



F E E T

S T R E E T

N E W S

J U L Y 1 9 8 8



CHAIRMAN'S ADDRESS

With the onset of July we will be saying farewell to the Greens. Bob's practice will be slightly different over there, more rural, isolated even. I know he has been boning up on things like gynaecology (handy in the lambing season), but I don't think he has gone so far as to take flying lessons. Sammy has been learning how to use the bush radio, what to feed wallabies on and how to make boomerang burgers. The boys can't wait to become All-Blacks, cobbers and geezers in the geysers.

After nearly ten years of Burnham Joggers, they should have a break. Running the club has been equal to a second full time job for Bob and Sammy and a compulsory, if enjoyed, pastime for the boys. We will be here when they return, ready to move forward with any new ideas they may have gleaned from down under, such as running upside down or bones through the noses as Half Marathon team prizes.

My envy and best wishes go with them, may Christmas on the beach be a wonderful experience and their diaries produce many colourful future Feet Street News articles.

Ivan Houston has taken on the task of making sure that the noticeboard is up to date. This means that all fixtures displayed should be current ones. If you know of a good event, worthy of support, ask for it to be announced.

Having assisted in organising the Half Marathon for several years, I can honestly say that only two of the duties have given me displeasure. Some of you will remember those terrible old portable toilets which Tony Massara used to borrow for us. They had to be collected from Mortimer in Hants and towed to Caldicott. This meant an early start and a late finish which the dubious facilities did not justify.

My other worst task was worrying over trophies. They get lost, neglected or forgotten and on one occasion, I had to go to North London on the morning of the event, collect a filthy cup, clean it and present it.

Hugo has managed to get more toilets opened at the school, which neatly disposes of the first job. Now, along with many other clubs, we are moving away from presenting annual trophies, making way for superior prizes and giveaway awards. The team trophies will continue to be presented, at least until they are filled up. All the other trophies will reside in Brian and Wendy's cabinets as reminders to us all of our glory.

The problems we are currently having over the Wycombe Ladies trophy - awarded to us and lost - further heightens my relief that our trophies will be displayed rather than presented.

BOB LEWER

A BOOK REVIEW

Title: **Running to Keep Fit**
Author: **Brian Mitchell**
Publisher: **Hodder & Stoughton, 1985**
ISBN: **0 340 34667 1**
Price: **£2.50**

The aims of this 88 page book are well described in the introduction where it states:

"It is the purpose of this book to look at the simple act of running, how it may be used and pursued through the early stages of jogging to the point where it offers quite a high level of fitness, yet remains something which a man or woman of almost any age, or in any circumstances, can achieve.

There is plenty of evidence that running need not be the possession of an elite few. Fitness and health are enjoyable. Fitness is most easily created by running which is itself enjoyable."

This book, as you may well have judged from the above introduction is one which is directed at beginners and the less experienced runner who are keen, for many reasons, to become physically fit. It is not aimed directly at the serious athlete but some of the examples quoted dangle the carrot of fame and success. For example, Jack Foster of New Zealand started jogging at the age of 32 for twenty minutes on alternate days and eight years later finished eighth in an Olympic marathon.

The first brief chapter establishes that the desire to be fit is important. The second chapter, written by guest authors, informs you of physiological changes that you might expect. Although they predict an improvement of "almost all bodily functions" they do not guarantee that running will "prevent disease or prolong life". Perhaps the latter statement resulted from encounters of yellow-vested runners competing with all those embryonic racing drivers on the staggered jog course.

Chapters Three and Four deal with the principles of training and introduces many (primary) training suggestions such as jogging with intervals of fast running (fartlek), hill-work, time-trials and exercises such as running on the spot are recommended as support (secondary) training when shortage of time governs the day. The initial aim is to gradually build up fitness to run for 30 minutes and then progress to running at pace for an hour.

Chapter Five is entitled "How Often - Where and When". Frequently and anywhere seems to be the short answer and as in another area of human activity you can do it on your own.

Chapter Six sets up a plan to achieve a basic running fitness and Chapter Seven advises the runner to check progress by keeping a record of training activities (using the Today's Runner Charts of course!).

The subject of the next chapter will have been anticipated by all experienced runners and it is, of course, on overcoming the inevitable difficulties which hinder running such as injuries, blisters, apathy, boredom, bad weather, good weather, TV, more TV, exhaustion and death. The examples quoted in the next chapter will give you one hell of a bad conscience and before you can say "Grandma with wooden leg, aged 75, runs every day and does half-marathons in one hour twenty minutes", you will be running again!

The subject of Chapter Ten is Clothing and Gear and Chapter Eleven gives you hints on a training programme and essential items to include in your running diary.

If inner compulsion, insanity, or mass hysteria at a BJ's meeting compel you to enter a marathon then pick up hints from Chapter Twelve and if the feeling persists, go and consult a fat psychiatrist who smokes and hates exercise.

Chapter Thirteen contains a pot-pourri of items such as food, non-smoking and clubs. However, all the items are very briefly discussed and you will find far more details about these subjects in many running magazines.

Well would you buy this book?

No

Why not?

You can borrow it from a library

Is it worth reading?

Yes, in parts it is amusing, in parts inspiring, but some chapters overlap and some topics are treated in a very scant manner.

Who might benefit from reading it? Barbara Jenkins

Review by Alan Yeadon

CHRISTINA'S FUN RACE

Sunday 5th June

A 5 mile event at North Ascot which proved to be a well-organised and enjoyable race and which will surely get more runners next year.

Tony Linturn again ran well to take 2nd place followed by Allan Hardy in 3rd. June Webb was 2nd Lady and daughter Michelle was first girl home in the 1 mile childrens event.

Sheila Lewer was first over 50 lady to finish and other Burnham Runners included Beverly Kitching, Don Nicholson, Dave Thomas, Anthony Webb, Chris and Maria Riley, Eddie Davey and John Bryant.

AN EXTRACT FROM METROLINES MAGAZINE

Like most of us, I have a fairly busy family schedule. However, I was keen to ensure that any jottings I might produce for the May issue, in view of it being the issue to celebrate Metros independence, should be different. I do employ, at a vastly exorbitant salary, an agent to arrange and set up interviews for me. Most of you know him as T.T.; I call him other names. But when he told me that he was going to set up the interview of 1988, and that it was a cracker, I warmed towards him. Not a pleasant thought.

There are about half a dozen names in running that everyone knows. Chris Brasher, Hugh Jones, Joyce Smith, Lesley Watson, Charlie Spedding for instance, but also the focus for my column this month - Bob and Sammy Green of Burnham Joggers.

Quite genuinely, if I were not a Metro, then Burnham Joggers would be the only other club I would be interested in joining. I am not interested in the elitism of Old Gaytonians, Shaftesbury Barnet et al; in the short time that I have been involved in running, I have wanted to be part of a club that catered for all and welcomed all members of the family, whatever their ability. I believed, along with other 'old-Metros' that this ethos was more important than the issue of winning, whatever the cost. Sure let's be competitive, if that's what people want, but let's also be supportive and encouraging to those who just want to participate.

To me, Burnham Joggers really epitomises this attitude, and I wanted to find out whether this was merely hype, whether Burnham Joggers were as elitist as the rest. After spending two hours in the Crooked Billet at Iver with Bob and Sammy, I am therefore very glad to confirm that all is well in running in Burnham.

For those who don't know the Greens, the briefest of histories. Some years ago, a New Year's Eve party had left our heroes somewhat jaded, but nevertheless, a commitment made at the party to do an early morning run was honoured, albeit slowly. From such humble and fragile beginnings grew a club some three hundred in number. Such devotion they now provoke that one of their stalwarts, Stan Tugwood, who died at age 70 plus, was buried in his Burnham tracksuit. This most active of clubs now runs events like their Easter Monday 10K and relays, now in its 10th year, and their half marathon, now in its 8th year. This is the only course I know that is all uphill. Also the Cliveden run, which possesses the worst hill you will encounter this side of High Wycombe.

Burnham started off club runs from the boots of cars, and have now progressed to permanent rooms in a Hall. Even at this moment, they are looking into the idea of their own clubhouse. They train twice a week as a club, and have a monthly Social, all beer and chat, with both sexes equally represented. They cater for the class runner (Bob and Sammy are now both sub-3hr marathoners), as well as real 'dossers'. They encourage kids of all ages to run, having nearly as many entrants for the STFR as we do. They, however, have been the winning Club, a height to which we have not yet risen in that most joyous of events.

I was interested to learn that Bob favours the autocratic style of leadership, with husband and wife teams encouraged to take on specific Committee roles. I sensed in him a degree of wariness at our more laissez-faire system of club management. If a Committee member overstay their welcome at Burnham, it is tactfully suggested that they let someone else take over!! With hindsight, official posts for a set period of time, requiring democratically voted renewal would seem to have advantages over self-appointed personnel. There is a certain amount of antagonism within the village towards the Joggers, but the Greens seem capable of living with this. They, like me, despair of the bureaucracy in running that talks of 'second claim' clubs, and spending 9 months in limbo, unable to compete, when one wishes to change clubs. Bob's attitude is simple - 'If you pay your subs and wear our vest, we are happy to have you run with us'.

Bob, as most people know, is a Doctor in General Practice in Buckinghamshire, and he admits to taking a fair amount of stick because of his commitment to running. However, his writing of an advisory column in Today's Runner has made him more than capable of coping with some of the myths and fantasies that exist regarding 'the harm running does to your health', etc. He believes that you can train through most injuries, and that basically, running is good for your health, heart, hips and sexlife!! He was interested to note that the more running he does, the less thirsty he becomes. This has had some unpleasant side effects. I suggested that he contact our own Brian Shouler and Graham Haddon, who are doing their own research into this matter. They seem to be permanently thirsty from what I hear!!

Sammy has had an interesting background, having been a school teacher as well as a disco-dancer! She became a vegetarian many years ago, opened her own health food store, and is now writing books about diets and special meals for school lunches. In addition, she has run 25-plus marathons, and is into the world of ultra running. She is a chronic asthma sufferer, and in her spare time has brought four children into the world. Wow!

Bob admits with a wry smile that he is now addicted to running and couldn't give it up even if he wanted to. Sammy admits that the family rarely eat together, and that she feels that the children have in some way suffered because of their parents' total involvement in Burnham Joggers. She now spends less time with the Joggers, and is devoting more of her time to the needs of her lively family and their diverse interest. I am sure a lot of our ladies will identify with these conflicting pressures.

Bob and Sammy are obviously devoted to each other, and to 'their' club. The Green family is off to New Zealand for a 6-month exchange in the summer. It will be interesting to see if their have been any changes in them or in Burnham Joggers upon their return.

Hopefully, one day, someone will want to interview someone in Metros because of our success as a club. If we make it through thenext year, we could do a lot worse than attempt to follow the example of Bob and Sammy Green and the Burnham Joggers.

Izzy Curious



TAKE PART IN THE SLOGAN COMPETITION AND HELP THE THIRD WORLD

WHO AM I?

- * I was born in Perth, gained an MA in natural sciences at Cambridge, and often trained at Portsea
- * My first name is a type of plant
- * I have something in common with the Fun Run's best known and most successful runner: we have the same two letters in the middle of our surnames
- * An important factor in my career was sincerity without the sin!

If, from these clues, you can guess the name of the star guest at this year's National Fun Run on September 25, you're half-way to winning a running holiday for two in the Algarve, when the Portuguese climate is at its best.

The second part of the competition requires a snappy slogan which encapsulates **WaterAid**, the beneficiary of this year's Fun Run. WaterAid supports practical, low-cost drinking water and sanitation projects in some of the poorest countries of Africa and Asia. The best slogans are likely to be those which would be most effective on a T-shirt or car sticker.

You can submit your competition entry when you enter the Fun Run, or subsequently. Simply write the mystery guest's name and your slogan on a sheet of paper, with your own name and address, and send it in to the Fun Run office along with your entry form.

The closing date for competition entries is July 15 and the winner will be announced in The Sunday Times on July 24.

The prize incorporates entry to the Algarve half-marathon on October 30 and a week's holiday at Acoteias, the internationally-renowned sports village with an all-weather training track, cross-country course and a fine beach.



THE SUNDAY TIMES

11th NATIONAL FUN RUN

ACORNS

Jane Harrop
June Webb
Tony Linturn
Jim Mouat
Dave Sutton (Captain)
Malcolm Moody
Paul Daly
Ivan Houston
Elaine Wallace
Adam Caldwell

BEECHNUTS

Frances Curtin
Don Nicholson
Anne Booth
Sheila Lower (Captain)
Sid Dixon
Colin Taylor
Arthur Lowe
Graham Norcott
Grahame Wheeler

CHESNUTS

Patrick Mouat
Nick Lipscombe (Captain)
Allan Hardy
Eric Abbot
Denise Howse
Mary Robertson
Gail Lowe
Trevor Pollard
Les Farrant

DOUGHNUTS

Mo Disbrey (Captain)
Kathy Flynn
Derek Plumstead
Linda Hardy
Cynthia Hill
Mandy Dunne
Tony Curtin
Mary Wilson
John Irwin
Bob Legge

GRAPENUTS

Joan Corbishley (Captain)
Bill Corbishley
Jenny Masara
Ken Clilverd
Ken McCord
Martin Bennett
Gay Harvey
Chris Spurr
Shelley Webb
Anthony Webb

HAZELNUTS

Dave Thomas (Captain)
Andrew Cox
Maurice Sampson
Carolyn Bird
Colin Bennett
John Davies
Tony Crump
Bernard Hooker
Jenny Lipscombe
Duncan Steele

PISTACHIONUTS

Trevor Wilson (Captain)
 Gavin Wilson
 Andy Harrop
 Alex Simpson
 Robin Simpson
 Yvonne Simpson
 Pat Hatch
 Ralph Hatch
 Barbara Jenkins
 Alan Yeadon

HARDNUTS

Mick Wood (Captain)
 Clare Wood
 Julie Taylor
 Louise Tarrant
 Kathy Heatherington
 Ken Heatherington
 Bob Lewer
 Tony Hutchinson
 Nick Meller
 Rosaleen Clarke

COBNUTS

Chris Riley (Captain)
 Maria Riley
 Gail Ditchfield
 Alison Bailey
 Dick Bedford
 Mike Morgan
 Paul Kennedy
 David Norcott
 John Norcott
 Peter Bunker

COCONUTS

Eddie Davey (Captain)
 Carol Davey
 Matthew Davey
 Peter Humberstone
 Linda Clifford
 Aled Jones
 Michael Wheeler
 Leo Silver
 Roderick Miles
 Sam Prow

CASHEWNUTS

John Bryant (Captain)
 Danny O'Neill
 Ross Muir
 Mark O'Neill
 Bruce Cook
 Maureen Kirby
 Julie Edwards
 Susan Harris
 Heather Hart
 Jill Stewart

TOUGHNUTS

John Richardson (Captain)
 Bill Hill
 Ron Barford
 Russell Brown
 Tina Kerslake
 Liz Fitzgibbon
 Glyn Morgan
 Deborah Luscombe
 Dawn Jousiffe
 Nick Bentley

POPNUTS

(Captain - Denise Howse)

Katie Lowe
 Spencer Lowe
 Jason Clifford
 Gareth Davies
 Richard Davies
 Daniel Davies
 Timothy Spurr

PEANUTS

(Captain - Denise Howse)

Natalie Houston
 Ross Clifford
 Luke Muir
 Ian Napper
 Peter Wheeler
 Clay McCatty

THE EVESHAM HALF MARATHON - MAY 2ND

Bank Holiday Monday and we were up early inspecting overcast skies and the promise of a dreary day. Oh well, positive thinking we pack the picnic, hoping that Graham N and the other Burnham Joggers would turn up. As we drove towards Evesham the rain started, the wind blew but the journey was so easy and the 1½ hours of motoring was pleasant.

It was a Monday, Funday, Runday with various events for all the family. Fair rides for the children, outdoor entertainment acts, Fun Runs in fancy dress. The park was situated by the river Avon, a perfect setting. The atmosphere was warm and the weather started to improve too. We soon met up with Graham N, the initiator of the expedition, then bumped into John R and John I; everyone had their families. The barbecue was in the back of John I's car, all was organised for the picnic after the race.

At 11 a.m. we were off to a good start into Evesham High Street and out into the Cotswold villages. The sun started to shine and it was great to be running in a different part of the English countryside. The dry stone walls, the tiny cottages with pretty gardens were straight from picture postcards. Rows of greenhouses were built amongst perfect fields of patchwork green and brown, the farm buildings were dotted here and there, the views across the Vale were splendid. Spectator support was excellent, all along the route we were cheered, encouraged, applauded. We went up hill, down dale; the undulating route was the prettiest I had ever run. With 500 runners taking part we all had space and the humour was good. The last mile brought us back into Evesham, the park and then downhill all the way. The Finish Line was packed with cheering crowds and a warm welcome 'Home'.

All the Burnham Joggers had done well and were pleased with their times. John I and Linda were efficient with the barbecue and soon we were enjoying a celebration picnic by the river. A few beers, bangers and kebabs tasted delicious in the open air. It was a great day out. Thank you, Graham, for the Evesham Idea; it is good to enter a race in a different part of England and display the green and gold logo.

MO DISBREY

BURNHAM JOGGERS

STAGGERED JOG, SUNDAY 29TH MAY '88

6½ Miles

<u>Annual comp.</u>	<u>Name</u>	<u>Time</u>	<u>M.P.M.</u>	<u>12 Mos.</u> <u>Personal</u> <u>best</u>	<u>Per cent</u> <u>Comparison</u>
38	DUNCAN STEELE	43m. 51s.*	7.02	7.29	+ 3.70%
37	NICK LIPSCOMBE	33m. 29s.**	5.36	5.54	+ 3.25
36	TONY LINTURN	32m. 07s.**	5.14	5.27	+ 2.47
35	HENRY DUMLER	44m. 08s.*	7.06	7.22	+ 2.22
34	JILL STEWART	56m. 59s.*	9.12	9.27	+ 1.62
33	COLIN BAKER	34m. 58s.*	5.59	5.68	+ 1.58
32	STEVE FLATMAN	37m. 13s.*	5.95	6.02	+ 1.16
31	PAUL DEAR	42m. 03s.*	6.73	6.79	+ .88
30	DAVE FORD	46m. 04s.*	7.37	7.41	+ .54
29	COLIN BENNETT	39m. 05s.*	6.25	6.28	+ .48
28	HUGH BERGSTROM	42m. 34s.	6.81	6.84	+ .44
27	EDDIE DAVEY	42m. 05s.	6.73	6.75	+ .30
26	IVAN HOUSTON	40m. 16s.*	6.44	6.45	+ .16
25	SHEILA LEWER	52m. 40s.	8.43	8.39	- .48
24	DENISE HOWSE	40m. 16s.	6.44	6.40	- .63
23	PETER BUNKER	37m. 28s.	5.99	5.95	- .67
22	KENNETH McCORD	40m. 34s.	6.49	6.43	- .93
21	MAURICE SAMPSON	46m. 58s.	7.51	7.44	- .94
20	BILL CORBISHLEY	39m. 46s.	6.36	6.27	- 1.44
19	DAVE THORNLEY	47m. 52s.	7.66	7.53	- 1.73
18	PAT HATCH	53m. 46s.	8.60	8.45	- 1.78
17	YVETTE FARET	48m. 02s.	7.69	7.55	- 1.85
16	DON NICHOLSON	35m. 56s.	5.75	5.64	- 1.95
15	CAROLYN BIRD	53m. 40s.	8.59	8.38	- 2.51
14	DAVE THOMAS	41m. 50s.	6.69	6.46	- 3.56
13	RUSSELL BROWN	54m. 28s.	8.71	8.38	- 3.94
12	ALAN CHURCH	47m. 34s.	7.61	7.32	- 3.96
11	BOB GREEN	38m. 11s.	6.11	5.87	- 4.09
10	ELAINE WALLACE	41m. 43s.	6.67	6.33	- 5.37
9	CHRIS RILEY	40m. 51s.	6.54	6.06	- 7.92
8	BERNARD HOOKER	44m. 36s.	7.14	6.55	- 9.01
7	TOM RYLANCE	45m. 40s.	7.31	6.01	-21.63
6	KEVIN FALLON	45m. 40s.	7.31	5.97	-22.45
1	PETER DUNSDON	37m. 56s.**	6.07	NO 12 MOS. COMPARISON	
1	JOHN LETCHFORD	39m. 09s.	6.26	" "	"
1	JOHN DAVIES	38m. 51s.	6.22	" "	"
1	NATALIE HOUSTON	55m. 36s.	8.90	" "	"
1	GEOFF BURTON	52m. 40s.	8.43	" "	"

* All time personal best.

** All time personal best - special mention.

Congratulations to Duncan Steel for the best percentage improvement this month, for which he wins the Staggered Jog Trophy. Congratulations also to Nick Lipscombe, Tony Linturn, Henry Dumler, Jill Stewart, Colin Baker, Steve Flatman, Paul Dear, Dave Ford, Colin Bennett, Ivan Houston and Pete Dunsdon for all-time P.B.'s.

Particularly noteworthy are Tony Linturn's all time P.B. since it is his best ever in any 10K, particularly good on the Staggered Jog difficult course and a record also for 40+ Vets' time. Also Nick Lipscombe's time was best since January '86, following consistent improvements since January '83. Also Pete Dunsdon's time is best since May '82.

Many thanks to Eric Abbott for sitting in the 'hot seat' and results calculation. Also to Ralph Hatch for timekeeping and results calculation, and to Dick Bedford and Bob Hardman for timekeeping.

Next Staggered Jog Sunday, 26th June. Please register before 11.00 a.m. (Grey marks may be awarded to latecomers in future!) 27 31

P.S. Really great to see Pete Dunsdon and Geoff Burton back on the Staggered Jog.

RUSSELL BROWN

LADIES 10 KILOMETER

On Saturday the 21st of May the 5th Burnham Ladies 10 kilometer race was held in the Burnham Beeches. The turnout was not impressive in numbers but the twenty ladies that did run seemed to enjoy the event. The men spectating and supporting certainly enjoyed it.

After three years on alternate courses due to the congestion in the Beeches caused by the market, the race returned to the original course. It is scenic and slightly undulating providing a good challenge to runners of all abilities. The weather man did his part, giving us lots of sun but cool temperatures, excellent for running a 10K race. The course supervisor, that's me, must apologise for sending the runners wrong at the start. That resulted in the course being about 600 meters short. My memory must be failing with my advancing age. I must consult Hugh to find out what to do about it.

Despite the short course the ladies really came through with super runs. The sharp end had a real battle between Pauline Shore and Jane Harrop. Pauline came out on top holding Jane off by a scant 9 seconds. Elaine Wallace was the third home, followed closely by the first vet. Sammy Green. June Webb was next in after running the first 5K with Michelle. Carol Hardy followed June with the Dunne sisters fighting it out for 8th and 9th. Carol Linton came next, the second over forty with Liz Fitzgibbon, Mary Robertson and Jenny Lipscombe close behind. Maria Riley, Lynn Daniel and Mary Wilson all went under 49 minutes and Sheila Lewer being out sprinted by Natila, was just on 50 minutes. Pat Hatch and Joan Corbishley concluded the race.

Looking forward, it doesn't seem that there is much enthusiasm for Burnham Ladies Only Race. This was the fifth year it has been run and participation was the lowest yet. The intention of the event was to provide a venue in which our ladies could have a fun non-pressure run and be supported for once by the men of the Club. The race doesn't seem to be doing that. With that in mind, we should carefully consider if it is worthwhile before the event is put on next year's calendar.

Results by Age Group:

Overall	Under 30	30-34
1. Pauline Shore	1. Carol Hardy	1. Mandy Dunne
2. Jane Harrop	2. Liz Dunne-Saunsworth	2. Maria Riley
3. Elaine Wallace	3. Jenny Lipscombe	
35-39	40-44	45-49
1. June Webb	1. Sammy Green	1. Lyn Daniel
2. Mary Robertson	2. Carol Linton	
	3. Liz Fitzgibbon	
	4. Mary Wilson	
	5. Pat Hatch	
Over 50	Under 20	Under 20 5K
1. Sheila Lewer	1. Natalie Houston	1. Michelle Webb
2. Joan Corbishley		

VETERANS RELAYS, TRING, 22ND MAY 1988

After participating in a well organised Wexham Park 10K, a few of us made the swift transition from the hospital grounds to Tring. Unfortunately, we were not in time to see the over 50's relay, though we did see Bernard Hooker bring home our team to finish in the twenties. Hopefully some other observer will give us their thoughts and views on that event.

Soon after Bernard had crossed the finishing line, the over forties veteran category was away on the course which was alleged to be short of the three miles claimed. In a classy field, Keith returned in 41st to hand over to Jim Mouat in a time of 15.31. An amazing performance from Jim Mouat brought us back to 19th. He ran 15.08 in handing over to Grahame Wheeler who ran 16 minutes and dropped to 24th. Tony Linturn was on hand, however, to regain ten places, taking us into 14th and producing the fastest leg by a Burnham Jogger. He ran 14.49. Bryan Heywood took over to gain 9th place in an individual leg time of 15.10 and Allan Hardy, Don Nicholson and Dave Sutton maintained 9th position, all with respectable performances, 15.28, 16.04 and 15.12 respectively.

This result goes to show our veteran strength in depth. 9th place in an extremely strong field is a remarkable achievement, though with a few members unfit at the moment, one wonders what would happen if they were all running to their full potential. Aldershot and Farnham A.C. were first back, followed by Oxford A.C. and Newcastle (Stafford) A.C. in third. The fastest leg of the day was 13.49 which just goes to show that Tony Linturn is in fine form. When Tony was interviewed, he was alleged to have said that he is running better than he has ever done before. Well done, chaps!

<u>Results</u>	<u>Over 40's</u>	
	Time	Position
Keith Scudamore	15.31	42nd
Jim Mouatt	15.08	19th
Grahame Wheeler	15.57	24th
Tony Linturn	14.50	14th
Allan Hardy	15.28	11th
Bryon Heywood	15.10	9th
Don Nicholson	16.03	9th
Dave Sutton	15.14	9th
	<u>Over 50's</u>	
Tom Rylance	17.11	21st
Hugh Bergstrom	19.08	28th
Les Farrant	20.12	35th
John Bryant	20.08	38th
Dick Bedford	20.11	30th
Bernard Hooker	19.07	29th

Veteran teams from all over the country were competing, the first three teams home being:-

1. Aldershot & Farnham A.C.
2. Oxford City A.C.
3. Newcastle (Staffs) A.C.

NICK LIPSCOMBE

BURNHAM JOGGERS BUSINESS MEETING

9TH JUNE - HAYMILL

Present: President, Chairman, Treasurer. Hugo, Paul D., Carol, Ralph and Pat. Tony L., Mick, Joan, John, Alan.

Apologies: Eric and Secretary.

Carol: Proposed a double decker bus for the Sunday Times Fun Run. Committee agreed. Initial outlay to be taken from Club funds and repaid when fares are collected.

President: Asked the Treasurer to produce a brief statement of accounts, quarterly, for Feet Street News. Treasurer agreed.

Tony L: Said that a sub committee was being formed to develop the training of the junior joggers. He also proposed that junior events be held during the half marathon. These to include running, jumping and throwing.

Hugo (Half Marathon race director) said that we already hold a fun run during the half marathon and we could not support more events on the day because of the helpers who would be needed. He also felt that it would be an imposition on Caldicott School. The committee agreed and felt that Tony should ask his sub committee to organise a youngsters' event independently, on a different date. Burnham Grammar was suggested as a venue.

President: Told the committee that the running track had been fenced off by the builders. He would be making representations to see if he can get the fence moved.

The President also asked the committee to agree to subsidise the children's entry fees to the Runnymede Relays. Agreed.

The Half Marathon was discussed:-

Russell Brown - timing.

Bob L. to approach Margot to oversee.

Mary and Mick in the tunnel operation.

Secretary to apply for the preview Half Marathon permit.

After discussion it was agreed that the preview should remain a club event.

Hugo asked Alan Yeadon to consider becoming race director for 1989.

Carol agreed to procure prizes. Bob L to ask Keith to keep with prize organisation - catagories as for last year.

Fun Run - Pat and Ralph. 150 limit.

Alan reported that the programme is nearing completion.

John Irwin agreed to arrange for the P.A. System and a means of relaying the lead runners' positions during the race.

Chairman: Asked the committee to agree that we offer to replace the Wycombe Half Marathon lost trophy. The meeting agreed. Dave Sutton to be approached to make the arrangements.

Sportsaid - September 11th was discussed.

John Irwin said he will form a race committee to deal with it. We will probably use the Staggered Jog course. Tony Hatch to assist with police and council liaison.

Ralph: Reported that the left turn, shortly after the start of the Chairman's Dash, can be dangerous. He suggested a two groups race. This was agreed.

Paul Dear and Graham Norcott are interested in arranging kit sales. Bob Green said he will approach Chris Webb and discuss the subject.

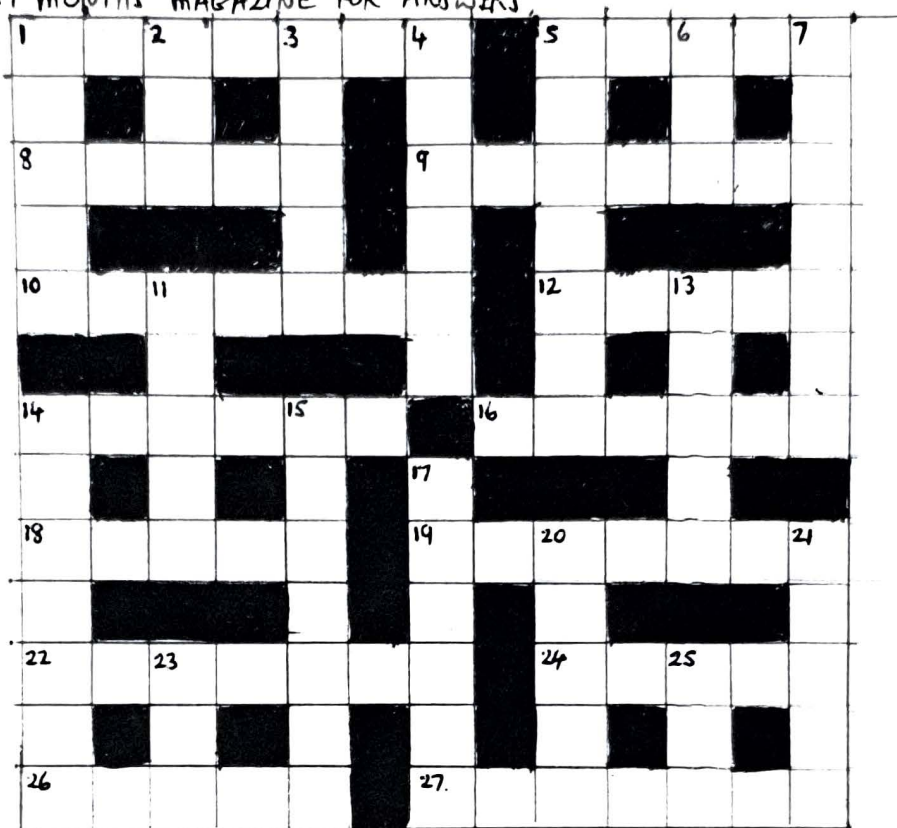
Joan: Said that the trophy cabinet will be delivered shortly.

BOB LEWER

AND NOW FOR SOMETHING COMPLETELY DIFFERENT :-

A QUICK CROSSWORD (COMPILED BY RALPH HATCH)

CLUES ARE MIXED - STRAIGHT, CRYPTIC (I THINK) AND B.T./RUNNING CONNECTED.
THE PERSON WHO SUBMITS THE FIRST CORRECT SOLUTION CAN HAVE MY BOTTLE OF WINE,
OTHERWISE SEE NEXT MONTH'S MAGAZINE FOR ANSWERS.



ACROSS

- | | | |
|----|---------------------------------|-----|
| 1. | RACE | (7) |
| 5 | TRAIL INDICATOR | (5) |
| 8 | CARRYING WEAPONS | (5) |
| 9 | KEEP SECRET. | (7) |
| 10 | AS EXPECTED. | (7) |
| 12 | DISTURB COMPOSURE | (5) |
| 14 | POPULAR MAKE. | (6) |
| 16 | GIVEN OUT. | (6) |
| 18 | SCENE OF SPORTING CONFLICT. | (5) |
| 19 | IMPORTANT SITE. | (7) |
| 22 | BILL'S OURS. | (7) |
| 24 | PART OF SHOE. | (5) |
| 26 | CLUB OFFICIAL IS INEXPERIENCED. | (5) |
| 27 | INSTRUCTS | (7) |

DOWN

- | | | |
|----|---------------------------------|-----------|
| 1. | MAKE PHYSICALLY EFFICIENT. | (5) |
| 2 | STICK TOGETHER. | (3) |
| 3 | BORN BEFORE. | (5) |
| 4 | WILLING TO OBEY. | (6) |
| 5 | AMUSING EVENTS | (3, 4) |
| 6 | ANY PERSON | (3) |
| 7 | AKIN BY BLOOD. | (7) |
| 11 | SUBJECT FOR N.Y. EVE DANCE. | (5) |
| 13 | EX CHAIRMAN SOUNDS SWEET. | (5) |
| 14 | RUNNERS BEWARE THIS TYPE. | (4, 3) |
| 15 | THE HASH CONTINUES. | (2, 3, 2) |
| 17 | KIT ITEM. | (6) |
| 20 | EARLY PART OF LIFE. | (5) |
| 21 | SOUNDS LIKE BOB ENTICES SHEILA. | (5) |
| 23 | DRINK. | (3) |
| 25 | PLAYER FOR MONEY. | (3) |

RALPH HATCH

CAESAR'S CAMP TAKEN BY STORM - 1ST MAY 1988

Caesar's Camp was once again taken, not by storm but in storm. It is easy to see why the area is so called. The Gauls would have had a task on their hands to locate Caesar, let alone attack him. Well, on this unpredictable day, Chris Riley, assisted by Anthony, left his burrow 'de bonne heure' to create a challenging trail in persistent rain. Unfortunately, it was to be discovered by only very few on this occasion. For those of you who thought they were in for a drenching, you would have been wrong. Ah ha, it stopped raining at 10.45. In fact, it was quite warm as the sun revealed itself.

With lots of trees about in which to swing, the two faithful elderly primates showed up to collect the banana money. The male elderly primate went on to demonstrate superb orienteering skill to the frantic fumblers up front which just goes to prove that a quick turn of foot in this game is not necessarily an advantage.

Those who took the initiative, appearing to thrive on the conditions were Carolyn B, Dick B and of course the elderly primate himself. It was with their help and a few prompts from Christopher that we emerged bedraggled from the wooded environs back to camp.

Hash horn was conspicuous by his absence because at times, deep in the forest, there seemed to be a lack of communication.

There was a small hash bash at the Arts Centre in Bracknell, but no outrageous barbecue party, so to speak, ensued which would usually come to fruition in better weather. Disco Charlie has something up his sleeve for us in the not too distant future.

NICK LIPSCOMBE (Hon. Sec.)

May 1988.



VITAMIN INFORMATION, PART 3

SEASONAL VITAMIN NEEDS

Time for a Change

We are all aware that our eating habits change with different seasons of the year, but how many of us have stopped to think what effect this has on our nutritional well-being?

During the summer there is an abundant supply of fresh fruits which are rich in vitamin C, including strawberries, gooseberries, raspberries and blackcurrants, and some salad vegetables such as cress, green peppers and parsley are also excellent sources of this vitamin. In Britain we eat a lot of potatoes, and on average they provide one third of our vitamin C dietary intake. But while fresh early potatoes contain about 30 mg. of vitamin C per 100 gram (and we need about 30 mg. a day), they lose it during autumn and winter storage, and by spring-time it has fallen to about 8-10 mg. That explains why, in the days before canned and frozen foods were widely available, scurvy, which is due to a shortage of vitamin C, was common in early spring and late winter.

Variations in our average national intake of vitamin C are clearly shown in published figures. On average we take as much as 67 mg. of vitamin C daily from July to September, when there is so much fruit about

This figure falls to 47 mg. from January to March, and rises again to 60 mg. between April and June. It must be remembered that these are average intakes, and although they look more than adequate, there are many people getting as little as 10-20 mg. of vitamin C a day.

Another vitamin which is very much subject to seasonal changes is vitamin D. Only a few foods contain vitamin D – for example fatty fish, butter and margarine, a little in eggs and a trace in milk. Thus many people rely mainly on the vitamin D manufactured in their skin under the action of sunlight. Vitamin D levels in the blood are much higher in the autumn, after sunny summer days, than later in the year. And nutritionists certainly see numerous cases of osteomalacia – the adult form of rickets – in elderly people and others who are confined to hospital or housebound and do not get enough exposure to sunlight.

Obviously there is a risk that some of us may not receive sufficient vitamin C and vitamin D from natural sources in the winter months. So when the duller autumn days approach, then is the time to start taking vitamin C supplements, or multivitamins which contain both vitamin C and D.



Sanatogen

Suppliers of Vitamins to the British Olympic Team

"RUNNING"? THROUGH INDIA

Some hot weather training the last two weeks before London is just what Dave Sutton and I would need to really set us up for a really good Marathon. With that in mind, Dave, Jeff Day and I set out the week before Easter to ride the trains and "run" around India for 15 days. With rail passes and back packs we arrived in Delhi at two a.m. on the first day and after leaving Putul and Joya at a hotel in Delhi, we were off on our great adventure, which by the way Putul said was crazy.

The first leg of our journey would take us through Rajasthan. We rode on the "Pink City Express" en route to Jaipur. We were all quite excited, drinking the last of the beer we took with us and looking forward to our first day in the warm desert climate. At 11.00 a.m. we arrived and headed into "The Pink City". It was warm but not bad. The streets were a little too crowded to do much of a run unless we wanted to pull a rickshaw. The cows and bikes seem to have the right of way, so we postponed our first run and hired an autorickshaw to drive us to the nearest beer shop and then to the local sights. When loaded up with 12 bottles of "Rosy Pelican", the local beer, we explored the town. After an enjoyable day of sightseeing, we had seen Jaipur so we would do our first run the next day in Jodhpur after an overnight train ride in our "air-conditioned two-tier sleeper". The air-conditioning really means the windows open and there are a couple of fans that move the air around. The bunks give you plenty of room to lie down so sleep is possible even with vibrating bed except during one of the frequent stops. In any case the run in the morning would put all things right.

The run in Jodhpur turned out to be a bike ride since it was again a little crowded to run. The cows, camels, goats, dogs, bikes, rickshaws, cars, carts and most of all people were everywhere so we joined in on bikes. Turned out to be a good decision and a great way to see the town.

After a good look around we cleaned up and relaxed getting ready to head south for Bombay and Goa that night. The food was great, beer not cold but abundant, and except for Jeff getting a touch of food poisoning which we thought for a while might kill him, all was well.

We passed through many small villages on the way to Bombay and you could always tell you were approaching one by the smell. It was like passing a sewage plant. You can smell a town before you can see it.

The train journey to Goa from Bombay was slow, 23 hours to cover 600 KM. We were looking forward to getting to the beach and really start our warm weather training. We arrived late in the afternoon and decided our first priority was to get clean after the train trip so it was straight into the ocean. That was a treat. The water was very refreshing and after a couple of beers at the beach, we found a place to stay. The Silver Sands Hotel at Cova Beach is really quite nice, air-conditioned, western toilet, swimming pool, the works, and only 4 pounds per person a night. Our run would wait until the next morning, Cova Beach turned out to be a real tropical paradise. Warm, not too hot, beautiful beach, and happy friendly people with cheap beer and superb food if you like fish.

Ever try Bombay Duck?

Our first run, the sun just rising but still quite warm and miles of beach to really hammer out a good hard run. Well 10 minutes up the beach I thought, Hey! This is a little warm. Dave was falling behind. It was his turn to have a little trouble with his stomach, and our blast down the beach and back lasted about 25 minutes. What the heck, we thought, we would do another run later. Well, later produced a bike ride and several swims and large amounts of beer consumed at a super place called "Conni Ms". That was our local pub for the day-and-a-half we spent in Paradise. Two runs in Goa for a total run time of about 45 minutes and it was off to "run" the rest of India, right across the centre from Bombay to Calcutta.

Our train "The Calcutta Mail" took 36 hours to cross India and our "First Class Air-Conditioned" coaches never let the air temperatures get much over 47C degrees. Nice for a sauna but a little bit much for sleeping. One of the worst things was the lack of beer for most of the trip. Hot, dusty and no beer, times were hard. Never mind, we were "soon" in a Calcutta taxi zooming down the wrong side of the road. A row of 5 cars and 2 buses heading right for us, we were going to the Grand Hotel to try and get some dirt washed off. After 36 hours on the train we chose the best hotel in town. Calcutta is a city you must see to understand or believe. It is a city that is in a state of decay. At one time it was a much sought after place to live with many beautiful buildings that resemble those in London, but now lie in rubble. Calcutta is decaying, overcrowded and chaotic. The noise, pollution and hot humid weather make it at times overpowering, but some British still cling to the "good times" left there.

We spent two days, visiting Jeff's friends, drinking a few beers with the American Marines that are posted there, and eating kebabs at Nizams. Then we were off to Dugapur to meet up with Putul and Joya. We arrived early in the morning on the "Black Diamond Express" to find Putul glad to see us still alive. We stayed at the Christian Mission where Putul's sister and her husband work. We spent the day walking around considering a run but not seriously figuring out where to head next. We decided to go back to Delhi in the comfort of "The Rajasthani Express" and for that we had to go back to Calcutta to get seat reservations. Easier said than done. Jeff and I spent 5-6 hours chasing around to get the seats but finally did.

No 5 star hotel this time but the comfort of the home of one of Jeff and Putul's friends and dinner at the Blue Fox Restaurant. Great food and the beer was really cold. The next morning we ran at the local botanical gardens and found out why you don't run in Calcutta. It is hot, humid and full of pollution. My lungs were burning after just 15 minutes of running. So much for our run, maybe tomorrow in Delhi.

We left Calcutta on the best train we were to ride on the whole trip. Real air-conditioning, good food, served in our compartments, and only 18 hours to Delhi. We were headed home with just one more day left after arriving in Delhi and we would take a day trip to Agra to see the Taj Mahal to top off the trip. It is worth the trip to see the Taj Mahal. And Fort Agra. They are really beautiful. We have lots of pictures; if anyone has the time and wants to look at them, see Jeff, Dave or me and we will be glad to "show off" our souvenirs.

We had had a nice day in Agra and it was time to head back to Delhi to catch our plane home. Our adventure in India was at an end. We had plenty of time to get back to Delhi, get a couple of hours' sleep and go to the airport. No sweat, right? Wrong! We were on the train going to Delhi but stopped in the middle of nowhere. Minutes turned into hours, the beer was gone, it was time to panic. "Oh shit", I thought, "we might miss our plane and have real problems getting home". Allan Hardy's quote came to mind. "I've been there, I've seen it, I've done it, what was it?" Well, we had been there, seen it, and done it. I knew what it was. It was time to go home.

In the end we made it to the airport just in time. The hot weather training for the Marathon didn't do Dave and I much good though. We dropped out on Tower Bridge. I can't imagine what went wrong. Maybe we didn't drink enough beer.

Don Nicholson

DATCHET DASH - 4th JUNE

Tony Linturn	32.55	(1st Vet)	Keith Scudamore	35.20	(2nd Vet)
Trevor Pollard	35.40	(3rd Vet)	Malcolm Moody	36.06	(4th Vet)
Don Nicholson	36.20		Jane Harrop	36.45	(1st Lady)
Peter Gleave	37.00		Kevin Fallon	37.30	
Dave Wilkinson	38.00		Steve Dedman	38.06	
Bob Green	38.23		Andy Harrop	38.35	
John Davies	38.46		John Irwin	38.47	
Derek Plumstead	39.24		Chris Riley	39.25	
Dave Cunningham	39.58		Trevor Wilson	40.50	
Elaine Wallace	40.50	(2nd Lady)	Ivan Houston	41.57	
Ken Clilverd	41.11		Peter Riley	41.57	
Bob Legge	42.02		Les Farrant	42.15	
Anne Booth	42.41		Sammy Green	42.50	
Alan Simpson	43.00		Carole Hardy	43.01	
Ian Knapper	48.44		Sue Barford	48.44	
Mary Wilson	54.00		Mick Wood	56.00	