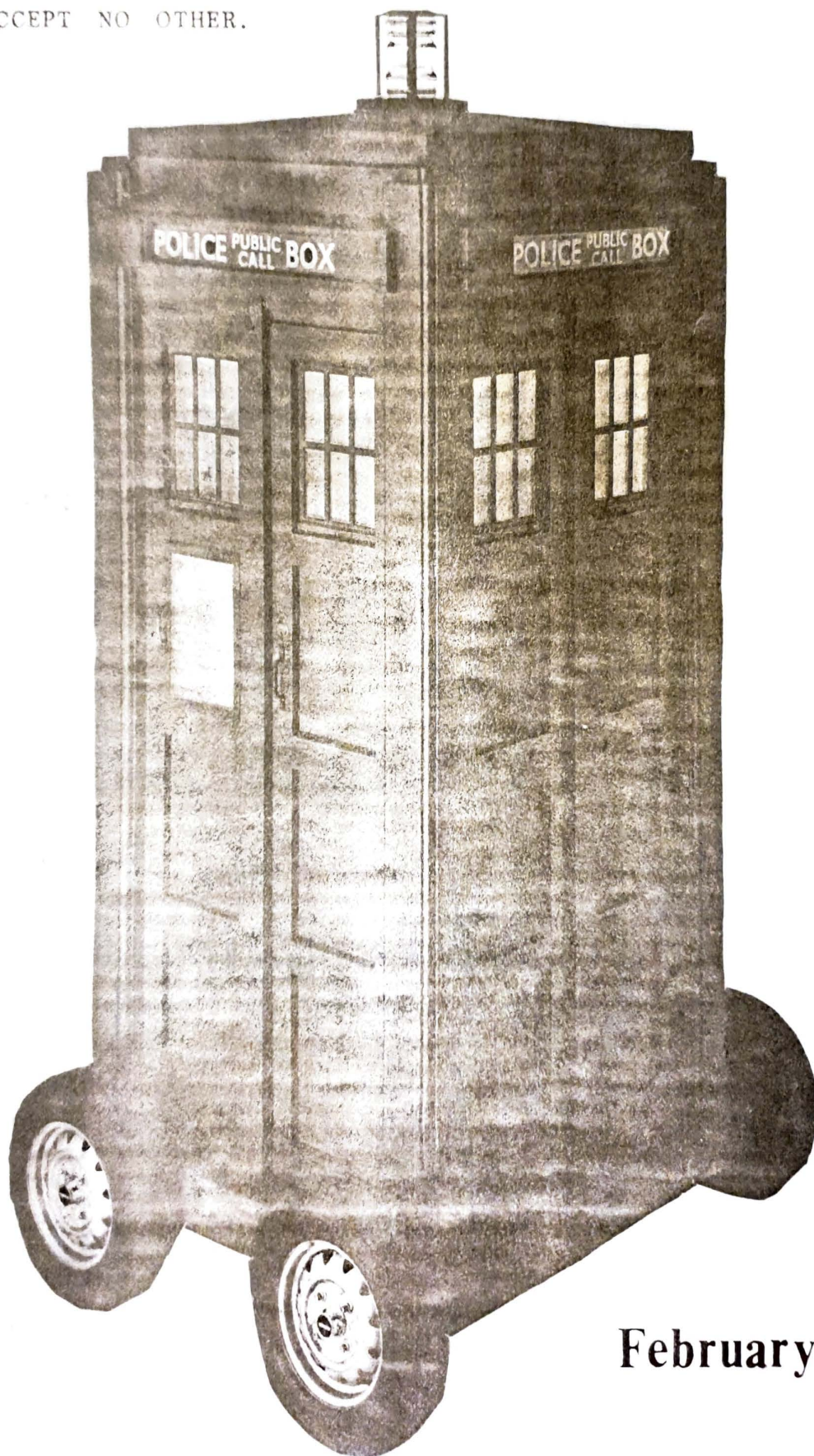


Henry.

# FEET STREET NEWS

THE OFFICIAL ORGAN.

ACCEPT NO OTHER.



February '89

## CHAIRMAN'S ADDRESSES

### Superwhinger

After Denise's summer of discontent comes misery Mellier and his bloomin' bus fares, followed closely by Smiffy and her Rhayader revelations. And why don't we any longer have fixture organisers? For the same reason that even soft Sheila can get a bit steamed up - (not for my benefit) - but about money.

There is no doubt that Burnham Joggers are a great bunch of people but, as in most organisations, when it comes to parting with money, some like to keep their options open. Joggers also have the problem of not carrying a lot of money about with them, when it is needed most. Well, no point in me sounding off again about the agonies of organising because those of us who do it get our kicks but B.S.'s remember, we have no more time than you have and certainly we should not lose money through it, so payments up front if you please.

Hot debating went on at the business meeting in February. Yes, it was 'let's talk about subscriptions again'. It seems that a fixed sub. of about £15.00 a year from all registered members would bring in the lion's share of the money needed to run the club. We could throw in F.S.N. for that price as well. Something to look forward to in September.

### Superfool

Last month I was foolish enough to say that F.S.N. material was coming in well. So, of course, it dried up. That said, I should be buried under an avalanche of contributions during the next few weeks.

### Superchoked

How could I refuse Don Kennedy's request for us to take part in a fun event? After all, Don is the Head Warden at Cliveden. He allows us to run there through the summer and gives us permission for the Target Zero and New Year C.C. Having committed us, I found that, on the day, I would be living it up in Rhayader. Alan Yeadon took it on until domestic circumstances prevented him from doing it so he passed it on to Nick Lipscombe. He in turn thought he might go to Rhayader so he handed it over to Martin Bennett. Come the day Gill Norcott turned up in support but where was the team? No team but plenty of flak. Once more, much grovelling by yours truly to repair our crippled image and Cliveden relationship.

Well, when we do it we do it big. We let down those who we need the most and raised almost nothing for a very worthy cause. The Thames Valley Adventure playground for Disabled Children. My thanks to the Rhayader mob who raised £24.00 - every little helps.

### Superhope

May 20th could be redemption day. Burnham Scouts are putting on



a Donkey Derby and some of those organisations who took part in the above event will be there manning side shows. So will we.

Superman

I'm never sure which side of Keith Scudamore you are supposed to run on if you want to hold a conversation - but then again I have never run with Keith. I've been behind him on a number of occasions but me and my belly have not actually drawn level with him. You see he is a runner and you all know what I am. (I understand there are varying opinions on this, based on a theme). Keith is fast and sometimes furious which makes him a very good club member. He comes to all the business meetings, voices his forthright opinions and then puts his muscle where his mouth is. I hope he has a sense of humour as well. Voted best dressed Jogger with the smartest car, 1985, 86, 87, he is a poser with fly-away hair. A man with style. He stands for freedom and fairness, committed to keeping the club open to all. I think it's his left side.

BOB LEWER

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*****
*
*          COVER PICTURE
*
*      Second Hand Tardis
*
*      V.g.c. One previous
*      owner. Genuine 27,000
*          light years.
*      Offers - Burnham 2210
*
*****

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JANUARY 20. 1989 MINUTES OF THE BUSINESS MEETING HELD AT  
HAYMILL ON THE 20TH JANUARY, 1989.

Members Present:- Bob Green, Bob & Sheila Lewer, Bill & Joan Corbishley, Chris Riley, Ralph & Pat Hatch, Mick Wood, Tony Curtin, Keith Scudamore, Peter Bunker, Carol Meiler, Peter Lear.

1. Easter Monday Event

The Tugwood 10K and other events would be centred on Burnham Park. After some discussion it was decided to finish the Tugwood 10K in the Park. Bob G to see police concerning route into the Park and also to inform them about the route to be taken by the runners in the 2 mile Fun Run.

Keith stated that he could not process all the entries for the Easter Run since he had business commitments abroad. Bob G to ask Eric to do the results on the computer.

The relay races would be held within the Park.

Bob G asked Tony for his ideas concerning the children's races.

Peter Lear was asked if he and Suzanne would provide refreshments. Burnham Couriers had offered to help with the event.

Bob G to ask for an advertisement to be placed in the Observer.

Gail would circulate entry forms to other clubs and we all could help by distributing the entry forms at other events.

2. Burnham Beeches Action Group

After some discussion it was agreed to donate 100 from the proceeds of the Easter Run to the Action Group which was trying to curtail the development of gravel pits on the edge of Burnham Beeches.

3. Storage Problems at Haymill

Tony Curtin stated that we had been refused permission to store two activity mats at Haymill. Alan had asked the caretaker on two separate occasions and had tried to contact the Director of the centre about the matter of storage. The official position was that since Haymill was under development at the moment, storage space was at a premium. Another recurring problem which was also connected with storage problems was that of intrusion into the ladies changing rooms by men from the table tennis club. In spite of requests by us to Haymill and, indeed, action by Haymill authorities also, the problem still persists. Bob G offered to try to contact the Director of the Centre on these matters.

4. Help with Junior Joggers

Tony Curtin pointed out that he had three assistants but some

additional help was still desirable especially to cover for absences.

5. Cliveden

Bob Lewer reported that we had donated 700 to the National Trust and 100 to the Lisa Lear Fund from the Christmas Holiday run. Carol stated that all prize donors had been thanked for their donations. The event had proved to be popular once more and Bob and his band of helpers had done a great job.

6. Socials

The next social would be held at Haymill from 8.30 - 10.30. Members would be asked to contribute to the food by bringing a plate and drinks would be available from the bar. Members would be asked for 30p to defray the cost of hiring the hall. Graham and Paul would be asked to bring club kit for viewing and purchase.

7. Insurance

Members had requested more information about various aspects of insurance. Alan and Bill agreed to meet again to produce a guide of our present insurance cover under the AAA.

8. Lisa Lear Funds

Peter reported that the accounts resulting from the Beeches Half marathon had not been finalised.

9. Next Meeting

9th February 1989 at Haymill.



"Safe sex is right. I can't reach anything from here."

Oscar Winnerburger  
Megabux Films P.L.C.  
Wardour St. W.1.

15th February 1989.

Mr. Bob Lewer  
Chairperson,  
Burnham Jeggors  
Haymill, Slough.

Dear Bob,

I know you're a very busy man so apologies for troubling you. Not to beat about the herbacious border plants I'm currently casting my next film, "Crankshaft - The Movie", and would like you to play the male lead. The story charts the rise and rise of an AA man as he sweeps from lowly origins to a position of power and eminence. On one level the film is an everyday story of broken fan belts, blown gaskets and debauchery beneath the bonnet; on the other it symbolises the triumph of Thatcherism over baldness. Should you accept the role you will be playing opposite either Faye Dunaway or Ethel Dunwoody (a newcomer from Crewe) depending upon availability. The script calls for a degree of nudity and groping but, as I hardly need add, it's all very tasteful and artistically justified.

I think this film could make you as big a household name as kitchen roll or insect repellent, Bob. If, however, you don't fancy the acting bit perhaps you'd like to invest a few quid in the production. A few thousand could well bring you some Big Bucks if the film is as big at the box office as I expect. You'll get sod all, of course, if it's a flop but that's the way the salmonella quiche crumbles as us movie moguls know only too well.

I hope this finds you well and look forward to hearing from you. I wonder if you recall the time you tried changing my oil in a force nine gale and ended up with liquid engineering all over your specs? Lullabelle and I still have a good laugh over that from time to time, ha, ha.

Yours,



OSCAR



BURNHAM JOGGERS

STAGGERED JOG, SUNDAY 29th JANUARY '89

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>
37	COLIN TAYLOR	32m. 38s.	5.22	6.06	+13.86
36	CAROLYN SAMPSON	47m. 45s.*	7.64	8.37	+ 8.72
35	JEFF DAY	36m. 04s.	5.77	6.22	+ 7.23
34	ROLY ARCHER	41m. 20s.*	7.09	7.57	+ 6.34
33	ALAN WATSON	48m. 07s.*	7.70	8.05	+ 4.35
32	PATRICK BRISSIAUD	41m. 33s.*	6.65	6.92	+ 3.90
31	DUNCAN STEELE	42m. *	6.72	6.98	+ 3.72
30	BOB HARDMAN	40m. 33s.	6.49	6.73	+ 3.57
29	DAVE HOPKINS	42m. 42s.	6.83	7.06	+ 3.26
28	JOHN MONAGHAN	36m. 31s.*	5.84	5.98	+ 2.34
27	HUGH BERGSTROM	41m. 55s.¢	6.71	6.81	+ 1.47
26	CHRIS SPURR	64m. 49s.	10.37	10.51	+ 1.33
25	PETER HUMBERSTONE	46m. 59s.	7.52	7.60	+ 1.05
24	KEVIN FALLON	35m. 44s.*	5.72	5.78	+ 1.04
23	ERIC ABBOTT	49m. 09s.	7.86	7.94	+ 1.01
22	TOM RYLANCE	37m. 34s.	6.01	6.06	+ .83
21	JOHN LETCHFORD	38m. 36s.	6.18	6.23	+ .80
20	CAROL HARDY	41m. 05s.*	6.57	6.62	+ .76
19	ENIO MORASSI	38m. 52s.*	6.22	6.25	+ .48
18	ROB McDERMOTT	45m. 13s.*	7.23	7.25	+ .28
17	PETER RILEY	42m. 15s.	6.76	6.77	+ .15
16	PAUL DEAR	42m. 19s.	6.77	6.73	- .59
15	DON NICHOLSON	36m. 13s.	5.79	5.75	- .70
14	TONY LINTURN	32m. 33s.	5.21	5.14	- 1.36
13	STEVE CLEGG	48m. 20s.	7.73	7.61	- 1.58
12	HENRY DUMLER	44m. 42s.	7.15	6.96	- 2.73
11	ELAINE WALLACE	41m. 38s.	6.66	6.29	- 5.88
10	PAT HATCH	59m. 08s.	9.46	8.45	-11.95
9	KEITH SCUDAMORE	39m. 39s.	6.34	5.53	-14.65
1	JANE HOUSEGO	56m. 26s.	9.03	NO 12 MOS. COMPARISON	
1	DEREK TULLEY	38m. 13s.	6.11	" "	"
1	BOB ENGEL	44m. 20s.	7.09	" "	"
1	GARETH HAMPTON	47m. 56s.	7.67	" "	"
1	CHANTALE BRISSIAUD	61m. 12s.	9.79	" "	"
1	SANDRA HAMPTON	61m. 12s.	9.79	" "	"
1	DAVE KEATING	40m. 25s.	6.47	" "	"
1	LIZ TURBIN	53m. 34s.	8.57	" "	"

¢ Over 60 record.

\* All-time personal best.

Congratulations to both Colin Taylor and Carolyn Sampson for excellent performances today. By agreement, Carolyn wins the Madeleine Brown Memorial Trophy for this month.

Congratulations also to Roly Archer, Alan Watson, Patrick Brissiaci, Duncan Steele, John Monaghan, Kevin Fallon, Carol Hardy, Eric Morassi and Rob McDermott for new all-time personal best performances.

Congratulations also to Hugh Bergstrom for a new 60+ record of 41m. 55s.

Many thanks to Ralph Hatch for results calculation and time-keeping, also to Eric Abbott for results calculation and to Dick Bedford for timekeeping.

This month marks the 10th Anniversary Year of the Staggered Jog, first run in January '79. Let us hope we shall all be around and still running on our 20th Anniversary!

Next Staggered Jog Sunday, 26th February. Registration from 10.15 a.m.

RUSSELL BROWN





Hisarköy  
Kibris, Mersin 10  
Turkey.

Sunday January 15th 1989.

Dear Bob and Sheila,

Herewith a "Letter from Hisarköy" for Feet Street News - if you think it appropriate!

Believe it or not but outside is a foot of hail/slush/snow - it has been a horrendous day - gale force winds, hail, sleet, thunder - several of my trees are down including one across the driveway! I'm writing this in the light of a hurricane lamp - the power's been off all day! Also the water supply has vanished - I imagine the pipe from the spring at the other side of the valley has been broken due to the storm! At least Mo and I had the foresight to bring a couple of hurricane lamps with us. We also have a kerosene stove and a gas bottle-fired cooker. Who said this is paradise! No doubt in the summer we shall say "remember the storm".

Up until today the weather has been perfect - I've been out in the sun preparing the ground for the spring seed sowing in late Feb. I planted broad beans and peas in November last, but I reckon today's storm will have put paid to them.

I've done very little running, mainly because there's no time! Also the tracks around here are dirty and damp so the earth clings to the shoes! It's like running with concrete boots on!

Thursday January 19th.

Well, the snow's gone and the road away from the "hacienda" is now clear. The weather has been glorious - sunny and calm. The clearing up of 4 trees that came down on Sunday is complete - all we need now is a fireplace to burn the stuff! Not far off, as the builders moved in today and will be around for 3 months or so adding a couple of rooms to our modest dwelling.

I'll update you all in a month's time - that is if anyone's interested in the ramblings of a would-be "back to the earth" person.

All the best, Bob and Sheila, I'll probably see you all in the middle of Feb.



TONY HUTCHINSON

"Happiness is scribbling by the light of a hurricane lamp."

BURNHAM JOGGERS WHO'S WHAT

VENERABLE PRESIDENT	BOB GREEN
OVERWEIGHT CHAIRMAN	BOB LEWER
HON. SEC.	ALAN YEADON
MONEY BAGS	BILL CORBISHLEY
NICE VICE CHAIRMAN	MICK WOOD
CLUB CAPTAIN	DAVE SUTTON
VICE PRESIDENTS(ELDERS)	RUSSELL BROWN HUGO BERGSTROM
TODAYS RUNNER C.C. LEAGUE	MIKE COATES
CHILTERN C.C. LEAGUE	ALLAN HARDY
STAGGERED JOG	RUSSELL BROWN
E.N.V.A. CUP	ERIC ABBOTT
EASTER FUN RUN	BOB GREEN
B.B. HALF MARATHON	HUGO BERGSTROM
B.B. HELPERS HALF	RUSSELL BROWN
THE ONE MILE DASH	HUGO BERGSTROM
SUNDAY TIMES	DENISE HOWSE
CLIVEDEN C.C.	BOB LEWER
TARGET ZERO	DON NICHOLSON
HASH - GRAND MASTER JOINT MASTERS	MIKE PAYNE ELAINE WALLACE ALLAN HARDY
BOXING DAY BASH	ARTHUR LOWE
EDITOR FEET STREET NEWS	PETER BUNKER
ASSISTANT EDITOR	DENISE HOWSE
MASTER OF THE PHOTOCOPIER	LEO SILVER
F.S.N. DISTRIBUTION	SHEILA LEWER
BURNHAM JOGGERS DIRECTORY	GAIL LOWE
SOCIAL EVENTS	ALBERT & MANDY KERROUM
SOCIAL EVENTS (CHILDREN)	AUNTIE DOREEN McGOVERN AND FRIENDS
A.A.A. COACH     ) BURNHAM JOGGERS ASSISTANT COACH) JUNIORS	TONY CURTIN ALAN YEADON
CLUB KIT	DEAR & NORCOTT LTD.
LAST BUT V.I.P. PRESS OFFICERS	BILL & JOAN CORBISHLEY



CHANGING ROOM

"So give me the SF on the subscription issue".

"Well, at the moment there are various forms of membership".

"Wait up: I thought there was no membership".

"Well, for the sake of the argument there is. After all, this is a jogging club and people attend, organise and represent it. Call them what you will, they constitute a membership".

"Accepted. Go on".

"At the moment members can opt either to register and make an annual donation or register and pay 20p per visit".

"Seems straightforward enough. What's the problem?".

"The problem is - or, rather, are - the other two options".

"Which are?".

"Firstly, to register, make no donation and dodge the collection box and secondly - and worse still - fail to register, make no donation etc."

"I see. So what will happen in future?".

"In future, everyone will be asked to pay a flat subscription fee, be registered on the membership list and issued with a membership card".

"Fine. But what about those who still fail to register and don't pay?".

"I can't see that as an insurmountable problem. Presumably, they'll be politely informed that they're no longer members and won't be considered as such until they cough up. After all, if they don't think the club is worth a few pence a week then they won't be missing much, will they?".

"And for will we".

"Precisely".

"Are objections anticipated?".

"I dare say there will be plenty of objectors - there usually are - just as many cogent objections they master minds to be seen".

"What has been the most frequent objection in the past?".

"I'm not really the one to answer that. As far as I can make out it's run along the familiar English line of, 'It's always been a shambles - so why worry', which isn't really an argument at all".

"Forgive me for saying so, but this all seems fairly straightforward, this membership issue. I mean, why has it taken so long to resolve?".

"A good question, to which I don't know the answer. You'll just have to accept that this club isn't quite like any other and has often been in mysterious ways. Sorry".

Minutes of the Meeting held on 9th February 1989 at Haymill

MEMBERS PRESENT: Bob Lewer, Bob Green, Alan Yeadon, Sheila Lewer, Ralph Hatch, Pat Hatch, Carol Meller, Denise Howse, Peter Bunker, Keith Scudamore and Peter Lear.

APOLOGIES FOR ABSENCE: Tony Curtin, Mick Wood, Joan Corbishley and Bill Corbishley.

1. Matters Arising from Previous Meeting

Bob G had seen police regarding Easter 10K and police assistance would be required to guide runners over the main road. The exact route for the fun run was still not finalised.

Eric had agreed to do results on computer and Peter & Suzanne would organise the refreshments.

Alan reported that the storage problems had been overcome and we could now store the mats at Haymill.

Alan had received some information on the subject of Public Liability Insurance from the AAA and he proposed to give further details in Feet Street News. The members present agreed NOT to pursue the matter of additional personal insurance further.

2. Junior Joggers

Several points were raised by Tony Curtin in a letter to the Committee:-

- (i) There would be a prize presentation at the Junior Joggers on the 16 February when Brad McStravick would present prizes.
- (ii) No additional events had been planned for the Juniors at the Easter event.
- (iii) A marked track at Haymill was desirable (BG to act).
- (iv) Thanks expressed to Alan and Bob for help in overcoming storage problems.
- (v) Coaching Course for Tony Curtin. It was agreed the Club would pay for a weekend coaching course in Birmingham.

3. Easter Event

It was agreed that local anti-cancer charities would be supported, with the Lisa Lear Fund being the main recipient.

BG reported that a timing clock had been booked, but numbers still had to be purchased. Several local firms would be approached with a view to sponsorship. BG and CM to act on this.

BG would finalise arrangements with police regarding route for the Fun Run and problem of policing the crossing by 10K runners into Burnham Park.

BL agreed to organise marshalls and Carol would organise children's prizes.

4. Rhayader

BL reported that members had enjoyed an excellent weekend at Rhayader. However, the organiser of this event (Margaret Smith) had been forced into a potentially embarrassing financial problem when three members did not turn up. In addition, no explanation or apology had been offered! This type of problem has occurred with coach bookings, race entries and certain team leaders had to pay Sunday Times' entry fees themselves for other runners prior to the event.

5. Burnham Funarama

BL reported that £10 had been donated by the Club to this event and we had raised £25 as sponsors. It was very unfortunate and embarrassing that the team which was asked to participate in this event did not turn up! Letters of apology had already been sent (AY and BL) to the Funarama organisers.

6. Subscriptions

Keith reported that over 100 members had registered and about £950 had been received in donations. Members who did not pay donations are expected to pay 20p per attendance at Haymill.

After discussion, it was agreed that a "CLUB SUBSCRIPTION" and membership card system would be introduced in September 1989. The fee would be in the order of £15. A list of members would be compiled and ALL members, except those under 18, would be expected to pay their subscription. It was felt that this would bring us into line with other clubs and help to avoid the present very unfair situation where some "members" paid nothing or very little. The exact subscription would be announced at a later date and would INCLUDE Feet Street News.

7. Socials

Same format would continue. Members had found display of new kit useful. Dates for next socials would be 23rd February and 30th March 1989.

8. Scouts Donkey Derby

This event would be held at Burnham Secondary School on the 20th May 1989. It was agreed that we would support this by holding jumping and running events. Also the Lisa Lear team would be willing to man a stall. BG suggested a dance or disco on the evening of the Donkey Derby to which members of other participating groups would be invited to purchase tickets.

9. ENVA Cup

It was agreed to hold a social in the upstairs room at the George after this event and members would be asked for 50p each to defray the cost of hiring the room.

10. Coach for Bath Half Marathon

It was agreed that Eric should hire a coach for this event at a cost of £5 per person. BG would organise a meal after the run.

The meeting ended at 9.50pm.



7)

Personal Accident and Public Liability Insurance for the Runner

Public Liability Insurance

Since April 1988 the AAA has arranged for a Public Liability Insurance on behalf of affiliated clubs (that includes Burnham Joggers). The policy is arranged with Halmark Insurance Company who agree, subject to the terms in the policy, to indemnify the insured clubs against all sums which the club would become legally liable to pay as damages in respect of:

- a) Accidental Bodily Injury to any person
- b) Accidental damage to property

arising out of or in connection with activities of the clubs anywhere in Great Britain, Northern Ireland, the Isle of Man and the Channel Islands.

The limit for any one occurrence is £1,000,000 and, in addition, Insurers will pay legal costs and expenses incurred by the insured Club. Cover also includes the following extensions:-

1. Bodily injury to officials, athletes and others who are MEMBERS of the Club. This cover exists on a member to member, or club to club basis.
2. All activities of the Club whether actual events, race meetings, training sessions, fund raising and other social events.
3. Indemnity for damage to leased and rented premises.
4. Contractual liability.
5. Negligent advice from QUALIFIED coaches.
6. Products liability in relation to food and drink sold or supplied.
7. Liability which could arise from road races held on public highways.

Note the following are EXCLUDED:-

- (i) The first £175 of each and every claim.
- (ii) Medical and Physiotherapy treatment
- (iii) Motor vehicle liability.

Hence CLUB MEMBERS are covered for injury to OTHER persons and damage to property which arise from negligence. The compensation would be awarded by the Courts so that basically we are covered from claims, which would be caused by our negligence, from a third party and a Court of Law would determine the compensation.

It is important to note that members of Burnham Joggers are not covered for death or PERMANENT personal injury whilst involved in events, training or travelling to and from such meetings or training sessions. Such cover is available for all registered members for about £70 per annum per Club (Cover A). A policy which covers members for absence from work due to injury after four weeks of temporary total disablement is available for about £300 per annum per Club (Cover B).

The monthly business meetings have discussed the topic of insurance for our members and a majority preferred to stick with the Public Liability Insurance which comes with AAA membership and exclude additional Personal Accident Insurance.

In view of this decision, it is important for members to appreciate that if they desire a Personal Accident Insurance (eg Cover A) or if they want an insurance which would give them extra benefits if they were unable to work (Cover B) then they should pay for their own policies.

Perhaps you may feel that our existing cover is not adequate. If so, why not come along to the Business Meetings and express your views.

JUST FOR THE RECORD

'JUST FOR THE RECORD MR. CHAIRMAN BOB' - (January's Feet Street News). I would just love to be 45 again, but alas I'm now in my 48th year and catching you up fast. It's a shame, but I cannot tell a lie, I couldn't have you all saying "Oh God is that all she is, 45, I thought she was much older than that". I'd love to be a "glamorous grandmother" too, but I'll have to keep working at that. I'm also working hard at training the culprit, that started all this, Emma, now aged 3½. (I think she'd give you a run for your money). Perhaps we shall see her in action at Easter, who knows. Although she does tend to have a few of her grandmother's little quirks: she won't be bossed about but loves bossing others. We shall see, she may prove me wrong after all.

Perhaps, I could take some tips off her too and try and run a little faster instead of all that 'giggling' and admiring the views..... maybe I need a good trainer - the Super Vet M.M. comes to mind!!! Some speed work wouldn't go amiss, either. I could even attend Don's lessons on a Tuesday, or do I mean sessions. We could always collapse in the George afterwards for a Guinness or two!!! after all, at my age I have to look after myself. Before I know it, it will be the big '50'. I hope I'm still plodding around Burnham then, like you, with all my friends at the Joggers, especially you Bob L. because you are my bestest..... If not I can always take to my bike, after all I did manage the London to Brighton Bike Ride last year in 5 hours, no less, and I even got Geoffrey out of his chair to compete in it too, along with Cathy Flynn. It was a great day out. So there's a thought, Bob, when your old legs get tired of running and maybe if I'm really good, you might escort me home again after one of Eric and Carole's Midnight Bike Rides. That was a great evening. (The bike ride I mean). (Pity the article went astray - Ed.).

But to get back to my 'Head' that will never be the same again thanks to 'Dr. Bob' - in more ways than one. But then it has been tampered with, but what's your excuse Mr. Chairman?.....

ANNE CLARKE

P.S. This is for P.B. Does the best article still get a prize of a bottle of plonk? I'm only asking - it's just that I've never qualified before - maybe because I haven't contributed as much as I should have. Oh well, it's been quite nice putting pen to paper anyway.



## D I A R Y

Memories, what are they. If days are where we live then memories are what we are. One day recently I was sorting through a pile of old diaries with a view to boxing them up and 'lofting' them. As ever I fell to reading them, browsing through times past, absorbing myself again in my meagre record of what the inner world has recorded and shaped. At one point I found myself laughing out loud at a description of a game of beach cricket, at another I winced at the shallowness of a view expressed. Some passages I read over and again, smug at my prowess, others I skipped completely not wanting to be reminded of how badly I often write. Some entries recall a time, incident or feeling as though it were yesterday, whilst others fail to even flutter the veil time has dropped. Always the feeling lingers that 'back then' I wrote better, felt deeper, somehow lived more fully. Age?

Something similar happens with running. Most entries in my jog logs are along the lines of "6m hills. Knackered," or "5m easy, felt low and jaded." Once in a while, though, a run merits an entry taking up half a page, so moved am I with how I've felt or performed or, perhaps, how I've been bowled over by a run along the river in the sunshine. As time goes by these long entries become rarer and rarer.

The big leaps in performance are largely behind me now for, although hope springs eternal, time erodes one's ability to surprise oneself and standards are established which become more and more difficult to improve upon. So, imperceptively at first, and then clearly, the boundaries are re-drawn. Once, teaching my body to exercise, depriving it of nicotine and subsequently shrinking it were experiment enough. Now the experiment lies in the training methods I adopt, adapt or discard and in constantly re-appraising what I'm doing. And although the headiness of the early days is gone there's now a certain thrill at monitoring training progress and approaching a race. If anything the racing front becomes more of a challenge, more of a planned attempt and less of a hope-and-a-prayer affair.

Just as we differ in other aspects so one runner's approach to running differs from another's. Bill Corbishley told me recently that breaking three hours for a marathon represented a watershed for him in that he no longer had anything to aim at. That which had for so long eluded him had been claimed and he felt a certain emptiness, a lack of direction. I guess we all know that feeling however temporary and however it manifests itself. Usually the mist clears and we set ourselves new goals. So, now I find myself more concerned with running consistently and getting the best from myself that I can. And if hopes of anything other than an infrequent PB are diminished we can still set new targets. Be it a course or an age PB there's always something to go for.

The beat goes on. Another day, another diary entry.

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I'm often complaining about lack of response. I scribble away here and never get a reaction: not "I love it," "I hate it," "I'm indifferent to it," not even, "it stinks." The New Year's Eve Disco changed all that. Liz Nallytamby said she regularly read my column but, as yet, had never understood a word of it and Ralph Hatch said he enjoyed the odd item but mostly he had similar problems to Liz. I like it better the way it was. You can keep your fan mail to yourselves.

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Have you seen Casey Kasen the DJ who hosts America's Top Ten on ITV? I catch the programme on the odd Wednesday morning whilst munching my cornflakes prior to pulling on my five layers of milkman's clothing. Unbelievable. Casey wears the chunkiest, most colourful sweaters you've every seen and emphasises his comments by punching the air with combinations of short right and left jabs. He looks like everybody's favourite middle-aged uncle doing an impersonation of everybody's favourite middle-aged disc jockey. My guess is he's really Val Doonican moonlighting with an American accent. You just set the video and see if I'm not right.

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Physical game, mental game. I've always been fascinated by the interplay between the two. There was something sad, almost pathetic about Lloyd Honeyghan's witless performance which cost him his world title. I saw the footage of Honeyghan training; doing frantic pull-ups, sparring on one leg and treating the medicine ball as though it were a beach ball. No doubt about it he had the physical game licked. But something drastic happened to Lloyd Honeyghan along the way. Having become world champion he ditched the crisp, economical style that got him there and instead adopted the tactics of a streetfighter. This never seemed to make much sense to me: it was akin to Geoff Boycott suddenly deciding to become a slogger. Some say Honeyghan was worried about his hands, some say his advisors wanted a more saleable commodity to market. I have a feeling it was a bad case of machismo. Whatever the reason one is left with a sense of waste, of something thrown away as much as lost, of the mental game undermining the physical.

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The '10 Year Quiz' having stumped you all I thought I'd give you a further opportunity to pit your wits. One or more of the well known sayings or phrases listed below is incorrect. All you have to do is identify which and send your answers to Ralph Hatch, PO Box 69, The Haymill Complex. The winner will receive two free tickets for this year's dinner-and-dance where the guest speaker, Liz Nallytamby, will discuss the question, "Why do we entrust our newsletter to a raving lunatic?"

Keep running, and remember: when the going gets tough - quit.

Peter

1. A rolling stone gathers no shoe goo.
2. It's an ill wind that blows up nobody's skirt.
3. Every silver lining has a rain cloud close by.
4. People who live in glasshouses shouldn't throw shit at passing joggers.
5. He who laughs last swallows the bluebottle.
6. That old black pudding has me in it's spell.
7. Where there's life there's achilles tendonitis.
8. Many a true word is spoken in the pub.
9. If the cap fits, share it.
10. Life is just a bowl of mirco-organisms struggling for supremacy in a supermarket freezer.