

CANTERBURY HARRIERS

NEWSLETTER

THE LONDON MARATHON

Ladies Team Triumph

After weeks of training in particularly bad weather, it turned out to be a glorious day of sunshine for the thousands of spectators who lined the 26 mile course. But for a large number of the runners, totally unprepared for the heat, it made the run less enjoyable.

Canterbury Harriers though turned out in numbers again and out of the 20 who ran, 9 still achieved personal bests with Anita Smith achieving the largest margin by **43 mins**. Could this have something to do with the fact that she and David (who also achieved a pb by 20 minutes) had only got married the day before!!! Anita assures us it had nothing to do with it and puts her achievement down to hard training. An excellent run, nonetheless.

But even though the London is far behind us now, we have only just received official confirmation from the BAF that Canterbury Harriers were the First Ladies Team in the London Marathon. Quite an achievement for the Club's first team entry.

Our other super heroes of the day were:

Robert Sargeant	2:46.08	PB 8 mins
Maurice King	2:47.57	PB 10 mins
Joe Hicks V40	2:52.31	PB 12 mins
Russell Bridges	2:57.27	
Keith Crossland Page	2:57.50	PB 3 mins
Minne Boclens	2:59.51	PB 4 mins
David Smith V40	3:01.24	PB 20 mins
Bill Woledge	3:16.35	
Terry Pagram V50	3:17.54	
Doug Holyer	3:26.14	
Peter Greenwood V50	3:29.40	
David Greenwood	3:40.02	
David Joy	3:48.06	PB 31 mins
Colin Parry V60	4:08.00	
Mike Eason	4:10.22	
Maurice Bennett V40	4:32.09	
Colin Downs	4:49.00	
Bonny Appleby V40	2:58.50	
Alice Osborne	3:01.24	
Joanne Jenkins V35	3:10.36	PB 7 mins
Anita Smith V35	4:02.11	PB 43 mins

Peter Greenwood is one of only 31 runners in the world to have completed all 15 London Marathons. He has since heard that he will get automatic entry whenever he applies now to run the London.

The Harriers Hurry to Hardelet



(Back) Bob Davison, Pete Greenwood, John Minshull, John Hogan, Russell Bridges, Micky Day
 (Centre) Dave Joy, Colin Parry, Paco Ayora, Steve Clark, Peter Wyeth, Colin Downs
 (Front) Helen Paine, Sean Reilly, Bonny, Denise, Gerry Reilly and Kev.

HARDELOT 10K & 20K - 9TH JULY

It was a very early start to this somewhat 'interesting day', but everyone had woken up by the time this photograph was taken (prior to the race of course). But the smiles later disappeared due to some chaotic disorganisation by French race officials. They didn't seem to know exactly where the start line should have been, and after deciding where the official start was - they had the almighty task of trying to move some 700 runners in the 10k race alone, almost *1k backwards*. After standing in a blazing heat for some 35-40 minutes, the race finally got underway and some good results were achieved both in the 10k and the 20k, regardless of the conditions and the delays.

Many thanks to Les for taking the above photograph and for the many, many others.

Les is still nursing a knee injury following an operation some months ago. Unfortunately he is unable to get back to training yet, but he keeps popping up at various venues to take photographs of our Harriers in action. Les has mug shots of nearly all the Harriers, so if you want a race souvenir, for a small donation, have a word with him. Copies of the above photograph can be purchased from Les at £2.00 each.

Mens South of England Road Relays **Rushmoor Arena, Aldershot -** **Saturday 23rd September**

It anyone would like to take part in these Road Relays would you please let Kevin know by the 3rd September the latest. Categories are as follows:

Senior Men **6 stage x 6000m**
Vets (40, 50 & 60) **4 stage x 6000m**

Womens South of England Road Relays - Rushmoor Arena, **Aldershot - Sunday 7th October**

Again, if any women would like to take part in this event please let Kevin know by the 1st October. There will be 4 per team run over a distance of 4000m.

RESULTS ROUND-UP

Rolvenden 10 - 10th June

Robert Hall	60.15	PB 3 mins
Joanne Jenkins V35	64.27	1st Lady

Canterbury 10k - 11th June

Russell Bridges	36.05	
Martin Skeet	36.12	
Bill Woledge	38.13	
Joe Hicks V40	38.26	
Gerry Reilly V40	39.07	
Paco Ayora	39.36	
Dave Joy	40.38	PB 46secs
Mike Eason	42.20	
Graham Sear	44.20	
Giles Guthrie	44.32	
Peter Greenwood V50	46.07	
Derek Taylor	49.30	
Bill Burt V60	57.41	
Sandra Peacey	48.59	
Sharon Pullen V35	56.41	
Trish Downs V50	60.03	
Pam Greatrix V40	60.03	

Joydens Wood 10k - 11th June

10th	Kevin Mitchell	34.30	
47th	Glyn Jenkins V50	37.38	1st
	Sanjay Sakaria	39.55	
2nd	Tina Sakaria	39.18	
3rd	Denise Farnham V35	39.20	1st
4th	Bonny Appleby V40	39.30	1st
10th	Anita Smith	44.15	PB 2 secs

1st Ladies Team.

Welcome to Tina and Sanjay who were competing in their first race for the Harriers.

Kent Schools

2nd	Georgina Harland	2:22.5	PB 5.5 secs
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Tonbridge Open Meeting (Track) - 20th June

4th	Stuart Turner	64.4	400m	PB
	Sean Reilly	2:24	800m	PB
	Gerry Reilly	2:26	800m	PB
	Roy Gooderson	27secs	200m	PB

And More

Premier Young Athletes League, Tooting - 25th June

2nd David Farnham U/17 4:21.04 1500m
PB 3 secs

5th Sean Reilly U/17 5:21.06 1500m
Steeplechase

2nd Gary Petts U/15 2:16.06 800m
PB 2 secs

1st Stuart Turner U/15 67.8 400m

North Downs 30k - 25th June

19th	Robert Sargeant	2hrs 3mins 17secs
21st	Russell Bridges	2hrs 3mins 41secs
36th	Steve Hammond	2hrs 7mins 56secs
260	Peter Greenwood V50	2hrs 53mins 09secs
267	Steve Mills V40	2hrs 55mins 40secs
295	Maurice Bennett V50	3hrs 05mins 51secs
315	Erica Ackerman V55	3hrs 23mins 00secs
317	Sharon Proudlove	3hrs 24mins 00secs

Brugge Vets 10k - 25th June

Helen Paine	V45	40.56	PB 10 secs
June Haas	V55	59.27	

South of England Vets Track Championships, Enfield - 25th June

7th	Trish Downs	V50	17.03	100m
4th	" "		36.05	200m
1st	" "		1:22.7	400m

1st	Bonny Appleby	V40	5:08	1500m
1st	" "		18:59.9	5000m

1st	Denise Farnham	V35	18:58.2	5000m
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5th	Gerry Reilly	V50	2:31.6	800mm
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Congratulations to Trisch who took the plunge and was well rewarded with a Gold South of England medal for her fine win in the 400m. It was also the first time Trish had ever set foot on the track.

British National Vets Track Championships, Exeter, Devon - 5th August

1st	Trisch Downs	V50	1:19.6	400m
			PB 3 secs	

3rd	Bonny Appleby	V40	5:03.3	1500m
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2nd	Bonny Appleby	V40	18.51.2	5000m
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3rd	Denise Farnham	V40	19.01.7	5000m
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8th	Anita Smith	V35	20.42.8	5000m
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Well it seems Trisch wasn't satisfied with just winning the Gold in the South of England - she has now won the Nationals (pictured below showing her medal). Congratulations also to Anita for a very good run in her first ever race track race at such a major competition.



Photo: Courtesy of Kentish Gazette

Aylesham Half Marathon - Sunday 6th August

Steve Mills	V40	1:37.00
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Anita Smith	V35	1:37.04	3rd Lady/2nd Vet
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Sharon Proudlove		1:59.00	
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Erica Ackerman	V50	2:12.00	1st Vet 50
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Following an excellent run the day before at the Nationals Vets 5000m race, Anita went on to run a PB by 2 mins 30secs over the undulating Aylesham course. There's no stopping her now.

The Final Few.....

LE TOUQUET - Sat 19th August

10k -

31st	Kevin Mitchell	34.51
37th	Rob Sargeant	35.34
	Joe Hicks	37.52 V40
	Gerry Reilly	38.56 V40
	Sean Reilly	40.16 (Junior) PB 3.1/2 mins
	Dave Joy	40.46
	Bob Davison	41.02 V40
	Roy Gooderson	42.16
	Peter Wyeth	44.38 V50
	Colin Downs	45.49 PB 1min 30secs
	Lloyd Hicks	59.00
2nd	Debbie Percival	37.51
3rd	Bonny Appleby	39.08 V40
	Cindy Hicks	61.15
	June Haas	61.17
	Pam Greatrix	63.00
	Sue Reilly	67.00

20k -

	Russell Bridges	1:21.18
	Peter Greenwood	1:48.22 V50
5th	Alice Osborne	1:24.56
7th	Anita Smith	1:33.20

Island 10k - Sunday 20th August

3rd	Steve Reynolds	34.56
	Steve Hammond	36.40
	Robert Hall	36.41
	Andy Colling	38.03
	Steve Clark	38.14
	Glyn Jenkins	39.15 V50
	Peter Wyeth	42.09 V50
	Maurice Bennett	48.09 V50

Men - 2nd Team

1st	Sarah Vaughan	39.31
2nd	Joanne Jenkins	40.54 1st Vet 35
3rd	Helen Paine	41.43 1st Vet 45
	Allison Bridges	53.27
	Eve Barrington	53.58 V35

Women - 1st Team - An excellent result by the women taking the first three places and the Womens team title.

Dont forget to give your race results to Kevin. They all count towards the Presentation of the Club Awards to be held during December.

DISCOUNTS FOR MEMBERS

A 10% discount is available on production of your Club Membership Card at the following shops:

CSL Maidstone
Holland & Barrett, High Street, Canterbury
City Sports and Canterbury Sports
Warreners of Herne Bay

DIARY DATES

September -

3rd Maidstone Half Marathon C/D 26/8.
Slough Half Marathon

9/10th Kent Vets Track & Field Championships,
Deangate.

10th Istead & Ifield 10k
Manston 10 C/D 1/9

October -

8th Julie Rose 10k (Kent Champs) C/D 30/9.
BUPA Great South Run 10 Miles,
Portsmouth C/D 20/9.

15th Sittingbourne 10 Mile - C/D 12/10/
City Centre Foot Racing (Invicta) - Races
for all ages - Seniors, Vets, 5-10, 11-16.

22nd Canvey Island 10k and 2k Fun Run.
C/D14/10.

Forthcoming Cross Country -

Kent Cross Country Champs - 9 December
Southern Womens Inter Counties - 30th Dec.
Southern XC Champs - 27th January.
National Inter Counties - 13th February.
Nationals XC Champs - 3rd March.

CLUB KIT

A small supply of kit is available at the following prices:

Jackets	£25.00
Vests	£10.00
Shorts	£10.00
T-Shirts	£ 6.00
Tracksters	£14.00

All kit can also be supplied in childrens sizes.
Special orders in lycra can be obtained from Wasp Sports. See Bonny for details.

MEMBERSHIP FEES

*Fees for the forthcoming year 1995-1996
are due from the 1st September. Please
complete the attached Membership
Renewal form and return to Bonny.*