

The Harrier

Volume 3 Number 1 October 1997

New Beginning for Canterbury Harriers

Since our meeting on 17th September we've looked closely at whether we should remain as Canterbury Harriers or set up a new club. In the end, most of the advice we received was that even if we formed a new club we could still be pursued for any liabilities left by the last committee. So we've decided to stay as we are and Fayne Stone, John Minshull and I have formally registered with the Kent AAA. John has also organised a club account at the National Westminster Bank, with Fayne and myself as the other signatories, so **we're back in business!**

As far as club records and funds are concerned, none of the former committee has acknowledged or replied to our request for information. I give details of the position that they left us with on page 8 (**Harriers' Financial Matters**).

As you'll see from the rest of the newsletter, **a lot has already been done**. We've begun to collect subscriptions and create new club records; we're hosting one of the Today's Runner cross country events; the Presentation Evening has been arranged; and **more...**

Joe Hicks

Presentation Evening

The club's Presentation Evening will be held at 7pm on 6th December in the King's School Recreation Centre Restaurant. Tickets will be £10 for seniors and £5 for juniors.



Please contact the social secretary, **Roy Gooderson**, about tickets on 01227 454449. **N.B.** Tickets will not be available at the door.

Don't forget – as in previous years you have to be a **paid up member** of the club to be **eligible for trophies** at the Presentation Evening...

Subscriptions

Subscriptions are now due, so, if you've not yet paid, would you please fill out the enclosed form and send it, together with your payment to the secretary, **Fayne Stone**, whose address is Becket House, 92 Whitstable Rd, Canterbury, Kent, CT2 8ED. Tel: 01227 470011.

Subs are £10 for the first member of a family and £5 for each subsequent member living at the same address, Under 11's are free.

Today's Runner XC League

The Cross Country season approaches and for those of you who were not allowed to jump in puddles, climb over fences or get your shoes muddy when you were little, here's the chance for you to make up for it without getting told off!

On 9th November the **Today's Runner Cross Country** season starts; there are seven races, all on Sundays and all about 4-5 miles through lovely Kent countryside.

We need a team of **at least 10** runners to score: 7 men (including 2 vet 40s and 1 vet 50) and 3 ladies (1 vet 40), but the **more the merrier**.

Canterbury Harriers are hosting one of the race series at Blean Woods on 30th November. Obviously, **Pete Wyeth**, the team manager for the league, expects all those on two legs to get out and run but, if you have a doctor's note(!) you can marshall.

If you are interested in running, please **contact Pete Wyeth** (01795 479057) **as soon as possible**.

Other Cross Country

The Harrier junior squad got off to a successful start to the **Parkwood League** on a sunny, warm and dry un-cross-country-like day on 5th October. This was their debut in the league and the **U15 boys team won their match**. There are still **lots of opportunities** for juniors, both male and female, from U11 to U20 to **take part** in these races – see **Gerry**.

Coming up on **26th October** is the **Paddock Wood Open XC** meeting for all age groups. On **16th November** there's the **Margate International XC**. This is open to all age groups but also is an opportunity to run against international athletes and is **good for spectating**. Details for these events are in the **race folder**.

CSL INVITES YOU TO A PRESENTATION EVENING WITH

IWAN THOMAS

AS GUEST SPEAKER.

THIS PROMOTION IS ORGANISED BY **ASICS & SPECIAL OFFERS** WILL BE AVAILABLE ON THE NIGHT,

THURSDAY 23RD OCTOBER FROM 6-9PM.

ADMISSION IS FREE!

Kit

Bob Davison is the kit officer and club clothing can be obtained through him – he has a small stock of (smooth i.e. non-mesh) vests (£12), T-shirts (£6) and sweat tops.

A few **Harrier running jackets** (£28) are also available in stock. Sizes range from extra small to large. They make the **ideal Christmas present so order now to avoid disappointment!**

Bob will be happy to order items not in stock and Gerry will be able to help if Bob's not around.

Also... Anyone in need of **extra layers for winter training**? We have an odd assortment of T-shirts for only 50p each. Again see Bob.

And there's more... **Don't throw those old running shoes away!!** We have lots of juniors, male and female, all sizes who can make good use of them. See **Gerry** for those that are available or if like to make a donation to a good home! At the time of writing we have **a pair of size 8 spikes**, suitable for both track and cross country, looking for a new owner.

Notable Performances

Gerry Reilly gives his roundup of some recent efforts which have caught the eye. Please send **race results to Fayne** by **late Sunday** for the Gazette. In particular, let her know about any PBs in the current year (Oct 97 to Sept 98). If you've run any unusual races or done some other heroics that you think deserve a mention then let **Alastair** (see page 8) know – perhaps you could do an event report (just a few lines!) for the next newsletter?!?

Track

Fayne rounded off the Harriers' track season with a superb **800m** PB of 2.54.60 in windy conditions at **Sutton**, in only her second effort on the track. **Andrew Langston, Jack Parnell, Neil Whitcombe** and **Sean Reilly** also took part in the meeting and had marvellous performances against tough opposition. 17 year old Neil, running for the first time on the track recorded **25.72** in the **200m**. 13 year old Jack was 2nd in the U15 race!

Road

Arthur Barnes and **Sharon Proudlove** each ran both the Half Marathon and the 10K at **Maidstone** on 28/9/97. Arthur set a new PB (by 4½ mins) of 1:24:15, although that great effort didn't leave much hope of beating his 10K PB of 37:54 that he set at **Istead** at the start of the month. Rumour has it that he then went on to play cricket in the afternoon! [*I heard that he was then certified insane in the evening – Ed.*] Sharon did well to complete both, having only ten minutes between the races. **Alastair Telford** also ran 1:25:41, in the half, a PB by 8½ minutes. [*I think that says more about how long ago his previous half marathon was.*] Alastair ran a PB of 38:34 at the **Brake Bros 10K**.

It is good to see so many Harriers **steadily improving** their times after injury or enforced breaks from running, through sheer hardwork, patience and determination. **Dave Smith** has been knocking several minutes off his 10K times and **Pete Wyeth** has been coming back strongly. **Dave Parnell** took 30 secs off his 10 mile PB at **Sittingbourne**, a week after doing well in the Maidstone 10K, running 69:10.

Dave Joy and **Ivan Morris** travelled up to Tyneside, **Dave** primarily to do his usual **TV slot** [*He doesn't let on about the appearance money though, does he?*] and Ivan to record a PB of 1.52.50.

The **most outstanding** run for me was the 4hrs 4mins **marathon debut** of **Cliff Tritton** at **Nottingham**. It is daunting enough to take on the preparation for a marathon when you are in a training squad and in a specific group programme such as we have for London – to do it on your own takes a lot of guts. Well done to Cliff and best wishes to **Alastair Telford, Dave Joy** and **Keith Crossland-Page** who are all coming to the end of their own lonely marathon programmes – Alastair for **New York** and Dave and Keith for **Snowdonia**. Amazingly, **Sharon Proudlove** and **Erika Akerman** seem to have found an even steeper task than Dave and Keith in taking on the **Himalayan** marathon! We wish them both well for that.

Results Roundup

Please give race results to Fayne Stone (01227 470011) as promptly as possible.

Istead 10K 7/9/97

This was an undulating course, although it wasn't too hot.

Arthur Barnes	37.54	PB 1.40
Pete Wyeth	42.02	
Mark Trott	46.14	

Great North Run 14/9/97

Dave Joy	1.30.00
Ivan Morris	1.52.50

Wingham 10K & 5.4K 14/9/97

These were run on pleasant, undulating courses that our visiting Italian, Paola, said reminded her of Tuscany!

10K

Alastair Telford	40.35	
Pete Wyeth	42.33	
Dave Parnell	42.55	
Helen Paine	43.27	1st FSV
Dave Smith	44.01	
Paola Barcaroli	48.29	3rd F
John Hartley	50.57	
Pat Greatrix	64.28	

5.4K

Jack Parnell	21.29	7th!!
Gerry Reilly	21.45	9th
Dave Lightburn	22.38	
Andrew Langston	25.04	

Fayne Stone	26.10	2nd F
Sue Reilly	39.54	

Cobham Hall 10K 14/9/97

Mark Trott	45.24
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Sutton Open Track 21/9/97

Some superb performances at Sutton, despite the very windy conditions.

200m

Neil Whitcombe	25.72	PB
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400m

Andrew Langston	69.90	5th U15
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800m

Jack Parnell	2:31.10	2nd U15
Fayne Stone	2:54.60	2nd F 1st FV35 PB 3secs

1500m

Sean Reilly	5.04	2nd Jnr
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Avignon ½ Marathon 28/9/97

John was on holiday & thought he'd just get a quick half in...

John Minshull	1.54.02	3rd V60
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Maidstone ½ Marathon & 10K

These were held on **28/9/97**, the half starting at 9:30 and the 10K at 11:45. It was thus possible to compete in both. Conditions were basically ideal, overcast and windless, although it became quite humid for the 10K. Both courses had some testing hills.

½ Marathon

Arthur Barnes	1.24.15	PB 4.20
Alastair Telford	1.25.41	PB 8.30
Sharon Proudlove	2.06.31	
Erica Ackerman	2.29.15	

10K

Dave Lightburn	41.10	
Pete Wyeth	41.36	
Dave Parnell	41.59	
Helen Paine	42.45	1st FV45 3rd F
Mark Trott	46.02	
Fayne Stone	46.20	1st FV35
Arthur Barnes	46.31	
Emma Farrow	48.25	
George Barnes	55.00	
Sharon Proudlove	76.38	

Combined

Arthur Barnes	2.11.15	8th
Sharon Proudlove	3.23.09	3rd F

**Badminton Horseless Rider
9mile event (with 22 jumps!)**

Emma did this across the famous and testing eventing course on **5/10/97**.

Emma Farrow	76.30
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Sittingbourne 10 5/10/97

Overcast conditions and a light wind meant that Sittingbourne's challenging 10 mile course was no more difficult than need be.

Tony Reavely	61.58	4th V50
Dennis Hayes	67.40	
Dave Parnell	69.10	PB 30s
Pete Wyeth	69.27	
Helen Paine	69.57	4th F
Mark Trott	74.08	
Pete Greenwood	88.10	
Maurice Bennett	90.00	
Erica Ackerman	110.06	

Fun Run

4th	Bradley Trott
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Parkwood XC League 5/10/97

Canterbury Harriers' **juniors** made their **debut** at the opening meeting with some excellent results. It was dry and warm (yes this is a XC report!).

U20 boys 2nd Neil Whitcombe

U15 boys 5th Jack Parnell
24th Andrew Langston
27th Jonathan Smith

Congratulations to the **U15 boys** who **won their match** against Bexley, GEC Avionics and Ashford.

U13 boys 10th Gavin Coulson
14th Daniel Legg
30th Ben Ozanne
34th Nat Ozanne

U11 boys 5th Bradley Trott

U11 girls 3rd Aviva Stone

Windsor ½ Marathon 5/10/97

Alister and Alan ran this hilly course although the weather was reasonable.

Alister Collard 1.51.00

Alan Bussey 1.51.08

Southend 10K 12/10/97

Sharon Proudlove 51.28

Erica Ackerman 66.00

Brake Bros 10K 12/10/97

The Brake Bros 10K (formerly the Julie Rose) was held in very blustery conditions. Nevertheless, some very good runs were done in both the senior's race and in the various junior fun runs.

Alastair Telford 38.34 **PB 16s**

Steve Clarke 38.56

Dave Joy 39.58

Dave Lightburn 40.17

Dennis Hayes 40.20

Andy Marsh 40.24

Steve Reynolds 40.46

Dave Smith 41.08

Pete Wyeth 41.49

Dave Parnell 42.35

Mark Trott 44.25

Cliff Tritton 45.29

Leoni James 47.01 **PB**

Fayne Stone 47.20

Bob Wraight 49.30

John Hartley 49.38

Jane McLennan 55.00 **PB 3mins**

Brake Bros Fun Runs

U15 2nd Jack Parnell
9th Andrew Langston

U13 2nd Gavin Coulson
Luke Lightburn
Bradley Trott
Aviva Stone

U9 Tony Rowland

Dulwich 10K 12/10/97

Helen Paine 42.22 **1st V45**

Woodchurch 10 19/10/97

Sunny, quite warm conditions enhanced the scenery on this picturesque, undulating course.

Alastair Telford 65.30

Dave Lightburn 68.08

Pete Wyeth 72.06

Mark Trott 75.40

Sharon Proudlove 89.10

Maurice Bennett 93.00

Erica Ackerman 112.00

Leoni James also ran but she was unfortunately delayed and could only start 15 minutes late.



Events Diary

October

26th Paddock Wood Open Cross Country Meeting from 11am. All age categories from 5 years.

November

2nd Deal 5 mile. 11am start.

2nd Parkwood Young athletes league race (UKC).

9th Today's Runner XC at Plumstead (Oxlea).

16th Margate International cross country. Hartsdown Park. All age categories. **Closing date 1st November.**

23rd Today's Runner XC at Swanley Park. 11am start.

30th Today's Runner XC at Canterbury (Blean Woods). 11am.

December

6th Presentation Evening. King's School Recreation Centre at 7pm.

7th Thanet 10 mile race. 11am.

Supporters are always appreciated, especially at the juniors' Parkwood races.

We will put all the upcoming race forms that we are aware of in the **race folder** and put details in the upcoming races diary. If we are missing any please let us know/give us a form/stick one in the race folder.



LAST CALL FOR BENIDORM...

Now's your last chance to improve your international ranking (or your street cred!). Package trip to Benidorm from 18th to 25th November. Price of approx £150 includes a ½ marathon race on the 23rd, the flight, car hire and accommodation. (Speak to Mr. Davison for a firsthand account of local entertainment.) Call **Mark Trott** on 01795 877008.

Training Programmes

In the race diary you will find a set of fairly standard 10K and 10 mile training programmes. Obviously the more experienced runners can adapt this to their own needs or do their own. If you want any help or advice whatever your standard or objectives, please let me know and I will do my best to assist. I give some basic training tips on page 9.

Gerry Reilly

Club Statistics

Dave Lightburn has kindly volunteered to be the Harrier stats man. The stats that he will be compiling from October 96 to end September 97 will be the basis for the club presentations in December. In the club folder you will find a copy of the latest best times over the various distances – if you have run faster at any distance during the period please let him know urgently. (Please note that **only** performances on kite marked, **officially measured courses count.**) Please tell Dave about any **updates that need to be made** to the **league table** on 01304 812046.

By the same token, please make sure that you let Fayne know of any PBs in the current year (Oct 97 to Sept 98).

Harriers' Financial Matters

[This follows on from Joe's article on the front page.]

For the record, the financial position we inherited is as follows:-

- £590.41 from the Canterbury Harriers' TSB account was paid into a Nationwide account by Bonny Appleby.
- From the Herne Bay 10K race results there were 207 finishers, indicating that £1,242 in race entry fees was paid into that account.
- We've been pursued for £300 by Screen Machine of Whitstable, in respect of some T-shirts supplied to Kevin Mitchell in May 1996. Running Imp wrote to me threatening legal proceedings for £30 in respect of mile markers for this year's Herne Bay 10K.

I've explained the situation to Screen Machine and Running Imp, and they've both agreed to pursue Kevin Mitchell for these sums.

We've also discovered that Fastrax are holding 12 Canterbury Harriers jackets and an invoice for around £350. Kevin Mitchell ordered these in July, then returned them. They aren't a problem though since we can sell them.

We could take legal action to get control of the Nationwide account, as any funds in it are held in trust for the members of the club. But, in practice, the cost would probably be more than any money which may be left in the account. So we've decided not to spend any more time on this and to get on with the business of running the club.

Joe Hicks

Treasurer's Report

The financial position at 14th October:-

INCOME

	Bank	Cash Held	Total
Subs	230.00	40.00	270.00
Kit Sales		66.00	66.00
	230.00	106.00	336.00

EXPENDITURE

Printing & Staty	8.35	8.35
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BALANCES

	230.00	97.65	327.65
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As we intend to organise races & social events soon we need your subs to cover any costs that have to be incurred before any income, such as race fees, is received.

John Minshull

Editorial

One of the most unfortunate outcomes of the recent upheavals has been that we've lost Bonny's admin skills and particularly her ability to produce the newsletter. However, the newsletter will now be more of a collective effort and I'd welcome any articles, particularly event reports, that you might like to provide. There will be another newsletter out before Christmas ☺

Please send all your ideas, articles or suggestions to me:-

Alastair Telford, Flat 5, 56 London Road, Canterbury, CT2 8JY.
Tel: 01227 786210
Email: A.J.Telford@ukc.ac.uk

Gerri's Training Tips

Okay, not actually *her*, but here are **Gerry Reilly's** tips to **spice** up your running!

Stretching

This is particularly important for all age groups – tends to be neglected by the juniors so **kids take note!** You need to do a full set of stretches before the warm up/run and in the warm. Ask Sue, Fayne, Gerry or an experienced senior if you are not sure what/how to do. Don't forget to stretch **after** the run/warm down pay particular attention to calf muscles, quads and hamstrings. For the sake of a few minutes injuries can be avoided, especially in the winter. **Get into the habit!**

Clothing

It is essential in colder weather to wear an **extra layer** to warm up and warm down in and also occasionally where there are long recoveries in between efforts. In the winter most of our training evening sessions will be after dark, so wear something light or even consider investing in a **reflective** bib.

Best Efforts

There are only two training evenings a week and for a lot of the seniors and many of the juniors they are the only opportunities for quality training during the week. It's important to **give of your best** in the club sessions and **encourage** your club mates to do the same. If you are not well, tired or injured in any way it is vital to tell the coach. It is vital for the juniors to let the coach know if he or she has had a **hard PE session**, for example, on a training day or has a school race coming up during the week.

Interval/Repetition Training

In between efforts/sets it is vital, especially in cold weather, to **keep supple and warmed up during recoveries**, either through stretching or jogging. Listen to and **heed** the coach.

Training Surfaces

All training evenings in the winter period involve, by necessity, running on hard surfaces and sometimes in poor light. Be conscious of uneven surfaces/pavements and **obstacles** like bollards. **Warn runners behind you** if need be. Leave plenty of space between yourself and the runner in front/alongside. At other times, however, try to train **off road in daylight** as much as possible throughout the year. Cross country training and racing in the winter are excellent for strength and endurance and have the advantage of softer impact and less traffic fumes.

Weekend Training

Please let me know if you are interested in weekend club group training - this can be speed work, hill training or Sunday long runs. All ages and all standards will be very welcome.

