

FEET STREET NEWS



BURNHAM JOGGERS

MARCH ISSUE

1990

BURNHAM JOGGERS

(WHO'S WHO)

PRESIDENT	BOB GREEN	10628 602210	SPORTS INJURIES-EASTER FUN
VICE PRESIDENT	HUGO BERGSTROM	102814 4603	BURNHAM BEECHES HALP
VICE PRESIDENT	RUSSELL BROWN	10628 663226	STAGGERED JOG
CHAIRMAN	BILL CORBISHLEY	10628 662128	CLUB CHAMPIONSHIP
SECRETARY	ALAN YEADON	10734 345412	AAA REPRESENTIVE
TREASURER	MARGARET CLIVERD	1075347654	SUBSCRIPTIONS
VICE CHAIRMAN	WICK WOOD	10753 22436	NATIONAL FUN RUN ORG.
SOCIAL SECRETARY	ALBERT/MANDY KERROUM	10628 661940	CLUB SOCIALS
COMMITTEE	BOB LEVER	10628 661310	CLIVEDEN CROSS COUNTRY
COMMITTEE	KEITH SCUDAMORE	10628 602159	TVH RELAYS/HALF MARA.ENTS
COMMITTEE	CAROL/ERIC MELLOR	10628 603795	COACHES/ANNUAL BIKE RIDE
COMMITTEE	JOAN CORBISHLEY	10628 662128	CAR STICKERS/RACE PRIZES
COMMITTEE	RALPH/PAT HATCH	10628 665301	CLUB FUN RUN
COMMITTEE	CHRIS SPURR	10628 35477	JUNIOR JOGGERS/RESULTS
COMMITTEE	ERIC ABBOTT	10494 675329	ENVA 10 /RESULTS
COMMITTEE	DAVE SUTTON	10494 812910	CLUB CAPTAIN
COMMITTEE	MANDY LANGHEAD	10753 820075	FEET STREET NEWS
COMMITTEE	EDDIE THORPE	10753 820075	FEET STREET NEWS/EVENTS
COMMITTEE	JOHN IRWIN	10494 677081	CLUB CHAMPIONSHIP
I-COUNTRY SEC	NICKY LIPSCOMBE	10753 852480	SKI TRIPS
CLUB KIT	PAUL DEAR	10753 823671	CLUB KIT
CLUB KIT	GRAHAM NORCOTT	10628 66518	CLUB KIT
PRESS SECRETARY	MIKE COATES	10753 866281	RESULTS/EVENTS
CATERING	SHEILA LEVER	10628 661310	MONTHLY SOCIAL
RHYARDER WEEKEND	ROD MILES	102814 4437	RHYARDER
BI-ATHLON EVENTS	DUNCAN STEELE		
NUTRITIONIST	SAMMY GREEN	10628 602210	DIETS FOR RUNNERS
CARTOGRAPHER	JEFF DAY	10628 666578	
TARGET ZERO	DON NICHOLSON	10628 604256	
HASH HOUSE	MIKE PAYNE	10628 21987	
RUNS ABROAD	JIM MOUNT	10494 24843	RUNS IN EUROPE



PRESS OFFICER

MIKE COATES

HE NEEDS YOUR RESULTS A.S.A.P.

PHONE HIM ON 0753 866281

EDITORIAL

"OLDHAM ATHLETIC"

LITTLEWOODS CUP

FINALIST

1990

PROMOTION TO DIV 1

1990 ?

F.A. CUP FINALISTS

1990 ?

UNBEATEN AT HOME

FOR 38 MATCHES

BEST TEAM IN THE LAND

(YOU ALL HAD THE CHANCE TO BE EDITOR OF FEET STREET,
THIS IS ONE OF THE PERKS OF THE JOB)

Minutes of the Business Meeting held at the Haymill Centre
8 March 1990.

Members Present: Bill & Joan Corbishley, Bob Green, Keith Scudamore, Alan Yeadon, Margaret Clilverd, Carol Meller, Liz Turbin, Eric Abbott, Pugh Bergstrom, Mick Wood.

1. Half-Marathon: AY gave details about a phone conversation in which it appeared that there was a possibility that General Portfolio would be interested in sponsoring the Beeches Half Marathon. However, no written confirmation had been received and therefore it would not be possible to make a decision. The offer sounded attractive since the sponsors would provide prize money, race numbers, mile-markers and publicity. It was agreed that AY pursue this matter urgently.

After discussion it was agreed to limit the field to 1500. Keith requested that runners should send two envelopes if they wanted confirmation of their entry.

Hugh requested that runners numbers should be colour coded to assist in identifying prize winners. Keith pointed out that not all categories of prize winners were difficult to identify and we should concentrate on the more difficult categories. It was agreed to adopt some form of colour coding.

Alan and Bob were asked to approach two possible caterers for the event. Keith queried the AAA ruling over the exact age limits for women vets. AY to check on this.

2. Tree Planting at Cherry Orchard: Bob G asked members to be present at the Cherry Orchard at 10 a.m. 17 March to plant trees.

3. Easter Events: 40 entries received so far. Advertiser to be asked to publicise event. BG to approach Runnymede about timing clock. Eric and team would organise the timing. Bill offered to organise marshalling. BG to get prizes and Joan to set prizes up on the day. Carol & Sheila would organise children's entries.

Mick Wood to act as sweeper. Ralph and Pat to be asked to organise children's run (perhaps novelty race?). The Fun run to be round park. Catering was organised and Bar would open at 12 noon. Keith to do late entries. First Aid - St Johns Ambulance. A box would be provided for postal results (40p). Bob L to be in lead car. Margaret would look after finances.

4. Other Business:

a) AY reported that loans and various finance schemes for Clubs was available through the AAA.

b) It was agreed that Alan Hardy's disco be regarded as a totally independent of the Club.

c) Keith expressed concern at the low turnout at recent staggered jogs. More publicity was required for this event.

d) Liz requested a water station on the Helpers half-marathon which would be held on the 12th August.

e) Margaret to chase up subscriptions of some new members.

f) Joan reported that locks would appear of the Ladies shower rooms in the near future.

g) Bob Lever reported that Linda Walsh had been attacked by an Alsatian during a training run. Some discussion followed about the safety aspects of the various runs. However, each of the routes discussed had potential hazards. All members were urged to take precautions such as wearing reflective gear and running in groups.

h) Bob G had organised some Wednesday evening events: 25 May (Wargrave); 13 June (Burnham); 27 June (Maidenhead); 18 July (Datchet).

RESULIS RESULTS RESULTE

READING HALF MARATHON

TONY LINTURN	72m.14s.	BRYON KEYWOOD	72m.56s.
JIM MOUTT	73m.44s.	GRAHAM NORCOTT	80m.12s
PAUL DEAR	87m.50s PB.	DANNY O'NEILL	97m.30s.PB.
BOB LEWER	102m.00s.	ALAN WATSON	104m.27s
RALPH HATCH	110m.00s.	CAROLYN SANDSON	114m.00s.
LOISE TARRANT	121m.48s.PB.	ERIC ABBOTT	125m.00s.
CATHY FKYNN	125m.00s.	PAT HATCH	128m.00s
CHRIS SPURR	133m.15s.	TREVOR ALDERMAN	136m.00s.

QVM HALF MARATHON

IAN VAN LOCKVEN 71m.30s. 1st

FINCHLEY 20

KEITH SCUDAMORE 118m.28s. 1st.M.45.

TUX RELAYS

UETS TEAMS	A.TEAM	7th	54m.51s.
	b.TEAM	19th	57m.23s.

COOMBE GIBBETT TO OVERTON 16 X/C

BOB HARDMAN	1hs.52m.42s.	27th
PETE RILEY	1hr.53m.07s.	30th
TOM RYLAND	1hr.59m.52s.	45th
CHRIS RILEY	2hr.02m.42s.	55th
CHRIS CAMERON	2hr.03m.25s.	57th
KEN CLILVERD	2hr.04m.31s.	61st
DAVE HOPKINS	2hr.04m.49s.	62nd

* DENOTES PERSONNAL BEST

+ DENOTES BANNED FROM AWAY FIXTURES FOR 6 MONTHS

RACE REPORT NEXT ISSUE

BATH HALF MARATHON

1990

THIRTYSEVEN JOGGERS ALONG WITH THEIR SUPPORTERS MADE THE ANNUAL PILGRIMAGE TO BATH LOOKING FOR FAST TIMES EVEN THOUGH THE COURSE IS NOW AN EXACT 13.1 MILES. THE SUN DIDN'T HELP, NOR THE DOWNHILL FIRST MILE; THESE TWO ELEMENTS PROBABLY ACCOUNTED FOR THE EARLY DEMISE OF THE WELL FANCIED JANE HARROP AND GRAHAM NORCOTT. BOTH THROUGH THE FIRST MILE IN UNDER 5m.30s. HOWEVER THEIR SUPPORT ON THE ROADSIDE AT THE BEGINNING OF THE SECOND LAP WAS VERY WELCOME.

WHEN ALL WAS SAID AND DONE PRIDE OF PLACE GOES TO THE VETS ONCE AGAIN WITH THE MENS TEAM TAKING FIRST PLACE AND SAMMY GREEN TAKING THIRD PLACE LADY VET AND LEADING THE LADY VETS TO SECOND TEAM.

I BELIEVE THAT SAMMY HAD HAD A QUIET WORD WITH THE ORGANISERS BEFORE THE EVENT IN HER CRUSADE FOR A BETTER DEAL FOR WOMEN RUNNERS AS SAMMY RECEIVED A SHAVER FOR HER EFFORTS AND THE MEN A SET OF CASSEROLE DISHES !

RESULT

BRYON HEYWOOD	61st	74m.03s.	NICK LIPSCOMBE	77th	75m.10s.
DAVE SUTTON	97th	76m.16s.	GRAHAM WHEELER	107th	76m.36s.
EDDIE THORPE	143rd	78m.25s.	DON NICHOLSON	147th	78m.32s.
COLIN BENNETT	257th	82m.34s.	ALBERT KERROUM	414th	85m.15s.
COLIN THORPE	418th	86m.18s.	BOB GREEN	498th	87m.47s.
JOHN IRWIN	605th	89m.36s.	TREVOR WILSON	668th	90m.42s.
ALAN YEADON	1109th	97m.44s.	DANNY O'NEILL	1280th	101m.11s.
HENRY DUNLER	1410th	103m.15s.	CHRIS JEFFERIES	1653rd	108m.34s.
ALAN WATSON	1672nd	108m.56s.	FRIC MELLOR	1681st	109m.17s.
GARETH HAMPTON	1698th	109m.29s.	PETER HUMBERSTONE	2198th	126m.28s.
KEITH HIDDLE	2246th	130m.57s.	ERIC ABBOTT	2287th	135m.25s.
TREVOR ALDERMAN	2325th	142m.28s.			

SAMMY GREEN	46th	94m.59s.	LIZ WELLOE	112th	105m.41s.
JAN COOK	148th	109m.23s.	MARGARET CLILVERD	210th	117m.17s.
BARBARA DIXON	308th	129m.15s.	LIZ TURBIN	309th	129m.23s.
BARBARA HAMPTON	320th	130m.44s.	LOISE TARRANT	341st	134m.28s.
CATHY FLYNN	343rd	135m.01s.	OLIVE FENWICK	348th	136m.10s.
PAT HATCH	353rd	137m.50s.	CHRIS SPURR	378th	144m.15s.

FINISHERS	MEN	2362	LADIES	400
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PERSONAL BEST PERFORMANCES

COLIN THORPE - GARETH HAMPTON - MARGARET CLILVERD - BARBARA DIXON - (FIRST EVER RACE) - LOUISE TARRANT - (FIRST HALF MARATHON) - OLIVE FENWICK (FIRST HALF MARATHON)

CLUB CHAMPIONSHIP THIS YEARS EVENTS

DESIGNATED EVENTS FOR 1990

FEB	4th	ENVA 10
MAR	25th	FLEET HALF MARATHON
APR	13th	MAIDENHEAD 10
APR	22nd	LONDON MARATHON
JUN	2nd	DATCHET DASH
JUN	17th	OFFAS DYKE
JUL	22nd	WYCOMBE HALF MARATHON
AUG	?	YATELY 10k
AUG	?	INTER CLUB 5k
AUG	19th	B.J's HELPERS HALF MARATHON
OCT	7th	WINDSOR HALF MARATHON

RULES OF COMPETITION

ANNUAL COMPETITION

OPEN TO B.J's COMPETING IN THESE EVENTS
 BEST 6 RESULTS TO COUNT
 CHOICE FROM THESE EVENTS
 MUST COMPETE IN CLUB COLOURS
 POINTS BASED ON B.J. POSITION IN EVENT
 1 POINT FOR 1st B.J. 2 POINTS FOR 2nd B.J.
 CERTIFICATE TO ALL COMPETITORS
 MENS AND WOMENS CLUB CHAMPIONS
 RESULTS IN FEET STREET NEWS

NATIONAL VETERANS ROAD RELAY CHAMPIONSHIPS

SATURDAY MAY 13, 1990
RUSHMOOR ARENA, ALDERSHOT



In association with **RUSHMOOR**
LEISURE SERVICES

Open to all clubs affiliated to BAAB
Medals to first three teams in each event, first B
Team and to the three fastest stages in each race

This Championship will be held on the traffic free course
used for the Southern 6 Stage Championships

EVENT	STAGES	START	ENTRY
1 WOMEN 35 plus	4	11am	£6.00
2 MEN 60 plus	3	11am	£5.00
3 MEN 50 plus	6	11am	£7.00
4 MEN 40 plus	8	1.30pm	£12.00

ENTRIES CLOSE on APRIL 28

Teams must be declared 30 minutes before the
start. All competitors must wear club colours

VETS WANTED

COME ON ALL YOU VETERAN JOGGERS
(If you are young enough)

A DATE FOR YOUR DIARY

SATURDAY 12th MAY 1990

ENTRIES CLOSE ON APRIL 28th

NAMES TO DAVE SUTTON ASAP.

LETS HAVE A GOOD YEAR

THE BEST YET

DEAD OR ALIVE

CAMBERLEY HALF MARATHON

11.3.90

DAVE FORD 1hr.45m.47s. 1st
RALF HATCH 1hr.51m.00s. 2nd

VERLEA PRE LONDON 20 MILE

IAN VAN-LOCKVEN 1hr.51m.28s. 4th
KEITH SCUDAMORE 1hr.53m.55s. 2nd VET

STAGGERED JOG CURRENT STANDINGS ANN/COMP. ALL COMPT.							
POS	NAME	1st	2nd	3rd	4th	5th	TOTAL
1	RALPH HATCH	23	21	14	13	15	86
2	BOB HARDMAN	18	27	15	12		72
3	TERRY BRYANT	32	28	11			71
4	DAVE HOPKINS	26	29	13			68
5	BOB ENGEL	12	33	12	5		66
6	BARBARA DIXON	27	22	16			65
7	EDDIE THORPE	17	35	11			63
8	KEITH SCUDAMORE	21	18	2	14	7	62
9	KEN MCCORD	15	30	10			55
10	NICK COATES	28	25				53
11	LEE TURBIN	20	23	4			47
12	ENNIO MORASSI	16	17	7	7		47
13	BOB GREEN	34	8				42
14	MALCOLM MOODY	32	10				42
15	EDDIE DAVEY	29	12				41
16	CHRIS CAMERON	31	9				40
17	JOHN MONAGHAN	11	24	5			40
18	NICK ALDERTON	25	8				37
19	KEVIN FALCON	24	12				36
20	TOM RYLAND	10	15	6	3		34
21	JEFF DAY	31					31
22	GARETH HAMPTON	30					30
23	PETER HUMBERSTONE	13	16				29
24	COLIN BENNETT	26					26
25	KEITH BIDDLE	6	6	14			26
26	ELAINE WALLACE	8	12	3	7		25
27	STEVE CLEGG	25					25
28	NICK LIPSCOMB	22					22
29	PHILLIP GUGLIOTTA	5	16				21
30	JOHN IPWYN	19					19

BEST SIX EVENTS TO COUNT FIVE EVENTS POSSIBLE

NEXT STAGGERED JOG SUNDAY 29th APRIL 1990
REGISTRATION FROM 10.15 PLEASE BE EARLY

STAGGERED JOG CURRENT STANDINGS ANN/COMP. ALL COMPT.							
POS	NAME	1st	2nd	3rd	4th	5th	TOTAL
31	ROSS MUIR	19					19
32	DAVE FORD	1	16				17
33	CHRIS JEFFREYS	1	15				16
34	JOHN McDONNELL	2	13				15
35	CHRIS SPURR	14					14
36	GARY CLARKE	14					14
37	PAUL CARTWRIGHT	13					13
38	DAVE SUTTON	11					11
39	JANE HOUSEGO	10					10
40	HENRY DUNLER	10					10
41	PETER RILEY	9					9
42	CLIFF COOK	8					8
43	PAUL DEAR	8					8
44	PAT HATCH	7					7
45	NICK BROWN	6					6
46	TOM HOLLOWAY	6					6
47	DON NICHOLSON	5					5
48	ALAN WATSON	4					4
49	IAN WILD	4					4
50	BILL CORBISHLEY	3					3
51	CELIA FINDLAY	1					1
52	GEORGINA DUNLER	1					1
53	NICK HOGG	1					1
54	JENNY JAMES	1					1
55	PHILLIP JAMES	1					1
56	DAVE THOMAS	1					1
57	ALAN HARDY	1					1
58	JASON THORPE	1					1
59		1					1
60		1					1

DAY	DATE	APRIL EVENTS	"JOGGERS DIARY"	NOTES
SUN	1			
MON	2			
TUE	3	CLUB NIGHT		VETS SEE DAVE SUTTON/NAT.VETS RELAYS
WED	4			
THU	5	CLUB NIGHT		JUNIOR JOGGERS HELPERS WANTED
FRI	6			
SAT	7			
SUN	8	X/C TODAY RUNNER		FINAL
MON	9			
TUE	10	CLUB NIGHT		NEWS/VIEWS/RESULTS/LETTERS FOR FEET ST.
WED	11			
THU	12	CLUB NIGHT		JUNIOR JOGGERS HELPERS WANTED
FRI	13	MAIDENHEAD 10		CD.6/4 E4.CLUB CHAMPS EVENT
SAT	14			
SUN	15			LONDON NEXT WEEK
MON	16	TUGWOOD 10K		HELPERS WANTED
TUE	17	CLUB NIGHT		
WED	18			
THU	19	CLUB NIGHT		JUNIOR JOGGERS
FRI	20	PREPARE KIT FOR SUN		SEE ARTICLE ON MARATHON GEAR FOR THE DAY
SAT	21			RELAX IT'S THE BIG ONE TOMORROW
SUN	22	LONDON MARATHON		BEST OF LUCK TO ALL RUNNERS/PB'S FOR ALL
MON	23	DONT STIFFEN UP		3 MILE JOG/LOOSEN UP YOU MARATHON RUNNER
TUE	24			
WED	25			
THU	26	CLUB NIGHT/SOCIAL		GEORGE 8pm COME ALONG TELL US ABOUT LNC.
FRI	27			
SAT	28			
SUN	29	STAGGERED JOG		SIXTH EVENT IN SERIES
MON	30			
TUE	1			

DA.	DATE	MAY EVENTS	"JOGGERS DIARY"	NOTES
TUE	1	CLUB NIGHT		
WED	2			
THU	3	CLUB NIGHT	JUNIOR JOGGERS HELPERS WANTED	
FRI	4			
SAT	5			
SUN	6			
MON	7			
TUE	8			
WED	9			
THU	10			
FRI	11			
SAT	12	VETS NAT.RELAYS	SEE ADVERT/DAVE SUTTON ASP	
SUN	13	RACING TODAY	RESULTS TO PRESS OFFICER/FEET STREET NEW	
MON	14			
TUE	15	CLUB NIGHT		
WED	16			
THU	17	CLUB NIGHT	JUNIOR JOGGERS	
FRI	18			
SAT	19			
SUN	20	RACING TODAY	ANY RESULTS TO MIKE COATES 0752 855281	
MON	21			
TUE	22	CLUB NIGHT	RESULTS FROM WEEKEND TO E.T.	
WED	23	1st EVENT 5K SERIES	A SLOW JOG TO A QUALITY SPEED WORKOUT	
THU	24	CLUB NIGHT		
FRI	25			
SAT	26			
SUN	27	STAGGERED JOG	SEVENTH EVENT IN SERIES (PROV. DATE)	
MON	28			
TUE	29			
WED	30			
THU	31	CLUB NIGHT	SOCIAL GEORGE HIGH ST BURNHAM	

GETTING FIT TO START RUNNING

BEGINNERS GUIDE

Many beginners fall by the way side because they struggle to find the time and self discipline required to keep going during those early days. Those who stay the course are often those who follow a specially designed programme. The AAA Runners Guide describes such a programme in an article by John Hanscomb.

The programme was "road tested" by a mixed bag of would be marathon runners all attempting to get fit for the London Marathon events of 1981 and 1982.

The key steps of the programme as described in the article are as follows:

Your first aim as an absolute beginner is to be able to run for 15 minutes, three times a week. Walk/running is fine and distance unmaterial. Duration is the key. It may take five or six weeks to be able to keep going for the full 15 minutes. That's okay. Patience and persistence are the important attributes to acquire.

Next, lengthen your runs to 20 minutes, three times a week and add a 30 minute outing at weekend. It matters not how slow you run or if you have to walk. After three or four weeks you should have reached your first goal.

The next stage of the programme builds up the time and distance covered and with a gradual increase to five, then six runs a week you will, by the end of this 12 week beginners programme, really enjoy your running.

TRAINING PROGRAMME

WEEKS 1,2,3,4

RUN/WALK FOR 15 MINUTES. UNTIL YOU CAN RUN 15 MINUTES NON-STOP.

WEEKS 5,6,7,8

WEEKDAYS: RUN/WALK FOR 20 MINUTES, THREE TIMES A WEEK

WEEKENDS: RUN/WALK FOR 30 MINUTES ON SATURDAY OR SUNDAY. KEEP THIS UP UNTIL YOU CAN RUN NON-STOP FOR THE TIMES GIVEN ABOVE

WEEKS 9,10

SUNDAY: VERY SLOW RUN FOR 45 MINUTES. PERHAPS WITH OCCASIONAL WALK.

MONDAY: STEADY RUN FOR 20 MINUTES. WEDNESDAY: SLOW RUN FOR 20 MINUTES.

WEDNESDAY: REST. THURSDAY: RUN FOR 15-20 MINUTES AT A BRISK PACE. FRIDAY: STEADY RUN FOR 20 MINUTES. SATURDAY: REST.

WEEKS 11, 12

SUNDAY : SLOW RUN FOR 45 MINUTES WITHOUT WALKING. MONDAY : STEADY RUN FOR 20 MINUTES. TUESDAY : STEADY RUN FOR 30 MINUTES. WEDNESDAY : STEADY RUN FOR 20 MINUTES. THURSDAY : RUN HARD FOR 15-20 MINUTES. FRIDAY : REST. SATURDAY : STEADY RUN FOR 20-25 MINUTES.

REMEMBER

ALWAYS MAKE SURE YOU HAVE REST DAYS. THIS PROGRAMME IS JUST A GUIDE TO HELP YOU GET STARTED.

GET THE BEST RUNNING SHOES YOU CAN AFFORD.

KEEP A RUNNING DIARY TO LOG YOUR PROGRESS. YOU WILL SOON NOTICE THE DIFFERENCE FROM WHEN YOU STARTED.

DON'T EXPECT TOO MUCH TOO SOON.

WHEN YOU ARE WATCHING THE LONDON MARATHON ON TELEVISION ON SUNDAY 22nd APRIL THOSE FRONT RUNNERS THAT MAKE IT LOOK SO EASY HAD TO START SOMEWHERE.

THERE IS ALWAYS SOMEONE AT THE CLUB WILLING TO GIVE ADVICE. SEE BACK OF FRONT COVER.

MOST OF ALL ENJOY YOUR RUNNING. WHILE GETTING FITTER YOU WILL FEEL BETTER FOR ALL THE EFFORT YOU PUT IN.

PARA'S 10 X/C

MARCH 11th 1990

A LARGE CONTINGENT OF B.J.s TOOK ON THE POPULAR TOUGH PARACHUTE REGIMENTS X.C. TRAINING COURSE AT ALDERSHOT. THE COURSE TURNED OUT TO BE MUCH HARDER UNDERFOOT THAN THE USUAL LOGGY MASS OF PREVIOUS YEARS AND SO FASTER TIMES WERE EXPECTED BUT DUE TO THE LARGER THAN AVERAGE TURN OUT, ABOUT 1300 IN ALL THE RUNNERS FURTHER DOWN THE FIELD WERE BEING SLIGHTLY HAMPERED.

FIRST HOME FOR THE JOGGERS WAS NICK LIPSCOMBE IN 53rd PLACE IN A TIME THAT LAST YEAR WOULD HAVE PLACED HIM IN 17th PLACE.

COURSE BEST PERFORMANCES WERE CLAIMED BY CHRIS RILEY 16 SECS PB. BOB HARDMAN 4 MINS. 07 SECS PB. PETE RILEY 6 MINS. 58 SECS. PB AND DANNY O'NEILL WHOSE TOO MODEST TO SAY HOW MUCH HE IMPROVED BY. TWO LADIES RAN WITH JENNY LIPSCOMBE JUST GETTING THE BETTER OF LOUISE TARRANT. GOOD SUPPORT WAS GIVEN BY A NUMBER OF SPECTATING JOGGERS TO WHAT WAS A WELL ORGANISED CHALLENGING X.C.

NICK LIPSCOMBE 53rd	60m. 13s.	DEPEX PLUMSTEAD 157th	65m. 24s.
BOB HARDMAN 158th	66m. 37s.	ALBERT KERROUN 236th	67m. 43s.
KEN MCCORD 251st	69m. 29s.	CHRIS RILEY 292nd	69m. 21s.
PETE RILEY 435th	72m. 34s.	DAVE HOPKINS 504th	74m. 48s.
TOM RYLAND 543rd	75m. 55s.	KEN CLILVERD 563rd	76m. 00s.
DANNY O'NEILL 715th	80m. 06s.	JENNY LIPSCOMBE 1234th	89m. 07s.
		LOUISE TARRANT 1271st	104m. 36s.

1318 FINISHERS

A WEEK ON THE SKI SLOPES

After months of listening to various tales of skiing expeditions in Alp Duez and Lavignio, I decided to join in the escapades and be "one of them" at Champoussin, Switzerland.

After suffering six two hour skiing lessons with an instructor who could only be described as "crabby" (and couldn't understand why you couldn't do parallel turns and ski on one ski after two hours), a few of the "team" insisted on escorting us "beginners" (John, Cary and I) along a "safe" route. "Ted Boy Tours" consisted of Derek, Elaine, Bob "Coco Clown" Green, Danny, Sue, Martin and DT. Not being used to chair lifts I was concerned about getting off at the top, I sat with Sue and I don't know whether it was the fact that you could hardly see the chair in front of you due to the blizzard, or just sheer terror but at the disembarkment stage I managed to ski off and Sue's ski tips and down the slope on my already bruised bum. Having mastered that I was full of confidence for my first attempt at a "red" run. "Trust me" says Derek, "Follow me", Derek comes a cropper! We follow him calmly, blizzard howling, unable to find the proper ski path, blind leading blind. Gradually the mist began to lift to reveal ten Burnham joggers stuck in the side of a mountain with the correct ski path about fifty feet below! Still being told not to panic, John needed a change of trousers, Cary was quietly obeying instructions, and I'd reverted to sliding on my bum, and for once was actually speechless!

The sightseeing continued with an event included called "schmushing" - isn't that where Jenny lost her memory? I can't remember!

Needless to say an attempt had to be made at the famous "off-piste" skiing. As our instructor had shown us the route that morning, it was time for us "beginners" to get our own back - advising the more experienced that they should really snow plough the first bit. Taking no notice at all Derek, Elaine, Sue, Martin, Bob and Danny barreled totally out of control down the piste yelling for someone called "God"! DT took our advice and promptly proceeded to lose his wedding tackle by snow ploughing over the top of a poor defenceless tree! At this stage John had "disappeared" to find a safer route!

Finally, after successfully completing a "jump" - all down to the drag lift to return to the safety of the nursery slope ("drag" being the operative word, as only a couple of days before I'd witnessed Tom fighting a losing battle with a t-bar!).

All back to our "spotless" apartment to discuss the days antics. Sheer luxury sitting around the table to bread, butter, cheese, honey, hairs, used bandages, brusher brushes, and smelly socks.

In to next door's apartment for Brian's special bres Gluevine, anxiously waiting to present John with the "whingeing stick". After listening to John's outstanding whingeing performance that day I certainly didn't deserve to hold on to it for a moment longer!

LONDON MARATHON

TREVOR ALDERMAN
BOB HARDMAN
LINDA WALSH
DAVE HUTTON
TONY EVANS
JILL STEWART
COLIN BEAKWELL
SANDY HAMPTON
KEITH SCUDAMORE
COLIN THORPE
JOHN IRWIN
HUGH BERGSTROM
IAN VAN-LOCKVEN

KEITH BIDDLE
HENRY DUMLER
CHRIS CAMERON
ALAN WATSON
MILE ALDERTON
CELIA FINDLAY
JOHN RICHARDSON
PAT HATCH
CLIVE SANCHEZ
BOB GREEN
TREVOR WILSON
COLIN BENNETT
LOUISE TARRANT

JOHN DAVIES
STEVE WALSH
NICK LIPSCOMB
DAVE HOPKINS
CATH FLYNN
CHRIS SPURR
LIZ TURBIN
KEN MCCORD
KEN OLLIVER
SAMMY GREEN
ERIC BELLOR
MIKE COATES
DANNY O'NEILL

YOUR MARATHON DAY CHECK LIST

TWO OR THREE DAYS BEFORE THE BIG EVENT, CHECK YOUR CLOTHING AND OTHER ITEMS THAT YOU WILL NEED ON THE DAY. MAKE SURE THAT IT IS YOUR MOST COMFORTABLE RUNNING GEAR-26.2 IS A LONG WAY.

1. RUNNING SHOES
2. CLEAN SOCKS
3. RUNNING VEST
4. SHORTS
5. TRACKSUIT
6. SWEATSHIRT
7. RAIN SUIT
8. HAT
9. GLOVES
10. PLASTIC BAG FOR KIT
11. LABEL FOR KIT BAG
12. PLASTERS
13. BLISTER KIT
14. VASELINE
15. SAFETY PIN
16. SPARE SHOES
17. SPARE SHOE LACES
18. HEAD BAND
19. MAPS & INSTRUCTIONS
20. MARATHON NUMBER

BE CAREFUL AROUND THE START: THE GRASS COULD BE WET. IT MAY RESULT IN YOUR RUNNING SOCKS GETTING WET BEFORE YOU START LEADING TO BLISTERS DURING THE MARATHON.

BEST OF LUCK

THANKS FOR ARTICLES IN THIS ISSUE

BOB HARDMAN
CHRIS RILEY
BOB GREEN
MANDY LANGMEAD
STEVE WALSH
LINDA KUSAGO
BOB LEWER
ALAN YEADON

PORTRAIT OF A MARATHON TRAINER

(OR DO AS I SAY NOT AS I DO)



CLUB CHAMPIONSHIP EVENT

FOURTEENTH ANNUAL

OFFA'S DYKE-15

CROSS COUNTRY RACE

(under A.A.A., E.C.C.U., W.C.C. and R.W.A. rules)

HAY-ON-WYE TO KINGTON

Sunday, 17th June, 1990

Start 2.30 p.m.

Warning: Definitely not for the fun runner

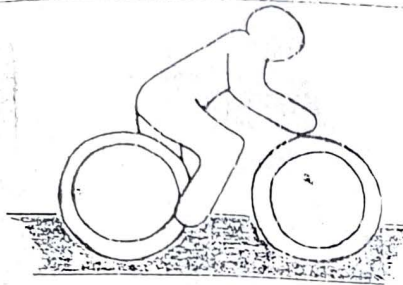
TRY A 'BI' OR EVEN A 'TRI'

see steve's report



THE SECOND
BURNHAM JOGGERS
"TIN MAN"

BIATHLON AND PICNIC.
SATURDAY 28th JULY.



It's here again; the toughest, most prestigious event of the joggers sporting calendar. In a world class field, the "Tin Man" himself, Nick Hyslop, will be defending his title against some very stiff opposition.

VENUE: AS LAST YEAR. (PUBLIC CAR PARK OPPOSITE "STAG" PUB - EAST, B/HAM.)

AGENDA: LAST REGISTRATION: 0945 BRIEFING: 0950 START: 1000HRS (SHAFF)

SUGGESTION: Why not bring a sandwich, and make it a picnic (weather permitting), and wait for the prizegiving / results.

PRIZEGIVING: 1230 (ish)

ENTRY FEES: SINGLE ENTRY £1.50, TEAM £2½ Quid

TROPHIES: 1st M, 1st F, 1st M/V, 1st F/V, 1st TEAM & "Tin Man"
(Club members only)

NOTE: You are welcome to invite a guest to enter, but please make sure they know how to behave -- you know what I mean.

"GOODIE BAGS" (DUNCAN STYLE)

TO ALL ENTRANTS & MARSHALLS (By the way, any offers of help in this area most appreciated)

P.S. Don't forget Del & Angie's "Do" in the evening (Ask Del for details)
"If I should die while competing in this event, I want Duncan to have all my money"

RUNNER

(sign)

OKLIST

(LEAVE BLANK IF AS ABOVE)

(sign)

PLEASE COMPLETE AND HAND TO DUNCAN, NICK OR KEN, (WITH ENTRY FEE)

Free of the (slightly revised) course available shortly.

The National Trust for Places of Historic Interest or Natural Beauty

Estate Office, Cliveden, Taplow, Maidenhead, Berks, SL6 0JH
Telephone: Burnham, Bucks 062 861 5069



24th July 1990

Mr Bob Lower,
94 Starhope Road,
Slough,
Berks,
SL1 5JS

Dear Bob,

Please thank the Burnham Joggers very much for their gift to The National Trust of £1,000 raised from the Christmas Cross Country Run.

We are very grateful and will put the money towards the Cliveden Tree Appeal, which I am sure you are aware could do with all the help we can get!

Kind regards,

Don Kennedy,
Administrator

cc David Riddle
Philip Cotton

FEET STREET NEWS

MEMBERSHIP SURVEY

BOB HARDMAN WOULD LIKE FEET STREET TO CARRY OUT A SURVEY AMONG THE MEMBERSHIP TO FIND OUT HOW MANY BURNHAM JOGGERS HAVE NOT HAD THEIR SCALPS TAKEN BY HIM. IT IS UNDERSTOOD THAT HIS RECENT GOOD FORM HAS CAUSED HIM TO TAKE SO MANY THAT HE HAS LOST COUNT. PLEASE PLACE YOUR NAME IN THE FEET STREET POST BOX.

WE NEED

WRITTEN MASTERPIECES

=====

FOR THE NEXT ISSUE :

THE

FEET STREET AWARD

FOR LITERARY EXCELLENCE

(AND WHAT A PRIZE IT IS)

GOES TO THE BEST

PIECE

SUBMIT YOUR

CONTRIBUTIONS NOW

THIS IS YOUR

MAGAZINE

WANTED :

NEWS

VIEWS

EVENTS

RESULTS

ARTICLES

GOSSIP

SALES

ADVERTS

WANTS

PARTIES

SOCIALS

PLACE THEM IN THE POSTBOX

AT THE CLUB

TYPE WRITTEN PREFERRED

(Pronounced "Neece" definitely not "Nice").

Taking part in events that require more than normal insanity has been my trade mark for a number of years, but 1989 was to become the "Year of the Triathlon" for me, with the Jeep Nice Triathlon proving to be outrageous even for me.

The triathlon is based on swimming, cycling and running, usually in that order and over a variety of distances and terrains. The Nice Triathlon is of the long course variety, and consists of a sea swim of 4 km (2½ miles), a bike ride 120 km (75 miles), followed by a 12 km (20 mile) run (the word run is in the broadest sense of the word). The three disciplines follow each other, the time starting at the beginning of the swim and ending at the finish of the run. This arrangement brings a new expression into the triathletes vocabulary, The Transition - which explains the time between being washed up on the shore after the swim and wobbling off on the cycle course, also the time after collapsing in a heap with the bike after cycling and hobbling off on the run course.

The novice triathlete, besides having to train in three disciplines, has also to cope with a new and alien vocabulary. New words having been learnt, and training at swimming, cycling and running to the exclusion of any normal life over winter being completed I took the unprecedented step of sending off an entry form. Not being quite so popular as the London Marathon the organisers gladly cashed my cheque and sent me an acceptance, complete with course maps, details on the maps fortunately being in French so disguising the task in hand.

The race was on Sunday 28th May, i.e. the Spring Bank Holiday weekend. This obviously accounted for the crowds of fighting holiday makers in the terminal at Gatwick on Saturday morning. This was to prove to be excellent last minute stamina training, for in addition to the usual trappings of a holiday maker bound for the South of France (i.e. coats, jerseys, waterproofs, real food, tea bags etc.) we had kit, including crash hat (compulsory for the bike) cycling shoes, running shoes, full wet suit, tools for bike, track pump for bike and of course the bike. At last we checked in our luggage and persuaded the airline to get a baggage handler to wheel the bike to the baggage train, having pointed out to them that it would not be a good idea to send the bike along the conveyor and down the baggage chute!

After an uneventful journey, with the only hiccup being a slight altercation with the French bus driver who couldn't see that it was perfectly reasonable to take a bike on his bus during the Saturday afternoon shopping rush, we arrived at the hotel, registered for the race, had the bike checked and taken to its allotted space in the bike park. We had a gentle walk round the town, a look at the sea, a meal, a couple of drinks (to aid relaxation and sleep) and then back to the hotel for an early night.

Sunday arrived all too quickly. The weather was ideal for the swim, forecast warm for the run. I had breakfast, was forced down and then down to the Promenade des Anglais to get the kit ready and attend the briefing. Services station, take over and continuous checking of kit followed - tyres inflated to 100 psi, drink on bike for first few miles, pump and spare tyres on bike, hat and shoes laid out next to bike, running shoes ready for quick change, tri suit (one piece suit for all disciplines) on, numbers (water proof) one back one front, wet suit on, swim hat on, goggles round neck (so as not to lose them) - then tyres blown up etc. etc. - then panic! where's the goggles, rummage in kit, in carrier bags, under shoes - relief! goggles round neck (so as not to lose them). All this takes up time until the final briefing on the beach with 10 minutes to go. At the briefing I feel compelled to look at the swim course, against my better judgement. The first buoy is 50m off the beach - that doesn't look too bad, the second buoy is in a straight line from the first - 800m further out! Sure enough there it is a tiny orange speck, half way to the North African coast! Try as I might I can't see the third buoy which is rumoured to be 1500m down the coast after turning right at the second buoy. I decide that this will only be a problem if I am in the lead at the second buoy (therefore no problem).

The hour of 9 o'clock approaches, the keen bronzed ones move towards the edge of the sea, the pale novices try walking backwards away from the sea wishing they were anywhere but on a beach in the South of France. The gun goes, 800 watches 'beep' and were off.

The foam flies and we're swimming. The first 200m is dreadful - arms legs bodies all flailing at the sea - I am convinced that I've forgotten how to swim, but then clear space appears and I settle down to a rhythm (slow but rhythmic!). After about 10 minutes a huge orange buoy appears, so we swim carefully round it and turn right, I still can't see the next buoy, so follow the long trail of flailing arms and kicking legs. After another 20 minutes or so another orange stick appears in the distance - on and on we swim - and sure enough the third buoy is rounded and we swim to another buoy about 50m from the beach. Rounding this buoy I develop cramp in both calves I try to relax and carry on - only 1500m to go, at least breathing to my left I can actually see the beach. Eventually I round the first buoy again and struggle the last 50m to the beach. There followed a great feeling of relief as I drunkenly staggered up the beach through an array of freshwater showers and on towards the bike park, pausing only to collect a couple of bottles of water to wash the salty taste away. A glance at the watch shows 1 hour 20 mins for the swim, 10 minutes inside my target time. Rather a long transition followed, with the luxury of rinsing the grit and sand off feet and putting on socks, then on with the crash hat, cycling shoes, onto the bike and off down the Promenade des Anglais. A shout out of the crowd on the right of "Go on Steve" from Linda who looked as relieved

as I felt that I have survived the swim. After a couple of miles I began to feel warm again and settled down to the cycling, up to 20 m.p.h. and spinning the pedals to get the blood flowing. Out past the airport and then turned in land up a wide valley towards the Alpes Maritime. What a contrast to an event in the U.K., every crossing and junction manned by Police, priority at every roundabout and cross roads. The road started to narrow down after 12 miles or so and I started to slip down the gears as the route started to climb. The next 4 km went up to 300 m then to 450m in the next 10km and finally to 630m (2000 ft) 40 km into the route. This was the highest point on the route and had taken about 1 1/2 hours, picking up food and drink from feed stations about every 10 km. The food ranged from apple segments orange quarters, figs, dates, chocolate bars early in the day and cereal bars. Drinks were readily available in cycling bottles with water and electrolyte in different coloured bottles.

My habit of taking one white bottle of water and a coloured bottle of electrolyte caused me particular discomfort after pouring half the contents of the water bottle over me before discovering that white bottles also contained Coca-Cola. - a very sticky 10 km followed to the next drink station. The views were now spectacular as we wound back down to the river losing about 300m of height in the next 30km. The speed also began to pick up again although the nerves were often frayed travelling down and round bends on minor roads. Inevitably after crossing the river we climbed again to 527 m before a fast descent to 125 m clocking a maximum speed of 37 mph. Re-crossing the river was followed by a last climb up to 375 m and descent back to the coast retracing our outward route. Along the promenade to the finish of the cycling against a stream of runners coming out at the start of their run course. Stopping the computer at the end of the cycle section showed an elapsed time of 4 hours 17 mins for the 75 miles on the bike and an average speed of 18 mph.

Park the bike, off with the crash hat, change of shoes and off on the run. A quick look at the watch showed a total elapsed time of 5 hours 47 mins, a real time of 2.47 a.m., that's why the temperature had risen since last I was at the start/finish area. Ah well only 20 miles to go, and all flat! The run course was 16 km out along the coast road round the 'Bay of Angels' and then 16 km back along the same road. The route was not very interesting and there was not a lot of shade, the temperature we found afterwards had reached 94°. Running after 4 hours pedalling a bike is something that needs to be experienced to be believed. The first three or four miles was taken up convincing the legs that they should go up and down and not round and round. After that the dreaded cramp struck at regular intervals to remind me not to try and run but more to combine hobbling with shuffling!

The "out and back" course also had the him venture. I saw the leaders coming back to the finish while I was still trying to convince my legs to take me out to the finish. Once again the organisation was faultless with absolute priority to athletes and drink stations every 5 km providing a range of fluids. There was also support from many along the route with shouts of "Allez Allez" giving universal encouragement.

The run can best be described as hard. Not being made easier by the 8 1/2 hour deadline looming ever closer with exclusion from the results being the penalty for exceeding the time. Once past the turn my only thought was to get back to the finish, without any regard for time. The homie like appearance of myself and surrounding "athletes" was obviously making an impression on the spectators with shouts going from "Allez" to "Bravo" and finally to "Courage and Bravo".

The time limit of 8 hours 30 min finally arrived leaving me 1 km short of the finish. I celebrated by stopping running and having a walk. I finally jogged under the finish banner to collect my medal in 8 hours 39 mins to be laid on a trolley and wheeled away to the infirmary in the beach club, where blood pressure and pulse were taken, massage was administered and severe cases were placed in drips until recovered enough to face the outside world again.

"Never again" was the first thought, that persisted for some time, but who knows?

P.S. Overall winner - Mark Allen, U.S.A.

Total Time: 5 hours 54 mins 31 sec.

4 km swim 45m 1s

120 km Cycle 3 hrs 3m 0s

32 km Run 1 hr 54m 50s (this was not timed)

P.P.S. The entry form for 1990 has just arrived. Copies available from Steve Walsh.

CLUB SOCIAL

8pm

LAST THURSDAY EVERY MONTH

THE GEORGE

HIGH STREET, BURNHAM

GOOD FOOD GOOD BEER

GOOD NIGHT

WANTED

WE NEED AN EVENTS TEAM ORGANISER. THE JOB WOULD NOT TAKE UP MUCH TIME; ALL THAT IT WOULD ENTAIL IS FOR SOMEONE TO GET ALL THOSE INTERESTED IN RUNNING IN TEAMS TOGETHER. THE REST WE COULD SORT OUT AT THE MEETING TO MAKE THE JOB EASY.

WE HAVE GREAT PORTENTIAL IN THE CLUB TO WIN IN A LOT OF EVENTS.

FUEL FOR RUNNERS

HOLIDAY PASTA

4oz	PASTA SHELLS
3	EXTRA LEAN PORK SAUSAGES
2oz	LEAN HAM
1	SMALL ONION
1	CLOVE GARLIC
2oz	SWEET CORN
5.3oz	CAN BAKED BEANS
2	LEVEL TEASPOONS CHOPPED FRESH PARSLEY
2	TEASPOONS WORCESTERSHIRE SAUCE
	FEW DROPS TABASCO SAUCE

COOK THE PASTA IN BOILING WATER. CUT THE SAUSAGE INTO BITE SIZE PIECES; DICE HAM AND FINELY CHOP ONION. STIR-FRY SAUSAGES IN A NON-STICK PAN WITHOUT ADDED FAT FOR ONE MINUTE. ADD ONION AND CRUSHED GARLIC AND COOK FOR TWO MINUTES. ADD REMAINING INGREDIENTS. RESERVING 1 TABLESPOON SWEETCORN AND COOK FOR 5 MINUTES. SERVE ON TOP OF PASTA. SPRINKLE WITH PARSLEY AND RESERVED SWEETCORN.

SERVES TWO.

JUNE 2nd 1990

DATCHET DASH 10K

CLUB CHAMPIONSHIP EVENT

THEN IN THE EVENING AT THE DAY CENTRE

THE ONE YOU HAVE BEEN WAITING FOR

THE BARN DANCE

" A WELCOME ? IN THE HILLSIDE "

A BLOW BY BLOW ACCOUNT OF RYARDER 1990

By eight o'clock nearly all the Joggers had arrived, unloaded their luggage into their rooms and gave the details of their journeys to everyone else. Next came the drinks in the workhouse bar or down at the pub. In the bar the dozen or so guests confined themselves to unruliness, while at the pub Eric Mellor made trouble. Greetings like " Hello Sheila " " I see you've brought your dad," and, " Hello ! I'm not saying the service is bad, I just think we came into the breakfast room by mistake, went down well with Lower and the Landlord. They responded with, " take your gas mask off the war is over," and " we only serve crumble not crumlies."

Back at the workhouse, at around nine the serious talking began. Roderic Livingstone Air Miles was pouring over an ordnance survey map of Finland. Upside down the names looked very welsh and he made some progress in setting out a twelve mile route for Saturday. His deft fingers ran rule and wheel over the paper, cutting a corner here and a bend there following what would prove to be a picturesque run, for seven kilometres along a contour line and river bed.

Bob Green ignored all who were running less than twenty and bought drinks for those who were, probably in an effort to knobble them. One group decided on a drop off and run back five while the really feint hearted went for a walk/jog. Bob Lower decided to go it alone so he could lie to Chris Spurr that he had done fifteen.

Well all that was for tomorrow, but for now it was coffee time at Carols. It was here that a few years ago Sheila and Bob and Bill and Joan envied each others sexual stamina until both parties realised that their common end wall divided them from the store room. Well there was certainly a lot of bonking going on. (how many years ago did you say ? - Ed) Reminiscence was followed by bed.

Dawn saw Bob Lower running on the mountain road in the snow . (no prizes for guessing who wrote this article ! - Ed.) He was back in time for breakfast to see the other groups off. Farrant and Corbishly , who shall remain nameless both did less than twenty. Wimp's ? Ha !

SAMMY BEAT BOB, SAMMY BEAT BOB, SAMMY BEAT BOB.

The ' walk - and - joggers ' only walked, dragging standards to an all time low. Roderic had set off with specs, whistle, compass, maps complete with case, torch and red flag slung round his neck. Within a mile and a half he got the group totally lost and confused. Judy brought them all home safely and made sure that Roderic navigated himself back to his room without mishap . When reporting in to the president Roderic stated that mountains aren't " his thing ", what about Dartmoor next year ?

The grand tea party was held in the Irwin pent house. By now the storm was up and all the T.O's went wrong. What did that matter ? The group was better entertained gossiping about all those joggers who stayed at home. Some tried to intervene in a board game that was taking place with Bob Green and all the teachers. Believe it ! Our childrens future is in jeopardy. Then came the fire. FIRE ! Smell it ! A panic set in. One or two joggers yawned and thought about putting their shoes on. the board game bored on.

Why stop for a fire ? Eddie who doesn't gossip or play games had a sniff around and assured everyone that, although an electrical fire might be raging in the wall cavity, he couldn't see anything so not to worry. As all joggers know Eddie doubled for Steve McQueen in the film Towering Inferno (thats why he shaved his beard off) so calm turned back into inertia until Omar Sharrifs brother Albert decided to run down the smell of burnt camel dung. Mick (call me nice guy) Wood pointed at Mrs Irwin who was having a crafty fag but conceded that she was only a secondary sorce. Enter the proprietor who asked for silence, yelled for silence, screamed for silence and reduced bedlam to pandemonium and announced that our dinner might not happen unless we could fix the electrical supply which was closing down room by room. Faced with crisis Mick, Albert and Eddie were seconded to management and the South Wales electricity board in order to get the problem sorted out.

DINNER WAS SERVED.

DINNER WAS SERVED.

Lights out came early. We were well into the main course when the temporary repair gave out. Eight joggers put their forks through their cheeks and gravy stained laps became instant fashion. Candlelight was much nicer anyway. Romantic for some and a relief for the guy sitting opposite ugly Eric.

Enter the local bag lady, were she came from nobody knew. The manager tried to get her out but she insisted on rubbing all the mens nipples and wanted to spend the night in a cardboard box with John Richardson. Theres no accounting for taste. Heather, not to be outdone by John sung us a song, which familiarised us with more of John than the bag lady saw.

The jokes and stories began. Last years rising star, Mathew Davey told us about the boy who swallowed a bullet Jeff Day was persuaded to tell a tale which resulted in the bar selling out of white wine, red wine brandy and matches within the hour. Everyone rocked and rolled to Bob Greens ghetto blaster and Les lost a leg in the fish pond. He got it out again but it was a close thing for the fish - he was wearing a running shoe. The evening dragged on into the early hours and the company was reduced to listening to Eric who gave us his impressions of Clint Eastwood and, Clint Westwood, Long John Silver and Short John Silver. He told us about a man who swam the channel with no arms and no legs by the name of Clever Dick. It really was that bad and by three o'clock everyone had had enough.

Sunday. Good breakfast and then Bob and Sammy's car had to be started. A quick push down the road and they were off to BIRMINGHAM. (what a football team - did I say football - Ed) . The rest went running, of course. Fire, flood, snow, hail, rain, electricity failure all were endured but to come back from the run to cold showers was too much. Few braved them, many went home smelly.

The journey home, between six and eight hours through wind and tide have now passed into Burnham Joggers folklore. No one knows quite what happened to Roderic but hopefully he made it back. He had better, he has to arrange Rhayader for next year.

JOGGERS CLUB KIT

WATCH OUT FOR DETAILS

FIVE KILOMETRE SERIES

WEDNESDAY EVENINGS

MAY 23rd

JUNE 13th

JUNE 27th

JULY 27th

- COME ON ALL YOU MUMS & DADS -

WE

CANT OPERATE ON THIN AIR AND GOODWILL

(MUCH AS WE WOULD LIKE TO)

JUNIOR JOGGERS SUBS £5 DUE NOW

- LESS THAN 10p A WEEK -

- SENIORS -

SUBS £15 PER YEAR

SEE MARGARET CLILVERD

PRICE LIST

SWEATSHIRTS	GOLD	S/M/L/XL	£10.95
T/SHIRTS	GOLD	S/M/L/XL	£6.75
TRACKSTERS	BOTTLE GREEN	S/M/L	£10.50
SHORTS	EMERALD GREEN	S/M/L	£6.50

RON HILL RUNNING VESTS

CLUB COLOURS

LADIES/GENTS	DERBY MESH	S/M/L	£9.95
LADIES/GENTS	BRITELITES	S/M/L	£9.95

GET YOUR BARGINS FROM

PAUL DEAR

GRAHAM NORCOTT

MOST CLUB NIGHTS - TUESDAYS & THURSDAYS & CLUB SOCIAL EVENINGS -
LAST THURSDAY EVERY MONTH AT THE GEORGE

APEX SPORTS
FARNHAM COMMON

10% OFF

TO

BURNHAM JOGGERS

club night last friday each month
a glass of wine and special bargains

please take club membership card