

AUTUMN 2006

Bedford Harriers

Magazine

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Ever run a race with a fractured shoulder?

Viv has!

Welcome

Welcome to the Autumn edition of the Harriers Magazine. This issue contains our usual assortment of articles, race reports, photos, race results, PB details, best performance awards, ray's coffee time crossword, phil's poetry page and more.

There lots happening at the club over the next few months including the trips to Newcastle, New York and Benidorm plus our two remaining club championship races at Standalone (10k) and Stevenage (the Half). We hope to bring reports on these and other pieces of news in our next edition.

Many thanks to all those who contributed to this issue including, Richard Piron, Dave Sutchiffe, Graham Bufton, Ray Evans, Chris Proud, Colin Bennetts and others.

Hope you find the read of interest.

The Editors

New Members

The following new members have joined us since May.

Deborah Billam, Roger Brown, John Bushby, Antonio Evangelist, Sue Frossel, Gary Fuller, Ann Grosvenor, Gillian Hawkins, Mark Holland, Libby Jones, Margaret Langford, Jacqueline Lawes, Colin Liddiard, Glen Matthews, Caroline Morgan, Josie Perrin, Chris Thomas, Mandy Waite, Julie Willett, Colin Wildman.

WELCOME

Group Hierarchy

Beginners	Jacinta Horne	Phil Gray	
1	Linda Thurston	Iva Barr	
2	Margaret Martin	Albert Kirk	
3	Jeanette Cheetham	Jacinta Horne	
4	Gary Denton	Ian Kingstone	Mark Cook
5	Christine Armstrong	George Armstrong	
6	Steve Clark	John Durham	Graham Bufton
7	Steve Gaunt	Viv Kilgour	
8	Graham Horne	Phil Barnes	

CHAIRMAN'S COLUMN

The year 2000, is the 15th anniversary of the club and for those who aren't familiar with our history, here's a brief outline

Bedford Harriers was formed in 1985 when around a dozen members of Beds & County A.C. left that club and formed the Harriers. In those early days, the club had a number of struggles to overcome including finding a permanent base – we didn't move into Bedford Athletic Stadium until some years later. However, what was firmly established at that time was the culture of the club and this has been more or less sustained to this day. One measure of the success of this is our membership which at the end of our last membership year in April, was up to 250.

The club was initially set up to organise a road race, the Bedford Marathon. Though this particular event is no longer held, we have continued to organise both road and cross country races on an annual basis ever since. The three road races and one cross country event which we stage at present attract a combined field of well over 1,000 and the inaugural running of the University 5k which is organised by club member and former chairman of the Harriers Mike Devonshire, drew a field of 230.

In its early days, Bedford Harriers was also heavily involved in the newly emerging sport of Triathlons. An article in this edition of the magazine by Chris Proud, explains how Bill Steele, the man who founded Bedford Harriers, established the club at the forefront of this sport and managed to attract many top triathletes to it. Though the club is less involved in triathlons now, many club members still compete regularly in the event and the two triathlon races which are held in Bedford each year are organised by a member of the club.

Another factor which has contributed enormously to our development over the years has been the steady and vital stream of new ideas and initiatives. These have helped to shape the club, affect how we do things and generally add to our overall organisation. Many of the practices which we now take for granted, such as monthly group schedules and structured training sessions, had to be thought up by somebody and then introduced for the benefit of all. Continuing the tradition for new ideas this year has been Graham Buflon and his Friday Night Sessions. These sessions have added a whole new dimension to the club's training activities and have enabled runners of different abilities to train together in a way not done before. New ideas like this are essential if the club wants to keep fresh and alive.

In addition to taking the running side of our activities seriously, the club has also long attached great importance to its social events. A running club is a great place to meet new people and form strong friendships and the many social activities which we organise each year help to foster such relationships. Organising trips away are typical of this and have long been a feature of the Harriers year. This year, around 50 of us will be going up to Newcastle for the Gt North, about 30 will be going to Bendon for the marathon / half marathon and around 16 will be taking part in the New York Marathon. The people who founded Bedford Harriers knew how important a good social side was to a running club and that situation remains the same today.

All in all, the club's come a long way in the last 15 years, thanks to the combined ideas and efforts of many people. The story's far from over however and we're already thinking about our 20th anniversary and how best to celebrate that. The future looks rosy for Bedford Harriers and it's good to be part of it.



Brian McCallen

The trials and tribulations of a 'Race Director'

I never considered myself a race director until a disgruntled competitor found me after this year's Colworth 5 and suggested I take a look at (the lack of) course marking / marshalling close to the finish. He had gone wrong and it had cost him a couple of places (and a trophy). Being a sensitive type, I was quite upset by this and even after apologizing profusely it is now firmly planted in my brain to ensure that we (I) don't make the same mistake next year.

The Colworth 5, under the auspices of Unilever and Colworth Striders has, over the years become 'my race'. The first one in 1983 attracted about 60 competitors and was a very low-key / low budget affair - nowadays the figure is more like 250 and people come from far and wide to take part. Every year I manage to persuade, even bribe friends and colleagues to help out with organizing during the weeks leading up to the race and particularly on the night. There are usually never enough volunteers and inevitably people have to pull out at the last minute. In 18 years of Colworth 5s I doubt if any has gone by without at least a slight 'glitch' somewhere along the line. What might go unnoticed by the majority of the competitors, will probably seem at the time, a disaster by me and the team. How many Colworth 5s have you done and how would you rate them organizationally (compared to other races you have competed in?).

The 'race' is essentially a fun run with a slightly competitive edge 'up at the sharp end'. The Company pay for all the race costs (about £600) so that all proceeds (entry fees / sponsorship) go to local charities (about £1500 each year). The facilities we have at Colworth make for a perfect venue for this type of event and in some years we have tried other events over the weekend to encourage people to come and stay (camp) for the weekend. We have had orienteering events, a trail race, hashes and one year a 'trial' duathlon (but the less said about that the better!). Losing runners is one thing, but hearing that some of 'your' cyclists are belting down the A6 into Clapham when they should have been on their way to Carlton is something of which nightmares are made!

Knowing what its like to organize a small 'provincial' off-road race where we don't have to worry about police permission and traffic, I have nothing but admiration for those REAL race directors who 'run' half marathons with hundreds if not thousands of competitors. Not in a million years would I dream of making any criticism - they are the lifeblood of the 'sport' and should given nothing but support and encouragement. If things go awry don't worry they will know about it and will fix it next year.

Richard Piron

Ps Put a date in your diary for 22nd June 2001 (and the same 'midsummer weekend' of 2002 - our 20th anniversary which will include a big party and (possibly) a 5-stage relay marathon on the Sunday - watch this space!)

Harriers Races / Stewards Wanted

Richard pointed out the problems race organisers sometimes face in obtaining sufficient number of helpers. On December 10th and December 17th, the Harriers will be staging two races, the rearranged Gt Barford Half (the 10th) and a cross-country event at Priory Park (the 17th). If you can help with either or both, please put your name on the notice on the notice boards when they go up.



Blisworth Blitz: Friday 18th August

By Phil Gray

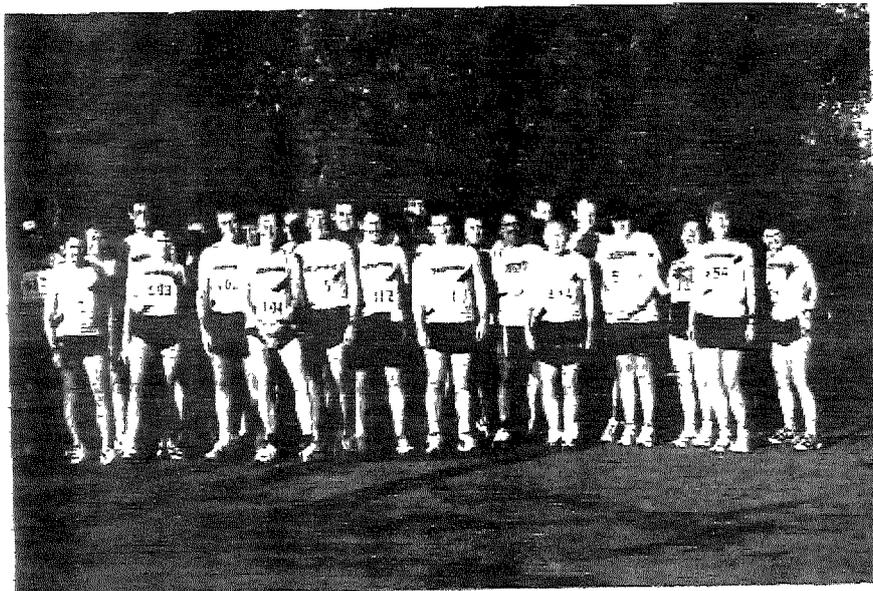
Blisworth was the venue for an incredible evening that incorporated everything that is good about running. It would also act as host to the Harriers 5 Mile Club Championship and witness some incredible scenes as the evening unfolded. David Sutcliffe and I travelled in Dave's car, while the majority travelled in a coach. It was going to be a night to remember.

A brief period of time passed before the majority had their photo taken by yours truly. Atmosphere buzzing as race time approached and runners made their way to the start. Little did I realise the events that were about to unfold before me. I located about half a mile from the start as Glynn Tromans, the course record holder, led the race away from Blisworth. Neil would be my companion as my camera blitzed into action and in a short space of time a dozen pictures were taken as the last of the runners left Blisworth behind. Neil and I relocated near the finish to witness some incredible scenes as Glynn Tromans duly completed victory in 23.50.

But the best was yet to come as Frank held off the challenge of Steve Gaunt to finish as first Harrier in a mind blowing 28.40, while Steve recorded an excellent 29:30. Graham Bufton was an excellent third Harrier home. Avril was on fire as the first Harrier lady in 32 minutes, with Janet not too far behind and Veronica in third place. Avril and Janet finished 5th and 9th Ladies overall on the night.

There was then a steady stream of Harriers as one by one they reached the finish line. Malcolm and Zac were just two of the many p.b's recorded on this night to remember. Iva duly received an incredible reception as she completed the final metres of the race. Refreshments were welcomed by one and all as the evening went into another gear. Everybody was clearly enjoying the experience that only Blisworth can provide.

Well done to all who went the distance in the Blisworth 5, when some dreams were realised. Thanks to Brian for arranging the coach to Blisworth, to all who took part and to Dave Sutcliffe for providing yours truly with transport, that enabled me to write this story of a thousand and one dreams in the village of Blisworth.



LE WEEKEND

By Phil Gray

Le Weekend began in style and would be a weekend to remember. It all began one quiet Friday evening as one or two Harriers decided to celebrate Leisa joining the RAF on 2 August. Leisa has been a member of Harriers for a very short space of time but during that period has made a distinct impression on a number of people, myself included. It was interesting to gauge the reaction of one and all present as I read an extract of a poem by a German poet, which Linda had inscribed on a good luck card. Leisa was clearly enjoying the moment as the evening reached a fitting conclusion. Good luck and best wishes to Leisa.



Le Weekend had kicked off and the opening rounds went well for those participating. It would continue with refreshments on Saturday lunchtime at Cafe Bliss, as Jung and the meaning of life were but two subjects on the afternoon agenda. It was incredible as this was but a prelude to a mega night in Bromham. Late afternoon turned to early evening as we met up with Christine at The Three Cups in Newnham Street before the journey to Bromham and Alastair's housewarming party. Le Weekend continued at a high octane pace as Christine drove us to Bromham and despite one or two wrong turns along the way, we arrived in one piece.

Smoke reaching into the evening sky indicated we had found the correct house. Alastair was clearly enjoying his roll as Le Chef and doing a mega job. A relaxed atmosphere as one and all enjoyed the fruits of Alastair's hard work and combined it with a cocktail of drinks on offer for all present. I managed to capture some special images on film for future reference. It was clear that all present were having a great time. Robbie was clearly enjoying his role as mentor to his son, Jack, while Graham Horne addressed the demands of his daughter, Jessica.



Jacinta was clearly having a mega time as she addressed the ultimate 'DON'T TRY THIS AT HOME' challenge, the wind blowing forward roll on The Bouncy Castle. Davina Macall would have been well impressed as Jacinta managed one or two forward tumbles. She has clearly found her vocation in life. What do you think? It was an incredible evening in Bromham and I must thank Alastair and Sarah for inviting us, to Christine for her company and transport and to one and all who made this a night to remember. Le Weekend was virtually at an end and would conclude with a mega Sunday morning at the St Ives 10K.

The UK's Most Popular Road Races

These are believed to be the six most popular road races in Britain by number of runners.

- ◆ Gt North Run @ 35-40,000 runners
- ◆ London Marathon @ 31,000 runners
- ◆ Chase Corporate Challenge (3.5 miles) @ 20,000 runners
- ◆ Flora Women's Challenge (3 miles) @ 12,500 runners
- ◆ Robin Hood Half/Full Marathon @ 9,000 runners
- ◆ Gt South 10 mile Run @ 6,000 runners

A SWIM, CYCLE AND RUN DOWN MEMORY LANE

By Chris Proud

Question: Name the former Bedford Harrier who competed in the Sydney Olympics?

Answer: Mark Marabini.

Mark who? The passing mention of the name by a TV commentator as the competitors lined up to start the Olympic Triathlon awakened memories of a bygone era, over a decade ago, when Bedford and Bedford Harriers in particular, were right at the centre of the Triathlon scene in the UK

In the mid 1980s Triathlon was struggling to establish itself as a popular sport in the UK. Events were basic and low-key, supported by a handful of competitors. The Jordan's Triathlon, organised by the inspirational Bill Steele, supported by an army of volunteer Harriers and enthusiastically and generously sponsored by Bill Jordan, set new standards in presentation and race management. The pre-race pasta party, well-organised race and post race partying, complete with steel band, rapidly established the event as the most popular in the country.

In 1988 Bill Steele, through his newly formed company BS Leisure, organised a series of Triathlons and Duathlons, which attracted the nation's top triathletes to the region. The area hosted five Triathlons and two Duathlons, culminating in the staging of the Jordan's National Long Course Championships, centred on a 2.5k swim around the Priory Park lake, followed by a 55 mile bike up the A1 to Buckden, a sweltering hot half-marathon and the legendary Jordan's post-race hospitality. The event was subsequently voted the best organised race of the season by the BTA membership.

Bill also sponsored an elite squad, competing in Harrier's colours, which is why Mark Marabini became a Bedford Harrier. Mark, then 25, hailed from Zimbabwe, and was the country's outstanding triathlete, winning the National Short Course, Long Course and Grand Prix series and also placed 14th in the European championships. Other members of the squad included Royal Marine and TV's 'Survival of the Fittest Competitor' Bernie Shroobree, GB Internationals Jonathan Ashby from Northampton, Mark Edmonds, Rick Kiddle, Cathy Bow and Vicky Lescombe and the Mackerness brothers from Luton. The squad enjoyed unprecedented success at national level by winning the Long Course Club championship and coming second and third in the Sprint and Short course championships respectively. Bedford Harriers became the most talked about club in the sport.

Many 'ordinary' Harriers were also extremely active in 1988; more than fifty members competed (twenty for the first time) in over thirty events, ranging from a 200y/6m/2m 'sprint' to the 2.4m/112m/26.2m Ironman.

Sadly the good times couldn't last forever. BS Leisure struggled to attract the sponsorship necessary to sustain an ambitious programme of high profile events in 1989, some of the elite squad drifted away in search of more lucrative support and the willingness of the volunteers, essential to support the complexity of a triathlon, was tested to the limit by the increasing number of events.

By 1990 the bubble had burst completely and it was several years before the national calendar recovered from the demise of Bill's events. But the flame has never quite been extinguished in Bedford. A handful of Harriers have represented Great Britain in the national age group Triathlon and Duathlon teams and the formation of the Traktors Tri Club by Steve Young has bought Triathlon back to the town in the last few years.

After a spectacular debut in the Olympics, Triathlon has finally come of age as a mainstream sport. Perhaps some more Harriers will be inspired to have a go in 2001 and put the club back on the Triathlon scene?

And Mark Marabini? Representing Zimbabwe, he failed to finish.

BEDFORD HARRIERS

CLUB KIT

AVAILABLE FROM COLIN BENNETTS OR LESLEY BARNES

Club Vests - mens & ladies	£12
Club Shorts - mens & ladies	£10
Club T-Shirts	£7
Club Sweat Tops	£13
Ripstop Jackets	£28

Also available, assorted items such as Daneze bras, reflective bibs, gloves, scarves, hats, personal attack alarms, & bodywarmers

Buy now for winter !!

**** **SALE** ****

Ron Hill Tracksters, blue with red piping available in small, medium, large and extra large, at bargain price of £6 per pair.

Harriers Club News

Today's Runner Cross Country League

The Club will once again be hosting one of this year's Today's Runner Cross Country League races. The race will take place on Sunday 17th December at Priory Park.

Gt Barford Half Marathon

The Club is rescheduling the Gt Barford Half Marathon to Sunday 10th December. The race had to be postponed on Sunday 17th September owing to lack of medical cover.

The Chiltern Cross Country League

This year's Chiltern Cross Country League is being organised by Graham Bufton. The League involves a series of Saturday morning cross country runs.

See Graham for more details.

New Kit Lines

The Club is ordering several new lines of kit. The range will include Tee-shirts which bear the club's logo and tracksuits which also bear the club's name.

See Lesley or Colin for details.

Standalone 10k

The Club is considering running a free coach to Standalone on October 15th for our 10k championship race. To make it worthwhile however, there'll need to be sufficient interest. If you'd like to come, put your name on the notice on the noticeboard

Club Photograph – For our 15th Anniversary.

We're hoping to arrange for a photographer to come down to the stadium and take a group photo of all the members. It will be a way of commemorating our 15th anniversary. (We last had a club photograph taken in 1995 – our 10th anniversary). Watch the notice board for details.

Harriers Club News

The Oakley Races: March 2001

Race Director & Chief Marshall required.

The Club's two Oakley races, the 9.1m and the 16.4m proved popular again this year with some 320 runners contesting both runs. We're hoping to stage the 2001 races in March of next year but need a new Race Director and Chief Marshall.

If your interested in either of these jobs, let us know.

New Post of Promotions Officer

The Club has decided to establish the position of Promotion's Officer and Mike Devonshire, who stood down as Chairman at the AGM last March, has become the first occupant of the post.

Mike's job will be to promote all the Club's activities. This will include co-ordinating the promotion of the three races which the club organises each year and generally increasing the name and awareness of Bedford Harriers to the wider population.

A detailed list of how the club can be promoted more extensively is currently being drawn up.

More Coaches Needed

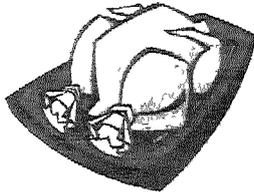
The Club is always looking to increase the number of coaches at the club.

If your interested in becoming involved, see Jacinta.

The Primrose Appeal/Cranfield 10k

Donations worth £640 for the Primrose Appeal were raised from runners at this year's Cranfield 10k. Proceeds from the Harriers Gt Barford Fun Run will also go to the Appeal. The club is considering making further donations to Primrose at the end of the year.

A Guide to being the Perfect Wife!



Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready on time for his return from work. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospect of a good meal (especially his favourite dish) is part of the warm welcome needed. Prepare yourself. Take 15 minutes to rest so you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work weary people. Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it. Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives. Gather up school books, toys, papers etc. and then run a dustcloth over the tables.

During the colder months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order and it will give you a lift too. After all, catering for his comfort will provide you with immense personal satisfaction. Minimise all noise. At the time of his arrival eliminate all noise of the washer, dryer or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and show sincerity in your desire to please him.



Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first, remember his topics of conversation are more important than yours. Make the evening his. Never complain if he comes home late or goes out to dinner or other places of entertainment without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax. Try to make sure your home is a place of peace, order and tranquillity where your husband can renew himself in body and spirit. Don't greet him with complaints and problems. Don't complain if he's late home for dinner, or even stays out all night. Count this as minor compared to what he might have gone through that day. Make him comfortable. Have him lean back in a comfortable chair or have him lie down in the bedroom. Have a cool or warm drink ready for him. Arrange the pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice.

Don't ask him questions about his actions or question his judgement or integrity. Remember, he is the master of the house and as such will always exercise his will with fairness and truthfulness. Once he has had a chance to have his evening meal clear the dishes and wash up promptly. If your husband should offer to help decline his offer as he may feel obliged to repeat this offer and after a long working day he does not need the extra work.



Encourage your husband to pursue his hobbies and interests and be supportive without seeming to encroach. If you have any little hobbies yourself try not to bore him speaking of these, as women's interests are often rather trivial compared to men's. At the end of the evening tidy the home ready for the morning and again think ahead to his breakfast needs. Your husband's breakfast is vital if he is to face the outside world in a positive fashion. Once you have both retired to the bedroom prepare yourself for bed as promptly as possible.

Whilst feminine hygiene is of the utmost importance your tired husband does not want to queue for the bathroom as he would have to do for his train. But remember to look your best when going to bed. Try to achieve a look that is welcoming without being obvious. If you need to apply face-cream or hair-rollers wait until he is asleep as this can be shocking to a man last thing at night.

When it comes to the possibility of intimate relations with your husband it is important to remember your marriage vows and in particular your commitment to obey him. If he feels that he needs to sleep immediately then so be it. In all things be lead by your husband's wishes, do not pressure him in any way to stimulate intimacy. Should your husband suggest congress then accede humbly all the while being mindful that a man's satisfaction is more important than a woman's. When he reaches his moment of fulfilment a small moan from yourself is encouraging to him and quite sufficient to indicate any enjoyment that you may have had. Should your husband suggest any of the more unusual practices be obedient and uncomplaining but register any reluctance by remaining silent. It is likely that your husband will then fall promptly asleep so adjust your clothing, freshen up and apply your night time face and hair care products. You may then set the alarm so that you can arise shortly before him in the morning. This will enable you to have his morning cup of tea ready when he awakes.

Courtesy of MM

Situations Vacant

Wife wanted.

Must have all the above qualities plus loads of dosh!

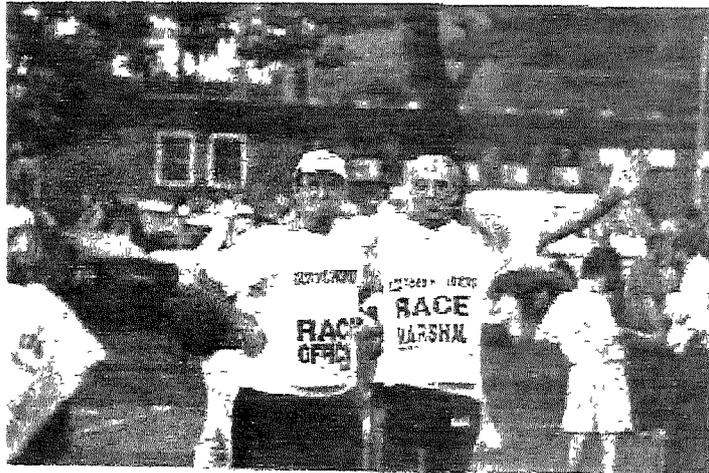
The Cranfield 5k: 28th July 2000

It was a barmy July evening as Cranfield University played host to the inaugural University 5k, which would also act as the club 5k championship. An incredible atmosphere was clearly in evidence as runners began to arrive from around the region and beyond. It was good to see Cambridge University challenging for the top places, while Bedford Harriers had in excess of 50 challenging for category prizes. Minutes ticked away as familiar faces made their way to the start metres away. 7.30pm. The heat was well and truly on as runners made their way via an initial campus loop before heading into the country.

I located at the local garage, a perfect spot to capture some of the action on film. It was an incredible sight as the leaders led the main field into the country. A sea of yellow as Harrier after Harrier passed this point to address the main event. It was good to see a number of beginners, including Jackie, participating, having started training on July 3. Paul Langford was just ahead of Kevin with Steve Gaunt and Matt Burgin in hot pursuit. Janet was leading the lady Harriers at this stage. I met up with Tony and Lesley, now sporting a smart new hairstyle, as I made my way to the finish area. Lesley clearly looked incredible. A little over 15 minutes as the leader crossed the finish line, closely pursued by the remainder of the field. I did not have to wait long for the first Harrier as Kevin got the better of Paul to finish in an excellent 17.23, with Matt Bergin winning his tussle with Steve to finish third.

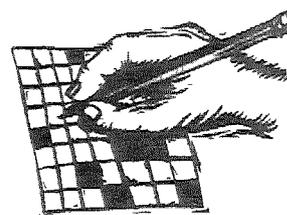
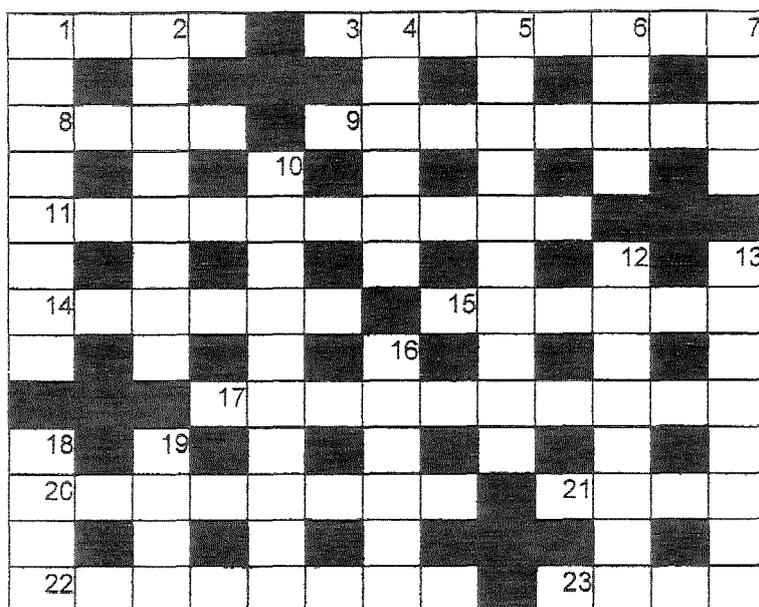
Kevin is still buzzing as I write these words. Janet excelled to be first lady Harrier in a mega 20.41, with Veronica second and Cathy third. Then it was another sea of yellow as Harrier after Harrier entered the finish funnel and were offered words of delight by Bill and Doug, who again did their bit on this night of nights. All welcomed refreshments in the guise of a bar and a bar-b-q near the finish area.

I decided to seek refreshments with Maurice Crook and Dave Sutcliffe, who provided yours truly with transport to Cranfield. Maurice was clearly enjoying the moment as all manner of topics fell under the discussion banner this night. An interesting point. One lady, Julie, who is a regular face at local races, remarked prior to the race that she would be happy with 22 minutes after a recent illness. On the night she produced a megamungus sub 20 time and surprised one or two people, myself included. Julie also secured second lady on the night. Well done Julie.



I have never experienced such a unique atmosphere, that was clearly in evidence on this night of nights. Well done to all who went the distance on the night, and to Mike Devonshire and Co for hosting this incredible event.

Phil Gray



RAY

EVANS

COFFEE -TIME

CROSSWORD

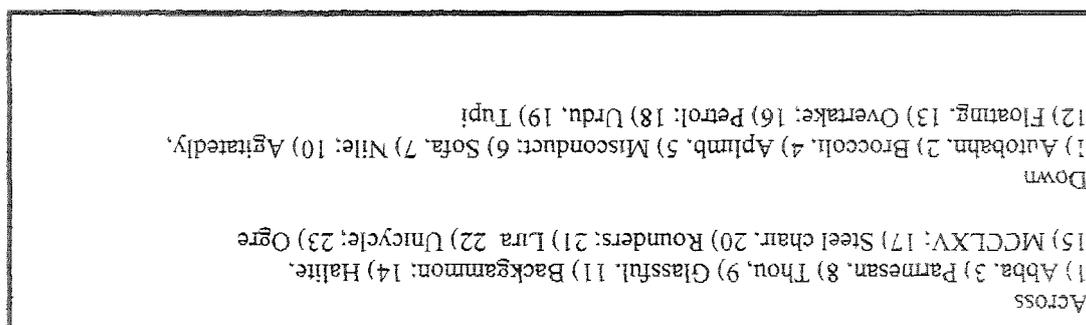
Clues Across

- 1) Swedish Pop Group (4)
- 3) Hard, dry cheese made from skimmed milk (8)
- 8) Archaic or British dialect word refers to the person addressed (4)
- 9) Amount of liquid in a drinking vessel (8)
- 11) Game for two people played on a board with pieces according to throws of the dice (10)
- 14) Mineral consisting of sodium chloride in cubic crystalline form (6)
- 15) 1665 – in Roman Numerals (6)
- 17) Metallic piece of furniture for sitting on (5 and 5)
- 20) Common name for baseball (8)
- 21) Italian currency (4)
- 22) One-wheeled vehicle driven by pedals (8)
- 25) Giant, usually given to eating humans (4)

Clues Down

- 1) German motorway (8)
- 2) A cultivated variety of cabbage (8)
- 4) Equanimity, self-confidence or self-possession (6)
- 5) Behaviour, such as adultery or professional negligence (10)
- 6) Upholstered seat with back and arms for two or more people (4)
- 7) Egyptian river (4)
- 10) To excite, disturb or shake vigorously – past tense of (10)
- 12) Opposite of sinking (8)
- 13) To move past someone, preferably during a race (8)
- 16) Americans call it gasoline (6)
- 18) Official language of Pakistan (4)
- 19) A member of a South American Indian people of Brazil and Paraguay (4)

ANSWERS



Stevenage Relays – Wednesday 19 June 2000

The club is developing a habit of winning County Prizes in the Stevenage Relays which are held in June each year. This year, the Harriers won the County titles in the male and female race categories and also in the vets male and female categories.

Overall, the senior men finished 11th team and the vet men finished as 17th team. There were 31 male teams in total.

The senior ladies team were 3rd overall and our vet ladies were 9th team overall. There were 20 ladies teams in total.

Stevenage Relays – Wednesday 19 June 2000 - (Official Times)

Senior Men's Team **Winners of Bedfordshire Senior Men's Championships**

Kevin Willett	13:43	
Franck Monmont	13:59	(27:42)
Tony Parello	15:03	(42:45)
Simon Fisher	15:13	(57:58)
Graham Horne	15:25	(1:13.23)

Veteran Men's Team **Winners of Bedfordshire Veteran Men's Championships**

Paul Langford	13:46	
Brian McCallan	15:00	(28:46)
Colin Bennetts	16:49	(45:35)
Graham Bufton	14:59	(1:00.34)
Cliff Smith	15:47	(1:16.21)

Senior Women's Team **Winners of Bedfordshire Senior Ladies Championship**

Cathy Rogers	16:30	
Janet Clark	16:28	(32:58)
Avril Thomas	15:51	(48:49)
(3 rd Ladies Team Overall)		

Veteran Women's Team **Winners of Bedfordshire Veteran Ladies Championship**

Teresa Munns	18:11	
Andrea Ranson	19:28	(37:39)
Viv Kilgour	17:38	(55:17)

Harriers Website

www.bedfordharriers.co.uk

A few facts about the Harriers Website.

Since the new site was launched at the end of May, its been visited over 1,000 times. As of the middle of September, the home page was by far the most popular with over 10,000 page impressions. This means that on average, each visitor goes back and forth to the home page ten times per visit. The second most popular page, with almost 2,000 visits is the race results. The coaches page, which contains photographs of the group leaders is the third most popular with 1,309 visits followed by the club information page with 1,246 hits. The fifth most popular page is the Cranfield 10k which has been accessed some 1,099 times

Pages which provide information on the latest positions in Graham's League, the fixture list, the club photos page, the club championships and the site search page are also proving popular.

The home page contains links to recent race results, photographs of entry forms for up-coming races and copies of the current month's training schedule. It also contains links to most of the other running clubs in the area and to a selection of some of the main running websites. Now the cross-country season is approaching, a page will be devoted to that.

Ten Most Popular Pages Visited on the Harriers Website: May to September

Web Page	No of Hits
Home Page	10,568
Race Results Page	1,990
Coaches Page	1,309
Club Information Page	1,246
Cranfield 10k Race	1,099
Club Photos Page	929
Fixture List Page	743
Graham's League Page	550
Club Championship Page	545
Search Page	453

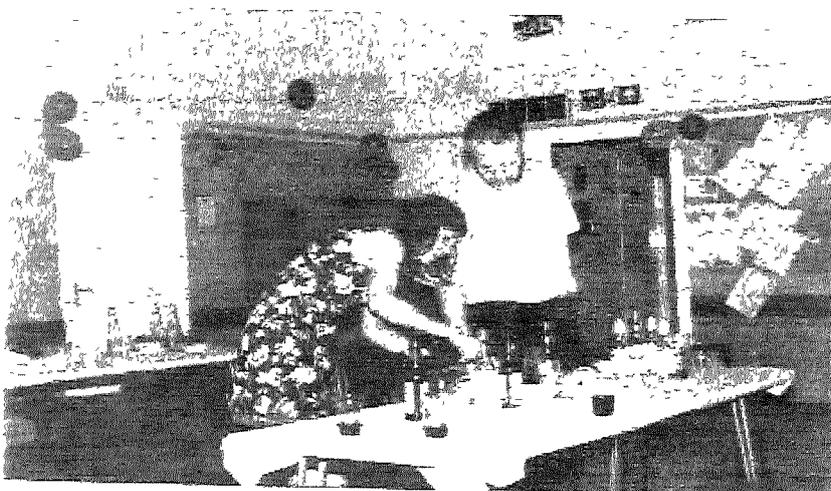
George's Site (<http://members.tripod.co.uk/Harriers/bhac.html>)

There's a further link on the home page to the Harriers first website which is operated by George. George is now providing the age graded scores for the Harriers race results, giving updates of the club road race championships and providing details of the levels of performance required for the various standard awards. Well worth a visit.



Graham
&
Jessica

Robbie
&
Jack



Veronica's
Party

**Bill,
Doug
&
Jacky**



**Iva
&
Suzanne**

**Charles
Herrington**

**Winner of the
Cranfield 10k**



Ten Most Popular Races by Harriers Entrants:

With the 2000 road race season now two-thirds over, the following races have attracted the highest number of Harrier entrants so far. There's likely to be a few changes to the table by the end of the year with the Gt North run, our 10k championship at Standalone and our half marathon championship at Stevenage likely to be added. There's also quite a few other local races which could attract largish fields.

Race	No of Harriers	Race	No of Harriers
Oakley Races (9.1 & 16.4)	59	Sharnbrook 10k	32
Cranfield 5k	58	Bedford 6	31
Blisworth 5	45	London Marathon	30
Cople 10	34	Hemel 10	29
Corworth 5	33	Cranfield 10k	29

ATTENTION ALL CLUB MEMBERS

The club's scratch card has been up and running now for a number of months and seems to be very successful. It is a bit of fun, and only 50p ago. The proceeds for each FULL card will be broken down as follows:

- 1 - **£10** to the person who has drawn the correct team.
- 2 - **£2.50** to a charity (Primrose)
- 3 - **£2.50** to the club funds
- 4 - **£5.00** to a Snowball fund (Rollover). This is an accumulation fund - All club member numbers are put into a hat. A number will be drawn Monday & Wednesday nights between **20.30 & 20.40** in the bar. In order to win you must be present in the bar. If the winning club member is not present when the number is drawn the money will carry forward to the following week. Remember **YOU MUST PRESENT IN PERSON** in the bar at the time of the draw to win. The Snowball now stands at £40.

Graham

Club Best Times

A number of new club best times have been established since the last edition of the Magazine

Quite a few of these involve the 5k **Paul Langford** (17 28) and **Richard Piron** (18 17) set new best V40 and V45 categories times for the distance a Cranfield in July **Colin Bennetts** established a new best V50 5k time of 19 55 at Bedford Park in June and **Martin Leach** set a new best V55 time of 18 52 over the same course in July **Bill Billington's** 21 31 at Vauxhall in August was a new best V60 5k time and **Dave Sutcliffe's** 5k time of 22 34 set in July 99, is the best performance over the distance by a V65 at present The best 5k run by a club member overall, since we started keeping records remains the 16 39 set by **Tony Barnes** at Werrington in April 1998

Of the other distances, **Steve Gaunt** established a new V40 best time for the 5 mile of 29 30 at Blisworth in August and **Colin Bennetts** set new best V50 times for the 5 mile and 10k distances of 31 51 and 40 21 respectively at Corby and Silverstone

Among the girls, **Veronica Singleton**, who has just moved up to the LV40 category, established a new 5K best of 20 51 at Cranfield and then lowered the previous best for a LV40 by nine seconds to 34 30 at Blisworth **Chris Armstrong** who only moved up to the LV45 category this year has quickly set new best times for the age group across all distances from 5k to marathon Chris's latest additions include a new LV45 best time for the 5k of 21 28 at Cranfield, a new 5 mile best time of 35 58 at Blisworth, a new 10k best of 45 24 at Sharnbrook, a new 10 mile best time of 74 29 at Sandy and a new half marathon best time of 1 42 58 at Milton Keynes

Further club best times set by the ladies include those of **Margaret Martin** who established a new LV55 5k best of 29 50 at Cranfield and **Muriel Moore** who set a new best 10k time for the same age group of 60 18 at Sharnbrook

NB As always, if any new best times have been overlooked, let us know

You'll never walk alone!

A School teacher explains to her class that she is a Manchester United fan She asks her students to raise their hands if they too, are United fans. Everyone in the class raises their hand except one little girl The teacher looks at the girl with surprise and says, "Janie, why didn't you raise your hand?" "Because I'm not a United fan," she replied. The teacher, still shocked, asked "Well if you are not a United fan, then who are you a fan of?" "I am a Liverpool fan and proud of it," Janie replied The teacher could not believe her ears "Janie, why pray tell are you a Liverpool fan?" "Because my mum is a Liverpool fan and my dad is a Liverpool fan, so I'm a Liverpool fan too!" "Well," said the teacher in an obviously annoyed tone, "That is no reason for you to be a Liverpool fan. You don't have to be just like your parents all of the time What if your mom were a moron and your dad were a moron, what would you be then?" "Then," Janie smiled "I'd be a Man United fan."

BEST CLUB TIMES: WOMEN

	5K	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Dawn Penney 19.55 Blisworth May 1999	Avril Thomas 11.29 Corby May 1996	Avril Thomas 40.49 Milton Keynes August 1996	Avril Thomas 66.00 Swineshead September 1996	Jeanette Cheetham 1.28.00 Stratford On Avon April 1989	Avril Thomas 3.26.30 Stratford April 1991
V35	Veronica Singleton 20.40 Stevenage November 1997	Veronica Singleton 32.45 Wetwyn Garden August 1997	Kath Browning 38.48 Cranfield June 1997	Veronica Singleton 70.19 Ilmehel March 2000	Veronica Singleton 1.30.35 White Horse Half April 1998	Veronica Singleton 3.15.00 London 1998
V40	Veronica Singleton 29.51 Cranfield July 2000	Veronica Singleton 34.30 Blisworth August 2000	Christine Armstrong 44.20 Milton Keynes June 1998	Christine Armstrong 72.42 Boxing Day December 1996	Christine Armstrong 1.42.09 Yarmouth August 1999	Pauline Behan 3.32.11 London April 1999
V45	Chris Armstrong 21.28 Blisworth May 2000	Christine Armstrong 35.58 Blisworth August 2000	Christine Armstrong 45.24 Sharbrook May 2000	Christine Armstrong 74.29 Sandy April 2000	Christine Armstrong 1.42.58 Milton Keynes July 2000	Christine Armstrong 3.31.29 London April 2000
V50	Jacky Keenan 23.39 Cranfield July 1999	Deirdre Bethune 37.50 Corby June 1999	Deirdre Bethune 48.08 Milton Keynes July 1999	Jacky Keenan 81.41 Swineshead September 1999	Deirdre Bethune 1.50.39 Cl Barford September 1999	Deirdre Bethune 3.58.12 Chicago October 1999
V55	Margaret Martin 29.50 Cranfield July 2000	None Recorded	Muriel Moore 69.18 Sharbrook May 2000	None Recorded	None Recorded	None Recorded
V60	None Recorded	Irene Cornwall 52.43 Sharnworth October 1999	Irene Cornwall 56.27 Standlake 1996	Irene Cornwall 96.14 Swineshead September 1997	Irene Cornwall 2.21.46 Eighth Buzzard September 1996	None Recorded
V65+	Iva Barr 30.40 Bedford Park August 1999	Iva Barr 51.00 Blisworth July 1997	Iva Barr 58.41 Standlake September 1997	Iva Barr 97.37 48 South September 1998	Iva Barr 2.06.41 Forest of Dean March 1996	Iva Barr 4.43.20 London April 1998

BEST CLUB TIMES: MEN

	5K	5 Mile	10K	10 Mile	Half Marathon	Full Marathon
Seniors	Tony Barnes 16.39 Werrington August 1998	Tony Barnes 25.44 Corby May 1996	Tony Barnes 32.34 Fletwick April 1996	Tony Barnes 53.04 Standon July 1996	Tony Barnes 1:13.19 Swansey August 1996	Tony Barnes 2:36.19 Stratford April 1991
	v40 Paul Langford 17.28 Cranfield July 2000	Steve Grant 29.30 Bisworth August 2000	Paul Langford 34.40 Silverstone April 2000	Phil Barlow 58.33 Boxing Day December 1987	Phil Barlow 1:19.27 St Neots 1987	Phil Barlow 2:52.48 Huntingdon 1987
v45	Richard Proton 18.17 Cranfield July 2000	Phil Barlow 28.26 Wolverton November 1990	Phil Barlow 35.01 1990	Phil Barlow 59.36 Boxing Day December 1992	Phil Barlow 1:18.16 St Neots 1991	Phil Barlow 2:57.51 Abington 1991
v50	Colin Bennetts 19.55 Bedford Park June 2000	Colin Bennetts 31.51 Corby May 2000	Ray Evans 41.59 Silverstone April 1996	Phil Barlow 60.44 Nene Valley 1995	Phil Barlow 1:23.48 Bedford 1995	Chris Proud 3:20.34 London April 1997
v55	Martin Leach 18.52 Bedford Park July 2000	Colin Tranter 31.19 Callecott June 1998	Maurice Crook 38.39 Fletwick April 1997	Maurice Crook 64.13 Cople May 1999	Maurice Crook 1:26.41 Hitchin March 1999	Dennis Gound 3:23.00 London April 1998
v60+	Bill Billington 21.31 Vauxhall August 2000	Maurice Crook 31.25 Wolverton November 1999	Maurice Crook 39.55 Standon October 1999	Maurice Crook 65.14 Bishop Stortford October 1999	Maurice Crook 1:32.05 Gt North October 1999	Maurice Crook 3:14.05 Ilton December 1999
v65+	David Sutcliffe 22.34 Bedford Park July 1999	David Sutcliffe 35.45 Corby May 1998	Brian Cornwall 45.26 Standon October 1999	Brian Cornwall 76.23 Leighton Buzzard May 1999	David Sutcliffe 1:42.45 Ransay June 1999	John Cherry 7:02.30 London April 1999

Sports Science Page from Graham – AKA Mr Buff

You may or may not be aware that the Friday night track sessions have resumed (1830 to 1930). From now until the end of April 2001 the track sessions will be a combination of 75 to 80% efforts on the track and circuit (Plyometric) training. These sessions are all included in your club membership fee (great value). Therefore, all club members are welcome.

The winter track sessions are designed for endurance strength, mobility and power. Therefore, they are ideal for athletes that are completing in the marathon, half marathon and the mud (cross-country). In order for the human body to fully recover after an overload season (summer) and compete at a high level it must have periods of rest & recovery ready for an even better session next year. A degree of adaptation will take place within the body and will not be lost over a period of time. The Kenyans have one month off at the end of the summer & winter seasons. If done correctly the adult body can take up to four years to reach its full potential (still hope for us yet). Be patient and you will get there.

Reference circuit training. It is a must for all endurance athletes. The benefits of circuits are immense. They include:

- a. *Boost muscle power.*
- b. *Reduce the risk of injury by strengthening the weak links (imbalances within the muscles).*
- c. *Improve tendon and ligament strength.*
- d. *Increase bone density.*
- e. *Heightens body awareness (proprioceptors).*
- f. *Upgrade co-ordination.*
- g. *Reduce body-fat levels.*
- h. *Improve self-esteem.*
- i. *Improves strength, mobility, and aerobic capacity.*

Therefore improves performance. Need I say more, get along to the Friday Sessions.

Sept 8 th	2 x 2 x 1000 – 400 jog rec + Cir 20 sex x 2
15 th	2 x 1 x 2000 + Cir 30 sex x 2
22 nd	2 x 2 x 1600 + Cir 15 sex x 3
29 th	2 x 3 x 800 (6 min turn around) + Cir 20 sex x 3
Oct 6 th	Beep test + Cir 30 sex x 3

Graham (Mr Buff) - 07881654884

PS: Start thinking about the x-country and dig out your spikes. The Club need all athletes. **We can win the today's runner league division as long as you turn out!**

Running & Jogging is just the tonic – for a long and sexy life.!

According to a recent article in the 'Times' newspaper, regular jogging and other vigorous physical exercise helps men to prolong their life and reduce the risk of impotence.

The findings were based on a study of nearly 5,000 men aged between 20 and 79. It found that those who jogged regularly over a five-year period were only half as likely to die during the study period as those who did not. The results suggest that vigorous exercise, rather than light activities such as golf, is the best way to live longer

A second study on the subject found that men who did the equivalent of a two-mile brisk walk a day were three times less likely to become impotent than those who pursued a sedentary lifestyle. The men had to burn at least 200 calories a day through physical activity to protect themselves but the more vigorous the exercise the less likely they were to become afflicted.

The results of this particular survey, which were based on an eight year study of 600 men aged between 40 and 70, found that 31 percent of sedentary men who remained inactive became impotent whereas just nine percent of sedentary men who took up exercise or who were consistent exercisers were affected. The findings were put down to vigorous exercise improving the elasticity of blood vessels.

PS Keep running lads, we've got a reason now!

The mAd mAXe Festival of Running

Colin & Viv recently took part in the inaugural mAd mAXe Festival of Running! The Festival, which was held at Axmouth, near Seaton, from Friday 8th to Sunday 10th September, involved six events. These were:

- Seaton Heritage Trail - A 4-mile(+1 mile there +1 back) group run "following the owle"
- The Hole-Axe Challenge - More than a mile of the Grizzly's infamous beach (sand, shingle & sea)
- From Source To Sea - A half of two halves(14 miles) alongside the River Coly.
- The Chase! - Like a cycling pursuit but different.
- Beep Beep! - A modified beep test.
- Seaton Half Marathon

Colin & Viv took part in the half marathon. Their times were

1:35:54 Colin Bennetts 5th MV50

1:44:47 Vivien Kilgour 2nd FV35

Colin points out that a special mention should go to the hardy few who took part in the event. Some had run 25 miles since Friday evening and all had done a shuttle sprint beep test an hour before the half marathon started. A fantastic weekend which included a trip to the carnival!"

Sight
Concern
Bedfordshire

We need Runners
running in our team

The Great North Run
22nd October
New York Marathon
5th November

Interested
Phone 01234 311555
NOW

Race Marshals Wanted

Bedford Harriers Races

Sunday 10th December

The Gt Barford Half Marathon



Sunday 17th December

Today's Runner Cross Country League

Priory Park, Bedford

Race Marshals Wanted

Bedford Park Handicap: Wednesday 9th August

36 Harriers lined up – or rather set off at prescribed intervals around the 5k course made up of two and a half laps of Bedford Park. This being an event for all abilities, full marks to the seven or eight runners from the beginners or near beginners groups who all completed the course with commendable spirit. In fact, four of this group of 'unknowns' succeeded in defeating all predictions of the likely finishing time and 'ran away' with the event. The remaining 31 runners, then crossed the line within the space of some three minutes, with one frenetic period where 17 runners were checked in within half a minute.

The help of the three Harriers who came along to spectate and who 'volunteered' to officiate was much appreciated. Given the rather improvised race arrangements (did anybody measure the course by the way?) the race times shown should not be regarded as 100 percent precise.

David Sutcliffe

NB: Trophies will be awarded at the Awards Night to Colin Liddard and Debbie Bilham who were the first man and women to finish. Momento will also be given to Simon D'earth and Mark Holland and Jackie Laws and Caroline Morgan, the second and third male and female to finish in the race

Name	Handicap Time	Actual Running Time	Name	Handicap Time	Actual Running Time
Colin Liddard	25.29	25:29	Matt Burgin	33:08	18:03
Simon De'ath	28.46	21:46	Steve Gaunt	33.09	18 04
Debbie Bilham	29 38	29 38	Jack Chana	33:13	23:48
Jackie Laws	30.31	30.31	Phil Wainwright	33 18	21 13
Caroline Morgan	31:30	31 30	Martin Leach	33.19	19 09
Mark Holland	31:40	24:20	Cohn Wildman	33:20	22 50
Jeanette Cheatham	31 56	26 56	Joyce Parkinson	33 21	30:51
Vic Byer	31 57	24 07	Kevin Bullard	33:24	23:14
Julie Drown	32.11	28:11	Simon Fisher	33 27	20 02
Zac Hoilts	32 39	20:09	Iain Kingstone	33:30	24:05
Alison Barrow	32.41	31:11	Avril Thomas	33:50	20:40
Brian McCallen	33 01	19 21	Mandy Warte	33:51	22:31
Will Drown	33:02	20:42	Lynne Singell	33:58	26:38
Tony Parello	33:03	19:23	Viv Kilgour	34:09	22.04
Richard Piron	33:04	18:36	Graham Bufton	34:11	20:01
Franck Monmont	33.05	18:00	Gerry Clarke	34:23	34:23
Chris Armstrong	33:06	21 46	Claire Gell	34.45	29 05
Mark Cox	33.07	20:47			

2000/01 Cross Country Season

The 2000/01 Today's Runner Cross Country League is nearly upon us again. The five-race series starts on Sunday 29th October at Delepre, Northampton and finishes on the 18th February 2001 at Dunstable Bedford Harriers are organising the December event. Eleven local running clubs are contesting this year's competition, one more than last year. In last year's event, Bedford Harriers finished third overall.

DATES	CLUBS	VENUE
29/10/00	Wootton R.R	Delepre: Northampton
19/11/00	Leighton F R.	T.B C
17/12/00	Bedford Harriers	Priory Park, Bedford
14/01/01	Stopsley Striders	Wigmore Park, Luton
18/02/01	Dunstable R.R.	Cricket Club, Tottenhoe

Our own Cross Country Championship

The Today's Runners League also forms the basis of our own five-race cross country championship. The championship consists of four of the above races plus a cross country event organised by Beds & County and held in Priory Park in November. (Further details of this particular race will be made known nearer the date). The Today's Runner cross country race which we organise ourselves in Priory Park in December. **DOES NOT FORM PART** of our own cross country championship.

The best three scores (or places attained) from the five races count towards the championship. Runners compete against people in their own age category.

Bedford Classic Triathlon

It was perfect August morning as the Bedford Classic Triathlon was about to begin in the heart of Bedford. People began arriving from around the region and beyond. It was an incredible atmosphere as the minutes ticked away to the start. It was good to see one or two Harriers taking part, including Vivian and Simon. Steve Young looked composed as the questions came thick and fast. This guy is so cool under pressure. I was allocated the Stanford Road turn in Shefford, while my fellow marshal was given the tricky Haynes Turn. About fifteen minutes later I had been dropped off in Shefford, while my fellow marshal returned to his Haynes location.

It was a while before the first triathletes appeared in Shefford and I duly directed them towards Sandy. It was good to see some familiar faces, including Paul Langford and Jack Chana, who was clearly enjoying the 40K bike ride. Always smiling. Their efforts would conclude with a 10K run around The Embankment. It was good to see a mixture of abilities taking part in what is clearly a test of endurance for the majority.

A little over an hour later came the all clear to stand down and a short time later we were back in Bedford. Atmosphere still incredible as we watched one and all conclude their efforts with a 10K run. Time ticked on and on as the prizes were duly presented. The leading man taking 2 hours and 1 minute to complete the triathlon. Another Bedford Classic Triathlon had reached its conclusion. It was a megamungus outcome.

Thanks to all who made this event possible and to Steve Young et al who put the whole thing together. See you in 2001.

"Although a marathon is twice as long as a half-marathon," Tymn wrote, "the average difference between the times of well-conditioned runners is 2.1."

For example, a person capable of a 1:30 half should be able to run a 3:09 marathon (90 minutes times 2.1 equals 189 minutes). A 3:00 marathoner should be capable of running a 1:26 half (180 minutes divided by 2.1 equals 86 minutes).

From this formula, we can pick fractions or multiples of 2.1 to fit any combination of distances. I've done some of that figuring for you, for both track and road races. Multiply or divide by the factor listed for your set of distances:

Track Races

(*Multiply the shorter-distance time by the factor indicated to project longer-distance time. Divide the longer-distance time by the factor indicated to project shorter-distance time.)

Distances to compare	Multiply/divide by*
1,500m and mile	1.08
1,500m and 3,000m	2.10
Mile and 3,000m	1.98
Mile and 2 miles	2.10
3,000m and 5,000m	1.56
5,000m and 10,000m	2.10

These calculations don't just satisfy your curiosity about the future. More important, they serve as pacing guidelines for upcoming races. You can't know in advance exactly how any race will end. But knowing what you can expect to run gives you a better idea how to start.

Base your race plans on the projected time. If, for instance, you predict a 10K time of 40 minutes, or about 6:30 per mile, start at a 6:30-mile pace. Formulas such as this can help you set realistic goals, and then plan training and pacing accordingly. They can provide road maps for unfamiliar racing territory.

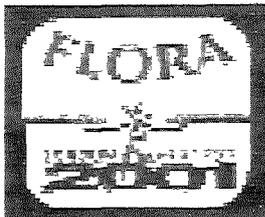
Road Races

(*Multiply the shorter-distance time by the factor indicated to project longer-distance time. Divide the longer-distance time by the factor indicated to project shorter-distance time.)

Distances to compare	Multiply/divide by*
5K and 5 miles or 8K	1.66
5K and 10K	2.10
5 miles and 10K	1.28
5 miles and 15K	1.97
5 miles and 10 miles	2.10
10K and 15K	1.55
10K and 10 miles	1.68
10K and 20K	2.10
15K and 10 miles	1.08
15K and 20K	1.37
15K and half-marathon	1.45
15K and 25K	1.74
10 miles and 20K	1.27
10 miles and half-marathon	1.34
10 miles and 25K	1.61
20K and half-marathon	1.06
20K and 25K	1.28
Half-marathon and 25K	1.20
Half- and full-marathon	2.10
25K and marathon	1.76

However, don't let the numbers place artificial limits on performance or remove the element of surprise from your final results. Exploring the unknown and unknowable is a major reason to race.

The London Marathon



The 2001 Flora London Marathon, which will be run on Sunday 22nd April next, is almost certain to be as big and as popular as ever - and just as difficult for runners to obtain places in. Next year's race will also be a bit special in that it will be the 20th anniversary of the 1st running of the race on the 29th March 1981.

The man responsible for establishing the London Marathon was Chris Brasher. In 1979, Chris watched the New York Marathon and wondered whether London could stage such a festival. He remarked "that we have the course - but do we have the hospitality to welcome the world". London had. That first race in 1981 had a field of almost 8,000 from an original entry of 20,000. In 2000, some 31,550 people finished to confirm London position as the world's largest marathon. Applications for the 2000 race were put at more than 90,000.

The 2000 race was won by Antonio Pinto who clocked the fastest time in the race's history with 2:06:36. Pinto, who has now won the race three times, broke his own course record by more than a minute. The women's race was won by Tegla Loroupe, the world record holder from Kenya, in a time of 2:24:33. A disappointment for British running fans, was the absence, for the first time ever, of any British runners in the top ten of either the men's or women's races.

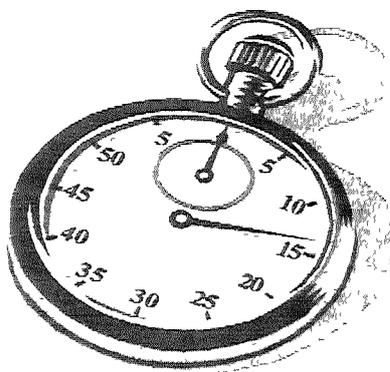
The London Marathon is not all about winning, a point proven by the last person to cross the line in 2000 in a time of 9:54:24. London is also a major source of revenue for many charities. In 2000, an estimated £15 million was raised with apparently, three-quarters of all runners, running for one. Many members of the Harriers ran for charity in this year's race including Iva Barr who raised around £1,700 for the Primrose Appeal, Lorraine Williams who raised around £1,200 also for Primrose, Tony Parello who raised £1,600 for VICTOR -the Visually Impaired Children's Charity and Ian Kingstone who raised £900 again for VICTOR.

Entries for the 2001 race opened on the 1st August. Entry forms are included in 'Marathon News', a free specialist magazine published by the Flora London Marathon. Copies of the magazine are available from 1,000 specialist sports shops. For details of stockists, contact the Flora Marathon Hotline on 020-7902-0189. Applications are to be returned by the 21st October when they will be put into a random ballot. All applicants, successful or unsuccessful, will be notified in early December.

NB

The Club receives a number of places for London each year. If you apply for London, but are not awarded a place, keep hold of your rejection slip. We hold a raffle on the awards night in December for the London places we're given .

PB Performances



More than 20 Harriers have set new PB's over the last few months and quite a few have achieved more than one. Among those producing the goods have been **Malcolm McEwen** whose recorded at least six new best times since April. **Steve Gaunt** whose set five and **Kevin Bullard** whose had four. **Paul Roberts**, **Mark Cox**, **Iain Booth** and **Gary Fuller** have each set three new PBs.

Among the many memorable performances were those of **Steve Gaunt** who knocked 7 mins 40 secs off his previous best for the half at Milton Keynes and in the process went well under 1 30.00 for the first time, **Kevin and Jackie Bullard** who clipped seven and six minutes respectively of their previous bests for the 6 mile at Bedford, **Lorraine Murfitt** and **Joy Smith** who each improved their 10k times by over five minutes at the Womens London Run, **Cliff Smith** who went under 1.30.00 for the half for the first time at **Milton Keynes**, **Zac Hollis** who also set a good time there, **Neil Lovesey** who achieved a sub-40 10k run for the first time in ten years at St Ives and **Kevin Willett** who improved his 5k best time by 22 secs at Cranfield on his way to winning the club's 5k championship race.

Remember, if you get a new PB, make a note of it in the results book.

Name	Race	New PB	Improvement (mins)
Malcolm McEwen	Bedford 6	43:52	1 23
	Dunstable 10k	45:08	0.30
	Bedford Park 5k (July)	21 15	0 05
	Cranfield 5k	20.48	0.27
	Bedford Park 5k (August)	20.46	0 02
Steve Gaunt	Blisworth 5	33:23	1 43
	Blisworth 5k	17.32	0.50
	Sharnbrook 10k	37:27	1:36
	Bedford 6	35 50	3 10
	Milton Keynes Half	1:24.25	7 40
Kevin Bullard	Blisworth 5	29:30	1 20
	Bedford 6	46:32	7 00
	Milton Keynes 10k	48 48	1 00
	Cranfield 5k	22:41	9 18
Paul Roberts	Blisworth 5	37.42	2.12
	Bedford 6	38.24	0.30
	Dunstable 10k	39 56	0.35
	St Ives 10k	39 33	0.23

Name	Race	New PB	Improvement (mins)
Mark Cook	Bedford Park 5k (July)	20.32	0 05
	Bedford Park 5k (August)	20.12	0 20
	Blisworth 5	33.39	2.24
Iain Booth	Sharnbrook 10k	47.59	2.47
	Colworth 5	36.57	1 22
	Blisworth 5	36:19	0.37
Gary Fuller	Sharnbrook 10k	51.30	?
	Cranfield 10k	49:08	2 25
	Cranfield 5k	22.30	2.14
Lesley Barnes	Bedford Park 5k (June)	23:24	0 04
	Milton Keynes 10k	46.36	0 59
Jackie Bullard	Sharnbrook 10k	51:22	2 30
	Bedford 6	47:50	6 30
Lorraine Murfitt	Cranfield 10k	63:01	?
	Womens London Run	58:25	4:36
Joy Smith	Cranfield 10k	62.59	?
	Womens London Run	58.25	4 34
Liz Byer	Bedford 6	50.48	0 45
Vic Byer	Harlow 10	88:35	?
Gillian Hawkins	Milton Keynes Half	2:19:00	11 00
Matt Hollis	Colworth 5	40:52	?
Zac Hollis	Milton Keynes Half	1:33.11	3.30
Mick Inskip	Colworth 5	39:35	1.00
Neil Lovesey	St Ives 10k	39:50	0.08
Ferry McEwen	Cranfield 5k	20.58	1 31
Caroline Morgan	Womens London Run	67.00	?
Cliff Smith	Milton Keynes Half	1 29 55	2.00
Colin Wildman	Cranfield	22.27	0 03
Kevin Willett	Cranfield 5k	17.23	0.22

Sparkling Harriers Performances



There has been a number of sparkling individual performances by some Harriers since the last edition of the magazine and also a number of good team placings

Paul Langford's had a good couple of months. **Paul** won the Swineshead 10 for the second successive year in a time of 60:15. **Paul** was also the 3rd to finish in the Sharnbrook 10k (35:36) and the sixth to finish in the Cranfield 10k (35:45). **Kevin Willett** (62:05) was the second harrier to finish at Swineshead and was third in the race overall. **Bill Jordan** (66:12) was the third Harriers to finish in the Swineshead race and the seventh overall. **Bill** also collected the 1st V50 prize and **Paul**, **Kevin** and **Bill Jordan** collected won the men's team prize.

Another winning performance came from **Avril Thomas** (68:44) who was the first lady to finish in the Lea Valley 10. **Avril**, **Chris Armstrong** (78:09) and **Teresa Munns** (79:19) took the ladies team prize at the event. **Teresa** also did well in the Isle of Man Half (1:44:52) where she was the 1st LV45 to finish and **Christine** was the first LV45 in the Dunstable 10k in a time of 46:29. In the St Ives 10k **Martin Leach** (38:42) put in a strong performance and was the 1st MV55 to complete and **Steve Gaunt** was the fifth to finish at Colworth in a new 5 mile time PB of 29:49. **Martin**, **Steve** and **Ray Evans** also finished in the first ten in the Bedford Park Arlington 5k Series and **Phil Barnes**, **Tony Parello** and **Zac Hollis** won the senior men's prize in the Milton Keynes Half.

Eastern Road League

The Club had another successful year in the 5-race Eastern Road League. The winners in the various categories were:

- Category A **Tony Barnes** - 3rd
- Category C **Steve Gaunt** - Winner
- Category L **Avril Thomas** - 2nd
- Category LA **Chris Armstrong** - Winner
- Category LA **Jackie Bullard** - 2nd Vet
- Ladies Team Prize **Avril Thomas**, **Chris Armstrong**, **Jackie Bullard**, **Liz Byer**

Harriers Club Championship Races – First Three

Cranfield 5k		Blisworth 5 mile		Cople 10m	
Men	Ladies	Men	Ladies	Men	Ladies
Kevin Willett	Janet Clark	Frank Monmont	Avril Thomas	Paul Langford	Avril Thomas
Paul Langford	Veronica Singleton	Steve Gaunt	Janet Clark	Kevin Willett	Chris Armstrong
Matt Burgin	Cuth Rogers	Graham Burton	Veronica Singleton	Tony Barnes	Jackie Bullard

Best Performance Awards

The Best Performance Awards acknowledge and recognize performances of particular merit. They are presented three 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.

Deciding who to present the awards to is always difficult and especially so this time with so many good times achieved. The final choice is as always subjective.

The Autumn best performance award goes to **Malcolm McEwen** for his Two Bridges 35 mile run. Malcolm completed the course in 5:00:32 and on the way through knocked 20 minutes off his then best time for the marathon of 4 hours. Malcolm's PB for the marathon was subsequently lowered further at the Robin Hood when he clipped another couple of minutes off. Malcolm has produced the most PB runs across all distances of anyone at the club over the last four months.

1st

2nd place goes to **Kevin Willett** for his run in the University 5k - our 5k championship race. Kevin had trained specifically for this race and benefited by being the first Harrier to finish. He also reduced his PB for the distance by 22 seconds to 17:23. Kevin's next target is our 10k championship at Standalone in October. Don't bet against him!

2nd

3rd place in the autumn best performance awards goes to **Steve Gaunt** for his run in the Milton Keynes Half. Steve knocked over seven minutes off his previous best for the distance in the race and in the process went well under 1:30:00 for the first time. Steve's next target is the marathon in New York. A new PB for that distance is now a strong possibility. This is the second time in succession that one of Steve's runs has been included as one of the Best Performance Awards.

3rd

Race Results May to September 2000

Belfast Marathon: 1st May

Kevin Willett: 3:13:08

Titchmarch 10k : 7th May

Tony Barnes 36:16 4th
Cathy Rogers 45:34
Dave Bithell 53:05
Lesley Davies 55:40

New Marlow 5:7th May

Colin Tranter 34:58
Teresa Munns 38:19

Corby 5 Miles: 9th May

Colin Bennetts 31:51
Janet Clark 33:57
Cathy Rogers 34:41

Blisworth 5K: 12th May

Steve Gaunt 17.33 PB by 50 seconds
Christine Armstrong 21:28
Deirdre Bethune 23:42
Lesley Barnes 23:57
Stephen Crane 25:10
Bill Bethune 26:06
Phil Gray 26:09
Iva Barr 33:17

Rugby 6: 20th May

Tony Barnes 35:20
Lesley Davies 55:58

Stockwood Pk 10k: 21st May

Brian McCallen 40:58
Jack Chana 49:02
Dave Bithell 51:58
Brian Cornwall 51:58
Bill Billington 52:04
Steve Crane 55:54

Harborough 5: 23rd May

Tony Barnes 29:27
Colin Bennetts 32:42
Deidre Bethune 38:58
Bill Bethune 43:33
Lesley Davies 45:54

Cople 10: 14th May

Paul Langford 60:41
Kevin Willett 62:58
Tony Barnes 63:18
Steve Gaunt 64:59
Phil Barnes 65:57
Martin Leach 67:59
Colin Bennetts 69:02
Brian McCallen 69:25
Neil Lovesey 71:46
Simon Fisher 72:01
Cliff Smith 72:39
Avril Thomas 73:33
George Armstrong 73:41
Richard Whiteman 74:24
Chris Armstrong 80:05
Zac Hollis 81:30
Ian Marshall 83:09
Bill Billington 84:08
Jack Chana 84:58
Chris Williams 86:36
Barry Bright 86:36
Jackie Bullard 87:47
Iain Booth 91:28
Anthony Kimmins 91:29
Brian Cornwall 92:22
Mellissa Owens 92:27
Vic Byer 93:06
Liz Byer 93:58
Dave Bithell 94:17
Kevin Bullard 94:38
Steve Crane 95:58
Lesley Barnes 98:26
Gary Horsman 108:48
Michelle Boyden 110:04

Sharnbrook 10k :29th May

Paul Langford 35:36 3rd
Tony Barnes 37:12
Steve Gaunt 37:28
Phil Barnes 37:46
Richard Piron 40:33
Simon Fisher 41:41
George Armstrong 41:47
Zac Hollis 44:12
Ian Marshall 44:14
Andrew Newstead 44:21
Bill Billington 44:35
Norman Beckwith 45:10
Christine Armstrong 45:24
Gary Denton 45:24
Martin Lambourne 47:46
Steve Williamson 47:51
Iain Booth 48:05
Lesley Barnes 48:32
Jack Chana 48:51
Shaun Trotter 49:28
Kevin Bullard 49:46
Vic Byer 50:42
Jackie Bullard 51:24
Gary Horsman 52:40
Melissa Owens 52:50
Dave Bithell 53:12
Matthew Hollis 54:12
Liz Byer 55:00
Debbie Hylton 57:53
Jeanette Cheetham 58:06
Lesley Davies 58:12
Vanda Miller 68:47
Muriel Moore 69:18

Bedford 6: 6th May

Steve Gaunt 35:35
Richard Piron 36:49
Brian McCallen 38:06
Martin Leach 38:17
Paul Roberts 38:27
George Armstrong 38:58
Avril Thomas 39:13
Colin Bennetts 40:26
Zac Hollis 40:27
Ian Marshall 41:17
Norman Beckwith 42:30
Phil Wainwright 43:22
Christine Armstrong 43:33
Malcolm McEwen 44:00
Steve Williamson 44:20
Teresa Munns 44:44
Martin Lambourne 44:49
David Fake 45:48
Kevin Bullard 46:32
Jack Chana 46:55
Zac Hollis 47:35
Jackie Bullard 47:56
Vic Byer 48:20
Stephen Crane 48:28
Jacky Keenan 48:39
Jim Hendry 49:26
John Keenan 49:38
Liz Byer 50:57
Bill Bethune 53:08
Iva Barr 63:56
Angela Gallivan 70:02

Cranfield 10K: 11th June

Paul Langford 35:45 6th
Neil Lovesey 42:17
Derek Morrison 45:28
Chris Williams 45:47
Andrew Newstead 45:47
Steve Williamson 46:40
Gary Fuller 49:23
Jack Chana 49:45
Matt Hollis 52:14

Lynne Gingell 53:16
John Meadows 55:08
Peter Pack 55:48
Deborah Hylton 57:01
Sophie Windsor 57:30
Sandra Marshall 57:35
Jeanette Cheetham 57:55
Margaret Langford 58:56
Anne Marie Coulter 59:31

Bill Bethune 59:34
Carole Martienno 59:36
Julie Drown 60:58
Joy Smith 62:59
Lorraine Murfitt 63:01
Joyce Parkinson 63:09
Rachel Midgley 63:13
Rebecca Fleckney 63:56
Terry Clarke 73:57

Aspull Farm Track 5.5: 11th June

Cathy Rogers 39:30

Weedon 10k: 13th June

Steve Williamson: 47:20

Colworth 5: 16th June

Steve Gaunt 29.49 PB: 5th
Richard Piron 30:42
Dave Briggs 31:10
Matt Burgin 31.19
Franck Monmont 31.24
Simon Fisher 32:02
Brian McCallen 32:08
Avril Thomas 34:18 1st Lady
Cathy Rogers 35:30 1st LV35
Viv Kilgour 35:52
Colin Bennetts 35 35
Norman Beckwith 35:46
Derek Morrison 35:49
Mark Cook 36:03
John Durham 36:10
Sean Trotter 36:15
Chris Armstrong 36:38 1st LV45
Malcom McEwen 36.53
Iain Booth 36:57
Jim Middlemas 37:26
Martin Lambourne 37.51
Richard Hales 38.55
Lesley Barnes 38 55
Colin Willman 39:29
Mick Inskip 39 32
Jackie Keenan 40:15
David Fake 40:50
Jack Chana 41:08
Suzanne Nash 45 53
Barbara North 53:55
Iva Barr 54:38
Angela Gallivan 60:37
Vicky Barnes 60:37

Ramsey Multi-Terrain 10: 23rd June

Phil Barnes 62:17

Dunstable 10k: 25th June

Franck Monmont 37:38
Steve Gaunt 37:52
Paul Roberts 39:59
Tony Parello 40:53
George Armstrong 40:54
Avril Thomas 41 14
Bill Billington 44:15
Malcolm McEwen 45:14
Mandy Waite 46:02
Chris Armstrong 46:29 1st LV45
Teresa Munns 47:20
Steve Williamson 48:40
Brian Cornwall 49:33
Andrea Ranson 52.26
Lesley Barnes 52:30
Steve Crane 52:30
Margaret Martin 64:16
Iva Barr 67:45
Angus Mackinnon 68:05

Bedford Park 5k: 28th June

Kevin Willett 17:43
Steve Gaunt 17:55
Richard Piron 18:18
Martin Leach 18:53
Brian McCallen 19:13
Simon Fisher 19:29
Colin Bennetts 19:55
Avril Thomas 20:00
Mark Cook 20:37
Chris Williams 21.01
Ray Evans 21:32
Malcolm McEwen 21:44
Iain Booth 21.55
David Fake 22:02
Colin Wildman 22.32
Kevin Bullard 22:56
Lesley Barnes 23.28
Stephen Crane 24.05
Dav Bithell 25.58
Iva Barr 32.55

Portland 10: 2nd July

Mark Cook 77:36

Milton Keynes 10k: 4th July

Steve Gaunt 37:52
Graham Bufton 39:31
Tony Parello 39 32
Brian McCallen 39:32
Neil Lovesay 40.16
George Armstrong 40:29
Colin Bennetts 41:12
Zac Hollis 41:57
Veronica Singleton 42:53
Christine Armstrong 44:31
Malcolm McEwen 45:13
Mark Cook 45.17
Lesley Barnes 46:41
Steve Williamson 47:16
Kevin Bullard 48:49
Deidre Bethune 50:02
Jackie Bullard 55:16

Leighton Buzzard 10k: 9th July

Bill Billington 46:12
Mark Cook 47 07

Peterborough Police 10k: 9th July

Paul Roberts 40:37

Lea Valley 10: 9th July

Franck Monmont 64:40
Tony Parello 68.33
Avril Thomas 68:44 1st Lady & 1st Ladies Team
Neil Lovesey 68:55
Colin Bennetts 70:15
Chris Armstrong 78.09 1st Ladies Team
Teresa Munns 79:19 1st Ladies Team
Steve Crane 90:38
Andrea Ranson 90:58

Fairlands Valley 18.4 mile

Challenge:16th July

Chris Armstrong 3.46 00
John Durham 3:46:00
Andrea Ranson 3 45.00
Malcolm McEwen 3:46:00

Bedford Park 5k :19th July

Steve Gaunt 17:56
Matt Burgin 17:59
Richard Piron 18:23
Martin Leach 18 52
Neil Lovesey 19 30
Mark Cox 20:32
Malcolm McEwen 21:16
Ray Evans 21:40
Iain Booth 21:57
David Fake 22:57
Colin Wildman 23:23
Jacky Keenan 23:59
Jack Chana 24:16
Stephen Crane 24:29
Dave Bithell 25:41
Lesley Barnes 26:38
Victoria Barnes 34:08
Iva Barr 34.07

St Ives 10k:23rd July

Paul Langford 36.12
Martin Leach 38 42
Paul Roberts 39.32
Graham Bufton 39.33
Neil Lovesey 39:50
Brian McCallen 39:57
Colin Welch 48 51
Graham Burley 55 17

Milton Keynes Half: 23rd July

Phil Barnes 1:22.08
Steve Gaunt 1:24.25
Tony Parello 1.28.46
Cliff Smith 1:29:35
Zac Hollis 1 33.29
Chris Armstrong 1 42.58
Dave Bithell 1.59 21
Gillian Hawkins 2:19:32

Cranfield University 5k: Friday 28th July

17:23 Willett, Kevin
17:28 Langford, Paul
17:47 Burgin, Matt
18:00 Gaunt, Steve
18:17 Piron, Richard
18:50 Bufton, Graham
18:50 Roberts, Paul
19:07 Parello, Tony
19:10 McCallen, Brian
19:42 Armstrong, George
20:30 Hollis, Zac
20:33 Gound, Dennis
20:36 Cook, Mark
20:39 Bennetts, Cohn
20:41 Clark, Janet 1st Ladies Team
20:48 Drown, William
20:51 McEwen, Malcolm
20:51 Singleton, Veronica 1st Ladies Team
20:52 Williams, Chris
20:54 Durham, John
20:54 Beckwith, Norman
21:03 McEwen, Terry
21:23 Clark, Steve
21:25 Rogers, Catherine 1st Ladies Team
21:30 Lambourne, Martin
21:38 Bright, Barry
21:46 Fake, David
21:57 Booth, Lain
21:58 Armstrong, Christine
22:27 Wildman, Cohn
22:30 Fuller, Gary
22:41 Bullard, Kevin
22:51 Munns, Teresa
23:03 Welch, Colin
23:30 Behan, Pauline
23:30 Cornwell, Brian
23:32 Kingstone, Ian
23:36 Chana, Jack
23:39 Keenan, Jacky 1st Lv50
23:47 Crane, Steve
25:00 Beard, Trevor
25:34 Bithell, David
25:10 Marks, Heather
25:42 Meadows, John David
25:49 Matthews, Glen
26:20 Taylor, Debbie
26:43 Burley, Graham
27:14 Hylton, Deborah Jane

27:58 Cheetham, Jeanette
28:10 Murfitt, Lorraine
28:10 Smith, Joy
29:00 Drown, Julie
29:50 Martin, Margaret
30:55 Thomas, Chris
33:10 Barnes, Victoria 1st Lady 15-17y
33:12 Barnes, Lesley
33:13 Horne, Jacinta
33:13 Morgan, Caroline

Gstaad Swiss National 12k 1st August

Neil Lovesey 49:09

Harlow 10: 6th August

Steve Gaunt 65:51
Cliff Smith 69:31
Avril Thomas 72:41
Veronica Singleton 74:55
Ian Marshall 78:00
Teresa Munns 79:51
Steve Crane 87:41
Vic Byer 88:45
Liz Byer 94:24

Wellingborough 5: 6th August

George Armstrong 32:42
Zac Hollis 40:33
Colin Liddard 41:22

Isle of Man Half Marathon :13th August

Colin Tranter 1:44:20
Teresa Munns 1:44:52 1sr LV 45

**Arlington Bedford Park 5k:
Wednesday 16th August**

Matt Burgin 18:03
Steve Gaunt 18:57
Martin Leach 19:23
Mark Cook 20:12
Graham Bufton 20:13
Malcolm McEwen 20:49
Christine Armstrong 21:39
Ray Evans 21:42
Iain Booth 22:03
David Fake 22:12
Colin Wildman 22:30
Kevin Bullard 22:36
Jack Chana 23.48
Dave Bithell 25:28
Deborah Bilham 28:23
Lesley Denton 32:24
Iva Barr 33:22
Val Bird 35:15
Angela Gallivan 35:43
Victoria Barnes 35:43
Lesley Barnes 35:44

Blisworth 5:Friday 18th August

Frank Monmont 28:47
Steve Gaunt 29:30
Graham Bufton 30:49
Tony Parello 31:12
Martin Leach 31.34
Brian McCallen 31:35
George Armstrong 32:09
Avril Thomas 32:32
Zac Hollis 32:55
Graham Home 33:11
Malcolm McEwen 33:26
Mark Cook 33.39
Colin Bennetts 33:43
Colin Tranter 33:49
Janet Clark 33:51
Veronica Singleton 34:30
Terry McEwen 34.19
Norman Beckwith 34:28
Derek Morrison 35:08
Gary Denton 35:18
Christine Armstrong 35 58
Barry Bright 36:03
Shaun Trotter 36:09

**Blisworth 5:Friday 18th August
(continued)**

Iain Booth 36:40
Teresa Munns 36:45
Julia Willett 37:28
Kevin Bullard 37.44
Dave Kingston 38:03
Jack Chana 38:38
Andrew Smith 39.04
Brian Cornwall 39:18
Ian Kingston 39:21
Deirdre Bethune 40:02
Andrea Ranson 40:04
Jenny Tuite 40:04
Mick Inskip 41:12
Lesley Barnes 42:05
Dave Bithell 42.29
Matt Hollis 42:53
Gary Horsman 43.17
Bill Bethune 44:09
Lynne Gingell 45:03
Teresa Cooper 45 33
Chris Thomas 50 10
Iva Barr 53.26

**Two Bridges 35 Mile: 26th
August 2000**

Malcolm McEwen 5:00:32
Cliff Smith: 5.17:06

Vauxhall 5k: 27th August 2000

Bill Billington. 21:31

**Grimthorpe Castle 10k: 28th
August 2000**

Andrea Ranson. 54 20
Malcolm McEwen: 54:21

The Road Race Championship: 2000

With races still available at most distances before the championship concludes in early December, this year's road race championships are still open

The Men's Championship

Steve Gaunt who put in a number of fine early and mid-season performances particularly over the shorter distances, is now in a strong position in the men's championship in relation to other runners who have completed nine or ten qualifying races. Steve pole position is not assured however and he could still be overtaken by **Paul Langford** or **Martin Leach**, whose age graded scores have so far averaged 76 percent and 79 respectively. Either way, the top two runners will be different from last year when **Maurice Crook** and **Tony Barnes** took first and second place.

The Ladies Championship

Christine Armstrong looks set to repeat her last year's win – achieved after a string of fine season performances – and currently has a fifteen point lead over **Teresa Munns**. Teresa has ten races in the bank but if **Avril Thomas** or **Veronica Singleton** complete their ten qualifying races, second place could still be closely contested.

Forthcoming races

A list of races at all distances in or around Bedfordshire is shown on page 43 of the magazine. Runners who have already completed ten qualifying races can of course still improve their overall scores.

The overall Road Race Championship – How it works – A Reiteration.

The championship operates like a league system – with all 'permitted' road races eligible for scoring. The eligible year runs from the 1st of January to the 1st weekend in December (inclusive). Each time you run a road race your "official finishing time" is 'age graded' ie adjusted to put everybody on an equal standing. The resultant percentage score determines your placing in the league. Your best 10 races scores will count. The following rules are applicable:

- ◆ Club vests must be worn for each race
- ◆ 3 of the qualifying races must be of a distance of 5 miles or 5k
- ◆ A further 3 of the races to qualify must be 10k or 6 miles
- ◆ The final 4 races must be 10 miles or greater, of which at least 1 must be a half marathon or greater
- ◆ Official results must be obtained and presented to Brian McCallen / George Armstrong

Trophies are awarded to 1st, 2nd and 3rd men and ladies

HARRIERS ROAD CHAMPIONSHIP 2000

OUR CHAMPIONSHIP POINTS ARE THE TOTAL OF YOUR AGE-GRADED SCORES FOR A MAXIMUM OF 10 RACES MADE UP AS SHOWN.

RUNNERS LISTED HAVE SO FAR COMPLETED 7 OR MORE QUALIFYING RACES

RUNNER	QUALIFYING RACES - MAX. 10 TO COUNT				RACE TOTAL 27/8	POINTS TO 27 AUG	POSITION ON 27 AUG	Men's
	3 AT 5m OR 5k	3 OVER 5m & UNDER 10m	4 AT 10m OR OVER	INCL. 1 AT 1/2 MA. OR OVER				
EVE GAUNT	3	3	4	✓	10	748.66	1	1
OLIN BENNETTS	3	3	4	✓	10	729.68	2	2
MARIS ARMSTRONG	3	3	4	✓	10	718.83	3	
ERESA MUNNS	3	3	4	✓	10	703.23	4	
RIAN McCALLEN	3	3	3		9	649.99	5	3
GEORGE ARMSTRONG	3	3	3		9	646.27	6	4
TUL LANGFORD	1	3	4	✓	8	613.35	7	5
ACK CHANA	3	3	4	✓	10	605.19	8	6
ONY BARNES	1	3	4	✓	8	595.95	9	7
AWE BITHELL	3	3	4	✓	10	580.14	10	8
ILL BILLINGTON	1	3	4	✓	8	572.95	11	9
VRIL THOMAS	2	2	4	✓	8	569.25	12	
LAC HOLLIS	2	3	3	✓	8	563.83	13	10
ARTIN LEACH	3	2	2		7	555.45	14	11
ONY PARELLO	2	2	4	✓	8	548.18	15	12
ESLEY BARNES	3	3	3		9	544.05	16	4
EE BETHUNE	3	2	3	✓	8	537.35	17	5
RAHAM BUFTON	3	2	2		7	499.64	18	13
OMCA SINGLETON	2	1	4	✓	7	493.95	19	6
FEVECRANE	3	3	2		8	491.15	20	15
IL LOVESAY	1	2	4	✓	7	491.03	21	16
EVIN BULLARD	3	3	3		9	490.25	22	17
IAN CORNWALL	2	2	3		7	479.18	23	18
COLM McEWEN	3	3	2	✓	8	467.70	24	19
HN BOOTH	3	1	4	✓	8	455.50	25	20
LL BETHUNE	3	2	2	✓	7	403.64	26	21

Phil's Poetry Page

Desiderata

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even the dull and ignorant; they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals and everywhere life is full of heroism.

Be yourself, especially do not feign affection. Neither be cynical about love; for in the face of aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe and you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding, as it should.

Therefore, be at peace with God; whatever you conceive him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Max Ehrmann

EMOTIONS

Emotions come and go but you are here forever You captured my heart, one hot summer night many moons ago	The heat of the night was no barrier to the love I had for you I held you so closely that night My heart skips a beat at the thought	It beats fast, so fast as I remember the passionate embrace as your lips touched mine and worlds collided They collide still as lovers	around the world continue to love, to embrace, to kiss, to enjoy the company of one another PHILIP GRAY
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 [[Fixture List](#)] [[The Cranfield 10k](#)] [[Standard Awards](#)] [[Club Photos](#)] [[Harriers Kit](#)]
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Fixture List - October 2000 to December 2000

October	1	Windsor Half Marathon	
	1	Barnack Peterborough 10	
	8	Biddenham 10k River Run	
	8	Daventry 6	
	8	Abbotts Langley Tough 10k	
	15	Standalone 10k	CC**
	22	Gt North Run	
	29	Fenland 10, Wisbech	
	29	Rickmansworth 9 mile	
	29	Today's Runner X-C League - Delepre: Northampton	X-C
	November	5	Stevenage Half
8		Henlow 10	
16		Stevenage 5k Series (1)	
19		Today's Runner X-C League: Leighton F.R	X-C
19		Bishop Stortford 10	
25		Wolverton 5	**
30		Stevenage 5k Series (2)	
December	3	Luton Marathon & Relays	BED
	12	Bedford Harriers (Gt Barford Half Marathon)	
	19	Today's Runner X-C League: Priory Park, Bedford	X-C

They went -



that 'a -way!