



HARRIERS

AUTUMN 1997



THREE MUSKATEERS AT SWINESHEAD

- Photos
- Race Reports
- Members Articles
- Crossword
- Three Months Race Results and Analysis

BEDFORD HARRIERS CLUB MAGAZINE

CHAIRMAN'S COLUMN

Another summer season has come and gone, and what another great summer it's been. Sunshine, all the way for runners and club alike. Many well organised trips and socials events, which is down to various dedicated members of our club. May I thank you all.

The Harriers membership is around the 200 mark and as you will read later, our new members from the beginners groups are still coming through. A new intake is due to start early new year, so spread the word.

The cross country season has started again. Lets all give it a go and support your club.

We have entered the London Marathon season again. Good luck to you all if you have entered for a place. (closing date 25th October) Don't forget if you get rejected and you have been a club member for over a year, then enter the club draw at presentation night for club places. Talking of marathons, good luck to those Harriers who are at the moment in New York running the Big Apple Marathon.

The dark nights are here again so please obtain your reflective bibs from Chris Cottam. This is for your own safety.

Last but not least can I wish on behalf of the Harriers a very special Happy Birthday to our Iva Barr. You are a very special and incredible Lady.

Chairman

Mike Devonshire

Welcome

Welcome to the autumn edition of Harriers. As the summer sun fades into the distance and the autumn mist arrives - a chance to reflect on an incredible summer. Bedford Harriers travelled far and wide to participate in events and there were some incredible performances throughout the summer months. Highlights include an incredible bar-b-q in Bromham and an even more gobsmacking weekend in Newcastle. Who can forget that Sunday evening after the Great North Run. We hope you enjoy this issue and look forward to receiving your articles and photos for the next issue. Have a great autumn!!!!!!.

phil gray / Brian McCallen

What's Inside

The Team Managers	3
What about the beginners	4
Fun in Le Touquet / Max O'Driscoll	6
Andrea's Great Northern Experience	8
Flash! Bang! Wallop!	11
Auntie Alice	12
Insurance Against Injuries	13
Autumn Fun Collection	14
Summer Diaries	18
Gt Barford Half Marathon	23
Race the Train	25
Ray's Coffee Time Crossword	27
Race Results and Performances	28
Best Performances Awards	30
July to September Race Results	31
Club Road Race Championship	37
Fixture List	40
Gt Yarmouth Half Marathon Photos	41

The New Harriers Men's Team Manager

The Club is very pleased to announce that Steve Gaunt has agreed to become the Men's Team Manager. Steve joined the Club in January 1995 following a spell with Beds & County. He became a group leader shortly after and has since been instrumental in introducing a number of new measures to the Club including structured weekly & monthly training programmes and organised Sunday morning group runs. Steve's decision to become the men's team manager has been well received by all.

The Ladies Team Manager

The Club are also delighted that Lesley Davies, the Ladies Team Manager, is able to start running again. Lesley's been suffering from a nasty little back injury for the last six months but has now been given the all-clear to start light training. Lesley's obviously pleased that she can now resume her running, though a bit concerned that it may affect her blossoming cycling career.

From The Ladies Team Manager

Dear Ladies

I am sure it has been, a very busy summer for all you ladies. Plenty of running and of course, races. I have stood and watched you all improving over the long hot summer. I have also started running again, but I am going back to basics, to start with just gentle jogging on the grass

I hope you have all looked at the fixture lists, that have been put on the notice boards. There are plenty of cross country races over the coming months and I would like to see as many ladies taking part as possible. I know you will all enjoy it. Please watch the notice boards for details.

Yours in Sport

Lesley

New York Marathon

Good luck to Christine, Ralph and Tony in this year's New York Marathon

Have a good one

What about the Beginners

"What about something from the beginners?", asked Brian (Mr Editor) "Yeah?", I said, "what about something from the beginners". I remember back in January asking the last lot; "bring me a photo and we'll do a bit for the mag". I still have Marie's photo, but the idea was for something more extensive than a spot light profile of Marie! No disrespect to Marie intended - watch this space in the next mag. Jeanette had the first shot with the July starters. "Write me a couple of sentences about why you wanted to start running and after a couple of months I give them back and you can add to them how it's been and if you wish you never started. She doubled January's result and two people came good (thanks Michael and Robert).

OK, so serious problems call for serious action, a questionnaire was compiled. Don't panic I'll try not to give you an our survey says list.

First of all say hi to Doreen, Sharon, Liz, Robert, John, Mike, Bruce, Anthony, Zac, Jenny, Gwen, Mary, Avril and Sue. These people all turned up on the first night and decided to stay. It seemed that everyone considered they were getting good value for money. (especially those who haven't yet paid !) No one found the first 16 sessions boring and strangely enough, someone even suggested it was good 'not knowing what was coming next!' Most thought the hard bits were necessarily hard and others that there was nothing too hard. The easy sessions at the beginning were found to be a little too easy. Generally our runners feel there is a lack of information given out, mostly concerning injuries; but some felt they could have had a better overview of the sport in general. With this in mind I have to reply that as we are all volunteers and our coaching qualifications do not run into physiotherapy or diagnoses it leaves us without experts! That is not to say that it won't be possible to get some 'volunteers' together for a question and answer session that may or may not help. I'll do my best and I suggest you watch the notice board for further info. If any one has any big issues or even little ones look out for when we hold our coaching meetings - you could even be invited as a guest if you have an issue to discuss. The last note from my first set of questions was that we sometimes seems to make it up as we go along - so!

Next I asked what was thought of our 'club' warm up and stretches. Every one agreed that although the warm up could be done in smaller groups, it was a good way of sustaining club spirit. Some are worried that the voice of the coach leading the warm up is not strong enough. At the time of writing most felt that they were not yet integrated into the club, but that it was only a matter of time and the informal feel to the warm up was welcoming. It appears that we are not very good at explaining what each stretch is supposed to do and there is often time to get cold again before we actually hit the road. When asked if they would like to take a turn 'in the middle it was a categorical 'no!' except for

Though some picked the Harriers by reading the advert and being attracted by the 'absolute beginners' there was a good deal of word of mouth recommending us which is encouraging to hear. The main reasons for taking up the sport were fitness and weight control which probably accounts for a great many people already in the club. There was also a small element in July's intake of 'if you can't beat them, join them'

AUTUMN 1997

(then beat them!) It was good to see that after 3 months they all have fairly ambitious goals, which they feel they can achieve with the clubs help They range from continued enjoyment of the sport to running full marathons or getting a good 10k time. None appeared to think they would get by so good without the club.

To finish I'll say it's good to see so many have a 'favourite moment' so far. One with which I can relate totally is quote 'each time I complete a training session I am - absolutely amazed at myself!' I know exactly what you mean. Some felt that their favourite moment so far was their 'biggest achievement' and others just love getting in the shower at the end. I won't go into detail about the horses because I hope to see that as another story one day! And I certainly won't mention the Kenyan who has endomorphic rushes and is friendly with Malcolm McEwan

NB. There would be a photo but when I asked the club photographer if he could bring his camera along he said no !

Welcome to New Members.

A warm welcome to the 44 new members who have joined us since the start of the year. May their association with the Club be long, enjoyable and successful.

Sue	Baker	Zachary	Hollis	Peter	Newbery
Richard	Bird	Mark	James	Elizabeth	O'Donnell
Michael	Bliss	June	Jones	Eduardo	Preciado
Doreen	Boddy	Anthony	Kimmins	Gareth	Rose
Michelle	Boyden	Joanna	Knox	Agnes	Rush
David	Carter	Marie	Lane	Ian	Smart
Bernard	Charnley	Robert	Lawton	Andrew	Smith
Gordon	Cunniff	Bruce	Lumsden	Theresa	Taylor
Anne	Davies	Wendy	Machan	Julie	Thomas
Clive	Edmonds	Heather	Marks	Gwen	Tilbury
Robert	Fogg	Julie	Marsden	Roger	Trengrove
Jenny	Goodes	John	Martiello	Colin	Welch
Tom	Greaves	Patricia	Mc Elhatton	Kevin	Willett,
Martin	Hamilton	John	Meadows	Sharon	Wood
Brian	Harwood	Avril	Monteith		

Interested in Duathlon / Triathlon Training

Chris Proud and Frank Monmont are interested in starting a training group for Harrier members who would like to try duathlons and triathlons. The sports involved are swimming, cycling and running.

See Chris or Frank for further details.

Fun in Le Touquet

Do you remember when running was a thing of beauty, combining grace and elegance and was pleasing to the soul. Good for you - you don't need to read any further about the trip to Le Touquet as it will only upset, unsettle and lead you to unspecified mental health problems. For those with a fetish for big numbers and little words the last seven lines (i.e. the ones near the end!) should give you enough to chew on with a minimum of lactate build-up, no Phil nothing to do with breasts.

Now the rest of you who have bravely stayed on out of a sadly misjudged sense of camaraderie with fellow(ess) runners can congratulate yourselves on getting this far and start wondering when I'm going to talk about the race. Not as easy as it sounds as that side of things took up a very small proportion of the total time, approximately 9% for Phil and Colin, reducing to 4% for Avril, finally bottoming out at 2% for moi (not Daniel Arap...the other French one). Following the convoluted narrative so far? Thought not - who cares it's just words on paper after all.

Your mission Colin (cue music, secretive location - Harriers HQ, cheapo miniature tape recorder, naff smoke effect and numerous concerned glances over shoulder for enemy agents...you get the picture), is to transport a small but like minded ('simple' is more accurate) band of malcontents to a distant foreign location, engage the enemy in road running, depart furtively avoiding casualties (and other mediocre multi-episodic soaps) where possible and return with the goods. Unfortunately the 'goods' were never specified - if duty free shopping is any guide, which it wasn't, the take was zero. Any captured operatives will be disowned, in some cases even before the mission begins. The government will deny any culpability in this operation (which is true, unlike most of its output - or isn't it okay to say that now we have a navy blue suit at the top rather than a grey one). I digress - "get on with it" you shout and later scream but you'll keep reading. Rather in the way you look back in the mirror at the squished Hodgepeg (B&C runner or whatever) and stamp on the accelerator in the excited guilt of another successful roadkill. Bloodlust and a hot shower will see you through most eventualities - or is it hot lust and a bloody shower (from the Hedgepigrabthingummies point of view). At least in Australia they have Cane Toads (no not committee members - amphibians) to aim at that make a satisfying pop when you sneak up on them at Thrust SSC velocities. Back to the race...

After all that Colin gave his best 'man from Del Monte' answer, arranged everything and off we trogged. Not easy to troggle in a mid-size Honda for the best part of two hundred miles with a lot of salty, wet, splashy stuff to negotiate as well (too much Frankie Howerd in my lost youth). Much scandalous talk passed from front to back, back to side, (how fitting) and betwixt those in the car still awake enough to converse. Well that leaves out three of us so Col just mumbled cheerfully to himself while we would occasionally prod each other to feign interest (or consciousness).

We arrived and the sun shone as it always does - don't blame me for night or adverse weather conditions or even leather hoods with no eye holes - the sun really does shine all the time...somewhere...lucky Penguins or whoever is being irradiated. The Sellafeld 10K Glow next year perhaps...it's the thought that counts, Herr Geiger. Suffice to say it was hot in Le Touquet and whoever thought of running further than from car door to the nearest tree for shade and Le picnic was a better man (questionable, writer much more likely) than me. As 'punishment' wasn't scheduled until much later at Avril's (or was it Phil's - it's all pretty much the same after a while) I decided to enter the 5K, get the beastly

AUTUMN 1997

business over with and go to the beach. The others, for they were keen and legion (or was it Dumb and Dumber) wanted to crucify themselves on the roasting tarmac of oblivion and compete in the white heat of unnecessary suffering. Good luck and good riddance, you can stick your 10 and 20K's when it's in the thirties (centigrade that is).

We managed to rendezvous with a number of French mercenaries who had set up their cover as members of the ultra-neutral Movement Monmont (or M&M's in the trade). But unless you know Frank's surname or origins you won't find that amusing or even pertinent so perhaps I should have put a big asterisk there and an explanation in the language of your choice some distressing number of pages away. Allez, maintenant, Rapido...more toads or is it frogs (no cheap jokes here). We conversed in secret codes (Franglais and Loudshout) so that no one could understand anything (including us) and luckily no mention was made of any runners from Algeria, quelle surprise.

The races were entered, Av at 10 and Colin and Phil at 20K. After a short wait and a shorter run my cover was blown and it was up to my colleagues to provide the mission with the quality and depth that I sadly lacked. I headed reluctantly to the beach and encounters with sun, sea, sex (in your dreams) and lifeguards or were they enemy agents tempting me to deep waters...we'll never know as I can't remember what happened after the drugged ice cream began to take effect. Maybe it still is.

I had left the mission in Avril's capable hands but as a novice at the spy game she used the run for training and arrived somewhat down the field having electronically tagged the leading runners for future CIA appraisal (they pay better than HI5). It only remained for Colin and Phil to save the mission while I struggled gamely on the beach much as a sunbathing pheasant avoids a life of lead by aspiring to that of Riley. My secondary target was to check for coastal ozone depletion using special monitoring equipment about my person (skin). Keeping up? Good then I'll continue. Never in the field of human conflict have such unequal forces met as in the Le Touquet 20K, our brave operatives tricked and befuddled the unwitting enemy, gaining places where they could. Many foul and devious counter-espionage tricks were employed, elbows, teeth (or dentures), the "your shoelaces are undone" and "the water station/finish is just round the corner" ploys all contributed to our success. I might have been 'on the beach' (thanks Nev) but I was damned if my suffering was not to be unrewarded by not taking a share of the acclaim. Flag, national anthem, Liz, sword, directorships of large arms manufacturers, maybe even sainthood, you know the drill, after all why else would you run for your club and country if not for the money? Certainly not for the social life, which works as well as myxomatosis and rabbits.

We left covertly under daylight, forswearing the recognition that insults hurled at the natives would have brought. We knew from the mission files to expect a shower of heatseeking pain au chocolat, laser-guided croissant and armour-piercing brie as we made our break for our suffering nations shore. Mon Dieu, we were brave, squeezed into our little green eggshell on wheels to make the perilous return leg across open country and closed minds. All was in the balance until the hovercraft skirts deflated (in opposition to my ego) and the comforts of her Britannic Majestys demesne welcomed us with beans on toast and coffee made properly with dust from a jar.

Honestly, what did you expect...hot day, hard race, game to the end, enjoyable suffering, British bulldog spirit, ran well, good time, could do better, all had a tale to tell and lived happily ever after. Crap. You'd probably enjoy fox-hunting as well. All characters are totally real and bear no resemblance to anyone but themselves. I'll see you all in court. Now where did I put that bedroom hopping scandal destined for a tasteless write up in the

AUTUMN 1997

next gripping emission. This document was hand wrung from the mouths of babes courtesy of The Runner Formerly Known As Max.

And for those who skipped the waffle above:

Le Touquet 5/10/20K 24 August 1997.

Max 5K 18.51 21st of 196.

Avril 10K 42.48 313th of 1513.

Colin 20K 1h 35.14 249th of 571.

Phil 20K 1h 16.18 29th of 571.

Ferry + Petrol @ £20 each, 50F entry to races on day.

Max O'Driscoll

Andrea's Great Northern Experience

If someone had told me last September that I would be running a half marathon the following year I would probably have hit them and told them not to be so stupid. (Sorry Steve, I probably did!). But the world is a funny place, and this September 13th I decided to celebrate my first year of not smoking by "doing" the Great North Run.

There were several misconceptions floating about in my mind while giving up the fags. One of these was that if I gave them up I would automatically become a "healthy person". Another was that runners don't drink much alcohol. Silly girl! Anyway, that brings me on to my story of the Great North Run...

The Road to Newcastle

We started our journey early on Saturday morning. I'm sure I wasn't the only one with a hangover, but the way Michelle tucked into her McDonalds breakfast would indicate otherwise. However, that didn't make me feel any better and I felt a lot less fit than a year ago!

Well, we all got comfortable on the bus. Some people tried to play cards and others went to sleep. Then some people cheated at cards and the others couldn't sleep because of the noise!! Now, it was on this early stage of the journey that my boyfriend Steve assumed the name of Sandra. Let me explain: Steve was going to Newcastle but hadn't entered the race. Sandra Elliott had entered the race but had decided not to go. So he was going to run wearing Sandra's number. By the end of the trip, he was suffering an identity crisis. But enough of that.

As we travelled further north, so the weather became cooler. That's great, it would stand me in good stead for the run! It didn't seem quite so great standing on the beach later that afternoon trying to pretend it was still summer, but I had some chips to warm myself up. Some of the group were even braver and decided to play on the fairground rides.

Downtown Newcastle is quite an interesting place and this evening saw some interesting sights. As we made our way to the restaurant we saw a girl wearing what can only be described as "Harrier yellow" nail varnish. Fantastic! That would look great with our kit. I don't know how the chaps would feel about wearing it though. Sandra didn't seem too keen.

I was very conscious of eating properly for the big race, so dinner consisted of pasta, like it says in the book. We had to have some wine as well, just to warm ourselves up for the journey back. And then once we got back to the hotel bar we needed some more to recover from the cold walk back down the road. Honestly, it was freezing! And there were loads more Harriers in the bar! The favourite tippie seemed to be whisky. However, the effects of whisky can be a bit hit and miss, as some people were to find out the next day! Luckily I can't stand the stuff, so I had a Bacardi to steady my nerves. Jacinta decided she'd had enough and started on the barmaid's soda water, fishing out the ice cubes first, of course!

The Race

Sunday morning I woke up wishing I was somewhere else. Why had I said I would do this? My head hurt a bit as I leapt around the bedroom to see if my injured leg would allow me to run. Unfortunately it wasn't too bad. Nothing else for it then...The next few hours were a haze of panic. Got dressed, drank some water, packed my bag, went to the loo, drank some more water, walked from hotel to race, queued for the loo, picked up my number, got my bag on the bus (just), queued for the loo. Then I found Jacinta and Pete. They were both festooned with dustbin bags. I was a bit jealous because I was cold and in danger of wanting the loo again. So Pete suggested three in a bag (yes, it's true!). It was quite cosy in there, but difficult to do the warm-up exercises. However, we managed. When it was time to start we ambled along for quite some time before we reached Alan Shearer and the official start of the race. (We had discarded the bag by this time). We fumbled with our watches "Give us a snog" shouted someone behind us. Mr Shearer smiled sweetly and waved us on our way.

Well, that took my mind off the dreaded task in hand for all of two minutes, but now the serious business of running began. After the initial trepidation of starting a 13 mile race with 36,000+ other people it became quite enjoyable.

We ran over the Tyne Bridge and then heard this almighty roar of people shouting in the tunnel and it was like being at a football match. Because there were so many people to dodge past and overtake I felt as if I was running quite fast! We didn't really notice the hills because they just appeared as a sea of bobbing heads. We saw lots of ambulance people offering, amongst other things, these tubs with strange globby stuff in. Someone, whose name I won't mention, thought it was miracle-go-faster-carbohydrate-stuff to eat. But as he saw people smearing it on all parts of their bodies, so he realised just in time that it was Vaseline!

I was almost brought to the ground after 10 miles by some bloke who decided to run across me. I leapt into the air and stubbed my toe on a paving slab. Just like that, I was cut down in my prime. It was very painful and I spent the last part of the run in agony. However, it was impossible not to get distracted by the activities around me; there were the live bands to avoid being deafened by and fellow runners to chat to. There were children running along and people cheering us on our way. I saw plenty of other Harriers, thanks for the vibrant yellow colour of our vests. I have spotted quite a few subsequently on the video of the event - imagine the yellow nail varnish too! We'd really stand out. Actually, we might even have got on the TV with it. As it was, Michelle and I ran the last 1/4 mile doing our very best running and smiling our biggest smiles for those TV cameras and all they managed to film of the Bedford Harriers was Steve Gaunt!! I'll obviously have to run a good deal faster next time!

With the race over, and all the winners probably having done a five mile warm-down and half hour stretch before leaving, it was time to collect the goody bags. I must say they were quite impressive, and now we have a surplus of breakfast cereal. I'm thinking of making a wind chime out of the medals I have collected this year.

Our final evening was spent in the local pub wringing out our last remaining bits of energy. Some people threw paper aeroplanes and others shot baddies on machines. As the evening wore on Michele appeared to have had a boob transplant and other assorted appendages. Our own Mr Shearer (John) decided he was going to climb up the outside of the pub and a really big bloke had to "persuade" him to come back down. But the very worst was to come. Later, back in the hotel bar, people were asking each other strange questions like who they would really like to be. Sandra, (sorry, I mean Steve) said he wanted to be a Kenyan woman, so that he could win half marathons. I won't tell you what he wanted to do to Tom Cruise, because that's another story...

Andrea Ranson

AUTUMN 1997

Flash! Bang! Wallop!

Newcastle had plenty of flash, lots of bang, and large portions of wallop. Harriers were here in numbers at The Cairn Hotel in Jesmond. One Harrier had an interesting experience when following the coach to Newcastle. A deviation from the A1 main route resulted in a detour to Leeds in Yorkshire. Some will never forget this weekend. A weekend to remember without doubt. The main event was The Great North Run on Sunday as participants - 36,000 plus - would address the demands of a looping 13.1 miles that would begin in Newcastle and finish in South Shields. Weather indications were excellent. Overcast with strong winds.

Saturday saw a welcome Italian meal with fellow Harriers as a prelude to the big day. Sunday morning duly arrived as 36,000 plus prepared for the start of a run that some would clearly enjoy, while others would clearly like to forget. One participant was actually arrested on Saturday evening and released just before the start on Sunday. Only in Newcastle could such an event occur. 12.35 PM. Away we go as the opening miles echoed to the sound of a few thousand voices. The Tyne Bridge was an incredible sight as a mass of runners duly crossed as the following winds aided our crossing. The race had an incredible electric atmosphere as I chatted to lots of runners as the miles passed at a relaxed pace.

I am indebted to a fellow runner from Durham who made the difference on the day as we chatted for at least 4 miles. Sights and sounds throughout the run were incredible. A relaxed pace as I entered the final miles. No sign of photographers at 11 miles. I did a quick impression of Winston Churchill for the cameras at 12 miles. I look forward to seeing that photograph. A brief sprint in the last 200 metres as I crossed the line a very happy bunny. I was pleased with 2:04 as the numbers were just too much to pursue a faster time. Thanks to Lesley and Tony as they shouted encouragement during the race.

Gypsies Stadium was a welcome sight as I located the letter B and a posse of Bedford Harriers relaxing on the grass. All Harriers had a good run and some incredible personal bests were recorded on the day - including cracking times from Wendy, Malcolm and Ralph. What a day!. Some were unwinding more than others - including Wendy - as George and Steve had the dubious honor of massaging her knees. Some people have all the luck. What a sight! My camera was shaking as the shutter clicked away. My shower was a welcome sight as I prepared for the night ahead.

I had little idea that the evening would surpass even The Great North Run itself as Harriers laid siege to The Carriage public house in Jesmond. A chance to relax and unwind. Some clearly found their vocation as paper plane makers as I learned from one Harrier that those born under the Scorpio star sign have a determined nature. Is this true?. Mr Shearer, not to be outdone, scaled the side of the building

AUTUMN 1997

before an irate landlord indicated this was not a good idea. Later one and all returned to The Cairn Hotel for a nightcap.

Such a nightcap was a cocktail of liquid refreshment and discussion about all manner of topics - including the perfect night out. Some would like to date Tom Cruise, while another had a fascination for Kenyan ladies. What's that all about?. A hardy group, including Wendy and myself, continued this fascinating discussion as night became day and the minutes passed with the aid of liquid refreshment. It was a cracking evening, one which I will never forget. I feel sure that others will echo these sentiments. I vacated the hotel at 3 AM.

Some will never forget what was clearly an incredible weekend and a special thanks to Chris and Jude for making the whole weekend such an incredible success. Newcastle will always bring a smile to my face as I remember that weekend, especially that Sunday evening. Roll on 1998.

phil gray

Dear Auntie Alice

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

Dearest Auntie Alice.

I must say I was distressed to read your reply to frustrated in the last issue of this magazine. You refer in your reply to the husband and wife teams in the Harriers. No where in 'frustrated's letter does it say that they are both Harriers. I could not help noticing in the days following publication how many strange looks I was getting as part of a husband and wife team in the Harriers. Could you please in future keep to the facts.

Yours,

NOT Frustrated

Dear Not Frustrated

I stand corrected. With you saying that you were both athletes, I assumed you were with the Harriers. But as with so many aspects of our life, not everything is as it seems.

Aunty 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.

Insurance Against Injuries

Few runners thankfully, suffer serious injury when participating in race meetings or during club training sessions. Such accidents do sometimes occur however and as a guard against this, the Club is considering taking out insurance under the British Athletics Federation Personal Accident Insurance Scheme.

Two levels of benefits are available under the scheme. The first provides for a sum of £25,000 to be payable, if, as a direct result of any accident, a member of the Club dies, loses the use of one or more hands, loses the sight of one or more eyes or sustains injuries so severe that they are prevented from attending gainful occupation for the remainder of their lives

The second level of cover provides (in addition to those benefits detailed above), weekly payment for a period of up to two years and up to a maximum of £250 per week, if the injury prevents engagement in any occupation. The weekly amounts payable are dependent on whether the injury causes temporary total disablement or temporary partial disablement.

An extensive scale of benefits are also provided for less serious injuries including those to the ankles, knees, shoulders, fingers and hips. The range of cover for these varies from around £1,000 up to £25,000

The Club expects to take out the insurance from January 1998. For a Club of our size (up to 200 members), the annual premium for the first level of cover is £87 50 and for the second level £299.50.

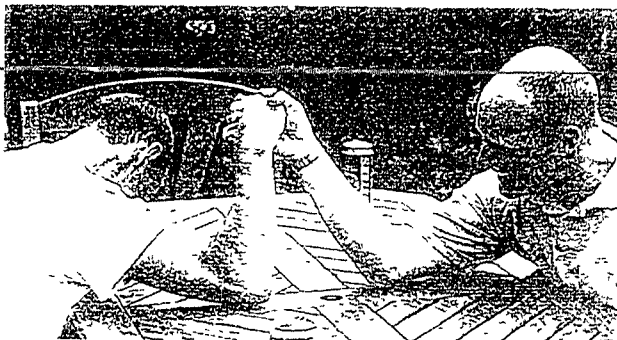
The 1998 subscription will most likely be paid out of current Club funds. The decision on which level of cover to take for 1998 will be decided at a future Committee Meeting. Decisions on how the cost of the premiums will be funded in future years will be discussed at the Club's AGM in April.

1300 Race Miles

Harriers that have been with the Club for at least eight years will remember Dave Lacy a founder member. Dave, who now runs with the Shrewsbury Shufflers, has just completed his 100th half marathon at Stafford in a time of 1:43:00. The Shufflers have some 240 members and have a running group structure much the same as the Harriers.

Well done Dave - We'll be watching out for you at the London Marathon.

AUTUMN FUN COLLECTION



JOHN AND SEAN SETTLE AN ARGUMENT



LESLEY LOVES ROASTED PEANUTS



PETE DEEP IN THOUGHT



CHRIS TAKES A WELCOME BREAK



ROGER CATCHES THE PUNCHLINE

AUTUMN FUN COLLECTION



CHRISTINE RELAXING BEFORE BLISWORTH 5



JOHN RELAXES BEFORE BLISWORTH 5



HARRIERS ENJOY THE SUMMER SUN AT BLISWORTH

AUTUMN FUN COLLECTION



HARRIERS REFLECT ON
THE SWINESHEAD 10



CHRISTINE IN ACTION AT SWINESHEAD



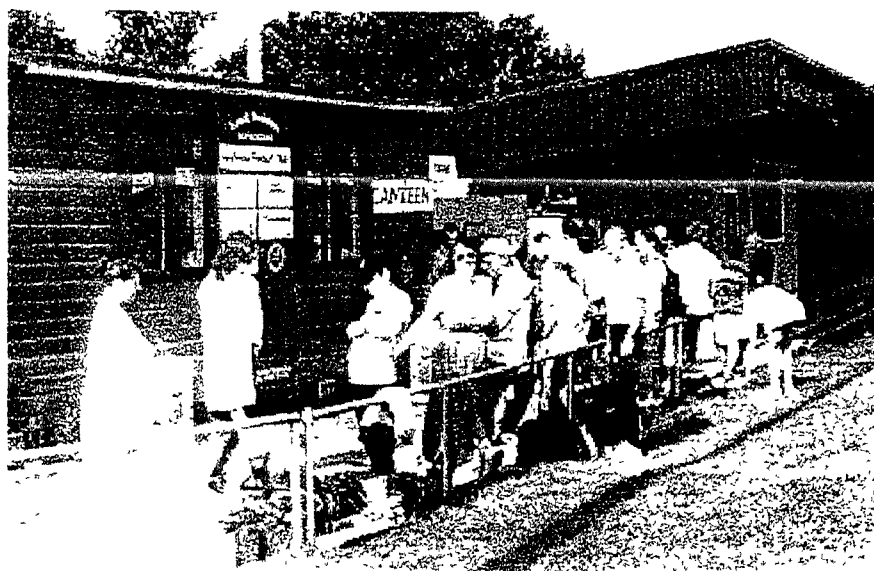
STEVE PREPARES FOR SWINESHEAD 10



VERONICA RELAXING
AT SWINESHEAD

AUTUMN 1997

Great Yarmouth Half Marathon



Looks like Iva wasn't the only one to wreck the place'

SUMMER DIARIES

Bedford Park Relays

A glorious summer evening welcomed one and all to the inaugural Bedford Park Relays. It was good to see so many club members participating - 42 in total. Members were then divided into 7 groups of 6 - giving an even mix of ability in each group. Each group member would - complete one external loop - 14 miles. I decided to capture some special moments on film as runners prepared for the start. Minutes ticked away 3 - 2 - 1. The race was on as the first runners headed towards the Band Stand.

Expectations were high as runners made their way around Bedford Park. A cracking pace was set by one runner - in a Sheffield vest - completing the loop in 6:13. Exceptional. All members awaited their moment to complete the loop. Each would have a tale to tell. Thanks to one and all who made the evening such a gobsmacking success, in particular Steve and Brian. Excellent atmosphere! Excellent evening!

Fairland Park Relays

A sultry summer evening welcomed one and all to Fairland Park in Stevenage for the annual 4k relays. This year's event incorporated the Beds and Herts AAA Championships. Bedford Harriers were represented in both the men's and ladies relays. An excellent atmosphere was generated as runners prepared for the start. The pace was going to be a hot one. I recorded times for the men.

Darren led off for the men, while Christine led off for the ladies team. It was incredible to watch as the lead male runners completed the first leg in 12 minutes. Darren came through in 14. 53 and handed over to Tony P. Tony recorded 14. 26. Max followed Tony and flew round in 14. 20. Brian kept up the pace with a 14. 47 time. Could there be a faster final leg as Kevin took off? We were not to be disappointed as Kevin stole the show in a gobsmacking 13. 47. Excellent running by all the men and ladies on the night.

The winning men's team broke the 60 minute barrier for the 5 legs, while Harrier men achieved a respectable 72. 13. A great performance.

Memories

Bromham had never seen anything like it as a group of Harriers descended on The Slaters Arms. A perfect setting to relax and unwind after a busy week of training and races for some present. All welcomed the opportunity to enjoy an evening meal and refreshments, and a chance to reflect. John was the jester for the evening and Jackie reflected, yet again, on her epic tale of true grit as she relived every mile of the London Marathon in April. I feel sure that we have yet to hear the final nailbiting episode of this epic tale of true grit. Signed copies can be obtained for a small consideration from Jackie.

Jude reflected on a fun filled past and a close encounter with a gorgeous Geordie hunk in the guise of Chris. Chris was never the same after that encounter. Colin, Teresa and Lesley Barnes provided us with further reflections on a night to remember. Bromham will never be the same again.

Harlow 10

Harlow welcomed one and all on a sultry summer morning to the last fixture in the Eastern 10 Mile Road League Series. A Ski - Lodge provided the ideal setting for a group of Harriers to soak up a warm and friendly atmosphere. It was more like a Harriers night out instead of the prelude to a 10 mile road race. It was that relaxed. Christine and Lesley provided the humour during this prelude. It was good to see a mixture of clubs from across the region taking part, including the local Harlow Running Club. Minutes ticked away. 3 - 2 - 1. Go!

An incredible pace was set by the leaders as the course wove its way around the cycle tracks of Harlow. The winner would record a gobsmacking 52 minutes. Heat and humidity tested some to the limit. Brian continues to amaze and recorded a blistering 65:04 to be 1st Harrier home, while Wendy recorded a comfortable 85:55. It was interesting to see Steve Davis, ex World Snooker Champion, taking part in this event. A day to remember without a doubt.

Bedford Triathlon

A sultry summer morning welcomed participants to the second Bedford Triathlon. Temperatures were expected to reach 30°C. The success of 1996 had clearly attracted participants to the Dame Alice School on this summer morning. Ahead of those participating a 400M swim, a 30K bike ride, and a 5K run. An early start as the first competitors began their swim at 7:30AM. I located at The King's Arms T-Junction in Cardington to direct competitors towards Old Warden.

I have little doubt that some found the going tough. Early bikers welcomed the stillness as they sped towards Old Warden. It was good to see a number of Harriers participating. John Keenan was looking good at this early stage of the bike ride. He would attain 1st in the M60 category. Well done John. Alice and Theresa were clearly enjoying themselves at this early stage and Chris Proud looked relaxed. One competitor actually rode out to Cardington as a warm up. He returned to Dame Alice and proceeded to complete the triathlon. What a level of fitness.

It was an incredible day as I chatted to competitors and local horse riders as the hours passed. Well done to all who completed this demanding test of endurance and I look forward to seeing you in 1998. A big thank you to all who made this event such an incredible success.

Blistering Blisworth

A cracking pace was the order of the day as Blisworth welcomed club athletes to its annual 5 mile road race. Summer sun did little to deter runners. Could the course record be broken again after the incredible sub 24 time in 1996? It was going to be close. Bedford Harriers were there in numbers and relaxing on a sultry summer evening prior to the start. Some runners would find the going tough. I located about half a mile from the start as a stream of runners headed towards me. It was an incredible sight. So many runners.

Early mile splits - [1] 4:40 [2] 9:23 - indicated the leader was setting a hot pace. He recorded an incredible 24:09 for the 5 miles. Max was 1st Harrier home in a sub 31 time, with Steve Gaunt and Brian not too far behind. Veronica was 1st Harrier lady home. It was an incredible sight as runners completed the final metres. So many smiling faces, including Iva and Angela. Well done to all who took part in what is clearly an incredible race. Thanks to Angela for providing transport.

Wardown Park 5K

Wardown Park in Luton welcomed participants for the 5K race. A limited number gathered at the start as a shower of rain did little to alter the already humid conditions. It was good to see a number of Harriers participating, including Max, Wendy and Christine. Christine would later pay thanks to her new shoes for an excellent time. A cracking pace was set by the leading group and the winner did a cracking sub 15 time. Max did an excellent sub 19 time, while Wendy continues to impress with 24:08. Christine recorded a cracking sub 22 time and said her shoes had played their part.

The journey to and from Luton was equally as rewarding as the race itself as all manner of topics were discussed. Some even related to running. I feel sure that a knee belonging to Wendy will always bring a smile to my face as I remember that journey home.

Bar-BQ

It was day like any other day as Chris and Jude welcomed guests to their house in Bromham. Essential ingredients of the day included a bar-b-q, refreshments and all manner of entertainment. Refreshments would be both spiritual and otherwise. A prelude to this was a welcome run for a small group around Bromham, 4.5 miles, led by our host Chris. Clearly a perfect setting as guests arrived during the course of the afternoon.

All manner of entertainment was on offer, including arm wrestling, where Roger is clearly a master technician, while Jude was clearly in her element with a trick that involved a matchbox, a flexible body and a sense of humour. I attempted this trick with little success. Most were amused by this particular episode. John was not to be outdone and did things with a broomstick that left little to the imagination. As the afternoon turned to early evening, we were all given an incredible insight into the world of Barnet F.C. by Jacinta as sentence upon sentence floated away like feathers to the ground. She was clearly in her element as she did her best to persuade one and all that Barnet F.C. were the best thing since sliced bread. I feel sure we have not heard the last nailbiting episode of this incredible saga. Watch this space.

Music and discussion were the final elements of this incredible day. Some classic tracks on offer, including 'Keep On Running', 'Stand By Your Man', and much, much more. Wendy had a particular favourite, a haunting melody by that soul diva Sade. A classic track that went on, and on, and on.... Enough said. I feel sure this could well become the club anthem. Who knows?. A mega thanks to our hosts Chris and Jude for their hospitality and humour.

Alive & Kicking

Putney was alive and kicking as a group of Harriers, including Lesley, Tony and Wendy, laid siege to The Half Moon public house in Putney High Street. Traffic in London was a nightmare but it was well worth the wait. The atmosphere was electric as one and all relaxed with a few drinks prior to the main event. Chris Cottam Jnr and his band were the main event. Loud applause greeted the band as the music started. Chris was clearly at home on stage as a packed audience, that included the Cottam support group, Chris and Jude, danced the session away, with the odd measure of liquid refreshment thrown in. It was an excellent session and Chris clearly appreciated the support of the Harriers on the night.

AUTUMN 1997

As the night came to a conclusion, everyone thanked Chris for some excellent music. Some even asked Chris for his autograph. Everyone had a great time and Putney will never be the same again. A classic night for one and all. Thanks to Chris and his excellent band, to Bill B for directions in Putney, and to Jude who made this incredible night possible

Swineshead 10

A late summer morning welcomed one and all to the picturesque village of Swineshead and its annual 10 mile road. An excellent atmosphere was clearly evident as runners prepared for the start. It was good to see so many Harriers taking part in the race - some for the 1st time - including Kevin and Wendy. Minutes ticked away. 3 - 2 - 1. It was an incredible sight to see Max leading the runners through this early stage of the race

The race would loop around a number of villages. The leaders set an incredible pace and were well ahead at 3 miles. It was good to see Harriers holding top 10 positions at this early stage. The winner would record a cracking 54 minutes. It was great to see 3 Harriers finish in the top 10 - Paul Langford 4th - Kevin 7th - Mark 10th. An incredible performance, and 2nd Men's Team on the day. Christine produced another exceptional performance, while Wendy goes from strength to strength in 83 minutes. A number of personal bests on the day in question and a cracking performance by all concerned. Liquid refreshments with fellow Harriers - Wendy- Kevin-Brian and Steve was a fitting conclusion to the day. Taking pictures is thirsty work. A great day.

The St Albans Cross Country Relays.

Four Harrier Ladies, Sandra Elliot, Teresa Munns, Jacky Keenan and Christine Armstrong ran in the 3rd St Albans cross country relays on Saturday the 20th September. The relays, which consisted of 4 laps of 2.5 miles, was completed by the ladies in a time of 83 minutes 12 seconds. Christine completed her lap in 20.0 minutes, Sandra ran 20.47, Teresa did 20.54 and Jacky ran 21.31. The Harriers were the ninth team to finish on the day.

The Club Handicap Race

A Handicap race, over a distance of 4.5 miles, was run by the Club on the last Wednesday in August. Around 40 Harriers took part in the race which consisted of four laps of Bedford Park. Each runner was given a handicap time based on their perceived level of ability. The first runner to start, at around 7 o'clock, was Iva Barr. The last to start, around 22 minutes later, was James Foley. The aim was that all the runner should complete the distance in around 45 minutes. As it turned out, some of the handicaps proved to be a little severe though despite this, the majority of runners finished the race within four to five minutes of each other.

The first lady to finish was Wendy Machan followed by Christine Armstrong. In joint third place were Angie Bright and Jeanette Cheetham. John Thompson was the first man to finish with John Keenan in second place and Alistair Fadden third. Winners trophies and mementoes for the second and third in each race will be presented at the Club's award night in December.

We hope to run the handicap on an annual basis from now on or possible even twice a year. One idea is that the first race be run around April /May with the main championship race again being in August

Many thanks to Jude Cottam and Phil Gray for helping on the night

Day Trip to Yarmouth

On a pleasant Sunday morning in August (can't quite remember the date) a coach load of Harriers, friends and relatives set out for Gt Yarmouth. The purpose was to participate for the second time in their annual half marathon. The first occasion was memorable for a number of reasons one being the lack of a sense of direction by the driver who got totally lost in Yarmouth. There were no such problems this time as the coach pulled into the race HQ well before the start time of 11 pm

Eleven men and six lady Harriers ran in the race and for some it was their first time over the distance. The course itself was fast and mostly flat and the weather conditions pretty good. A number of Harriers recorded excellent times. Phil Barnes, who before the race had been complaining of a 'dicky tummy,' was not put off by the possibility of this being a fatal illness and produced his best ever half marathon run - 1:19:18 and seventh place overall in the race. Chris Brace also got a new PB and Christine Armstrong, in her customary manner, picked up the trophy for the first lady home in her category. Christine together with Leslie Barnes and Jacinta also picked up the lady's team prize. 'Cinta later informed us that this was the first time she'd ever won a prize for running.

There was much interest among the local population in the Harriers and in why we had all descended on Yarmouth. Answers to these questions were comprehensively provided by Lesley Davies to the local press core. The afternoon was spent idling around Yarmouth, eating the fish and chips and sampling the local brew. The coach departed at around 6.30 and we were back in Bedford by around 8.30. It was an extremely enjoyable day out and a gobsmacking experience. Oh and yes - Everybody had a tale to tell!

This space is available for Advertising
--

Oxford Delights

Oxford is a city without parallel for capturing the imagination. A city that inspires the spirit and transports you to a bygone age when horsepower had little to do with an engine and four wheels. When a stroll with friends in the summer sun was considered a perfect conclusion to the day. I walk along Broad Street in the heart of the city and pass the daunting facade of the Sheldonian Theatre. I close my eyes and imagine Christopher Wren at his desk in the final stages of design. I hear the sound of a horse and carriage and a group of men in conversation beneath the balcony window.

Wren deep in thought as he addresses the demands that designing such a theatre can present. A knock on the door and a friend gives Wren some welcome advice. How would he react to the present city of Oxford? His own age was a troubled one. A debilitating civil war, the execution of a monarch, and the restoration of that monarchy. He would surely have a welcome smile at the justified attention and interest shown in the Sheldonian Theatre over three centuries since its creation.

Gt Barford Half Marathon

The Harriers Half this year was slotted between the massive Gt North Run and the ever popular Robin Hood. The date seemed to suit most local club runners and most importantly the Harriers that made the event run smoothly on the day.

For Steve Clark and myself, the event started on Saturday morning as we loaded the van to near bursting point with road signs, water barrels, tables, clocks and tools. Off we raced, banging in the 'Caution Runner' signs all over the roads of North Bedfordshire. In fact, we did so well that the Wheatsheaf Pub door was still shut at 11.50. Never fear, a quick diversion off the course brought us neatly to the bar by 12.45. It's very thirsty work putting out 50 plus road signs in two hours and getting them all the right way up. Back to my house and some delicious lasagne - (Thanks Lesley) and some tea. The weather was so good, we ate it in the garden.

Terry McEwen turned up to help build the finish area at the Village Hall, one less job to organise tomorrow. Home again, I wash and fill five water containers, reload the van with more signs and the platform for the race clock. Collapse in chair at 8pm exhausted.

On Sunday, I woke up at 3am and lay worrying for two hours. Can't stand it any more. Get up and do something. At least I don't have to dodge a constant flow of cars at 6pm whilst putting out all the 'Car Park' signs on the main road.

By 8 o'clock, Mike Devonshire and a few others help tape the finish area and set up the clock. Relish the thought, Breakfast bar now on site, late entries set up, Greg's putting out his kit stall. Time to put out yet more signs, the mile markers and four drink stations.

Terry comes along and we're back just before just before 10am. One hour to the start. Time is flashing past at an alarming rate. Just time to brief the Police and the Red Cross, load the start gun and grab the loud hailer. Ten minutes to go. The time keepers are ready, the Police stop the traffic and Rosemary our time referee hurries a few late starters. Counting off the seconds to 11 o'clock. Paul fires the gun and instantly goes stone deaf for two hours.

At last time for some tea and bacon rolls from Charmaine's van- very tasty indeed. The sun is shining and there's a light breeze. I stand chatting to some locals who are really quite impressed that this friendly little sporting event is happening in their village. They are amazed by the length of the course since 13 miles means very little to a motorist. While we talk, Jim McMahon appears and starts his run up Birchfield Road. I glanced at the clock - 70 minute course record.

AUTUMN 1997

The team swung into action. Jeanette and John are on the line. Pete and Graham are spotting categories. Lesley and Diane are recording numbers. The finish drinks are ready. Carly's ready with the medals. Stuart Plews is now in sight. Jim crosses the line at 71.45. Stuart's one minute behind. The first Harrier, Paul Langford's in third spot.

As the finishers start to pour in, I'm kept busy re-washing cups. I forget that runners will take two cups not one - whoops. The results are running off well care of Jacinta and Angela. Soon we have all the prize winners sorted. Runners complain (in good humour) about the hills in Bedfordshire and who the hell dreamt up the evil finish? I keep quiet and slink off to do the prize giving. Jack joins me in thanking everyone for supporting the event. The prizes are given and I start to relax. It just remains to pick up the course and pack everything into the van again.

Everyone is happy with the event. There's lots of praise for the drink stations and the Marshall's. Many Harriers have PB's. Amazing given the hilly course. Some are just pleased and some are pleased its over. So am I for another year.

Pete Davies.

The following Harriers ran in Pete's race.. Patricia McElhatton ran her first race over the distance.

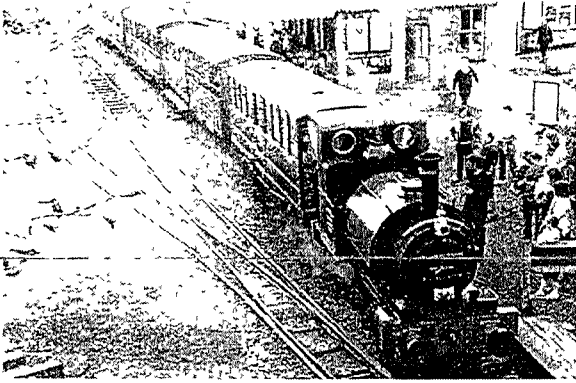
	Time		Time
Paul Langford	1:17:34	Christine Armstrong	1:42:21
Tony Parello	1:26:44	Pauline Beehan	1:47:23
Paul Sharman	1:26:53	Wendy Machan	1:51:25
Ralph Ward	1:30:25	Anne Davies	1:54:53
Tony Alston	1:30:25	Michelle Boyden	2:10:05
Ray Evans	1:33:50	Andrea Ranson	2:10:09
Len Donavan	1:43:20	Iva Barr	2:11:13
Patrick Harnan	1:48:24	Patricia McElhatton	2:22:11
Malcolm McEwen	1:51:31		

OAKLEY RACE

1 MARCH 1998

As you may already know, McDonalds is not sponsoring the 1998 race Chris Cottam is therefore looking for sponsors for the Oakley Race in 1998. The race will be over a distance of 16.4 miles. Anyone who is interested in , or knows of an interested party, with a view to sponsoring what is clearly an incredible race, contact Chris

CHRIS COTTAM: [01234] 825858



RACE THE TRAIN

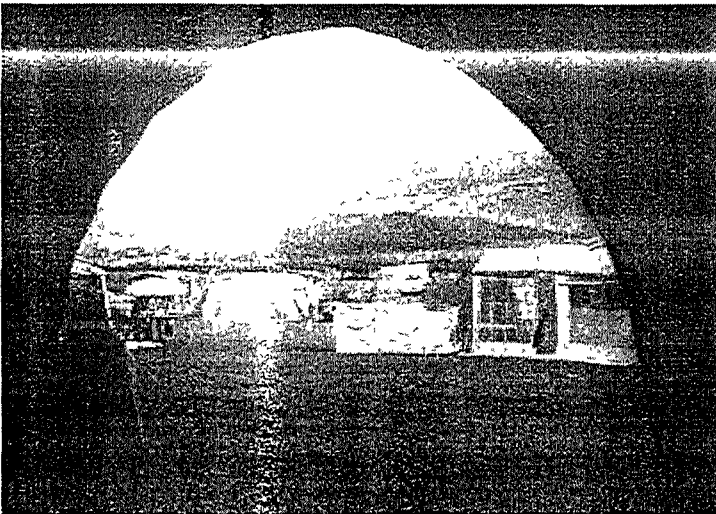
PART ONE - ERECTIONS

~~The journey wasn't one I feel a need to commit to memory.~~ We set off at 4pm knowing only too well it would have been better if it were 4am but work commitments made that impossible. It was hell !!

Birmingham was at a standstill and nowhere else was moving much faster. Our usual stop off for tea and sticky buns in Welshpool had to be abandoned for fear of fading light. Sandwiches, crisps and choccy biccys purchased from a petrol station went down well at the nearest lay-by. Unfortunately, half an hour later, Daniel's came up equally as easy nowhere near a lay-by.

John and Jeanette greeted us at dusk at Ynswatdymacallit campsite, Tywyn, North Wales and we rushed around like proverbial flies to get the tent up before we lost all the light. In the meantime, Jeanette rummaged around in the boot of our car to find Daniel some clean clothes, not easy in the dark either.

Once fully erect we headed for an unusual venue - the chip shop. Don't worry, it didn't take us long to eat up and get to the pub !! On reflection I should be grateful that my food-full stomach had room for only one pint.



PART TWO - SUNNY DAYS

Under normal circumstances I'm in my element when I wake up at the crack of dawn and find I'm already hot and the sun is cooking. To be honest, it took me some time to remember why, today, this fact left me with a feeling of apprehension. I soon forgot about the pending problem (race) when, after a few pieces of toast, a game of cricket (complete with sawn-off cricket bat) got underway. I won the first innings with 7 runs whilst Nette, Dan and Kay managed an average of 4. The second innings was a different kettle of fish

when the 'lads' joined in. This included Andrew, the fast bowler from the next tent. No one stood a chance, I was out for a duck.

PART THREE - HITTING THE MOUNTAINSIDE

Later, after more toast, it was time to get to the race. The venue, a large field, hosts many stalls and attractions for those not running. graham and I headed for the race T shirts tent to get a present to take back for our cat sitter. I spotted the Race The Train hats and began to attempt to weigh up the pro's and con's. I've never raced in a hat before because I was under the impression it would impede the loss of heat from my body. Nette, on the other hand, considered the benefits of reflecting the sun from the top of my head to be greater. I bought one. Unlike Offa's Dyke there was no 'Baby Sitter From Hell', just 'Tubby Nette' and John. I left them all tucking into lunch and happily made my way to the start. (Did I say happily?) On the way I bumped into Fast Bowler Andrew who said he hoped I ran better than I played cricket ! At the start I met Jacky Keenan who was excited and terrified at the same time. The couple of minutes we waited for someone to say "Ready, Steady, Go" would have been considered by experts far too long out in that heat

already. I knew purposely little about the course other than 'after Offa's Dyke it will be a doddle' and a few snippets Nette thought I was listening to. As I plodded on through the unrelenting sunshine I remembered her saying how the bits in the open fields would be hot and hard. This gave me the hope of coming to some less open more shady parts at some point - false hopes.

I ran the first 2 miles knowing it was going to be impossible to keep up even the slowest pace. It was the kind of day when a walk would not necessarily have been thought wise. 2 to 4 miles was walk/run and I congratulated myself when I managed to run a whole mile between 4 to 5. 6 to 7 was more like 2 to 4. at 7 miles and with a change in direction things ere different. Worse ! At least it was only the heat impeding my previous progress. Well the breeze was nice now but the terrain would suit those looking for broken limbs. We were going up, up, up along a path that wasn't wide enough for two feet and had a definite drop to one side of it. I couldn't exactly run. It was single file and the one guy ahead of me dictated the pace and the two people behind me went along with it too ! It was only a mile but it seemed like 10. The next mile was different again but no easier. It reminded me of a typical winter cross country course but without the chill in the air. Somewhere between 10 and 11 you get back on to the route you came out on. Just before 11 miles a very steep bank of grass needing a rope to help you up really done my legs in. Once in the open fields again the sun was as hot as before. My verdict on my hat was 'thank goodness I was wearing it'. It seemed to stop sweat dripping in my eyes amongst other things.

This is getting boring so on to the end. to cut a long story short, I died at 14 miles out of 14 and a quarter. What a bummer. And Graham caught me on camera !!



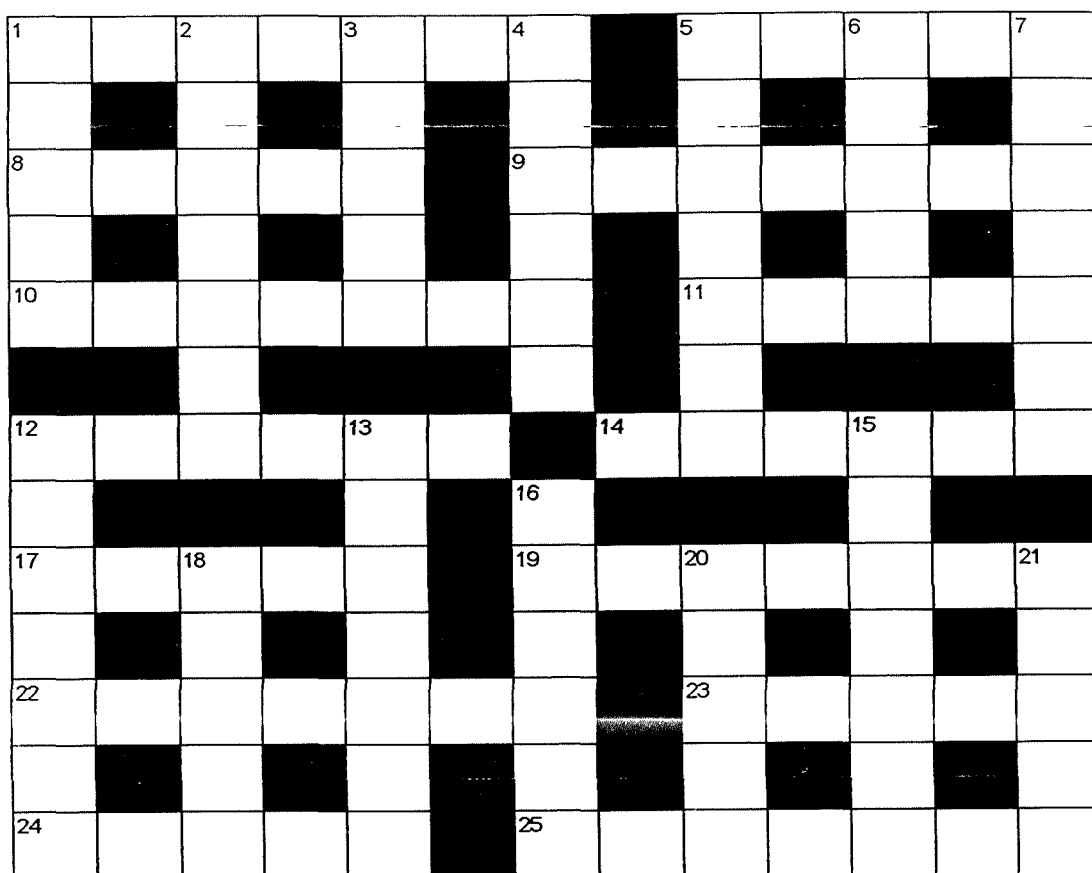
Of course I eventually stumbled across the finish line and was chuffed to bits to have done it. At this point you always realise it wasn't as bad as it seemed (was it?) It never ceases to amaze me how quickly you can forget about what you've just been through and start thinking Chinese take away and a few beers !

PART FOUR - ANY MORE ?

You'll be sad to hear that there are no more erections planned for this year (or pleased if you're fed up of reading about them). If anyone has any ideas where they think it would be nice to erect next year let us know. If you fancy trying something we've done before, ask and we'll fill you in on the details.

Jacinta

Ray's Coffee Time Crossword



Across

- 1 Someone who plays a game of chance [7]
- 5 Latin for poison [5]
- 8 To come in [5]
- 9 Part of a car that protects the driver should the car turn Over [7]
- 10 As close as possible [7]
- 11 Thing from another world ' [5]
- 12 Don't pull this if you want to run well [6]
- 14 Dangerous [6]
- 17 Opposite of day [5]
- 19 Communication and contact between groups [7]
- 22 To surround a city or fort with military forces [7]
- 23 Large wild cat with stripes [5]
- 24 Decreases speed [5]
- 25 A delight from the east ' [7]

Down

- 1 This colour gets traffic moving [5]
- 2 Long - necked flask, used for distillation [7]
- 3 Not small [5]
- 4 Something that does not happen very often [6]
- 5 A baddie [7]
- 6 Religious minister of the synagogue [5]
- 7 Unusual [7]
- 12 A small public conveyance [7]
- 13 A postman delivers these [7]
- 15 African short light spear [7]
- 16 Able to speak and write a foreign language [6]
- 18 Slang for a mechanical device [5]
- 20 Not before [5]
21. One of the four cardinal compass points [5]

Race Results and Performances

Harriers members have participated in around 30 road races since July. One of the most popular was the Gt North which was run by almost 40 members. 38 did the Standalone 10k, Swineshead attracted 27,, and the Blisworth 5, the Gt Yarmouth half and Gt Barford each attracted 17. In addition to the road races, Club members have run in more than a dozen duathlon, triathlon, multi-terrain and fell races since July

PB Improvements

Around 20 members of the Club have produced new PB's over the last three months

In July, **Steve Gaunt**, **Max O'Driscoll**, **Christine Armstrong** and **James Potter** all set new best times for the 10k at Milton Keynes. **Steve** subsequently improved his 10k time by a further 29 seconds at Standalone and also produced a new best time for the half marathon at Newcastle. **Max** has set several other PB's since July including going under 31 minutes for the first time for five mile at Blisworth and reducing his time for the 5K to just 18:08. **Christine** continues to improve her half marathon performances with a new PB of 1:42:21 at Gt Barford.

Phil Barnes set a new PB and became the second Harrier this year to go under three hours for the marathon when to he ran 2:58:32 at Nottingham **Phil** also set a new PB of 1.19.18 for the half marathon at Gt Yarmouth. Another runner to set a new PB for the marathon at Nottingham was **Martin Kay** who failed by just 30 seconds to break three hours. Two years ago, **Martin** ran the Nottingham marathon in 3.30.00. **Chris Brace** also smashed his previous marathon best and got under four hours for the first time with 3.52.41 at Nottingham. **Chris's** time was 16 minutes faster than his previous best marathon run which was at this year's London race. **Chris's** other PB's since July include a new 10 mile time at Swineshead and new half marathon best at Gt Yarmouth.

Terry and **Malcolm McEwen** continue to produce improved times. Both **Terry** and **Malcolm** set new five miles times at Blisworth and also new 10k times at Standalone. **Malcolm** also got a new PB for the half marathon at the Gt North Run.

Tony Parello set new half marathon times at Grunty Fell and Gt Barford and a new PB for the 10k at Standalone **Wendy Machan** set a new PB for the half at Newcastle and improved her time for the distance again at Gt Barford **Wendy** also got a new PB for the 10K at Standalone. **Tom Greaves**, one of our newer members, is rapidly improving his times Tom set a new PB for the 10 mile at Swineshead and followed this up by knocking four minutes of his 10k time at Standalone. **Paul Sharman** set new best times for the 10k at both St Ives and Standalone in addition to a new ten mile time at Welwyn Garden City and a new half marathon time at Gt Barford

Anne Davies improved her half marathon time by four minutes at Gt Barford. **Paul Roberts** set a new PB for the half at Newcastle and **Ralph Ward** knocked a couple of minutes of his half marathon PB to go under one hour thirty for the first time at Newcastle. **Angela Kay** set a new PB of 37.55 for the five mile at Blisworth, **Jacinta Horne** produced a new 10 mile best time at Swineshead and **Dave Tresser** got a new PB half marathon time at Grunty Fell.

Other Notable Performance

Other notable performances by Harriers members since July include **Chris Proud** being the second British runner home in the World Duathlon championships in Spain. Earlier this year, **Chris** was the first British runner in his age group to finish in the European duathlon championships in Poland.

Paul Langford, who was representing Britain, also achieve a notable performance when he finished second overall at the Knokke - Heist Triathlon in Belgium. **Paul's** time for a 1500m swim, a 40k bike ride and a 10k road race was 1 hour 59 minutes 47 seconds. **Paul** has produced a string of other excellent runs over the last few months. He was placed 4th at the Swineshead 10 in 59m57s and 3rd in the Great Barford half in 1.17.34. He has also recently broke 33 minutes for another a 10k road race.

Another Harrier displaying outstanding stamina is **Colin Bennett** who ran 40 miles in just over eight hours in the High Peaks Challenge. **Colin** is always on the look out for fellow Harriers who would like to run this sort of distance with him

Sub-1:30:00 Club

The Harriers are pleased to report that it has two new members of the Sub 1:30:00 Club. This Club is open to all members who complete a half marathon is under one and a half hours. The two new members since July are **Ralph Ward** who went under 1:30:00 for the first time at Newcastle and **Paul Sharman** who achieved it at Gt Barford. Earlier in the year, **Tony Parelo** joined the Club when he went under 1.30.00 at Ramsey.

The five fastest half marathon times by Harriers this year are those by **Tony Barnes** (1:15.36 Bedford), **Paul Langford** (1:17:34 Gt Barford), **Phil Barnes** (1:19:18 Gt Yarmouth), **Mark Whiteman** (1:21:18 Nottingham) and **Edvardo Preciado** (1:22:04 Gt North).

At present the Sub-1 30.00 Club is male only. We await with anticipation out first Lady member.

BEST PERFORMANCES AWARDS

The Best Performance Awards acknowledge and recognise performances of particular merit. They are presented four times a year and 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 Summer 1997 are given below. The choice of winners is inevitable subjective. Apologies to those who feel they should have been included but have not been on this occasion.

This set of awards covers all races from July up to 21st September. They do not include races run after this date including the Nottingham marathon and half marathon. Performances in these particular races and all others up the middle of December will come into consideration for the Winter Autumn Awards which will be announced in the Christmas Edition of the Harriers Magazine.

SUMMER AWARDS

3rd Place

Wendy Machan's run in the half marathon at Newcastle. Wendy knocked ten minutes of her previous half marathon best to produce a time of 1.52.00. Wendy subsequently knocked another 30 seconds of her time for the distance at Gt Barford.

2nd Place

Paul Sharman's 1.26.53 for the half marathon at Gt Barford. This was a remarkable performance by Paul who knocked four and half minutes off his previous best for the distance. Paul's time was all the more outstanding as it was achieved in spite of an painful ankle injury which he's been carrying.

1st Place

The Summer Award goes to **Malcolm McEwen** for his run in the Gt North. Malcolm knocked 17 minutes off his personal best for the half to produce a time 1.41.20; a tremendous improvement. Malcolm recently ran his first full marathon at Nottingham.

AUTUMN 1997

Race Results (July to September)

Race results between July and the end of September are given together with the Club Championship points awarded for each race. Please inform Brian McCallen if any mistakes or omissions are detected.

Amersham 5

		Time	Pts
John	Marchant	35.34	1

Burnham Beeches Half

			Time	Pts				Time	Pts
Christopher	Brace	v45	1.49.51	1	Christine	Armstrong	v40	1.48.16	1
Arthur	Monk	v50	2.04.45	1					

Blisworth 5

			Time	Pts				Time	Pts
Max	O'Driscoll		30.58	6	Veronica	Singleton	v35	33.50	3
Steve	Gaunt		31.08	5	Christine	Armstrong	v40	36.04	3
Brian	McCallen	v40	31.15	7	Angela	Kay	v35	37.55	2
Paul	Sharman		33.53	4	Andrea	Ranson	v35	42.15	1
Terry	McEwen	v45	35.04	7	Iva	Barr	v65	51.00	1
John	Durham	v40	35.31	4					
Len	Donavan		35.55	3					
Ian	Soaft	v45	36.03	4					
Peter	Davies	v40	36.22	3					
Malcolm	McEwen		36.50	2					
Gordon	Baxter		38.12	1					
David	Tresser	V50	40.55	1					

Bousquet D'Orb 12.5k

			Time	Pts
David	Sutcliffe	v60	62.43	1

Charadon 5k

		Time	Pts
Max	O'Driscoll	18.15	1

AUTUMN 1997

Harlow 10

			Time	Pts				Time	Pts
Brian	McCallen	v40	65.04	3	Christine	Armstrong	v40	78.52	2
Ray	Evans	v50	72.18	3	Teresa	Munns	v45	79.13	2
John	Durham	v40	77.44	2	Wendy	Machan		85.55	1
Brian	Cornwall	V60	79.24	4	Irene	Cornwall	v60	97.31	1
William	Bowden	v55	79.50	2					
David	Sutcliffe	v60	80.33	2					
Phil	Gray	v40	90.43	1					

Fringford 5

		Time	Pts
Tony	Barnes	30.50	3
Max	O'Driscoll	31.25	2
Graham	Horne	31.53	1

Great North Run

			Time	Pts				Time	Pts
Edvardo	Preciado		1.22.04	10	Christine	Armstrong	v40	1.44.22	11
Brian	McCallen	v40	1.28.15	11	Wendy	Machan		1.52.17	7
Richard	Bird		1.29.00	9	Caroline	Hunt		2.01.14	6
Ralph	Ward		1.29.30	8	Melissa	Dick		2.06.00	5
Steve	Gaunt		1.33.04	7	Kim	Walker		2.06.00	5
Graham	Horne		1.34.07	6	Michelle	Boyden		2.06.41	3
John	Shearer		1.37.00	5	Andrea	Ranson	v35	2.06.44	3
Paul	Roberts		1.38.09	4	Jacinta	Horne		2.10.24	2
Darren	Armitage		1.38.58	3	Jacky	Hibbard	v40	2.12.28	3
Chris	Cottam	v50	1.39.25	14	Lesley	Dick	v50	2.15.00	5
Neil	Summerville	v50	1.40.24	13	Iva	Barr	v65	2.20.00	5
Malcolm	McEwen		1.41.20	2	Dilys	Hunt	v45	2.22.29	1
George	Armstrong	v45	1.44.23	7	Vanda	Miller	v40	2.23.28	1
Len	Donavan		1.45.02	1	June	Jones		2.23.28	1
David	Tresser	V50	1.55.15	9	Jude	Cottam	v45	2.28.55	2
Gordon	Cunniff	v40	1.57.00	2					
Graham	Burley	v50	1.59.19	7					
Trevor	Beard	v45	2.03.22	4					
Phil	Gray	v40	2.04.00	1					
John	Waugh	v45	2.09.04	2					
Les	Dick	v50	2.15.00	2					
Michael	Wood	v45	2.17.00	1					
Arthur	Monk	v50	2.30.00	1					
Jack	Keenan	v60	2.30.23	1					

AUTUMN 1997

Gt Yarmouth Half

			Time	Pts				Time	Pts
Phil	Barnes		1.19.18	2	Christine	Armstrong	v40	1 43.07	4
Brian	McCallen	v40	1.27.49	2	Lesley	Barnes	v35	1.58.10	3
Steve	Wilby	v45	1 31.39	3	Wendy	Machan		2.00.51	2
Graham	Horne		1.32.02	1	Jude	Cottam	v45	2.06.45	1
Chris	Cottam	v50	1.41.27	4	Jacinta	Horne		2.05.45	1
Christopher	Brace	v45	1.46.06	1	Iva	Barr	v65	2.23.42	1
William	Bowden	v55	1.49.45	3					
John	Thompson	v50	1 55.07	2					
Graham	Burley	v50	1 58.10	1					
Gerald	Dazley	v60	2.22.06	2					
Jack	Keenan	v60	2 32.35	1					

Grunty Fell Half

			Time	Pts
Tony	Parello		1.27.10	2
Will	Drown		1.38.00	1
David	Tresser	V50	1.55.15	1

Lea Valley 10

			Time	Pts
Christine	Armstrong	v40	85 32	1
Jacky	Keenan	v45	85.32	1

Le Touquet 5k

			Time	Pts
Max	O'Driscoll		18.51	1

Le Touquet 10k

			Time	Pts
Avril	Thomas		43.0	1

Le Touquet 20k

			Time	Pts
Phil	Barnes		1.16.00	1
Colin	Bennett	v45	1 32.00	1

Luton 5

			Time	Pts				Time	Pts
Max	O'Driscoll		32.50	2	Avril	Thomas		51.3	1
John	Martuello		33.08	1					
Peter	Davies	v40	37.13	1					

AUTUMN 1997

Luton 10k

			Time	Pts
Kevin	Willett		37.07	3
Max	O'Driscoll		39.17	2
Alan	Smith	v40	39.43	2
Paul	Sharman		39.55	1

Marsh Gibbon 10k

		Time	Pts
Max	O'Driscoll	39.48	1

Milton Keynes 10k

			Time	Pts				Time	Pts
Tony	Barnes		34.40	7	Veronica	Singleton	v35	40.10	1
James	Foley		34.42	6	Christine	Armstrong	v40	44.24	2
James	Potter		37.50	5	Anne	Davies	v40	49.50	1
Max	O'Driscoll		38.28	4					
Graham	Horne		38.36	3					
Steve	Gaunt		39.42	2					
Brian	Harwood	V45	39.47	2					
Paul	Sharman		40.09	1					
Peter	Davies	v40	45.05	1					

Peterborough 5k

		Time	Pts
Max	O'Driscoll	18.32	1

Peterborough 10k

		Time	Pts
Paul	Sharman	41.08	1

Robin Hood Half

			Time	Pts			Time	Pts
Mark	Whiteman		1 21.18	3	Wendy	Machan	1.55.00	1
Tony	Parello		1.27.12	2				
Chris	Cottam	v50	1 36.40	2				
Ian	Marshall		1 38.50	1				
Arthur	Monk	v50	1.59.29	1				

AUTUMN 1997

Robin Hood Marathon

		Time	Pts			Time	Pts
Phil	Barnes	2 58.32	3	Lesley	Barnes	v35 4.19.07	1
Martin	Kay	v40 3.00 30	2				
Malcolm	McEwen	4.01.00	1				

St Ives 10k

		Time	Pts			Time	Pts
Tony	Barnes	37.40	4	Lesley	Barnes	v35 50.59	1
Phil	Barnes	37 45	3	Irene	Cornwall	v60 57.52	1
Paul	Sharman	39 45	2				
Ian	Marshall	42.57	1				
Brian	Cornwall	V60 45.52	1				

Silverstone 5k

		Time	Pts
Max	O'Driscoll	18 44	1

Standalone 10k

		Time	Pts			Time	Pts
Paul	Langford	33 54	13	Pauline	Bechan	v35 44 58	9
Kevin	Willett	36.03	12	Christine	Armstrong	v40 47.44	9
Brian	McCallen	v40 38.17	14	Jacky	Keenan	v45 47.58	10
Steve	Gaunt	39 04	11	Wendy	Machan	49.54	4
Tony	Parello	39.10	10	Melissa	Dick	50.48	3
Paul	Roberts	39.18	9	Jeanette	Cheatham	52.31	2
Graham	Horne	39.40	8	Susan	Cartwright	v35 54.58	5
Max	O'Driscoll	40.27	7	Jacinta	Horne	57.73	1
Ian	Marshall	41.01	6	Lesley	Dick	v50 58.13	4
John	Marchant	v45 42.46	9	Iva	Barr	v65 58.41	4
Terry	McEwen	v45 43.22	8	Patricia	McElthampton	v35 61.17	3
John	Durham	v40 44.06	7	Gwen	Tilbury	v35 61.40	2
Len	Donavan	44.44	5	Liz	O'Donnell	v35 65.50	1
Malcolm	McEwen	45.34	4				
David	Fake	v50 45.55	9				
Brian	Cornwall	V60 45.57	9				
Mike	O'Hara	v50 48.47	8				
Robert	Stanley	v40 49 04	4				
Tom	Greaves	V50 49.05	6				
Zac	Hollis	52.00	3				
John	Thompson	v50 52 47	4				
Bruce	Tilbury	v50 54.09	3				
Robert	Fogg	54 48	2				
Mark	James	63.07	1				

AUTUMN 1997

Swineshead 10

			Time	Pts				Time	Pts
Paul	Langford		59.58	10	Christine	Armstrong	v40	76.30	6
Kevin	Willett		62.26	9	Teresa	Munns	v45	81.00	6
Mark	Whiteman		63.15	8	Anne	Davies	v40	82.02	5
Alastair	Fadden		66.12	7	Angela	Kay	v35	82.44	4
Tony	Parello		66.51	6	Wendy	Machan		83.01	3
Brian	McCallen	v40	67.53	6	Susan	Cartwright		93.19	2
Graham	Horne		67.55	5	Jacinta	Horne		95.04	1
Steve	Gaunt		68.11	4	Irene	Cornwall	v60	97.21	1
Ian	Marshall		70.28	3					
Max	O'Driscoll		73.42	2					
Chris	Brace	v45	76.51	4					
Brian	Cornwall	V60	80.26	8					
David	Fake	v50	82.31	7					
Roger	Trengrove	v45	82.45	3					
John	Thompson	v50	85.12	5					
Tom	Greaves	V50	86.28	4					
Trevor	Beard	v45	89.14	2					
Will	Drown		93.19	1					
Bruce	Tilbury	v55	95.35	1					

Thanet Coastal Marathon

		Time	Pts
Steve	Clark	4 25:00	1

Wardour Park 5k

			Time	Pts				Time	Pts
Max	O'Driscoll		18.51	3	Christine	Armstrong	v40	21.36	4
Martin	Hamilton		19.28	2	Wendy	Machan		24.00	2
Paul	Sharman		19.45	1	Anne	Davies	v40	24.14	2
					Avril	Monteith		26.00	1

Werrington 5k

		Time	Pts
Max	O'Driscoll	18 08	1

Welwyn Garden City 10

		Time	Pts
Paul	Sharman	66.36	1

Windsor Half

			Time	Pts				Time	Pts
Chris	Cottam	v50	1.38.05	1	Jacky	Hibbard	v40		1

The Club Championship

The Club Road Race Championship has a few more weeks to run. It officially ends on December 7th, with the last popular race of the season being the Nene Valley 10 which is run on that date. The current points and placings in the Championship cover all qualifying road races run this year including Standalone.

CLUB ROAD RACE CHAMPIONSHIP:1997

Ladies

			<u>Points</u>
Christine	Armstrong	v40	89
Jacky	Keenan	v45	53
Veronica	Singleton	v35	38
Pauline	Beehan	v35	35
Wendy	Machan		29
Anne	Davies	v40	26
Lesley	Barnes	v35	24
Teresa	Munns	v45	23
Jude	Cottam	v45	18
Iva	Barr	v65	15
Melissa	Dick		14
Jacinta	Horne		14
Irene	Cornwall	v60	13
Andrea	Ranson	v35	12
Avril	Thomas		12
Angela	Kay	v35	11
Sandra	Elliot	v35	10
Lesley	Dick	v50	9
Michelle	Boydén		8
Lesley	Davies	v40	8
Jacky	Hibbard	v40	8
Dilys	Hunt	v45	7
Kim	Walker		7
Susan	Cartwright	v35	7
Caroline	Hunt		6
Alice	Crook		5
Sue	Baggaley	V40	4
Sarah	Brown		3
Ruth	Moffat		3
Patricia	McEltherton	v35	3
Jeanette	Cheatham		2
Gwen	Tilbury	v35	2
Marie	Lane	v35	1
Muriel	Moore	v55	1
Pamela	Reid		1
Nicola	Klebe		1
Avril	Monterth		1
Vanda	Miller	v40	1
June	Jones		1
Liz	O'Donnell	v35	1

CLUB ROAD RACE CHAMPIONSHIP:1997**Men**

<u>Points</u>				<u>Points</u>			
Tony	Barnes		98	Darren	Armitage		19
Brian	McCallen	v40	83	David	Bithell	v55	18
Tony	Parello		79	Malcolm	McEwen		16
Ray	Evans	v50	72	Ian	Soaft	v45	15
Max	O'Driscoll		72	Bruce	Tilbury	v50	14
Brian	Cornwall	V60	67	Neil	Summerville	v50	13
Phil	Barnes		66	Gerald	Dazley	v60	12
Alastair	Fadden		61	John	Keenan	v50	12
Paul	Langford		53	Roger	Trengrove	v45	12
Graham	Horne		49	Robert	Stanley	v40	11
David	Fake	v50	47	John	Thompson	v50	10
Steve	Gaunt		46	Clive	Edmonds		9
John	Marchant	v45	45	Tom	Greaves	V50	9
Christopher	Brace	v45	43	Bernard	Charnley		8
Brian	Harwood	V45	42	Trevor	Beard	v45	8
Chris	Proud	v50	41	Graham	Burley	v50	8
William	Bowden	v55	39	Gallo	Giovanni		7
Chris	Cottam	v50	39	John	Isard	v45	7
Mark	Whiteman		39	David	King		7
James	Foley		38	Colin	Bennett	v45	7
Paul	Sharman		36	George	Armstrong	v45	7
Ian	Marshall		34	Phil	Gray	v40	5
Kevin	Willett		34	Neil	klabe		5
Terry	McEwen	v45	32	Peter	Davies	v40	5
John	Martello		31	John	Shearer		5
Phil	Barlow	v50	30	John	Adamson	v45	4
Edvardo	Preciado		30	Will	Drown		4
Colin	Tranter	v55	28	Patrick	Harnan		4
Maurice	Crook	V55	27	Peter	Swales		4
Mike	Devonshire	v45	27	Steve	Adams		4
Ralph	Ward		27	Gordon	Cunniff	v40	4
Les	Dick	v50	26	Mark	Abraham		3
John	Durham	v40	25	Michael	Wood	v45	3
Graham	King	v40	25	Arthur	Monk	v50	3
Steve	Wilby	v45	25	Zac	Hollis		3
Richard	Bird		24	Jack	Keenan	v60	2
Paul	Roberts		24	Colin	Welch		2
David	Sutchffe	v60	24	Martin	Hamilton		2
Stephen	Clark	v45	22	John	Waugh	v45	2
Len	Donavan		22	Martin	Kay	v40	2
David	Tresser	V50	22	Robert	Fogg		2
James	Potter		21	Barry	Bright	v40	1
Ian	Weaver		20	Gerald	Cooper	v40	1
Dennis	Gound	v50	19	Gordon	Baxter		1
Alan	Smith	v40	19	Mark	James		1

Duathlon, Triathlon and Other Races Run by Harriers

Basingstoke Duathlon (5k, 20k,5k)

	Time		Time
James Potter	1:21.53	Chris Proud	2.28.50

European Duathlon Cup Final

Bedford Triathlon (400/30/5)

	Time		Time
Chris Proud	1:17.21	Chris Proud	2:10:00
		James Potter	2:21:56

Goodwood Duathlon (10k,40k,5k)

Grimsthorpe Castle 10k Multi-Terrain

	Time		Time
Ian Marshall	45:44	Colin Bennett	8:01:34
Malcolm McEwen	54.52		
Andrea Ranson	54.52		

High Peaks 40 mile Challenge

Mendip Hurdle 20k

	Time		Time
Colin Bennett	1.46.21	Chris Proud	2:01.20
Avril Thomas	2:01.00		

National Duathlon Championships

North Worcester Hill Race (10 mile)

	Time		Time
Colin Bennett	1:21.00	Avril Thomas	1:59:00
		Graham Horne	2:05:00
		Colin Bennett	2:09:43
		Jacky Keenan	2:30:00
		Jacinta Horne	

Race the Train (14.5 mile race)

Sanders 30 mile Mountain Marathon

	Time		Time
John Shearer	9:50.00	Colin Bennett	1:45:20
John Isard	9:54:00		

Snowden Challenge (10 mile race)

Worcester Beacon (6.75 mile race)

	Time		Time
Colin Bennett	57:40	Chris Proud	2:22.21
Avril Thomas	62.00		

World Duathlon Championship (Spain)

Bedford Harriers A.C.

Provisional Fixture List November 97 - March 98

November	2	Ampthill Trophy X.C.	BED/CC
	9	X.C. League Dunstable	TRL/CC
	12	Henlow 10M	
	16	Bishops Stortford 10M	
	29	Wolverton 5M	
	30	Luton Marathon	BED
December	7	X.C. League Bedford Harriers	TRL
	13	X.C. County Champs Amersham Bucks	BED
	26	Cople Boxing Day 10M	
January	18	X.C. League Ampthill & Flitwick	TRL/CC
	31	SEAA X.C. Parliament Hills	
February	15	X.C. League United Trades Northampton	TRL/CC
March 1		Bedford Harriers Oakley 16M	
	14	National X.C. Champs Leeds	

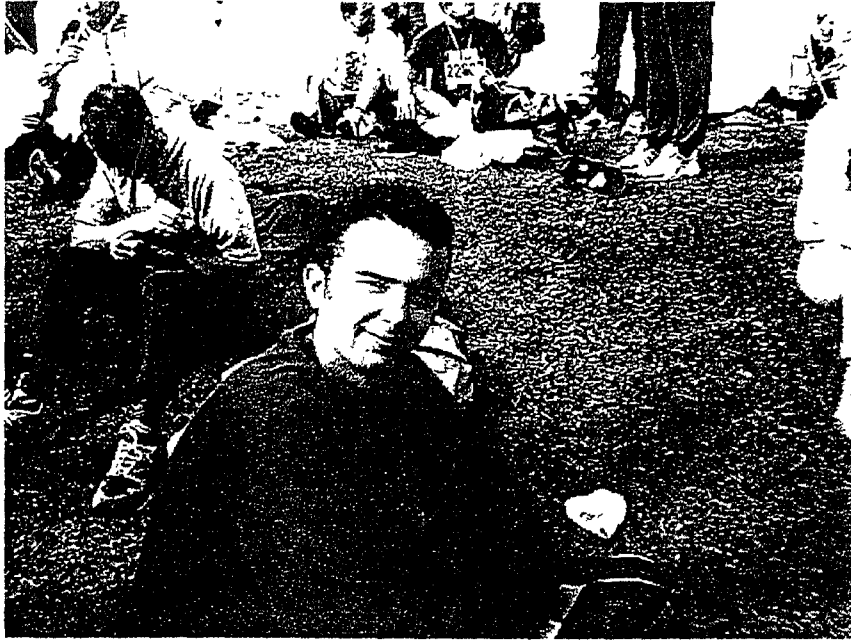
TRL **Todays Runner League**
BED **Beds County Champs**
CC **Club Championsh**

The Cross Country Championship

The Club Cross Country Championship which began at Leighton Buzzard on Sunday 26th October is series of five races. The Ampthill Trophy, the second race of the five, is run on the 2nd November. The other races are at Northampton, Flitwick & Letchworth.

To score in the championship, each runner has to run in at least three of the five races. The scoring is age related with 10 points being awarded for the first place in each category, nine for the second place and so on. The best three scores from the five races count.

The Club also takes part in the Today's Runner Cross Country League. This is a series of five races and usually attracts up to a dozen other local clubs. The league is run at Leighton Buzzard, Dunstable, Bedford (our own race), Northampton and Flitwick. Points are awarded to the first seven male runners from each club to finish each race (including two vets) and the first three ladies. The Club has done well in this series over the last few years finishing second on both occasions.



**I went to
Newcastle
to run the
Great North**



**We went to
Newcastle
to run the
Great North**



**This beats
running the
Great North**