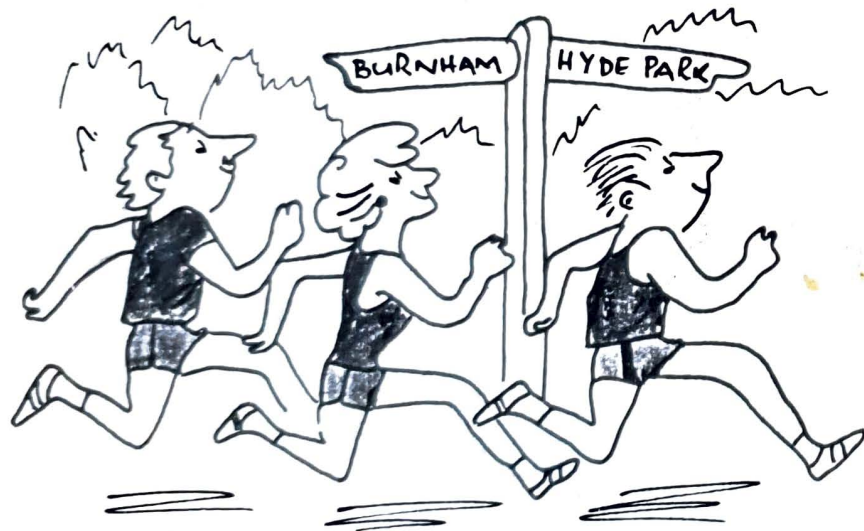


FEET STREET NEWS



SEPTEMBER 1988

#517

CHAIRMAN'S ADDRESS

The 1988 Burnham Beeches Half Marathon is old news but already the 1989 one is being unwrapped. As always, lessons in organisation have been learned and noted, next year's date has been provisionally set, the clock has been ordered and the AAA's permit applied for. Very little happens as a matter of course, work and communication goes on all year, then on the day, Burnham Joggers do it again. From Hugo and me, thank you to all who contributed to this year's success (not my comment but a summary of remarks made at the race by outsiders).

Staying with club races for a minute, I would mention that there has been some fall off in support of them. Some joggers complain that they don't know about them or we advertise too late. These are well taken points and I shall be making a big effort to promote club runs in the future. They are so important to the stability and growth of Burnham Joggers.

Andy Harrop (see this issue) would like to see mobs of us running and supporting other races, where we have traditionally put up a good show and blooded new runners. I agree, so watch the black-board.

Hopefully, many of you had good holidays, where you ran in exotic surroundings or, if you stayed in Britain, perhaps in ankle deep something or other - we don't always like to know, do we? - just wash it up when we get home. Anyway, please tell us all about it in Feet Street News. If you didn't run but had an adventure, nice meal or saw something spectacular - tell us about it. Items to me, Nick Lipscombe or Peter Bunker.

As a club, we go in for very little coaching, we learn by "running with Nellie", hoping to pick up a few tips or copy their style. Don did great work earlier this year by taking people out on 'effort' runs and he has agreed to do it again - so listen out. Eric Abbott still enjoys running with a harem so if you are comparatively slow and want to build up, Eric's your man. For real improvement in speed and stamina, enter the cross country races. Whatever your present standard, you are bound to improve and you will enjoy the encouragement and support of the other Burnham Joggers.

Here's to a great winter season of running.

BOB LEWER

.....

' Would you believe I went to University? No, I don't suppose you would. Well, let me confound you all by telling you that I actually attended a one week course at one of the Oxford colleges. So What? you all cry. So the course was about ergonomics and time and motion. You may wonder what good such a course would do me; so did I at the time. But, as a budding trade union official working in industry that was being taken over by technology, I had to know about these things. For a short time, in the sixties,

these subjects were all the rage but like all fads, they were short-lived and this wealth of knowledge has been dormant in my mind. Some would say my whole mind has been dormant - enough of that.

What has all this got to do with running? Well, I'm sick of the Tom Rylances, Jill Stewarts, Mo Disbreys, Leo Silvers, Ian Van Lokvens and Allan Hardys of this world, always being winners. I have unlocked my store of knowledge and intend to put it to good use so that some of us 'also rans' can share the limelight.

When the Staggered Jog was first conceived ten years ago, its childish points and handicap system was very sophisticated considering we were still in the 70's and calculators, videos and stop watches were futuristic hi-tech. Not to belittle Russell's work over the years, it is still a great race; but it needs an update. At present the handicap is based on past performance alone. My Oxford days, as I like to call them, were screaming at me that there is more to it than that.

Surely we can't allow Russell to go on organising this run as a sacred cow, based on the same criteria. Go forward or die!, I say (as I do on Beech Tree Hill once a month).

Has it ever occurred to you that Sheila has shorter legs than anyone in the club? What about Trevor's awful handicap - Mary. Then there's Bob Hardman - he works for the Gas Board. I'm still registered as a wide load and Lynn Daniel is soliciting for most of the week. David Thomas never was, isn't and never will be any good and I dare not mention Les Farrant's problems here, although I could really pull the plug on him. Andy Harrop is not allowed to run, well not a lot. On the other hand, or foot, John Bryant wears size twelves. In the mile dash, he's halfway there when he's on the start line. Is that fair? June Webb's legs go from her ankles to her neck and Jane Harrop runs on clockwork. So we are all very different and I believe we should get Russell to consider these advantages and disadvantages - get it all into the computer and give us all an even chance in the Staggered Jog. A lot could be done by considering facts like many of the ladies wear knicker elastic - this restriction should earn them some points. Shorts, tracksters, singlets and T shirts all should be 'marked' on registration. Would you believe sneaky Elaine only uses one pin in her number

to cut down the weight. Where will it end? Away with such differences, let's all start at the same level.

Seeing the cross lines, designed to cut down motorists' speed when approaching roundabouts, leads me to suggest that we mark the whole course in this way, each line to be an 'average stride' apart. Anyone overstepping the marks will have his laces tied together on the following month.

Well, there you are, that week in Oxford certainly wasn't wasted and I'm so pleased to be able to suggest to Russell that he re-vamp the race in this way. What do you think? Messages wrapped around bricks, abusive phone calls and dirty postcards to 94, Stanhope Road, please.

BOB LEWER

P.S. This is a JOGGING club. Why should people who go out training every day, race every weekend, diet and go in for other exercise get the better of us. Time for a change.

B.L.

BURNHAM JOGGERS

Staggered Jog, Sunday 28th August 1988

6½ Miles

<u>Annual Comp.</u>	<u>Name</u>	<u>Time</u>	<u>M.P.M.</u>	<u>12 Mos. Personal best</u>	<u>Per cent Comparison</u>
26	LEO SILVA	36m. 32s.*	5.85	6.37	+ 8.16
25	CAROL HARDY	41m. 21s.*	6.62	7.02	+ 5.69
24	ALAN DOBSON	36m. 14s.*	5.80	6.13	+ 5.38
23	MICK WOOD	53m. 24s.	8.54	8.85	+ 3.50
22	KAREN BATCHELOR	53m. 37s.*	8.58	8.73	+ 1.72
21	STEVE FLATMAN	36m. 54s.*	5.90	5.95	+ .84
20	JILL STEWART	55m. 47s.*	8.93	9.00	+ .78
19	ENIO MORASSI	39m. 43s.*	6.35	6.38	+ .47
18	MIKE MORGAN	44m. 21s.	7.10	7.11	+ .14
17	JOHN IRWIN	37m. 10s.	5.95	5.94	- .17
16	TOM RYLANCE	38m. 25s.	6.15	6.13	- .33
15	KEN CLILVERD	39m. 38s.	6.34	6.31	- .48
14	EDDIE DAVEY	41m. 22s.	6.62	6.58	- .61
13	SHEILA LEWER	53m. 02s.	8.49	8.43	- .71
12	IVAN HOUSTON	40m. 47s.	6.53	6.44	- 1.39
11	RUSSELL BROWN	53m. 32s.	8.57	8.39	- 2.15
10	CHRIS RILEY	38m. 29s.	6.16	6.01	- 2.49
9	COLIN BAKER	35m. 58s.	5.75	5.59	- 2.86
8	MARIA RILEY	52m. 55s.	8.47	8.22	- 3.04
7	TREVOR WILSON	39m. 36s.	6.34	6.10	- 3.93
6	PETER HUMBERSTONE	50m. 08s.	8.02	7.68	- 4.43
5	ALAN YEADON	40m. 04s.	6.41	6.13	- 4.57
4	BOB LEWER	43m. 18s.	6.93	6.57	- 5.48
3	PHIL McQUEEN	37m. 38s.	6.02	5.77	- 6.06
2	BILL CORBISHLEY	43m. 26s.	6.95	6.27	-10.85
1	ROSS MUIR	38m. 45s.	6.20	NO 12 MOS. COMPARISON	

* All time personal best.

Congratulations to Leo Silva for the best personal improvement in the Staggered Jog this month, for which he wins the Madeleine Brown Memorial Trophy. Congratulations also to Carol Hardy, Alan Dobson, Karen Batchelor, Steve Flatman, Jill Stewart and Enio Morassi for personal best performances.

Many thanks to Bob Hardman for help with the 'hot seat' and timekeeping, to Dick Bedford for timekeeping and results calculation, and to Barbara Jenkins and Gina Muir for help with timekeeping.

Welcome to Ross Muir - another young enthusiast to the Staggered Jog and a very good time.

Next Staggered Jog, and last in this year's series of events, Sunday 30th October (no race in September due to clash with Sunday Times Fun Run).

RUSSELL BROWN

127, Thompson Road,
1 NAPIER.

Monday 15th August 1988.

Dear Bob, Sheila and B.J.,

I'm attempting to write this letter while being driven mad by Daniel's 'ghetto blaster'. It is producing what must be the all-time great headache noise - R.A.P.; R.I.P. is what I'm looking forward to, when he's gone to bed. This wooden N.Z. house is not the ideal for the Greens - the twins battling upstairs sound as if they are about to come through the ceiling. I have just told Sam that with a bit of luck this evening, I will be called away to the peace and quiet of the Maternity Hospital. I have at least half a dozen Maori and Pakehues in the latter stages of pregnancy.

It seems absolutely ages since just over 4 weeks ago, Hugo left us at Heathrow, our last contact with the 'gold and green'. Running didn't get much of a look in during our 10 days in Singapore and Malaysia. We managed one short stagger with original B.J. Hilary Briffett. I decided so much sweating was not in the interest of my kidney stones and confined my exercise to slow walking or swimming in the hot humidity. We kept our figures by eating mainly the delicious fruits and contracting the inevitable 'trots'.

Now, N.Z. is a completely different kettle of fish. Napier, Hawkes Bay has the very best of English climates, lots of sun with a gentle cooling breeze. The only snag with running is that the house has incredible views - that is, it sits on top of a very steep hill, a bit like Yew Tree only three times as long. Running up and down or vice versa, the first week didn't seem to do me much good at all. I joined Napier Harriers the first weekend for their inter-club relay. Eleven mixed teams took part. I ran the first leg for my team which obviously expected great things of me. I finished last, 19½ mins for 5K, though there was a steep hill. Sam did much better, third fastest lady. I have warned these upstart Harriers just to wait until Allan Hardy comes in November - any chance of bringing Ian Van Lock and Jane Harrop as well? We haven't been back to the Harriers, we understand there is also a jogging club in Napier and a Hash; well, when you get to our age.

We really feel cut off down here - we've written heaps of letters to family and work without a single reply. If any B.J. would like a penfriend in N.Z., do write soon. We desperately want news about anything - nothing ever seems to happen here apart from the odd person getting lost in a forest or falling out of their boat. Still, we are promised lots of Olympic action live - Seoul is only 2 hours different.

Have we reached 200 entries yet for the Half Marathon? Who is leading in the Staggered Jog series? Did we win Wycombe? Did Hugo beat the train? Has Elaine lost the cup?

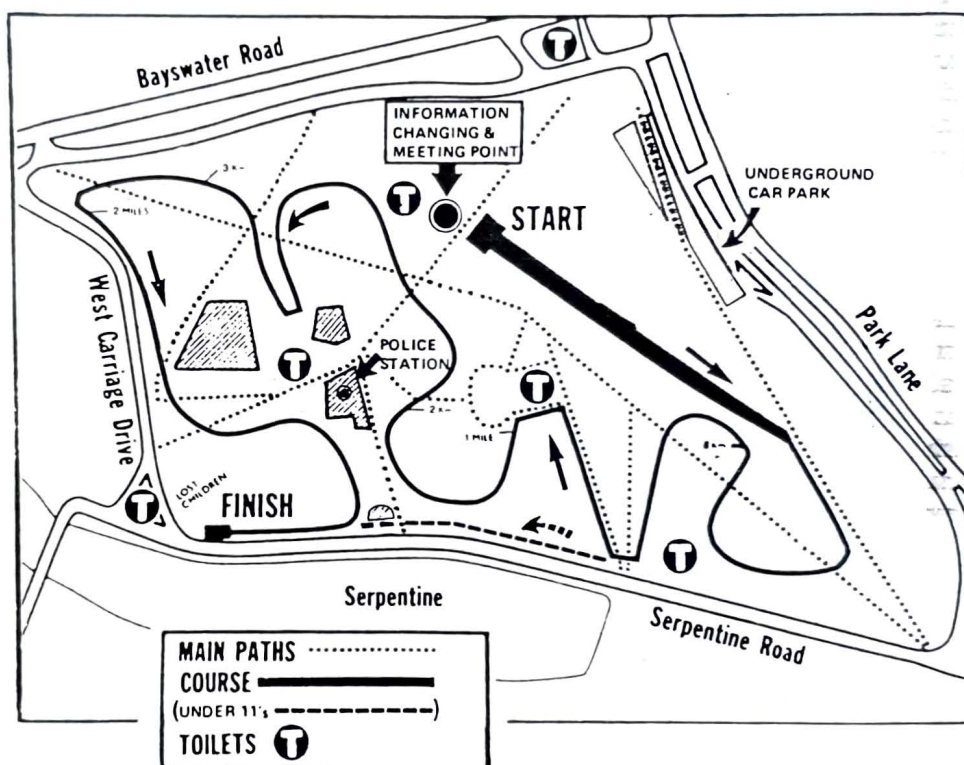
The work is very demanding - I am on call 24 hours, 7 days, for maternity. Last Friday I sat in the house petrified in case the phone rang - as well as maternity, I was on call for 9 proxies

and for the ambulance in case of major road accidents. If you think Burnham has its share of rogue drivers, N.Z. will make your hair stand on end. Only last week the National lady cross-country champion was knocked down while out training. She is still in a coma.

The boys are all at day school and have been since we arrived. They were a bit peeved about two weeks holiday against the 6-7 weeks they would have claimed at home. Sam certainly doesn't mess about. The R.A.P. has come to an end, it must be time to sign off.

Keep on running.

THE GREENS



10.00	Women 39—42	13.25	Women 19—23
	Women 43—49		Women 24—26
	Women 50—59	13.45	Men 39—42
10.25	Men 19—23	14.00	Women 27—29
10.40	Girls 15—18		Women 30—32
11.05	Boys 15—18	14.20	Men 30—32
11.15	Men 43—49	14.30	Women 33—35
11.30	Men 24—26		Women 36—38
11.50	Boys 8—10	14.50	Men 50—59
12.00	Girls 8—10	15.05	Men 36—38
12.10	Boys 11—12	15.15	Men 60—69
12.20	Girls 11—12		Men 70—plus
12.40	Boys 13—14		Women 60—69
12.55	Girls 13—14		Women 70—plus
13.15	Men 27—29	15.45	Men 33—35
		14.30	Mass Jog

BURNHAM JOGGERS

STAGGERED JOG, SUNDAY 31ST JULY 1988

6.25 Miles

<u>Annual Comp.</u>	<u>Name</u>	<u>Time</u>	<u>M.P.M.</u>	<u>12 Mos. Personal Best</u>	<u>Per cent Comparison</u>
37	DICK BEDFORD	45m. 06s.	7.22	7.43	+ 2.83
36	MIKE MORGAN	44m. 28s.	7.11	7.22	+ 1.52
35	NIGEL CARTER	47m. 39s.	7.62	7.73	+ 1.42
34	MICK WOOD	55m. 20s.	8.85	8.97	+ 1.34
33	HEATHER HART	56m. 53s.*	9.10	9.22	+ 1.30
32	MICHAEL REYNOLDS	37m. 59s.	6.08	6.12	+ .65
31	COLIN BENNETT	38m. 47s.*	6.21	6.25	+ .64
30	EDDIE DAVEY	41m. 09s.	6.58	6.60	+ .30
29	JOHN IRWIN	37m. 13s.	5.95	5.94	- .17
28	CHRIS RILEY	37m. 32s.	6.01	6.01	EVEN
27	DAVE SUTTON	33m. 21s.	5.34	5.32	- .38
26	PETER HUMBERSTONE	48m. 17s.	7.73	7.68	- .65
25	PETER BUNKER	37m. 28s.	5.99	5.95	- .67
24	RALPH HATCH	46m. 08s.	7.38	7.32	- .82
23	MAURICE SAMPSON	47m. 04s.	7.53	7.44	- 1.21
22	JILL STEWART	57m. 01s.	9.12	9.00	- 1.33
21	KEN CLILVERD	40m. 09s.	6.42	6.31	- 1.74
20	BARBARA JENKINS	61m. 07s.	9.78	9.52	- 2.73
19	STEVE FLATMAN	38m. 24s.	6.14	5.95	- 3.19
18	HUGH BERGSTROM	44m. 01s.	7.04	6.81	- 3.38
17	ALAN CHURCH	47m. 08s.	7.54	7.27	- 3.71
16	TOM RYLANCE	39m. 00s.	6.24	6.01	- 3.83
15	ROBIN MONTGOMERY	36m. 50s.	5.89	5.67	- 3.88
14	NICK LIPSCOMBE	34m. 53s.	5.58	5.36	- 4.10
13	LYN DANIEL	51m. 31s.	8.24	7.91	- 4.17
12	ALAN YEADON	40m. 05s.	6.41	6.13	- 4.57
11	IVAN HOUSTON	42m. 25s.	6.79	6.44	- 5.43
10	JOHN RICHARDSON	40m. 38s.	6.50	6.01	- 8.15
9	KEITH SCUDAMORE	37m. 11s.	5.95	5.46	- 8.97
1	CHRIS HAYES	40m. 18s.	6.43	NO 12 MOS. COMPARISON	
1	ALAN DOBSON	38m. 18s.	6.13	" "	"
1	GARY BRYANT	42m. 53s.	6.86	" "	"
1	ANDY JACKSON	39m. 62s.	6.38	" "	"
1	BRUCE ROBERTS	44m. 03s.	7.05	" "	"
1	BEV KITCHING	41m. 03s.	6.57	" "	"
1	PETER RILEY	42m. 17s.	6.77	" "	"
1	LORNA ORMOND	63m. 15s.	10.12	" "	"

* All time personal best.

Congratulations to Dick Bedford for the best overall personal improvement in the 6.25 mile run this month, for which he wins the Madeleine Brown Memorial trophy.

Congratulations also to Colin Bennett and Heather Hart for all time P.B.s. Welcome to Chris Hayes, Alan Dobson, Andy Jackson, Bruce Roberts, Bev Kitching and Lorna Ormond. Also to Gary Bryant and Peter Riley again.

Many thanks to Bob Hardman, Eric Abbott and Jacky Davey for sitting in the Hot Seat, time keeping and results calculation.

Next Staggered Jog Sunday 28th August. Registration from 10.15 a.m. Please register before 11.00 a.m.

RUSSELL BROWN

TEN YEAR QUIZ

A chance to test your knowledge of Joggers' history and other running stuff. Answers on a postcard to Bob Lewer should be accompanied by the tops from three Muesli packets and not more than twenty-five words saying why you think the Editor is deranged. The winner will receive free club membership for the next ten years, plus 500 Green Shield stamps.

1. Who was the first Jogger to complete the Man -v- Monkey Jungle-Marathon?
2. How many Joggers have set PBs at the Bath-Less-Than-Half Marathon?
3. Is Bob Green
 - a) The founder of Burnham Joggers
 - b) An obscure Birmingham quack
 - c) One of the Great Train Robbers now living in New Zealand?
4. The Joggers were expelled from Burnham Park Hall for parking in the car park. True or false?
5. Who said: "It's called the Staggered Jog because we jog up the Pub and stagger back?"
6. Is Hugh Bergstrom,
 - a) The former Chairman of Burnham Joggers
 - b) The inventor of the sewing machine
 - c) A man who lives next door to a public toilet?
7. Russell Brown and George Bush are twins. True or False?
8. Which Jogger had a number one hit with, "I left my Socks at the Runnymede River Relays Blues"?
9. Who couldn't write a tenth symphony because too much jogging made him deaf?
10. Is Lord Lewer of Stanhope,
 - a) The current Chairman of Burnham Joggers
 - b) The star of the Broadway musical, "Motorway Madness"
 - c) A funny man with a bald head?
11. Glasnost is a Russian word for Fartlek. True or False?
12. What, or who, is Fartlek?

13. Were Nelson's last words,
 - a) "Kiss me, Hardy"
 - b) "I've not paid Eric my coach fare"
 - c) "Don't put anymore of that shoe goo on my corn flakes"?
14. At the last count how many known variations on the Burnham Joggers' strip were there?
15. Which is the odd book out?
 - a) The Complete Book of Running
 - b) Running without Fear
 - c) The Exercise Myth
 - d) Joys of Sex?
16. Who said, "If we can Run the World, how come we can't sort out the Parish Council"?
17. Who was the first jogger to get lost whilst doing the Social Mile?
18. Which Jogger was first sideways runner past the post at last year's London Marathon?
19. At the same race, which Jogger who received a sneaky, back-door entry was injured and couldn't run?
20. Why didn't the bastard give me his number?

R A C E S
R A C E S
R A C E S
R A C E S

As regular competitive runners, Jane and I are constantly surprised at the lack of Joggers at races. Whereas once a large splash of Gold and Green was to be seen, we now frequently find ourselves in a minority of two. The reason for this seems to be that people don't have the information. Below are listed a selection of races scheduled over the next few months. All age groups and standards are welcome.

9.10.88 Henley Half-Marathon, 10am
15.10.88 Hatch End 5, 3.30pm
16.10.88 Cabbage Patch 10, 10.30am
30.10.88 Haslemere 10K, 10am
20.11.88 Epsom 10, 2pm
20.11.88 AP 20, 12.30pm
27.11.88 Klix Six, 2.30pm
11.12.88 Hogs Back (11.1 miles), 11.30am

Anybody interested in entering any of the above, please see me.

Andy Harrop

D I A R Y

Double anniversary: ten years of the Joggers and five years of me editing this paragon of literary excellence. He's got a bucketful to answer for, that Green. I can remember exactly where I was when he shanghai'd me for this little number. I've often wondered if I'd have got caught so easily if he hadn't chosen his moment so cleverly. He's a great one for combining tasks and so, on his way to a house call in St Peter's Close, he interrupted my dog-walking reverie's and babbled away about editing FSN. Easy peasy, like candy from a kid. So each month for five years I've sat here wondering just what I'm gonna cough up this time and just how many more times I can manage it. I've cursed it and loved it by turn, been delighted and exasperated, I've come close to quitting a few times but I'm still here. Still coughing up, still messing up good clean paper and still getting the odd little thrill when I think we've managed a good issue. I say 'we' because without the efforts of those whose names I've often trotted out over the years this just wouldn't happen. And the biggest mystery to me is that each month (or almost) we do manage to produce something.

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Although it gives me no pleasure to say so, I can't help but observe that there seems a certain ironic justice in the shabby ending to the COEVETT era (if ending it is). No two athletes could have emphasised more cogently the thin line dividing triumph from despair. What with injuries and illness, Seb Coe must have missed as many major championships as he's graced and since Ovett's collapse in Los Angeles he's looked merely a shadow of his former self. Coe can have won few friends by assenting to the Daily Mirror's attempts to secure him a back door Olympic entry and Ovett's remark that, "we were destined never to meet on a British track", was an insult to our intelligence. It was nothing to do with destiny. It was a matter of choice. Why ironic justice? Well, athletics is about getting it right on a given day. Coe and Ovett spent years picking their days very carefully, avoiding confrontations and here they were at the AAA Championships bombing out on a day chosen for them. When I look back to those heady days of the early 80's, I'll recall Steve Ovett's swashbuckling exuberance, his irrepressible charisma and Seb Coe's seven races in the sweltering Los Angeles' heat that culminated in a run of breathtaking power and beauty in the 1500m final. But I'll think too of the races we didn't see and feel short-changed. I didn't want them leap-frogging one another's world records - I wanted them to race one another.

That's the trouble with genius, perhaps we encounter it so rarely we demand too much of it.

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- SUNDAY Long run, 29-33 miles (can be longer).
- MONDAY Recovery day.
a.m. 6 miles backwards on soft ground.
p.m. Eight pints and a game of darts
- TUESDAY a.m. 10 miles hill work
p.m. 90 mins fartlek or an hour's interval work in Tesco's.
- WEDNESDAY 15 miles easy in full combat gear, including gas mask. Run with a friend at sign language pace.
- THURSDAY a.m. 10K at 4½ minute mile pace.
p.m. Cycle 60 miles easy or row from Windsor to Boulton Lock blindfolded.
- FRIDAY a.m. Muesli and skimmed milk.
p.m. 90 mins weight-lifting followed by five sets of tennis. Cool down with a Karate lesson.
- SATURDAY Rest day. Put your feet up and listen to what passes for popular music nowadays. If you survive this, tomorrow's long run will be a piece of pease pudding.

It is recommended that every third week you find a race similar to the one you're training for and run around the course in reverse. This serves two purposes: firstly, you soak up the atmosphere of a big race and, secondly, nothing toughens you up quite as quickly as getting knocked down and trodden on. What's more, you save a fortune in entry fees.

Good Luck with your training and remember - running is fun, ha, ha!



pres:

res:
 Couldn't publish your letter
 in FSN - couldn't read it!
 Took it to the Chemists and
 asked the Pharmacist to
 decipher only to be presented
 with a month's supply of
 librium, ten packets of three,
 an elasticated bandage, four
 gross of paper napkins and
 a six gallon drum of Night
 Nurse. Why me?
 PJB

 Dr Bob Green
The President
Antipodes Joggers
NEW ZEALAND

So, the Chairman invites holiday running experiences. Here's mine.

Monday Ran on the beach. Shoes ruined.

Tuesday Found a hill that took seventeen minutes to climb.

Wednesday Ran along the cliff tops and fell over when
 distracted by topless sunbathers.

Thursday Gave up!

I'm just amazed that runners "don't know about races" as per Messrs Lewer and Harrop. Just how much information do people need before the messages sink in? If you want to race you buy magazines and/or fixture lists and find a few suitables. Still, if it'll help, I'll include a fixture list each month.

Likewise, training schedules. There must be enough of them in print to sink the 7th Fleet. However, as part of the enlightenment drive I'm appending details of my training schedule, which can be adapted to suit all standards and all races from the Taplow Two to the Cippenham Sewage Marathon. I would suggest that you ease into this schedule gently, building up to, say, 80 miles per week before embarking upon it totally.