



The Harrier

July
2004

The newsletter of the Canterbury Harriers

Rewards for relay success

Both the male and female squads won trophies in this summer's relay series. The Vet35 ladies team came first – while the Vet50 mens team just snatched third prize, despite not fielding a team in all of the relays. Harrier turnout varied over the five races: we could have done even better if we had fielded full teams each time. Maybe next summer! Many thanks to **Steve Clark** and **Jenni van Deelen**, our esteemed captains. See Jenni's report – p2.

Pub runs

The next Friday pub runs (at 7pm) are at: Rose & Crown, Perry Wood on 23 July; at the Red Lion, Hernhill on 6 August; TBA on 3 September and (at 6.45pm) at the Shipwrights Arms, Faversham on 24 September.

And 2 other pub runs...

We are also holding two slightly different pub runs. For those who want to watch Paula Radcliffe running in the Olympics marathon, we are meeting at 2.30 pm at the Red Lion, Bridge High Street on Sunday, 22 August to go for a run before watching the marathon (starting at 4pm) on the pub's TV. Family members welcome too. So we can get an idea of numbers, please ring **Neasa** (781709) or email (neasa@neasa.co.uk) with numbers before 14 August.

A winter pub run is also planned for Friday, 19 November at 7pm at the Phoenix, Canterbury.

Red Lion 10k – marshals needed

One of our main events of the year, the Red Lion 10k, takes place at 11am on Sunday, 8 August. We need about 30 volunteers to act as marshals. Please let chief marshal, **Steve Clark**, know or any other committee member if you can attend. Harriers can take part in the race – but it is much appreciated if they can get a friend to marshal in their place.

Saxon Shore

Congratulations to the ladies team, the Jetettes, who came first in the Saxon Shore relay on 12 June. The Jets came second overall (see p3). A week later, on the North Downs Way, our team came 5th. We could have come 2nd if we had not got lost. Many thanks to Steve Clark and **Marco Keir** for co-ordinating these events.

Bye Nic and Sally

Two Harriers teachers are leaving us to go abroad. **Nic Pirot** is off to Sweden (and is already checking out snow running shoes). And **Sally Craig** is taking over as a head of department in Bermuda. She is thinking of entering the New York Marathon. Good luck – and we hope to see you if and when you are back to Canterbury.

Steve cycles to Land's End

Assistant coach Steve Clark had just set off to cycle from John O'Groats to Land's End to raise money for charity as The Harrier went to press.

Harrier at the Olympics

Look out for Georgina Harland in the modern pentathlon team – the former Canterbury Harrier going to Athens in search of a medal. A former Kent county runner, she told the Kent Gazette: 'I used to swim and run in Canterbury which is where my love of this event came from.' She is European Champion and says: 'I am determined that the British squad will be on that podium.'

FORTHCOMING RACES			
July 25	10.0	Deal Dinosaur 10k	Deal Seafront
Aug 8	11.0	Red Lion 10k	Hernhill
Sept 5	9.30	Thanet Marathon (& Half)	Palm Bay, Margate
5	10.0	Shorne Wood 5	Gravesend
Sept 12	10.3	Challock Goose Fair 10m	King's Wood, Challock
18	10.0	Dublin Half Marathon	Phoenix Park, Dublin
19	11.0	65 Roses 10k (www.cffundraisers.info)	Abbey Sch, Faversham
26	11.3	Boughton 10k (amg11@tesco.net)	Boughton Village Hall
26		Leeds Castle 10k (www.cancerresearch.org/10)	Leeds Castle
Oct 24	9.30	Maidstone Half	Valley Park School

RELAY REVELRY REPORT

by Jenni van Deelen

A moment of madness in May saw me volunteering for the job of Harriers' 'Ladies Team Manager'. My aim was to organise regular squads for each age group, thus ensuring everybody that wanted to run could compete within their age group and for a designated team.

The competition started well in **Minnis Bay**, an enjoyable seafront course which always provides the opportunity for a fast run. We were able to field 2 Senior teams, the 'A' team finishing 2nd to Folkestone and the 'B' team coming in 5th. The Vet 35 team started as they meant to go on, with a win, and the Vet 45 team (a new category this year) were runners-up to a strong Invicta trio.

Runners: **Rosie, Sarah, Mandy, Sally, Neasa, Carol, Julie, Jenni, Wendy Smith, Dianne, Wendy de Boick.**

Two weeks later and we were once again at the seaside, this time in **Folkestone**, the course with *that* hill just after the half way point. Yes, we all know you get to go down it first, but still... The turnout on this occasion was less impressive, but we were still able to put out three strong teams. The Seniors finished 3rd, the Vet 35s won and the Vet 45 team produced a fantastic result, beating the Invicta ladies by 45 seconds, Dianne August using her strength to reel in the third Invicta runner on the hill. Runners: **Rosie, Neasa,**

Julie, Carol, Jenni, Wendy, Dianne, Wendy.

Next stop **Ashford**, and the dreaded double loop of Victoria Park. This was to be our strongest turnout of the season as we fielded 3 Senior teams and our usual Vet 35s and Vet 45s. Several Harriers made their debut here. The Senior A team ran very well to take 4th spot, followed closely by the B team. Sarah Maguire proved that Gerry's interval training works, completing her first leg, taking 2 minutes recovery then taking over to run the second leg for the C team! The Vet 35s finished top again, but the Vet 45s could not repeat their success at Folkestone as Invicta put out their strongest possible team.

Runners: **Sarah, Rosie, Sally, Deanne, Neasa, Mary-Ann, Sam, Julie, Carol, Jenni, Wendy, Dianne, Wendy**

The 4th relay of the season along **Deal** seafront is perhaps my favourite, so it was disappointing that, for a variety of reasons, we were only able to field one Senior team. However they did us proud as Dianne August and Wendy de Boick rolled back the years to show that you run as young as you feel, supporting Sarah Maguire to put the team 3rd. The Vet 35 team had a slightly different line-up as Neasa stepped in for Julie Ballands, but the team was as strong as ever to win by 2 minutes from Folkestone.

Runners: **Sarah, Wendy de Boick, Dianne, Jenni, Neasa, Carol.**

The grand finale was hosted by Invicta, with the start and

finish on the track at Body and Mind, **Canterbury**. The Senior A team finished 4th despite Sarah Maguire's inspired pursuit of the Folkestone runner. The Senior B team also finished high up the rankings. The Vet 35 team completed an unbeaten season and the Vet 45s put on another strong display (although Wendy Smith could have finished 5 minutes earlier if she had known where the finish was!!)

Runners: **Deanne, Alison Cotterill, Sarah, Neasa, Emma Wilson, Julie, Carol, Jenni, Wendy, Dianne, Wendy.**

It has been great fun taking part in the relays, and I would like to thank and congratulate everybody who took part, supporting the club in sterling manner, but particularly the following who competed in every race:

Carol Reid, Neasa Mcerlean, Wendy de Boick and Dianne August.

Furthermore there were several ladies who ran more than one leg to ensure the club fielded complete teams, so thanks go to :

Sarah Maguire, Rosie McDermott, Wendy Smith, Deanne McMullon.

Finally well done the the Vet 35 team who were undefeated over the season and presented with the winner's trophy at Invicta after the final relay.

And finally finally I hope all those who ran this year will encourage others to take part next year. We have lots of really strong lady runners in the Harriers, and it would be great to get everybody out competing. And it is fun, honestly!

Saxon Shore relay

12/7/04

By Steve Clark of the Jets

another year, another mad, chaotic day! set off @ 09:05, laden with essentials, water, buns, bananas, biscuits, etc! oh yes & maps!. **g. tucker** rang before I left. He is rendezvousing

with **mark cooper** at the rugby club for a lift and wanted directions! What could possibly go wrong?!

Pick up **nick pirot** 09:15, round to whitstable for **chris jones** then onto boughten for **joe hicks** and finally to chartham for **mark wilbourn**. Caught the manual level crossing in chartham for what seemed like 1/2 hr! so running a bit late down stone street now 10:10, struggling to get there to see the others off but ok for our start @ 11:00. That is until we end up in eurotunnel complex instead of A20 @ cheriton! O.K. so I was driving but its never the drivers fault, thats down to the navigator(s), m. wilbourn, j. hicks, anybody but me!

Got to start 12-13 mins to spare, plenty of time, whats the panic! only us & 2 other teams on the 11:00 start, deal tri(with a stronger squad than last year, blast!) & our very own **lain smith** in the jackson fencing team and just imagine him waving his epee about!! Watch **nick pirot** and the 2 others start @ a little after 11:00 from down the road, then zoom round to the handover point @ junc of a260/crete road.

Nick arrives immediately behind the Deal runner & **chris** takes over on steep climb upto the Endeavour pub & puts us in the lead over Deal(unfortunately this will be the only time!). Poor old mark to go next up against Deals fastest runner, who soon regains the lead. meanwhile **chris** is coughing his lungs up in the back of the car! Joe goes next & as I wait at the handover point top of shakespear cliff it looks as if deal have opened up a massive lead with joe nowhere in sight.

then we notice a little dot running along a path at the bottom near the a20!! Hastily run back lower down for handover! luckily there is a path sloping up across the hill to get back on piste without too much loss! get to dover and thats all our 1st leg is over and so we start again, ad nauseum! Deal already have 2-3 mins on us. Catch up with our other mens teams in st. margarets bay where i hear reports, substantiated by several witnesses that **gerry reilly** (jetsom team) deliberately put his foot down a leprecaun hole on 1st leg so he could skive off & play golf in the afternoon, leaving messrs

barnett, cooper, fennelly & tucker having to run an extra leg each! Later he is (alleged) to have said they were lucky as they got more for their money!

nasty shower on exposed leg from deal to sandwich but **nick pirot** is running this leg so it doesn't matter! **Chris** gets across the golf course without getting hit and mark takes over thru sandwich. We dally a bit then drive on & stop in car park in sandwich to make sure mark picks up route round rope walk ok. This is fine, but its probably a good idea if you are doing this to get there before

him!! see no sign of him so eventually we drive on to the handover point. He doesn't arrive. lost? sit for several minutes in car(shower again), is he ahead? or lost behind! several teams now retake us. mark comes jogging back from ahead!! got here 1st and decided to carry on expecting us to catch him up! oh why didn't we have trust in his navigation!! what could possibly go wrong!

Now struggling for 2nd place. haven't caught or seen our ladies yet. but some good (& accurate!) running over next few longer legs and we catch up on girls team as they leave grove ferry, doing very well but **mandy poulter** has had to retire with recurring knee problem. mark passes

dianne august on way to reculver.

another shower & mark arrives 2 mins behind another team, how many others in front? who knows! waiting to take over from joe in herne bay and the other team say only deal tri are in front(long way in front!). so everything to fight for for second place. joe comes in less than a minute behind. I gradually catch up the other runner and draw level just past the pier. then another of their runners takes over and sprints flat out for 500m and then hands on to another!! Now 200m behind again!! dastardly! miffedness spurs me on a bit and claw back 100m when hand over to **nick 'billy whizz' pirot** @ hampton pier for penultimate leg.

We are now all waiting at long rock for last handover as the excitement grows! **nick** appears in distance with healthy lead, we relax then to our dismay he follows the path round the long loop instead of cutting straight across!!

meanwhile they are doing their 500m sprint routine again! **Chris** takes over just in the lead but looks faster than their runner. We arrive at finish to find **chris** had held on to the lead to gain us 2nd place, well done! Although we have

to take some stick from deal tri for being so far behind this year!...next year!!

Other teams come in, our girls are 1st ladies, well done! Messrs **hartley, kier, martin, telford & watson** had and grand day out as well. Eventually back to rugby club for showers, buffet, plenty of essential fluid replacement! and receive our hard earned runners up trophy (despite our attempts to give it away!).

PS. I did have my traditional swim after race but no witnesses as was raining again by then!

Travels to Le Touquet

About 30 Harriers and family went across the channel on 3 July for the 13th annual trip. But life was not as easy as last year when **Roy Gooderson** was able to organise lovely weather and a small model army to entertain us. This year, the wind was so strong that walking on the promenade was an act of bravery – let alone swimming in the sea. **Gerry Reilly** was called on to use his French when the race officials said they had no record of our entries. After 15 minutes increasingly heated conversation, they gave in and produced *dossards* for us – the killer punch coming from Roy who had copies of all our race applications. Phew. All the runners struggled in the blowy conditions – although they could be heartened by the sight of our marathon specialist **Pete Greenwood** and partner **June**, the picture of British indomitable spirit, glasses in hand, sitting on fold-away chairs, cheering them on at the entrance to the stadium at the end. (By the way, Pete has had his hip

operation now, got rid of the stick, gone back to work and hopes to be running again in months.)

Everyone in our party was on time at all occasions – a relief to the organisers who have sometimes wondered if the coach would make the ferry in the end.

The only problem for Roy to tussle with on the way back was the tie-breaker for the quiz which had taken place on the way over. Unusually, two Harriers had tied – **John Marshall** and **Joe Hicks** – and, in a climax to the quiz, Joe won the champagne and John got the chocolates.

RESULTS.... RESULTS

We have had some very strong results in recent weeks. Here are a few highlights:

Roy Palmer came 2nd and **Jonathan Holmans** came second in the Les Golding 10k on June 13. **Mick Maume** got a PB in the same event – and then got another in the Thanet 10k on 10 July. Jonathan won the Thanet 10k – his first win at this distance. **Sarah Maguire** and **Jenni van Deelen** were

sixth and seventh ladies – and were the second ladies team, with strong support from **Emma Wilson**. Newish member **Deanne McMullon** came 2nd out of 2,000 in the Herne Bay Race for Life (where about 14 Harriers acted as marshalls).

Canterbury Harriers Committee

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Stephanie Lam Secretary - 832213

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