



The Harrier

May
2005

The newsletter of the Canterbury Harriers

Marathon results

Congratulations to the 21 Harriers who ran the London Marathon on April 17 – on a warmer day than many would have liked. **Jenni Van Deelen** knocked seven minutes off her PB, and was just 20 seconds outside the time needed to get into the elite runners start in 2006. **Roy Palmer** achieved his 5th sub-2:40 time. **Mick Maume** and **Steve Clark** were both running with nasty viruses. Other runners could not make it at all – **Jackie Macdonald** with a virus, and **Pete Greenwood** who did not get an Ever Present entry card this year. This is a special marathon edition of the Harrier. Read six different accounts on pages 2, 3, 6 and 7.

Whitstable 10k – and Run for your life

We think we have all the marshals we need for the Whitstable 10k - but we are also looking for 12 volunteers for 'Run for your life', a 5k men's race on 26 June, organised by Cancer Research and assisted by **Steph Lam** and several others on our committee. Please volunteer to Steph. See www.runforyourlife.canterburyharriers.org/.

Summer pub runs

Joe Hicks is leading our first summer pub run on Friday, April 29 – with a run starting at 7pm sharp at the Three Horseshoes, Staple Street, Boughton (near the 9k marker in the Red Lion

10k). Many thanks to **Marco Keir** and other organisers of our social event at KSRC on 21 April. Dates for the next pub runs have yet to be agreed but they usually occur at or around fortnightly intervals on Friday evenings at 7pm. A buffet is laid on by the club after the run at the pub. All Harriers welcome.

Cross Country prizes

Sarah Maguire and **Steve Clark** are the 2004/05 Cross country champions. The 18 people who got special Harrier T-shirts for participating in XCs this winter are listed on page 5.

Presentation Evening

Our presentation dinner will take place a bit earlier this time than in the last few years – on Saturday, 19 November at the Boughton Golf Club. More details will be made available nearer the time – but you might want to mark it in your diary. Boughton Golf Club is in Brickfield Lane, Boughton, near Faversham.

Jonathan top in 10k

Jonathon Holmans was 1st in a field of 450 at the Darent Valley 10k.

London Marathon Results

Roy Palmer	2:37:52	Kevin Baker	3:50:30
Fraser Wildman	3:06:30	Mick Maume	3:59:19
Jenni Van Deelen	3:15:20	Paul Spackman	4:14:41
Mark Baker	3:19:40	Elaine Lyttle	4:15:28
Bill Woledge	3:25:51	Joe Epsom	4:25:07
Paul Curd	3:28:33	Dave Root	4:28:06
Sarah Maguire	3:28:45	Bob Pullen	4:29:31
Carol Reid	3:31:04	Steve Clark	4:40:14
Iain Smith	3:39:51	Vikki Liepins	5:13:15
Mandy Poulter	3:40:20	Sue Adams-Reynolds	5:13:15
Graham Tucker	3:43:19		

FORTHCOMING RACES			
May 2	11.00	Whitstable 10k	Waterfront Club
May 15	10.30	Canterbury Half	Rugby Club
June 11		Saxon Shore Relay	
12		Les Golding 10k*	Herne Bay
18		North Downs Way	
26	11.00	Run for your Life 5k (men only)	Hampton Pier, Herne Bay
July 17		Dartford Half*	Dartford
24	10.00	Deal Dinosaur 10k	Walmer Sea Scout Hut
Aug 14	11.00	Red Lion 10k*	Hernhill
Sep 4		Thanet Marathon*	Oval, Margate
Oct 2		Sittingbourne 10*	Sittingbourne
Nov 6		Deal 5*	Deal
* indicates Kent Grand Prix events			

London Marathon 2005

Neil Vaughan:

The London Marathon (25 years)

I sat and watched in wonder in 1981 to see that many people running en masse in the London Marathon, I had to have a go at that. So my brother and I started to train. We both had **no idea what we should be doing**, but get out there and run. I had an old pair of green flash trainers I used to play tennis in; they were ok for a couple of miles but with no cushioning crippled my feet. So in the summer of 1981 I bought my first pair of Rebock Aztec trainers. After that I really enjoyed the running and wanted to try a race.

My first initiation into racing was the 58th Rochester 'five' on 22nd Nov 1981, a tough run up from the river round The Borstal at the top of the hill and back to the river. A time of 32.19 was very pleasing but only 299th; all races had big fields in those days. The running boom was certainly underway.

We thought the **best way to practice for the Marathon was to do a Marathon**. So two weeks before the London we entered the first Thanet Marathon (race director Cliff Temple) who gave us tips on diet and preparation. We both ran in thick training bottoms and tee shirts finishing in 3hrs 47.15mins and 284th. There were 772 finishers; this was the marathon boom!

So two weeks later we lined up for the second London Marathon, in the park at Greenwich, what an atmosphere, who cared it took us more than 10 mins to reach the start line, the crowds were amazing. I finished in 3hrs 46mins, position 7807, my brother was slightly behind, he had stopped

to help a guy who's legs had gone to jelly running down the Mall. (Their picture was in the 1983 official programme). This was my first London but certainly would not be my last.

I continued to run and joined Invicta but my brother dropped out of the Dover (The Donut 10) and took up squash instead. I continued to improve, going under 35mins in the Canterbury 10k in 1986, 6 months after my oldest son came along, also 58:47 mins in the Canterbury 10miler the same year and 1hr 18mins in the Canterbury Half Marathon.

Having done the Northfleet Marathon, the second Thanet Marathon and the Paris marathon, I continued to enter the London but it was not until 1989 I managed to get a place. This time I was going to race the Marathon. Getting a better start (just inside the gates of Greenwich Park) I went **off like a rocket**. But **paid the price** later on finishing in 3hr 33mins in a bad way saying never again. But I knew I could run faster. So the next year (1990) when I got a place I decided to run easy until half way and increase the pace gradually, which I did covering the last 3 miles in 18 minutes giving me **2hrs 54mins** (position 1546). What a difference, I was running about playing football with my kids afterwards.

Getting a place in 1992 (2hrs 56min) and again in 1993 (2hrs 59mins) was my last Marathon until 2005. Incidentally, in the results of 1993 I am given the same time as **Rob Sargent** (another Harrier runner) who was two places in front of me.

So 2005, the 25th running of the London Marathon, I have just turned 50 and have been running for 25 years: it's time to have another go. But, sadly, I am one of the 90,000 people rejected, so my number is put into the hat for a club place. Wow!

Steve Clark rings me to say I have a club place. The training starts in earnest. I love the cross-countries so I continue to run them and get the long runs in. It wasn't until I tried two lots of speed work in one week the legs said no! and my quads started to tighten up. Culminating with a terrible Paddock Wood Half Marathon where my quads started to tighten after only 3 miles. I had 2 weeks to rest. Nearly total rest.

My London time was out the window, I was going to enjoy it. It was about 9.30 I was in my start pen and I saw **Paul Curd** coming over, it was **great to see another Harrier**. We chatted and got lined up only to see Steve Clark getting over the barrier to join our group. We gave him the thumbs up and he was away.

I knew my family would be waiting on the left-hand side, just after the start line. So that's where I was going to run. I gave them a wave and I was on my way not seeing them again until Birdcage walk.

I have **never seen the crowds as big** as they were. I had painted my name on my vest, and from start to finish people were shouting good wishes and encouragement. The legs were behaving themselves and I was enjoying the whole atmosphere, until about **22 miles** were I stopped to get a drink and realised my legs were doing a good Jasper Carrot impression (all wobbly).

With the crowd's help I only walked the length of the water station but it took me about 30mins to do the next 2.5 miles. During which time lots of people passed me including **Iain Smith** who was looking good.

At around 24.5miles I decided I had to up the pace, by coming up on my toes and picking the knees up I seemed to be flying (only 7.30 pace). I was then passing people, what a great feeling, even looking good as I passed the family on Birdcage Walk.

Not having done the London for 12 years I forgot how far away the finish still was. Finishing in 3 hr 46mins and Position 7087 this was definitely my last marathon, but I will have a **lasting memory of the crowds** this year 3 or 4 or even 5 deep.

Steve Clark:

The only comment I think I can make is.....'**Bugger!**' which, I suppose, could be

interpreted from the 'Latin' into English as 'This was a dreadful mistake, I tell you!'

Bob Pullen:

This was my first ever marathon and, being born and bred in London, my only objective was to enjoy it regardless of how long it took me.

The first thing that struck me was how **calm and laid back** the atmosphere was at Blackheath. I had wrongly assumed that the mood would be one of adrenalin-charged anticipation as it is at most races but I found it was the reverse.

I think this helped settle me into an easy pace at the start - well that and an Elvis impersonator serenading us up Shooters Hill Road! The other unexpected event was the Blue and Red starts booing each other when they converged in Woolwich!

The crowds along the way were a fantastic support, particularly so at Cutty Sark, Tower Bridge and Houses of Parliament where the noise was deafening. I lost some 15 minutes when I walked to sip a Lucozade sports drink near the end and found my legs refused to start running again, but that was the only hiccup in an otherwise perfect day.

Sue Adams-Reynolds:

Beautiful day and pretty perfect weather in London. No wind, sunny and about 16 degrees by the afternoon. Being a first timer I have to take my hat off to the organisers - it is very slick.

Sadly, **Jackie Macdonald** could not run as she had come down with a nasty virus and a lung infection in the fortnight before - but nevertheless she came up to the start with me, got me organised and kept me calm. What a friend! I can't imagine how it felt for her not being able to race after all that hard work.

Vikki, our other training partner, had stayed in London that night to make things 'easier' in the morning and only just made it to the start as it took her over 2 hours to get from Westminster to Greenwich!

We joined the ranks of **runners, caterpillars, worlds, Rhinos,**

stormtroopers etc etc and got to the start line 17 minutes after the clock had started. It's a nice way to start though coz you just kind of amble gently along and take in the crowds and the atmosphere. And our families were there to wave us off which was great.

We made our way down through Charlton and Greenwich. Friends were there to cheer us on at Mile 2. Supporters were lining the streets all along the route. We saw our families again at Mile 6. Bands playing, people out in their gardens, waving from their windows right from the very beginning.

Great landmarks to see. Cutty Sark was the first. We had set ourselves the target of running at between **11 and 12 minute mile pace** - nice and easy does it - and before we knew it we were at Tower Bridge. Still feeling fine. Feet feeling it a bit and having usual dead toes problem but nothing too drastic.

Tower Bridge is mathematically almost half way but, as an experienced runner had told me a few days before, **half way in a marathon is really 20 miles** and now I can appreciate why! As we made it over Tower Bridge and into the City the crowds grew and they really keep you going.

At 15 it was great to spot friendly faces in the crowd again, loads of music and people enjoying themselves in the local pubs all around docklands. We were still running strong, keeping our pace. Family again at 18. We had managed to pick up plenty of drinks along the way and seemed to be getting the fluid intake about right as we didn't have to join the queues for the loos!

We began to pass more runners now who had really slowed or were walking. People all around were feeling the miles, a few a bit distressed but there were plenty of supporters out with fuel ranging from orange quarters to jelly babies. Opal Fruits seemed to be a favourite. We hit 20 right on target after 3 hours and 54 minutes. That was a big boost. Only 6.2 miles to go.

In training we had run 21 miles twice so I guess we had a vision of being about to make the rest even if we crawled. Well Vikki and I didn't have to crawl but it then took us another hour and twenty three minutes to get to the finish line. My body did something weird just after 21 - heart suddenly raced, stomach preparing for an

emergency evacuation and hearing started to go. Worried I was going to pass out I walked for a minute or so, scooped three jelly babies and took down some more fluid. Vikki kindly stayed with me and after a couple of mins I was ok and able to start up again.

It was **grit determination** after that. We jogged along and put in 100m of walking here and there. We kept each other going reminding each other how close we were. Not always side by side but in close proximity. One or the other sometimes slightly ahead pulling the other one along. It was great teamwork and having Vikki there really helped me focus.

It was a fight to keep the tears away in those last two miles and had to tell myself to 'get a grip and save it for later' on a few occasions! Supporters did a fab job. My family were there again! at Mile 22. Vikki's husband and friends at Mile 23. My brother at Mile 25 and Jackie at the Grandstand Finish.

That run along **the embankment** is so uplifting. You turn the corner and you know you are nearly there. Past the palace and a sign tells you you are 800m away. My legs were so heavy but you know you have only the equivalent of two laps of the track to go. Round the corner again and we could see the finish! Did we sprint, well we did speed up a bit and **crossed the line hand in hand**. We'd made it.

You then have to go up a ramp (that's cruel) to have your shoe chip removed. And down! the ramp to collect your medal. Photos next followed by goody bag and collecting your kit bag. Then round to the repatriation area to meet up with friends and family.

All in all a great experience and a privilege to earn £70 a mile for a worthwhile cause.

Graham Tucker:

Nothing very exiting to say except it was hot when the weather forecast had given clouds and rain.

Gerry and Steve gave us a laugh on the mini bus when the road had been closed. Steve got out and moved the cone in order for us to sneak up the slip road. Fortunately, a car sneaked up in front of us and they

were the first to cop it from two policemen at the top of the road.

It was another excellent, well-organised race. This being my third or fourth (can't remember which), I noticed the excellent crowds have got bigger with **wall-to-wall support**.

I started off ok -sticking with the eight minute-miler pace makers (who were actually running at 7.30 pace), thinking I might be able to pick it up later on. This did not happen. I pulled away from them at about 10 miles, got to 17 and started to hit the Wall. After that they passed me and I slowly went into decline, finishing in 3.43 minutes.

I had been hoping to get below 3.30 but - not trying to make excuses - I think my working away this last two months put paid to my training schedule.

I had started off well in the first couple of weeks training. I did not think it would have much effect when I varied it - but that goes to show that what you put in you get out.

Afterwards, I was back running on the Tuesday and fully recovered on Wednesday.

Carol Reid:

This was my **9th London** (12th marathon) and I had been vowed it would be my last. My training had gone according to plan and the weather forecast early in the week (9 degrees and rain) was looking promising. My main goal this year was to enjoy it but I was also hoping to improve on last year's time of 3:29.

Thanks to Steve's cone-removing talent, we arrived at the green start in plenty of time for a cup of tea and several trips to the loo. As we stripped off I realised that I didn't need the many layers of clothes I had

intended to donate to charity and that it was going to be a hot day.

Memories of London 2 years ago and my one (disastrous) summer marathon in Glasgow came flooding back. My goal now was to get round in one piece.

I set off fairly steadily and settled into a rhythm. I had my name on my vest for the first time in London and the **encouragement from the crowds was fantastic**. For most of the first half I was very close to another Carol from Paddock Wood and it seemed like everyone was cheering me on.

All along I told myself that I wouldn't be running here again and so I might as well enjoy it, and I did!

I got to **24 miles** before it started to hurt but by then I knew I just had to keep going. I wasn't really paying attention to my time but realised, with 800m to go, that I wasn't going to break 3:30. If I had realised I was so close to 3:30, though, I would have sprinted to the finish.

I finished in 3:31:04, hot, tired and with a sore back, but within a few hours I was already talking about my next marathon!

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

Harriers XC season 2004/5 - Appearance record

Steve Clark

	NAME	EVENT														TOTAL
		A	1	2	B	3	C	D	4	E	5	F	6	7	G	

01	Steve Clark		x	x	x	x	x	x	x	x	x	x	x	x	x	13
02	Joe Hicks				x	x		x	x	x	x	x	x	x	x	10
03	John Hartley					x		x	x	x	x		x	x	x	8
04	Sarah Maguire		x	x	x	x		x	x		x			x		8
05	Neil Vaughan		x		x	x		x	x		x		x		x	8
06	Kevin Baker		x	x		x			x		x		x	x	x	7
07	Jonathon Holmans	x	x			x	x				x	x		x		7
08	Wendy Osmond		x	x		x		x			x			x	x	7
09	Bob Pullen					x		x	x	x	x		x	x		7
10	Steve Reynolds			x	x				x		x		x	x	x	7
11	Wendy Smith				x			x	x		x	x	x	x		7
12	Graham Tucker		x			x		x		x	x			x	x	7
13	Jenni Van Deelen		x	x	x				x	x			x	x		7
14	Jackie MacDonald		x	x		x		x	x		x			*		6*
15	Bob Davison			x		x		x					x	x	x	6
16	R'ssll Williams		x			x			x				x	x	x	6
17	Roy Gooderson		x			x			x		x		x	*		5*
18	Marco Keir			x		x		x					x	*	x	5*
19	Brian Fennelly					x			x	x	x				x	5
20	Carol Reid					x		x		x			x	x		5
21	Frances Wood			x	x						x		x	x		5
22	John Collins			x					x		x			*		3*
23	Steve Cook							x	x		x					3
24	Simon Heath		x		x			x								3
25	Mandy Poulter									x	x			x		3
26	Dave Lightburn		x										*	x		2*
27	Neasa MacErlean							x	x					*		2*
28	Sue Reilly		x								x			*		2*
29	Wayne Barnett										x		x			2
30	Rik Cook										x			x		2
31	Mark Cooper		x											x		2
32	Sam Corfield			x							x					2
33	Sue Denton										x				x	2
34	Gerry Reilly			x	x											2
35	Dave Root							x			x					2
36	Dave Felton				x									*		1*
37	Julie Ballands							x								1
38	Paul Curd										x					1
39	Sam Girard					x										1
40	Mary-Ann Johnstone					x										1
41	Francis Maude										x					1
42	Mick Maume										x					1
43	Lisa Raynor							x								1
44	Tom Smith		x													1

Kent Fitness League

- 17/10/04 – Knole Park, Sevenoaks
 - 07/11/04 – Swanley Park, Swanley
 - 21/11/04 – Nurstead Ct., Meopham
 - 02/01/05 – Avery Hill park, N. Eltham
 - 23/01/05 – Minnis Bay, Thanet
 - 06/02/05 – Oxleas Wood, Eltham
 - 20/02/05 – Rough Comm., Canterbury
- * Indicates marshalled our event above

KCAA Saturday League

- 09/10/04 – Sparrows Den, Hayes
- 27/11/04 – Danson Park, Bexley

SEAA International XC & Veterans Championships

- 14/11/04 – Hartsdown Park, Margate

KCAA Veterans & Clubmans XC Championships

- 08/12/04 – St. Johns School, T. Wells

KCAA Kent Championships

- 08/01/05 – Wildernesse Pk., Sevenoaks

SEAA South of England Championships

- 29/01/05 – Parliament Hill, Hampstead

Kent Fitness League end of season relays

- 20/03/05 – Avery Hill Park, N. Eltham

All those who competed for the Club in 6 or more events, or 5 events and helped marshal at our KFL event qualified for the club's 2004/5 season team shirt.