

On the Run

The dedicated magazine for the Bedford Harriers

Magazine Contents

Age Graded Scores	1
Alternative Marathon	2
Editor's Column	2
The Year So Far	3
Club Database	3
Chairman's Report	4
Cyprus Challenge	5
5K Down Under	6
Ready for a Tri?	7
Mud Life Crisis?	8
Coffee Crossword	10
Did You Know?	10
Anyone for Volleyball	11
Running Fixtures	12

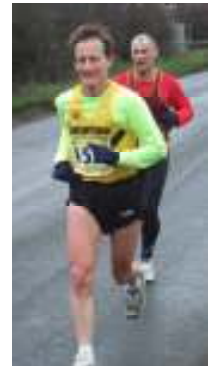
Harriers Age Graded Scores

Have you obtained yours yet?

www.howardgrubb.co.uk/athletics/runcalc.html

Tony Dadd is compiling the Harriers Age Graded Scores on a regular basis. This represents a measure of your performance in relation to the world best. This is based on someone of the same age and sex. This allows an accurate and unbiased measure of your performance. If a male aged 41 runs 10 miles in 73m 49s and the World Best of a 41 year-old male is 46m 16s, you would divide 46:16 by 73:49 and you get 62:68. This means that our runner would score 62.68 championship points.

Bob Wells has reason to celebrate for producing the current best age graded score of 82.5%, which he achieved at the Wootton Half Marathon in 2006. Bob who won the 2006 Road Race Championship also achieved four new club best times last year for the veteran 60 category. Bob has managed to hold onto the top spot for the club best male veteran 55 category at the half marathon distance by finishing the St. Neots race in 1:22:03 back in the year 2004.



Editor: Adam Hills

Special Thanks to:

Tony Dadd, Neil Lovesey

Ray Evans, Jenny Lovesey

Brian McCallen, Phil Gray

Richard Piron, Gabs Arpaia

Jacinta Horne, Chris Capps

and Tom Barwood

Photographers include:

Malcolm McEwen

and Phil Gray



Morris Dempster has achieved an age graded score of 77.7% at the Wootton Half Marathon last year. Over in the town of Stamford back in February 2006, Morris was the third Harrier to cross 30K in a time of 2:04:41. He proudly obtained the second male veratan 55 place at this race. **Veronica Singleton** who was another participant at the Wootton race, achieved a score of 75.2%. This is a mere 0.3% margain behind Donna McEwen in the tables.

Tony Dadd achieved third place in the overall tables. Tony has a score of 77.4% for the Folksworth 15 which he ran in January 2007. Tony also achieved a score of 75.7% for crossing the 10K Ely finishing line in 36:32. Closely behind Tony in the league is **Donna McEwen** who accomplished the 15M race in a pleasing 1:40:33. Donna proudly achieved a score of 75.5% while attaining the fourth overall lady position in that race. Well done to Donna and all the runners.



Flora London Marathon - 22 April 2006

Instead of getting up late, turning on the TV and watching the race, or were not successful in the ballot, come with us to marshal and have a great day soaking up the atmosphere and cheering on your fellow athletes.

All you have to do is get up at 4am, make your way to the International Track where your coach will leave at about 4.30, all paid for by Flora London Marathon. We will make our way to South London and be in the Greenwich and Blackheath area by 6am, we will put up a few signs from the Blackheath and Greenwich stations await the first trains.

We will guide runners from the stations to the blue and red starts on Blackheath Common, encourage those who are apprehensive and generally be cheerful.



Once we have finished the choice is yours as to what you do for the rest of the day as we will be based at Greenwich, which is close to the Cutty Sark, the 7 mile mark. Additionally there is a foot tunnel to the 18/19 mile mark.

The coach will leave Greenwich at about 2pm alternatively you can make your own way back. Medals and tee shirts will be available for all who marshal with us. Please add your name on the list on the notice board, but be quick it is filling up fast.

Chris Capps

Editor's Column:-

Here we go again with another magazine, and the first to be published in 2007. It is a surprise to learn that it is nearly six months since the previous edition was published. This can therefore serve as a useful opportunity to reflect on what has happened since then. David Holt and Andrea Ward secured the award for being the 2006 most improved runners at the December Awards Evening. In addition to the new club best times awards and the standard awards presented, we witnessed the London Marathon draw. Nine Harrier individuals including myself were lucky or unlucky to have secured a place.

We take note of the Harriers Aged Graded Scores that Tony Dadd is compiling for us on a regular basis. This can be a good indicator of your performance in relation to the world best. The magazine would not be complete without the contribution from the one and only Phil Gray with his 'The Year So Far' column. We turn to the dilemma the club faces with regard to which athletic authority or authorities the club affiliates in the next coming year. One thing for certain, are the lighter evenings that is upon us, and we look forward to a prosperous and interesting Spring and forthcoming Summer season. Enjoy what it is you are doing.

Adam Hills

The Year So Far

written by Phil Gray

To be or not to be that is the question or is it as the year unfolds before our very eyes. January was a month of frantic activity, primarily of the muddy kind as Bedford Harriers got stuck into the muddy stuff at the Bedfordshire Cross Country Championships at a seriously wet and wild Amphill Park. Not a day for soft lads as the club came away with the spoils as the ladies secured a club first by winning both the Senior Ladies title and the Vet Ladies title and so much more. All who participated or helped out had a story to tell as we left Amphill behind to address yet more muddy stuff at East Haddon a week later. This was Race 4 in the Three Counties Cross Country League and again it was a frantic affair on the outskirts of Northamptonshire. It was soon done and dusted as mud splattered bodies told me I all needed to know before East Haddon became a distant memory.

Time to catch my breath as club members addressed the Folksworth 15 and the Eastern Vets Cross Country Championships on the same day and again came away with the spoils. Bedford Harriers ladies securing the team prize at Folksworth and a number of prizes at the Eastern Vets event. Dunstable provided yet more cross country action as the

Three Counties Cross Country League reached a fruitful conclusion and a number of exceptional performances at the Stamford 30k including Tony Dadd with another personal best and Shantha picking up second senior lady on the day. I feel sure that 2007 will exceed all expectations as the club looks set to pass the 500 membership mark.



Carpe diem

Bedford Harriers Database

written by Jacinta Horne

In case you are not aware I hold the email database for Bedford Harriers members as well as the main database. I thought you would be interested to know that I am also the data protection controller and can assure complete confidentiality of any information you supply me with.

I endeavour to blind copy any information that goes out to all Harriers. Only in instances when someone wishes them to will anyone be made aware of a members email address. Information such as contact details are readily available to those who may need it, e.g. your coach but in most cases I will try to contact an individual myself before passing information to anyone else. If I fail to have your express permission then your details will not be passed on.

All emails that are requested to be passed on to all Harriers are vetted by committee and only then sent around. To all intents and purposes I am a messenger and messages rarely come directly to the whole club from me. It is therefore, fair to say, that replies should go to the source of the information and not back to me.

Bedford Harriers A.C. Chairman's Column

Brian McCallen - Chairman and Website Administrator

The Harriers 2007 Annual General Meeting (AGM) will be held on the evening of Wednesday 28th March. For those new to the club and also for those who have not attended any of our AGM's in the past, this occasion is important for a number of reasons. It provides an opportunity for the officers of the club to give updates on how we have fared over the past twelve months; it allows discussions on issues on importance to the club to be undertaken; it provides an occasion when questions on other club matters can be raised and it allows the officers and members of the committee to be elected by the membership.

Providing updates on the club's progress over the previous twelve months is done via a series of reports, which includes the Chairman's report, the Treasurer's report, the Membership Secretary's report, the Harriers Race Management report, the Coaching report and the Team Management report.

Among the important issues which needs to be discussed at this year's AGM is the question of which athletic authority or authorities the club affiliates to in 2007/08. You may have seen an article on the Harriers website entitled 'Important Developments within Our Sport' which outlines some of the key issues on this. The matter is likely to be considered in some

depth at the meeting and a decision made on the best course of action to be taken.

If anyone has any other club matters which they would like to be discussed, please let us know. It would be helpful if Lesley Barnes - the club's secretary - could be informed of these beforehand so that they can be included in the agenda. Additional questions on the night will of course be accepted however and answered as fully as possible.



Finally, the Harriers committee for the 2007/08 membership year will be elected at the AGM. A notice requesting nominations for the various committee positions will be placed on the Harriers notice board early in March and all members who would like to serve are encouraged to put their names forward. The committee thrives on new ideas and new blood and new members are always welcome.

In conclusion, please make a note in your diary for Wednesday 28th March and come along to the AGM if you can.

Bedford Harriers 2006/2007 Committee

Vice Chairman, Membership Secretary, Race Entries Secretary - Jacinta Horne
Treasurer - Christine Armstrong; Club Secretary - Lesley Barnes
Race Manager Secretary & Race Equipment Manager - Steve Crane
Coaching Secretary & Mens Team Manager - Steve Gaunt
Social Secretary - Val Bird; Club Photographer - Phil Gray
Ladies Joint Team Manager - Angela Kay
other committee members - Chris Capps, Tony Dadd, Richard Piron, Zoe Willett

Cyprus International 4-Day Challenge

Have you got what it takes ?

Have you got what it takes to accomplish the Cyprus International 4-Day Challenge this year? We bravely decided to travel over 2000 miles to sunny Cyprus to participate in their second annual International 4-Day Challenge.

The organisers, Arena Sports and 2:09 Events attracted 141% more runners for this Challenge than they did in 2005. This year is set to continue that upward trend.

The Challenge we accomplished consisted of a 6K Time Trial, a heated 11K Akamas Hill Run, followed by an Akamas Half Marathon the next morning, and concluding with a 10K Paphos road race. It is similar to the summer Colworth Challenge, but over there you do more mileage in an arguably sunnier climate. We received an excellent memento bag and a solid medal after the 10K finish line. The organisers were absolutely brilliant and you were well looked after throughout the event. Other runners were very friendly and came from various countries

throughout the world to meet and interact.

Have any of you be interested in partaking in this event this year, I would advise you to read in their magazine or log-on to the website at www.209events.com.



They have scheduled to hold the next event on 29 November to 2 December. This may seem a long way off. It is however, a good opportunity now to book ahead if you are very interested. The weather for this time of year is expected to be warm and sunny with an opportunity to relax on the sandy beach.

Flights to Cyprus and accommodation can be booked independently to fit in with your schedule or you can book with one of the organisers. If you have any questions and require more information, please do not hesitate to speak to me.

Adam Hills

<http://www.arena-sports.com/CyprusNov24.htm>



<http://www.209events.com/event.php?event=66>

5K Downunder New Zealand

narrated by Neil Lovesey

They don't do it like this at home - AKA The Loaded Hog 5km, Auckland, New Zealand.

About March 2006, we decided to go to New Zealand for our 'Summer' holiday, in December. After we had come to this major decision, we thought, 'it would be good to find out there?' We thought it might be difficult to fit in our travel itinerary but, as we would have found a race in New Zealand with the strange name of the 'Loaded Hog 5km'. The good thing about it was that it was in Auckland on the day after we arrived. The bad thing was that we might be severely jetlagged and getting used to a 13 hour time difference. However, we thought it was too good an opportunity to miss. Jen e-mailed the race organiser for details and was told just to turn up on the night.



The day finally came. After a very long flight, we managed to get a couple of hours rest on the afternoon of the race. The start time was 6.00pm so we duly arrived at the Loaded Hog bar, right by the harbour to enter the race. The organiser, Phil, was sitting at one end of the bar. No forms to fill in, we just paid 6 dollars (about £2.40) and he added our names and ages to a list, gave us a race number (with pins attached) and told us about the course. It is, he said, a measured course through the Americas Cup Village; a flat out and back course that finished outside said bar. All finishers receive a beer, wine or orange juice, once they hand their number over at the bar. There were also to be spot prizes.

About 10 minutes before the start, Phil 'closed' the entry desk and we all followed him, Pied Piper style to the start, a few minutes walk away. Phil then shouted out a street by street

description of the route, reminded us to mind the cars, then before we knew it he blasted an airhorn to start the race.

There were no marshalls, direction arrows or km markers on the course. We both just ran in the hope that we didn't lose sight of the runner in front! The course went through fairly quiet streets, but there was still some traffic to negotiate. As is often the way with a 5km, it all seemed to be over very quickly and soon the Loaded Hog was in sight. There was no indication of where the finish line was, so we only knew to stop running when we saw Phil with a stopwatch outside the bar. Surprisingly, we both ran really good times. Perhaps there is something to be said for race preparation that involves sitting on a plane for 24 hours. There were 118 finishers, with the first man running 14.15 and the first lady clocking 17.09.

After the race we went upstairs and duly swapped our race number for a drink and a chat with our kiwi running companions. The prize giving was done soon after, with bottles of wine for the first three ladies and men, more bottles of wine for spot prizes - Jen won one - and a sports voucher for the age category winner. They select one age group only per race for this.



It was amazing how smoothly the whole event went, considering it was a 'one-man-job'. Phil told us afterwards that this race runs every Tuesday night for about 40 weeks of the year. We would definitely do this again. It was a fantastic event to be part of. It was relaxed, in a way that perhaps only New Zealanders can be, yet still had that competitive edge.

<http://www.coolrunning.co.nz>

Are you ready for a Tri ?

written by Richard Piron

Do you fancy adding a bit of variety to your running year ? Do you find it uncomfortably hot to run in the summer months ? Can you already cycle and swim a bit ? well now is your chance to take up Triathlon 'the fastest growing sport in the UK'

Bedford Harriers AC is now affiliated to the British Triathlon Federation (BTF) which means Harriers individual members are able to obtain a discount on annual membership of the BTF. Standard fee is £49, reduced fee for Harriers members is £38. Membership of BTF provides many benefits including liability insurance, legal services, reductions in entry fees to events and a members handbook to events throughout the country.

In the recent Harriers Survey the vast majority of respondents wanted the Club to be involved in promoting and incorporating the Triathlon disciplines. Many years ago Bedford Harriers was one of the leading Tri Clubs in the Country and (somewhat contentiously !) signed up a number of Professional Triathletes.

Incorporating the Triathlon disciplines will take time, (except for the running part), so this first year will be very low key and we need potential coaches and leaders to come forward and offer their services. The objective is to avoid the diluting the running

activities for which the Club is so renowned.

Locally, there is a series of Sprint Triathlons (ideal for beginners) based at Robinson Pool during the spring and early summer and the Bedford Classic Olympic distance race held on the August Bank Holiday Sunday.



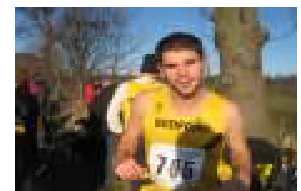
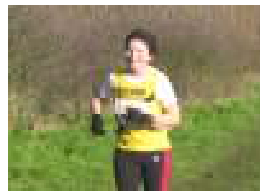
On July 29th at Box End Park there is an off-road Triathlon (in which the organisers propose to incorporate the 1st Harriers Triathlon Championships) and a Quadrathlon (Kayak section). This would be

an ideal first foray into triathlon as the lake water is clean, clear (and warm in July) and the (mountain) bike and run routes are safe and easy within the confines of the newly landscaped Box End Water Ski Park. See Forthcoming Events on the Harriers website for entry form.

If you want any help, advice or guidance on anything Triathlon have a word in the first instance with one of the following - Richard Piron, Gary Rudd, Steve Crane, Tony Dadd, (Harriers sub-committee for triathlon development). In the months to come we hope to develop a more structured training and support programme alongside the regular run sessions but please be patient !

British Triathlon Federation

<http://www.britishtriathlon.org>



Mud Life Crisis ?

Tom Barwood - LikeMinds Consulting : part 1

All men go through a mid life crisis to a greater or lesser extent. Normally it results in buying a motorbike or sports car, getting a 'new look' haircut, an earring, tattoo, guitar lessons or any possible combinations of the above and more.

Strangely I seem to have short circuited this and come up with my own version. Without doubt the symptoms of male mid life crisis are well documented. Your metabolism shifts such that even eating the same amounts or less results in weight gain and the large decrease in your levels of testosterone result in more of the grumpy old man. Whereas once you thought you were Batman things are often more 'On the Wane' than 'Bruce Wayne'.



I could sign up for most of that and as a result you do start to wonder - what happened to the old me? And if he - the old me - has gone in a rush of rapidly receding hairline and ever increasing waistline, then what's left? Hence you start to search for the answers. For me sport has always been my thing. If it can be climbed, run, ridden (on a bike, thank you), swum, sailed, surfed or crossed then I was your man. Despite my best efforts, the old favourites - 10 kms, half marathons and triathlons just didn't seem to work anymore. It seemed I couldn't be bothered. It had become more a case of WB than PB. (Why Bother not Personal Best).

Until I discovered 'Adventure Races'.

Suddenly the old flame re appeared. I bought myself some very grippy trail shoes and I was off. First stop was the Weston Underwood 'Cardiac Arrest' Multi Terrain race. For Multi Terrain read 'off road driving course without the 4WD'. I came home covered in mud and grinning like a madman. So it was that I found myself lining up on the start line of the third of the British Quadrathlon Association's Winter Challenge Series at a field in Wadenhoe, a small village on the banks of the Nene between Thrapston and Oundle.

On the face of it, it sounded quite good fun. A three mile cross country run followed by a two mile river kayak then a six mile mountain bike ride and finished off with a one mile run. I must stress two things at this point. First, this is not a 'normal' quadrathlon - 'normal' has similar disciplines to triathlon (swim, cycle, run) but with kayaking added in to the equation for good measure. Second, I came last (by quite a long chalk). However, in my defence some people didn't finish at all and many people chose to miss out the kayaking.

The initial run was good. It reminded me of school cross country except that when they said 'hilly and muddy' they were in danger of infringing the Trades Description Act. That little piece of primeval bog trotting over we then jumped into the canoes and off we went. Well some of us at least. Some just went in. Having been a proficient canoeist, now out of practise, I was nervous, however the racing canoes (which could be hired) were not as unstable as I had feared and soon I was zipping along. My only problem was that I found the kayak section quite scenic and relaxing and found it hard to get really hell bent on racing.

Mud Life Crisis ?

Tom Barwood - LikeMinds Consulting : part 2

Staggering out of the canoe I have to admit my arms were a bit tired but worse my legs had completely gone to sleep and I staggered up the hill like a drunken old man. Climbing on to my mountain bike I felt decidedly weary and (as usual) wished I had trained harder, although you have to wonder what harder than not at all looks like. Eight laps of the hilly field later I jumped off the bike (bizarrely feeling no more weary) and I set off on the final run. And then that was it, I had done it.

With a field of about twenty five participants it was quite an 'intimate' event and the marshals were able to encourage you by name which really helped. My time was just under two hours which the marshall told me was good for a first time. 'What should I do it in next time?' I asked. 'One forty five would be good' he replied. Visions of training hard started to appear. What is it about men and beating times and records? The on site facilities were interesting. Basically they amounted to a tap in the field although there was soup and rolls available in the nearby village hall. As I stood there in bare feet washing my bike and legs with cold water from the hose pipe I felt strangely quite happy. Endorphins? Hysteria? Hypothermia?

Actually, I think that despite all the modern comforts of twenty first century living, people, and men especially, are happiest

when overcoming adversity. Like many people my job is not particularly physical. I am paid for my brain power and as a result spend much of my day tied to a PC or on the phone in an office that is warm and dry with food and drink easily available. Pleasant though that is I really enjoyed getting wet and muddy. Change is as good as a rest? Or is there a basic instinct to 'get stuck in' that drives us to do these things?

Arriving home like the warrior back from the battle I regaled my wife with tales of my daring exploits. This was the third race in a series of four. The next race (the last in the series) is on March 18th. I thought I would wait until dinner was over before introducing the idea that I would like to do this one (and obviously beat my new found target). Before I could start my diplomatic offensive my wife looked over and said 'Before I forget, your friend Jon called. The christening is on the 18th March, I said we were free'. 'Oh good, that will be nice' I replied, trying hard to conceal my dismay.

Many thanks go to Richard Piron, Mark Pryor and Richard Beard, sometime members of Bedford Harriers and Bedford Tractors, for organising such a fun event. Meanwhile it's back to searching for the next race and trying to convince my wife that my idea of a dirty weekend is no longer the same as hers! Is this my 'mud life crisis'?

Tom Barwood - LikeMinds Consulting

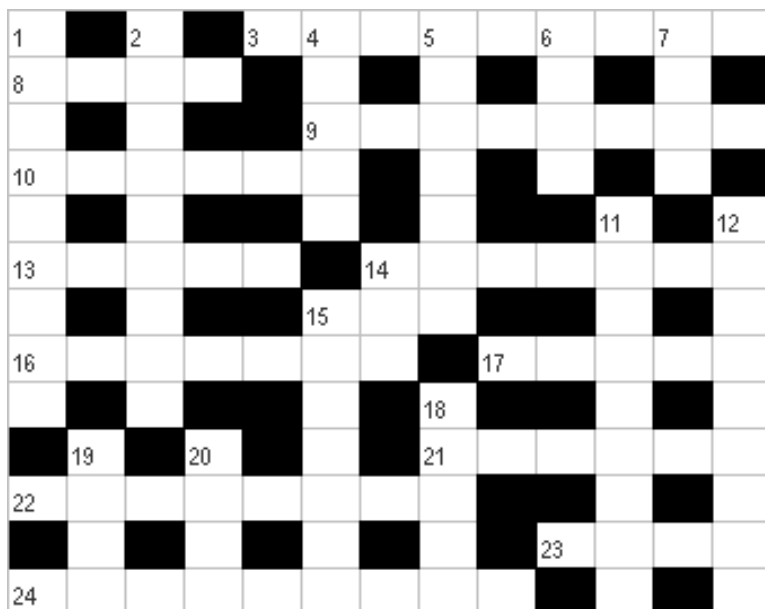


Coffee-Time Crossword

designed by Ray Evans

Clues Down

1. Called Off [9], 2. Dangerous [9]
4. Severe [5], 5. Glowing [7]
6. Ship's Company [4], 7. Layer [4]
11. Opinion After Examination [9]
12. Tract of Land, District [9]
14. Organ of Hearing [3]
15. Refuse to Attend [7]
18. Statement of Beliefs [5]
19. Specified Area [4]
20. A Long Time [4]



Answers on back page

Clues Across

3. Time-Saving Practices [9], 8. Slightly Open [4], 9. Saviour [8], 10. Hungers For [6],
13. Masonic Group [5], 14. Ask [7], 15. Flying Mammal [3]
16. Imaginary Line Around Earth [7], 17. Sweetener [5], 21. Rebellion [6]
22. Flower With Tall Spikes [8], 23. Untruthful Person [4], 24. Feeling, Perception [9]

Did You Know ?

Did you know that Maurice Dempster, a current member of Bedford Harriers, was once a seriously good boxer in his younger days and was the toast of the All Saints Boxing Club in Ballymena in County Antrim. He boxed in the lightweight division and was recognized as one of the top Juniors of his generation, securing Ulster and All Ireland Junior titles and representing Ireland at international level.



Phil Gray

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



Anyone for Volleyball

written by Gabs Arpaia

What volleyball has got to do with running many of you asked when posed the question on the message board? Well absolutely nothing but on a race less Sunday in November, a group of us got together to enjoy a game.

Fourteen of us turned up in anticipation and in some cases with trepidation as to what to expect, some have never played before others not since school and some you could tell knew a thing or two about the game.

After a brief explanation by Neil Dyer as to the different types of techniques for keeping the ball up, a quick 10 minute pita-patter practice, it was straight into a match. The teams were picked completely arbitrary based on where they were standing (sorry Shanata for being picked last, this was nothing to do with your ability!!)

Teams were in position; back and front court players, middle and wing hitters and the setter. Excitement was building, people were ready and the first serve went straight in to the back of someone's head, next serve straight into the net, oh god what is this going to be like but wait, the third serve (well done Jules) over the net, Penny keeps it up, Gabs hits it over, Lawrence passes to Dave and he returns a winning shot - our first rally, this is going work and will be fun.

People were keen and eager to keep going, as the first game continued with varying

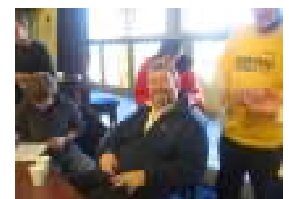
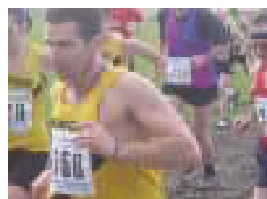
degrees of success and failure; balls going out, hitting individuals head (David), backsides and chest the points were still racking up for both sides. The scores were progressing evenly but then suddenly Matt took charge of his serve and before we knew it, he had hit 8 aces in a row, end of game 1.

A brief half time, teams swapped ends, game 2 started, the rallies were becoming longer, and players were actively getting more involved perfecting their hitting techniques - digs (Andrea), blocks (Liz) and spikes (Peter). Bob was learning fast having never played before, the noise level was increasing and people were scurrying about keeping the ball active. There was a tremendous atmosphere and feel to the match.

Even the supporters (Anna and the kids) were getting into things performing a playful routine at the edge of the court encouraging everyone and on some occasions standing open mouthed at the quality of the rallies that were being produced.

However, similar to game 1 Buff went on a serving spree and once again one team raced away into the lead and before we knew it, end of the game 2-0 to the victors.

The whole exercise was a bit of fun, enjoyable and challenging for all but something we would all do again.





Race Fixtures List

18th March to 28th June



March

- Sun 18 - London Half Marathon
- Sun 18 - Wadenhoe Challenge
- Sun 25 - Sandy 10 Championship

May

- Mon 7 - Watford 10k
- Tue 8 - Silverstone 10k EMPG Race 1
- Wed 16 - Rugby 6 EMPG Race 2
- Sun 13 - Eye 10k
- Sun 20 - St Albans 10k
- Wed 23 - Bedford 6 EMPG Race 3
- Mon 28 - Hatfield 10k
- Wed 30 - Corby 5 EMPG Race 4

Log-on to www.runnersworld.co.uk
for other races taking place.

April

- Sun 1 - Oakley 20 Bedford Harriers
- Mon 9 - Stanwick 10k Championship
- Sun 15 - Flitwick 10k
- Sun 22 - Flora London Marathon

June

- Sun 3 - Eastern Vets 5
- Tue 5 - Weedon 10k EMGP Race 5
- Tue 12 - Banbury 5 EMGP Race 6
- Tue 10 - Harborough 5 EMGP Race 7
- Fri 22 - Marston Forest 5k
- Fri 22 - Colworth 5
- Sat 23 - Colworth 8.1 Trail Race
- Sun 24 - Colworth Half Marathon
- Thu 28 - Chicks Chase 5k

Next Championship Race:

Sandy 10 : 25 March 2007 -

Entries close 19th March subject to
standard terms and conditions.

www.biggleswadeac.org.uk/Sandy10.html



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

ANSWERS to Crossword

ACROSS 3. Shortcuts, 8. Ajar, 9. Redeemer, 10. Craves, 13. Lodge, 14. Enquire, 15. Bat, 16. Equator, 17. Sugar, 21. Revolt, 22. Foxglove, 23. Liar, 24. Sensation. DOWN 1. Cancelled, 2. Hazardous, 4. Harsh, 5. Radiant, 6. Crew, 7. Tier, 11. Diagnosis, 12. Territory, 14. Ear, 15. Boycott, 18. Credo, 19. Zone, 20. Ages.