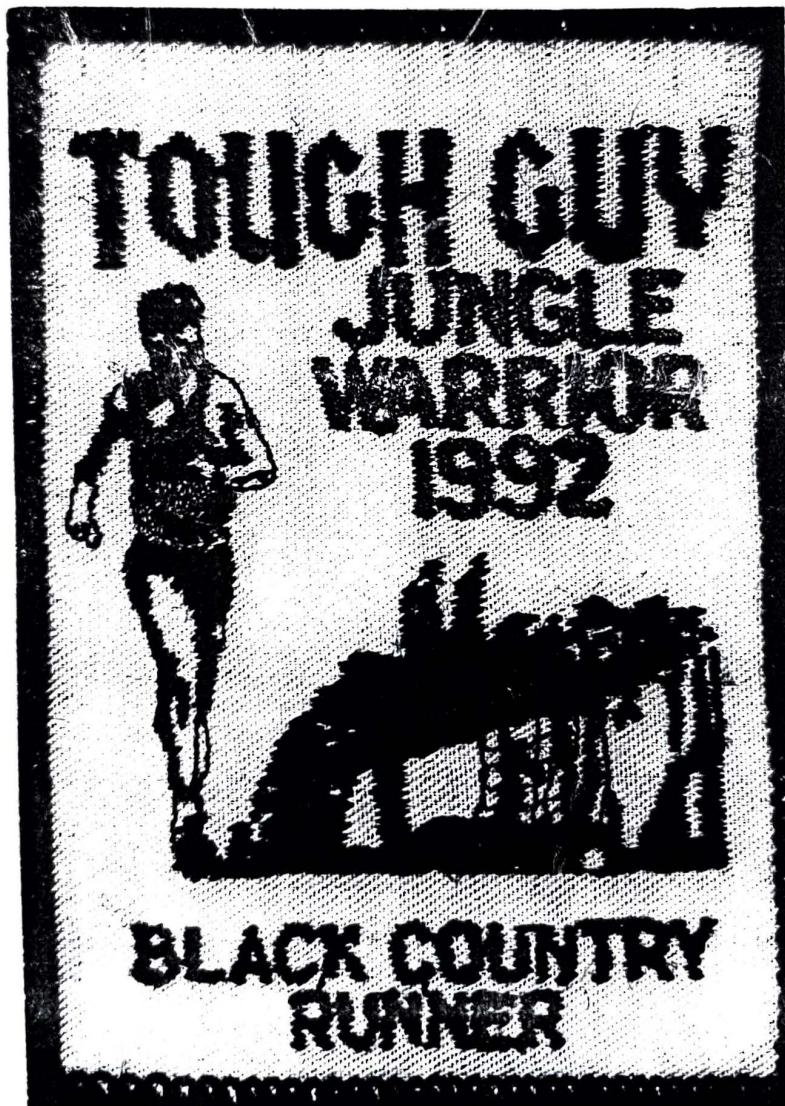




February 1992

Issue No. 20

F e e t S t r e e t N e w s



TODAY'S RUNNER CROSS-COUNTRY LEAGUE

RESULTS

9th FEBRUARY 1992

HOST CLUB : BURNHAM JOGGERS

MEN'S RESULTS

1st - Ian van Lockven	BJ
2nd - Steve Hampson	MA
3rd - Leigh Zone	BJ
4th - Terry Bryant	BJ
5th - Dave Brown	MA
6th - Steve Low	TVT
7th - Andy Matthews	TVT
8th - Steve Hartley	ME
9th - Paul Gittings	TVT
10th - Chris Mason	RR

WOMEN'S RESULTS

1st - Ali Harrison	TVT
2nd - Pauline Shore	BJ
3rd - Lesley Whiley	RR
4th - Jackie Clisby	MA
5th - K Lockhart	ME

MEN'S POINTS

1st = 73	BJ
2nd = 108	TVT
3rd = 155	RR
4th = 255	ME
5th = 280	MA
6th = 283	FI
7th = 527	BF
8th = 532	MAC
9th = 582	DD
10th = 629	SH
11th = 1176	TA

WOMEN'S POINTS

1st = 23	TVT
2nd = 24	RR
3rd = 25	MA
4th = 32	ME
5th = 36	BJ
6th = 74	DD
7th = 84	FI
8th = 92	TA
9th = 117	SH
10th = 128	MAC
11th = 140	BF

KEY

BF = BRACKNELL FOREST
 BJ = BURNHAM JOGGERS
 DD = DATCHET DASHERS
 FI = FINCHAMPSTEAD
 MA = MARLOW
 MAC = MAIDENHEAD A.C.
 ME = METROS
 RR = READING ROADRUNNERS
 SH = SHEEN
 TA = TADLEY
 TVT = THAMES VALLEY TRI-ATHLETES

OVERALL POSITIONS

1st = 109	BJ	7th = 656	DD
2nd = 131	TVT	8th = 660	MAC
3rd = 179	RR	9th = 667	BF
4th = 287	ME	10th = 746	SH
5th = 305	MA	11th = 1268	TA
6th = 367	FI		

THURSDAY 17 JANUARY 1992

Present : Bill Corbishley (in the Chair), Bob Green, Keith Scudamore, Louise Tarrant, Danny O'Neill, Mike Morgan, Eric Abbott, Bob Lewer, Joan Corbishley, Chris Spurr, Dave Rodwell, Dave Sutton, Ken McCord, Bob Hardman, Alan Yeadon, Andrew Clark, Graham and Brendan.

Matters arising - Danny rang Today's Runner XC co-ordinator to seek clarification on scoring, and the rules are that the ladies should be scored separately, i.e it is two races in one. Bob G to ring Metros.

Cliveden Cross Country - Bob Lewer reported on an excellent race with the organisation running extremely smoothly. £1,000 will be donated to the National Trust, £335 to the club and £50 to St John's Ambulance. The places allocated free of charge to JAWS were not taken up. A request was made not to use the numbers 1 - 60 to prevent confusion with scoring. The raffle ran at a loss. Bob and his many helpers were congratulated.

Easter Fun Run - Venue : Cherry Orchard. It was reported that the event will not now mark the opening of the Cherry Orchard site. (This will perhaps take the form of children's events (the 10 Step Award Scheme) and a celebrity is being sought for the opening.

The new 10K route is to be measured and AAA permit obtained.

Bob G/Ken/Alan).

Police to be informed and given details of new start (Court Lane) and route. (Danny).

"Runners on Road" signs to be obtained (Alan).

No dogs will be allowed at the event.

Today's Runner Cross Country - 9 February

Bob Hardman will make enquiries into using an outside caterer for making food and providing cold drinks (£150 made available). Food also to be provided by BJ's. Hot drinks available to purchase from the tea hut.

Liz and Eric will do timing. Bob G to ask St John's to be in attendance. Marshals will be required - request to be made at club. There will be a meeting after the event at the Crown concerning the 5K series (details of Barn Dance also to be circulated).

Bill: Keith Scudamore was nominated "Jogger of the Month" for taking part in 100 Staggered Jogs! Bob Hardman was congratulated on creating enthusiasm for XC events and thus gaining increased club participation.

Bob Lewer: proposed a vote of thanks to Chris Spurr and Doreen McGovern for the excellent job they made of the children's Christmas party.

Alan: Half Marathon sponsor will be Gatorade (will supply bibs, tape etc. in return for logo on entry forms). A sponsor is required for the medals (c £800).

Danny : enquired when we would be moving to Cherry Orchard and how far forward he should book the Day Centre for socials - February and March to be booked.

Louise : asked about 1992 Club Championship. John Irwin is willing to continue and events list will be drawn up.

Liz : requested that Tugwood 10K and XC numbers commence at 100. She asked for it to be made known to BJs that the ENVA 10 will be a club championship event.

Eric : sought confirmation that in BJ terms lady vets are 40+. He stressed that only a fully paid up member can win the ENVA 10.

Chris S: told of an events computer program for IBM PC she has seen advertised for £50 in Running magazine. She will make more enquiries.

Mike: date of Staggered Jog will be 2 February. Non-payers of subscriptions to be chased. Membership cards are being prepared.

Joan : local chiropractor will talk to us about stretching at next social (30 January).

Dave R: cheque for £50 has been forwarded to trustee of the fund set up for the Button family. Details/tickets being prepared to circulate to clubs concerning the Barn Dance.

Bob G: a competitor in the Datchet XC has sent a letter of complaint concerning a dog belonging to a BJ. Bill to speak to the dog owner in question.

The meeting closed at 10.05.

THIS AND THAT

Mo and Tony Disbury, who left us for Cyprus two years or so ago, are still running. At a Xmas half marathon they dressed up as Father Christmas and Rudolph - raising money for a local charity. Despite almost no distance training, Mo won the ladies race and collected an 18 gear mountain bike, a gold medal and the trophy - just shows what wine growing can inspire. Tony is also starting the Cyprus Hash.

They would be delighted with any news :-

Mo and Tony Disbury,

PK 64,

Guzelyurt,

Kibris,

Measin 10,

Turkey.

Still, I can't understand the attraction of a vineyard and swimming pool in Cyprus, when they could have the A4, and the dark of February. This is particularly true if training for London.

Freezing, dark, windy, often wet. Soggy gear, always knackered, aches, blisters and fear of injuries.

I did it once!

When told, my innocent aunt asked - "Did you win ?"

Thank You Bob. Cliveden was my most enjoyable run in '91.



Just before the second world war, Britain had a super athlete named Harold Whitlock. He won the Gold medal in the 50km walk at the Berlin Olympics of 1936. He was our Superstar until the war changed everything. A modest and quiet man, but always capable of inspiring lesser mortals.

He became President of the Metropolitan Walking Club, which I joined in 1959 when still at school. Although he taught me how to walk quicker than I can now run, he found more promising material in Don Thomson, who went on to follow in Harolds' footsteps, winning an Olympic Gold in the 50 km walk at Rome.

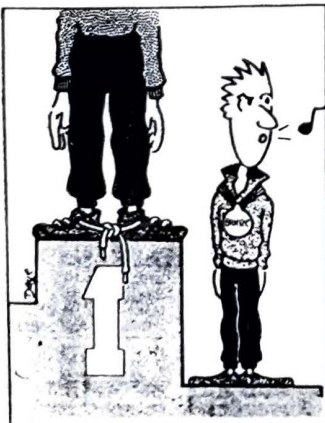
Now in his eighties he recently completed the London Marathon - *a great man* - If anybody has up to date news of him please contact me.

MIKE PAYNE

OVERHEARD AT TOUGH GUY



Do you know, I'm so hungry I could eat a Horse !!



AS YOU KNOW, WE'RE VERY OPEN-MINDED ABOUT WHAT HE DOES WITH HIS LIFE.

1992 CLUB CHAMPIONSHIPS

PROPOSED DATES

16th Feb	ENVA Cup	10 m
22nd March	Fleet Half-Marathon	13.1m
12th April	London Marathon	26.2m
17th April	Maidenhead 10	10m
20th May	Inter Club 5k - Wargrave	3.1m
6th June	Datchet Dash	6.2m
14th? June	Offas' Dyke	15m
19th? June	Chairmans' Mile	1m
15th July	Inter Club 5k - Datchet	3.1m
19th? July	Wycombe Half-Marathon	13.1m
? Sept	Amersham 5	5m
? Oct	Ridgeway 1/3rd Marathon	8m
25th Oct	Staggered Jog	6.2m

Any Suggestions for alternatives!!!

Give me a ring on 0494 - 67708.

JOHN IRWIN

OVERHEARD IN A PET SHOP.

I've a terrible headache, why haven't we any aspirin in the first-aid box ?

I'm sorry, I stopped buying them because the paracetamol !



Lisa Lear Fund

All enquiries to: Suzanne Lear, 7 St. Peter's Close, Burnham, Bucks. Tel. Burnham 66660
0628-666849/666260

5 February 1992

Burnham Joggers

Dear Mr Chairman,

Please would you express my most grateful thanks and gratitude to your Committee and Club Members for all the wonderful donations you have made to the Lisa Lear Fund over the years since Lisa died and the Club was formed.

I don't think anyone envisaged what a tremendous organisation the Burnham Joggers would turn into or to the extent Jogging would become a part of people's everyday lives.

We as a family have had a great deal of fun with the Joggers at many different events and are much enriched by our association.

Finally I would like to thank Chris Spurr and all involved with the Junior Joggers for a super Club.

With kind regards and best wishes to all,

Love,

Suzanne Lear
Secretary - Trustee

WINTER RUN

Some think us mad you know ,
For when the frost is on the ground,
And the cold air, sharp upon the face,
We don our Trainers, the streets to pound.
They do not know the pleasure of the pace
That from each stride we take,
Thrills our bodies and souls alive,
As if from sleep , suddenly we wake.

They do not perceive that the pumping ,
Of the Heart can feel so pleasing,
When wrapped up warm and snug,
Against the bitter weather freezing.
Or as onward , through Winters icy hug,
We move so swift and clean,
Content to see this World apart ,
Intruders , in anothers Dream .

And when at last with the final steps,
Sweating , we arrive Home all done,
Our tingling hands and feet,
And glowing bodies , feel at one.
With the soothing inward heat,
That has refreshed us to the core,
The harsh but needed Winter run,
Has left us aching yet for more.

Yes , perhaps we are quite mad,
But I would rather be just that,
Than plump and lazy watching Telly,
And eating foods that make you fat.
Putting on pounds and a paunchy Belly,
Fill my heart with dread,
For the effort of rising from my chair,
Might kill me there stone dead.

Do not listen to those mocking voices,
They like us , have made their choices,
Whether for fun , serious or pleasure,
We have opened the Runners Case of treasure.
And Winter runs are just a part of it,
Frosty jewels to keep you fit.
So run on even when Ten Below,
Come Spring the benefits will really show.

The Burnham Bard.

B.B.

15 January 1992

Dear Sheila and Bob,

.....
December 29th was a great day for us! We ran in the annual charity half marathon, we were amazed at our fitness as we only decided to enter 10 days before and only had the opportunity for one longish run the week before. We raised 40 pounds in sponsor money from our friends, we dressed up as Father Christmas and Rudolph! We joined 200 other runners to do a very pretty course around Kyrenia. I was first lady and won an 18 gear mountain bike, gold medal and a trophy. I felt very pleased as there were so many other women much younger than I.

On Sunday last Tony started the North Cyprus Hash House Harriers. It was absolutely super with a small group of runners and walkers for the inaugural meet. Tony and I had set the route in beautiful countryside, the wild anenomies were everywhere and the sun was warm; everyone declared it was a great success, the next meeting is in two weeks time. It will be a good way to see the Island and keep fit.....

Mo and Tony.

MEANWHILE HERE IN ENGLAND. 'You miserable wimp you,' she yelled, beating me and smiling cruelly. Chris Spurr bearing down under full sail, firing all guns is bad bad news. There was nowhere to run to so I stood there in shame and agony. Well, when I saw the Tough Guy video, back in the summer, it didn't seem so bad. I could do it with a bit of training. Sheila pointed out that I suffer from winter depression, can't stand the cold, always get injured on cross country races and my chances of serious training was low. So I entered. After all I am the boss. I had no support. Sheila, Nick and Margot washed their hands of the whole affair and Hardman undermined my fragile confidence with horror stories. On the Tuesday before the race I declared that I would not run. Sheila, Nick and Margot laughed like drains. Chris castigated me in public and got the girls to gang up on me.

I've always had an eye for the ladies, that's all I've ever been allowed, and I am susceptible to their charms. Deidre worked on me during our run that evening and some of the others joined in the softening up. I agreed to do the Tough Guy.

Sunday 26th January. 2 /30 p.m. A happy, lively Louise DRAGGED a pathetic bundle towards the finish. It was the frozen remains of Bob Lewer. I had not done the Tough Guy. I had died in the night and gone to hell.

Half an hour later I slumped into the passenger seat, shivering and aching all over, the car started and promptly bogged down in the mud. Near to tears I crawled out to push. Somehow we got home.

THANKS CHRIS.



Escape from the Somme



RAY WILLIAMS of CLWB CHARAEOW says, 'WELSH BOYO'S NEVER WHIMP'

Sunday, 23 February 1992

Staggered Jog

Thursday, 27 February 1992

Social

Saturday, 29 February 1992

English Mens National
XC Champs - Newark

Sunday, 01 March 1992

TR XC - Finchampstead
Kennet 6m
Hitchin Half Marathon
Woking 10m
Berkhamsted Half Marathon

Sunday, 08 March 1992

" Yes it's back again !!
The original & possibly the best "
74th Polytechnic Marathon
Windsor to Chiswick
NOTE : A sub four hour qualifying
time is necessary.

Portsmouth Half Marathon

Paras 10 - Aldershot

Thursday, 12 March 1992

Business Meeting

Sunday, 15 March 1992

London Marathon Recce Run

Bath Half Marathon

Hemel Half Marathon

Hillingdon Half Marathon

Sunday, 22 March 1992

Chertsey 10k

Pat Jones Memorial 10k
Fleet Half Marathon

Thursday, 26 March 1992

Social

Saturday, 28 March 1992

Thames Valley Harriers
Road Relays - Cranford

Seniors 5 * 3.5m
Vets 3 * 3.5m

Sunday, 29 March 1992

Thames Towpath 10m

Staggered Jog

Banbury Half Marathon

White Horse Half Marathon - Wantage
Coombe Gibbett - 16m XC

Wednesday, 01 April 1992

British Airways Watersplash 10k

Sunday, 05 April 1992

Staines Charity Road Race 10k

Thursday, 09 April 1992

Business Meeting

Saturday, 11 April 1992

Harrow 10k

Sunday, 12 April 1992

= LONDON MARATHON =

Tuesday, 14 April 1992

Business Meeting

Friday, 17 April 1992

West Middlesex University Hospital
Half Marathon

Maidenhead Ten

Monday, 20 April 1992

Tugwood 10k

Sunday, 26 April 1992

Staggered Jog

Bournemouth Bay Half Marathon

Reading Half Marathon

Thursday, 30 April 1992

Social

Sunday, 03 May 1992

Hounslow 10k

Bourne Valley Half Marathon

Saturday, 09 May 1992

New Romney Half Marathon

Alton 10m

Saturday, 16 May 1992

Isle Of Wight Marathon
Chippenham Half Marathon

Sunday, 17 May 1992

Twickers 8m

Wednesday, 20 May 1992

Wargrave 5k

Monday, 25 May 1992

Chesham - Race In The Park - 4.5m

Thursday, 28 May 1992

Social

Sunday, 31 May 1992

Staggered Jog
Bristol Half Marathon

Tuesday, 02 June 1992

Maidenhead 5k

Saturday, 06 June 1992

Datchet Dash 10k - Tee Shirt

Sunday, 07 June 1992

Poole Marathon
St. Albans Half Marathon

Monday, 08 June 1992

Woodley Carnival 10m

Thursday, 11 June 1992

Business Meeting

Monday, 15 June 1992

Turks Head 10m - Twickenham - Tee Shirt

Wednesday, 17 June 1992

Burnham 5k

Sunday, 21 June 1992

Guernsey HHH Half Marathon

North Downs Run - 30k

Sutton & Epsom Half Marathon

Leyton Buzzard Half Marathon

Tuesday, 23 June 1992

Tring 10k

Thursday, 25 June 1992

Social

Sunday, 28 June 1992

Staggered Jog

Tuesday, 30 June 1992

Marlow 5k

Sunday, 05 July 1992

Wycombe 5m

Leatherhead 10m

Saturday, 11 July 1992

= Summer Barn Dance =

Wednesday, 15 July 1992

Datchet 5k

Sunday, 19 July 1992

Elmbridge 10k - Walton-On-Thames

Luton Marathon and Half Marathon

Sunday, 26 July 1992

Staggered Jog

Tuesday, 28 July 1992

Handy Cross 5k

Friday, 31 July 1992

Wedding Day 7k - Bushey Park

Sunday, 09 August 1992

Hayes & Harlington 10k

Sunday, 16 August 1992

Isle Of Wight Half Marathon

Sunday, 23 August 1992

Burnham Beeches Half Marathon

Sunday, 30 August 1992

Chobham 10k

Sunday, 13 September 1992

New Forest Marathon & Half Marathon

Luton 10m

Sunday, 20 September 1992

Amersham Five - 8kms

Sunday, 27 September 1992

National Fun Run

Saturday, 03 October 1992

Wimbledon 10m

Sunday, 04 October 1992

London To Brighton - 55m

Sunday, 11 October 1992

Alton Six and a Half - 6.5m

Sunday, 18 October 1992

The Ridgeway Run - 8.7m

Sunday, 01 November 1992

Marlow Guy Fawkes Half Marathon

Harrow Marathon and Half Marathon

Chesham 5k

Sunday, 15 November 1992

Multi-Terrain 10m - Bristol

Epsom Ten - 10m

Sunday, 29 November 1992

Klix Six - 10Kms - Basingstoke

Saturday, 26 December 1992

Target Zero

Sunday, 27 December 1992

Cliveden Open XC

Thursday, 31 December 1992

New Years' Eve Party