

# EYEBALLS OUT SUMMER 1994

## Editor's Desk

Things have got pretty desperate for yours truly I've had to pay for a new pair of road shoes, the first in two years, so there will be a collection for the next few Tuesdays.

In this issue you'll find a new feature, Through The Kit bag and a personal view on why the Grand Prix should be allowed to R.I.P., as well as the usual rubbish. If you have an article it would be gratefully received, Alan I'm still waiting for the second part of your article and where is that bloody article on the Trog? Also Chris whatever happened to the second article on the Triathlon?

Nice to see quite a few people returning from injury and apathy, hopefully Mick will have contacted all local U/A who did Beckfield to invite them to a club event, to try and encourage new members. Why not bring a friend (assuming you've got a friend) to the club, we need new blood as do most clubs. The running boom finished years ago and is now definitely in recession.

By the time you read this the World Cup will be nearly finished or hopefully over, if all the games are of the standard of the first game what a treat we had. No, wonder the Americans are interested in it and those shirts they should have a competition for the first kit. Some of them look like they've been designed by a schizophrenic, colour blind, no talent artist. Then just to add to the misery there's cricket and bloody Wimbledon.

(Inspiration for this issue Billy Bragg's album - Don't Try This At Home)

## Coiners Fell Race

This is a 7 1/2 mile race from Mytholmroyd and of course it takes you up to Studley Pike. The race takes in spectacular views of Cragg Vale and the Calder Valley.

Cragg Vale is the heart of coiner's country, the home of a coining gang in the 18th century and passes the old farmhouses of Keelam and Bell House.

This year the weather was overcast and very windy, with the wind in our faces all the way up the ascent to Studley, where it virtually brought you to a standstill and when you turned you felt you were being shoved in the back. From there its virtually downhill or flat all the way home. This year's conditions underfoot were pretty firm, although I still managed to fall in the infamous bog about a mile and a half from the finish.

This year 6 of us took part from the club with Jack finishing an excellent 8th, Simon breaking the hour, Graham and Pete having a good tussle with yours truly not far behind with Paul the last man home for the club. All agreed it was an excellent race. It has something for everyone, good footpaths, rugged moor land, bogs, country lanes, wooded footpaths, a steady runnable ascent of 1100 feet and a superb descent at the finish. Add to this superb views of the valley and a well organised race and what more do you need? This was the first race in the fell running championship (for fun), for details of other races please see Simon. Don't forget the trip to Coniston fell race and country fair 31st July.

## Grand Prix R.I.P!!

The Grand Prix in the words of John Cleese has snuffed it, shuffled off it's mortal coil, is pushing up daisy's, is no more.

The last Grand Prix which suffered the worst turnouts and in some cases worst race courses, with only three teams effectively competing has had it's day. The patient needs the life support machine turning off, unless drastic surgery and implants of new teams can be found.

It's ironic to the end that cheating was still going on, I won't name names but two runners figured very well in the Yorkshire Vets race in different colours to those that they ran in in the Grand Prix. I think I'm right



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in saying that is against the rules, have they no other races to compete in, it just goes against the original spirit of the Grand Prix.

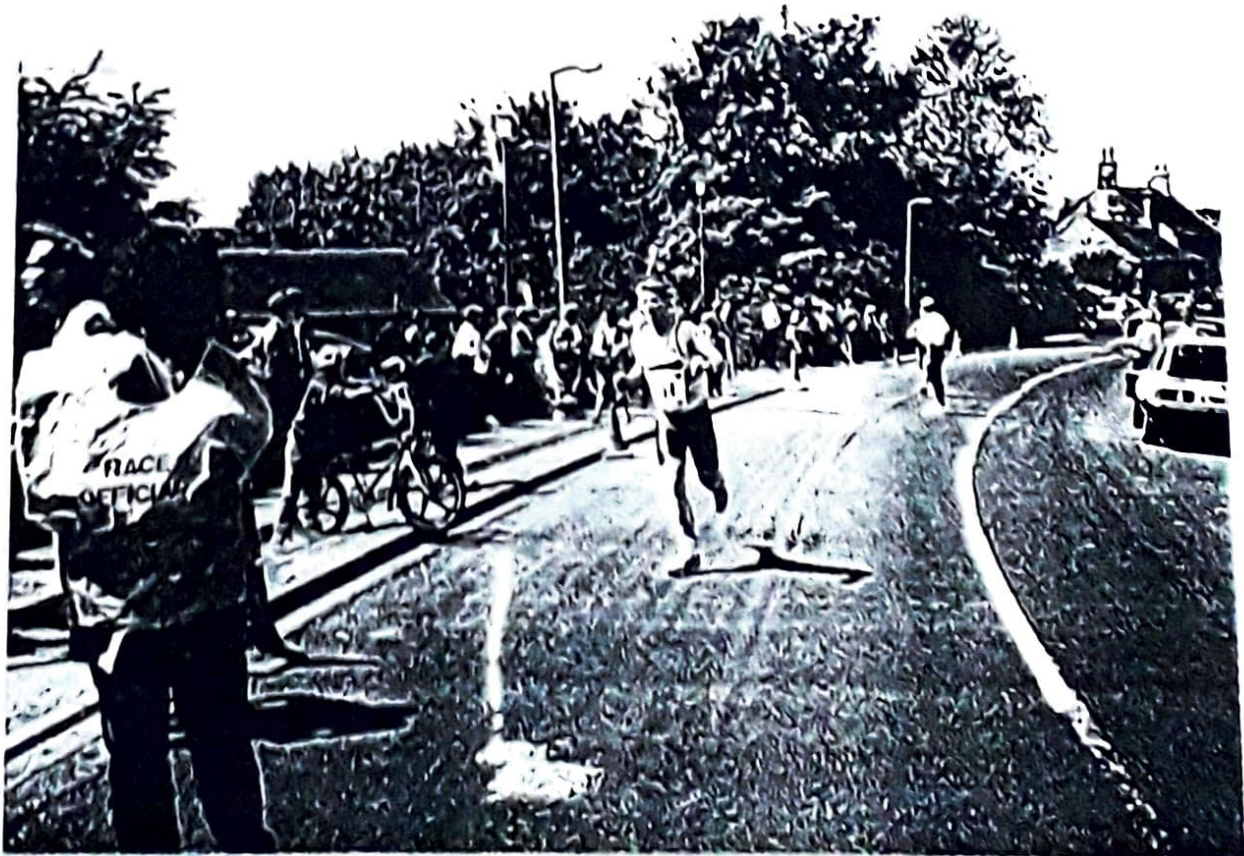
The final insult was the pathetic turn out at the awards night, what's wrong with these people who win trophies and don't turn up or don't even have the manners to send their apologies. Thanks to anyone from the other clubs who turned up, but perhaps they could get a watch between them.

The one good thing about the races is the pulling together of the club, especially at the last race, but let's be honest no one will be too sorry if there isn't another. Also does anyone honestly think that if we don't organise a meeting that another club will and take over the results etc. A big thank you to the Moose for all his efforts over the years.

(These views are entirely my own)

P S

Ironically talking to a Baildon runner whose club left the Grand Prix to enter the Today's Runner League. They are encountering cheating and all the problems that we have encountered and are somewhat disillusioned with it.



Frank steaming at the Beckfield 10k



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Keith "Puck" Abson in action

### Review Section

#### **The World of Marathons by Sandy Treadwell**

This is what is classed as a coffee table book and came out in 1986, it cost £15 however I picked it up in one of those cheapo book shops for 6 quid. It features marathons from all over the world, route description, beautiful colour photographs and unique features of the race and stories about each race. It really is a beautiful book to look at and is an easy read. It certainly made me feel like trying out some of these exotic marathons. On the whole an excellent book, although overpriced at £15, if you see it at £6 pick it up it's a bargain.

Question: "Who was the first woman to finish the Olympic Marathon?"

I have decided to end the history of the marathon as I felt like I'd run a bloody marathon writing it sorry folks that's all

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## Strange But True

Dimitris Jordanidis, was an astonishing Old Greek who is believed to have been the world's oldest marathon runner

In 1976 at the age of 98 he ran from Marathon to Athens in 7 hours 33 minutes. He was apparently disappointed with his time, having completed the same course in 6 hours 42 minutes 2 years before

I was recently threatened with being taken to court by Runner magazine (formerly Northern Runner) for not paying for an advert (a complete misunderstanding) however in an issue they sent me I was surprised to say the least to see 2 articles from Eyeballs Out featured in their magazine. Can it be they are so stuck for material they have to nick ours? One of the articles was only part included and as a result made no sense (what's new - Ed). Suffice to say when they ring me next year re an advert I shall tell them what and where to stick their printing press (now print that in your magazine)

the beginning of the course when the runners have been through the traffic-free roads at Esholt sewage works and are still fresh

"For the rest of the way the half-marathon is on the flat or downhill," said Mr Bowes. "As runners come along Esholt Lane traffic will be limited to one way so that runners will not have to face oncoming cars."

"Previous years have seen a

"It is included in the prestigious ASICS Gold Medal Race Series and is now recognised as one of the top six half-marathons in Britain," said Ronnie Bowes who is organising the event for Thackley Football Club.

"We have runners coming from as far afield as Bristol, Portsmouth, London, the Midlands and even Scotland and there is a big contingent from all parts of Lancashire

"Last year we had 1,500 runners and we expect to do as well this time. We usually have plenty of runners, including the top competitors, entering on the day

"We are making arrangements to cope with all the on-day entries and we are charging a flat rate £5 entry fee for everybody whether they enter on the day or before. The only stipulation is that they enter a quarter of an hour before the start

"The main hill is up Apperley Lane to Rawston but that is near

Could this be written by someone suffering from terminal amnesia, or by someone from a dubious profession



DAVID COLEMAN: "What make you think it was Richard Gough?"  
LIZ MCCORMAN: "Because it looks like him."  
"A QUESTION OF SPACE" - P. 11

"And Crum's ankle injury is another headache the selectors could do without."

COWR 11/01/94





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### Spotlight

<u>Name</u>	John A Carr
<u>Age</u>	28
<u>Running Experience</u>	5 years
<u>How Started</u>	Dad started, so did I !!
<u>Favourite Race</u>	Beckfield 10k
<u>Worst Race</u>	National Cross Country
<u>Favourite T.V. Programme</u>	The Bill
<u>Favourite Book</u>	Viz.
<u>Favourite Film</u>	Ghost
<u>Favourite Meal</u>	Fish and Chips
<u>Favourite Drink</u>	XXXX
<u>Likes</u>	Running
<u>Dislikes</u>	Working
<u>Favourite Athlete</u>	Kris Akabusi
<u>Injuries</u>	Colds
<u>Best Running Achievement</u>	Bingley Half
<u>Hobbies</u>	Running
<u>Favourite 3 Albums</u>	Anything by the Nolan Sisters

### Acupuncture

This is an ancient art invented by the Chinese over 3 000 years ago. Nobody quite knows how it began or what possessed them to stick pins in each other, although S & M practices are suspected. How it actually works is a mystery, but have no doubt correctly placed needles can cure rheumatism, impotence, piles, depression and can bring about repeated orgasms and solar eclipses. Tension and pressure slips away, nasty warts drop off and lifelong addiction to Terry Wogan ends overnight.

I am indebted to Wendy for this introduction to acupuncture and if anyone is interested please see her after training, although references to Pinhead (Hell raiser) are not appreciated.

### I'd Love To Run But.....!

I'm sure most of you are aware that most runners are neurotic, hypochondriacs, however Neil Sick note Howarth has taken this onto a new level almost an art form you could say. His reasons for not running a race are now legendary, with the commonest being "Had a heavy drinking session last night", this is usually after he's sworn not to drink for at least a week. The next favourite is his renowned bad chest or wheezy lungs, his lungs must be similar to a Swiss cheese (full of holes).

On turning up at Simon's, supposedly to go and be first reserve for the Badger Stone relay, he immediately launched into a variety of ailments and excuses the final one being that his filling had dropped out while eating a toffee. Neil is a clear leader in the golden thermometer award for this year (rectal thermometer).



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Just what are they doing? Answers on a postcard please



He is even smaller in real life than he is on the track

DAVID COLEMAN

There is Brendan Foster, by himself, with  
twenty thousand people  
DAVID COLEMAN

# EYEBALLS OUT

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### The Road Goes On Forever

Daniel kindly woke me at 5am, bloody hell Daniel I'm knackered why aren't you?, I thought. After giving said son his breakfast etc, I set off to organise the 8th Beckfield 10k. Was it only a year ago I was mad enough to organise another race. Roughly 5 weeks before this year's race I had 5 entries and was way down on prizes. As Dennis Norden would say it'll be alright on the night and it was, 228 entered, we had a superb prize list and numerous spot prizes. The race itself was perhaps the best in terms of a contest, with 4 runners in contention up to 5 miles and 2 virtually stride for stride up to the finish.

Dave Verity performed heroically as lead car driver, shooting down the wrong side of the road, when we were held up at the traffic lights.

Many thanks to the following

Alan and Paul the time keeping twins,  
Mick Moss and his floppy disc,  
Dave Verity's driving excellence,  
Carol the lady with the mugs  
To anyone who gave a prize,  
anyone who gave entry forms out especially Mick Mahoney,  
Mick Long for his artwork  
and to anyone I've forgotten

How did this race come about? Well it all started one winter's morning at the Woodkirk Valley 10k, when upon finishing I thought I could organise a race (what a fool!).

The first race was a 7 1/2 mile event and somehow we muddled through. The next year we went for a 10k and the rest is history. Although there have been quite a lot of memories, for example the letter I received from a female accusing me of being a sexist pig. The year the mugs didn't arrive until the day before the race. One year I forgot to put, "Please enclose a S A E" on the entry form and found myself hand delivering numbers all over Bradford (Good training runs).

Another race a number of mugs were broken and the replacements didn't arrive on time, so once again I toured Bradford on foot delivering mugs. Once the paper weights arrived and the metal bits all fell off and I spent the Saturday sticking them back on and getting a solvent abuse problem, which I still have today.

Then of course there's the famous double act of Wilks and Moss at the prize giving, this year we managed to give everyone the right prize in the right order. In the past we've given prizes to wrong people and in some cases ended up with prizes left at the end.

One time a lunatic harangued me at my house at 10.30pm the night before a race and then proceeded to haunt me at every bloody race I did. I've also had to deal with roadworks on the day of a race, an irate lady who complained of a runner urinating against her garage.

One thing that always puzzles me is why do some runners insist on entering 2 minutes before the start or prat about until the last minute especially when you tell them there's a 5 minute walk to the start.

Oh well, a few days rest then I'll start planning next year's event, hopefully with a main sponsor. Just the results to send out and sort the money out, believe it or not it cost about £550 just to put the race on.

In 1996 all being well the race will host the Yorkshire Vets Championship and the 2000th runner will have done the race (not quite London I know, but not bad).

Finally I was chuffed to see Dave Benson and Alf Wolfenden come 1st and 2nd as both have supported the race every year, ah well I'm off to bed.



# **EYEBALLS OUT SUMMER 1994**

## **Through The Kit Bag**

Whilst suffering from terminal boredom one day, I was channel hopping when I came across that ghastly programme, Through The Keyhole. What utter dire crap it is, a sad panel of has beens on a panel, guessing what "Hello" type house Lloyd Grossman is wandering aimlessly through (I mean would any sane person let that man into their house?).

However it gave me an idea, "Why not do something similar only with kit bags?", so here goes the first in a very occasional series.

The bag itself has definitely seen better days and could do with a wash. The zipper pulls back easily and the pungent aroma of a dead rat wafts up to the nostrils. There are a pair of what can only be best described as filthy shoes, well worn at the heel in fact a sensible runner would have put these in the bin years ago.

Onto the kit and it resembles items found in Scott's tent on his last expedition, there appears to be string vest, no on closer inspection its underwear with a lot of holes. Onto the toiletries there's an empty shampoo bottle and a small piece of soap well engraved with hair and dirt. Finally at the bottom of the bag amongst grass, dirt and safety pins and an old copy of naturalist monthly.

So the clues are there but who carries a bag like this, it's over to you.

## **The North Of England 12 Stage Relay**

Captain Dave, who had been announcing this race since January, had managed to assemble probably one of our strongest teams ever on paper. Unfortunately we were not running on paper, we were running on tarmac.

The 12 stage relay, for those of you not familiar with the race, is made up of 6 long stages of about 6 miles and 6 short stages of about 3 miles, starting with a long leg and finishing with a short leg.

Jack Verity started us off and ran the undulating two laps in 32:51 which was the fastest long leg for St. Bedes, 43rd place, and managed to beat Michael Pearson of Longwood (not only Andrew Pearson's older brother but the winner of a number of Half Marathons around this area in about 67 minutes).

Peter Pyrah went off second and ran 16:35, 44th place, for his one lap. This was the fastest short leg for St. Bedes but if he had been fit he would have been running a long leg. Next to run was Graham Eastell who had injury problems with a sore Achilles and had to limp his way round the second lap in 36:52, 53rd place. Adrian Hoyle, although not race fit, managed 17:52 which kept us in 53rd place and handed on to Martin Firth who ran a solid 34:10 but had the misfortune to be passed by the person one place behind him, from Steel City who ran 32:30.

Rudi Safranauskas took us to half way with 17:10 and gained one place to take us back to 53rd place and handed over to me. I felt like I was running slowly and decided to pass the runner Rudi had kindly left about 10 yards ahead of me. Catching him was easy but staying ahead of him wasn't but I did manage to pass another team. My time was 35:13, 52nd place, but when I had finished I couldn't stop coughing for at least 25 minutes. John Carr kindly offered me the rest of his cough sweets as he thought I needed them more than he did! Captain Dave set off on leg 8 and ran 17:00 which was the second fastest short leg for St. Bedes and gained us another place.

Neil Lloyd ran 36:41 for his leg, on his way back after injury, and he not only lost a place, he also lost his dinner, which proves he was trying his hardest. Keith Abson ran 17:10 for his leg which kept us in 52nd place. John Carr, who had either forgotten his shorts or had decided to keep his tracksters on because of the vicious hail storm that Neil Lloyd had to run his leg in, managed 37:20 for the penultimate leg but lost one place. Chris Upton had the glory leg and ran 19:02 to take us home in 53rd place.

Our official position was adjusted to 49th place because of disqualification's and teams like Sale who only had 11 runners so this wasn't bad out of 73 teams entered and 61 starters. If we can get everybody fit for next year's race we should manage to finish in the top 40

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It should be remembered that although we finished in the bottom half of the list there were a number of similar sized clubs in the North of England who didn't even enter a team because they were scared of the level of competition. Here is a list of our results:-

### Long Legs

Jack Vero	12.51	1
Martin Firth	34.14	8
James Callaghan	38.13	9
Neil Lloyd	39.4	11
Graham Easton	36.52	4
John Carr	37.28	12

### Short Legs

Pete Parnat	1.04
Steve Vero	1.10
Ruth Saffman	1.12
Scott Wilson	1.15
Arthur Horne	1.22
Chris Cotton	1.22

### Last Page

At last the ladies are back, 2 excellent turn outs at Liverpool and Holey Hill's recently. Congratulations to Jean on completing her first race and to Jackie on getting back after 19 months sidelined.

Well to the very excellent performances in the first two Yorkshire Vets races, leading the team events in both categories.

Club trip to Conistone Fell race July 31st, includes country fair for all the family see Ray or Simon for details.

Caravan warming party at Martin's new abode on Bieldon moors, date to be arranged, just bring a crate of beer and a sheep of your choice. See Martin for details.

Well done to everyone who ran at the Badger stone relay, one year we'll find the fastest way back.

Interested in doing the national fell running relay, October 10th at the Calder Valley, see Simon for details.

For obvious reasons for those at the training weekend in Conistone, Richard's new nickname is Richard 'Skank' Thompson, or 'Pepe le Pew' for short.

### Future Dates

Club Picnic	21st August at the Cavendish Pavilion Bolton Abbey
Club Handicap	12th September

Mary Decker Storer, the world's greatest front runner. I wouldn't be surprised to see her at the Stone.

RON PROBERT

A truly international field, no British involved.

DAVID COLEMAN