

On the Run

The dedicated magazine for the Bedford Harriers

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Bedford Harriers in full spirit in this year's London Marathon

Thirty-five Bedford Harriers took to the streets of London on a damp Sunday 23 April to test their wits at the 26.2 mile 26th Flora London marathon - televised live on the BBC.

A big round of applause is made to the number of runners who were taking part in their first marathon together with several members achieving PB times. Morgan Walters broke a club record securing a time of a shade over 2hours and 46minutes. This is one of the fastest times the club has seen with a finishing position of 60th for his age group.

It must be said that appropriate training for a marathon distance is a prerequisite. This was a clear learning opportunity in my circumstance since injury problems hampered the training schedule but it nevertheless made the marathon not impossible to achieve.

On pages 8 and 9 there are articles told by Gabs Arpaia on his Rome marathon experience and Lesley Barnes on her experience in the London marathon. It is interesting to hear the different experiences and how it may influence you to enter for a marathon in the not too distance future!

Adam Hills

Editor: Adam Hills

Special Thanks to:

Brian McCallen, Gabs Arpaia

Justin Openshaw, Ray Evans

Lesley Barnes, Chris Capps

David Sutcliffe, Tony Dadd

Phil Gray, Muzz Lakhani

Mike Barnard, Steve Gaunt

Photographers include:

Phil Gray, Malcolm McEwen



Sandy 10

CHAMPIONSHIP RACE
26 March 2006

Kevin Willett 1:00:24
Stuart Trevallion 1:02:01
Graham King 1:04:25
Rob Miller 1:06:19
Justin Openshaw 1:06:49
Donna McEwen 1:07:16
Steve Gaunt 1:07:23
Adam Hills 1:08:46
Andrea Ward 1:11:04
Anna Litchfield 1:11:18
Henry Downes 1:11:18
Mark Tinkler 1:11:34
Phil Wainwright 1:12:36
Ian Marshall 1:13:09
Alistair Vile 1:13:22
David Herincx 1:13:24
Mike Barnard 1:13:26
Denise Coghill 1:13:37
Carla Fisher 1:13:43
Kevin Ward 1:13:46
Martin Leach 1:13:49
Terry McEwen 1:14:26
Mark Billington 1:15:15
Morris Dempster 1:16:48
Julie Wargent 1:19:00
David Hutchings 1:19:01
Ray Evans 1:19:09
Gary McBeth 1:19:16
Kate Barnard 1:19:20
Bill Billington 1:20:09
Chris Capps 1:20:59
Stuart Bullard 1:21:54
Richard Watson 1:22:34
Penny Duffin 1:24:20
Heather Hobbs 1:24:23
Lesley Barnes 1:25:06
Jack Chana 1:25:14
Vic Byer 1:27:15
Chris Pimley 1:27:43
Jackie Keenan 1:28:41
Karen Robinson 1:29:10
Keith Lakin 1:29:58
Linda Wilding 1:30:54
Larry Corkery 1:31:32
Zoe Willett 1:31:55
Rachel Burrage 1:32:04
Angela Kay 1:33:25
Martine Moon 1:36:20
Liz Byer 1:37:41
Norma King 1:58:38
Iva Barr 2:06:27

Bedford Harriers wins the Erlensee Cup and secures 1st Ladies Team home



Winning Ladies Team:-

Donna McEwen [3rd lady overall]
Andrea Ward
Anna Litchfield

Results Overview

3rd MV40:-

Kevin Willett

1st MV50:-

Graham King

1st LV35:-

Andrea Ward

2nd MV60:-

Martin Leach

Personal Bests:-

Justin Openshaw

Andrea Ward

David Herincx

Editor's Column:- Running for All

Welcome to this new edition of the club magazine. The word On is simply added to the usual name The Run while the usual editor David Gallagher is on his sabbatical. It gives me great pleasure to be responsible in devising a magazine for the benefit of all club members. Thank you to all who have supported me with this.

A congratulations is in order to the new faces of the Bedford Harriers following the success of the Induction Evening in May. It is satisfying to see new people join the Bedford club who might have been apprehensive about running and are now beginning to realise the benefits of regular exercise. Keep up the good work.

Those that watched the televised Run for Glory series know that it illustrates the successes that can be gained from those new to the sport and have had to overcome personal challenges. It is commendable to anybody including Muzz (article on page 6) who is severely sighted and takes part in the sport regardless of personal circumstances. I share similar empathy to succeed as having a severe hearing loss has never prevented personal achievement and has given extra motivational success. Those that watched the final episode of the Run for Glory will remember it proving to be emotional and very satisfying to all.

Adam Hills

Bedford Harriers secures third place overall and wins the Ladies Three Counties X-C League



Final Series Results

In terms of the series overall, the Harriers finished in 3rd place up from 4th position last year. The ladies team won their race series and the men's team finished in fourth position. Very well done to Donna McEwen who was the second lady to finish in the series overall. Congratulations also to Bill Billington who won the MV60 prize.

X-C League : Bedford

5 March 2006

Winning Ladies Team

Donna McEwen (2nd)
Sally Cartwright (6th)
Anna Litchfield (7th)

Third Mens Team

Tristan Windley (7th)
Kevin Willett (10th)
David Dormer (14th)
Richard Piron (31st)
Duncan Dickinson (39th)
Alastair Fadden (41st)
Alistair Vile (46th)

for more information:-

www.threecountiesxc.org.uk

2006 - The Story So Far

Yet another new year and so much has happened already with so much more yet to come in 2006. Cross-country the focus as a number addressed the event in Ampthill Park and some cracking images taken by yours truly and others on the day. January came and went so swiftly and then the unpredictable month that is February. I recall a seriously wet day as a number of members addressed the Stamford 30k as a prelude to a possible marathon outing in April. A number of personal bests on the day. March was a cracking month as I focused not only on Harriers in action but my other passion - Leicester Tigers. They just happened to be playing at the Millennium Stadium in Cardiff while Bedford Harriers concluded their Three Counties Cross-Country campaign in



Bedford. What a choice to make. Sandy 10 was once again the focus for the Club 10 Mile Championship on 26 March. Some great times recorded and the club retaining the trophy for the club with the most participants on the day. April and the Oakley 20 which was another cracking day and some magical images captured and yet more to follow by those who did Rotterdam and London at the marathon distance. Stanwick just outside Rushden on Easter Monday witnessed incredible scenes and a number of prizes for the club as well. It acted as the Club 10k Championship for 2006. Yet more magical images as May 8 witnessed 150 brave souls turn up for the annual Induction Evening at Bedford Athletic Stadium. Bedford Harriers has come a long way since my introduction to the club in 1990 and will continue to do so as 2006 unfolds before our very eyes.

Phil Gray

Chairman's Column - written by Brian McCallen

The Club's 2006 AGM (Annual General Meeting) was held on Wednesday 26th April. For those who were not able to attend the meeting (or who have not attended one as yet), the purpose of the AGM is twofold; to provide an update on the club's activities over the last twelve months and to elect committee members for the forthcoming membership year.

Updating members on the activities and progress of the club in 2005 was given via a series of reports. A report on the finances of the club was given by Christine, an update on the club's membership was given by Jacinta, Steve Gaunt gave a report on the team management, a report on coaching and training was given by Steve Clark and a report on the races which we organise ourselves was given by Steve Crane.

I'm very pleased to report that the tone of all of the reports was very upbeat. Due largely to the success of the five races which we organised in 2005, the finances of the club remain strong. Our membership also remains high and is expected to exceed 400 for the first time this year. Many individual members of the club continue to do well in races (as testified by the number of PBs achieved) and the Club continues to win team awards on a regular basis. On the



coaching side, we now have over 30 qualified coaches and at least nine running groups including the beginners which alone have around half a dozen coaches assigned to it. The races which we organise ourselves continue to prove popular and in 2005 they attracted around 3,500 entrants and remain a very important source of revenue. Overall therefore, 2005 was another good year for the Harriers and we are hopeful that 2006 will be just as successful.

The Bedford Harriers committee elected for the 2006/2007 membership year was as follows: Brian McCallen was re-elected as Chairman, Jacinta Horne was re-elected as Vice Chairman and Membership Secretary,

Christine Armstrong was re-elected as Treasurer and Lesley Barnes was re-elected as Secretary. Two new Club Officer Positions - Race Management Secretary and Coaching Secretary - were established at the meeting. Steve Crane was elected as Race Management Secretary and Steve Gaunt as Coaching Secretary. Also re-elected to the committee were Val Bird, Chris Capps, Tony Dadd and Phil Gray. Joining the committee for the first were Angela Kay, Richard Piron and Zoe Willett. Welcome All.

Brian McCallen

Club Championship Winners So Far..! 10M Distance (Sandy 10M)

Data obtained from David Sutcliffe

1st Man : Kevin Willet 60:24
2nd Man : Stuart Trevallion 62:01
3rd Man : Graham King 64:25
1st MV45 : Steve Gaunt 67:23
1st MV55 : Terry McEwen 74:26
1st MV60 : Martin Leach 73:49
1st MV65 : Bill Billington 80:09

1st Lady : Donna McEwen 67:16
2nd Lady : Andrea Ward 71:04
3rd Lady : Anna Litchfield 71:18
1st LV35 : Kate Barnard 79:20
1st LV45 : Penny Duffin 84:20
1st LV50 : Liz Byer 97:41
1st LV55 : Jackie Keenan 88:41
1st LV65 : Iva Barr 126:27

An Alternative London Marathon Story - by Mike Barnard ledred

Squeezed into a large tent with hundreds of strange men in various stages of undress is not how I would normally envisage spending the early part of Sunday morning. All the same that was the not especially pretty picture being painted at the London Marathon Green Start for the benefit of Andy Sewell and I as we bided our time with an hour and a half to kick our heels. The Harriers coach arrived in Greenwich with plenty time to spare, unlike a previous occasion when the roads had been closed off, forcing us to walk a good mile and a half.

One downside of our early arrival, however, was being forced to kill the clock inside the tent, or get a good soaking outside it. How does the saying go, I'd rather be inside the tent p---ing out than outside the tent p---ing in? Oh, never mind. So there we were, loitering within tent. And as leaden skies gave way to cloudbursts there was really nowhere else to go for the participants: a trickle turned into a flood and soon the tent was jam-packed with runners intent on going through their pre-race rituals of stretching, gallons of liniment -- with plenty of exposed bits and pieces along the way.

Along with veterans who've put in a decent performance in the past, the Green Start is also where the celebrities gather before beginning their assault on the 26-mile task (or somewhat less in Jade Goody's case). Along with Jade, fresh from her takeaway curry and beer training regime (I could have told her that one doesn't work. I tried it.), we spotted Gordon Ramsay ("F*#@!#@ marathon") and the firesome bloke in absurd costume who takes days and days to complete the thing, this time got up in medieval knight costume. What a laugh, eh?

We also witnessed a deeply touching (or

perhaps not) scene being filmed for that BBC show in which Sally Gunnel goes up a load of couch potatoes until they can "go the distance". I'm not sure how any of those people did but really, given the bandwagon-jumping and explosion of reality TV shows, we can probably expect Marathon Big Brother, in which a houseful of crisp-eating delinquents are put through a punishing 12-week programme leading up to the big day in time for next year's race. Tears and high fives in slo-mo to a Chariots of Fire soundtrack, I can already see it.



What of the race itself you say? I dunno. The pints of ale various spectators were clutching on the sidelines smelled so very tempting -- oh yes, I could smell the hoppy aroma from a distance of 20ft -- and it was all I could do not to grab one from someone's pudgy little mitt. But I had to make do with the Starbursts and other sweet treats being offered by small children

along the way as that horrible sensation of glycogen depletion kicked in way too early. And another thing: if I hear Is This the Way to Amarillo anywhere at any time I'm going to have to strangle the individual responsible. Why would anyone attempting to complete the route, be they sprinter or stroller, be in any way inspired by this middle of the road claptrap? Jimi Hendrix or something I could understand.

Somewhere along the way, about half an hour ahead of me, was Andy, probably home and hosed, shampooed and showered by the time I crossed that finish line. And no I didn't want my photo taken. You can keep the blasted medal too. So that's it for another year: marathon, schmarathon.

Mike Barnard

Muzzamil Lakhani's Story - kindly obtained from Tony Dadd

Muzzamil is severely visually impaired. He was raised in Pakistan and despite his obvious intelligence; he was brought up to expect a life of unemployment and isolation. He came to the UK aged 20 having never ventured beyond the end of his street unescorted. Here, he enrolled on an MSc physics course at Bristol and since then, hasn't looked back.

His turning point was learning to walk independently with a long cane. A new social world opened up for him and within a year, Muzzamil not only became an outstanding student but learnt to speak German and play the piano, joined the choir, the partly-sighted football and cricket teams and a running club. He also took a counselling skills course and became a student mentor and ambassador for the university. Little wonder then that out of 2,300 entries he was voted International Student of the Year 2005 by the British Council.

Last year, Muzzamil ran the Bristol Half

Marathon to raise funds for the Snowdon Award Scheme in recognition of our support. Having trained with a sighted guide, he discovered on the race day that his guide was injured. Undeterred, Muzzamil ran with just the aid of his long cane and managed to complete the whole 13 mile course in just 1 hour 48 minutes!!



Sadly, in the euphoria of crossing the finishing line, Muzzamil collided with a lamp post and needed 32 stitches in his face. But he was still thrilled to have raised over £650 for the Scheme. Muzzamil 'This would be my FIRST effort at a full Marathon (26.2

miles/ 42 km). Running with a visual impairment is a challenge within itself. Yet the joy of training, living a healthy(ish) life, regular fitness regimes, and the entire atmosphere on the day makes it all the more worthwhile experience' RESULTS MUZZ ran the London Marathon on 23rd April 2006 (with 2 sighted guides!)

Tony Dadd

London Marathon Results 23 April 2006

Morgan Walters 2:46:14
Andy Sewell 3:01:56
Tony Parello 3:12:06
Karen Hanlen 3:13:47
Kevin McPhillips 3:28:31
Veronica Singleton 3:21:48
Cliff Smith 3:30:04
Mike Barnard 3:35:43
Charlie Hempstead 3:44:16
Adam Hills 3:46:29
Stuart Snelson 3:52:21
Alistair Vile 3:53:34

David Herincx 3:59:40
Paul Brown 4:01:31
Steve Daniels 4:02:50
Bev Hayes 4:02:50
Paul Mowbray 4:07:30
Phil Wainwright 4:07:44
Deirdre Bethune 4:10:09
Liz Stockton 4:12:46
Ken Toye 4:18:31
Bruce Mehew 4:24:34
Bill Bowden 4:28:49
Lesley Barnes 4:35:43
Richard Piron 4:36:39
Muzzamil Lakhani
4:36:41

Tony Dadd 4:36:42
John Ballantyne 4:41:28
Ayona Silva-Fletcher 4:57:51
Stuart Bullard 4:59:28
Rebecca Kier 5:35:11
Melanie Pyman 5:43:21
Victoria Barnes 5:43:58
Michelle Sparman 5:50:32

Best Club Time:- Morgan Walters

PB's:- Charlie Hempstead, David Herincx

1st Marathons:- Adam Hills, Stuart Snelson

Bev Hayes, Liz Stockton, Muzzamil Lakhani

Rebecca Kier, Melanie Pyman,

Victoria Barnes and Michelle Sparman

Team Management Report - compiled by Steve Gaunt

I was going to start this months report by saying "Where has the sun gone", but found it with a vengeance yesterday whilst competing in the BIG COW 10k at Emberton park and likewise for all the runners at our very own Harrold 10k today but I must not complain its TOO HOT,.... not yet anyway.

Its nice to see Harriers taking part in so many races with 44 at the Bedford 6, 37 at Silverstone 10k , and almost 20 at both Blisworth 5k and the Corby 5. A special mention must go to Tony Dadd , who has won 2 races this year (Mondi 15 in 1.28) and just recently the Market Deeping 10k, (35.32). A fantastic achievement I think you must agree! Morgan Walters ran a fabulous time at London and both Steve Earley and Stuart Trevallion are improving all the time which is good for the men's team. Steve's recent best being 2nd at the Harrold 10k.



just about the front runners but to all of us middle fielders and back markers all with our own personal aims, goals and achievements to be proud of, considering all the training we do.

As the spring disappears and the summer months arrive the race calendar is at bursting point with so many events to choose from (see notice board or race calendar on our web site) but I will make a special mention of two local 5ks you may be interested in doing Firstly the Marston Vale 5k Friday June 23rd and our club championship race at Cranfield on Friday 7th July which will both reach the race limits well before the day, so please enter early to guarantee your places. We will also be looking for teams to take part in the Stevenage relays on July 18th which has always been a favorite with the club.

The Harriers Ladies have started where they left off last year picking up many team prizes as well as individual awards which would already fill up more space than I have been allocated for this report, but I think Donna McEwen, Andrea Ward Anna Litchfield and Veronica Singleton are worthy of a special mention.

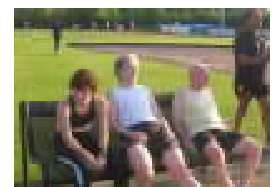
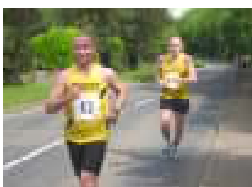
It's been good to see many of you running and improving and as the summer progresses I am sure many more of you will have your own race day tales to tell.

The club is also organizing a relay around the Embankment for all coaching groups on Wednesday 12th July and a one mile charity time trial open to all club members on Wednesday 28th June. This year's charity is the Critical Care Complex at Bedford Hospital which was proposed by Jacinta Horne and helps support life, a worthy charity I hope you agree, and therefore I hope you can give generously and support by running those 4 laps round the track.

The nice thing about the Harriers is it is not

Have a great summer

Steve Gaunt



The Rome Marathon Experience - by Gabs Arpaia [edited]

Wow! what a fantastic experience, it was probably one of the most physically demanding challenges I have ever undertaken, running in 20+ degree temperatures on a spectacular 42.195km course around the cobbled streets of Rome.

At 09:05, the race started, I crossed the start line just after 2 minutes (could not believe it) and it was along the via dei Fori Imperiali (6 lane Roman road) towards the impressive Vittorio Emanuele II (commonly known as the wedding cake for its shape and white colour). The crowds were out, the sun was out and this was it, onward we go past Circo Massimo (scene for the Roman Chariot racing). At 4km, I saw a sight I recognised, a fellow Bedford Harrier vest, it was Nora Haggart. We ran together for a while (and for those that know me, conversation was kept to a minimum, hard to believe but true), the course took us up and alongside the river Tiber. Then over the river heading towards the Vatican City, (this was truly a memorable moment, crowds were vast and extremely supportive with an amazing and inspiring view).

Whilst running together, we came across the first of many refreshment stations and to say it was chaotic would be an understatement. The tables were laid out on one side of the road, personal bottles, followed by water, then Gatorade, then more water and would you believe a picnic table of oranges, apples, pears, sugar and biscuits, the only thing missing was a bit of pizza and an expresso coffee. As you can image, runners were criss-crossing to pick up drinks and moving back to the other side of the road. To make matters worse, the

helpers were pouring the drinks into cups rather than handing out bottles, poor helpers could not keep up with demand (job for the Harriers?). Anyway, by the second station I had devised a plan to run round the back of the tables and take a bottle from the pack.

At 10km, I said goodbye to Nora and wished her luck for the rest of the race, as I went in search of the light blue balloon, 8-minute pacesetters. The course meanders around the Vatican area, back towards the river and up towards the Olympic stadium, again another wonderful arena nestled amongst trees and parks. This part of the race was the furthest away from the finish at 20km as the route started to head back into Rome City centre.

Reaching the Basilica and the finishing line, the 40km marker was passed, fantastic, I knew I was going to make it but I just could not raise my pace, I felt I could have walked quicker. Then finally, the approach to the Colosseum was reached

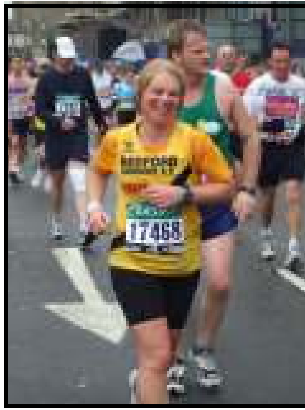
along the tree lined avenue Via di S.Gregorio, the finish line was in site, sprint (well more like jog) passed a Spaniard and a couple of Venetian Athletic Club Members, I was home, in 3hrs 42mins 4 seconds.

This was a personal best marathon time on a much tougher course and in testing conditions beating my previous London Marathon by 46 minutes, which I run before becoming a Harrier. Finally, a big thank-you to Steve Crane and the Saturday morning gang in particular, Lawrence and Pete (who have been with me from the start of these sessions over a year ago). To Steve & Viv and the group for my rapid improvement and progression over the past few months.



The London Marathon Experience - by Lesley Barnes [edited]

Well, all those cold (and oh so windy) weekends of training were over. Nice social runs with Stuart, David et al, inspirationally led by Steve Crane about to be replaced by THE BIG ONE. I wonder if they put water out with little cups like Steve does.....?



An early start on the day meant breakfast was eaten on the coach, so I thought some toast with jam would be better than a bowl of porridge. Unfortunately no cup of tea though. Excitement was riding high, with nerves not very far behind. It was to be a bit of a family day, with both me and my daughter Vicky running, although not together - Vicky planned to run with her friend Hayley Matthews who also came on the coach. Both girls were raising funds for the Bedford Hospitals Charity Gamma Probe (and have raised over £2000 between them). Vicky of course is also a Harrier, and sometimes I think a Cheeky Girl-in-waiting. Both she and I also had the BSC to encourage us before the race and cheer us on during it.

Vicky and I started in separate starts, so had to part when we arrived (about 8am) and prepare for the start separately, her with her friend, and me with some of mine (plus of course another 30-ish thousand runners....). The preparation involved queueing for toilets (if you race, you'll know what that's like, ladies particularly!), applying copious amounts of petroleum jelly to all parts likely to chafe (enough said), getting into the final running kit, and then sitting huddled in a plastic charity cape to try to keep dry till the off.

As I reached Westminster, and made the turn into Birdcage Walk I knew I'd done it - the 26 mile marker was almost in sight. At the end Buckingham Palace awaited, and the glorious sign that says '800m to go'. At this point an unknown person from Bedford grabbed my hand and said 'Come on girl!' and we pretty much sprinted (well, it felt like it) round the front of the Palace, into The Mall, and to the finish, holding hands. Then followed much hugging, wiping away of tears, and a sharing of such an exhilarating feeling. Nick Kier - thanks, you were great.

What a day - what great memories. Afterwards I really found it hard to believe that I was there, and that I did it, until I tried to walk up and down stairs of course - ouch. I completed the race in 4 hours 35, and Vicky in 5 hours 43. We may not have crossed the line first, but we are winners nevertheless !!



Thanks to all the Harriers I saw on the course for your encouragement and support, thanks to the photographers of the day, Bill and Malcolm (great photo Malc) and thanks to those that have coached us over the last 4 months and also came down on the day to support us - Steve, Steve and Greg. Thanks boys - it was a marathon for you too! By the way BSC? Boyfriend Support Crew alias Steve Gaunt and Greg Sharpe!

Lesley Barnes

Oakley 20

BEDFORD HARRIERS RACE

2 April 2006

Duncan Dickinson 2:21:45
Adam Hills 2:27:25
Alistair Vile 2:30:25
Mike Barnard 2:32:37
Peter Gowans 2:38:38
Justin Openshaw 2:39:11
Kevin McPhillips 2:39:16
Phil Wainwright 2:39:30
Tom Inman 2:42:58
Simon Smith 2:45:41
Bev Hayes 2:51:07
Steve Daniels 2:51:08
David Herincx 2:54:29
Stuart Bullard 2:55:27
Liz Stockton 2:55:53
Stuart Snelson 2:57:13
Bruce Mehew 3:04:36
Jack Chana 3:08:57
Muzzamil Lakhani 3:14:24
Fiona Bell 3:14:28
Lynne Gingell 3:14:29
Ayona Silva-Fletcher 3:22:33
Lesley Barnes 3:23:19
Rebecca Kier 3:44:18

Volunteerism from loyal club members made Oakley 20 a successful event



Why not help marshal future club events?

The Oakley 20 event held on 2nd April was only made possible due to the sheer numbers of club members who turned out to support. The club management is always grateful for the time and commitment that is provided by its members. Everytime you volunteer you automatically receive tangible benefits including a chance to win a FLM07 place - you have been warned! **Adam Hills**

Club Championship Winners So Far..! 10K Distance (Stanwick 10K)

Data obtained from David Sutcliffe

1st Man : Mark Prior 36:35	1st Lady : Donna McEwen 39:36
2nd Man : Alastair Fadden 38:03	2nd Lady : Andrea Ward 41:14
3rd Man : Stuart Trevallion 38:59	3rd Lady : Sally Cartwright 41:50
1st MV40 : Mark Prior 36:35	1st LV35 : Sally Cartwright 41:50
1st MV45 : Steve Gaunt 40:34	1st LV40 : Andrea Ward 41:14
1st MV50 : Neil Lovesey 39:21	1st LV45 : Nora Haggart 46:13
1st MV55 : Bob Wells 41:55	1st LV50 : Chris Armstrong 60:36



**Can you name the year
and the race seen in the
photograph to your left ?**

Don't forget !

race photographs taken since
1999 are on the club website
www.bedfordharriers.co.uk
click on Club Photos

Bedford Harriers secures 1st Ladies Team and first MV50 and MV70 home at Stanwick

Stanwick 10K
CHAMPIONSHIP RACE
16 April 2006



Results Overview

1st MV50:- Neil Lovesey

1st Ladies Team:- Donna McEwen [2nd lady], Andrea Ward [1st LV],
and Sally Cartwright [2nd LV]

1st MV70:- David Sutcliffe

Mark Pryor 36.35
Alistair Fadden 38.03
Stuart Trevallion 38.59
Rob Miller 39.06
Neil Lovesey 39.21
Donna McEwen 39.36
Tony Barnes 40.02
Steve Gaunt 40.34
Tim Elwood 40.43
Tony Parello 41.13
Andrea Ward 41.14
Cliff Smith 41.26
Sally Cartwright 41.50
Mike Barnard 41.50
Bob Wells 41.55
Martin Leach 42.19
Brian McCallen 42.27
Carla Fisher 43.16
Mark Ingledew 43.17
Ian Marshall 43.30
Kevin Ward 44.22
Mark Billington 44.40
Denise Coghill 44.59
Julie Wargent 45.25
David Hutchings 45.38
Nora Haggart 46.13
Kate Barnard 46.21
Caroline Hall 46.39
Jenny Lovesey 46.47
Bill Billington 47.12
David Russell 48.21
Tom Brassington 48.33
Judith Ingledew 49.14
Graham Bufton 49:20
Stuart Bullard 49.37
Steve Gingell 49.37
Paul Raymond 50.05
Nigel Anstee 51.39
Karen Robinson 51.53
Colin Bennetts 52.36
Keith Lakin 52.40
Larry Corkery 52.51
David Sutcliffe 53.27
Leigh Price 54.30
Steve Crane 55.24
Elaine Reynolds 56.02
Lesley Barnes 57.04
David Herincx 57.13
Malcolm McEwen 57.22
Jack Chana 57.22
Martine Moon 59.22
Chris Armstrong 60.36
Angela Kay 60.42
Sam Copestake 66.12
Anthea Harper 66.56
Jenny Wood 67.12
Paul Hudson 68.13

Harriers Six-Race Age-Graded Championship 2006 Provided by David Sutcliffe

Shorter Races -

One race at 5km - One race at 10km
One race at 5miles or over but under 10miles

Longer Races -

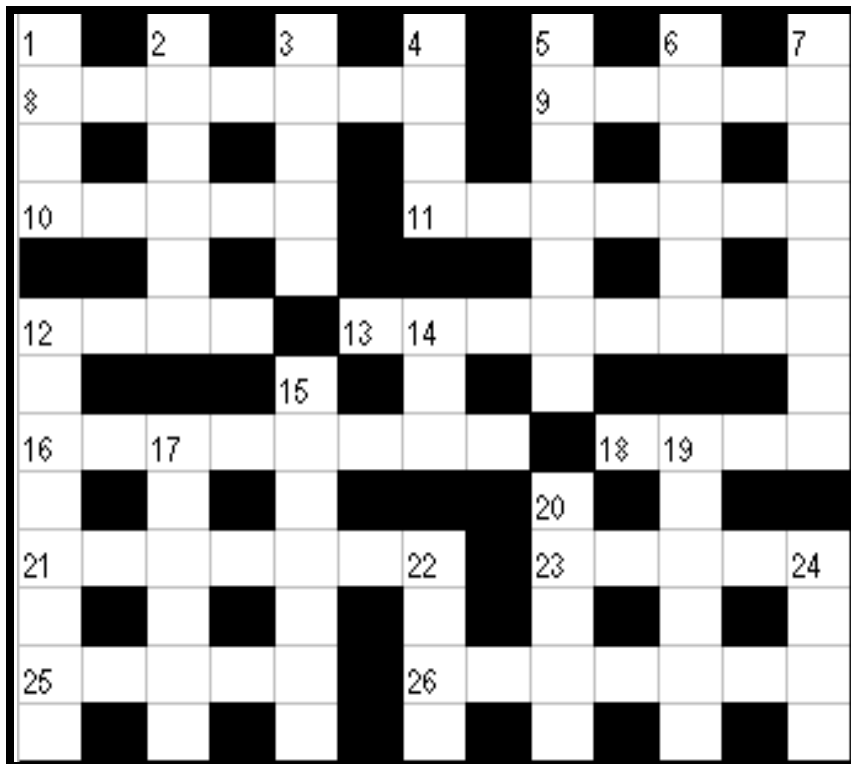
One race at 10 miles - One race at Half Marathon
One race at 10 miles or over.

**Top 10 Scores listed show runners who completed four or more
qualifying races up to 2nd May 2006**

	Shorter	Longer	Total	Score to date	Average
Donna McEWEN	3	2	5	380.4	76.1
Bill BILLINGTON	3	2	5	370.1	74.0
Lesley BARNES	3	3	6	369.2	61.5
Stuart TREVALLION	2	3	5	367.6	73.5
Carla FISHER	2	3	5	345.3	69.2
Stuart BULLARD	3	3	6	320.5	53.5
Adam HILLS	2	3	5	311.7	63.3
Mark BILLINGTON	3	2	5	309.6	61.9
Jack CHANA	2	3	5	306.7	61.3
Andrea WARD	3	1	4	300.6	75.2

Coffee Time Crossword

devised by Ray Evans



Clues Down

1. Dry Skin Wound (4)
2. Sharp, Not Sweet (6)
3. Put Forward (5)
4. Cosy (4)
5. Embrace, Adopt (7)
6. Garden Flower (6)
7. Shivers (8)
12. Accident Department (8)
14. Enjoyment (3)
15. Foreign Diplomatic HQ (7)
17. Salary (6)
19. Cross Breed (6)
20. Hoax, Swindle (5)
22. Flagpole (5)
24. Limbs (4)

Did you know ?

An anagram of 'Bedford Harriers'
is a 'Fresher Road Bird' !

by Adam Hills

Clues Across

- | | |
|-----------------------------|--|
| 8. Fine, Flimsy Fabric (7) | 13. Not In the Theatre's Spotlight (8) |
| 9. Cut, Gash (5) | 16. Sea Cargo (8) |
| 10. Wash (5) | 18. So (4); 21. Praise (7) |
| 11. Snarled (7) | 23. Revolt (5) |
| 12. Wine Bottle Stopper (4) | 25. Make Less Wild (5) |
| | 26. Hessian (7) |

Can you help ?

I wanted to know if any other runners had used the 'Shoe Goo' product to repair the soles or heels of their running shoes, and if it actually worked? It's advertised on wiggles.co.uk and other running



websites as a wonder rubber adhesive that repairs damaged shoes. It's a particular problem I have, as I soon wear down the right heel of my shoes, and wanted to know if this is worth trying, or is just something else to waste money on? **Justin Openshaw**

Flora London Marathon 2007:-

Additional Places for Bedford Harriers

You may be aware that the club is working to have additional places for the 2007 London Marathon. Many of you may know that the London Marathon is only possible with the help of many organisations and volunteers. For some of them, they are paid for the work they do, for others they do it for the additional free places and we have Club Members who have helped in the past to do just that.



With it getting harder and harder to get a place through the ballot the Committee thought it worth exploring what opportunities were available for us and how many places could be offered. The Committee has received an offer to marshal entrants from both Greenwich, and Blackheath Stations (Maze Hill will be done by Fairlands Valley, who already staff 2 baggage lorries) to the green, red and blue starts.

The marshalling is really nothing different to directing runners in one of our races, the difference is that this marshalling is before the race so everyone is walking, its in South London and the marshalling starts at 6.00am. So what does the Club get for this work? It will get 4 additional places which are available for the Committee and there

are ongoing discussions on how best to distribute them. A coach to get the marshals down to South London and back will also be paid for by the Marathon organisers.

To fulfil our end of the arrangement we need about 40 people who are prepared to go down and be at the 2 stations at 6am next year in time for the first trains which come in at about 7am. For their efforts the marshals will get a FLM staff tee shirt, a medal (same shape and size as a finishers, but silver in colour and stamped official), and the trip to London is free. Once the marshalling work is finished at about 10am, they are free to do as they wish. The coach will be returning to Bedford at a time to be agreed, however likely to be around 2pm, from Greenwich, which leaves ample time to see some of the marathon.



The 4 additional places will be with the Club in time for the Awards Night in December, but that will be in the expectation that there will be 40 people who will come forward in April 2007.

In preparation for next year Steve Crane and I were at Blackheath and Greenwich stations on 23 April this year and after running in the previous 3 London Marathons, to be involved in marshalling this years was actually good fun and to participate was a real sense of achievement.

Chris Capps



Summer 2006 Fixture List



3rd June to 24th September

June

Sat 3 Big Cow 10K
 Sun 4 Harrold 10K
 Sun 4 Eastern Vets 5
 Tues 6 Weedon 10K
 Sat 10 Everton 3M
 Sun 11 Barton 10K
 Sun 11 St Albans Half
 Sun 11 Barton 10K
 Tue 13 Banbury 5
 Fri 16 Colworth 5
 Sat 17 Colworth 8
 Sun 18 Colworth Half
 Sun 18 Whipsnade 10K
 Tue 20 Harborough 5
 Fri 23 Marston Vale 5K
 Wed 28 Club Mile Trial
 Fri 30 John O'Callaghan 5

July

Sun 2 Aston 5
 Sun 2 Run Children 3K
 Sun 2 Bedford Triathlon
 Sun 2 Comberton 10K
 Tue 4 Milton Keynes 10k
 Fri 7 Cranfield 5K
 Wed 12 Club Relays
 Sun 16 Stopsley Striders 5K
 Sun 23 Milton Keynes Half
 Sun 23 Fairlands Valley
 Sun 23 Race for Life
 Sun 23 St Ives 10K
 Sun 23 Luton 5K
 Tue 25 Fairland Relays
 Wed 26 Doug Anderson 5K
 Sun 30 Luton 10K

August

Sun 6 Wellingborough 5
 Sun 6 Grantchester 5K
 Fri 11 Cranfield 5
 Fri 11 Blisworth 5
 Sun 20 Thorney 5
 Sun 27 Classic & Mini-Triathlons

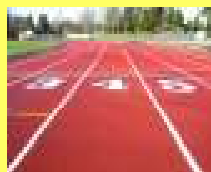
September

Sun 3 Irchester 10K
 Wed 6 Priory Marina
 Sun 10 Swineshead 10K
 Sun 10 Grunty Fen Vets
 Sun 17 Dunstable 20M
 Sun 17 Glenn Miller 10K
 Sun 24 East Carlton 5
 Sun 24 Leighton Buzzard 10

Championship Races:

Cranfield 5K - Friday 7 July : 8pm start
 - entries will close on 1 July or earlier if race limit reached

Wellingborough 5M - Sunday 6 August : 11am start
 - closing date for postal entries is 29 July



Don't forget! The Bedford Harriers Mile Time Trial returns on Wed 28 June. The Embankment Club Relays on Wed 12 July and the Club Run at Priory Park on Wed 6 September.



Harriers On-line Message Board

The message board provides an ideal tool for keeping in touch with fellow running colleagues. There is always a discussion being heard so why not join in with the fun the next time you're online?
www.bedfordharriers.co.uk and click on Message Board

