



The Harrier

August
2005

The newsletter of the Canterbury Harriers

Success at the relays....

Well done to our Saxon Shore ladies team who came first in that competition. Bravo to the Ladies Vet 45 team who won the Inter Club Relay Series – and to the Ladies V35s who came second.

The Saxon Shore team was made up of **Kate Bromley, Emma Hall, Wendy Osmond, Dianne August and Carol Reid**. Both Kate and Emma were unwell in the race but managed to pull through. See page 2. Our mens team was second. Well done to **Chris Jones, David Felton, Steve Reynolds, Joe Hicks and Steve Clark**.

One crucial factor in our Vet 45 relay win was simply fielding a team in each of the five relays. If our other ladies and mens teams could have done this, we would have carried away more of the lovely glass trophies on offer.

The V45 team was made up of **Wendy Smith, Sue Denton, Barbara Werman, Dianne August, Wendy De Boick and Neasa MacErlean**. The V35s were **Carol Reid, Jenni van Deelen, Julia Richards, Wendy De Boick, Barbara Werman and Sue Denton**.

....and elsewhere

Jonathan Holmans has been running particularly well recently, coming 4th in 32.24 at the Le Touquet 10k (where **Fran Wood** was 5th lady in 41.54, and **Roy Gooderson** did an 8-year PB in 43.23). Jonathan was third in 33.58 in the Les Golding 10k (where **Roy Palmer** was 5th in 35.10 and **Christina Hale** staged another impressive PB in 51.39). We now have three Kent County Champions over 10,000 metres – **Roy Palmer** for the Vet40 Men, **Jenni van Deelen** for Vet35 Women and **Neasa MacErlean** for Vet40 Women. **Carol Reid** holds the Vet40 F silver medal. Roy Palmer is also the Vet40 Half Marathon Champion after running 1.17.16 in the Dartford Half. Jenni also competed, taking the V35 ladies second prize. In the North Downs Way 30k, **David Felton** ran a time of 2.22.05 and **Sue Denton** achieved 2.48.03. Sue was also 1st Vet 45 lady in the Rhino Challenge 10k – where **Dave Lightburn** took the 1st Vet 50 prize.

Summer pub runs

We are meeting at 7pm at the Herne Bay Rowing Club on Friday, August 5 for our next pub run. The food was particularly good last time we went here – and the club also has the benefit of showers. Run is being organised by **Roy Gooderson**. On Friday, 19 August, coach **Gerry Reilly** is organising a 7pm run from the Mermaid, The Street, Bishopsbourne. We hope to have at least two or three other runs before the autumn. Please let someone on the committee know if you know of a good route or pub. Thanks to pub run specialist **Joe Hicks** for compiling data which shows that 16.4 runners on average attended each pub run so far. Partners, children and friends are all welcome.

Birleys Fields – change of venue

We are still in discussions with KSRC about the idea of moving to Birleys Fields for the summer. We have not had any news yet from KSRC – so apologies for not letting you know. We are trying to work out what is happening, and will let you know what is going on asap. As the idea was to try out the new venue for the summer only, the more time that goes by without a decision, the less likely we are to try it this year.

Harriers lunch – Azouma, 31 July

If you are free at 12.30 on Sunday, 31 July, join us for lunch at Azouma (Moroccan restaurant). The buffet lunch costs £6.95 a head. Tell Neasa (781709 or neasa@neasa.co.uk) beforehand if you can so she can book.

Red Lion – August 14

We need about 25 marshals for the Red Lion 10 on Sunday, August 14, starting at 11am in Hernhill, near Faversham. Please make the effort to volunteer if you possibly can. Volunteer to **John Hartley** or other committee members.

For Sale: INOVATE Flyroc shoes, UK size 8.

As new, still boxed. Fell, cross country, mountain shoes.

Worn once. Cost £65 new, looking for £40 ovno.

Contact **Jenni van Deelen** (01227 767489) or

jvd@vandeelen.freeseve.co.uk

FORTHCOMING RACES			
Aug14	11.00	Red Lion 10k*	Hernhill
Sep 4	9.30	Thanet Marathon* (and Half)	Oval. Margate
4		Budapest Half	Budapest
5	18.30	Invicta Open	Canterbury High
25	11.00	Quicksand 15	Margate Sands
Oct 2		Sittingbourne 10*	Sittingbourne
Nov 6		Deal 5*	Deal
* indicates Kent Grand Prix events			

June 13 2005

Saxon Shore Relay (Or Pass the Piglet)

Wendy Osmond was part of the victorious ladies team with Kate Bromley, Carol Reid, Emma Hall and Dianne August.

- **Kate** hurt her knee on the first leg but carried on to complete the course.
- **Emma** ran one leg so hard she was sick, nothing to do with fizzy lemonade I had given her.
- Running through Sandwich on a Saturday lunchtime clutching a piglet [team mascot/baton] caused a few funny looks and I am sure I heard the words escaped and asylum as I plodded past the shoppers.
- Certain ramblers also seemed a little surprised to see piglet on the cliff tops, although how anyone wearing a bobble hat and trousers tucked into their socks can think a runner with a pig is strange is no idea.
- **Carol** and **Dianne** made up lost time to bring us home as the winning team.
- We could not have done this without **Monty**, our driver, map reader, supporter and voice of reason throughout the day, who took great care of us, delivering and collecting every runner at exactly the right time and place.
- Despite the apparent madness of the day, I will be back next year and I hope Piglet will once again be on the team.

Longest Day Revisited (the North Downs Way relay)

By Steve Clark

Last weekend we had the Saxon Shore Relay and now the NDW looms this weekend (18th) but everything is in place, all legs are covered (more or less), arrangements all made (all maps have been issued, eh Marco!). What could poss....It's a bit hectic having these two events back to back as they have been the last four years. It would be nice if we had two weeks in between, bit more time etc. (Might ask them to change it this year.) Funny though, I haven't heard nowt from the 'organisers', no final confirmation and only five days to go! Think I'll read that email again I got way back in January. Bigger! Someone/think has been messing around with it. It now says the NDW is on Sat, 25th!! A couple of frantic phone calls later and my worst fears are confirmed! Why didn't Marco spot this!? I specifically remember asking my co-manager to check the date. Anyway, it can't poss be my fault. Can it?! It's always the weekend after Saxon Shore, why go changing things? Spend rest of evening making umpteen phone calls, miraculously manage to contact all participants and luckily most are OK with the change of date. Two casualties are **Neil Vaughan** doing the vilest leg from Hollingbourne and **Wayne Barnett** pencilled in for Caterham to Reigate. Heroically into the breach step the girls. **Elaine Lyttle** and **Maxine Lawrence** will do leg 12 together, and **Neasa MacErlean** can do leg 5 as our gallant chairman **John** volunteers to move up to the nasty leg 6 as he has time to do a recce beforehand (a good idea on this leg!). **Fran Wood** also steps into the breach to replace **Kate Bromley** who has a foot injury. Finally **Dave Root** is persuaded to run the last leg, 16, all the way over at Farnham. **Bob Davison** is prepared to keep me company to the bitter end to help with the logistics, moving cars on etc (Marco, where are those b....y maps!)

June 25

Marco Keir is team manager for the first half of the relay from 5am at the start on the outskirts of Dover at Shakespear Cliffs with **Stevie Reynolds** (leg 1) and **Joe Hicks** who's doing leg 2. Marco himself will do leg 3. **Roy Gooderson** will be waiting to do leg 4 at Wye. Steve is particularly aggrieved with the change of weekend as it now means he's doing his 5am leg after a track race the previous evening at the Julie Rose Stadium. Steve, Joe and Roy all do OK. But Macho Marco, however, convinced of his own infallibility and superior map-reading qualities, knows that the other five runners on his leg are wrong to turn left, and he continues straight on to North Wye Agriculture College into a field of strange-looking crops. When he comes up against a barbed wire fence and 'Warning Experimental Crops' sign there is the first inkling that all is not well! However, he does manage to extricate himself just inside the cut-off time, with his tail between his (very red) legs! A result, no doubt, of running through experimental crops (the tail and the red legs).

I arrive at about 8am at Charing Hill with my sidekick Bob and Neasa who's starting this leg 5 at 8.30. Marco and Joe driving Roy's car turn up. Good grief, Marco, your legs look a bit red! Nice tail...Neasa is off before anybody gets back on leg 4. She has **Sam Girard** for company who is running for Loose Valley Runners. Roy comes in third. Him and Joe head home. 'The rest of the day is yours' while Bob and I and Marco move on to Hollingbourne to see John Hartley off on his notorious leg 6. Neasa's come home third, gets a lift back home with Marco. 'The rest of the day is yours.'! Things are going fairly well so far. Bob drives my car and I take JH's down to Bluebell Hill. **Alastair Telford** has been dropped there some time ago by JH but at last he's off at 10.50 while Bob and I are left to do the timekeeping for the finish of leg 5. (Dick Clark, the 'main' man has to move on to the start of leg 8, the other side of Medway Bridge.) This is a long tough leg so we know we will be here for some time but eventually the runners all arrive safely home. We leave John to discover 'The rest of the day is yours' but don't forget to pick up Alastair! We arrive other side of Medway long after Julius Christmas has set off at 11.25. Only Fran Wood (doing leg 10) who got a lift in Jules's car and Alastair, waiting to be collected by JH, are there now. Alastair did well, coming in second. 'The rest of the day is yours, Alastair' (Bob grits

his teeth!) I take Jules's sporty car with Fran round to finish off his leg at Vigo Inn (sorry about the gear box and speeding tickets, Jules). Bob follows in the Skoda! Now it's a funny old business the NDW relay! Some you get to see a lot of, and others you don't get to see at all! And so it was with Jules!! The countryside around here can be very beautiful and Jules decided to see a lot more of it than was required to finish his leg!! As other runners come in saying they were sure our runner was ahead of them that old sinking feeling is setting in! Another problem: we arrived too later to see **Graham Tucker** start his leg 9. His car is here. Does it need taking on to the next point? Or is Kate Bromley here but gone to take the dog for a walk, as we suspect? We have no keys, anyway and still no Jules. Jules did same leg two years ago. Dick Clark, timekeeper, is staying on for a while. We leave Jules keys with him as we must get Fran round to her start at next stop, Dunton Green.

What happens next? Will Jules ever reappear? Will Elaine and Max get to their rendezvous point? And who will be the only Harrier to win a leg? Find out in next month's exciting exclusive instalment from Steve Clark.

Bewl 15

By Jackie Macdonald

A new race and a new distance. The weather was hot, sunny and windless. It had been dry all week which was advantageous on the track around Bewl reservoir. I imagine it would have been very slippy if it had been wet. Plenty of parking in the community centre just behind a pub that conveniently served food and drink all day! The run started off opposite the pub and through a farm field. With 360+ runners hitting the dry dirt track it looked **like a herd of animals** had just taken flight in a Safari park. We were eating and breathing dust for a few minutes. A mile later we **queued up to get over a style** and the track got quite narrow for a while (chance for a breather!). The scenery around Bewl was grand. It was shaded in parts and on the higher ground it was a beautiful view looking down on the blue water and seeing canoeists and sailors enjoying the water. There were a few walkers and cyclists sharing the same path around the reservoir going in both

directions but it wasn't a problem. After about 10 miles we left the reservoir as we couldn't cross the nature reserve and headed into the country. That was tough! There was quite a sharpish hill for a mile and a half. It was tree-lined, giving some shade and although not traffic free didn't see more than 3 or 4 cars. Then we were back to the reservoir for a couple of miles, over the style (by which time legs were stiff and was grateful for the help of the marshall to get leg over!) and the **final slight uphill mile** back to the start/finish. There were more water and sponge stations than advertised and CAKE at the finish which was a nice touch by Wadhurst Runners.

The Three Peaks Challenge

By Jenni van Deelen

When a group of 10 boys at school asked me if I would accompany them on the 3 Peaks Challenge I was more than happy to agree. It sounded like a really exciting trip and I would be helping them raise money for three charities close to their hearts. They were in charge of the planning and organisation so all I had to do (!) was climb the three hills with them. Fortunately they also organised a mountain leader so the responsibility on the mountain was lifted from my shoulders.

As the departure drew nearer I started to read up on the challenge I would be facing. Those who know me well are aware that I am not really a 'hill' person...it started to dawn on me that this was not going to be a walk in the park. The kit list alone sounded like **something out of a sci-fi film** and exactly why would we need waterproofs in the middle of summer?! Then I discovered that **more people get lost, or die, on Ben Nevis than on Everest!** Sheer drops, rocky paths, steep scrambles ... I was starting to get a bit worried.

We set off on Sunday 3rd July from Canterbury with the aim of reaching Glasgow that evening. A school minibus packed with 15 adults and their kit was never going to be fast but my colleagues and I entertained ourselves by singing along to the radio until we arrived at about 8pm. The accommodation was a youth hostel (my tip - never stay in any youth hostel ever - if I do this trip again I'll be in the Travelodge) and the boys were happy enough to cook and go to bed while we hit the town.

Amazingly the weather next day was beautiful and as we piled in for the crawl up to Glen Nevis (which is virtually at the opposite end of the country to Canterbury) we were able to take in the stunning scenery. After stopping in Fort William to allow the boys to buy their food for the next 24 hours we headed up to the next youth hostel and while the boys cooked we enjoyed a civilized drink disturbed only by the never-ending

procession of midges which seemed not to be remotely put off by my super-strength industrial quality tropical insect repellent. Such a beautiful evening, daylight until well after 10pm. The next day was it!

Did Jenni survive the 3 peaks and the midges? Find out next month.

Membership rules change

Each year we get a few people who forget or decide not to renew their subscription. It takes a lot of time from the committee members to chase them up - so the committee has produced a new set of rules for people who are late in paying. Subs are due on 31 October each year. The rules are as follows:

- 1) Club members are expected to renew their membership on or before the 31st October each year.
- 2) A maximum one month lapse/renewal grace period will be allowed to 30th November.
- 3) Any member who fails to renew their membership by 30th November is deemed to have left the club and ceases to qualify for any of the club benefits.
- 4) A lapsed member should receive a final personal reminder at their given address no later than 21st November.
- 5) A lapsed member wishing to rejoin membership after 30th November in that club year, the fee will be the current membership rate plus 50%.
- 6) No competitive races a lapsed member has done before he rejoins in that Club year can count towards the club records or awards.
- 7) Any of the above rules can be waived by Committee decision if they feel exceptional circumstances warrant it.

Canterbury Harriers Committee

John Hartley Chair - 459997
Gerry Reilly Head coach -477148
Stephanie Lam Secretary - 832213
Roy Gooderson Admin Officer - 454449
John Minshull Treasurer - 01795 532226
Steve Clark Assistant Coach - 711272

Runners Representatives:

Joe Hicks - 750797
Marco Keir - 276029
Neasa MacErlean - 781709
Carol Reid - 379055
Sue Reilly - 477148
Alastair Telford - 786210
Jenni Van Deelen - 767489