

## LONDON MARATHON EDITION



*Sadly, I can't think of a witty caption, but someone must know one- answers on a postcard please....*

*Did you hear about Linda's London Marathon? Being such a shy, retiring type she's been a bit reluctant to talk about it, but having bribed her with as much cheesecake as she could handle she's given us exclusive rights to publish the screenplay.*

*Seriously, congratulations to all those who wisely decided not to injure themselves on a climbing wall a fortnight beforehand and who actually did the marathon, particularly those who ran it for the first time.*

*Congratulations also to Jacky Keenan on becoming County 10K Champion (V40 and V45) at the Flitwick 10K, and also to those of you who got certificates or become club champions..*

*Congratulations also to all those of you who've decided to renew their membership - hope the T-shirt fits.*

*And thanks to everyone for their efforts in producing this magazine. If you've anything you'd like to contribute next time, please pass any contributions on to myself or Jacinta, or anyone on the committee (handwritten copy is OK)- the next issue is planned for August.*

*Graham*



## CHAIR'S REPORT

Having survived my first AGM apart from one slight slip up, which Bill Tallentire thankfully put right on the night. I was very pleased to be offered another 12 months in the chair. As I said at the meeting, we as a club seem to be growing week by week. Many new faces are appearing and expressing their enjoyment at being a part of the Bedford Harriers. This, of course, is very good for the club's image and is a credit to all the members and coaches who are working very hard to achieve this.

With all this apart it is equally important, that we as a club, should not forget the existing long standing club members who have laid the foundation stones of the Harriers, and to address any concern they may have for the future. I invite anyone who has any worries or problems regarding the club to talk to me and I will personally try to sort them out.

One of the highlights which I have had regarding running in the last couple of months, due to yet another injury, was going to watch the London Marathon. I can say with my hand on my heart that I did not really want to go. When I am not running myself I tend to switch off from it and do other things, but Marlene got me up very early to be at the seven mile marker to wait and watch all the Harriers go by. Then move on and do the same at eighteen and then at twenty three miles. This we did and it was wonderful to see all the competitors go by, and I even thought that next year I'll give it another go!!

It was the end of the race which I found extremely interesting. We waited under the letter "V" for victory, where all the Harriers had agreed to meet, and one by one they all arrived, some were looking very tired but others looked as though they could do it again. The end of a marathon one place where you can experience extremes, at the low end you can see in the runner's faces that they were extremely disappointed with their run, and were trying to on a brave face. Marathon training is always very hard work, if it wasn't then you should have done some more. I think the training is much harder than actually running the race, so when things don't go to plan it can be extremely disappointing.

On the other hand when training goes well and you finish tired but happy with your efforts, it's one of the best feelings in the world. To finish your first marathon feeling good can be very emotional and that is why you often see people openly crying at the finish. There were Harriers on that day who clearly had experienced that feeling and I knew exactly how they felt because I had been there, done that and got the T-shirt. Well done to you all and remember there's always another year.

At this point I would like to welcome Angie Bright to the committee who I know will be an asset to the club.

I hope you enjoy this first club magazine, with its new editor.

Mike Devonshire

A handwritten signature in black ink, consisting of the letters 'D', 'E', and 'V' in a stylized, cursive font, followed by a horizontal line underneath.

# ”DI AND LINDA DO LONDON”



AN EPIC starring DIANE BLACKNALL and LINDA THURSTON and (in alphabetical order)-

Iva Barr, Andrew, Dave and Vicky Bithell, Barry Bright, Jude Cottam, Gerry Dazely, Phil Gray, Tracey Harris, John Marchant and Paul Roberts.

SUPPORTING CAST ~ The Ames family, Martin Blacknall, Angie and Carly Bright, Chris Cottam, Mike and Marlene Devonshire, Lyndon Harris, Dilys Hunt, the Thurston and Wilson families.

WITH SPECIAL THANKS to Jack Keenan.

SCREENPLAY by LINDA THURSTON

## SCENE 1

*Bedford Railway Station*

*(Music: Rachmaninov, Piano Concerto No. 2, a la Brief Encounter)*

5.40am: Bright lights, dark sky. Birds just beginning to sing. A huddle of Harriers and supporters in one corner, clutching tickets, kit bags and bananas.

*[Cut to interior of train]*

Phil and Gerry fighting to sit next to Linda. The others, doing what marathon runners do at that time of the morning.

*[Fast forward to tube station]*

Crowds. Noise. Greenwich. Long queues to toilets. Mainly women. Men line up against the railings. *[Cameras zoom in for close up shots, but, sorry lads - nothing worth freeze framing. Pull back to starting line.]*

And they're off. *(Born To Run, Bruce Springsteen.)*

## SCENE 2.

*The Race.*

*[Main picture ~ Di and Linda running. Background intercut by other images, mainly sporting, though a few sunsets, galloping horses and a sleeping chinchilla.]*

*(Music, various: Maria Callas, Rolling Stones and Steve Earle.)*

*Soliloquy by Linda.*

I'm lost for words, for once, So many people cheering ” Come on Linda. Come on Diane.” This is a party. A celebration. A jumble of feelings, pictures. Each a cameo:

- A posse of pink fairies, Tutenkhamen, a spider, a bottle of water, a caterpillar.
- Sunshine. So hot. Drench ourselves with water at every opportunity. Bliss.
- "Look" says Di, and there he is. Mr. Perfect, Wonderful, Love of My Life. Long hair. Earring. Tattoo. But oh no, I'm not interested. I'm running a marathon. The London Marathon. So I stop ogling. (This turns out to be my only regret of the day.)
- Isotar - sticking to our feet.
- The bands. The music. People dancing.
- Our loyal supporters running from one strategic position to another. "Come on Bedford Harriers." A renewal of body and spirit each time.
- A sofa, armchair, table and standard lamp arranged at the corner of the road. Occupants cheer wildly.
- Di pointing out places of interest. *[Cut to pictures of Cutty Sark, Tower Bridge, Big Ben, Buck Palace, interspersed with flashes of American Red Indians, the Aurora Borealis and a Praying Mantis.]*

How many mile markers have we passed under?

This is Heaven. This is Hell. So much pain. So much glory. I want it to stop. I want it to go on forever.

Then... we're running down The Mall and the crowds are cheering even louder and ...Oh God please let us beat the Emu\*...and we're there, Di and Linda hands in the air, crossing the finishing line together. So emotional. Receive our medals. Golden. Ah Jason, was getting the fleece as good as this? Then T-shirts, goody bags and oh no, Di is refusing the sandwiches. Yes, yes of course we want them. Lie on pavement and eat. Look at Di. We ran/won the London Marathon. Both words applicable. Pick up kit bags. "Well done" says all. We both smile and smile and smile. Walk to repatriation area and there is everyone and if I try and speak I'll cry.

So I do.

### SCENE 3.

*Linda's House.*

*(Gold, Spandau Ballet)*

Linda *(to audience of 3 cats and 3 dogs)* reliving going across the Finish Line. Hands in the air. Big smile. Slight stagger. Repeats 20 times.

Animals at first interested ie. ears pricked up, wagging tails. After the 14th 'hands in the air' etc. begin to look slightly bored ie. whining, glazed eyes, falling asleep. Linda carries on unperturbed.

### SCENE 4.

*Linda's Bedroom.*

*(Perfect Day, Lou Reed)*

Linda enters room, wearing overlarge man's dressing gown and Mickey Mouse slippers. Carrying water bottle with fluffy pink cover, three Mars bars and a large packet of M and M's. Pins a picture of the Big Sur Marathon above bed next to picture of Captain Kirk.

She is still wearing her medal.

Lights out.

SCENE 5.

*Fatty Arbuckle's.*

*[Close up of Di, medal around neck].* Surrounded by family and large plates of food. Says, between mouthfuls, "It all started with the 5.40 train.....".

*Lights fade*

*(We Are The Champions, Queen)*

*Closing credits.*

THE END

M C M X C V

Soundtrack available on record, CD and cassette from all good record shops.

\*Yes, we did!



## ***LONDON - A WIFE'S PERSPECTIVE***

***My husband has a lover and has taken to taken to drink .....***

*The lover is 'training for the London Marathon', the drink is vodka, which I'll come to later.*

*It all started back in September '94 when an application was sent off for a London Marathon entry form, every day the post was quickly scanned until the day IT arrived. The next stage after sending in the entry was to check all bank statements to see whether the cheque accompanying the entry had been cleared. The day finally*

*arrived when an official entry and number landed on the door mat, and so the start of a gruelling training over the next 3 months*

*At first training was not too disruptive, lunch time runs at work and Wednesday evening training sessions with the Club. As training got more strenuous, building up stamina for the Marathon, so our lives became a bit unsettled. Training now took up all Sunday mornings so afternoons were usually spent taking it easy (dozing in the armchair), leave days from work having to be used up before the end of March were being used for rendezvous with Barry! John coming back hot and sweaty and longing for a soak in the bath. Runs to work were also taking place, a distance of 16 miles. This might sound straightforward but the problem of remembering to take a change of clothes on the day before running (showers are provided at work), arranging for a lift home if I couldn't do it, and extra supplies of food for munching after the canteen had closed all needed careful planning.*

*We decided to take a weeks holiday in Spain in the middle of March which would still mean training whilst there but at least training was tapering off by now, so here I am making use of my spare time writing this article and also making good use of the hotel's heated pool, it certainly works up an appetite for dinner.*

*I'll now come to the vodka .... Just before we came away John had a slight Achilles strain so was putting ice packs on it after runs. He was a bit concerned about being able to do this whilst away, but the problem was solved by the minibar in our hotel room, inside he found two miniature bottles of vodka which was ideal to fit inside his sweaty sock. It will make us think twice before using anything from a minibar in future, spirits certainly have more uses than they are intended for, the imagination runs wild!*

*After all is said and done my husband's 'lover' is slowly going away, I haven't really been jealous but perhaps just a little bit fed up with PB's and minutes per mile. I do wish John and everyone else good luck for the day, you really all need to be for having the determination to run and finish the London Marathon.*

*Chris Marchant*

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## HARRIERS ON TOUR - THE DURSLEY DOZEN

**The third Harriers weekend in the Bunkhouse in the Forest of Dean culminated in the running or supporting of the multi-terrain race known as the Dursley Dozen. If you haven't worked it out yet, the race was over a distance of 12 miles of which about six were of not very solid mud! Other 'highlights' included a diversion through a quarry, which must have been a Dr. Who set at some time, and then The Precipice - a rope assisted, near vertical climb.**

**Our Forest of Dean exile, Martin Green, finished 12th in an amazing time for the course and conditions of 1:22:36. Other Harriers, ex-Harriers or near-Harriers competing were:**

<b>Colin Bennetts</b>	<b>1:50:56</b>	<b>John Thompson</b>	<b>2:07:52</b>
<b>John Cheetham</b>	<b>1:51:44</b>	<b>Jenny Hanger</b>	<b>2:18:39</b>
<b>Sally Goodchild</b>	<b>1:58:03</b>	<b>Iva Barr</b>	<b>2:36:21</b>

**Iva won a bottle of wine and a pair of tracksters.**

**Watch this space for further ventures to the Bunk House. Possibly another mountain bike weekend, an impossible race, canoeing maybe? Any ideas ? - let me know.**

*Colin*

## MORE HARRIERS ON TOUR - CLUB TRIP TO THE HASTINGS HALF MARATHON



The journey to the south coast was livened up by the first of Jude's "little things to keep us amused" - a quiz on the history and attractions of Hastings. Lucky for me it was multiple choice so I had at least a 25% chance of getting the questions correct! The winner on this occasion was Mark Whiteman, who just happened to have been swotting up on the Tourist Information brochure the night before (did he know something in advance?).

We arrived at the seafront a little later than expected after being held up on the Dartford Crossing. Mike Devonshire offered to try and find my number, which had somehow gone missing, while I was getting changed on the coach. Unfortunately the organisers had no record of my entry so I had to fill in another form at registration and then try and find where they were doing the late entries. I finally got a number with about five minutes to go to the start, which didn't leave me a lot of time to get to the loo and back!

And so the race started. Thousands of runners racing, jogging and shuffling along the road, gradually climbing away from the seafront (and climbing, and climbing, and climbing .....).

The hills soon took their toll and I was beginning to regret the lack of a pre-race pit-stop, especially as I had Mark to contend with. All I could do was hang on (in more ways than one!) until we got back to the seafront and then get my nose in front at the finish. Mark finished with a personal best, as did Brian McCallen (yes, ANOTHER one!) and Barry Bright. Iva Barr, we later found out, was the first to finish in her age group.



### DIDN'T WE HAVE A LUVVERLY TIME .....

The Hastings Half Marathon took place on Sunday March 12th and, as part of our 10th Anniversary, we took a coach to the event. The race started at 10:30 a.m. so it meant leaving the track at dawn (or at least that's what it seemed like to me) but we hardened runners will do anything for a day at the seaside.



I'm not sure how everyone spent the rest of the afternoon, but Mark, Brian and myself found a bar on the seafront and stayed there. Blue skies overhead, the sea lapping gently at the shore and a decent pint (or two) of beer - luxury!

The journey home was even more eventful than the trip to the coast. Another of Jude's "little things" helped to pass the time until we got to the services and then disaster struck. The coach decided it didn't really want to go up the A1 so stopped amidst clouds of black smoke. An engineer was called, the trapdoors in the floor removed and surgery commenced. Some of the positions that the engineer found himself in prompted a few gynaecologist jokes from Jude and Lesley, which I don't think I can print here!



*Some found the occasion all too much. . and that was on the way there!*

I must thank all those who contributed to the organisation of what turned out to be another successful day (especially the person who organised the weather). I hope there will be many more in the future. If anyone has any ideas for day trips of this sort, or any other sort of event, let one of the committee know and we'll see what can be done.

*Tony Barnes*

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## **BENIDORM TRIP UPDATE**

### **BIG Reductions!**

#### **OPTION (1)**

**4 Days, 3 Nights - WAS £231 - Half Board      NOW £183 - FULL BOARD!!!**

**Includes airport tax, insurance & transfer - race fee £10 extra**

**Depart East Midlands Airport, 0800 Saturday November 25th**

**Return 1435 Tuesday November 28th**

#### **OPTIONS (2) AND (3)**

**8 Days, 7 Nights - WAS £275 - Half Board      NOW £221 OR £246 - FULL BOARD!!!**

**Includes airport tax, insurance & transfer - race fee £10 extra**

**Option 2 - Depart Luton Airport, 0720 Tuesday November 21st**

**Return Luton Airport, 1315 Tuesday November 28th**

**Option 3 - Depart East Midlands Airport, 0800 Saturday November 25th**

**Return East Midlands Airport, 1400 Saturday December 2nd**

**Single room supplement £6.96 per night**

**Hotel Poseidon Palace (3 Star & Thompson 3T)**

**Indoor & outdoor pools, mini gym, satellite TV in all rooms**

**All meals buffet service**

**Near to Old Town centre**

**Contact STEVE WILBY on (01234) 824402 asap. Deposit of £75 plus £27 insurance will be required.**

# DUBLIN MARATHON 1994

(City of Molly Malone)

*She wheels a wheelbarrow  
Though streets broad and narrow  
Crying 'Cockles and Mussels..  
Alive Alive Oh'*

I arrived at Luton Airport at 1pm on the Saturday before the race, for a flight that was due to leave at 2pm but eventually left at 2 40 The flight took 50 minutes, landing at Dublin at 3 30pm It was another hour before they got the baggage off the plane (a fault with the doors in the storage compartment)

I then took a taxi to my Bed and Breakfast apartment in an area of Dublin called Ballsbridge, 3 stops on the DART train from the city centre After a quick wash I made my way back into Dublin - by this time it was raining cats and dogs, as it was to do for most of the weekend I quickly looked for somewhere to eat, getting soaked in the process - I eventually settled for a Chinese (real home from home)

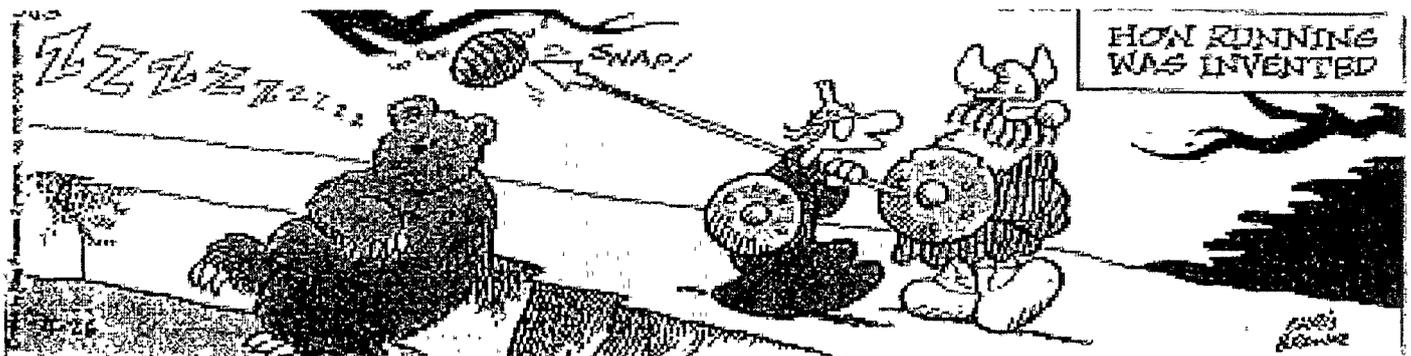
The following morning after going to church I walked into Dublin, well.. almost. I got as far as Lansdowne Road then got the DART into Dublin, and made my way the the Mansion House to enrol Having savoured the atmosphere there I walked into the City Centre to get my bearings for the start of the race the following day and to find somewhere else to eat - I found a nice little bar/restaurant quite close to the start

The following morning I was up at the crack of dawn, ate a little breakfast and made my way to the nearest bus stop; the DART didn't start running until 9am and with the race starting at 9 30 I couldn't take the risk of being late (it wouldn't have been the first time I've done that!). I got to the bus stop and after a few minutes got a lift right to the start from a fellow runner. The race started at 9.30 prompt in a steady drizzle of Guinness - sorry, I mean rain, and so it went on during the race gradually getting heavier with several downpours in places; there were a few dry patches I reached Phoenix Park, which was at about 18.5 miles looking like a drowned rat, facing a steady incline of about 1.5 miles to the 20 mile mark We came out of the Park just after 22 miles with the remaining miles supposedly downhill - I am sure in places I could have walked faster, was I glad to see the finish after 3 hours 36 minutes (Never again, I said to myself, but don't we all say that!) I changed and hobbled back to the DART, once back home a quick shower and a well earned rest

In the evening I caught the DART back into Dublin and made my way to the bar/restaurant I ate a good meal then started on the Guinness/Budweiser/? - I came out of there at about 11pm I can't really be exact because I can't remember much else until the following morning How I got home, if I paid the taxi driver - will remain a mystery, the Tuesday was spent recovering; Wednesday after a bit of shopping was going home time

Never again,.. I don't know though, maybe

*Mike O'Hara*

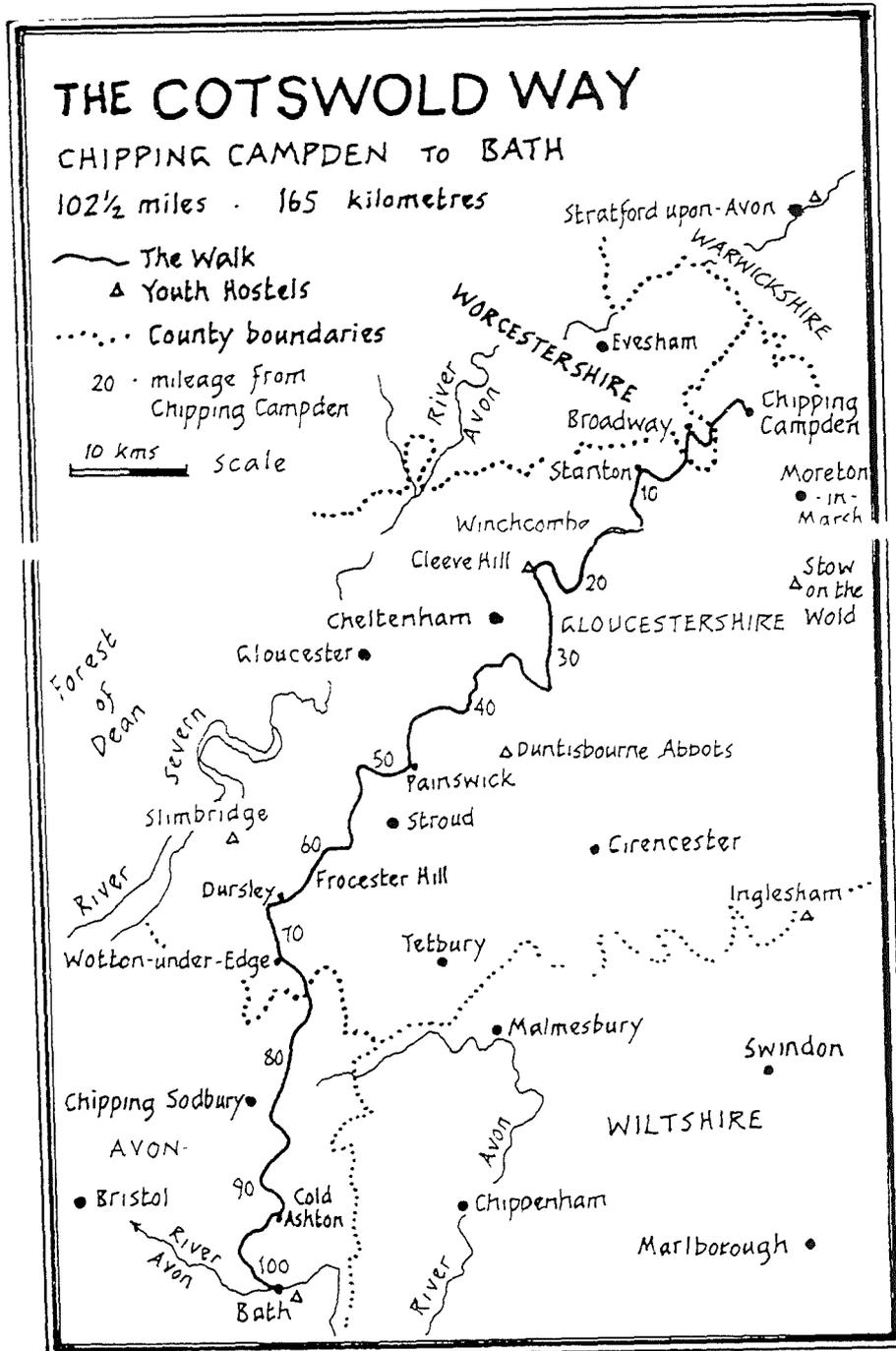


**RUNNING WILD -**

**THE COTSWOLD WAY RELAY - Saturday July 1st**

*I am currently nagging people into running the 103 mile Cotswold Way. The "good news" is that it is a relay with legs of between 7.5 and 12 miles. I still need a few more volunteers - speed doesn't matter - so if you fancy getting off the tarmac - see me straight away (i.e - NOW!).*

*Colin Bennetts*



The following article has been published in the Cranfield student magazine. Any student over the age of 16 years, pre or post graduate, full or part time will be permitted to run. Including any student from the Harriers.

**11TH THE CRANFIELD CANON CANVIN 10KM ROAD RUNNING EVENT**  
**JUNE - 11 AM START**  
**AND FUN RUN**

For those students who feel they could do with some exercise and want an excuse to put back some fluid after training, then why not pick up an entry form for the Canon Canvin Cranfield 10k running race. Each year this race is held on campus with the start and finish on the sports field. The event is once again organised by the Bedford Harriers AC.

The event gets bigger each year with an entry of 500 runners last year, and over 60 of them coming from the campus. Students were forming teams and running for fun and others aiming for targets to get on the prize list. Many just ran or jogged, just to get the free Cranfield finisher T-shirt. Over the years the student entries always produce at least one quality runner. In 1993 an individual male student from the School of Management, called Joe, entered very late on the Friday before the race and made it quite clear that he had done a bit of running, but was not very fit at the moment. On race day he spent the hour before the race warming up, or as I thought wearing himself out, but 33 minutes later he finished in fourth place in the race behind Hugh Jones who had won the London Marathon in 1986. Joe came up to me, after he had spent another hour warming down, saying "Well I was right I'm not very fit at the moment!!!"

The Cranfield race has always had special prizes for the first Cranfield male and female finishers but this year, thanks to Endsleigh Insurance, there are open student prizes. The first 5 student males and 3 females, plus teams, will receive awards. Students will also be able to contest all the other prizes in the main race which include:-

Helicopter trips.  
Canon cameras.  
£800 of M&S cash vouchers  
Trips to Paris or Rotterdam.  
and in a free prize draw on the day  
Corporate Endsleigh football league tickets for two  
and a bottle of Champagne.  
Plus Many Spot Prizes and a T-shirt to all finishers

But if you do not think you will be in for any of the prizes, don't worry because many people do this for fun. The oldest runner last year was 82 years of age and he finished in about 90 minutes. The youngest runner was 16 years of age on race day.

On the day there will also be plenty to do if you just want to watch. There's a fun run for the under 16's and a bouncy castle for the children and for the adults there will be a bar. Plenty of food and refreshments will be provided by the staff and helpers from the community house, but be warned the food goes like lightning once the runners have finished. There will also be a barbecue, weather permitting.

Entry forms for this run of a lifetime are at the Rover Garage and at the Student Union office. Due to a race limit of 600, only entries received before June 4th will be guaranteed an entry. Entries on the day, if available, will be £1.00 extra.

Mike Devonshire.

P S. -

The race this year has been published in all the local newspapers and the free Advertiser and all the national running magazines. I have sent out over 1300 mail shots, including 140 universities and 120 running clubs. I have also attended with the help of Marlene and my son Adam six local running events, to hand out entry forms. I intend also to visit about another five races before the day, but if anyone goes to ANY RACE before the 11th June PLEASE take some forms with you to put out.

Forms are always available from the Bedford Stadium, as you walk through the main doors in the rack on the wall.

Our 10k race is becoming one of the biggest races in the county and we need as many club members to help on the day as possible. We need your help and it is gratefully appreciated. The club has an agreed ruling that only club members who have joined within the last 12 months or have any direct connection with Cranfield will be allowed to run. Other members who have moved out of the area who are second claim Harriers are also permitted to run. If anyone else thinks they have a special reason to run please contact me and the committee will consider their reasons.

Race Director

Mike Devonshire

A handwritten signature in black ink, consisting of the letters 'D' and 'M' followed by a horizontal line.

## SO, YOU WANT TO BE A COACH! -ASSISTANT CLUB COACHES COURSE

‘The most important thing you will need to have as a coach is a nice, warm, hat...’. Well, that’s what Denis Johnson told us, and on a chilly February afternoon standing beside the track, you didn’t really doubt him. Our club’s perception of a ‘coach’ tends to be, by the nature of the needs of a road runner and the fact that most of us leading groups are also training ourselves, of someone running along shepherding (or attempting to!) runners around, along and across streets and pathways and cajoling them into working hard from time to time. The Assistant Club Coaches Course however, takes you out of your own narrow little world and into the general principles of athletics coaching.

The course is split into three parts, a weekend of coaching and event theory, a day’s attendance at a local ‘coaching clinic’ and a qualification period of 15 hours coaching experience under the eye of a qualified coach. For Jeanette, Tony and I, this all started one Saturday morning at the Bedford Athletic Stadium. Personally, expecting to be in a group of perhaps a couple of dozen or so fellow pupils, I was slightly taken aback to see the bar (our lecture room) packed full with over 90 participants, a majority of them being De Montfort University students doing the course as part of their degree course!

The first two days of the course, the coaching and event theory, covers all aspects of athletics coaching, from stretching and warming up and how the body works to event-specific techniques. This briefly took you through most of the athletics disciplines, from sprint and hurdles, through the jumps and pole vault, middle distance and endurance running, finally onto the throwing events (except the hammer), showing you the basic techniques. Not a case of sitting on your bum all day listening to lectures (although there was some of that) but actually going out and having a go at the event yourself. Potentially embarrassing in some ways, but if you’ve a genuine interest in athletics and don’t take the narrow view that ‘it’s not road running so it’s a waste of time’ it’s quite good fun. I quite enjoyed doing the Fosbury Flop (never did that at school) and was very good at it .. till Denis put the bar on, my failure at a mere 90cm (ie not as high as the high hurdles!) was the first and only failure in our group (but then I was the shortest!). Putting the shot was good fun as well - humourously taught, serving to emphasize that athletics has got to be seen as fun and enjoyable if you are to maintain people’s interest. The stretching session taught us something of more direct relevance to our own discipline. The endurance running element was done in the bar (sorry, lecture room), as was a talk on how to plan training.

Critics of the course will say, quite rightly, that only a small part is geared towards road running, and that a lot of emphasis is put on how to coach younger athletes (few of our club are remotely near being in that category!) I would argue that there are a lot of common threads running through all the events; that safety is of paramount importance - it’s as relevant to road running (how many of you have seen or been involved in near misses involving traffic?) as it is to the javelin, so the stressing of safety is an important lesson to learn. The mental side of it, motivating athletes by encouraging them, showing them that it is (and must be), an enjoyable thing to do is relevant to us too. In many ways this would seem to me to be harder at our age, children are often keen and enthusiastic to learn new skills, whilst with some of us old lags, who maybe think we’ve seen our best years and close our minds to thoughts of progressing, it’s perhaps difficult to put your mind to training hard unless you set yourself specific goals. In addition, it was stressed that in many ways running is as much a technical discipline as something more overtly difficult, such as the pole vault. OK, so it’s easier to just go out and run and compete at some level without too much attention to technicalities, but at the top level, technique and economy of effort are important. Simple drills, taught in all disciplines to hone technique, can be of use to us too - practicing long strides, and similar drills, can go some way to improving everyone’s stride length, and also help avoid injury.

The second part of the course, the ‘coaching clinic’, involved Jeanette and I travelling up to Peterborough one Saturday morning (Tony went to High Wycombe the previous week) - fortunately a reasonably warm sunny day. Again, not really knowing what to expect, I imagined witnessing a rather serious workout with lots of the

regions top young athletes going through their paces. The reality was somewhat different and rather lower-key, the top coaches were there, but athletes were few and far between - so those of us on the ACC course (this time a more manageable dozen or so all told) ended up acting as 'athletes' to get the flavour of the training session

The morning's Endurance session was taken by Dave Clay, who we'd met at the first two days in Bedford - he had two young athletes, who appeared to be there specifically for our benefit - we joined in the session of 200m reps (somewhat slower than we would at the club - a lesson to us all perhaps, slower pace -but more reps?) Here though, despite the absence of seeing athletes being put through their paces was a real opportunity to learn things of direct relevance. Again, stretches and drills were emphasised, but perhaps the real value was Dave's willingness to talk and answer questions and generally tell us anything that he thought of use - a useful experience. The afternoon session on 800m/1500m was taken by Bryan Smith. Again, only a few athletes - interesting to see Bryan examining the technique of the youngsters (whom he'd not coached before) 'Ask him about his wife' Dave had told us in the morning. Bryan's wife is Joyce Smith, arguably one of the country's top female endurance runners of all time (first lady winner of the London Marathon) and still now a remarkable runner for her age - as well as being her husband, Bryan is also her coach. Again, Bryan was only too willing to answer questions and generally fill us in on anything he thought of value (on distance events as well as 800m/1500m). I left with the overriding impression that it was a shame that so few athletes had troubled to come along when the coaches were only too willing to help out and impart their knowledge and experience on the sport they clearly genuinely loved. There is perhaps a case for anyone with ambition within our club to go along to such a clinic - no need to feel out of your depth - they treat everyone on merit and are genuinely keen to help.

So, it remains now for Jeanette, Tony and I to do our hours of service and qualify, and then hopefully on to the Club Coaches course. Not that any of this in itself will make anyone any good as a coach. Sure, it can help, but it strikes me the real criteria are gaining experience and being prepared to listen and learn (even the top coaches still learn) and being able and willing to impart that information. And, above all, enjoying it .....

*Graham*

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## **TENTH ANNIVERSARY CELEBRATIONS - UPDATE**

### **Meal, Swan Hotel, Friday June 2nd**

**You should have received a booking form for this function, if you haven't, see JUDE or CHRIS COTTAM.**

**A professional photographer, Tony Woodcock, will be at the Swan Hotel to take photos of couples as they arrive at the dance. IF YOU DO NOT WISH TO HAVE YOUR PHOTO TAKEN - PLEASE SAY SO (you are under no obligation). A mounted photo will cost £5.**

### **Club photograph, Monday June 5th**

**Tony Woodcock will also be at the track on the following club night (Monday June 5th) to take a photo of the whole club, which will hopefully be hung up somewhere in the Stadium. To get a good picture will obviously take some time and patience. Please turn up in your club strip, sweatshirts or 10th anniversary T-shirts**

*Pete and Jude*

## T-Shirts

These are being given out when you pay your membership. If you haven't paid up yet (why not!) see PETE DAVIES. Sweatshirts are also available - ask Pete or Mike Devonshire

## Bobble Hats

A lot of these have already been bought, just the thing for the typical British summer. Why not buy two, for when its really cold - see JOHN THOMPSON.

## 'Fun Day' at the Canvin 10K (Sunday June 11th)

A Fun Run for 8-15 year olds is being staged in conjunction with the 10K. In addition, there will be attractions such as a bouncy castle (free - children welcome as well!), face painting and a juggler, plus children's race events like egg-and-spoon and sack races (for adults as well I hope!). There will also be a TUG OF WAR CHALLENGE between local athletics clubs, teams of 8, two guest maximum, minimum of 2 ladies. The prize will be a crate of beer. Please let PETE DAVIES know if you're interested in taking part (even if you're not, he'll probably still ask you - so don't try and get out of it -club pride is at stake here!).

## FLITWICK 10K

The Flitwick 10K on March 26th was once again used as the Club Championship. The day turned out to be a little windy but it still saw the largest Harrier turnout of the year so far Maurice Crook deserves a special mention, he not only finished as first V55 Harrier but also left every other veteran Harrier in his wake, along with a good proportion of the senior men!

The race was also used for the Bedfordshire AAA County Championships with some good results for the club Congratulations to those who got certificates and especially to Jacky Keenan who became County Champion in both the V40 and V45 categories.

*Tony*

## Club 10K Championship Winners

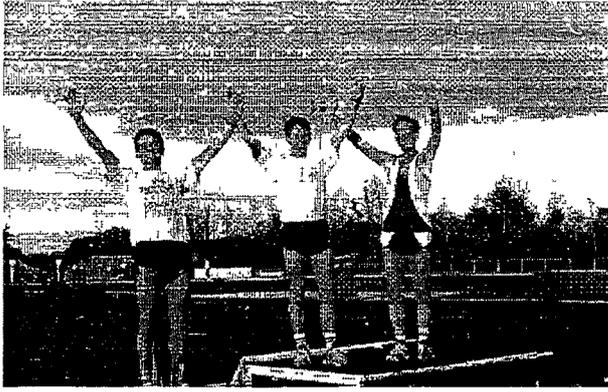
### Ladies

Senior	Viv Kilgour
V35	Pauline Behan
V40	Teresa Munns
V45	Jacky Keenan
V50	Muriel Moore
V55	

### Men

Tony Barnes
Brian McCallen
Colin Bennetts
Colin Tranter
Maurice Crook

# MORE WINNERS?



No, I don't mean these idiots, I mean real winners!

Don't forget (or rather, I hope you didn't forget!) the **LEIGHTON BUZZARD 10** on May 7th, which is the County 10 Mile Championships, as well as being Round 2 of the Club 10 Mile Championships and the Eastern Road League - I hope we can build upon our successes at Flitwick.

Also, the County 5 Mile Championships is being staged at the Vauxhall 5 in Luton on July 9th and the County Half Marathon Championships and the Club Championships are at the Leighton Buzzard Half Marathon on June 18th

## RACES OVER THE NEXT THREE MONTHS

May 9	Silverstone 10K	AGP	Abbreviations.
May 17	Rugby 6	AGP	BEDSCC Beds County Championship
<b>May 21</b>	<b>COPELE 10</b>	<b>BHCC/ERL</b>	BHCC Club Championship
May 23	Harborough 5	AGP	ERL Eastern Road League
May 30	Corby 5	AGP	AGP ASICS Grand Prix Series
June 6	Bedford 6	AGP	
<b>June 11</b>	<b>CANON CANVIN 10K</b>	<b>MARSHALS REQUIRED</b>	
June 13	Weedon 10K	AGP	
<b>June 18</b>	<b>LEIGHTON BUZZARD HALF</b>	<b>BHCC/BEDSCC</b>	
June 10	Banbury 5	AGP	
June 21	Thomas Cook 6		
June 25	Dunstable 10K		
<b>July 2</b>	<b>STONDON 10</b>	<b>BHCC/ERL</b>	
July 6	Milton Keynes 10K	AGP	
<b>July 9</b>	<b>VAUXHALL 5</b>	<b>BEDS CC</b>	
July 23	St Ives 10K		

## BITS AND PIECES

- There will be a club run and barbecue at **Jude and Chris Cottam's** house in Bromham on the **August Bank Holiday** - details will be put on the board nearer the time
- Our contacts with Riverside Runners tell us that the **St. Neots Half Marathon** will hopefully be replaced with a **new 10K** next year, planned for the same (Spring Bank Holiday) weekend
- **Mark Whiteman** unfortunately eliminated himself from this year's London Marathon by badly bruising his knee on a climbing wall! His marathon training included a week's walking and climbing in Scotland in the worst of the winter weather -it seemed to do him good as he ran a PB at the Hastings Half Marathon. Fortunately he's returned his registration card and will hopefully have another shot at it next year.
- There's so many new faces down the track these days it's impossible to know everyone. However, if your name is **Timothy Owen**, or you know of him, please let me know - someone of that name entered the Flitwick 10K as a Harrier! Ampthill and Flitwick Flyers and myself are looking into this, obviously if someone is posing as a club member to avoid the 50p levy it's somewhat unfair on the vast majority of honest members - there may however be a perfectly reasonable explanation (like someone's made a mistake!).
- In case you're wondering what's happening with regard to the **creche**, the answer is 'not a lot' just at the moment (my fault - sorry!) Anyway, there were seven people interested in the creche when I took the notice down, not a lot - but I will soon be asking DSD what they think of the idea before we proceed further. As I've mentioned the **membership database**, it's only right to tell you that membership details will be put on the club PC; this information is invaluable not only for keeping track of members, but also helps with race entries, club championships (people's ages need to be known) etc - the information is only used for legitimate club purposes and all members will be provided with a printout of the membership details held on record (as is our legal

obligation I believe) If you don't want your details recorded like this, you can ask us to remove them (but then don't blame us if we lose track of you!)

- Do you want to help the **British Olympic Appeal For Atlanta 1996**? If you do, the club has been asked if we would like to have a representative on the local organising committee - let **Mike Dev** know if you would like to do this.

- As you're probably aware, **Bill Tallentire** has handed over responsibility for the club kit to **Chris Cottam**. Since 1987, he's taken over £10,000 in sales, and managed to maintain a healthy balance. Thanks Bill, for all your efforts, on behalf of everyone

- Did you go to the talk last year by **Cameron Angus**, the physio who told us how to avoid injuries? He is hoping to stage a health, fitness and injury prevention seminar - we are looking into the possibility of hosting it for him at the Stadium (at no expense to the club)

- **Cranfield University** (with Mike Devonshire's helping hand) are planning to stage a **multi-terrain fun run** of about five miles, perhaps just before the start of the cross country season - the club has agreed to offer them some level of support.

- Beware the **North Herts 10K** (Letchworth), allegedly it doesn't have a permit (which would mean you've got no insurance cover) - so you might like to check before entering. On the subject of permitted events, thanks to all of those of you that ran at **Stevington** for not wearing your club colours - it might all seem a bit daft to some people, but there's no point in the club risking upsetting the athletics authorities by being seen to condone participation in unpermitted events (even though we know it's a bloody good race!) The club has written to the organisers to suggest they get a permit next year

- At long last the **karaoke man's** returned Livio's call - so we've set a date of the **first Friday in August** (no I don't know the date - look in your diary!) for the event - in the bar in the Stadium (subject to availability).

- The **Great North Run** trip is well in the planning stage, accomodation's been arranged, a coach is being organised (partly subsidised by the club as agreed as part of our Tenth Anniversary arrangements), and entries are apparently guaranteed for all of us (there's 30 going altogether, but I don't know how many are actually running)

- It's goodbye to **Liz Clayton**, who's been finding it a bit difficult to attend training sessions from **Burkino Faso**, so she's resigned her membership! I'm sure all those who know her will wish her luck and hope she and Eric keeps in touch. And it's goodbye to **Warwick Browning**, who's also resigned, he's been finding it a bit difficult to attend training sessions from Clophill (when he's not injured!). Seriously, Warwick should be thanked for his efforts during his stint as Treasurer. Continuing on the 'departed' theme, Paul Roberts tells me that **Darren Glennister** has been having trouble finding any decent vodka in Australia!

- **If you're going to a race**, and you reckon you are perhaps the only Harrier attending in whatever far-flung neck of the woods it is - please remember the club and take some Canvin 10K entry forms along. You don't need to put them under windscreens, just dumping them in a pile at a prominent place (like on the start line) will do. There should be a supply of forms in the club's locker -or failing that, ask **Mike Devonshire**

- If you'd like to help the **Anthony Nolan Appeal**, they are staging a sponsored walk around the Woburn area (along the same course that some of us have run I believe) on **September 24th**, and would like a few marshals - details will be put on the board nearer the time.

- Someone (Tony actually) tells me **Messrs Jordan, Canvin and friends** (sorry lads, I'm not quite sure who the rest of the party is) are training for the **Ironman triathlon** this year. They are also planning an assault on the **Three Peaks** challenge (Scafell Pike, Snowdon and Ben Nevis in as short a time as possible) - Jack or I will have to try and find out more about this, as it sounds very interesting. Talking of **Jack**, he's been doing a great job getting us some excellent press coverage just recently - see the picture of Tony in the Herald? Please help Jack out by forwarding him your race results and stories(!) or in his absence see Dave Bithell

- Mike Devonshire is looking into **personal accident insurance cover for club members**. At present he's trying to interpret precisely what cover we get from being an affiliated club member and is trying to get quotes from insurance firms - if you might be able to help, have a word with Mike.

- Don't forget the **ice skating trip, Sunday May 14th** - see the notice board for details. The next ten pin bowling is on Friday May 26th - a notice will be on board soon

- Finally, if you see **Jeanette** on **Monday June 5th**, remind her that there's a committee meeting

*Graham Horne*

## YOUR NEW(!) COMMITTEE

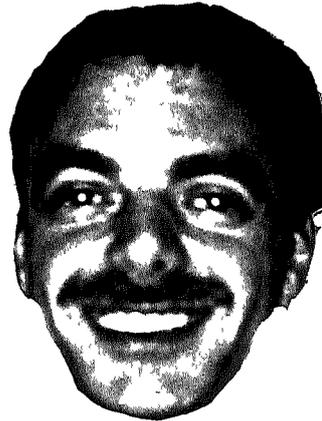
At the club AGM on March 15th, your new club committee was elected for the coming year, or rather, in most cases, was re-elected. Eleven old members are carrying on again, the only newcomer being Angie Bright, in place of Sue Fisher who stood down due to outside commitments. However, two members have changed roles; Jeanette Cheetham has taken over the Vice Chair role, and her job as Membership Secretary has been taken over by Pete Davies. For those of you new to the club who perhaps aren't too sure who's who, here's a few mug shots for you.



Jude Cottam



Mike O'Hara



Livio Deluca



Barry Bright  
TREASURER



Mike Devonshire  
CHAIR



Graham Horne  
SECRETARY



Tony Barnes  
TEAM CAPTAIN



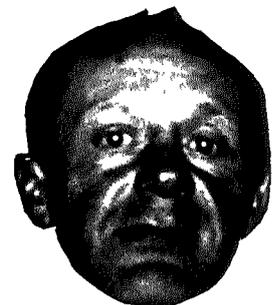
Chris Cottam  
CLUB KIT



Jeanette Cheetham  
VICE CHAIR



Angie Bright



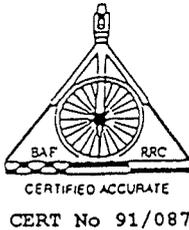
Pete Davies  
MEMBERSHIP

Not shown  
John Thompson

## DEAR AUNTY ALICE

*Do you have a problem? Need advice? In consultation with experts and using her own degree in the University of Life, Aunty Alice will try to help. Whether it be relationships, finances, training or a difficult decision you have to make, whatever the problem, Aunty Alice will share it with you. In each issue Aunty Alice will answer as many of your letters as she can on this page.*

*If you want to write, mark you letters "Aunty Alice" and send, c/o The Editor, to 5 Lincoln Road, Kempston, Beds, MK42 7TB. Sorry, letters answered on this page only, no personal correspondence possible.*



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# Canon

**CRANFIELD CANVIN**

# 10K

**11th June 1995, 11am START**

**CRANFIELD UNIVERSITY BEDFORD**

(3 miles from junction 14 M1)  
incorporating



**Student Open Championships**

plus

**Free Prize Draw**

**Two Free Football League Tickets**

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**First male & female**

**CANON CAMERA, HELICOPTER TRIP  
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**SPORTSMANS TRAVEL RUNNING  
TOURS**

award to the First Male and Female to break the existing  
course records, fully paid coach trip to either

**Paris or Rotterdam**

**Marathons**

1996

Hugh Jones (1992) 30:10 Teresa Dwyer (1994) 35:17

Including for the first time, 3 km Fun Run  
£2.00 entry on the day only (age limit 8 to 15 years only)

## CLUB CROSS COUNTRY CHAMPIONSHIPS 1994-95

Congratulations to the following for becoming club cross country champions in their respective categories

**Senior Ladies:** Viv Kilgour  
**Senior Men:** Tony Barnes  
**Men V55** John Keenan

**Ladies V40:** Teresa Munns  
**Men V40:** Harry Carson

**Ladies V45:** Jacky Keenan  
**Men V45:** David Fake

## CLUB ROAD RACE CHAMPIONSHIP 1995

Both of last year's winners, Tony Barnes and Diane Lloyd, look like getting a good run for their money this year. Tony's well in contention in third spot after the Sandy 10, but Ray Evans has gone to the top of the tree with sound performances in all the three big scoring races done so far (Bedford Half, Flitwick and Sandy). In the ladies, the contest is very open, with Pauline Behan and Jude Cottam both having benefitted well from racing frequently. One thing is clear, the vets are scoring heavily from putting in good performances at the most popular races, for example, Maurice Crook gained 19 points from a single race, by beating all our vet men and a lot of the seniors at Flitwick - the quality of performances (ie. beating more people) is coming more into play than the quantity. Still, there are a lot of popular races to come throughout the summer and autumn, so it's early days yet.

Positions at the end of April:

### Mens top ten

1.	Ray Evans	V50	30
2.	Bob Hall	V40	27
3.	Tony Barnes		26
4.	Colin Tranter	V50	25
5.	Maurice Crook	V50	19
6.	Brian McCallen	V40	18
7.	Barry Bright	V40	16
8.	Paul Langford		14
9.	Mike Stuart	V55	13
10.	Martin Kay	V40	12

### Ladies top ten

1.	Pauline Behan	V35	17
2.	Jacky Keenan	V45	15
3.	Jude Cottam	V45	14
4=.	Teresa Munns	V40	13
4=.	Vicky Bithell		13
6.	Vivien Kilgour		11
7=.	Diane Lloyd		10
7=.	Tracey Harris		10
9.	Iva Barr	V60	8
10.	Diane Blacknall		8

## BEGINNERS GROUP

*March 6th saw the beginner's group start training. The course, run by Jack and myself, aimed to take novice or non-runners up to completing our own 10K on June 11th. Of the nine that came along on the first night, eight are now club members and enjoying their running within the group structure. By way of introduction, they are Mary, Brenda, Mavis, Heidi, Hazel, Jan, Tony and Ian. I know you will make them welcome and give them an extra cheer on the Cranfield course.*

*Pete Davies*



● Spirit of the Ten: The Vets get underway.

13132/28

# Howe's that for a run?

## Gary leads the way home

IN fine but breezy conditions, just over 300 athletes set out on the annual ten mile (or five mile) race through the streets of Sandy and out on to the roads – and by roads – to Potton and back through the pleasant Bedfordshire countryside. Not that most of the runners would be admiring the scenery! Certainly those who were to finish up front had their minds on other things as they steadily drew away from the main pack.

Last year's winner, Dean Marshall (Nene Valley Harriers) was snapping at the heels of newcomer Gary Howe (Thetford AC) and also trying to keep the 1991 race winner, Adrian Roberts (Rotherham Harriers) at bay.

By the second drinks station at Sutton Cross Roads the pattern was firmly established as the Thetford runner opened up a 15 second lead over the current champion and the Rotherham Harrier seemed to be settling for third spot, and this is how they crossed the finishing line back at Sandy

For the second year running Geoff Keeling and Iva Barr claimed the



● Winner: Gary Howe of Thetford AC clocked 57min 7secs for the Sandy Ten. 13132/17

### Mencap

Further down the field, local man Bill Surman – running to raise money for Mencap – was putting up a fine show and came home as the first Sandy Resident but opted to take the prize as the second male veteran, finishing only just behind the winner of that category, Jonathan Stevens from the RAF

Helped by the first lady home (Amanda Yorwerth) the Team Prize was a very popular win for St Albans Striders – a fine effort considering the standard of the opposition and the sheer weight of numbers from the very enthusiastic Riverside Runners

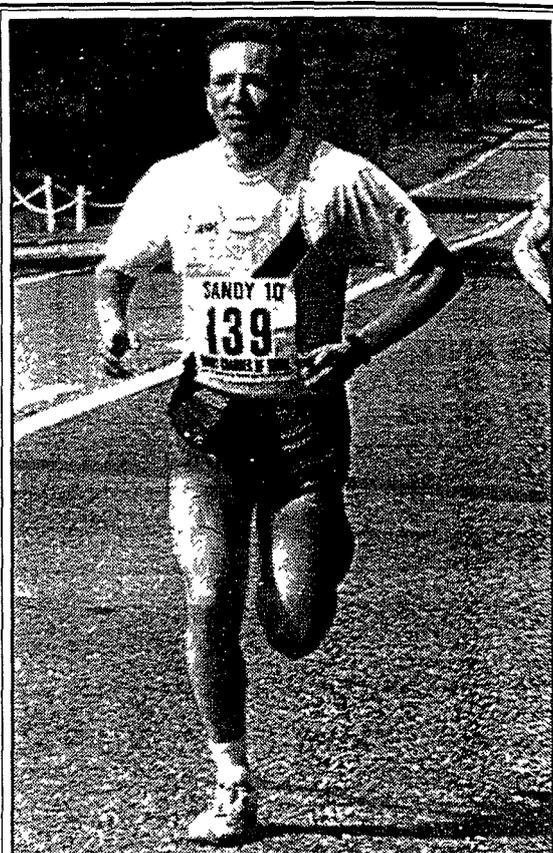
Although a Stopsley Strider, second lady home is a familiar face at the Action Point in Sandy Library and certainly proved that she is an action lady herself, recording a fine 67mins 26secs for the Ten Mile course. Dee says she didn't have much time to answer any queries during the race but she is on hand at the Action Point to give expert advice on Council related matters and if she can't help she knows a man who can!

awards for the oldest finishers and the perennial Roger Wadeley, although not really race fit, took the highest placed Sandy resident's prize.

The Five Mile race for Juniors and Joggers proved to be a runaway victory for Bedford & County's 17-year-old Andy Wray. He surprised the finish line judges by scorching home in the record time of 27mins 51secs ... and that certainly isn't jogging!

The first three Juniors (Under-16) all came – predictably – from Riverside Runners and other excellent performances were recorded by ninth-placed Colin Osborne, running for the Leprosy Mission. The Hainsby and Peat families and Damien Pitts who was the First Sandy Junior home.

Late entry Polly Carroll (Riverside) was the highest-placed Junior Lady who crossed the line to the tumultuous applause of the multitude of Riverside Supporters



● Bedford Harriers' Tony Barnes hits the road during the Sandy 10k race on Sunday.

## Tony best for Harriers

TONY Barnes showed the way home for Bedford Harriers at the annual Sandy 10k road race on Sunday.

Tony was the pick of the Bedford bunch finishing in 10th place with a time of 58mins 47secs.

Bedford and County Athletic Club's B Webb was best man for his club with a time of 62.09. He was seventh fastest over 40 years veteran.

The race was won by Thetford AC's Gary Howe in 54-07 while Dean Marshall of Nene Valley Harriers was second in 54-32.

Once again Sandy veteran May Wiles – 78 years young! – walked the course but this time not accompanied by her granddaughter as May is an expectant great-grandmother!

Race organiser Paul Tomlin expressed satisfaction with the way the event had gone and thanked all the many helpers, some of whom had stepped in at the very last minute, and the sponsors, the Police, St John Ambulance, Raynet (radio controlled marshalling) the parents and Friends of Sandy Scout Group and many more who had ensured that the Race was a safe and successful event.

### How the finished

1 Gary Howe (Thetford AC) 54 07, 2 Dean Marshall (Nene Valley Harriers) 54 32, 3 Adrian Roberts (Rotherham Harriers) 55 75, 4 C Clarke 77.45, 5 K Parker 55.47; 6 S Faulkner 56 58, 7 J Stevens (V40) 57.27, 8 K Lee 57 36, 9 S Clandge 78 36, 10 T Barnes 58 47, 11 D Randell 58 56, 12 M Kleanthous 58 59, 13 P Branch 59.27, 14 R Collard 60 00, 15 B Surman (Sandy) 60 09, 16 S Scheuber 60 14, 17 M Frost 60 29, 18 A Brown 60 58, 19 Roger Wadeley (Biggleswade AC) 61.18, 20 L Nieberg 61.27; 21 S Collins 61 39, 22 T Young 61 57, 23 B Webb 62 09, 24 S Home (Sandy) 62.15, 25 M Yorwerth 62 51

26 J Law 62 57, 27 Denis Cannon (V50) 63 00, 28 D Symons 63 01, 29 L Brown 63 15, 30 I Skerratt (Biggleswade AC) 63 20, 31 P Barnes 63 23, 32 T

Pine 63 40; 33 S Ellis 63 44, 34 'Game' 63 55; 35 T Browning 64 05, 36 S Stonebridge 64.10; 37 K Pritchard 64 18; 38 J Donovan 64.22; 39 G Wade 64 25, 40 S Pault 64.36; 41 S Rotchell (Biggleswade AC) 64.56, 42 B Ward 64.4, 43 T Twyford 64 53, 44 A Yorwerth (1st Lady) 64 57; 45 R Burrells 65.12; 46 N Bush (Biggleswade AC) 65.14, 47 M Reynolds 65 19; 48 S Borrell 65.24; 49 G Smith 67.25, 50 J Gauthier 65.27

51 J Stanley 65 46, 52 D Williams 65 54, 53 D Dixon 66 15; 54 P Ridden 66 22, 55 K Ritchie 66.22; 56 D Merritt 66 3, 57 A Ford 66.56; 58 M Kay 67.09, 59 P Simpson 67.16; 60 M Walker 67.20, 61 K Winter 67.27; 62 S Galkway (Biggleswade AC) 67.27, 63 D Brockway 67.29, 64 D Stubbings 67.34, 65 D Millard 67 46, 66 Taylor 67.5, 67 C Wnght 67.54, 68 G Home 68 07; 69 C Tranter 68 12, 70 R Hall 68 12, 71 M Hainsby 68 14, 72 P Jackson 68.27, 73 C Burke 68 27, 74 I Payne (Sandy) 68 51; 75 R Whitman 68 77.

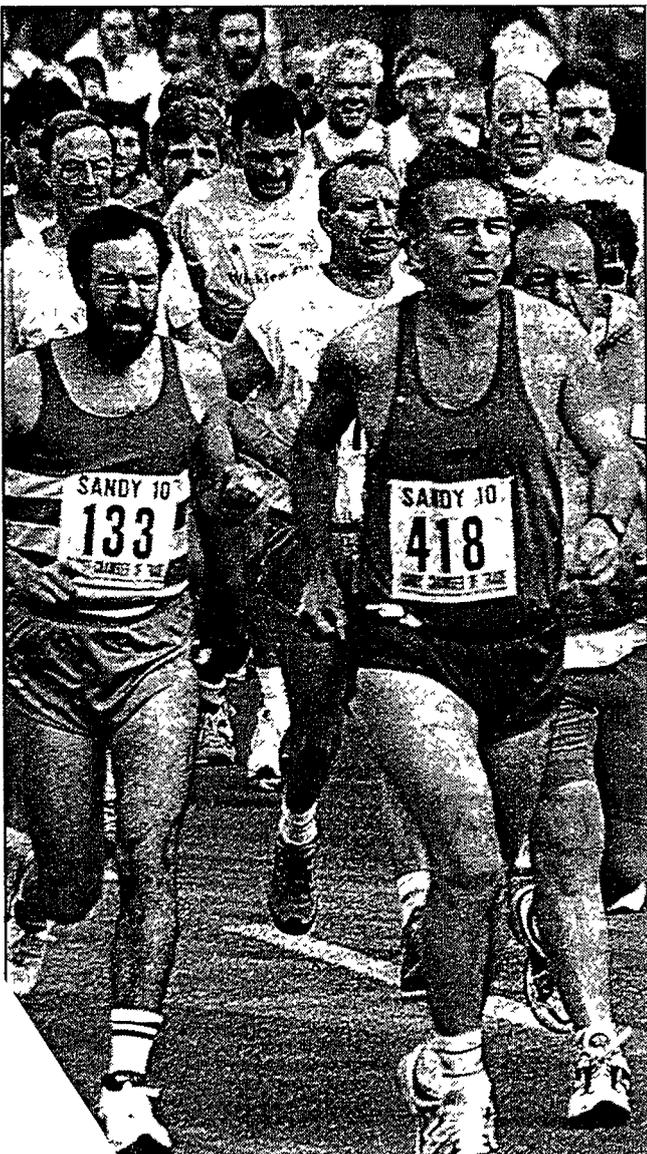
76 D Debnam 68 79, 77 I Cousins 69.03, 78 P Lennon 69 11, 79 T Rubery 69 18, 80 H Carson 69 18, 81 P Roberts 69 19, 82 R Evans 69.22, 83 C Evans 69 24, 84 R Willett 69 26, 85 K Jinks 69 30, 86 T Marshall 69 34, 87 R Thompson 69 36, 88 J Burke (Biggles-



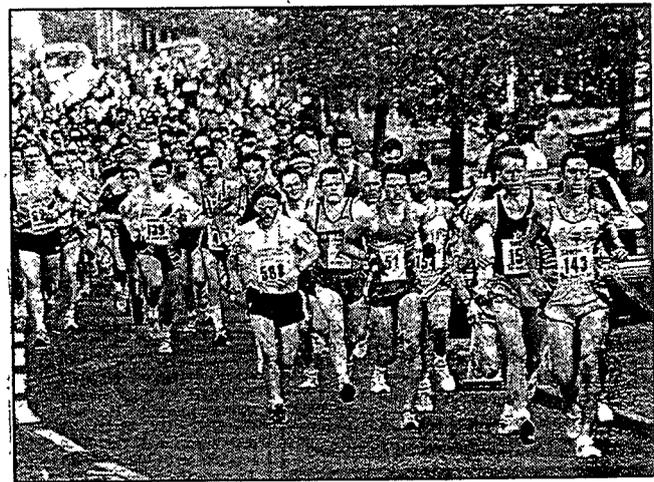
# Picture special from the Sandy Ten



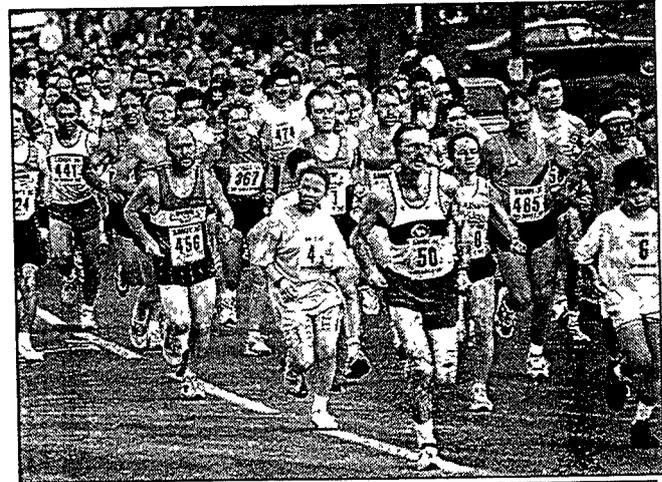
● There's a great spirit among the runners in the Sandy Ten.



...e run for home.



● The front runners: winner Gary Howe, no 143, is far right.



● The mid-field runs past. (Pics 13132/6, left, & 14)

