

# CANTERBURY HARRIERS

## NEWS UPDATE

**Canterbury Harriers** was formed in August 1993 with just 30 runners, all ex Invicta East Kent and all coached by Kevin Mitchell. Since then the Club has expanded to over 70 active members with new members are joining every week. A very promising start to such a new Club.

The name of **Canterbury Harriers** has become well known in their first year, picking up Kent Championship titles in several local races and National recognition, taking the runners-up spot in the Today's Runner Cross Country League; a National title that could easily be ours. We had coverage in the running magazines with Alice and Bonny caught on camera running at this year's London Marathon and taking a BAF Championship and South of England title on the way.

Not only do we have some very good senior runners, but we also have a squad of very promising youngsters building up, providing good support in Junior races. It is important they are given every encouragement and their own achievements duly acknowledged.

The Club is now one-year old and of course this must mean that subscriptions are due for renewal and we do hope you will continue your membership with **Canterbury Harriers**. Our fees for the forthcoming year will remain as last year. Subscriptions must be fully paid up for members to be eligible for Club awards held during December. Second claim members are only eligible for club trophies in cross-country races where they are allowed to run for us in the absence of their first claim club taking part.

## **SNIPPETS.....**

**ANGELINA GIBSON and DOUG HOLYER** were married on Saturday, 23rd July at Benenden. Angelina and Doug met through Canterbury Harriers and will be running together at the Le Touquet 20km. We wish them every happiness for the future.

**STEVE PULLINGER** alias "Pullaway" is attempting his second ultra race when he competes in the London to Brighton in October. After recently completing the gruelling Comrades Marathon in South Africa which covers a distance of 90km (55 miles) and climbs to a height of 9,500 ft. The mere 55 miles of flat racing over the London to Brighton course should be a stroll in the park. Steve completed the Comrades in a creditable time of 8 hrs 55 mins and is looking to finish inside well inside that time at Brighton. We have every confidence that he will, and look forward to seeing him the following Tuesday evening for speedwork as usual!!!

**PETE GREENWOOD** (aged 52), one of the Club's newest members, completed his first marathon in 1980 in a time of 3 hrs 22 mins. Since then he has ran 109 marathons, averaging 3 hrs 15 mins, with a PB of 2 hrs 38 mins. Pete is looking to complete his 110th marathon in Medoc, France next month and our best wishes go with him.

**GREAT NORTH RUN** 18th September 1994. We have several runners taking part in this Half Marathon. We are hoping to book a small coach if numbers allow and to help keep the costs down it has been suggested to camp on site in South Shields on the Saturday evening. We do have one spare number available should anyone be interested, although it may still be possible to obtain an entry through the normal channels. Please let Kevin/Bonny know if you would like to take up this weekend.

**RHEIMS MARATHON/HALF MARATHON & 10K** 23rd October. Anyone interested in another weekend away to run at Rheims, France should let Kevin/Bonny know. There are three difference distances to run here and further information regarding costs etc. will be notified in due course.

**LONDON MARATHON 1995.** It may seem a long way off yet, but anyone interested in taking part in next years London should be thinking seriously now about sending in their entries. We had a very successful training group last year and nearly all our 20 runners achieved Pbs. Our thanks must go to Kevin for putting together our training programme. What other Club or coach could boast such a record. As a Club we should be eligible again for 3 entries and anyone who is rejected through the normal channels should pass their rejection slip to Kevin and a draw will take place during our Presentation Evening in December.