

BURNHAM

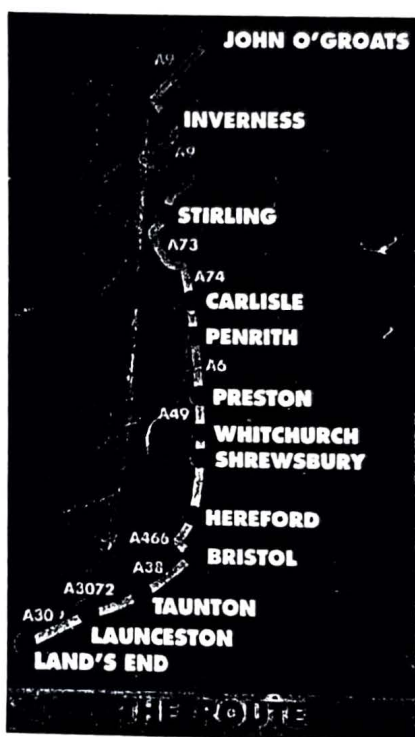


JOGGERS

mn

FEET STREET NEWS

Bob Handman



Ivor Earl

Derek Plumstead

Tom Rylance

Colin Bennett

Dave Sutton

JOGLE

MAY 95

Danny O'Neill

John McKinnacher

Editors Page

I thoroughly enjoyed this years London Marathon. Having made a supreme effort to get up at 7.30, I donned my kit and did a gentle 8 around the Beeches. After a quick dip in the bath, I settled snugly in my arm chair with 2 pieces of toast and a mug of tea. How much better than standing in the cold morning air in an endless queue waiting for the toilets and wondering whether you will make it before the race starts. Not for a moment did I feel envious of the hoards waiting to make their long journey. This year I have earned my rest.

The television coverage came up trumps, for once getting the right balance between the serious races and the Club and Fun runners. But where were all the Burnham Joggers? -not a yellow vest in sight. Anyway, congratulations to all those BJ's who completed the course, especially those running their first marathon.

Despite various problems prior to Easter Monday, the Tugwood 10k went off with no major problems. Once again B. J.'s came up trumps and all jobs were fully covered. The number of finishers (226) was only 20 fewer than in 1994. To put this in perspective, I understand that the Feltham 10k on the same day only attracted 100 entries despite being more centrally placed and including some real stars. Somehow we must stop this slow draining away of entries to our events despite it being the normal situation for events these days. It is even more vital that everyone makes a major effort to 'sell' the half marathon in August. The sub-committee convened to examine the financial implications of employing a professional race director considers that the half is fast heading towards insolvency unless something can be done to attract more entries and to cut costs. The withdrawal of Dave from

offering his professional services for running our events leaves the Club in the situation of exploring other professional race directors or of re-appraising the situation. The Club should be very grateful to Dave for the effort he has put into the Clubs events over the past 3 years. I would like to wish him the best in his new business venture,

Burnham Joggers is not the Club it used to be. It has changed considerably over the 17/18 years of its existence. It has many good points and not a few bad ones. What do you think about **YOUR** Club. Letters and views would be welcome. This is my 3rd issue of FSN and I am frankly disappointed at the empty promises of contributions. It is your News Letter. If you want it to continue it must have something to publish (thanks go to the same few members who are contributing). Race reports, letters, views, articles, tips- anything please. Your Editor is getting old, crotchety and intolerant but still very willing- ----- .

Keith Scudamore

PROFESSIONAL OR NOT PROFESSIONAL

At the E.G.M. held on 16 February, members committed the Club to appointing a professional advisor as Race Director, in respect of the main annual running events which Burnham Joggers will be arranging from 1996 onwards.

Do the members of the Club, who helped to make this decision, realise the commitment they have taken on? This professional, whomever he may be, will require payment from the Club, and tentatively a figure of £1-00 per entry plus "expenses" was talked about at the meeting. A very open-ended proposal!

Already the Club is committed in spending each year about £3000 for use of the Cherry Orchard facilities, and it does not need a brilliant mathematician to work out that the income the Club receives from subscriptions is in the order of $120 \times £15 = £1800$. Another £1200 has to be found from elsewhere to pay for the essential expenses, i.e. the Club's Headquarters.

Unless the subscriptions are almost doubled, the shortfall must come from events which the Club arranges throughout the year, but these events also cost money to arrange. For example, the expenditure on the 1994 Half Marathon was £3700, likewise a similar amount for the 1993 event, and the income from the two races from entries, sponsorship, etc. saw a fall of nearly £2000 between 1993 and 1994. The number of entries over the past few years have been declining and there is every indication to consider that this trend will continue in the foreseeable future.

How can the Club take on further liabilities of over £1000. Where is the money to come from? It is obvious that the Club's reserves are going to suffer, or perhaps those members who voted the Club into this position have other ideas as to funding the events. By increasing the entry fee will only drive runners away from entering the events, and the cost of staging the events will remain about the same irrespective of the number of runners.

One member of the Club volunteered to be the Race Director providing she had the support of the members, and could rely on their assistance at the events. The Club was not prepared to give these undertakings, and voted for a professional to run the races.

The events can only be successful if a large percentage of the members are prepared to give up their time to help prior to the day, and on the day, like they have in the past. By appointing a professional will not mean that we can all sit back and do nothing. Whomever is Race Director will need the Club members to give their help voluntarily.

If members are not prepared to give this commitment to the Club, then the Club must consider seriously its future events, and its own future!

Where money is concerned, there are normally winners and losers. The losers will be the charities which we have supported in the past, and the Club's funds. The winners will only be one - the Professional Race Director.

ERIC ABBOTT

Vegetable Couscous

Serves 6 to 8

- 2 oz (50g) Butter or vegetable oil
- (1) 3 cloves garlic, crushed
- (2) 2 medium onions, quartered
- (3) 6 small courgettes, cut into 1 in pieces
- (4) 2 medium green peppers, seeded, cored and cut in thick strips
- (5) 2 large potatoes, scrubbed or peeled, and coarsely chopped
- 2 pt water
- 1 lb couscous
- 8 oz chick peas cooked and drained
- 1 lb fresh tomatoes quartered or 1 lb tin tomatoes
- 4 oz sultanas, apricots or raisins soaked and drained
- 1½ teaspoons coriander - ground
- 1½ teaspoons ground cumin
- (6) 4 med carrots peeled cut in half crosswise then sliced in half lengthwise
- (7) 2 small turnips, cut in half then sliced lengthways
- 2 teaspoons turmeric
- ½ teaspoon cayenne pepper
- 2 small chilli peppers seeded and chopped
- salt and black pepper to taste

In a heavy saucepan or in the bottom of a couscousier melt the butter, add the next seven ingredients and saute stirring, over a moderate heat for 10 mins. Add half the water and bring to the boil. Reduce heat and simmer for 30 mins. Meanwhile place the couscous in a large bowl and gently stir in 1 pt cold water. Drain immediately and allow the wet grains to stand for 10 to 15 mins. As they swell up rake them with your fingers to prevent lumps forming. Turn the grains into the top of a couscousier or into a colander and place it over the cooking veg. Leave to steam for 30 mins. Remove the top of the couscousier or the colander and add to the veg the remaining ingredients. Bring to the boil and then reduce the heat and simmer for 15 mins. Stir the couscous grains to break up any lumps that have formed and put the couscous back over the cooking veg. Cook and steam for a final 20 mins. Pile the grains on a large serving dish. Drain off some of the liquid from the veg into a separate bowl. Pour the veg over the couscous and serve with the cooking liquid and hot pepper sauce or Harissa in separate bowls.

(Harissa - a hot sauce to flavour and garnish couscous. It is made from Cayenne pepper, ground cumin, garlic, salt and olive oil).

We have a new telephone number starting on the 2nd April 1995.

New number is:- 01628 542803

Regards,

94 Maypole Road
Taplow
Maidenhead
Berks
SL6 0NB

Joan and Bill Corbishley.

BURNHAM JOGGERS

MINUTES OF THE BUSINESS MEETING HELD ON THURSDAY 13 APRIL 1995

Present: Chris Spurr (in the Chair) Joan Corbishley, Christine Pillman, Louise Tarrant, Danny O'Neill, Keith Scudamore, Eddie Davey, Ken McCord, Mike Morgan, Eric Meller,

Apologies: Bill Corbishley, Eric Abbott, Frances Daniel, Bob Hardman

Matters Arising from the minutes:

Action

Address database - Louise to progress with Allan H and to invite him to the next meeting.

LTa

Half Marathon entry forms - now available. Everyone to be encouraged to take supply to forthcoming races.

Treasurer(s) - Mike Goulding and Derek Humphries are now official signatories. It is to be requested that one of them is present at one club night a week. Mike Morgan will still be willing to accept money on their behalf.

MM

Today's Runner XC Final, Luton - no-one from BJs attended.

Burnham Beeches 1995 Half Marathon - with the announcement at the last Race Meeting that Dave Rodwell was unable to act as Race Director for the 1995 Half Marathon, much discussion took place regarding the way forward. The consensus of feeling was that the event should take place and that a meeting should be set up with Dave in the very near future to confirm the arrangements already made and to find out what remained to be done. Christine agreed to talk to him at the Maidenhead 10.

CP

Some guidelines are given below:

Task	Action	Key Person	Help Agreed
Caldicott School	Booked. Written confirm required.	Kathy Hetherington	?
Entry form	Distribution	Keith Scudamore	✓
Adverts	Running press	Keith Scudamore	✓
Timing	Organise team	Liz Turbin	?
Results	Organise team	Allan & Linda Hardy	?
Finish Funnel	Organise team	Carol Linton	?
Marshals	Organise team	Danny O'Neill	✓
Catering	Booked	Marion Bunker	✓
Course Marking		?	?
St Johns	Booked (lifeguard?)	Louise Tarrant	✓
Drink Stations	Contact key people	Alan Y/Scouts/JAWS	?
T-Shirts	Contact supplier	Keith Scudamore	✓
Race Commentary	Book	Christine Pillman	✓
Permit(s)	Apply for	Louise Tarrant	✓
Prizes	Order	Joan Corbishley	✓

Date of next meeting to be announced. There being no further business the meeting closed.

STAGGERED JOG

Sunday 26th March, 1995

10 K

ACS		TIME	MPM	12 mos Comp.	% Comp.
18	Tony Wingrove	50m 57s	8.15	8.86	+ 8.01
17	Michael Murphy	43m 55s	7.02	7.28	+ 3.57
16	Roy Bennett	56m 10s *	8.99	9.26	+ 2.92
15	Derek Plumstead	36m 52s	5.90	6.06	+ 2.64
14	Carolyn Sampson	52m 50s	8.45	8.58	+ 1.52
13	Graham Wilson	38m 20s	6.13	6.14	+ 0.16
12	Tony Stonehouse	40m 52s	6.54	6.53	- 0.15
11	Mike Alderton	41m 7s	6.58	6.44	- 2.17
10	Kathy McKinley	53m 17s	8.53	8.32	- 2.52
9	Kenneth McCord	41m 7s	6.58	6.35	- 3.62
8	Dave Thomas	46m 47s	7.49	6.97	- 7.46
7	Mike Morgan	50m 51s	8.14	7.39	-10.15
6	Hugh Bergstrom	51m 37s	8.26	7.21	-14.56
1	Keith Maunder	48m 27s	7.75	No 12 mos comparison	
1	Jason Hart	38m 45s	6.20	"	"
1	Richard Coleman	44m 30s	7.12	"	"
1	Stefan Stasiuk	44m 50s	7.17	"	"
1	Deidre Penn	63m 30s	10.16	"	"

* All time personal best performance

Congratulations to Tony Wingrove for the best personal performance this month, for which he wins the Staggered Jog trophy. Congratulations also to Roy Bennett for an All Time P.B.

Many thanks to Eddie Davey and Dick Bedford for help with timekeeping, also to Cathy Heatherington for the regular production of updated start times/12 month PBs.

The next Staggered Jog will be held on Sunday 30th April. Please register early for numbers - from 10.15 am. and well before 11 am. Registration after 11 am cannot be guaranteed !

In the meantime successful and healthy running to all.

Russell

STAGGERED JOG

10 K



Sunday 30th April, 1995

ACS		TIME	MPM	12 mos Comp.	% Comp.
18	Rachel Carey	43m 15s *	6.92	7.43	+ 6.86
17	Danny O'Neill	45m 31s *	7.28	7.73	+ 5.82
16	Dave Thomas	44m 10s	7.07	7.49	+ 5.61
15	Richard Coleman	42m 12s	6.75	7.12	+ 5.20
14	Ivor Earl	36m 4s *	5.77	6.08	+ 5.10
13	Deidre Penn	61m 2s *	9.77	10.16	+ 3.84
12	Carolyn Sampson	51m 26s	8.23	8.45	+ 2.60
11	Michael Murphy	42m 58s	6.87	7.02	+ 2.14
10	Colin Bennett	36m 43s	5.87	5.98	+ 1.84
9	Stefan Stasiuk	44m 3s	7.05	7.17	+ 1.67
9	Roy Bennett	55m 16s *	8.84	8.99	+ 1.67
7	Ken Clilverd	46m 30s	7.44	7.49	+ 0.67
6	Bruce Cooke	37m 6s *	5.94	5.96	+ 0.34
5	Frances Daniel	51m 5s	8.17	8.07	- 1.24
4	Deidre Bursnall	50m 44s	8.12	7.90	- 2.78
3	Paul Bursnall	45m 35s	7.29	7.02	- 3.85
2	Mike Morgan	48m 15s	7.72	7.39	- 4.47
1	Hugh Bergstrom	47m 15s	7.56	7.21	- 4.85

* All time personal best performance

Congratulations to Rachel Carey for the best personal performance this month, for which she wins the Staggered Jog trophy. Congratulations also to Danny O'Neill, Ivor Earl, Deidre Penn, Bruce Cooke and Roy Bennett for All Time P.B.s

Many thanks to Eddie & Jackie Davey and John Mc Kerracher for help with timekeeping and results calculation.

It is worth recording the exceptionally high percentage of 'plus' times – no fewer than 13 out of 18 runners and a total of 6 P.B.s Is this a product of London Marathon training or just a 'one off' result ?

The next Staggered Jog will be held on Sunday 28th May starting at 11am. Please register early for numbers – from 10.15 am. to 10.59 am. Registration after 10.59 am. cannot be guaranteed !

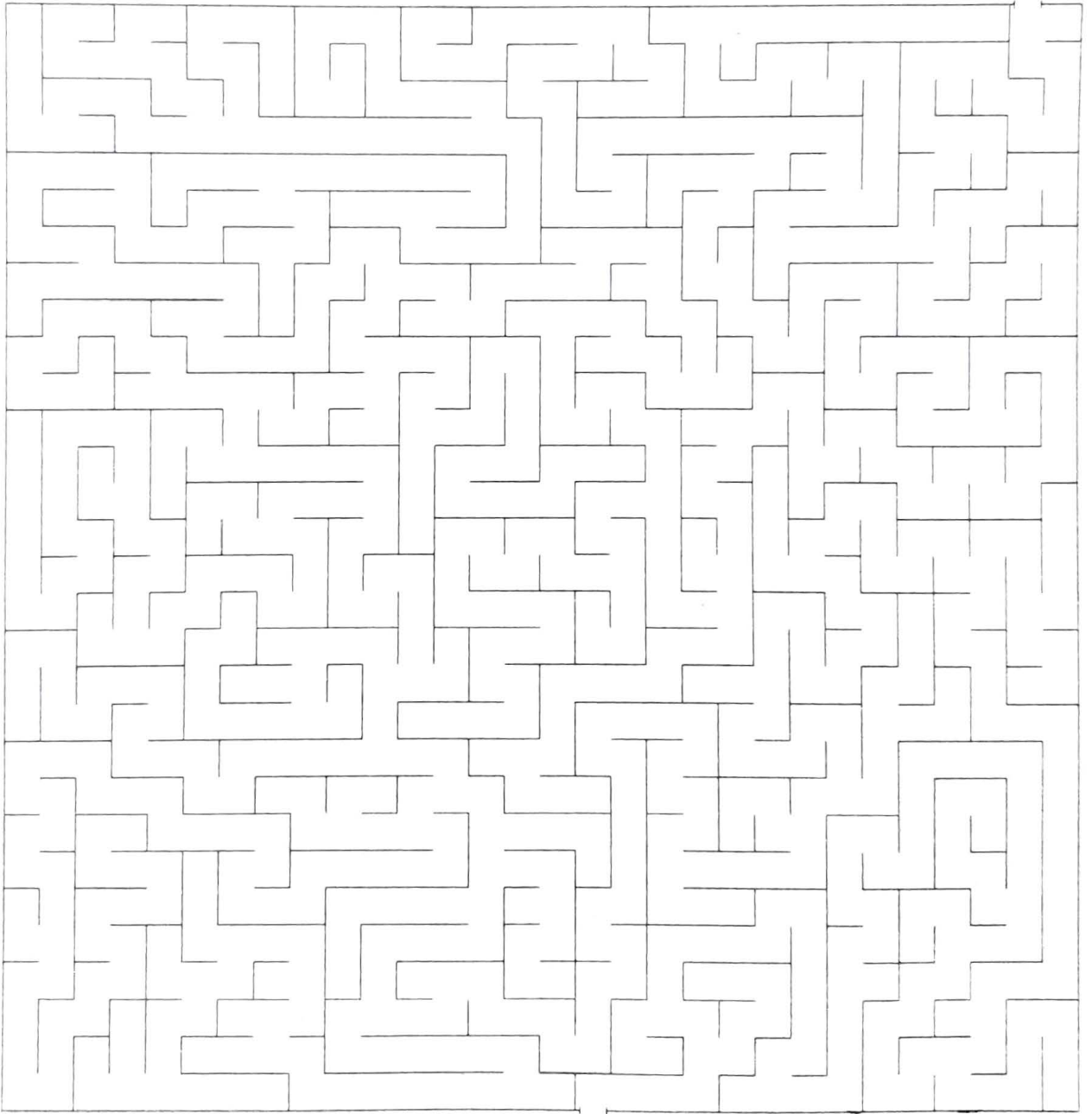
In the meantime successful and healthy running to all.

Russell

The Amazeing Puzzle

By I. N. Cognito

No.1



CLUB CHAMPIONSHIP EVENT 1995

FLEET HALF MARATHON 1995

1.	Keith Scudamore	1.23:45	
2.	John Irwin	1.25:07	
3.	John Davies	1.28:04	
4.	Alan Irwin	1.33:55	
* 5. }	Rachel Carey	1.35:55	MICHAEL MURPHY 1.34
5. }	Ken McCord	1.35:55	
7.	Alan Yeadon	1.38:07	
8.	Danny O'Neill	1.42:29	
9.	Mike Brown	1.42:43	
10.	Paul Bursnall	1.43:10	
11.	Mike Morgan	1.45:45	
12.	Deidre Bursnall	1.48:13	
13.	Janet Cook	1.52:04	
14.	Mary Robertson	1.55:59	
15.	Louise Tarrant	1.56:26	
16.	Roderic Miles	1.58:28	
17.	Harvey Wood	2.16:34	

NOTE This is the list of Burnham Joggers who ran this event, from the published results. Please check your placing and time and amend the list as necessary. If you ran and your name is not on the list, please put your name and time underneath and I will amend the list accordingly. Thanks!

Liz Turbin

Burnham Running Sisters

Volume 1 Issue 1

May 1995

BEGINNERS NEWSLETTER

1995 A Record Year

For the Burnham Running Sisters, 1995 will go down as a record year!

Up until the end of April, we met at the Cherry Orchard on Wednesday evenings for our regular weekly run. Usually there were between 6 and 10 of us.

Now that's all changed! Once again we are running a Beginners Course which we hoped would encourage the ladies of Burnham to 'come and join us'. And they have - by the dozens!

So far 36 ladies have joined our beginners group and still more keep arriving!

For this beginner's course I decided to change the format slightly to see if it made it easier for the ladies to run more often in the week.

We began by adding Tuesday and Thursday evenings to our weekly schedule. This has the added advantage of introducing the Sisters to Burnham Joggers who also meet at the Cherry Orchard on Tuesdays and Thursdays. It also providing Sisters with plenty of opportunities to run with a group.

We have also added a Sunday morning run in the Beeches which is proving to be very popular.

Running in the Summer Sun

Remember to take extra care when running in the summer. Drink plenty and slap on that sunscreen! Wear a hat if you feel comfortable running in one and try wearing sunglasses if the sunshine makes your eyes feel sore.

A dab of petroleum jelly above your eyebrows can help keep the sweat from running into your eyes.

Make the most of shaded areas - especially if it's a hot and cloudless day.

Run with a group for safety and company. Always tell someone where you are going, what route you plan



'Burnham Beeches' may not seem as tropical as this beach but you still need to take care when running in the summer sun!

to take and approximately how long you think you might be.

Most of all - enjoy yourself!

*Your 'Up and
Running'
magazine has
lots of useful
information*

J.O.G.L.E

Eight joggers, Bob Hardman, Derek Plumstead, Ivor Earl, Tom Rylance, Dave Sutton, Colin Bennett, Danny O'Neill and myself will attempt to run as a relay team from John O'Groats to Land's End. We aim to complete the 864 mile run in one week over Whitsun.

I was inspired by the article in the *Running* magazine about the Hayes and Harlington A.C. who had two teams each of five runners. We will have one minibus and eight runners. Derek has offered to bring his car and trailer which will give us valuable back-up support. We will each have to run three times every day, with each run being about 6 miles - OK if you say it quickly.

Each day's run should start at about 05.30 (except from Stirling where they won't open the doors until 07.00). We should finish each day at about 10.00 p.m. We will be staying mainly at Youth Hostels where we hope to have our one and only hot meal of the day. Colin has offered his talents as chef, and will be ably supported by Deidre, Ivor's partner. The Round Table at Whitchurch are prepared to shelter and feed us.

I have started training three times a day. My wife says I'm either running, showering, eating or putting sweaty clothes in the washing machine and generally excusing myself from housework. Well, one has to retain energy for useful activities. We are all doing about 50 miles a week, which includes quite a bit of hill efforts. Ah, blessed hills - what would we do without them!

I wrote to Tesco to see if they would sponsor us. Yes, of course, and sent one £5 voucher! So I wrote to Sainsburys, but to date I don't know their response. Bob has written to relevant stores in Burnham, but again we don't know their response. The Parish Council has agreed to sponsor us for 10p per mile. Derek's firm (Short Term Rentals) is paying for the minibus and we've been assured of £500 from the Round Table. Derek's MD is joining us for the first few days and the firm has sent out 3,500 letters advising companies of the J.O.G.L.E. We've also got four mobile phones.

Dave Rodwell will be giving us pre-event publicity and we may well be able to have a quick daily slot on Star FM - watch this space.

We leave from Burnham Priory School, Orchard Avenue at 09.30 on Friday 26 May. The Chairman of the Parish Council and press will see us off. Please come along if you can. We hope to raise £1,000 for a new specialised computer for the disabled children of the school.

JOHN McKERRACHER

EVENTS DIARY

DATE	EVENT	CLOSING DATE	ENTRY ON DAY
17 MAY	5K Summer series Wargrave		Yes
21 MAY	Sonning Common half marathon		Yes
21 MAY	Tadworth 5	13 May	Yes
28 MAY	Staggered Jog		YES
30 MAY	5K Summer series, <i>Burnham</i>		Yes
3 JUNE	Datchet Dash		
13 JUNE	5K Summer series Marlow		Yes
18 JUNE	Penn 7		
25 JUNE	Staggered Jog		Yes
28 JUNE	5K Summer series Maidenhead		Yes
12 JULY	5K Summer series Datchet		Yes
16 JULY	Wycombe half marathon	23 June	No
25 JULY	5K Summer series Handy Cross		Yes
30 JULY	Staggered Jog		Yes
1/2 AUG	<i>Burnham</i> 5K handicap		
13 AUG	Burnham Beeches half marathon	28 July	Yes
3 SEPT	Slough half and marathon	14 Aug	Yes