

# On the Run

The dedicated magazine for the Bedford Harriers

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**Editor:** Adam Hills

### Special Thanks to:

Gabs Arpaia, Steve Gaunt  
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 Brian McCallen, Bob Wells  
 and David Sutcliffe

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Phil Gray, Malcomn McEwen  
 Linda Wilding, Myra Davies

## New club record hits Great North Run with thanks to Steve and Lesley for weekend trip

A sizeable forty Bedford Harriers took to the streets of Newcastle to accomplish the annual Great North Run. The club weekend was organised by Lesley Barnes and Steve Gaunt. A big thank you to these people and to everyone attending the weekend who made a good time happen.

A new club best time was achieved from Andrea Ward for the veteran 40 category. It is both a personal and a pleasing club accomplishment for a new category time to be set. The first Harrier to complete the half-marathon was Donna McEwen in a respective time of a shade over 1-hour and 26-minutes. This was closely followed by the fastest male club member, Neil Lovesey, who finished in under 1-hour and 28-minutes. Well done also to Jackie Bullard who managed to achieve a personal best time for the half-marathon distance. Page 9 displays the race results.

It was a privilege to watch the junior Great North Run races on the Saturday afternoon upon arrival in Newcastle. This was followed by a visit to the nearby Sport and Fitness exhibition and Pasta Party. Together with our participation in the Great North Run it was an enjoyable sports weekend.



# Be Seen

## Precautions to take while running at night

We always need to think about safety and being seen at night. The most important thing is to make sure you can be seen. Dark clothes and shoes can make you virtually invisible to motorists, particularly if you're trying to cross a busy road or if you're running along the edge of a narrow road without a footpath.

- Wear bright clothing and light colours; at the very least wear a white t-shirt as a top layer. You are best to look for wind jackets, tops and tights with reflective strips that are highly visible even on the darkest road.

- Alternatively, invest in a lightweight reflective running bib in a luminous colour with reflective strips around the middle. You cannot be missed in these cheap but highly effective tops that tie at the sides; even if you are padded up in many layers on the coldest of days, they will still fit.

- Watch the road - wet or icy patches are considerably harder to see in the dark

All that said, running is by no means a dangerous sport, you just need a bit of common sense.



Information extracted from Harriers website under **Be Safe When Running**

### Editor's Column:-

No one can deny that the summer is now truly over and that we look ahead. There has been many pleasing results achieved during the last few months. Those who attempted the Doug Anderson 5K Memorial race back in July will remember the sweltering conditions everybody faced. Despite the very humid conditions it did not prevent a new course record from being set by a Beds & County runner. A very well organised event and thanks to all the marshals who helped make this evening a good one to remember.

It is pleasing to see the membership of the club growing and with the help of the Absolute Beginners Night some months ago. Well done to those of you who have managed to stay committed to the club and it is hoped you will have seen both personal and social benefits of being a member at the Bedford Harriers. The club is about intergrating and socialising with fellow members and making a good time happen.

Good luck with all your training aspirations and forthcoming races.

Adam Hills

## Bedford Harriers A.C. Chairman's Column

Brian McCallen - Chairman and Website Administrator



Everybody who comes down to the Harriers on a regular basis can't have failed to notice that the club is getting bigger and attracting more and more members. Those members who have missed a few months (or years) of training and then return, are even more surprised at the number of new faces we have.

At the present time, the membership of the club is approaching 450 of which around a third turn up for training on most Monday and Wednesday nights. One of the problems arising from this increase is the difficulty it creates in putting names to faces. It's also noticeable that the running groups are getting larger, the car park is full most training nights and that getting a locker in the stadium, though not yet impossible, is becoming more of a task.

An interesting question therefore, is what's causing this ongoing increase in the membership of the club. One of the main contributors to this is almost certainly the 'Absolute Beginners Night' which we first began holding a few years ago and which have now become a popular starting point for people who are interested in taking up running. When these evenings were first held, they attracted around 60 people whereas now more than double this number turns up. It's also the case that word of mouth and the recommendations of friends

and family attracts new members to the club. There are many instances for example of one family member joining the club followed later by another family member or friend. The reputation of the Harriers as a friendly, well run and well organised

club also helps to attract new members.

Most weeks for example, we receive at



least half a dozen emails from people who are interested in joining the Harriers and who are attracted by what we offer. What we offer is also the reason why many people who know little about the club when they first join, decide to renew their membership year after. Once running and the Harriers is in your blood, it's very hard to stop - and I speak from personal experience.

It's highly likely therefore that the increase in membership, which the club has enjoyed over the last years, will continue and could well reach 500 before too long - which if achieved, would represent a near doubling of the membership since 2000. The more members we have the better - just remember to get to the car park a bit earlier!

### Bedford Harriers 2006/2007 Committee

Vice Chairman, Membership Secretary, Race Entries Secretary - Jacinta Horne

Treasurer - Christine Armstrong; Club Secretary - Lesley Barnes

Race Manager Secretary & Race Equipment Manager - Steve Crane

Coaching Secretary & Mens Team Manager - Steve Gaunt

Social Secretary - Val Bird; Club Photographer - Phil Gray

Ladies Joint Team Manager - Angela Kay

other committee members - Chris Capps, Tony Dadd, Richard Piron, Zoe Willett



# Cranfield 5K

## Championship Race

### 7th July 2006



### Bedford Harriers achieves record turnout and sets new club record

A massive 84 Harrier members crossed the finish line in this year's 5K championship race. Donna McEwen and 3rd lady overall, Andrea Ward and Kim Bolland claimed the 1st ladies team prize. Kevin Willett, Stephen Earley and David Dormer secured the 3rd mens team. Andrea Ward successfully achieved a new club best time for the Ladies Veteran 40 category. The club proudly gained age category awards as seen in the results section.

Kevin Willett 16:51 <b>3rd MV40</b>	Elizabeth Whitaker 20:33	Janet Taylor 25:22 <b>3rd LV50</b>
Stephen Earley 16:57	Paul Taylor 20:39 <b>PB</b>	Zoe Willett 25:48
David Dormer 17:22	Brian McCallen 20:51	Leigh Price 25:56
Mark Pryor 17:45	Phil Wainwright 21:01	Linda Wilding 26:34
Morgan Walters 17:58	Russell Lord 21:09	Katie Frankel 27:03
Justin Openshaw 18:28 <b>PB</b>	Graham Bufton 21:12	Jack Chana 27:08
Adam Hills 18:36 <b>PB</b>	Stuart Snelson 21:20 <b>PB</b>	Chris Armstrong 27:37
Stuart Trevallion 18:38	Mark Billington 21:44	Martine Moon 27:38
Steve Gaunt 18:49 <b>2nd MV45</b>	Carla Fisher 21:45	Maria McBeth 29:11
Tony Barnes 18:51	Stuart Bullard 21:53	Lynne Greenhard 29:38
James Dunn 18:53	Nora Haggart 21:54 <b>3rd LV45</b>	Jude Cottam 29:45
Donna McEwen 18:55	Kate Barnard 22:09	Gillian Hargreaves 29:57
Neil Lovesey 18:59 <b>1st MV50</b>	Richard Watson 22:17	Barbara North 30:46
Simon Fisher 19:26	Gary McBeth 22:17	Val Bird 30:51
Stuart McLeish 19:30	Gary Fuller 22:26	Linda Watson 31:01
Andrea Ward 19:33 <b>1st LV40</b>	Jenny Lovesey 22:32	Jenny Wood 31:02
Bob Wells 19:33	Bill Billington 22:43 <b>3rd MV60</b>	Sue Peacock 31:03
Kevin Ward 19:39	David Russell 22:47	Mark Tinkler 31:39
Tony Parello 19:47	Ian Kingston 23:29	Nick Fone 32:22
Steve Daniels 20:00	Nigel Anstee 23:39	Linda Payne 33:26 <b>PB</b>
Paul Roberts 20:01	Steve Crane 23:50	Elise Allen 34:05
Kim Bolland 20:05	Penny Duffin 23:55	Gina Lawson 35:33
Denise Coghill 20:07	Malcolm McEwen 24:20	Megan Henry 37:09
Anna Litchfield 20:08 <b>2nd LV35</b>	Philip Brummell 24:31	Penny Hunter 38:25
Henry Downes 20:14	Jackie Keenan 24:40 <b>2nd LV55</b>	Alicen Abrahams 38:58
Gabriel Arpaia 20:16 <b>PB</b>	Judith Ingledew 24:40	Paul Hudson 38:58
David Herincx 20:29	Larry Corkery 24:47	

## Bedford Harriers Club Run

Well done to all those who helped to organise the night.



On Wednesday 6 September the club held its annual club event around the Priory Marina. With a good turnout of runners, male participants were randomly selected to run with female participants. This event involved two laps of the Marina [around 4 kilometres in total] whereby each male and female runner formed a team.

The first team to finish with a cumulative time of 30 minutes and 50 seconds were Adam Hills and Eimear Mulcan. In 2nd place

with a combined time of 32:28 were Simon North and Elizabeth Whittaker. The third team to cross the finish line were Ralph Ward and Carol Cooper in 33:18. The first runner overall to complete the 4K distance was JP Mitchell in a time of 14:11.

## 2006 - THE STORY SO FAR by Phil Gray

It has been an incredible summer and I have been fortunate enough to capture some of the action on camera. Perhaps the most pleasing aspect is the fun element within the club and even though people are working really hard at their chosen event they still find time to raise a smile as I appear on the scene. Colworth had another tale to tell as Bedford Harriers secured the overall male and female winners in the guise of Kevin Willett and Donna McEwen in the Colworth Marathon Challenge. Who can forget the titanic struggle between Kevin Willett and Stephen Earley at the Cranfield 5k as Kevin secured the Club 5k Championship in the final metres. Who can forget the scenes as 100 plus took part in the Club relays around the Boating Lake in July as the Class of 2006 made their presence felt big time. Scenes of delight as each participant did their bit on a balmy July evening. Yet more scenes as the club did the business in the Stevenage Relays and came away with a host of prizes and did the same at the Doug Anderson 5k in Bedford Park. Yet more incredible scenes as club members addressed the 5 mile Club

Championship Race at a hot and humid Wellingborough in August. What magical images as each one had a story to tell as Stephen Earley and Donna McEwen stole the show and the championship. It does happen to the best of us as my camera decided to malfunction at the Cranfield 5 but Myra stepped in to save the day and to capture the action.

August came and went in the blink of an eye as September arrived in style and warm sunshine not too far behind. Swineshead again too hot for some but

some magical images and stories to tell as Harriers once again came up with goods on the day and incredible performances from JP Mitchell who was second on the day and Carol Cooper securing her category on the day. Too much to tell but Bedford Harriers doing the business in the summer of 2006.





## Wellingborough 5M Championship Race 6th August 2006



### Bedford Harriers win ladies team prize and third mens team

There was a good turnout at this year's 5-mile championship race. The 3rd lady overall to complete the 5-mile distance was Donna McEwen. Congratulations to Donna who alongside Andrea Ward and Shantna Dickinson for winning the first ladies team prize. The first three male Harriers also have reason to celebrate for claiming third position of the fastest male team. A full list of age category winners and finishers are listed below.

Stephen Earley 28:18 <b>3rd Overall</b>	David Herinx 35:35	David Sutcliffe 42:33
Stuart Trevallion 30:31	Mark Tinkler 36:32	Penny Duffin 42:52
Donna McEwen 31:20 <b>1st Lady</b>	Julie Wargent 36:43	Jenny Lovesey 43:16
Neil Lovesey 31:49 <b>3rd MV45/50</b>	Pete Buckingham 36:53	Robin Fiander 43:36
Shantna Dickinson 31:58	David Russell 37:27	Suet Lua 43:51
Andrea Ward 32:56 <b>2nd LV35/45</b>	Sarah Lee 37:57	Keith Lakin 43:52
Justin Openshaw 33:21	Graham Bufton 38:07	Linda Wilding 44:47
Anna Litchfield 33:51 <b>3rd LV35/45</b>	Chris Capps 38:44	Larry Corkery 45:30
Kevin Ward 33:52	Richard Watson 38:46	Maria McBeth 50:13
Steve Gaunt 34:01	Bill Billington 38:50	Lesley Barnes 50:13
Carol Cooper 34:41 <b>1st LV45</b>	Steve Crane 40:44	Andrew Beadle 52:08
Paul Taylor 35:09	Jackie Keenan 41:48 <b>1st LV55</b>	Fiona Fiander 52:42
Brian McCallen 35:10	Helen Belk 41:54	Iva Barr 1:05:25

### Have you ever thought about hashing ? to supplement your training ?

What a surprise it was when I phoned a complete stranger to ask to Hash! It was the Polygon Hash House Harriers in Cyprus. I had never tried or heard of any Hash Harriers. I thought it would therefore be a good idea to give this a try! A group of like-minded walkers, joggers and runners were given a mission to achieve. This mission was to follow a given trail - laid by flour and to work as a team. Once everyone had accomplished this trail we would all gather around in a circle to be victimised! The Hash Master would pick people from the group for something they've done well, not so well or something funny. It happened to me I confess and each one of us had to drink a glass of beer in ten seconds and then pour it over our heads!



## Harriers in Africa - written by Bob Wells

Unlike many race organisers, Steve Crane had a large number of souvenir tee shirts left over after the last Harriers' Half Marathon. However, there was a general view that to give them to those who had not run or helped in the organisation of the event would devalue those that had already been distributed.

Steve Gaunt heard that I was going to be working in Africa in August and, when I told him about the conditions I had been told to expect, he suggested that I might find some worthy recipients.

This turned out to be an extremely successful idea and there are now Bedford Harriers' Half Marathon tee shirts being proudly worn in Niger and Senegal advertising Charles Wells '(no relation) beer and Jack Chana's cars. Sadly, the lifetime wages of many of the wearers will probably be insufficient ever to buy a car.

Initially I was working in Niamey, the capital of Niger which is the second poorest country in the world (after Mali) and not to be confused with its relatively wealthy neighbour Nigeria. The drought in Niger was world news at the end of 2005 and aid workers are still very active in rural areas, but few signs of the bad times are now visible in the capital city. 'My' FAAM research aircraft was taking part in a large international experiment to study the African

Monsoon. This experiment ultimately aims to improve understanding of the extreme weather conditions in the region. The tee shirts were given to those who helped us with aircraft operations but the gifts had to be made discreetly for fear of attracting large crowds. Everybody wanted the latest fashion item!

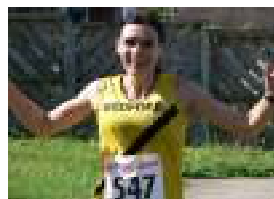
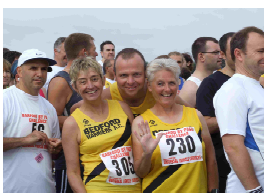
One tee shirt also went to a visiting Professor from the University of Oklahoma whose baggage had gone astray in Paris! Thus the Harriers' black shirts have now spread to the

States too.

Later I was in Dakar, Senegal which is far more affluent than Niger but is still very poor by UK standards.

We were using the FAAM aircraft to study the Saharan dust storms as they blow out over the Atlantic Ocean. Again we used the tee shirts as gifts for those who helped us.

The most memorable presentation was to the team of 16 who pushed the aircraft onto the taxiway to allow us to take off on a science flight when our towbar was stuck in customs.



## Team Management Report - Steve Gaunt

It doesn't seem possible that this year's road racing season is almost at an end. Summer seemed to come and go so quickly and with it the hot weather. I always wondered what it would be like to do an autumn marathon, training in the summer evenings and being able to wear shorts and vest rather than woolly hat, leggings etc. as most of you do who train for London. I must say I prefer it but with only one week to go (whilst writing) before racing the Abingdon Marathon I am not so sure! The weather takes its toll and you have to stay a lot more hydrated and be careful of not getting caught out by the heat.



Please don't forget that London Marathon entry forms have to be with the organizers by 20th October if you wish to run next year's race. As a reminder, club marathon places will go to winners of the draw based on volunteers/marshals etc and not be based on marathon rejection letters as in previous years.

I am going to hold over a report on how well teams and individuals have done this year until the December issue. Suffice to say, as a club the standards have improved enormously - individually as well as picking up team prizes.

We have one more club championship race to contend which is the St Neots Half Marathon on 12th November, with 85 members taking part. Please note the entries are now closed, however if any of you get injured or have missed out and want to exchange numbers, the organizers do arrange number transfers so please follow the correct process.

We are now about to embark on the cross country season, which starts with the Amphill Trophy Meeting on 22nd October, with the 3-Counties Cross Country League starting a week later. The dates for the League are as follows:

29th October	Race 1	Wootton (Northampton)
12th November	Race 2	Biggleswade
17th December	Race 3	North Herts
14th January	Race 4	East Haddon
11th February	Race 5	Dunstable

Please make a note of these dates in your diaries and make every effort to take part -it's fun and open to all abilities. I believe that through the strength that we have in the club that this year we have got a good chance of doing very well, and maybe even coming away as league champions! For all those of you who have not taken part in cross country probably since school, you'll find it a rewarding experience as it is good for strength building without worrying about your time as all races are different, and it is also a brilliant way to meet your fellow members and build team spirit.

Confirmation is still awaited on two more cross country events, however, and also the Southernns which will take place at the end of the year/beginning of next year. All information will be available via the website and notice board as soon as I have it.

# Great North Run 2006 Results

Donna McEwen 1:26:03  
 Neil Lovesey 1:27:51  
 Andrea Ward 1:29:31  
 Anna Litchfield 1:30:42  
 Steve Gaunt 1:31:32  
 Adam Hills 1:34:14  
 Ralph Ward 1:34:48  
 Tony Parello 1:35:00  
 Kevin Ward 1:35:41  
 Steve Daniels 1:37:34  
 Ian Goodwin 1:38:25  
 Brian McCallen 1:38:31  
 David Herincx 1:41:21  
 Gabriel Arpaia 1:42:00  
 Neil Summerville 1:45:05  
 Stuart Bullard 1:46:19

Jackie Bullard 1:47:21 **PB**  
 Peter Campbell 1:48:00  
 Richard Styles 1:50:46  
 Steve Crane 1:52:28  
 Gary McBeth 1:56:56  
 Caroline Maher 1:57:08  
 Richard Watson 2:01:01  
 Jack Chana 2:05:00  
 Ian Kingston 2:05:07  
 Elaine Reynolds 2:06:02  
 Angela Kay 2:10:02  
 Malcolm McEwen 2:16:35  
 Kathryn Styles 2:17:48  
 Keith Lakin 2:19:20  
 Maria McBeth 2:20:19  
 Lesley Barnes 2:20:44

Victoria Barnes 2:25:26  
 Jane Sizer 2:28:05  
 Alison Puddefoot 2:36:21  
 Norma King 2:37:16  
 Iva Barr 2:44:58  
 Val Bird 2:45:17  
 Angela Gallivan 2:53:24  
 Paul Hudson 3:34:03



## Club 5K and 5M Championships - compiled by David Sutcliffe

### Club Championship Winners 5K Distance (Cranfield 5K)

1st Man : Kevin Willett 16:51  
 2nd Man : Stephen Earley 16:57  
 3rd Man : David Dormer 17:22  
 1st MV45 : Steve Gaunt 18:49  
 1st MV50 : Neil Lovesey 18:59  
 1st MV55 : Bob Wells 19:23  
 1st MV65 : Bill Billington 22:43

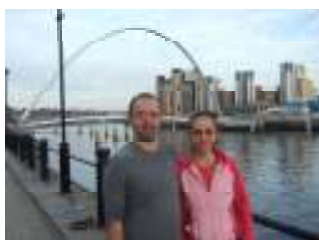
1st Lady : Donna McEwen 18:55  
 2nd Lady : Andrea Ward 19:33  
 3rd Lady : Denise Coghill 20:07  
 1st LV35 : Anna Litchfield 20:08  
 1st LV50 : Janet Taylor 25:22  
 1st LV55 : Jacky Keenan 24:40

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### Club Championship Winners 5M Distance (Wellingborough 5M)

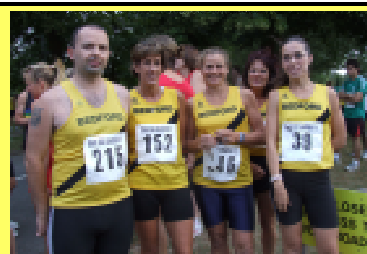
1st Man : Stephen Earley 28:18  
 2nd Man : Stewart Trevaillon 30:31  
 3rd Man : Neil Lovesey 31:49  
 1st MV45 : Steve Gaunt 34:01  
 1st MV65 : Bill Billington 38:50  
 1st MV70 : David Sutcliffe 42:33

1st Lady : Donna McEwen 31:20  
 2nd Lady : Shantna Dickenson 31:58  
 3rd Lady : Andrea Ward 32:56  
 1st LV35 : Anna Litchfield 33:51  
 1st LV45 : Carol Cooper 34:41  
 1st LV55 : Jacky Keenan 41:48  
 1st LV65 : Iva Barr 65:25





## Cranfield 5M 11th August 2006



### Harriers gain two new club best times and secures ladies team prize

Cranfield staged the 5-mile race in which the 6th man overall was Stephen Earley. Mark Pryor finished 15th overall followed by the 3rd Harrier David Holt. The 2nd lady overall was Donna McEwen in a new pb of 30:53. Andrea Ward was closely behind and winning the 1st LV40 prize. Carol Cooper claimed the 1st LV45 prize and was the third lady Harrier to complete the distance. Jackie Keenan was the 1st LV55. Congratulations Donna, Andrea and Carol for winning the 1st ladies team prize and for every finisher in this race.

Stephen Earley 28:29	Peter Campbell 36:00	Linda Wilding 42:20
Mark Pryor 29:28	Mark Tinkler 36:36	Robin Fiander 42:43 <b>PB</b>
David Holt 30:46	Carla Fisher 36:39	Suet Lua 43:00
Donna McEwen 30:53 <b>PB</b>	Alex Rothwell 36:43	Chris Fadden 43:05
Justin Openshaw 31:04 <b>PB</b>	Stuart Bullard 36:59	Bill Khinda 43:24
Neil Lovesey 31:27	Richard Watson 37:00	Andrew Beadle 44:58
Steve Gaunt 31:35	Gary McBeth 37:42	Lesley Barnes 45:56
Adam Hills 31:44 <b>PB</b>	Bill Billington 37:49	Maria McBeth 45:58
Andrea Ward 31:55 <b>PB</b>	Norman Beckwith 38:10	Fiona Fiander 49:27 <b>PB</b>
James Dunn 32:03	Paul Raymond 38:30	Linda Watson 50:16
Alistair Vile 32:30	Ian Kingston 39:17	Val Bird 51:37
Henry Downes 32:59	Nigel Anstee 39:29	Peter Lawley 51:49
Carol Cooper 33:42	Jackie Keenan 40:15	Veronica Singleton 51:49
Gabriel Arpaia 33:54 <b>PB</b>	Penny Duffin 41:03	Jenny Wood 52:17
David Herincx 34:04 <b>PB</b>	Janet Taylor 41:26	Malcolm McEwen 53:35
Russell Lord 35:38	Keith Lakin 41:52 <b>PB</b>	Iva Barr 59:10
Stuart Snelson 35:57 <b>PB</b>	David Sutcliffe 41:56	Paul Hudson 59:10



## Looking for new mums to test Power-Pramming

article written by Janet Lehain

Power-Pramming is a phenomenon that has hit several of the parks in London. It is a running group with a difference. Held in the daytime, Power-Pramming is really aimed at new mums, as a fun way for them to regain fitness and make new friends. The beauty of it is that as baby comes too, and so no child care is needed.

I first heard about this whilst watching BBC Breakfast back in the spring - some of you may have seen the same feature. At that point, I was fairly heavily pregnant expecting my first baby, and thought it would be just the thing I'd like to take part in. If only such a group existed in Bedford...

At the time of writing, the hope is to start a

Power-Pramming group early in the new year. It will most likely be based around Bedford Park, and, unlike the London version, will be completely free to any mums wanting to take part. The sessions will last an hour, and will be made up of some brisk walking, jogging, and a few gentle stationary exercises, followed by a nice sociable cuppa afterwards.

If you'd like to know more about Power-Pramming in general, check out [www.powerpramming.co.uk](http://www.powerpramming.co.uk). If you or someone you know might be interested in joining or helping out with the Bedford version, feel free to contact me via email ([janetlehain@hotmail.com](mailto:janetlehain@hotmail.com)) or catch me at the club on the nights I'm there.



### Harriers On-line Message Board

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



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

**Don't forget !**

race photographs taken since 1999 are on the club website [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)  
click on Club Photos



## Doug Anderson 5K Memorial Event 26th July 2006



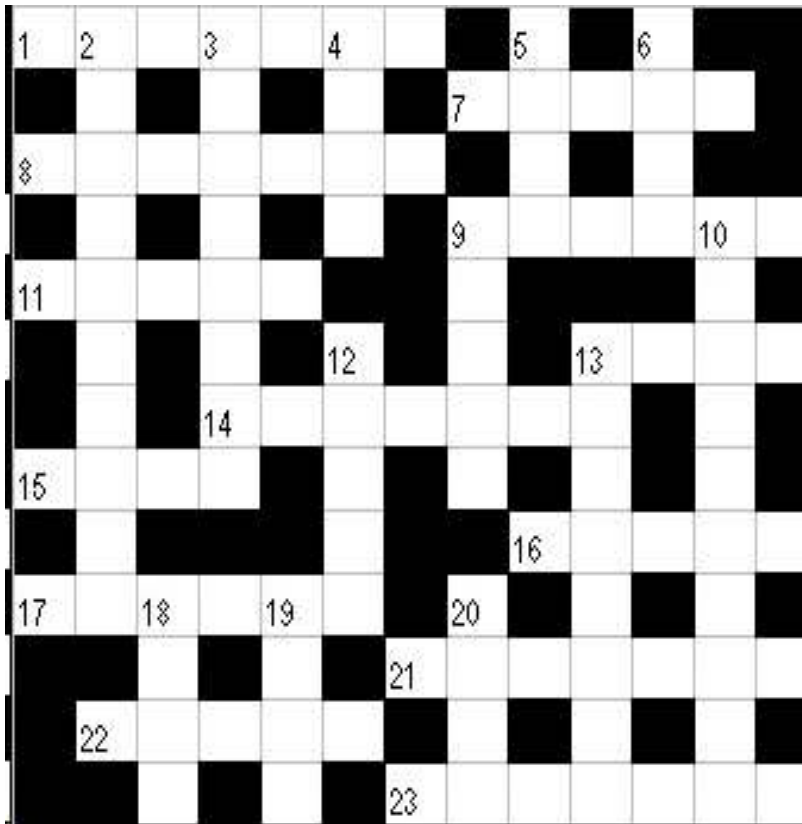
### Bedford Harriers win first ladies team prize at memorial event

This memorial race took place at Bedford Park in sweltering conditions. Donna McEwen was the second lady to cross the finish line. Donne together with Denise Coghill and Veronica Singleton won the first ladies team prize. Jean Pierre Mitchell also has reason to celebrate for being the first Harrier to complete the distance. Well done to all category winners and to all finishers at this race. Thank you also to the marshals for staging this event.

Jean Pierre Mitchell 17:12 <b>9th</b>	Stuart Bullard 21:59	Lynne Greenard 29:13
Stephen Earley 17:16 <b>10th</b>	Ian Marshall 22:08	Jude Cottam 29:52
Mark Pryor 17:43 <b>1st MV40</b>	Pete Buckingham 22:10	Paul Kent 29:54
David Dormer 17:52	Morris Dempster 22:12	Kathryn Styles 30:05
Alistair Fadden 18:16	Richard Styles 22:16	Suzanne Clarke 30:11
Stuart Trevallion 18:29	Alex Rothwell 22:39	Claire Richardson 30:13
Justin Openshaw 18:30	Sarah Lee 22:40	Maria McBeth 30:55
Paul Mowbray 18:56	David Russell 22:53	Ros Taylor 31:14
Adam Hills 19:16	Ian Kingston 24:26	Krista Gowing 31:27
Neil Lovesey 19:17	Philip Beighton 24:35	Barbara North 31:49
Donna McEwen 19:18	Sharon Nissan 24:43	Brian Flynn 31:51
Jose Ariza 19:19	Jackie Keenan 25:17 <b>1st LV55</b>	Val Bird 31:53
Tony Barnes 19:24	Dave Guerin 25:19	Sandra Fardell 31:53
Andrew Moore 20:03	Jody Woodfield 25:20	Peter Lawley 32:22
Simon North 20:29	Ray Evans 25:27	Linda Watson 32:36
Steve Young 20:30	Janet Taylor 25:41 <b>1st LV50</b>	Suzi Carr 32:49
Steve Daniels 20:33	Sharon McCarthy 26:10	Jenny Wood 33:02
David Herincx 20:35	Jack Chana 26:12	Lorraine Murfitt 33:18
Denise Coghill 20:37	Catherine Clark 26:15	Joy Smith 33:18
Veronica Singleton 20:38 <b>1st LV45</b>	Judith Ingledew 26:19	Sue Peacock 33:52
Ralph Ward 20:48	Chris Fadden 26:23	Karen Goodwin 33:53
Martin Vaughan 21:02	Keith Lakin 26:45	Elise Allen 34:06
Eugenie Carr 21:05 <b>1st LV35</b>	Flora Hartwell 27:36	Samantha Copestake 34:22
Paul Taylor 21:23	Carolyn O'Connor 27:49	Anthea Harper 36:37
Graham Bufton 21:33	Kathryn Darlington 28:19	Penny Hunter 38:17
Sean McGilligan 21:41	Paul Hakin 28:52	Paul Hudson 40:10
Peter Campbell 21:50	Katie Frankel 28:54	Alice Abrahams 40:14

# Coffee-Time Crossword

designed by Ray Evans



## Clues Across

1. Passage (7), 7. Fashion (5)
8. Refer to (7), 9. Serious (6)
11. Wobbly Dessert (5)
13. Floor of a Ship (4)
14. Ceremonial Staff (7)
15. Disarray (4), 16. Premier (5)
17. Stringent (6), 21. Into The Air (7)
22. Short Period of Time (5)
23. Branch of Mathematics (7)

## Clues Down

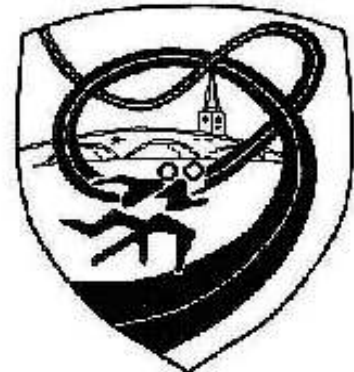
2. Teenager (10)
3. Lacking in Energy (8)
4. Part in a Play (4)
5. Game Played on Horseback (4)
6. Restrain (4), 9. Venom (5)
10. Think Over Again (10)
12. Entice (5), 13. Fine (8)
18. Wet Weather (4), Bistro (4)
20. Semi-Precious Stone (4)

Answers for both quizzes on back page

# Bedford Harriers Website Quiz

compiled by Gabs Arpaia

1. What are the silver standard times for a man and a woman aged 43 running a 5 mile race?
2. In what year and by how many people were the Bedford Harriers formed?
3. Who is the Chairman and Vice-chairman of Bedford Harriers?
4. Name the 5 races the Bedford Harriers organise?
5. Name 3 of the recommended rules for taking precautions whilst running?
6. Name the coaches allocated to Group 5?
7. Where would you go to look at the races and times achieved for an individual?
8. Name the 5 Club Championship races allocated for 2006?
9. What are the 5 beautiful reasons for taking part in the 3 counties cross country league?
10. Which Bedford Sports shop can Harriers receive 10% discount on purchases?



# Race Fixtures List

15th October 2006 to 21st January 2007

## October

Sun 15 Peterborough Half Marathon  
Sun 15 Biddenham 10K River Run  
Sun 22 Abingdon Marathon  
Sun 22 Ampthill X-C Trophy  
Sun 29 Hatfield House 10K Run  
Sun 29 Fenland and Eastern 10

## December

Sun 3 Luton Marathon  
Sun 10 Bedford Harriers Half Marathon  
Sun 31 Ely New Year's Eve 10K

Happy New Year

## November

Sun 5 Stevenage Half Marathon  
Sun 19 St Neots Half Marathon  
Sun 19 Bishop Storford 10

## January

Sat 6 Beds & Bucks XC Champs  
Sun 14 East Haddon 3-Counties XC  
Sun 21 Folksworth 15

### Don't Forget

To look at club notice boards or logon to [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk) and search for upcoming races in Fixture List. Alternatively, you may wish to logon to [www.runnersworld.co.uk](http://www.runnersworld.co.uk) for other races taking place.

## Next Championship Race:

**St Neots Half Marathon : 19 November 2006 -**

All official entries have now closed. Any entrant not wishing to do this event may submit an official number transfer subject to normal rules and regulations. Please refer to [www.riverside-runners.org.uk](http://www.riverside-runners.org.uk) for full details.



### Christmas Time Events

Christmas Disco will take place on Friday 15 December. The annual Awards night will be held on Wednesday 20 December. More details will follow on website and at the club.



#### ANSWERS to Gabs Quiz

1. M - 34:53 F - 39:14
2. 1985 by a dozen people
3. Chairman - Brian McCallen Vice-Chairman - Jacinta Horne
4. Doug Anderson memorial 5k, The

- Embankment 5 mile, Harrold 10k, Oakley 20 mile, Bedford Harriers 1/2 marathon
5. See article on page 2 for answer
  6. Christine Armstrong and Angie Kay
  7. Runners Page
  8. Sandy 10, Cranfield 5k, Wellingborough 5,

- Stanwick 10k, St Neots Half Marathon
9. Please refer to website for answers
  10. No Limitz
- ANSWERS to Ray's Crossword**  
[across] 1. Gallery, 7. Vogue, 8. Consult, 9. Sombre, 11. Jelly, 13. Deck, 14. Scepture, 15.

- Mess, 16. First, 17. Strict, 21. Upwards, 22. Jiffy, 23. Algebra [down] 2. Adolescent, 3. Listless, 4. Role, 5. Polo, 6. Curb, 9. Spite, 10. Reconsider, 12. Tempt, 13. Delicate, 18. Rain, 19. Cafe, 20. Opal