

KEEP'S MILLENNIUM DIARIES

Feb 11th

Mixed fortunes last weekend. The good news is that I successfully psyched loads of club members out by declaring my intention to run the Dewsbury 10K and then not appearing! Instead I was cajoling that old campaigner Pete "Complex" Carr round Leg 5 of the Rossendale Way. The club had a ragbag of a team cobbled together for our first appearance in the event, but so touching was the appeal by the team captain for me to lend my talents and give the team at least a hint of respectability, that I just had to put club loyalty before personal glory and turn out. But one of the risks of being as fit as I am, and of running with slower athletes than oneself, is that injury is never far away, and I tweaked a hamstring. No training for a while, so it's lucky that my "No Bs" diet is still proving so effective!

Feb 14th

Valentines Day. Exhausted after opening all my mail! Deeply frustrated (at not being able to train). To cheer myself up, I have decided to adjust the diet to the "No Bs but One" version, and reinstate beer as part of my calorie controlled quasi-scientific nutrition programme. I will start drinking again later in February. Rang the Boltmakers to let them know. They seemed to take the news calmly. I wonder whether the club president has been in there gossiping again.

Feb 24th

Drove over to join in the festivities following the Wadsworth Trog. It's not my cup of tea, but fellow members are always pleased to see an elite athlete "mucking in" with the hoi polloi. Felt a bit out of it, being teetotal, not training and the only one without female company.

Feb 26th

The launch of the club website. Tuned in via the old Pentium and couldn't find the site! Referred again to an article in the Keighley News that showed the club chairman in some very dodgy gear apparently chatting up one of our lady members. The problem was that for some reason my photo hasn't been placed on the home page, so when I entered "Walkinghome" in Alta Vista all I got was a list of dog training centres. The club is virtually unrecognisable without me! Drank some beer and felt much better.

Mar 3^d

Now acting as image consultant for the club chairman. My scope is limited as he doesn't wear glasses, doesn't have a beard and already has short hair. It was changing all of these elements that, as older readers will remember, set me on my own personal course to stardom. Have opted instead to design a fully-insulated, ultra-violet illuminated running

safety harness which has the novelty effect, upon selection of "Strobe Mode", of making the wearer appear to be running faster than he actually is. The deluxe model will even have indicators and brake lights.

Mar 12th

Attended the South Leeds '5' incognito, disguised as the club photographer. A tremendous club turnout, although one or two questions were asked about my "non-competitive" mode. I explained my new philosophy, gleaned from my recent study of "The Tao of Pooh", which is summed up as "if you don't enjoy it, don't do it". I am applying the same principles to the renovation of the back garden, with startling results.

Mar 15th

Have discovered that the club chairman has even more holiday than I do !! No wonder he has the time to start a new Thursday training session for those who wish to "break-40". I of course have already "broken 40" (along with 90% of club members). Now running and drinking beer (sometimes simultaneously) and am getting back into my old shape.

Mar 19th

Went out on the Sunday morning club run and pretended to be completely knackered in order to cheer everyone up. Mick Sumpter, who is at the pre-London tapering and general panic stage, was especially encouraged. Nice also to see Freda "GoldenGirl" Tate out again after her recent illness. Told her that she seemed a bit "chesty" and she was chuffed to bits!