting for you. Turn a different corner for a change. It could be just what you are looking for.

Good Luck

Auntie Alice

Dear Auntie Alice.

My husband and I are both athletes. Since I have been training hard and doing longer runs, I keep thinking about sex and now my husband is starting to complain. He says I should stop thinking about it and do something but I'm too knackered. Please help me as he also says he knows a couple of women at the club he could pay

Frustrated

Dear Frustrated

It is wonderful to have so many husband and wife teams running within the Bedford Harriers. With all the help and encouragement you can give each other when training and racing, it gives you a warm glow all over like a big bowl of tomato soup. "Yuk".

A lot of runners have the same problem while running. They think about sex but are too knackered to go through with it. Look on the bright side, you will always be looking forward to your run, even if you have a headache. But as for your husband bringing the good name of the Harriers ladies into disrepute, he should be tarred and feathered and excommunicated from the Club. I have the name of an expert, a specialist in his field who will sort out your husband for good. A TAXIDERMIST

Auntie Alice

Whether it be relationships, finances, training, or a difficult decision you have to make, whatever the problem, Auntie Alice will share it with you. In each issue, Auntie Alice will answer as many of your letters as she can. Send your letters to her.

c/o The Editor: 5, Lincoln Road, Kempston, MK42 7HB

SUMMER 1997



WENDY AT FLITWICK 10K

HARRIER INTERVIEW

Oscar Wilde interviews Wendy Machan. Wendy is a recent member of Bedford Harriers A.C.

1. Where were you born?

Bedford

2. Where were you brought up?

Bedford

3. What was school like?

It was O.K. till Upper School

4. Any sports at school?

A lot of sports at school. School teams including: cross-country - hockey - basketball - track-[800m / 1500m] - rounders - netball - swimming - etc.

5. What is your main job / profession?

Personnel Administrator - Bedfordshire Probation Service

6. Your heroes / heroines?

My father

7. Your hobbies / interests?

Running [of course] !- Badminton - Circuit Training.

8. When did you join Bedford Harriers?

I joined Mid - March 1997

9. Your most rewarding running experience to date?

Sharnbrook 10K

10. Your future ambitions?

Work: Higher up the ladder

Running: To become faster and last longer

A grandmother who is cycling the length of the British Isles

heads the charity newsmakers this week

Peddalling on for Macmillan!

A DYNAMO grandmother who is cycling from Land's End to John O'Groats for Macmillan has written to the Herald from the half way point.

On Sunday Iva Barr, 69, from Bedford, sent a post card saying she had reached Kirkby Lonsdale in the East Midlands and is on target, covering 50 miles a day

Iva, who hopes to cover 1,000 miles in three weeks said: "It has been very hard in places but no so bad in others. We have met other End to Enders, including a couple on a tandem raising money for Macmillan nurses.

"It is mostly a case of 'keep pedalling', but the roads do go through some stunning scenery. The weather has been variable, but tolerable. We have met lots of nice people on our journey."

Iva, who has six grandchildren, decided to make the epic trip because she was "bored" and wanted to mark her 70th year.

In the past she has run the London Marathon nine times, walked Coast to Coast, the Pennine Way, run 200 miles across Crete, dab-

**By DAVID
COOK**

bled at wind surfing, hang gliding, abseiling, scuba diving and . . . an army assault course.

Iva is also a volunteer carer at Macmillan's Linden Road day centre where friends have already raised £100 sponsorship.

She is being accompanied on the ride by two friends from Bedford Youth Hostelling Group, Ian Scott of Stewartby and Jean Bradshaw from Bedford.

● To sponsor Iva, who hopes to raise £200, send donations c/o John Gregg, Bedford and District Macmillan Appeal, 3 Linden Road, Bedford, MK40 2DD. Mark your envelope 'Incredible Iva'.



■ IVA: Marking 70th year with marathon cycle ride for Herald-backed charity.

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To : The Ladies of Bedford Harriers A.C.

From : Lesley Davies - Ladies Team Co-Ordinator Tel: 01234- 870527

The Ladies Team Co-Ordinator is a new post for the club and I am the first to take up the challenge. I wanted to share some thoughts and ideas with you and invite you to give me some feed-back on what you want from Bedford Harriers. There are approximately 60 lady members at present and we all contribute in our own way to the ongoing success of the club. These members are evenly distributed throughout the current 7 running groups which accommodate all speeds and abilities.

Some of the lady club members find that their work and family commitments, 2 club training nights each week are sufficient, while others not only do extra training sessions, but attend as many differing races over a variety of distances as possible. We all reach our own level.

With regard to training, I think it would be beneficial if we ladies could have some training sessions together. Something that would cater not only for the faster ladies but those who prefer a gentler pace. It would be structured whereby everyone benefits from such a session. I have in mind an occasional Sunday morning or perhaps a club evening. Yours feelings on this would be most welcome.

With reference to races attended - may I remind you [or indeed those who do not already know] that after finishing any race you should enter your time in the club race results book situated on our table - near the signing in book - on training nights. This is very important as these results are used for two purposes - firstly to apportion your points for the club championships - secondly to assess your improvement for the road race standards scheme. I would also like to hear of any successes achieved by our lady club members - any trophies won - whether individual or team. Also let me know of your 1st races - either 1st ever or 1st at a particular distance. We can all be proud of our achievements for our own particular standards.

Following your feedback- either in person or via a note / telephone call - I will be able to implement a few more ideas. In particular, I want us to work at targeting certain races and ensure we put out the best teams. I do not want the strain of winning all the titles to be placed on an 'elite small squad'. No one person can be expected to race every Sunday or mid week for the glory of the club. If we liase better I believe we can spread the workload and still win trophies. Even our slower ladies have a role to play as few things seem to spur us on than the sight of our team turned out at a race in large numbers.

I look forward to hearing from you and wish all club members a successful 1997.

Lesley

P.S.

Since taking up the post of Ladies Team Co-Ordinator, I have had a back injury, which has effectively stopped me running. But I am fighting back, with walking, swimming and cycling. I hope to be out and about with my running group, on my bike, until I get the O.K. from my doctor.

Yours in sport

Lesley

BEDFORD HARRIERS A.C.

Ladies Term co-ordinator

I have a lot of outstanding Bedfordshire County A.A.A. Championship Certificate's for 1996/1997. So if your name is on the list below please come and see me if I do not find you first. **Well done to everyone.**

Bedford Half Marathon 1996

1st Place Ladies Team	Irene Cornwell
3rd Place Ladies Vet 45	Jackie Keenan
2nd Place Man Vet 40	Alan Smith
2nd Place Man Vet 60	Brian Cornwell
3rd Place Man Vet 60	David Sutcliffe

Flitwick 10k Champs 1996

1st Ladies Team Three Certificate's
you must know who you are!!

1st Place Ladies Vet 60	Irene Cornwell
2nd Place Ladies Vet 50/55	Irene Cornwell
3rd Place Ladies Vet 45	Jackie Keenan

Bedford 20 mile Champs Shuttleworth 1996

1st Men's Team two Certificate's
you must know who you are!!

Cranfield 10k Champs 1997

1st Place Ladies Team
Kathy Browning

1st Place Ladies Vet 35	Veronica Singleton
2nd Place Ladies Vet 35	Kathy Browning
2nd Place Ladies Vet 55/60	Veronica Singleton
3rd Place Ladies Vet 50	Irene Cornwell
2nd Place Men's Team	Irene Cornwell
	Tony Barnes
	Franck Monmont
	Eduardo Preciado
	James Potter
3rd Place Senior Man	Tony Barnes
3rd Place Man Vet 60	David Sutcliffe

Great Barford Half Marathon 1996

1st Team Medal	Darren Armitage
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RACE REVIEWS

Trail Busting

Warden Abbey greeted participants in the inaugural Jordans Trail Challenge - conditions wet and wild. Two options were available to competitors - a demanding 9 mile run and an equally demanding duathlon [6 mile run / 9 mile bike / 3 mile run]. An excellent atmosphere as competitors were given a final briefing. It was good to see so many Harriers in both options.

Early reports indicated a fast time in the 9 mile run. Martin Yelling was the eventual winner of this inaugural 9 mile race. Minutes passed before the next finisher appeared. It was good to gauge the comments as competitors crossed the finishing line. It was good to see so many Harriers - including Max, Graham and Dave in the 9 mile race, and Phil, Avril and Vivien in the duathlon. All had a tale to tell as they crossed the finishing line. So many happy faces.

Conditions prevailed as the inaugural Jordans Trail Challenge reached a satisfactory conclusion. Special thanks to all who made this event such an incredible success.

May Madness

It was a bright May morning as runners arrived for the annual Bedford - Cople 10 Road Race. An excellent atmosphere was generated as I discussed heart rate monitors with a specialist trainer, Stuart Hale. It was informative. The minutes ticked away as I located at the Moggerhanger Turn [2 miles from the start] to capture the efforts of participants on film.

The race leader looked comfortable at this stage with second place a minute behind. Tony and Mark were together, with Eduardo not far behind. It was good to see a number of Harriers participating, including Chris and Teresa, as the main field arrived. It was good to capture one individual on film, who was 82 years young. Runners would pass this point again after a 6 mile loop.

Runners duly completed the 6 mile loop and the race leader duly completed victory in 53 minutes. Tony and Eduardo were now together, with Mark not far behind. Tony was 1st Harrier home. Brian continued his remarkable progress with 67 minutes. All runners had a tale to tell and some would agree that the weather was the winner.

Scintillating Sharnbrook

A glorious May day welcomed visitors to the annual Sharnbrook Fete. While some settled for the relaxed atmosphere and the numerous attractions on offer, others addressed the demands of a 10K Road Race. Attractions were incredible, including a Falconry Display and regular trips around the Fete using Shire Horses.

The 10K Road Race was unique this year because it incorporated part of the Bedford-Bamberg Sports Festival. Bedford competed against their Bamberg counterparts. Bedford the eventual winners. A familiar face led at 3K and was the eventual winner. Tony was 1st Harrier home, with Phil not too far behind. It was good to see a number of Harriers participating, including Brian, Chris, and Jackie. Also a number of ex-Harriers, Ben and Amanda.

All participants welcomed refreshments as the race reached a satisfactory conclusion. May provided the weather and Sharnbrook the incredible atmosphere. What a day!!!

Cranfield Carnival

Cranfield welcomed participants on a glorious June day for the annual 10K Road Race. A carnival atmosphere was clearly evident as the morning progressed. It was good to see so many families present - some taking part in the road race - some in the fun run and dash. Jack is a compare without equal as he welcomed one and all to Cranfield. The minutes ticked away as race time grew ever nearer at 11AM. I located at 3K to marshal the runners.

The leaders were setting a hot pace and reached this point in a little over 9 minutes. Tony was the 1st Harrier, with Phil, Frank and Eduardo not far behind. Some found the going tough. It was good to see so many Harriers participating. The winner from Tipton ran an incredible 30:46, just 30 seconds down on Hugh Jones course record. Kathy was 1st Lady in 38:56. Bedford Harriers excelled on the day and the Mens Team took the 10K County Championships. An exceptional performance by an exceptional club.

A mega, megamungus thank you to all who made this event such a gobsmacking success. Special thanks to Barry and Steve.

Cool Colworth

Colworth welcomed participants on a damp Friday evening for their annual 5 mile race. It was good to see such an excellent atmosphere despite the rain. An aerobic workout prior to the start certainly livened things up. A downpour signalled the start as 'Chariots Of Fire' echoed in the background. What lay ahead would test some to the limit.

Bedford Harriers were well represented, with Tony finishing an excellent 2nd. A nice trophy too. A whole group finished together, including Brian, Paul and Max. Jacinta and Wendy revelled in the conditions as bright sunshine and refreshments awaited the finishers. Excellent race. Excellent atmosphere. A night to remember.

Grand Prix Finale

10K in Milton Keynes was a fitting conclusion to what has been an exceptional East Midlands Grand Prix Series. A series which began at Silverstone in April had now turned full circle. Bedford Harriers turned in a solid performance, with a number of notable individual performances, including Max, Christine, Veronica and James. Max set another P.B. of 38:28, while Christine set an equally impressive P.B. of 44:28. Veronica was 2nd LV35 on the night. A special mention to all who took part in the series and congratulations to James Foley who was 1st in the U20 category, and 1st overall in this category. Well done James.

1998 Awaits!!!!

RACE REVIEWS @philip.j.gray

A Thank You From Tony To Phil

Tony Parello would like to thank Phil Barnes for helping him pace the Ramsey half marathon and get under 1 hour 30 minutes for the first time. Tony's time of 1 hr-28min-28secs, was a near five minute improvement on his previous PB for the distance- 1hr -33min -01secs - which was set in the Bedford Half in February.

Race Results and Performances

Over 100 Harriers, or around half the membership, have run in one or more road races since January. The races attracting the most Harrier runners have been the Flitwick 10k (54), the Bedford Half (49) and the Sharnbrook 10k (47). Over 30 Harriers did the London Marathon, 27 ran Cople, 24 entered for the Colworth 10k and more than 20 did the Bedford 6. Since January, Harrier runners have participated in around 50 road or multi-terrain race.

PB Improvements

At least 20 Harriers, have set new PB's since the start of the year.

Barry Bright, Graham King and Tony Barnes (who was the second runner home), all set new figures in the Folksworth 15. **Graham** also set a new PB for the 10k at Sharnbrook.

Chris Armstrong, John Durham, Jacinta Horne, Angie Kay, Tony Parello, Ralph Ward and Ian Weaver, all set new half marathon PB's at Bedford. **Christine** improved her time by five minutes, **John** improved his by 13 minutes, **Jacinta's** time was a 83 second advance and **Tony's** time represented a ten minute improvement on his 1996 Bedford time. **John Durham** also got a new PB for the 10k at Flitwick. **Christine** has set new PB's for six miles at Rugby and Bedford and for 10k at Milton Keynes. **Tony** set new PB's for 10k at Flitwick, Cranfield and Dunstable where he got under 40 minutes for the first time. **Tony** also got under 1 hour 30mins for the first time for the half marathon at Ramsey.

Phil Barnes knocked 1 min 56 secs of his previous 10k best to set a new PB of 35 08 at Peterborough, **Rob Stanley** set a new 10k time at Flitwick, **Bernard Charnley** set new 10k times at Flitwick and Cranfield and **Brian Harwood** got new PB's in the Silverstone 10k and Rugby 6.

Malcolm McEwen who knocked nine minutes of his time, **Angela Ranson** and **Sarah Brown** all set new PB's in the Stratford Half. **Angela** also knocked seven minutes off her 10k time at Dunstable. **James Potter** got a new 10k PB at Cranfield and **Max O'Driscoll** got a new 10k at Dunstable and then went under 39 minutes for the first time at the Milton Keynes 10k. **Steve Gaunt** also set a new PB at Milton Keynes going under 40 minutes for the first time since 1991. **Chris Brace** has set new PB's across a range of distances and courses this year including the London Marathon, Leighton Buzzard 10, the Bedford 6 and Flitwick 10k.

S U M M E R 1 9 9 7

In addition to these PB improvements, there have been a number of other notable performances by Harriers so far this year. The list includes.

Kathy Browning's one mile time trial of 5.32 in May. This is thought to be the fastest mile time run by a Harrier lady since the Club's formation. Kathy was also the first lady home in the Cranfield 10k with a time of 38.56. Kathy's PB for 10k is around 34.0 minutes.

Edvardo Preciado's London Marathon time of 2:54:33. Edvardo is the only member of the Harriers to have broken three hours for the marathon so far this year.

Steve Wilby (v45) was the third Harrier home in the London Marathon in a new PB of 3:16:49. Steve puts his improvement down to his use in training and in the race, of a heart rate monitor.

Maurice Crook's (V55) run in the Flitwick 10k. Maurice was the first vet home and the sixth Harrier overall to finish - out of a field of 35 male Harriers - with a time of 38:14.

Phil Barnes finished 25th in a field of 1,500 runners at the St Albans Half.

Chris Proud's run in the European Duathlon Championship in Poland where he was the first British runner home in his age group. Chris was also the overall winner of the Colworth Duathlon and the first v50 in the Norwich Duathlon.

Performances of Merit

A new award which acknowledges and recognises performances of particular merit has been introduced by the Club. The awards, which are to be made four times a year, highlight notable achievements in individual races, or occasionally, in a series of races. The points taken into consideration when deciding the awards include the time achieved in a race, improvement on PB, the position in the race, endurance and age related performances. All members of the Club are eligible for consideration.

The results of the Awards for Winter and Spring are given on page 23. The choice of winners is inevitable subjective. Apologies to those who feel they should have been included but have not been on this occasion.

The Awards for performances between July and September (the Summer Awards) will be given in the Autumn edition of the Magazine.

BEST PERFORMANCES AWARDS

WINTER AWARDS

3rd Place

Phil Barlow, a v50, was the second Harrier to finish in the Bedford Half with a time of 1 27 30

2nd Place

Edvardo Preciado's 60 19 in the Hemel 10 This was Edvardo's first run for the Club and he was the first Harrier home on the day.

1st Place

The Winter Award goes to **Tony Barnes** for his run in the Bedford Half .Tony finished third overall, out of a field of around 500, and in a time of 1 15:36.

SPRING AWARDS

3rd Place

Veronica Singleton's run in the London Marathon in April Veronica's time of 3.18.36 was almost an hour faster than the next lady Harrier and was also faster than all but six of the 25 male Harriers who ran.

2nd Place

Viv Kilgour for her 40 mile endurance run in June This is a huge distance to cover as anybody who has run a marathon will know. Viv's time for the race was six hours 10 minutes

1st Place

The Spring Award goes to **James Foley** for his performance in the East Midlands Grand Prix Series James was the overall winner in the under 20 age category and produced consistently fast times in the eight race series.

CLUB CHAMPIONSHIPS AND RACES

For those who may be not be aware of it, the Club runs five championship races or series of races each year

- The Road Race Championship
- The 10k Championship
- The 10 Mile Championship
- The Half Marathon Championship
- The Cross Country Championship

The Road Race Championship

Event(s) to count:

The championship covers any road race run under BAF Rules, or, in the case of overseas events, under the rules of the appropriate governing body Other types of races such as: multi-terrain, cross-country events etc do not count neither do our own events, where we provide marshals etc. Entry to the race should be open to all club members unless they are men- or women- only events

Scoring:

1 point for finishing

Plus 1 point for each person you beat in your own category

Plus 1 point for each person you beat in any younger age group category

Times should either be entered into the Race Book or forwarded on an official results list to count

Categories/Trophies to be Awarded:

Overall Men's winners trophy (shield), overall Women's winners trophy (shield)

Smaller mementoes (to keep) for each age category winner

Minimum of three events in the appropriate age group need to be run to qualify for a trophy

When participating in races, Club colours (i.e. vest or T-shirt) should be worn, otherwise the run will not count towards a club distance championship or the road race championship Rare exceptions, such as running for charity, forgetting the vest (first offence only) or ignorance of the rules (first offence only) may be made at the Club's discretion.

Results and points awarded for all qualifying races so far in 1997, are given on pages 27 to 37

The 10K Road Race Championship

One Event to count:

The Flitwick 10K -Run in April The results are on page 31

Categories/Trophies to be Awarded:

Overall Men's/ Women's shields for winners

Trophies (to keep) in the following age categories

Males senior male, male v40, male v45, male50, male v55, male v60

Females senior lady, lady v35, lady 40,lady 45, lady 50, lady 55, lady 60

The Ten Mile Road Race Championship

Event(s) to count:

Hemel, Leighton Buzzard, Cople, Harlow and Swineshead

Minimum of 3 races to be completed, best 3 from 5 scores to count The Hemel, Leighton Buzzard and Cople races have already been run. Harlow is being run on Sunday 3rd August and Swineshead on Sunday the 7th September. Current points and placings for this Championship are given on the next page

Scoring:

30 points for first man, woman (irrespective of age group)

29 for second

28 for third ----- and so on

The Half Marathon Road Race Championship

One Event to count:

The Bedford Half Marathon. Run in February The results are on pages 28 and 29

Categories/Trophies to be Awarded:

As 10K Road Race

The Cross-Country Championship (1997/98)

Event(s) to count:

Amphill Trophy, Northampton, Leighton Buzzard, Flitwick, Letchworth. (The cross country championship will be covered in more detail in the Autumn edition of the Harriers Magazine)

Scoring:

Minimum of 3 races to be completed, best 3 scores from 5 to count

10 points for first place in category, 9 for 2nd, 8 for 3rd . and so on

Categories/Trophies to be Awarded:

Mementoes (to keep) in each age category

Ten Mile Road Race Championship

Current Points and Placings

Races To Come

	Hemel	Pts	Leighton Buzzard	Pts	Cople	Pts	Harlow	Swineshead	Total
Tony Barnes	61 55	30	61 06	30	60 59	30			90
Brian Cornwall	78 26	24	76 07	28	79 09	19			71
Brian McCallen	68.37	28			67 00	27			55
Tony Parello	66.27	29			68 43	25			54
Ian Marshall			72 18	29	71 32	23			52
Ray Evans	71 45	27			72 31	22			49
Mike Devonshire	75.36	25			77.17	20			45
Chris Brace			77 22	27	79 23	18			45
Bill Bowden			79.08	26	80 12	16			42
David Fake			80.19	25	79 59	17			42
Dave Bithell	83 42	23			89 10	10			33
Edvardo Preciado					61.42	29			29
Mark Whiteman					62.10	28			28
Paul Roberts	73 35	26							26
Graham King					68 12	26			26
John Martinello					70 42	24			24
Philip Gray	87 04	22							22
Colin Tranter					72 35	21			21
Terry McEwan					81 43	15			15
Steve Gaunt					82 37	14			14
David Sutcliffe					84.15	13			13
Len Donovan					84 24	12			12
Malcolm McEwan					85.24	11			11

	Hemel	Pts	Leighton Buzzard	Pts	Cople	Pts	Harlow	Swineshead	Total
Christine Armstrong	81 05	29	79 36	30	80.06	29			88
Jacky Keenan	80.27	30	80 50	29	81 21	28			87
Irene Cornwell	103 13	27	99.52	26	100 44	25			78
Pauline Beehan					76 33	30			30
Lesley Davies	84 13	28							28
Anne Davies			83 07	28					28
Sandra Elliot			84 21	27					27
Teresa Munns					82 36	27			27
Michelle Boyden					93 39	26			26

Harlow is run on Sunday 3rd August and Swineshead on Sunday the 7th September

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Road Race Championship Qualifying Races and Points Awarded

The following pages list all the races run by Harriers members in the first half of the year and which have been listed in the Results Book. Points awarded for Club Championship races are given for qualifying races. The races are given in alphabetical order.

A blank against a runner's name in the age category signifies the runner is a senior male (under 40 years) or senior lady (under 35 years). The category V35 signifies 35 to 39 years, the category V40 signifies 40 to 44 years and so on.

Mistakes and omissions are possible. If you spot any, let me know (Brian McCallen).

Ashby 20

		Age Category	Time	Pts
Mark	Abraham		3 29 0	1

		Age Category	Time	Pts
Jacinta	Horne		3 20.53	1

Banbury 5

		Age Category	Time	Pts
James	Foley		26 30	3
Tony	Barnes		30.37	2
Max	O'Driscoll		31 22	1

		Age Category	Time	Pts
Veronica	Singleton	v 35	32 52	1
Christine	Armstrong	v40	36 06	1

Barnet 10k

		Age Category	Time	Pts
Pauline	Beehan	v35	46.57	1

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Bedford 6

		Age Category	Time	Pts
James	Foley		33 35	12
Paul	Langford		33 53	11
Tony	Barnes		35.51	10
Kevin	Willett		35 54	9
Alastair	Fadden		37 10	8
Max	O'Driscoll		37 42	7
Brian	Harwood	V45	38 51	12
Darren	Armitage		39 08	6
Paul	Sharman		39 54	5
Ian	Marshall		39.55	4
Paul	Roberts		40 15	3
Steve	Wilby	v45	40 37	7
Colin	Bennett	v45	40 57	6
Ray	Evans	v50	42 06	6
Terry	McEwen	v45	42 30	5
Neil	klabe		43 15	2
Christopher	Brace	v45	44.15	3
John	Isard	v45	46.08	2
Malcolm	McEwen		46 33	1

		Age Category	Time	Pts
Veronica	Singleton	v35	39.29	2
Nicola	Klebe		43 15	1
Christine	Armstrong	v40	43 36	1

Bedford Half Marathon (Club Championship Race)

	Age Category	Time	Pts		Age Category	Time	Pts
Tony Barnes		1.15 36	16	Ian Soaft	v45	1.41 41	11
Phil Barlow	v50	1:27:30	30	David Fake	v50	1:42.44	12
Alan Smith	v40	1 27:47	17	Stephen Clark	v45	1 43:13	10
Ian Weaver		1 28:55	15	John Durham	v40	1 43 24	6
Phil Barnes		1:28:56	14	Ian Marshall		1:44.52	5
Alastair Fadden		1 29:30	13	Chris Brace	v45	1:48:02	7
Ralph Ward		1 31:06	12	William Bowden	v55	1:49:57	9
Chris Proud	v50	1.31:15	25	Patrick Harnan		1.50:37	4
John Martiello		1:32:37	11	Peter Swales		1 53:06	3
Tony Parello		1:33 01	10	Len Donavan		1 55.18	2
Clive Edmonds		1.33:13	9	David Sutcliffe	v60	1:55 35	8
Paul Sharman		1.33:45	8	John Adamson	v45	1:55.45	2
Dennis Gound	v50	1 37:39	19	David Tresser	V50	1:58.45	3
Ray Evans	v50	1:37:59	18	Bruce Tilbury	v50	1.59.05	3
John Marchant	v45	1:38:48	15	Gerald Dazley	v60	2:04.27	3
Gallo Giovanni		1.40.22	7	Malcolm McEwan		2:06.57	1
Richard Bird		1,40;40	6	Michael Wood	v45	2 12 31	1
				Brian Cornwall	V60	2 27.39	1

SUMMER 1997

Bedford Half Marathon (Club Championship Race)

	Age Category	Time	Pts
Veronica Singleton	v35	1 36 08	8
Avril Thomas		1 40 52	4
Christine Armstrong	v40	1 42 46	9
Pauline Beehan	v35	1 48 03	6
Lesley Davies	v40	1 48 24	7
Jacky Keenan	v45	1 52 44	8
Angel Kay	v35	1 55.03	5
Lesley Barnes	v35	1 55 17	4
Jacky Hibbard	v40	2 03.43	4
Jude Cottam	v45	2 04 27	4
Jacinta Horne		2 07 07	3
Kim Walker		2 10 29	2
Iva Barr	v65	2 16 51	2
Pamela Reid		2 17:12	1

Borehamwood Half Marathon

	Age Category	Time	Pts
Christine Armstrong	v40	01 45 13	1

Boughton 10k

	Age Category	Time	Pts
Graham Horne		41 39	1

	Age Category	Time	Pts
Jacinta Horne		58.49	1

Cople 10 (Ten Mile Championship Race)

	Age Category	Time	Pts		Age Category	Time	Pts
Tony Barnes		60.59	9	Brian Cornwall	V60	79 09	10
Edvardo Preciado		61.42	8	Chris Brace	v45	79.23	5
Mark Whiteman		62 10	7	David Fake	v50	79 59	5
Brian McCallen	v40	67.00	8	William Bowden	v55	80.12	6
Graham King	v40	68 12	7	Terry McEwan	v45	81.43	4
Tony Parello		68 43	6	Steve Gaunt		82.37	3
John Martiello		70 42	5	David Sutcliffe	v60	84 15	3
Ian Marshall		71 32	4	Len Donavan		84 24	2
Ray Evans	v50	72 31	10	Malcolm McEwan		85 24	1
Colin Tranter	v55	72 35	9	David Bithell	v55	89 10	1
Mike Devonshire	v45	77.17	6				

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Cople 10 (Ten Mile Championship Race)

		Age Category	Time	Pts
Pauline	Beehan	v35	76 33	2
Christine	Armstrong	v40	80 06	3
Jackie	Keenan	v45	81 21	3
Teresa	Munns	v45	82 36	2
Michelle	Boyden		93 39	1
Irene	Cornwall	v60	100 44	1

Corby 5

		Age Category	Time	Pts
Tony	Barnes		27 32	1
Phil	Gray	v40	41 00	1

		Age Category	Time	Pts
Christine	Armstrong	v40	35 58	1

Dunstable 10k

		Age Category	Time	Pts
Tony	Barnes		36 00	5
Max	O'Driscoll		39 27	4
Tony	Parello		39.38	3
Paul	Sharman		41.12	2
Malcolm	McEwen		52 50	1

		Age Category	Time	Pts
Christine	Armstrong	v40	46 34	2
Andrea	Ranson	v35	52.50	1

Dhayader 20

		Age Category	Time	Pts
Veronica	Singleton	v35	02 34 33	1

Edinburgh 5k

		Age Category	Time	Pts
Stephen	Clark	v45	21 03	1

Exeter Half

		Age Category	Time	Pts
Chris	Cottam	v50	1.58.00	1

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Flitwick 10k (Club Championship Race)

		Age Category	Time	Pts			Age Category	Time	Pts
Tony	Barnes		35 06	13	Roger	Trengrove	v45	45 42	9
James	Foley		35 45	12	Brian	Cornwall	V60	46 01	15
Phil	Barnes		36 39	11	Terry	McEwan	v45	46 02	8
Mark	Whiteman		36 53	10	Len	Donavan		46 28	2
Alastair	Fadden		38 14	9	David	Fake	v50	46 38	8
Maurice	Crook	V55	38 39	27	Chris	Cottam	v50	46 42	7
Brian	Harwood	V45	40 13	20	David	Sutchiffe	v60	46 50	10
Max	O'Driscoll		40 15	8	Chris	Brace	v45	47 07	6
Tony	Parello		40 30	7	John	Isard	v45	47 20	5
Brian	McCallen	v40	40 34	10	William	Bowden	v55	47 46	6
Graham	Horne		40.53	6	Robert	Stanley	v40	48.01	3
Ian	Weaver		41 37	5	David	King		48 26	1
James	Potter		41 49	4	John	Keenan	v60	50 03	4
Colin	Tranter	v55	42 07	19	David	Bithell	v55	50.55	3
Ray	Evans	v50	43 45	16	John	Adamson	v45	51.56	2
John	Marchant	v45	44.08	13	Gerald	Cooper	v40	67 58	1
John	Durham	v40	44 11	6					
Bernard	Charnley		44 19	3					
Mike	Devonshire	v45	45.26	10					

		Age Category	Time	Pts			Age Category	Time	Pts
Veronica Singleton		v35	42 12	11	Wendy Machan			51 50	3
Avril Thomas			44 22	6	Ruth Moffat			51 50	3
Pauline Beehan		v35	46 19	9	Jude Cottam	v45		53 01	5
Christine Armstrong		v40	47 38	10	Michelle Boyden			59.23	2
Teresa Munns		v45	47 49	13	Irene Cornwall	v60		59.51	5
Jacky Keenan		v45	48 22	12	Dilys Hunt	v45		60.46	3
Sandra Elliot		v35	49.08	8	Jacinta Horne			63.39	1
Lesley Barnes		v35	49 53	7	Marie Lane	v35		63 39	1
Anne Davies		v40	50 04	7	Muriel Moore	v50		63 39	1
Alice Crook			51 41	5					

Folksworth 15

		Age Category	Time	Pts
Tony	Barnes		1 25 41	1
Graham	King	v40	1 49 47	2
Barry	Bright	v40	1.56.12	1
David	Bithell	v55	2 18.52	1

		Age Category	Time	Pts
Jude	Cottam	v45	2.26 09	1

Great Eastern 10k

		Age Category	Time	Pts
Ian	Marshall		42.48	1

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Hemel 10 (Club Championship Race)

		Age Category	Time	Pts
Tony	Barnes		61 55	3
Tony	Parello		66 27	2
Brian	McCallen	v40	68 37	3
Ray	Evans	v50	71 45	4
Paul	Roberts		73 35	1
Mike	Devonshire	v45	75 36	2
Brian	Cornwall	V60	78 26	3
David	Bithell	v55	83 42	2
Phil	Gray	v40	87 04	1

		Age Category	Time	Pts
Jacky	Keenan	v45	80 27	3
Christine	Armstrong	v40	81 05	2
Lesley	Davies	v40	84 13	1
Irene	Cornwall	v60	103 13	1

Ironbridge Half Marathon

		Age Category	Time	Pts
Veronica	Singleton	v35	1:35 40	1

Leighton Buzzard 10 (Ten Mile Championship Race)

		Age Category	Time	Pts
Tony	Barnes		61.05	2
Ian	Marshall		72.10	1
Brian	Cornwall	V60	76.07	3
Chris	Brace	v45	77 22	1
William	Bowden	v55	79 08	2
David	Fake	v50	90 19	1

		Age Category	Time	Pts
Christine	Armstrong	v40	79 36	3
Jacky	Keenan	v45	80 50	3
Anne	Davies	v40	83.07	2
Sandra	Elliot	v35	84.21	1
Irene	Cornwall	v60	99 52	1

Leighton Buzzard Half Marathon

		Age Category	Time	Pts
Paul	Sharman		1 37.00	1
Chris	Cottam	v50	1 41 13	1

Leighton Buzzard Half Marathon

		Age Category	Time	Pts
Anne	Davies	v40	01 57:40	1

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London Marathon

		Age Category	Time	Pts
Edvardo	Preciado		2 54 33	12
Mark	Whiteman		3 16 00	11
Steve	Wilby	v45	3 16 49	15
Tony	Parello		3 17 29	10
Richard	Bird		3 18 00	9
Chris	Proud	v50	3 20 34	16
Alastair	Fadden		3 30 00	8
Ralph	Ward		3 51 00	7
David	King		3 52 00	6
Stephen	Clark	v45	3 53 00	8
John	Martello		3 53 00	5
Chris	Brace	v45	4 08 18	7
Len	Donavan		4 11 00	4
William	Bowden	v55	4 21 00	10
Robert	Stanley	v40	4 25 00	4
David	Tresser	V50	4 31 00	8
Steve	Gaunt		4 34 00	3
David	Bithell	v55	4 35 00	7
Bruce	Tilbury	v50	4 38 00	7
Gerald	Dazley	v60	4 39 00	6
Les	Dick	v50	4 41 46	5
Mark	Abraham		4 50 00	2
Peter	Swales		4 53 00	1
Michael	Wood	v45	4 55 00	1
Jack	Keenan	v50	5 33 00	1

		Age Category	Time	Pts
Veronica	Singleton	v35	03 18 49	3
Jacky	Keenan	v45	04 12 00	3
Melissa	Dick		04 41.46	2
Jacinta	Horne		04 48 00	1
Iva	Barr	v65	05 06 00	1

Market Harborough 5

		Age Category	Time	Pts
Tony	Barnes		27 30	3
James	Foley		27 35	1
Brian	Harwood	V45	31 33	2
Max	O'Driscoll		32 30	1

		Age Category	Time	Pts
Christine	Armstrong	v40	37 06	1
Veronica	Singleton	v35	33 41	1

Newton Aycliffe 5

		Age	Time	Pts
Sandra	Elliot	v35	36 06	1

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Peterborough 10K

		Age Category	Time	Pts
Tony	Barnes		34 40	3
Phil	Barnes		35 08	2
Paul	Sharman		40 23	1
Chris	Cottam	v50	45 25	1

		Age Category	Time	Pts
Lesley	Barnes	v35	51 00	1

Peterborough 20

		Age Category	Time	Pts
Stephen	Clark	v45	2 42 10	1

Potteries Marathon

		Age Category	Time	Pts
Stephen	Clark	v45	3 46 00	1

Ramsey Half Marathon

		Age Category	Time	Pts
Tony	Parello		1 28.28	2
Phil	Barnes		1 28 29	1
William	Bowden	v55	1 46.22	1

		Age Category	Time	Pts
Lesley	Barnes	v35	1 56 20	1

Royston 10k

		Age Category	Time	Pts
Tony	Barnes		36.10	1

Rugby 6

		Age Category	Time	Pts
Tony	Barnes		35.29	2
Brian	Harwood	V45	37 54	2
Max	O'Driscoll		41 46	1

		Age category	Time	Pts
Christine	Armstrong	v40	45 40	1

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Sharnbrook 10k

		Age Category	Time	Pts			Age Category	Time	Pts
Paul	Langford		35 51	19	Ray	Evans	v50	43 36	15
Tony	Barnes		36 29	18	Paul	Sharman		44 00	6
Phil	Barnes		36 34	17	Bernard	Charnley		44 27	5
Brian	McCallen	v40	39 39	18	Mike	Devonshire	v45	44.53	9
Alastair	Fadden		39 52	16	Steve	Adams		45 36	4
Tony	Parello		40 37	15	John	Marchant	v45	46 34	7
Graham	King	v40	40 38	16	Chris	Brace	v45	46 48	6
Max	O'Driscoll		41 00	14	Barry	Bright	v40	46 54	4
Graham	Horne		41 41	13	Brian	Cornwall	V60	47.09	9
James	Potter		41 44	12	Chris	Cottam	v50	47 39	7
Steve	Gaunt		42 17	11	David	Fake	v50	47 54	6
Darren	Armitage		42.23	10	Len	Donavan		47 57	3
John	Martuello		42 27	9	John	Keenan	v50	50.30	4
Les	Dick	v50	43 04	18	David	Bithell	v55	51 12	4
Ian	Marshall		43 06	8	Colin	Welch		52.31	2
Paul	Roberts		43 27	7	Trevor	Beard	v45	55 21	2
					Malcolm	McEwan		58.58	1

		Age Category	Time	Pts
Christine	Armstrong	v40	46 17	10
Pauline	Beehan	v35	48 44	7
Jacky	Keenan	v45	48 46	10
Lesley	Barnes	v35	49 05	6
Melissa	Dick		50 35	4
Anne	Davies	v40	50 55	6
Jude	Cottam	v45	54.00	6
Wendy	Machan		54 14	3
Sue	Baggaley	V40	54 29	4
Michelle	Boyden		55 32	2
Andrea	Ranson	v35	58 58	2
Jacinta	Horne		60 29	1
Irene	Cornwall	v60	60.38	1
Iva	Barr	v65	63 02	1

Silverstone 10k

		Age Category	Time	Pts
Brian	Harwood	V45	38 35	2
Phil	Gray	v40	51 26	1

		Age Category	Time	Pts
Veronica	Singleton	v35	41 12	1

St Albans Half

		Age Category	Time	Pts
Phil	Barnes		1 21 45	4
Graham	Horne		1 29 42	3
Tony	Parello		1.33.00	2
Will	Drown		1 39:00	1

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Stanford 30K

		Age Category	Time	Pts
Tony	Parello		2 17 35	1

Stratford Half Marathon

		Age Category	Time	Pts
Malcolm	McEwen		1 57 00	1

		Age Category	Time	Pts
Sarah	Brown		2 19 00	1
Andrea	Ranson	v35	2 21 00	1

Thorney 12k

		Age Category	Time	Pts
Will	Drown		51 22	1

Titchmarch 10k

		Age Category	Time	Pts
Brian	Harwood	V45	39.09	1

Watford Half Marathon

		Age Category	Time	Pts
Paul	Sharman		1 33.00	2
Tony	Parello		1.34.00	1

		Age Category	Time	Pts
Pauline	Beehan	v35	1 52 00	1

Weedon 10k

		Age Category	Time	Pts
James	Foley		35 30	4
Tony	Barnes		37.05	3
Max	O'Driscoll		40 11	2
Graham	Horne		40 44	1
Brian	Harwood	V45	44 50	1

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Welwyn 5

		Age Category	Time	Pts
Graham	Horne		31 59	1
Terry	McEwan	v45	32 43	1

		Age Category	Time	Pts
Veronica	Singleton	v35	32 43	5
Wendy	Machan		41 55	3
Andrea	Ranson	v35	46 11	3
Sarah	Brown		46 16	2
Jacinta	Horne		56 03	1

CLUB ROAD RACE CHAMPIONSHIP:1997

MEN

Current Points And Placings

Points				Points			
Tony	Barnes		84	Steve	Gaunt		17
Ray	Evans	v50	69	Alan	Smith	v40	17
Tony	Parello		59	James	Potter		16
Phil	Barnes		57	Darren	Armitage		16
Alastair	Fadden		54	Richard	Bird		15
Brian	Cornwall	v60	41	Len	Donavan		13
Chris	Proud	v50	41	John	Durham	v40	12
Brian	Harwood	v45	40	Paul	Roberts		11
Brian	McCallen	v40	39	Ian	Soaft	v45	11
Max	O'Driscoll		38	David	Tresser	v50	11
Christopher	Brace	v45	35	Gerald	Dazley	v60	10
John	Marchant	v45	35	Bruce	Tilbury	v50	10
William	Bowden	v55	34	Clive	Edmonds		9
David	Fake	v50	32	John	Keenan	v50	9
James	Foley		32	Roger	Trengrove	v45	9
Phil	Barlow	v50	30	Kevin	Willett		9
John	Martiello		30	Bernard	Charnley		8
Paul	Langford		30	Gallo	Giovanni		7
Colin	Tranter	v55	28	John	Isard	v45	7
Mark	Whiteman		28	David	King		7
Maurice	Crook	v55	27	Robert	Stanley	v40	7
Mike	Devonshire	v45	27	Colin	Bennett	v45	6
Graham	Horne		25	Malcolm	McEwen		6
Graham	King	v40	25	Barry	Bright	v40	5
Paul	Sharman		25	Neil	klabe		5
Les	Dick	v50	23	John	Adamson	v45	4
Ian	Marshall		23	Patrick	Harnan		4
Steve	Wilby	v45	22	Peter	Swales		4
Stephen	Clark	v45	21	Steve	Adams		4
David	Sutcliffe	v60	21	Mark	Abraham		3
Edvardo	Preciado		20	Phil	Gray	v40	3
Ian	Weaver		20	Will	Drown		2
Dennis	Gound	v50	19	Michael	Wood	v45	2
Ralph	Ward		19	Colin	Welch		2
David	Bithell	v55	18	Trevor	Beard	v45	2
Terry	McEwen	v45	18	Gerald	Cooper	v40	1
Chris	Cottam	v50	17	Jack	Keenan	v60	1

Includes all qualifying races up to 29th June 1997

CLUB ROAD RACE CHAMPIONSHIP:1997

LADIES

Current Points And Placings

			Points
Christine	Armstrong	v40	45
Jacky	Keenan	v45	42
Veronica	Singleton	v35	34
Pauline	Beehan	v35	26
Lesley	Barnes	v35	19
Jude	Cottam	v45	16
Anne	Davies	v40	16
Teresa	Munns	v45	15
Sandra	Elliot	v35	10
Avril	Thomas		10
Irene	Cornwall	v60	9
Jacinta	Horne		9
Wendy	Machan		9
Lesley	Davies	v40	8
Andrea	Ranson	v35	7
Melissa	Dick		6
Michelle	Boyden		5
Alice	Crook		5
Angela	Kay	v35	5
Iva	Barr	v65	4
Jacky	Hibbard	v40	4
Sue	Baggaley	v40	4
Sarah	Brown		3
Dilys	Hunt	v45	3
Ruth	Moffat		3
Kim	Walker		2
Marie	Lane	v35	1
Muriel	Moore	v50	1
Pamela	Reid		1
Nicola	Klebe		1

Includes all qualifying races up to 29th June 1997

Non-Qualifying Race Results

The following races have been run by Harriers members since the start of the year but do not qualify for championship points

Colworth 10k

		Age Category	Time
Tony	Barnes		29 01
Mark	Whiteman		31 02
Max	O'Driscoll		31 34
Alastair	Fadden		31 59
John	Martello		32 12
Steve	Gaunt		32 16
Brian	McCallen	v40	32 26
Graham	Horne		32 36
Paul	Sharman		33 36
Paul	Roberts		33 40
Steve	Wilby	v45	34 55
Colin	Bennett	v45	35.14
John	Durham	v40	35 55
George	Armstrong	v40	36 26
Roger	Trengrove	v45	36 47
Pete	Davies	v40	37 34
William	Bowden	v55	38 10
Malcolm	McEwen		39 10
Trevor	Beard	v45	42 15
Mark	Abraham		61 28

		Age Category	Time
Christine	Armstrong	v40	37 19
Ruth	Moffat		40 01
Jacinta	Horne		46 37
Wendy	Machan		55 15

Colworth Duathlon

		Age Category	Time
Chris	Proud	v50	1 22 00
James	Potter		1 25 00

Cranfield 10k

		Age Category	Time
Tony	Barnes		35 41
Phil	Barnes		35 59
James	Potter		38 59
Max	O'Driscoll		39 47
Tony	Parello		40 23
Ian	Marshall		42 09
Bernard	Charnley		42 30
Steve	Gaunt		42 40
Mike	Devonshire	v45	46 00
Christopher	Brace	v45	47 14
Malcolm	McEwen		48 51

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Cranfield 10k

		Age Category	Time
Kathy	Browning	v35	38 48
Veronica	Singleton	v35	41 47
Christine	Armstrong	v40	47 03
Lesley	Barnes	v35	48 52
Anne	Davies	v40	50 12
Jude	Cottam	v45	53 00
Sue	Baggaley	V40	55 04
Vanda	Miller	V40	61 38
Pamela	Reid		62 42
Marie	Lane	v35	63 54
Joanna	Outlaw		67 44
Kim	Robertson	v35	72 30

European Duathlon

		Age Category	Time
Chris	Proud	v50	1 16.23

Jordans Cross Country Challenge

		Age Category	Duathlon	9 mile
Phil	Barnes		1 28 57	
Graham	King	v40		57 00
Max	O'Driscoll			57 36

		Age Category	Time (9 mile)
Pauline	Beehan	v35	1 06 06
Lesley	Barnes	v35	1 14 28

Norwich Duathlon

		Age Category	Time
Chris	Proud	v50	1 34 04

Oakley 16.4

		Age Category	Time
Tony	Parello		1 57 52
John	Martiello		2 00 00
Christopher	Brace	v45	2 10 27
Stephen	Clark	v45	2 10 28
William	Bowden	v55	2 18 14
Ian	Marshall		2 20 00
Robert	Stanley	v40	2 20 00
Bruce	Tilbury	v50	2 31 30
Mark	Abraham		2 35 00
Michael	Wood	v45	2 39 33

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Oakley 16.4

		Age Category	Time
Jacinta	Horne		2 34 00
Jacky	Keenan	v45	2 25 00

Offa's Dyke 15 (Fell Race)

		Age Category	Time
Graham	Horne		2 07 27

		Age Category	Time
Jacinta	Horne		2.59 32

Welsh 3000's

		Age Category	Time
John	Isard	v45	9 50 00

BEDFORD HARRIERS A.C.

BEDFORD PARK RELAYS

WEDNESDAY 16 JULY 7 PM

Each team will consist of 5 members [a mixture of abilities]

Each team member will complete one external loop - 1.14 miles -

Team Total: 5.70 Miles

Please bring something to eat and drink as refreshments, weather permitting, will be taken in Bedford Park following completion of relays. Should weather change - refreshments will be taken at The Park Hotel in Park Avenue.

Look forward to seeing you !!!!

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PROVISIONAL FIXTURE LIST - JULY - SEPTEMBER 1997

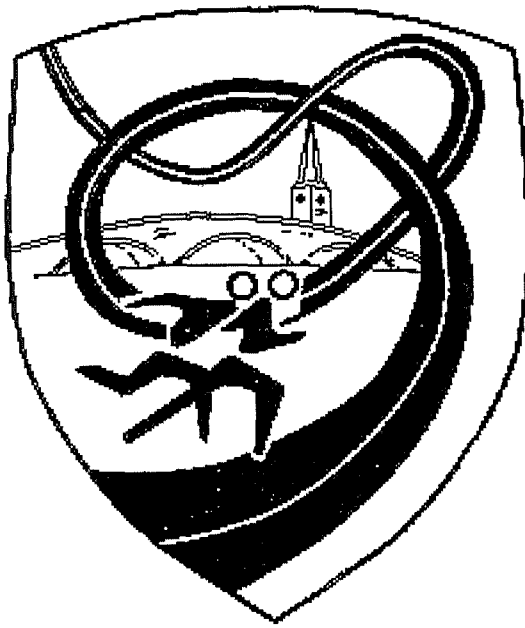
JULY	13	LEA VALLEY 10M	ERL
	20	ST IVES 10K	
	23	FAIRLAND VALLEY RELAYS [4K]	BED
	27	GREAT YARMOUTH 1/2 M	
AUGUST	3	HARLOW 10M	ERL CC
	15	BLISWORTH 5M	
	16	RACE THE TRAIN TYWYN	
	17	BURNHAM BEECHES 1/2 M	
	22	WARDOWN PARK LUTON 5K	BED
	31	EREWASH CLASSIC 10M	
SEPTEMBER	7	SWINESHEAD 10M	CC
	7	LONDON WOMEN'S 10K	
	14	GREAT NORTH RUN	
	14	MILTON KEYNES 10M	
	21	GREAT BARFORD 1/2 M	
	28	ROBIN HOOD MARATHON - 1/2 M	

BED **BEDFORDSHIRE AAA CHAMPIONSHIP**
CC **CLUB CHAMPIONSHIP**
ERL **EASTERN ROAD LEAGUE**

SUMMER 1997

THE AUTUMN EDITION OF THE CLUB MAGAZINE WILL BE OUT IN

LATE SEPTEMBER / EARLY OCTOBER



ALL CONTRIBUTIONS WELCOME