



The Harrier

Volume 3 Number 2 December 1997



Harriers' Highlights

The last two months have been **very busy**, with a lot of people putting in a lot of effort to make sure everything got done on schedule. But the results have been worth the effort. Subscriptions are coming in, our **Today's Runner cross-country event** went off successfully, and the **Presentation evening** was **probably the best** one we've had - from what I can remember! We've also begun discussions with the local Rotary Clubs about **running a 10K** for them on the new dual-carriageway stretch of the Thanet Way, before it opens to traffic! The (very) provisional date for the event is 29 March.

Merry Christmas, Joe Hicks

Lowlights

Since the last edition of **The Harrier**, Medway AC have been in touch to let us know that Ray McDonald had let slip to them that **Canterbury Harriers club funds were being used to pay for Medway AC subscriptions and kit**. As a result they have told **Russell and Alison Bridges, Denise Farnham, Helen McDonald, and Kevin Mitchell** that they are **non-scoring members** until we release them. In the meantime Helen McDonald and Bonny Appleby have submitted SEAA Change of First Claim Club forms, which we have refused to sign on the grounds that they are indebted to the club. Ray McDonald telephoned me on 13 November about Helen's request, and said he would write to me confirming that they had not been reimbursed

from club funds for Helen's Medway AC subscription and kit. I haven't received his letter yet.

On 7 November I had a meeting, and subsequently two telephone conversations with **Bonny Appleby**. According to her, the Nationwide bank account has been closed and she is holding the £138 which she says was left over, after she had paid her telephone bill. At first she did agree to let us have copy bank statements for the account, but then changed her mind. She has now written to me, after speaking to the SEAA, claiming she is not indebted to the club. I've written back setting out in detail why she is. A copy of her letter and my reply are in the race file, for information.

Joe Hicks

COLIN JACKSON

Will be answering questions and
signing autographs

on Thursday, 11th December,
6pm – 8pm

At CSL, Near Maidstone

Sponsored by PUMA with special offers
available on the night

Please speak to Sue Reilly if interested

Age Graded Performance Tables

In the USA, **veteran runners** at all age levels **are appreciated as serious athletes**. Their veteran prize lists regularly go down to 3rd place in all 5-year age groups. The USA's positive attitude to their athletes is displayed by their National Masters News (vets are referred to as Masters in the States) publishing a series of age graded performance tables which have been compiled by The World Association of Veteran Athletes (WAVA).

I have a computer program to **produce age graded race times from actual race times**. Thus any of our veteran athletes will be able to **compare their race times with others of any age** (but obviously of the same sex).

These comparisons reveal just **how good** some of our club's **supervets performances** really are:

Glyn Jenkins, V55 – 80:49 at the Paddock Wood half this year equates to 70:11 which is **better than our club's senior record** of 72:21.

Helen Paine, FV50 – 41:56 at the Julie Rose 10K last year equates to 36:52, **better than our club's FV35 record**.

Colin Parry, V65 – 4:08:00 at the 95 London Marathon equates to 3:17:45 which is the base time for a typical club athlete 30 years his junior.

These are only three examples but there are probably several others to be revealed. So, if **you feel a bit down** because your race times are not what they used to be then **just give me your latest race time and exact age** on the race day and I will press the relevant computer keys and let you know the age related performance time. It could **cheer you up no end!**

John Minshull



Benidorm or Bus?

Pete Wyeth gives us the first part of a series on Iberian public transport and, in passing, mentions a **half-marathon** and a few other **local attractions** that took the attention of his fellow bus-spotters, **Bob Davidson**, **Dave Lightburn** and **Mark Trott!**

At **Gatwick** only a bar was open (**the sign of things to come?!)** – we (that is everybody apart from Dave who was to arrive on Saturday) decided putting our PBs before drink & it was only 4:30am. The flight was fine but the Spanish sun was not shining when we touched down! After a short drive with Mark's dad Tom, our guide and chauffeur, we arrived at our villa a few miles outside Benidorm. Mark decided to get a **bus & train timetable** so that we could be a little independent, but the only thing that we discovered about them was that they indicated when the buses & trains *didn't* arrive, so we managed to get in some excellent walking between bus stops.

The **small village** where we were staying had its **own running track** and on **Wednesday** we did some **speed work** – I don't know why! On **Friday** we **hijacked a bus** into **Benidorm** to pick up our numbers and goodies, only to be told that they wouldn't be ready till nearly 4 o'clock. Thus we had to spend the day, along with **hundreds of super-vet British tourists** wandering around the bars and shops. At four we collected our numbers and T-shirts – ranging from Ex-Ex-Ex large for Mark to large for me. Another nightshirt, although I don't know what Mark uses his for. That evening we had a **serious hiccup** in our **training schedule**, which resulted in **headaches** on **Saturday morning**, but **being dedicated athletes** we went for a six mile run (to ease our consciences, I think!).

That afternoon, **Dave arrived** but unfortunately the **chauffeur's car broke down**. The Spanish version of the A.A. were very helpful, I don't think ("manyana") and we were unable to hijack another bus – they probably revised their timetables yet again, but Tom, who seems to know everybody, managed to borrow a car from a neighbour, so all was saved.

Sunday, Race Day

Like Victor Meldrew, I couldn't believe it – **the sun arrived!** It was 24C midday and also Bob helpfully (?) informed us that the **course had been changed** from flat and fast to hilly & hard – **PBs out the window** but still we would be able to top up the old tan.

The race was very well organised, apart from the hills and we all managed to finish...up in a bar afterwards to celebrate with a few pints and then it was time to **get back to serious training at home**.

From your roving running correspondents,
Bob, Mark, Dave & Pete

Adidas XC Spikes

Size 8½ - Nearly New

£10

Contact Mel Carter
01227 375871

Results Roundup

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

Firstly, a result that was left out of the last issue:

Robin Hood Marathon 28/9/97

Julian and Cliff both recorded excellent times at this big Nottingham event.

Julian Murray	3:15:00	PB
Cliff Tritton	4:04:00	Debut

Tonbridge 5 26/10/97

Glyn Jenkins	30:13	1st V50
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Canvey Island 10K 26/10/97

A small group ran this flat (& this year windless!) but dreary course.

Gerry Reilly	39:43	
Fayne Stone	45:25	PB 16 secs 5th F 3rd FV
John Hartley	49:06	

Stroud ½ Marathon 26/10/97

Mark Trott	1:40:58
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Snowdonia Marathon 26/10/97

Erica ran this as preparation for her trip to the Himalayas with Sharon Proudlove. Keith ran a brilliant time.

Keith Crossland-Page	3:33:00
Erica Akerman	5:35:00

Deal 5 2/11/97

Some excellent results at Deal with three PBs and two first places.

Richard Steer	29:02	PB 3 secs
Dave Smith	31:30	
Gerry Reilly	31:34	
Dave Lightburn	32:18	PB 15 secs
Pete Wyeth	32:57	
Dave Parnell	32:58	
Roy Gooderson	33:06	
Helen Paine	33:29	2nd F 1st FV40
Fayne Stone	36:48	PB 42 secs 5th F 1st FV35
Mike Hedger	37:45	
John Hartley	39:06	
Bill Burt	51:02	

Amsterdam Marathon 2/11/97

This was a superb run by Joanne in very cold, foggy conditions. The conditions meant that the winning time was actually slower than that on New York's more undulating course.

Joanne Jenkins	3:09:00	8thF Just 2 secs off a PB
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New York Marathon 2/11/97

Alastair Telford	3:18:03	Debut
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Parkwood XC League 2/11/97

The **U15 boys** won their second match in a row!

Jack Parnell	13:28	8th
Chris Sherwin	13:46	13th
Andrew Langston	14:26	20th
Jonathan Smith	18:59	30th

U20 boys

Neil Whitcombe		2nd
Sean Reilly		3rd

U11 boys

Bradley Trott	2:39	6th
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U11 girls

Aviva Stone	3:09	7th
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Today's Runner XC Plumstead 9/11/97

On an extremely wet and quite windy day, there were some fine performances from the Harriers. Particular mention should be made of **Steve Clark** and **Emma Farrow** who both made **impressive XC debuts** for the club. **Jo Jenkins** did magnificently only a week after running the Amsterdam marathon.

The **ladies' team** was **2nd** and Harriers were **6th** in the **combined event**. There were 14 teams and 266 runners.

33 Steve Clark	37:39
52 Sean Reilly	38:48
68 Glyn Jenkins	40:07
88 Steve Reynolds	40:59
91 Dave Lightburn	41:10
92 Gerry Reilly	41:13
99 Bob Davidson	41:39
101 Doug Hinsley	41:44

116 Roy Gooderson	42:56	
125 Joanne Jenkins	43:47	5th F
132 Pete Wyeth	43:56	
154 Helen Paine	45:29	9th F
167 Emma Farrow	46:25	12th F
201 John Hartley	49:26	
207 Mike Hedger	50:37	
264 Sue Reilly	73:12	

Margate Reebok International Cross Country 16/11/97

Some really gutsy performances by the junior Harriers against some top-class opposition. **Steve Clark** did brilliantly in coming **first vet 40** in the senior race.

U11 Boys – 1K

Bradley Trott	4:12	23rd/78
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U11 Girls – 1K

Aviva Stone	4:34	17th/52
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U13 Boys – 3K

Gavin Coulson	11:38	24th/60
Andrew Dowell	13:13	59th

U15 Boys – 3K

Jack Parnell	10:53	23rd/54
Chris Sherwin	11:40	39th
Andrew Langston	11:50	42nd

Junior Men – 6K

Sean Reilly	23:46	72nd/74
Neil Whitcombe	23:55	73rd

Senior Men

Steve Clark	30:37	1st V40 63rd/93
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Bracknell ½ Marathon 16/11/97

Arthur, who's now at Reading University but still running for Canterbury, ran another fine PB.

Arthur Barnes 1:23:18 **PB 57 secs**

Brighton & Hove 10K 16/11/97

Dave and Pete ran this flat, seaside course, with Dave putting in a particularly fine effort.

Dave Lightburn 39:53

Pete Wyeth 43:15

**Today's Runner XC
Swanley Park 23/11/97**

There was a superb debut by **Richard Steer** which helped us to **5th place overall** with the women coming **3rd**. The team performance was especially heartening since there were a number of absences due to illness and Spanish attractions!

26	Richard Steer	31:31	
49	Steve Clark	33:16	
58	Alastair Telford	33:40	
59	Steve Reynolds	33:41	
73	Glyn Jenkins	34:13	
102	Dave Smith	35:14	
105	Joanne Jenkins	35:53	4th F
106	Andrew Branchett	35:57	
112	Roy Gooderson	36:30	
130	Dave Parnell	37:10	
131	Helen Paine	37:13	7th F
146	Sean Reilly	38:08	
178	Fayne Stone	40:28	18th F
179	Emma Farrow	40:28	19th F
220	John Hartley	43:24	

Benidorm ½ Marathon 23/11/97

Dave Lightburn 1:33:01

Pete Wyeth 1:38:30

Bob Davison 1:40:00

Mark Trott 1:46:00

**Today's Runner XC
Canterbury 30/11/97**

Our **home fixture** was held at Blean Woods with **225 finishers**. **Richard Steer** actually managed to improve upon his excellent debut at Swanley and **Emma Farrow** put in another sterling performance, achieving her best placing to date. **Gill Tamsett** made a useful debut and the team was strengthened greatly by **Arthur Barnes**, **Pete Donaldson** and **Martin Skeet** all running.

We came **5th overall** in the combined team competition (of 14 teams) and stand **5th** in the league. The **ladies** are **joint 2nd** in their league.

22	Richard Steer	30:14	
40	Arthur Barnes	31:21	
41	Pete Donaldson	31:24	
49	Martin Skeet	31:40	
70	Glyn Jenkins	33:02	
71	Alastair Telford	33:05	
77	Steve Reynolds	33:18	
79	Steve Clark	33:19	
84	Tony Reaveley	33:48	
93	Dave Lightburn	34:08	
96	Joanne Jenkins	34:14	6th F
121	Andy Branchett	35:35	
145	Helen Paine	37:31	12th F
159	Emma Farrow	38:15	16th F
186	Gill Tamsett	40:59	26th F
198	John Hartley	41:52	

Events Diary

December

13th Kent Cross Country Championships, Gillingham.

14th Smack Sleigh Slog. Whitstable. 2pm.

21st GEC Avionics Rochester Relays.

28th Aylesham 10mile. 10:30am.

January

1st Erith Hangover 10K. Erith stadium. 2:15pm.

4th Today's Runner XC. Minnis Bay. 11am start.

4th Parkwood XC League. 12:30pm start.

18th Hastings 10K. 10:30am. (Closing date 14th Jan.)

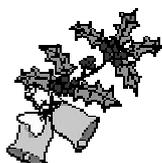
18th MTB & XC Biathlon. Minnis Bay. 11am. (C.D. 10th January)

25th Canterbury 10 mile. 11am. (C.D. 19th January.)

31st SEAA XC Championships. Parliament Hill Fields, Hampstead Heath.

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.



London Marathon

Can **all Harriers who have entered the London Marathon** please **identify themselves** to me, **ASAP**.

I will shortly be preparing a **training programme** for the event and, as in previous years, I hope that we will be able to train together as a specific marathon group. Those Harriers who have had **rejection slips** are also **eligible** for the **draw** for one of the **three club entries** which we have been granted by the AAA (providing they have paid their club subs). Please note that the AAA have **reduced the number of guaranteed entries** from last year when I think it was five. There is a **time limit** on returning these entries so please let me know soon if you want to be considered. **N.B.** We also need to start thinking about booking a coach!

Gerry Reilly



Inter-Club Events With Invicta East Kent

Roy has spoken to Invicta Athletic Club with the view to **strengthen friendly rivalry** between our two clubs with events such as quiz nights. They have invited us to join them for a meal at **Michael's restaurant**, Tankerton in February. Cost will be approximately £16 a head (but it will be adults only). Anyone possibly interested, please let Roy know.

Roy Gooderson

Harriers' Special
**Fell Running Weekend in the
 Lake District**

I propose to organise a **fell running/walking weekend in the Lake District in mid to late spring** (i.e. after the snow's gone and subject to global warming). The plan would be to ascend **Scafell Pike** (the **highest peak in England**) via the **Corridor Route** on the Saturday from Seathwaite (Borrowdale) and to ascend **Helvellyn** from Glenridding via Striding Edge (descending via Swirral Edge) on the Sunday – the second ascent/descent requires a head for heights [*I think he means that you have to be completely off your trolley – Ed.*] but is extremely spectacular.

Departure would be on Friday (as early as possible) and return would be on Sunday evening. Subject to numbers, accommodation would be either in B&B or block booking in a youth hostel. Again subject to numbers/cost, transport could be in a hired minibus.

If anyone is interested, please let me know – genuine applicants only, please, to enable me to get some early idea of logistics/costs etc.

Gerry Reilly

Editorial

Only space & time to wish you all a very Merry Christmas & a Happy and Peaceful (especially!) New Year ☺

Please send all your ideas for the next newsletter (which should be out by early February) to me:-

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

Treasurer's Report

The financial position at 30/11/97:-

INCOME

Subs	495.00
Kit Sales	109.50
Events Income	586.00
TOTAL	1,109.50

EXPENDITURE

Events Costs	166.90
Club Entry & M'ship Fees	25.00
Printing, Staty & Post.	44.10
TOTAL	236.00

TOTAL FUNDS £954.50

The funds comprise a **bank balance of £904.50** and **£50** held in **cash**. Apart from the club's financial position appearing in *The Harrier*, any fully paid-up member is welcome to examine the accounts and ask questions – I normally have the **fully detailed accounts with me on Tuesday nights**. It's your club's money, so do not hesitate to ask!

However, at the risk of this becoming **Treasurer's Whinge**, could I ask you, when cheques or cash are given to me, to **indicate what the payment is for** – in the case of **cheques please could you write on the back**, for example, MEM for membership subs or PE for the Presentation Evening. If you pay for more than one item then write e.g. Dove Dash 4, Kit 12. If you hand me **cash** then would you **please provide a brief note of the details**. The point of all this is that it makes it easier to **account for each club event separately**.

John Minshull

Al's New York Deli

Alastair Telford recounts some of his **New York Stories** ☺

"...In the land of the **FREE**...and the home of the **BRAVE!**" The finale of the **US national anthem** seemed especially appropriate at this point, less than two minutes before the start of the 28th New York City Marathon. I was wondering just how **brave** I'd have to be **in the latter stages** of those **26 miles and 385 yards**.

It was quite a feat even getting to that point on the **Staten Island** side of the **Verrazano Narrows bridge**. (The bus I got left for the start at 6am!) The incredible atmosphere was marred by a new baggage handling system. ("**UPS sucks!**" exclaimed some of the more irate Americans.) In fact, only by **weaving my way** through the crowds assembling at the start was I able to **regain** what I thought was my **rightful place!** However, **three NYPD runners** finally **blocked my way**. It actually didn't matter since when the Mayor started the race it **only** took me **22 seconds to cross the start line** and I was running freely after half a mile.

The start over the bridge gives a view of both **Manhattan** and **Brooklyn**, with the skyscrapers looming ogre-like out of the fog on that morning. The ten mile stretch through Brooklyn was the most memorable for me because I was fresh enough to get a **buzz** from the **amazing crowds**. They were whooping and crying out encouragement to everyone. I lost count of the number of "**Go on Canterbury**" cries that I heard as I went by in my Harriers vest and like many other runners I did **high fives** with the crowds & saw all the **different ethnic communities represented** – Italian, Irish, Hasidic Jewish...The only problem was that it made me **speed up** so that I was going faster than I

should have been (6:15 for the fourth mile!).

New York, the brochure said, is not the flattest of marathon courses and I discovered this at halfway at the **Pulaski bridge** which joins Brooklyn to **Queens** and two miles later at the **Queensboro bridge**. The latter involves a **steady climb** of $\frac{3}{4}$ mile before descending to First Avenue on **Manhattan** (and a wall of cheers!).

It was during the long run on First Avenue up to the **Bronx** that I felt things getting tougher and, coincidentally, the **deluge began!** There'd been light rain up to then but this was something else! Somehow I **kept myself going** through the Bronx, East **Harlem** and the undulations of **Central Park**. There was a large puddle at Central Park South (25 $\frac{1}{2}$ miles) which seemed like a stream! Eventually, I **finished in 3:18:03** which I was pleased with later when I was showered, changed and **dry!**

What an **incredible experience** it all was!! I'd like to **thank everybody at the Harriers** who encouraged me and wished me well and particularly to **Gerry** who put together training schedules for me. I'd also like to thank **Marina** and **Andrew** who put me up and put up with me in NY and **Dan Russell** (who did 3:16:21) who gave much useful advice. NY and the race are so amazing, I wonder whether **Mike Gratton Sporting Tours** would do a **group discount** for the Harriers? Go on, let the **Big Apple tempt you!**



Presentations

Senior male prizes went to **Arthur Barnes, Keith Crossland-Page, Steve Reynolds, Alastair Telford** (who was also Most Improved Male athlete), **Rob Sargeant, Mark Trott, Andrew Marsh, Mark Balman and Mike Eason.**

Male vet 40 prizes went to **Joe Hicks, Gerry Reilly, Bob Davison, Dennis Hayes, Dave Lightburn and Lawrence Shaw.**

Male vet 50 prizes went to **Glyn Jenkins, Tony Reavely, Mel Carter, Dave Parnell, Pete Wyeth, Pete Greenwood and Terry Pagram.**

Male vet 60 prizes went to **Colin Parry, Bill Burt and John Minshull.**



Senior female prizes went to **Maria Sargeant, Angelina Holyer and Sharon Proudlove.**

Female vet 35 prizes went to **Joanne Jenkins** (who was also Overall Female Champion) **and Fayne Stone** (who was also Most Improved Female athlete)

Female vet 40 prizes went to **Cindy Hicks and Pam Greatrix.**

Female vet 45 prizes went to **Joan Crossland-Page and Sue Reilly.**

Female vet 50 prizes went to **Erica Akerman, June Haas and Helen Paine.**



Endeavour awards went to **Neil Whitcombe, Sarah Baines and John Hartley.**

Best cross-country performance was by **Sean Reilly.**



The following juniors all received awards (well, sweets!):

Bradley & Kirsten Trott, Luke & Jessica Lightburn, Aviva Stone, Jack Parnell, Andrew Langston, Andrew & Hayleigh Dowell, Jenny Hicks, Jonathan Smith and Danny Legg.

**Roy can supply some
electronic running items at
discount prices e.g.**

Heart Monitor £49.99

Stopwatches £3.99

Flashing Lights £3.50

Attack Alarms £4.99

Pedometers £9.99

See him on club nights or ring
his shop, **R.G. Electronics**, on
01227 262319

Thanks to **ICOM UK LTD**
for the loan of walkie talkies
for the *Today's Runner XC*