

Henry

MARCH 89



BANK HOLIDAY TRAFFIC - I'D MUCH RATHER BE RUNNING!

Feet Street News

### CHAIRMAN'S ADDRESS

Long distance running may be on the decline but I don't think the London Marathon organisers have much to worry about, though. As usual it is over-subscribed. We will have a good number of runners on again, with lots of supporters. So, runners, wear the colours. If you've got the gear, you'll get a cheer.

Burnham Joggers seem to be having a very good winter. We have quite a lot of new members and a lot of new friendships have been forged in the hell of the trading estate. In a few weeks they will blossom in the Spring of the Beeches. Hey ho for the warm weather runs, barbeques and fun events, not least our own Easter Fun Run. Cliveden beckons with its superb scenery and tough terrain. 'Last one up Yew Tree's a Cissy!'.  
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What a good job Alan Yeaton is doing. Not only is he a club secretary who has taken up the causes of insurance for us runners, coaching the youngsters and a noticeboard newsletter. He has laboured under a good deal of domestic stress, during the last four months. I believe things are getting better for him now and I'm sure you share my appreciation for his conscientious efforts.

Bob Green made the point at the March Business Meeting that our socials lack atmosphere and attendance. I suppose one goes with the other really so everyone, come along, drink up, be merry and pass any ideas, for fun or themes at socials, to Bob, me, Alan or Bill. One good spark can set us off again, making the Burnham Jogger social the event of the month.

I wonder how many of our newer members realise that Burnham Joggers is a club run by its members. It is so easy to take for granted that one of the unique things about the club is that we do not have an elected committee. Anyone can come to a business meeting and have their say and the club's future depends on just that. It is not necessarily healthy to rely on the same few all the time so if you would like to come along, you'll be very welcome.

Meetings are held at about 6.15 after the run on the second Thursday in the month.

At the Easter Fun Run, I hope to see the Junior Joggers in action. All the work done by Tony and his team in the gym should pay off and they will add a nice splash of colour to the day.

Sunday morning running still goes on. Meet at Burnham Park at 9.00 a.m. The more who turn up the more variety of speeds and distances. Come and join us. There's no better way to spend a Sunday morning, except of course for the Staggered Jog.

BOB GREEN



## THE ENVA CUP - 10 MILES HANDICAP RACE

Shortly after the New Year, I saw on the Notice Board a reminder for the ENVA Cup race which was to be held on Sunday 12th February this year. I remember it well in past years. Who, except someone with a warped sense of humour would decide to hold this event in mid-winter, particularly over the course near Dorney. Once, it had to be postponed for a month because on the day of the race, snow drifts blocked the road and the few runners who turned up forgot to bring their shovels. The course is flat, so I was told, but I can tell you that this is far from the truth. Eric is trying to kid us all. He forgets to tell you about the approaches to the motorway bridges. During the 10 mile course, we have to negotiate 5 inclines ('hills', I call them). Of all the places around the Burnham area, I know of nowhere else where the wind can be felt more strongly. When it rains, or snows, it comes across horizontally and always seems to catch you on one side with a freezing effect. (Called the wind chill factor).

For the readers who have never experienced the ordeal, let me describe to you the "horrors" of the run. First of all, there is the parking of your car. You can choose to park it by the starting line, and if you do, it means that on finishing on the other bridge, you have to drag your poor limp, frozen body half way round the course again in order to reach your clothes. Those who have time to spare, but who does at 9 a.m. on a Sunday morning, can park their cars by the finish. They jog round to the start as a warm up. Having got warmed up, they stand for at least  $\frac{1}{2}$  hour in vest and shorts shivering in the wind, and sometimes rain, having first had to register. Just before 10 a.m., short sharp bursts on a whistle are heard and gestures are made by Eric to indicate that the race may be starting during the next 15 minutes and we should all proceed to the starting line at the end of the motorway bridge.

We stand there shivering and freezing as the wind tears past us and Eric tries to tell us which way to run. The noise of the traffic thundering past below us blocks out most of what he says. I stand there shivering, goose pimples erected and my shorts flapping in the wind. I say to myself "Shut up, Eric, and let's get started". We all know which way to go and if we don't, we will follow those in front. Who the hell is interested in past performances, handicaps, etc. at the moment? My knees are knocking - let's get moving. No need to wish me good luck. All of a sudden a shrill blast from a whistle can be heard and there is a sudden surge forward and we are on our way. Already I cannot feel my legs but I can see that one is following the other in a satisfactory manner as I pick up speed down the slope from the bridge along Lake End Road towards the Bath Road. I am not alone. There are other runners behind me but the majority are ahead. We head towards the Bath Road, turn left and find ourselves facing a head-on icy wind. My body suddenly shudders, the cold wind tears through my shorts and vest. Have I gone utterly crazy? Why was I talked into it? My other thoughts are unprintable!

All of a sudden a dreadful stench invades my nostrils. I am nearing the 1 mile mark! As I pass the marker, a voice suddenly shouts to me - 7 minutes 35 seconds. Oh dear, what sort of time do I call that? By the way, the smell comes from the Sewage Works

nearby. Around the corner into Marsh Lane, guided by 2 Marshalls who are keeping an eye on the traffic. Over the road, onto the footpath and away we go, but only to feel that wind again. My right side goes numb, the rain saturates me and again I wonder why I allowed Eric to talk me into it.

After the first lap I realise that we have not passed the half way mark but I plod on as quickly as I can. I want to get it over as soon as possible. Along the Bath Road a second time. Again my nostrils start twitching as that smell is experienced once more. I put on a spurt to pass the Sewage Works and all of a sudden someone shouts at me - Half way, 37 mins 35 secs. Surely that is not my time, that is under 8 min miles. I continue and complete the second lap. Then down Marsh Lane for the last time. By this time, I am oblivious of all pain and feeling. My legs seem to know which way to go. What can I think about to keep me going? The end must be nigh. Where is this blessed motorway bridge?

Around the corner and there it is, but there are no officials anywhere in sight. Where is the finishing line? I struggle up the last hill. My legs feel so heavy and tired. No finishing line in sight. I reach the top, having made a last effort when suddenly I see Eric and other officials. Is this the end? With one last effort I stride out down the slope and then I hear a voice - 77 min 28 secs. It is all over. The ordeal is over, or so I thought!

We then have to suffer the next stage - the reading of the results. By the time this comes around I have recovered, having slipped off home, bathed and put on dry, warm clothes. We all await with bated breath as we gather around in the 'George' to await the results. "6th position, time of 54mins 49secs with a handicap of 5mins 12secs gives a net time of 49mins 37secs". The person next to me gets excited, he leading the field. I listen, waiting for my result. Eric carries on reading the results. Net time of 48mins 24secs. A moan is heard beside me. Another result is heard, net time 52mins 47secs. I hear a voice close to me saying "Ridiculous, the handicap is unfair to my wife. She deserves a better time". More results are heard. Some more moans reach my ears but other members are becoming excited.

I hear my name. "Hurry up, Eric, don't keep me in suspense". I listen intently, 77mins 28secs, handicap time of 29mins 42secs, net time 47mins 46secs. "I am in the lead, a mistake must have been made". Eric announces "12 more to go". I clench my hands and wait. 11 to go, 10 to go..."Oh, hurry up, Eric" I say to myself. "It is at all possible - have I won". 2 more results to go. Surely no-one can beat my time now. Slowly I hear Eric's voice saying "Last but not least. Actual time 98mins 29secs, handicap of 50mins...". "Oh No!....36 secs". My brain ticks over quickly 29mins 36 - I can't work it out. Have I been pipped at the post? A voice says "net time 48mins". I hold my breath. "53 secs" I've won the Cup. The suspense is over.

As I walk over to receive the Cup my thoughts drift back to the run. It wasn't such a bad race after all and the handicaps seem fair, but unfortunately my views are not shared by all of the other runners. Anyway, there is always next year to try again.

ANONYMOUS



## THE "ENVA" CUP 1989

The annual event seems to come around far too quickly. This year the turn-out was not as great as for some of the previous years, e.g. in 1984 we had 96 finishers and in 1983 there were 83 runners who managed to complete the course. This 8th annual run saw 53 finishers. Only 4 runners had to fall out of the race due to circumstances best known to themselves. Whether they were injured, felt unwell or were simply "knackered" is unclear but their names will not be revealed. All runners were given a sealed handicap prior to the race based on their current performances, so, theoretically, everyone had an even chance of winning the Cup.

This year the weather was kind to the runners, being calm and reasonably mild, but for the timekeeper, marshalls and other officials it was on the chilly side.

The race was under way at about 10.15 a.m. and after the first lap, Tony Linturn was well in front of Nick Lipscombe. After the second lap he had increased his lead and Tony finally completed the course in a time of 53m 50s with Nick in second place over 4 minutes later. Nick's time was 58m 06s. In previous years there has been some queries as to the exact length of the course, so this year I re-measured it with the Club's wheel and can assure everyone that this year's course was exactly 10 miles, give or take a stride. Even Maurice Sampson, who decided this year that completing the course on a bicycle was far less energetic, was surprised to find that his new electronic odometer which he had just fitted to his bike, clicked up "10.00 miles" just as he passed over the finishing line.

Congratulations must go to the first lady to finish and this was Yvette Dummler in a time of 77m 32s. Her overall position was 35th. The overall winner of the "ENVA" Cup for 1989 based on handicap times was Peter Riley who finished in 66s 32s. A word of thanks must go to the Marshalls who ensured the safety of the runners, to Kathy Heatherington who provided me with details of past performances and to Jackie Davey and Chris Spurr for time-keeping. Chris also assisted in working out the final handicap results and ensured "fair play".

A big thank you to Bob Hardman and Mike Morgan for their support. They are the only two members of the club who have run in all 8 races. Bob was our first cup winner in 1982 and as for Mike - there is plenty of time yet; the cup is nowhere near full of names. Another year must now elapse for the next run. Make a note in your diary. Barring the decision of the organisers of the Wokingham  $\frac{1}{2}$  marathon as to when they will hold their event in 1990, the ENVA Cup run will be held on Sunday 11th February at 10 a.m.

ERIC ABBOTT

## HISARKÖY UPDATE - 27 FEBRUARY 1989

We are now in training for the Golden Horn half marathon in Istanbul on 14th May 1989. This may not seem much of a big deal - but to us it means up at 6.30 a.m. for a run of 5 miles plus each day. If we didn't do the run in the morning then it wouldn't happen, as by 4.30 p.m. we are knackered. It's hard work, this retirement!

All day is spent outdoors - working the land - this first year we are going totally Henry Doubleday (no artificial fertilizer, pest killer, etc.) - already bugs are at my cauliflowers and cabbages!

After the big storm of January 6th, everything has recovered wonderfully - nature is fascinating.

We now have blossom on the almond trees, peach and apricot. It really is lovely. The night temperatures are now 10°C and daytime around 18°C.

We also have a family - 2 puppies - only 7 weeks old and already near vegetarian! Meat is relatively expensive. Should you wish to buy sheep's kidney, you get the lot - lungs, heart, liver, other bits and pieces - you butcher the combined innards yourself. Enough to turn anyone into a Veggie!

Being springtime here, there are many wild flowers but - we have found several varieties of wild orchids (some of which would halt a motorway being built in England!!) and many other varieties of which I know not the names.

Next month's project is getting an asparagus bed prepared - about  $\frac{1}{4}$  acre. It will take 3 years to yield a crop - but well worth it (financially!!) if it works!

If anyone is interested, I'll update on our progress in a month's time - perhaps the editor will get bored about all this "up at 6.30 business" - if we want milk we have to go to the source - the cow, or goat or even a sheep - who knows what tomorrow's will be.

TONY & MO HUTCHINSON

### RUNNING INTO ROAD RELAY FORM

This is the time of the year when the Joggers "mix it" with top athletic clubs at road relays like TVH and Swindon. The Club appears to have got off to a good start.

Burnham Joggers' ladies took part in the annual Milton Keynes road relay championships in the company of some other 35 athletic club teams. The three two mile legs were taken for Burnham by Bev Kitchen in a time of 12.04, June Webb in 12.13, and Jane Harrop 11.13. The team finished third, only beaten by the two Oxford City trios, and thereby lifted the Bucks County medals. Jane's time was the third fastest of the day. Last week at Bournemouth, she finished fifth in the Southern Cross-Country Championships.

In the men's event, a high standard of running was seen from many of the 60 teams taking part. Teams of six ran the same two mile legs as the ladies. Burnham's open squad included Ian Van Lockven and Cliff Cook who both ran times of 9.34 and young Patrick Mouat who completed in 10.35. The team finished 15th in front of the Burnham vets at 18th. The vets finished third, however, in their age category, beaten only by Oxford and Bournemouth. The team and their times were Tony Linturn 10.02, Jim Mouat 10.12, Dave Sutton 10.29, Grahame Wheeler 10.38, Trevor Pollard 10.46 and Tom Rylance 11.37.

Tony Linturn went on to win the ENVA "10" the following day in a time of 53.50 on the Dorney course. Yvette Dummler was first lady in 80.80. The handicap event was won by Peter Riley, hotly pursued by Peter Bunker. Meanwhile out of town member Pauline Shore was winning a 6 mile cross country event at Basingstoke. She won the Harrow 5K the previous day in a time of 17.25. Our ladies must have London Olympiades worried about their hold on the London Marathon team award.

BOB GREEN



## RESULTS

Burnham men packed well in the Feltham Festival Five to bring the Joggers team home in 3rd position.

Individual results were:-

Leigh Zone	7th	in	25.37
Dave Sutton	12th	in	26.03
Tony Linturn	15th	in	26.13
Don Nicholson	65th	in	28.41
Jeff Day		in	29.

Burnham's in-form Pauline Shore headed the ladies field coming in 54th overall in 28.11. June Webb was first lady veteran in 30.09 - 110th overall and Elaine Wallace completed the ladies team with a time of 32.20.

The Joggers are losing the services of June Webb who is to join Aldershot & Farnham as a first claim member. June has recorded some excellent results for the Joggers and will be missed but the Club understands her reasons for the move and wish her every success in the future.

The Joggers don't have a galloping gourmet but they do have a running waiter! Enio Morassi recorded a P.B. of 1hr 27mins in the Southall Half Marathon on 19th February. In spite of being laid low with a virus afterwards, he returned to racing last weekend, recording 1hr 34mins at the Camberley Half Marathon.

In the Chiltern League Mob Match at Northwood, Bryan Heywood finished in 5th place followed by an injured Ian Van Lockven in 15th. Other scoring finishers were Arthur Lowe; Allan Hardy; Bob Hardman; Chris Riley and Dave Hopkins.

In the Youths and Boys race, Ross Muir finished in 7th place and his brother Luke, left at the start of the Colts race, still managed to get 17th place.

In the Finchampstead 'Todays Runner' Cross Country League, Burnham's only lady runner, Linda Walsh, did well to finish 7th. Dave Sutton was the first male Jogger in 2nd place, followed by Nick Lipscombe in 13th. Other finishers were: Alan Yeadon; Chris Jeffries; Mark Walsh; Eddie Davey; Ian Knapper and Richard Wagner.

Colin Baker was the first Burnham Jogger, finishing in 20th place, in the Berkhamstead Half Marathon. His time was 1hr 20mins and he was followed by John Howarth in 1hr 26mins and John Davies in 1hr 28mins.

Over 1200 runners, half of them serving soldiers, competed in the tough 'Para 10' at Aldershot. In muddy, difficult conditions, Chris Riley recorded 69.37; Bob Hardman 70.44; Ken Clilverd 75.25 and Peter Riley 79.33.

BILL CORBISHLEY



## GOOD TO BE HOME

"It's very nice to go travelling" in the words of Frank Sinatra and I cannot imagine there are more exciting and attractive spots to visit than the Far East, New Zealand and the Great Barrier Reef. We were very privileged to get the opportunity and Sammy has seven albums of pictures to remind us that it really happened. After six weeks back at work I do sometimes wonder. But to return to the song, it is "Oh so nice to come home" to the Burnham Joggers.

Even if we have been turned out of the Day Centre through no fault of Bob or Sheila. But we do have the hall at Haymill for the Monthly Social. On the last Thursday of each month, from eight-thirty onwards, Joggers can meet for a beer and 'bite'. At present we are appealing to members to contribute a few filled rolls or cakes until we have a new "volunteer" caterer. The Social is the opportunity for leisurely conversation and discussion and the ordering or purchase of kit. A chance to meet old jogging friends as well as new, spread the word. It is also hoped to show regular videos, lendings welcome but they ought to have a connection with running.

Monthly Meeting. This is held on the second Thursday of each month at the Haymill Centre. All Joggers are welcome to discuss organisational and financial runnings. The main item on the agenda over the next few months promises to be membership. For a number of reasons the present committee feel that a formal membership may need to be drawn up from next September.

Coaching of Junior Joggers. Tony Curtin, Chris Spurr, Alan Yeadon and Linda take youngsters for coaching sessions in the Haymill gym on Thursdays at 6 for an hour. Numbers of Juniors are increasing; there is a need for more adult helpers especially with the lighter nights approaching. Can anyone out there spare an hour once a week. Tony will provide all the guidance you require - you may find you make a better coach than runner. Hopefully some of these youngsters will develop into Chiltern League runners.

Sunday March 19th. We are taking a coach (charabanc) to Bath for the 'Half'. After the run there is the annual Bath lunch at the Rockery. Interested parties should add their names to the list on the notice board.

Easter Monday Fun Run. Lots of help will be needed for the Fun Run and remember to get in your entries for the 10K and relay. Entries on the day are much more expensive.

And looking even further ahead, why not give a thought to the Offa's Dyke challenge. A tough but rewarding run over the Welsh hills, and a weekend that compares favourably with Rhayader. June 18th is the date, entry forms at the Club.

Now if we had still been in N.Z. I wouldn't have had any of this on my mind. There is this real danger down under of stagnating, you know.

BOB GREEN

## RHAYADER DIARY 1989

Friday evening. Arrived at that grey, bleak building to a warm welcome - but where was the party? The Mellers were going to get there early and lay on nibbles and hot punch. We had looked forward to this on the journey up as we had come straight from work. Whisper had it that Jim McGovern drank ours so we settled for a pint and a bar meal. It was good to be back in the hanging gardens room with goldfish swimming about on the floor and the noise of excited joggers all around.

We asked where we were to sleep. A simple enough question, so why thirty-five pairs of downcast eyes and a dead silence? Were we to sleep in the barn? Surely they wouldn't make us share with the Wilsons - horror of horrors. Finally came the official announcement "We don't know". Alison was quite embarrassed about it all. We had sort of overbooked and the first arrivals had bagged all the best spots and the Lewers, Corbishleys and Carrotts - CARROTTS? - had to be sorted out. Well, we didn't have to worry about the Carrotts because we hadn't booked any Carrotts and if they turn out to be humans, there would be no way they would want to share with joggers. All this carrott crunching was getting us nowhere with the accommodation so Chris Riley offered us a spot in his front room. Up until we went to bed I really thought I owed him something.

Bill & Joan were fitted in somewhere, probably in the Clilverds' airing cupboard. Suddenly the doors burst open and in came the Carrotts. Danny O'Neil and Louise TARRANT. Mystery solved but where could they sleep? John and Linda Irwin had a spare bunk bed and Roderic could shift over a bit but everything was going to be very tight. Never mind, this is the Workhouse. Drink up and don't worry.

Friday bed time. There is a small cottage around the back. In one bedroom Maria and Chris Riley, in the other John Richardson and Heather. Between them and the toilet, Sheila and Bob (sleeping on the floor). Here was a recipe for a disturbed night. First came John and, as you might expect, no consideration at all. Not quite true, he only switched two out of three lights on. Heather made sure we had settled down again before she trotted through in the dark. We were only vaguely disturbed until she began to giggle. When John made his second visit, we gave up trying to sleep because we knew we had the Rileys to come. By six o'clock we decided sleep might be worth another try, so we drifted....CRASH, BANG, WALLOP, Riley arrived, did the business, pulled the chain, had a shower, shaved with a lawn mower, rampaged back to the bedroom and (you better believe it) blow-dried the hair. Then he leapt over us and went off for his run. He was followed by the giggler, wrapped up in swaddling clothes, to do her early jog.

Day Two (Sat.), though we could hardly tell the difference. Full civilised breakfast, followed by a chat and welcomes to the early morning runners. Then preparation for the mob eight mile, devised by Roderic. He had carefully mapped it on the O.S. the night before and carried a whistle and compass. Naively I had faith, even the emergency ration did not throw me. Twelve harrowing, hilly, God forsaken miles later, we got back to the Workhouse.



As usual it was a hive of noise and activity as everyone was off to the market. NOT US - we needed a siesta or a damn good sleep even.

Later. We got ready for the grand dinner. We packed into the dining room and gobbled up all that was put in front of us, as only B.J.'s can. The speeches were very short, but boring as ever, and then we got down to the fun. John Bryant was in brilliant form up to cabaret time, then the Daveys took over. We didn't know what to expect - Eddie doing a strip? No appeal in that and we all knew Jackie wouldn't, or would she? They actually played out a very funny french waiter sketch enjoyed by us all. Back to the jokes. At every lull, Matthew Davey tried desperately to get in with his joke but Jackie stopped him, until the crowd got on Matthew's side and she had to give in. The joke is, of course, unprintable, and I only mention the incident because Jackie covered her embarrassment so magnificently. There was no blushing, wringing of hands or recrimination. With great dignity and, dare I say courage, she slipped quietly under the table and stayed there for the rest of the evening.

Bedtime. 'Get your bloody gear on and come to bed', giggles. Yes, the Richardson room was at it again. Mind you, now that they had a pot - hooray for country markets - maybe we wouldn't be disturbed until blow-dry time at six. If you can't beat them, go out for an early run. So we did.

Breakfast. Followed by the Chris Riley six-mile country ramble, scramble, cow pat picking, horse-dung dodging, mud sliding, mountain climbing, bog-jogging (not like Friday night), fence-hopping, snowdrop spying, leg-aching, back-breaking, morning stroll. Poor crippled Chris and lackaday Les Farrant had a terrible time. They propped each other up and finished a joint third. Linda Irwin was so moved by it all that she threw a fit, left the main party and ran all the way back to the Workhouse. What some people will do for a jog.

We had our mid-day tea party, the second one of the weekend, the first simply being an orgy of food, booze, superb music and scintillating conversation. Of no consequence really. Then we all said our goodbyes. As the cars pulled out, I suspect that each couple felt, as we did, that Rhayader had been a complete flop again this year and we wondered whether it was worth all the effort.

BOB LEWER

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| 22/4 | <p>Harrow 10k<br/>Start: 3pm<br/>Entry: £1.50 - Cheques<br/>to Old Gaytonians<br/>C/D 15.4.89<br/>Dennis Orme<br/>12 Warden Avenue<br/>Harrow<br/>Middlesex<br/>HA2 9LW</p>  | 1/5  | <p>Hercules Wimbledon 10km<br/>Start: 3pm<br/>Entry: £2.00 - Cheques to<br/>Hercules Wimbledon AC<br/>Race Organiser<br/>71 Burntwood Grange Road<br/>Wandsworth Common<br/>LONDON<br/>SW18</p>   |
| 30/4 | <p>Hounslow 10k<br/>Start: 10.30am<br/>Entry: £2.50 - Cheques<br/>to Hounslow 10km<br/>John Cleere<br/>158 Village Way<br/>ASHFORD<br/>Middlesex<br/>TW15 2JX</p>  | 14/5 | <p>Docklands Spring Race 5km<br/>Start: 10am<br/>Entry: £3.50 - Cheques to<br/>London Road Runners Club<br/>C/D 4/5/89<br/>London Road Runners Club<br/>Alexandra Gate Lodge<br/>Hyde Park<br/>LONDON<br/>SW7 1QH</p>                     |
| 30/4 | <p>Epsom Allsorts Womens Races<br/>5 and 10kms<br/>Start: 10.30am<br/>Entry: £4.00 - Cheques<br/>to Epsom Allsorts<br/>(WOMEN ONLY)<br/>Jenny Denton<br/>1 Parkhill Road<br/>Ewell<br/>Epsom<br/>Surrey<br/>KT17 1LQ</p> | 14/5 | <p>Oxford Town &amp; Gown Fun Run<br/>10km<br/>Start: 10.30am<br/>Entry: £2.50 - Cheques to<br/>Muscular Dystrophy<br/>C/D 7/5/89<br/>Secretary<br/>50 Lyneham Road<br/>Bicester<br/>Oxon<br/>OX6 7FD</p>                                 |
| 1/5  | <p>Evesham Half Marathon 13.1mls<br/>Start: 11am<br/>Entry: £3.00 - Cheques<br/>to Evesham Half Marathon<br/>Mick Burrows<br/>14 Willow Road<br/>Fourpools<br/>Evesham<br/>Worcester<br/>WR11 6YW</p>                    | 16/5 | <p>Brooks Running XC Fun Runs<br/>5.5mls<br/>Start: 7pm<br/>Entry: 50p - Cheques to Fleet<br/>X Country<br/>Age group races incorporated plus<br/>Joggers 2ml run<br/>Fleet XC Fun Runs<br/>PO Box 1<br/>Fleet<br/>Hants<br/>GU13 9JU</p> |



21/5 Twickers 8mls  
Start: 10.30am  
Entry: £3.50 - Cheques  
to LRRC  
C/D 11/5/89  
London Road Runners Club  
Alexandra Gate Lodge  
Hyde Park  
LONDON  
SW7 1QH

29/5 Chesham Race in the Park  
Start: 11am  
Entry: £2.00 - Cheques to  
Chesham Harriers  
C/D 22/5  
Roger Beedell  
523 Waterside  
CHESHAM  
Bucks  
HP5 1QF

28/5 Feltham Half Marathon 13.1mls  
Start: 10.30am  
Entry: £4.00 - Cheques  
to Feltham Half Marathon  
C/D 21/5  
Bernard McLaughlin  
458 Staines Road West  
Ashford Common  
Ashford  
Middlesex  
TW15 1RZ

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#### CLUB CALENDER

13/4 Business Meeting - Haymill Centre  
8pm

27/4 Social - Haymill Centre  
8.30pm

30/4 Staggered Jog - Day Centre Car Park

11/5 Business Meeting - Haymill Centre  
8pm

25/5 Social - Haymill Centre  
8.30pm

28/5 Staggered Jog - Day Centre Car Park

MINUTES OF THE BUSINESS MEETING HELD ON THE 9TH MARCH 1989

Members Present:- Bob Green, Bob Lewer, Bill & Joan Corbishley, Peter Lear, Alan Yeadon, Tony Curtin, Chris Spurr, Peter Bunker, Carol Meller, Ralph & Pat Hatch, Mick Wood, Albert Kerroum.

Apologies:- Denise Howse.

1. Easter Fun Run.

PB reported that applications were coming in at a steady rate (50 plus so far) and he would organise mail distribution of numbers and maps, and pass entry fees to BC. Numbers to be marked with coloured pens to distinguish various categories of runners. Eric Abbott had agreed to do results.

BG had consulted the police about the new route. The Lincoln Hatch/Green Lane junction to be policed. Entry to the finish at Burnham Park would be at the lower end near Five Points, through the double gates which would require 2 marshalls.

The route of the Fun Run would be along St. Peter's Close, Burn Walk, down the High Street and past the church. Hugh Bergström to help with Fun Run. All children would be offered prizes which would be given in the Hall. Tony Curtin would organise runs for the following age groups:- Plus 5, 5-6, 7-8, 9-10 and 11-12 years. Prizes would be given to the winning Boy and Girl in each event.

Other points which were raised included:

- (a) Pat & Ralph to help with prizes.
- (b) John Irwin to be asked to help with publicity van.
- (c) Prudential providing Km markers.
- (d) Burnham Couriers to be asked to help with removing kit from the start.
- (e) BL to organise lead car.

2. Junior Joggers.

Tony Curtin expressed concern over several points of safety relating to the Junior Joggers. Parents should be informed that they are responsible for bringing and collecting the children and that they should check that there is someone present to take the group. Tony proposed to send a letter to all parents saying that the highest standards of behaviour and safety were being maintained. Tony, Chris and Alan to act. BG asked to devise a similar letter to parents of young joggers who did not attend the Junior section.

Tony requested for a track to be marked on the Haymill field. BG to act.

3. Resignation.

Bob Green reported that he had received a letter of resignation from Colin Taylor in which he apologised for any embarrassment caused by recent events.



#### 4. Social.

Albert had arranged a Barn Dance at Haymill on the 6th May 1989. The admission will be £2.00 and the Bar will be available. A Footpath Run would be organised on the 6th May. The event would start at the Day Centre and head towards Wooburn.

#### 5. Other Business.

- (i) Albert suggested that an alternative venue for the Annual Dinner be considered.
- (ii) It was reported that the entry fee for the Sunday Times Fun Run had been increased. No details to hand. How long should Denise wait for the fees from entrants?
- (iii) Denise offered to organise 5K runs during the summer.
- (iv) BG proposed a debate on the topic of a Club Subscription. However, several people commented that any Jogger or group of joggers was welcome to come to any business meeting to express their views.
- (v) Alan reported a communication from BVAf which proposed a scheme for prizes for veterans. A "Grade 1" scheme would entail about 20 prizes going to Vets. We appeared to be quite close to their "Grade 2" scheme. However, it was decided that we did not want to be tied by their proposals.
- (vi) BL reported that Bracknell AC would be holding a running event over a week in October 1989 and he would provide details at a later date.



# THE SUNDAY TIMES NATIONAL FUN RUN

24th September 1989

It seems like only yesterday I was sitting on the coach after the Fun Run thinking that apart from handing out the certificates that's it for another year. Well eight months is a short year, but due to the popularity of this event preparations have to start early.

For uninitiated, the Fun Run is one of those special events on the Joggers Calender: 30,000 walkers, joggers and runners enter each year to tackle the 4km (2½ mile) Hyde Park Course - times range from +35mins to -12mins, so it really is an event for all standards. The runs are broken down into age categories and commence at 10am with a new run starting every 20mins, culminating in a mass jog at 4.30pm. As a Club, we provide marshals and if you help with this you recieve a packed lunch and tee shirt. It's a great day with plenty to watch and do - if you dare get bored with the running, there's boats to be taken out on the Serpentine or Speaker's Corner to visit.

Each team has a Captain, they are responsible for ensuring the official entry forms are completed when issued at the beginning of June and handing out the numbers to team members on the day.

I believe for the first time in eleven years the weather had the better of us last September. Although we had a total Club entry of 127, only about 90 joggers made the big day - the off-putting weather and injury taking its toll. Our Cross Country rivals, "Metros" managed the best turn out, 190 entries and a massive 155 participating - 82%.

Our "Acorns" were first running club last year and second team out of 1542 - I know quite a lot of people would like to be a member of our top team, but, unfortunately, there are only ten places, therefore, inevitably a few people will be disappointed. However, it's just as important to have good "Beechnuts", "Chesnuts" and "All-the-other-Nuts", so let's have a good entry and turn out in September. Lots of Burnham Joggers, lots of Green and Gold, let's show everyone the size, depth and quality of our Club!

The entry system has changed slightly this year. To take part simply fill in the slip below and hand it to either Bob Lewer or me BEFORE 19th May 1989, together with your entry fee. £3.50 for Seniors (18+ on the day) or £2.00 (8 to 17 years). Cash or Cheques to "Burnham Joggers".

Denise Howse

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(BLOCK CAPS PLEASE)

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ ENTRY FEE: £3.50/£2.00

PHONE NO: \_\_\_\_\_

Are you prepared to be a Captain? YES/NO