

## **KEEP'S MILLENNIUM DIARIES**

**An occasional series reflecting the inner thoughts of the club's most notable megastar, the legendary Keep Walkinghome.**

### **Jan 1<sup>st</sup> 2000**

*The dawn of a new Millennium! I have made a number of sensible, clear, achievable resolutions which will, I'm sure, take me to new heights in my running career. These are:*

- *Never to drink more than six pints in one session.*
- *Not to go out with blond models (including Emily Lustbody).*
- *To drive to the Boltmakers Arms every Sunday night and restrict myself to shandies.*
- *To take more holiday from work.*
- *To eat a balanced, healthy diet.*
- *To avoid stress.*

*I can almost feel the benefit already.*

### **Jan 5<sup>th</sup>**

*A most unpleasant interlude occurred yesterday with the club president over what actually constitutes a "session". As most K&CAC members know, the word has little, if anything, to do with training, but refers to that period of time one sets aside for some gentle quaffing of the malty draught. The president rather nastily inferred that just because I define a session as anything within a twelve hour period I had never, in fact, supped more than six pints anyway, and that my first resolution therefore didn't count! I can see that I'll have more than a point to prove in this year's club championship! Keeping steadfastly to my other resolutions though – I think everyone can see the improvement already.*

### **Jan 13<sup>th</sup>**

*Club AGM. Sat next to Debbie but I don't consider that this breaks my second resolution. New Chairman sworn in. Subs to go up. I will have to have a word at work about a pay rise – the cost of living nowadays is spiralling! May, as an alternative, try to push my annual leave up to forty days (excluding bank holidays, occasional days, staff training days, Christmas shopping days and parties).*

### **Jan 15<sup>th</sup>**

*Stress!! I just cannot believe it! I'm afraid I must blame Colin, who foolishly took his wife out for a curry last Saturday night. Now the missus has told me she wants to go out more than twice a year!! This whole episode has wreaked havoc on my running and my good intentions. Did a fartlek session today and barely had a fart in me!*

### **Jan 23<sup>rd</sup>**

*Now training with the elite squad on a Sunday morning. Runs getting longer and faster. Met the new Club Chairman whilst out on the moors. Saluted. Upset when fellow athletes refused to believe that I'd done 18 miles in less than 2 hours – jealousy is an unpleasant fact of life for us top athletes.*

### **Feb 5<sup>th</sup>**

*Have given up drinking entirely! Now on the "No Bs" diet: no beer, no birds, no bullshitting!*

**Feb 8<sup>th</sup>**

*Another British athlete testing positive for drugs! It's all in the food supplements apparently. If only the BAF had taken the advice I sent them about a wholesome balanced diet. There really is no need for any supplements when you've had a good portion of pastie chips and peas just before training. Went out for a curry this evening – hope I don't test positive for naandralone, arf, arf!! All part of my strict preparation for the Dewsbury 10K – I'll be whooping some ass down there!*

**Will Keep keep his promises? Will he do some whooping? Stay tuned to the innermost thoughts of your club's most accessible superstar!!**