



FLEET STREET NEWS

ISSUE NO. 74 - NOVEMBER/DECEMBER 1989

MERRY CHRISTMAS
AND
A HAPPY NEW YEAR



CHRISTMAS AND NEW YEAR WITH THE JOGGERS

The following programme was provisionally agreed at the Joggers' November 'business' meeting.

Sunday December 17th: Metros Today's Runner Cross-Country
11.00 a.m.

Sunday December 17th: Junior Joggers and Children's Christmas Run and Tea Party. The Run will take place at Cliveden, beginning 10.30 hours. The Tea will follow at the Day Centre, 3 p.m. It is hoped to have some form of entertainment.

Helpers will be needed, especially with the party food. Children's names will be required, WATCH the notice board.

Christmas Eve, Sunday December 24th: Staggered Jog and afterwards in The George. It is hoped to book upstairs and Joggers are asked to bring the family, along with sausage rolls and mince pies.

Boxing Day, Tuesday December 26th: Target Zero at Cliveden 11.00 hours. Punch in the Orangery afterwards, bring some 'easy eats'. Entry Fee 50P.

New Year's Eve, Sunday December 31st: Cliveden Cross-Country. A popular event open to all. Lots of helpers needed, contact race director Bob Lever, 0628 661310 or WATCH the notice board.

Fancy Dress Disco at the Day Centre, 8.00 p.m. Theme is WHITE, ? come as virgin snow or dress in black - gettit? (Er, no. Ed). Good food requested since we have the use of heating facilities in kitchen. Scottish Country Dancers have had enough New Years. We also hope to have a small cabaret.

New Year's Day, Monday January 1st, 1990: Hash to be arranged with Mike Payne.

Socially speaking, nearly 100 Joggers and guests attended the 10th annual Dinner Dance held at Burnham Beeches Moathouse Hotel, Saturday November 4th. The President has yet to hear any complaints other than Gail and Arthur getting their main course when everyone else was tucking in to apple pie and custard. We have to thank Albert for the organisation and value for money. Once again ex-Jogger Allan Hardy provided an outstanding disco, rock on New Year!

Award winners: Dublin Trophy for excellence in running and service to the Joggers - Elaine Wallace, Jim Flynn Trophy for long-term service to the Joggers - Bob and Sheila Lever, Staggered Jog Platter for most improved Jogger - Alan Watson, Geldof Mirror for Charity Fund Raising - Carolyn Sampson. The winning raffle ticket was held by Jane Housego who missed out because she was locked in the lavatory.

The following day some Joggers still managed to compete, notably Pauline Shore and Cliff Cook, both running in their own name. Pauline represented England in a Vets International cross-country, finishing a magnificent third. Cliff turned out in the inaugural Marlow Half, running 72 minutes for 4th. Also at Marlow, nappy-changing Tony Linturn was 1st Vet in 74 minutes and his old mentor Malcolm Moody was 1st over-50.

With regret, the Joggers will soon be bidding farewell to Andy, Jane and Philip. They will be moving to Somerset, we wish them every happiness but with New Year approaching, also add "Haste ye back".

Bob Green

Pine Lodge

Thames Valley Hospice

President: The Duchess of Norfolk

Registered Charity No. 289148

YJ/sh

2nd October 1989

Dr R W Green
The Surgery
Burnham Health Centre
Minniecroft Road
Burnham
Bucks

Dear Dr Green

Thank you for the generous donation of £1000 which you kindly presented to Nikki Lea the other evening. This is a marvellous gift and we are very grateful indeed to The Burnham Joggers for their continued interest and support.

Yours sincerely

Yvonne Johnstone

Yvonne Johnstone (Mrs)
Administrator

WINDSOR & MARATHON

1st	Cliff COOK (Disqualified - someone else's number)	1.08.18
15th	Nicky LIPSCOMBE (Not disqualified - someone else's no.)	1.14.18
	Jim MOUAT	1.16.03
	Dave SUTTON	1.16.16
	Grahame WHEELER	1.18.12
	Paul CARTWRIGHT	1.21.52
	Graham NORCOTT	1.22.03
	Colin BENNETT	1.23.49
	John RICHARDSON	1.25.08
	Trevor WILSON	1.25.08
	Derek PLUMSTEAD	1.25.40
	Mike ALDERTON	1.27.11
	Dave KEARSEY	1.28
	Graham BUTLER	1.29
	Robin ALLUM	1.29
	Enio MORASSI	1.29.01
	Ken CLILVERD	1.29.43
	John DAVIES	1.29.51
	Bruce COOK	1.31.06
	Rupinder	1.31
	Tom RYLANCE	1.32.48
	Alan YEADON	1.33.18
	Clive SANCHEZ	1.33
	Ian WILD	1.35
	Bruce ROBERTS	1.35.14
	Colin THORPE	1.36.32
	Hugo BERGSTRÖM	1.36.50
	Andrew CLARK	1.37.57
	Dave HOPKINS	1.39.46
	Jack DYMOND	1.42
	John PRENDERGAST	1.42
	David NORCOTT	1.45
	Doug ROSS	1.47
	Eric MELLER	1.49.30
	Yvette DUMLER	1.49.30
	Ralph HATCH	1.52.30
	Keith BIDDLE	1.52.40
	Mary ROBERTSON	2.02
	Rod MILES	2.03
	Eric ABBOTT	2.05.30
	Maria RILEY	2.09.41
	Trevor ALDERMAN	2.13
	Mick WOOD	2.20

FUN RUN

1st: Gareth DAVIES
3rd: Peter BUTLER
5th: Ross MUIR

BOB GREEN

"DOES SEXUAL ACTIVITY HAVE AN EFFECT ON ATHLETIC PERFORMANCE?"

(Special despatch from the running medical correspondent from 11th European Cardiology Congress, Nice)

The above presentation was attended on behalf of all the long-suffering "spouses" of our brave competitors who are fed up with "Not tonight, I've got a big race tomorrow".

I have my doubts about the validity of this study using 16 professional male sportsmen, of whom only two were runners. Personally I'm not flattered with having conclusions on my performance deduced from weight lifters, hockey players and water polo players. Even worse the study was undertaken in Switzerland. I am at a loss to name one romantic Swiss Hero. The fact that the sexual activity in question lasted on average between 10 and 15 minutes proves my point.

The good news is that the study showed no difference in athletic performance between those who had and those who hadn't. In case you feel sorry for the group who hadn't, don't worry; the whole thing was repeated to enable those who hadn't to have. It was lucky that the study wasn't conducted in Italy as the two groups would have no doubt continued swapping over just to confirm the results. Luckily the Swiss are much more self-sacrificing for Science.

It is clear therefore that some new excuse must be found if we are not to return to the 'days of headaches'. Science may have the answer. Training athletes have lower blood levels of the hormone which regulates sexual activity than non-trained people. Joggers may keep doing it longer but perhaps not so often!

DAVE CLARKE

Minutes on the Business Meeting on Thursday, 12th October 1989
at the Haymill Centre.

Members Present: Alan Yeadon, Bill & Joan Corbishley, Bob Green, Eddie Thorpe, Keith Scudamore, Margaret & Ken Clilverd, Carol & Eric Meller, Pat & Ralph Hatch, Chris Spurr, Eric Abbott, Bob Lever, Peter Bunker, P. Clark.

Apologies for Absence: Sammy Green, Hugh Bergström, Denise Howse, Mick Wood.

1. Subscriptions: Bill stated that the general consensus was that subscriptions for ALL runners were obligatory but not compulsory for non-runners but family membership, which might include non-runners was to be encouraged. The fees were to remain as those proposed by the sub-committee. A list of paid-up members would be posted on the notice board and in Feet Street News. A list of all Club members and addresses would be compiled. New members would be given about two months to decide about membership and 20p levy would be scrapped. Membership sub-committee would consist of subscription sub-committee plus Carol Meller as administration assistant and Hugh Bergström as chaser. Persons attending Club but not paying would be asked to subscribe. Membership cards were in process of preparation. Margaret reported that subscription so far had amounted to £1,960 which was enough to cover the payment for Haymill. At the moment the Club had £3,349 in hand but the Haymill bill and other expenses were still outstanding. Chris reported that several new junior joggers had joined.

2. Half-Marathon: Keith reported that a request for results from the Hot 100 organisers had gone astray due to an incorrect address. He would reply giving all results.

3. Cliveden: Bob Lever would be organiser together with one other person to assist him. 20 entries had been received. BG offered to organise the Punch Bowl and Suzanne asked to help with refreshments. Numbers would be colour-coded. Carol to organise a raffle. No team prizes would be offered. Chris and Eric would organise results on computer. Joan reported that we had some prizes left from the Half Marathon.

4. Cherry Orchard: Bob Green had received plans from the council. Five different plans had been published. We would reply asking for a track with a central area reserved for throwing and jumping events rather than the proposed central football pitch. A communal pavilion was proposed. Bob favoured an extension for the Joggers with Changing facilities and perhaps a shared bar. BG would reply to the council. A Jogging trail round the perimeter would be part of the plan.

5. Christmas Event for Juniors: Chris & Bob to organise a Hash/Treasure Hunt on 16th December at Cliveden. Food would be organised at the Day Centre and other children could attend. Doreen to be asked to help.

6. New Year's Eve Dance: BG to organise hire of Day Centre for New Year's Eve. Ralph asked if we could revert to using the Day Centre again for socials but BG replied it was most unlikely.

7. BJ's as Law Breakers: Bob Lever expressed concern at the bad publicity that Burnham Joggers had achieved through top runners competing in races with borrowed numbers and in inappropriate age categories. In fact we had been reported in The People. Also the Club chairman was concerned when he heard cries of "Burnham Jogger cheating again in the Sunday Times massed jog". This was a reputation we could do without and perhaps could result in our entries and results being scrutinised. The members present hoped that in future that Joggers would have a more responsible attitude. In the opinion of Peter Bunker, it was impossible to stop individuals giving unwanted race entries away. Chris Spurr suggested that the Club did not announce vacant numbers. Bob Green promised to write an article in FSN about this matter.

8. Other Items: BG reported that £12 was donated from the proceeds of the Tinman Biathlon and suggested that we donate £10 to the Gerrards Cross Dance Club for the loan of their dragon.

Margaret said we had made only £6.70 from collections at the last social, i.e. a loss of £13.30. The meeting decided that in future members would be asked for 30p each and we would buy drinks from the downstairs bar.

Tony Curtin was unable to take the Junior Joggers due to commitments at work and Chris Spurr was supervising the group. At least two volunteers had offered to help with the group.

Carol suggested we maintain a First Aid box at Haymill. BG to act on this.

Peter stated that Denise had had a good spell as Sunday Times Organiser but did not wish to continue. The future organisation of teams for this event would have to be discussed later. Peter also stated that he had purchased a refilled cartridge at about £50 for the printing of FSN. Alternative publication methods were still wanted for consideration.

Margaret enquired if a theme for the New Year's Eve Dance had been decided?

AY stated that he would apply for a race permit from the AAA for the next Half Marathon on the 19th August 1990 and also write to obtain permits from the Beeches Authorities and Police for our road events in 1990.

BG to write to Farmer next to Cherry Orchard to obtain permission for a cross country route.

Keith Scudamore stated that this meeting was the most sensible one he had attended in his ten years at Burnham Joggers!!

THE SUNDAY TIMES
NATIONAL FUN RUN

Unfortunately circumstances have prevented me from attending the Club since the Sunday Times National Fun Run so I'm not sure how the majority of members felt about what happened that day. I have heard that quite a few found it distressing, whilst others thought it was a huge joke. Personally, I found it embarrassing and, therefore, took it upon myself to write to the Organisers. I recently received a reply which I have been asked to bring to the notice of our Committee, but thought I'd include a copy in Feet Street News.

I have already shown this letter to a few people and the general consensus of opinion was that we'd been lucky to come off so lightly and even more fortunate to receive such a sincere response. However, I know that the opinion of at least one prominent member is that Norman Harris probably thought the whole affair was a "big laugh" and the only reason he has now taken a stance is outside pressure. At the end of the day there is no way we can know Mr Harris' real feelings, we just have to make our own minds up as to how we feel about this matter and how we should conduct our affairs in future.

Denise Howse

THE SUNDAY TIMES
NATIONAL FUN RUN

PO Box 58 Richmond Surrey TW9 1TX

Miss Denise Howse
16 Sandown Road
Slough
Berks
SL2 1TU

Nov 16th 1989

Dear Miss Howse

I must apologise for the delay in acknowledging your letter of September 30th. To be honest, I was not sure how to respond - but I should, at the least, have thanked you promptly for your sincerely expressed apology, which I appreciated.

Since then some more information has come to light, regarding the runner who took part as entered in Men 24-26 and then later using someone else's number in Men 33-35, finishing second. I have also read Bob Green's remarks in Running Magazine, with which I entirely concur. I would wish only to add that, whilst the use of an absent runner's number by another runner is in most cases understandable (and it happens many times in the Fun Run without us seeking to take any action) I feel much more concerned about a good runner taking part a second time. It may not be the intention to unfairly boost the club's points score, but that is the affect it can have. And it is, obviously, most unfair if the runner is taking part in an older age-group. Indeed, I am inclined to think that the episode which subsequently came to light was a more serious one than that which was referred to in The Sunday Times.

I would be most grateful if you could bring this letter to the attention of the committee. I would also like to add that the support of the Fun Run by Burnham Joggers as a club continues to be most appreciated. I am sure that this will not be diminished by the over-zealous actions of a tiny minority of your runners, and I sincerely hope that you yourself will not be deterred from continuing your valuable work as entry organiser.

Again, many thanks for writing.

Yours sincerely



Norman Harris
Event Director

RESULTS OF 1989 STAGGERED JOG

POSITION	NAME	BEST 6 RUNS	NO. OF RUNS	POINTS YTD
1	WATSON Alan	174	9	193
2	RILEY Peter	160	10	216
3	ENGEL Bob	149	7	150
3	MONAGHAN John	149	7	150
5	HOPKINS Dave	144	8	168
6	HARDMAN Bob	138	11	191
7	MORASSI Enio	131	8	143
8	BERGSTRÖM Hugh	130	6	130
9	HUMBERSTONE Peter	122	7	132
10	MOODY Malcolm	121	5	121
11	SCUDAMORE Keith	120	11	158
12	DUMLER Henry	119	6	119
13	ARCHER Roly	114	4	114
14	LEWER Sheila	111	7	117
15	MORGAN Mike	106	7	108
16	MCCORD Kenneth	100	5	100
17	WALLACE Elaine	99	4	99
18	YEADON Alan	98	6	98
19	DUMLER Yvette	91	4	91
20	DEAR Paul	89	4	89
21	FALLON Kevin	86	5	86
21	HOUSEGO Jane	86	4	86
23	RYLANCE Tom	80	9	100
23	IRWIN John	80	7	86
25	RICHARDSON John	77	3	77
26	LEWER Bob	76	7	83
27	FLATMAN Steve	74	6	74
28	GREEN Bob	72	4	72
29	CLEGG Steve	70	5	70
30	BENNETT Colin	68	3	68
31	HATCH Ralph	68	5	68
32	CLARK Dave	67	3	67
33	CORBISHLEY Bill	66	6	66
34	CLILVERD Ken	65	5	65
35	SYMES Christine	62	3	62

LETTERS, WE GET LETTERS . . .

In addition to the standard form you all received the Secretary also sent begging letters out to several luminaries asking if they'd like to donate to the Joggers. Below we reprint the best of the correspondence for your delectation and delight.

Peter

- o O o -

Hon Sec.
Burnham Joggers
Haymill Leisure
Centre

Duncan MacKay
Slough Observer
A Gutter in Berkshire

Dear Duncan

We were wondering if you'd like to contribute a few quid towards the Joggers' Cherry Orchard fund. I hardly need remind you of all the good copy we've given you over the years what with June Webb, Pauline Shore, June Webb, Pauline Shore, June Webb, Pauline Shore and June Webb - not to mention all that disqualification stuff.

Yours sincerely

Alan Yeadon

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Duncan MacKay
Slough Observer
Athletics Today
and all Stations to
Wapping

Alan Yeadon
Burnham Ringers
Haymill House
Cloud Cuckoo Lane

Dear Alan

Thanks for your letter. I am enclosing a copy of my collected works which I'm sure will raise a few quid at auction. I know Bob Green is keen on acquiring a copy.

Yours

Duncan

PS Any chance of another lift to Bath? I could sit next to June Webb.
DM

- o O o -

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Hon Sec
Burnham Joggers
Haymill Complex

Alicia Hunt
The Organiser
Windsor Half-Marathon

Dear Ally

Any chance of a contribution to the Joggers 'Spot the Ringer' fund.

Yours

Alan Yeadon

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Alicia Hunt
c/o London Marathon
Office

Alan Yeadon
Burnham Joggers
Haymill Junction

Dear Mr Yeadon

As you can see, I've been drafted in at the above address to scrutinise your club's entries - a task I shall attack zealously. I'm enclosing a pair of my old tights and a number I didn't use at the 1982 Man -v- Armadillo Marathon. One of your elite runners might like to use it at your Target Dildo race or whatever you call it.

Yours In Vengeance

Alicia

- o O o -

Hon Sec
Burnham Joggers
Haymill House Forte

Martin Duff
Aldershot, Farnham & District AC

Dear Duffers

Any chance of a few bob towards the Joggers In Need Appeal?

Yours, more in hope than expectation

Alan Yeadon

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Martin Duff
The House of
Commons Westminster

Dear Yeadon

You've got a bloody neck. I'm still waiting for the fee Green promised me for my appearance at your No Rules Relays on Easter Monday.

Yours

The Voice of Common Sense

- o O o -

Hon Sec
Burnham Joggers
Haymill-on-Sea
Berks

Norman Harris
Sunday Times Fun Run

Dear Norm

In keeping with our expansion programme Burnham Joggers are soon to move to a new sporting complex to be erected on the site of an ancient used car lot. In view of our record of supporting the Fun Run we were wondering if the newspaper would like to make a donation to our venture.

Yours sincerely

Alan Yeadon

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Speakers' Corner
LONDON W1

Alan Yeadon
Somewhere Off The Wall
Burnham
Slough

Dear Mr Yeadon

Thank you for your letter. Unfortunately, the owner of the Sunday Times refuses to have any ties with left-wing organisations. However, on a personal level, I'm pleased to enclose a set of old dentures autographed by Duncan MacKay who I believe is a long time friend of your Club.

Yours

Norman

PS What do you do for enemies? NH

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THE "TIN MAN" BIATHLON - NICK LIPSCOMBE REPORTS

The "Tin Man" Biathlon held on 16th September under overcast skies was the realisation of at least eight or nine months' initial thoughts and prior planning. At first, a triathlon was considered, but we hit the wall when trying to locate a suitable swimming pool. In addition, I got the impression that many were unlikely to participate on account of the swimming phase. It wasn't until after the helpers' half marathon at a gathering that a biathlon was discussed and seemed a better alternative. The subsequent enthusiasm for such an event was encouraging. This was a fun event and for Club Members only simply because we had decided on a low key affair. Although the three A's covered us for the running phase as far as insurance was concerned, insurance would have had to be arranged for the cycling. It was decided to do without the insurance. Individuals were aware that they participated at their own risk.

When it came to the crunch, it was pleasing to see in excess of twenty competitors in the line-up, individuals and teams of two. The event took off due to a combined effort; we owe a lot to Duncan for his efforts beforehand with his explicit handouts, production of the awards for the different categories and route maps, not forgetting the all important route indicators cleverly placed en route. A special mention for Audrey for providing the Après Biathlon refreshment, Sheelagh and Jane for "keeping watch" and production of results and Ken McCord for measuring the courses we chose with the start at The Stag for both 10 KM run and 20 KM cycle.

General Verdict/Consensus of Opinion

1. Weather: Damp and a bit windy. Ideal for competitors. Could have been worse.
2. Support/Turn out: Fair to middling, good competition. Many private battles won and lost.
3. 10 KM Course: By no means flat. Easy to find. Thank goodness those "Hounds of the Baskervilles" didn't get loose in Doberman's stretch.
4. 20 KM Cycle: Tricky at the mini-roundabouts in Old Town Beaconsfield. A dodgy right hand turn into Dropmore at Thatched Cottage, Littleworth Common.
5. The event as a whole: A great success, let's do it all over again.

Thanks to Sheelagh and Jane - your results for the record:

1st BURNHAM TINMAN BIATHLON

RESULTS	RESULTS	RESULTS	RESULTS	RESULTS	RESULTS
1st Male:	Nick Lipscombe				
2nd Male:	Ross Muir				
3rd Male:	Dave Sutton				
1st Female:	Jenny Lipscombe				
1st Male Vet:	Dave Sutton				
2nd Male Vet:	Jim Mooat				
3rd Male Vet:	Geoff Day				
1st Female Vet:	Sammy Green				
Fastest Run:	Prize awarded - Geoff Day	(D Sutton already awarded a prize)			
Fastest Cycle:	Prize awarded - Ross Muir	(N Lipscombe already awarded a prize)			
Fastest Non-Racing Bike:	Prize awarded - John Irwin	(G Day already awarded a prize)			
TEAM EVENT					
1st Team:	Keith Scudamore / Simon Shearne				
2nd Team:	Trevor Wilson / Carolyn Sampson				
3rd Team:	Sammy Green / Daniel Green				

Overall Results

Position	Name	Run	Cycle	Total
1	Nick Lipscombe	34:52	38:22	1:13:14
2	Ross Muir	39:22	39:36	1:18:58
3	Dave Sutton	34:31	46:05	1:20:36
4	Jim Mooat	38:04	43:37	1:21:41
5	Ken McCord	42:03	40:24	1:22:27
6	Geoff Day	36:40	46:10	1:22:50
7	Malcolm Moody	39:38	43:21	1:22:59
8	Colin Bennett	37:17	44:14	1:23:31
9	Bob Green	39:40	44:48	1:24:28
10	Peter Riley	41:34	43:26	1:25:00
11	John Davies	40:50	46:03	1:26:53
12	John Irwin	40:39	47:08	1:27:47
13	Terry Williamson	37:14	52:18	1:29:32
14	Dave Thomas	44:01	46:25	1:30:26
15	Duncan Steele	49:25	41:10	1:30:35
16	Martin Bennett	42:37	48:37	1:31:14
17	Paul Dear	42:51	50:13	1:33:04
18	Bob Hardman	42:34	51:26	1:34:00
19	Tim Green	48:31	47:18	1:35:49 *
20	Hugh Bergstrom	45:06	51:34	1:36:40
21	Jenny Lipscombe	53:24	50:42	1:44:06
22	Ewan Lord	53:39	61:24	1:55:03

* Course varied

Team Results

1	KSoudamore/SShearne	36:21	36:25	1:12:56
2	Twilson / CSampson	39:16	41:13	1:20:29
3	SGreen / DGreen	49:39	-	-

John Nobes,
Parish Clerk,
Burnham Park Halls,
Windsor Road,
Burnham.

31.10.89.

Dear John,

Thank you for your letter containing five possible lay out schemes for the Cherry Orchards. At the Joggers' business meeting last month much discussion centred on the proposals but we were unanimous in preferring option 5. Firstly and most importantly the proposed 400 metre track would not be bisected by any other pitch markings and the area contained within the track offers the possibility of jumping and throwing events for the summer months. Secondly it does seem that scheme 5 provides more realistic parking and pavilion space.

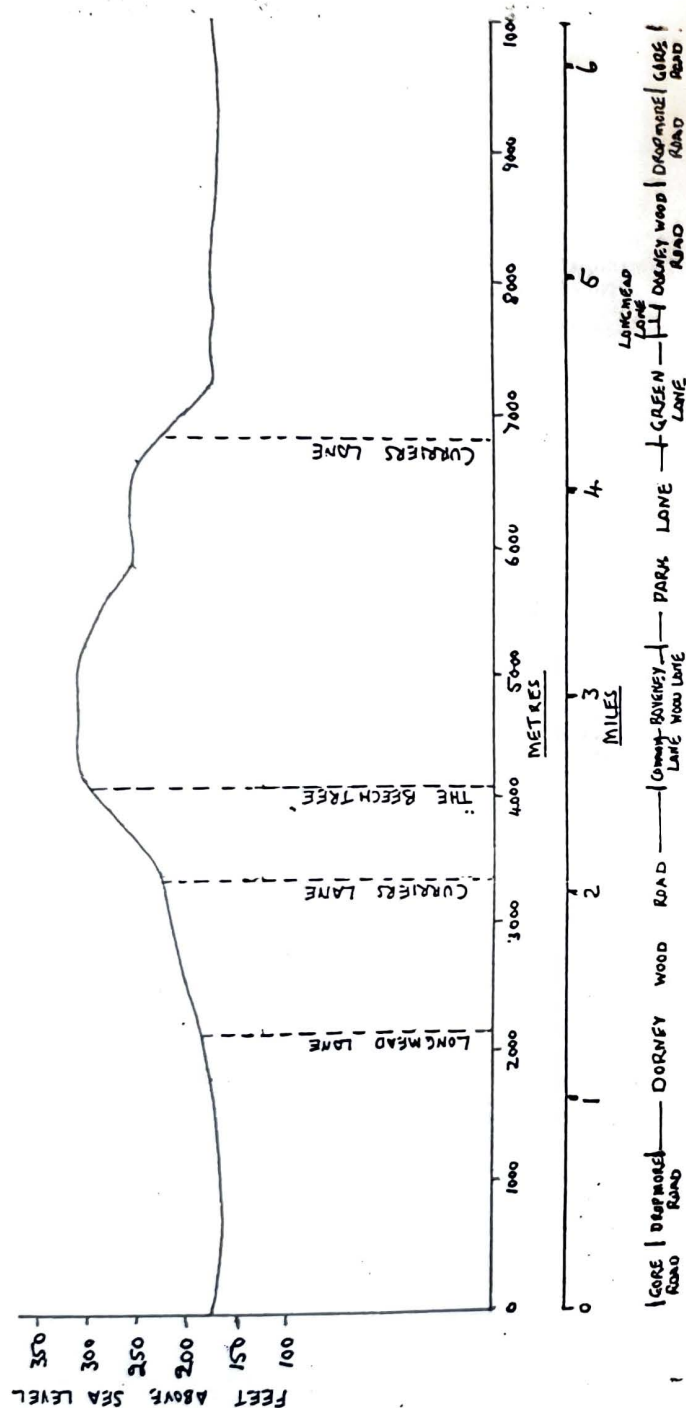
On the subject of the pavilion, we very much hope that the Parish Council will take into consideration the Joggers' overwhelming need for a separate meeting/social room. We are of course wholly prepared to finance such a room as an extension to the pavilion. We assume that the building will include toilets and showers, male and female. Many sports pavilions provide only home and away facilities. A very successful local sports enterprise is the one at Farnham Common which may prove a useful model. Can we reiterate to Council that Burnham Joggers are wholeheartedly behind the Cherry Orchard plans and can be relied on to provide whatever support is required of us, financial or otherwise. In conclusion, can we assume that the Council do not believe everything they read in the local Observer. As President and a founder member, I can reassure the Village that the Joggers have never sought to gain advantage by cheating. The slur was particularly hurtful when we have supported the Observer Screening Appeal for some years, raising at least £5,000 to date.

Yours,

BOB GREEN

THE STAGGERED JOG

ITS "UPS" AND "DOWNS"



ERIC DRAGITT

BURNHAM JOGGERS

STAGGERED JOG, SUNDAY 29TH OCTOBER

6.25 Miles

Annual Comp.	Name	Time	M.P.M.	12 Mos. Personal Best	Per Cent Comparison
24	Paul DEAR	40m. 35s.*	6.49	6.74	3.71
23	Malcolm MOODY	37m. 30s	6.00	6.15	2.44
22	Linda WALSH	45m. 09s.*	7.22	7.36	1.90
21	Bob HARDMAN	39m. 41s.	6.19	6.27	1.28
20	Steve CLEGG	46m. 43s.	7.47	7.56	1.19
19	Mike COATES	36m. 50s.	5.89	5.96	1.17
18	Bob LEWER	44m. 09s.	7.06	7.13	.99
17	Bob GREEN	38m. 44s.	6.20	6.25	.80
16	Jeff DAY	35m. 58s.	5.75	5.77	.35
15	Keith BIDDLE	51m. 30s.	8.24	8.24	EVENS
14	Mary WILSON	55m. 03s.	8.81	8.79	.23
13	Ralph HATCH	49m. 06s.	7.86	7.81	.64
12	Andy HARROP	39m. 43s.	6.35	6.22	2.09
11	Mike MORGAN	45m. 03s.	7.21	7.00	3.00
10	Tom RYLAND	39m. 20s.	6.29	6.01	4.66
9	Keith SCUDAMORE	36m. 54s.	5.90	5.62	4.98
8	Kevin FALLON	37m. 50s.	6.05	5.72	5.77
7	Alan WATSON	48m. 06s.	7.70	7.25	6.21
6	Ken MCCORD	41m. 28s.	6.63	6.15	7.80
5	Peter RILEY	42m. 55s.	6.87	6.05	13.55
4	Bill CORBISHLEY	48m. 08s.	7.70	6.45	19.38
1	Mark WALSH	50m. 36s.	8.10	NO 12 MONTHS	COMPARISON
1	T. WILSON	39m. 03s.	6.25	" " "	"
1	Eddy THORPE	35m. 06s.	5.62	" " "	"

* All time personal best.

Congratulations to Paul Dear for the best personal improvement this month, for which he wins the Staggered Jog Trophy and also sets a new personal best performance.

Congratulations also to Linda Walsh for a new all-time personal best performance.

Many apologies for the mishap over timing. The watch "malfunctioned" when the alarm sounded just as the runners returned. It says much for the Club that virtually everyone was able to provide their own self-timed performances.

Next Staggered Jog - first in the new competition - Sunday 26th November. Please register early - from 10.15 a.m. and before 11.00 a.m. Many thanks.

RUSSELL BROWN

SLOUGH ½ MARATHON

2nd	Ian VAN LOCKVEN	1.09.57
2nd	Jane HARROP	1.22
12th	Terry BRYANT	1.17
21st	Keith SCUDAMORE	1.18.11
22nd	Trevor POLLARD	1.18.28
26th	John MONAGHAN	1.20
	Trevor WILSON	1.26
	John RICHARDSON	1.27
	John IRWIN	1.27
	John DAVIES	1.28
	Tom RYLANCE	1.28
	Paul DEAR	1.29
	Ryinder SINGH	1.31 - 1st ½ Marathon
	Hugo BERGSTRÖM	1.38
	Alan WATSON	1.48 (PB)

MARATHON

Bryan HEYWOOD	2.42
Bob HARDMAN	3.40
Pete RILEY	3.18
Jack DYMOND	3.33.44

FUN RUN

3rd Peter BUTLER

RACE RESULTS

NEW FOREST ½ MARATHON

35th	Colin BAKER	1.18.52
	Andrew BAKER	1.42 - 1st run
	Mike BATCHELOR	1.44 - PB
	Mike JEFFRIES	1.54
	Karen BATCHELOR	2.04.10 - PB

BOB GREEN

Minutes of the Business Meeting held at the Haymill Centre on the 9th November 1989.

Members Present: Bob Green, Bill & Joan Corbishley, Ken & Margaret Clilverd, Carol Meller, Alan Yeadon, Peter Bunker, Bob Lever, Chris Spurr, Eric Abbott, Dave Sutton.

1. Beeches Cross Country: Due to requests from other Clubs, it was decided to hold the February Today's Runner cross country run in the Beeches rather than at the Cherry Orchard. Alan offered to apply for a permit when the course was known.

2. Cliveden: Bob reported 70 entries so far. The Observer, Express and Maidenhead Advertiser to be contacted regarding publicity. Marion Bunker has kindly offered to do the catering and the Punch! Bob Lever reported that a course plan had been prepared and most prizes had been obtained but he would purchase additional ones from the National Trust shop and BG to get some from Bishops. Carol was organising a raffle. Marshals wanted for the event. The day would be completed by the Grand New Year's Eve Party.

3. Christmas Events: The Staggered Jog would be held on Christmas Eve and in the evening a room would be hired in The George. Chris & Bob Lever would be organising a "Children's Challenge" on the 17th December starting at 10.30 a.m. at Cliveden and followed by eats and a party in the Day Centre. Doreen & Marion to be asked to help.

Don would be asked via Dave to organise the Target Zero on Boxing Day, starting at 11 a.m. Joggers would be asked to bring easy eats and drink. The President would provide his usual brand of Christmas Cheer.

The New Year's Eve Party would be held at the Day Centre. The disco would be provided by Allan Hardy and the theme would be "White". Joggers would be asked to bring good grub.

A hash was planned for New Year's Day. EC to ring Mike Payne with a view to organisation of this event.

4. Treasurer's Report: A profit of £3.40 was reported from the last social. Some joggers had refused to pay 30p to the cost of the room but the majority had subscribed.

Some subscriptions were outstanding. Margaret would compile a list and Alan would write to the persons concerned. No breakdown of the Dinner Dance was yet available.

Some Club funds had been transferred to a deposit account.

5. Junior Joggers: Chris reported that more help was still required with the juniors. It was unanimously agreed that anyone who wanted to pursue a qualification in coaching would be assisted by the Club.

6. Relationship with the Local Press: Peter Bunker queried our relationship with local newspapers in view of recent bad publicity which the joggers had received. After some discussion, it was agreed that we should continue as in the past.

7. Fund Raising: Margaret asked about fund raising events in 1990. No new ventures were proposed but it was intended to make good use of the existing proposed events.

8. Secretary's Comments: Alan had received a letter from Brian and Wendy Congreve expressing fond memories of Burnham Joggers and best wishes for the future. The meeting expressed thanks to Brian and Wendy for their generous donation to the Club, and asked the Secretary to convey their gratitude. In addition, Alan reported that we had received two guaranteed entries for the London Marathon. These places would be denoted to persons who had applied to enter but had been refused and hence members should retain any rejection slip they might receive.

ALAN YEADON

Diary: Last Entry

Autumn again: the annual spectacle of colour and movement. Crisp, bright, appealing mornings that lift the spirits only for them to be hijacked by the fog descending like a depression. I watch the particles of mist swimming into the headlamps, see them chase like incensed atoms or those frightened fish seen caught in the diver's intrusive beam. The Kaleidoscope moves: enter wind from the east biting the runner's face. Autumn, then, is the time of breath billowing; of early morning damp and dank; of leaves spiralling lazily or fuming in a frenzy or piled slipshod on a woodland path; the time when the burnt out smells provoke memories to jerk us back in time and place. Autumn; the time of shedding and letting go.

With these tiny observations we chart ourselves against the progress of the days, by these images we measure, set ourselves.

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Carolyn Sampson told me, "I've been doing a lot of cycling. I don't like it - I just like the gear." I'm sure this was a joke. How was she to know she'd set me off on one of those haphazard thought paths? Have you noticed how background joggers in American TV programmes are always shown wearing designer gear? Eighty-four degrees in the L.A. sun and the runners fizz around in hooded tops and fleecy bottoms. Sign of the Times. Our Kids have to spend £100 on a skateboard for it to be any good and just as much on a pair of roller skates. A mountain bike isn't worth looking at under £300 and there's no chance of developing football skills without being fully togged out in the Liverpool strip complete with sponsor's name splashed across the shirt front. I tell my fifteen-year-old the story of Colin Cowdrey making a near-century in a charity match using a bat half the normal width and he looks at me like I'm the loony on the bus. Perhaps I am.

As I get older, I'm constantly amazed at the way things turn out. Who could have foreseen teenage girls strolling around in cycling shorts and rugger shirts, their boyfriends sporting baggy trousers and jackets sixteen sizes too big? That all the kids would wear unlaced basketball boots? That American football would command television time in this country? That big city marathons would become part of the sporting fabric? Or that Life As We Know It would be threatened by armpit deodorants? But I digress . . .

Well, of course, I'm not saying good equipment isn't desirable (I'm not about to trade in the Air Spans for a pair of plimsolls from Woolies). What I am saying is that you literally do have to learn a technique and practice it before spending a lot of money on gear. The Kids aren't to blame really. They get bombarded with messages telling them that the right sportswear and performance are inseparable and they live in an affluent age when people who should know better think they'll be deprived if they don't get what they want every time they ask. It's down to us to try to bridge the gap, guide them through this materialistic jungle. Some chance they got, eh?

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It seems somehow significant that the last time I saw Jane Harrop was spectating at a race in Battersea Park. Andy ran and she watched. I've lost count of the number of times the Harrops have supported others when they've not been running themselves. Andy and Jane have been in on the jogging boom almost since inception coming up through the ranks to achieve good racing standards. That they have done so in an unassuming and modest manner has meant that at Burnham Jane, in particular, hasn't always drawn the attention she might have. I rather think that, in time, the Club may come to realise just how much Somerset's gain is Burnham's loss.

Alas, that's not an end to valediction . . .

Due to a mix of internal and external reasons I can no longer find the time for 'Feet St'. I've known this for a long time now - probably since I mislaid those bloody Enva 10 results - but I've evaded the realisation. The President wanted me to move over a few months back, but I resisted that because I saw it as an attempt to suppress a dissenting voice. Paranoia or not, I now see he was right. Some times we have to read the signs and currently mine are coming up negative just about everywhere. Anyhow, it's good to know that post-New Zealand Bob and I agree on at least one thing.

I've been doing this for over six years and whereas it ought to be like falling off a log the truth is I'm finding it harder and harder to produce. Lost articles, missed issues and anxieties over the photocopier which I'm sure everybody is fed up with hearing about: add up these factors and the equation tells you it's time for a fresh head to move in. Though it's true I don't have the time, it's also true to say I'd find it had not my enthusiasm become ensnared by the hectic rush of days which, of late, has threatened to choke me completely.

Just writing these words produces a sinking feeling, as though I'm releasing a child or losing an old friend. But letting go is one of those tough little tasks that life sets us from time to time. It remains only for me to express my thanks not only to Ann Morgan who's been in on this with me from the start, enduring my inconsistencies with a smile, or, to those, too numerous to list, who've helped me along the way, but also to those of you who've regularly bought 'Feet St'. Without you there couldn't be a newsletter just as there couldn't be a Club without your support on Club nights. I make no excuse for stating the obvious here because in recent times I think it's a truth that's often been neglected. What's more, thanks to you, this writer actually got read and you'll never know how much that meant to him.

That's all, folks . . .

Peter