

10/95

CANTERBURY HARRIERS

NEWS UPDATE

The Harriers are continuing their notable success and at almost every race a Harrier has obtained a PB, which is both encouraging and pleasing from my point of view. You will see from the attached update that we have now added 5 miles to the League table and Club records.

The new League table is now one month old and already four Club records have been broken. Debbie Percival has improved on her own 10k record when she completed the Klix Six at Basingstoke in a time of 35.04 and lowering the 10 mile record to 59.14 at the Cabbage Patch. Anita Smith continues to break her own records over most distances proving that with consistent hard training and determination, good results can be accomplished.

Meanwhile in the Vet 60 group Colin Parry has added yet another Club record to make his tally three after achieving a 83.05 at the Manston 10. John Minshull has already assured me that all three records are only on loan to Colin!!!

In the Male Vet 40 category, Mike Barrington, Dennis Hayes, Joe Hicks and David Smith have all posted early fast times over 10k and 10 mile, while in the Vet 50 group, Glyn Jenkins and Tony Reaveley are setting the pace with fast times over 5 and 10 mile races.

Only three people have recently completed marathons; Russell Bridges setting the target for the men after his run in Amsterdam, followed by Steve Mills who achieved his time at Snowdonia. Apparently at 14 miles Steve was running at a pace which would have given him a finishing time of $4\frac{1}{2}$ -hours, I'd like to know what he was on to make up such a lot of time???. Erica also ran at Snowdonia which she thoroughly enjoyed, and at the Masters & Maidens, which she didnt, due mainly to bad organisation.

Continued.....

Today's Runner League

Dont forget the date for this first race is on Sunday, 26th November at Swanley. Full details of venue etc. will be given nearer the date.

Subscriptions

There are still a few outstanding subscriptions. These should be paid before December to be eligible for a Club Award.

Club Presentation

Just to confirm that the date set is Friday, 15th December. It will be held at the same venue as last year, the First & Last Public House in Herne. Quite a number of you returned the slip asking for your preference to a sit down meal or a plated buffet. Unfortunately only a few opted for dinner, so a plated buffet has been booked. The cost of a ticket is £12.00 per head and you can make your reservation now. We will be having the yearly bumper Christmas Raffle and we would be grateful for any donations of raffle prizes, along with volunteers to sell tickets beforehand. See Bonny or Kevin.

Club Kit

If you're stuck for an idea of a Christmas present, Club kit can make an ideal gift. We have the following available:

Long Sleeved T-Shirts (White or Navy)	£9.00
Sweat Shirts (White or Navy)	£11.00
Tracksters	£14.00
Vests	£10.00

See Bonny for details. Special items can be ordered on request.

***Presentation Evening - First & Last Public House, Herne -
Friday, 15th December 1995 - 8.00pm***

*Please reserve me tickets for the Presentation Evening. I have enclosed a cheque made payable to **Canterbury Harriers** in the sum of £..... which includes the cost of a plated buffet.*

Name: _____

Return to: Bonny Appleby, 1 Ivy Place, Wincheap, Canterbury, CT1 3ST

CANTERBURY HARRIERS

30th September - 31st October

5 MILES

Kevin	Mitchell	26.57	Sit	Bonny	Appleby	30.02	V40	Sit	Pb
Steve	Reynolds	29.59	Sit	Denise	Farnham	32.36	V40	Sit	
Glyn	Jenkins	30.25	V50	Ton	Anita	33.45	V35	Sit	Pb
Dave	Smith	30.31	V40	Sit	Sharon	Proudlove	38.16	Sit	
Dennis	Hayes	30.56	V40	Sit	Eve	Barrington	40.58	V40	Sit
Andrew	Branchett	31.27	V40	Sit	Allison	Bridges	41.28	Sit	
				Sharon	Pullen	44.29	V35	Sit	
				Lyn	Coleman	48.34	V35	Sit	

10 KM

Rob	Sargeant	34.53	JR	Debbie	Percival	35.04	Bas
Russell	Bridges	36.56	CI	Sarah	Vaughan	39.45	JR
Steve	Hammond	36.58	JR	Bonny	Appleby	40.20	V40 JR
Mike	Barrington	37.52	V40 CI	Helen	Paine	42.00	V45 JR
Joe	Hicks		V40 JR	Anita	Smith	44.20	V35 JR
David	Smith	39.50	V40 JR	Denise	Farnham	44.48	V40 JR
Roy	Gooderson	39.58	CI	Sharon	Proudlove	51.21	So
Steve	Reynolds	40.00	JR	Allison	Bridges	52.50	JR
Doug	Holyer	40.35	JR	Sharon	Pullen	57.14	V35 JR
Jim	Maguire	40.58	V40 JR	June	Haas	59.03	V50 JR
Dennis	Hayes	41.00	V40 JR	Trisch	Downs	59.58	V50 JR
Roy	Gooderson	41.32	JR	Erica	Ackerman	61.00	V50 So
Terry	Pagram	42.04	V50 JR	Sue	Reilly	68.38	V35 JR
Peter	Wyeth	42.41	V50 JR				
Steve	Mills	43.10	JR				
Clive	Bridges	44.27	JR				
Colin	Downs	45.26	JR				

10 MILES

Andy	Colling	57.42	Sit	Debbie	Percival	59.14	C/r	CP	
Kevin	Mitchell	57.57	Sit	Alice	Oborne	63.03	CP		
Robert	Hall	60.47	Sit	Bonny	Appleby	64.34	V40	CP	
Tony	Reaveley	63.44	V50	Sit	Joanne	Jenkins	65.46	V35	Sit
Mike	Barrington	64.05	V40	Sit	Helen	Paine	68.55	V45	Sit
David	Smith	65.11	V40	Sit	Anita	Smith	70.44	V35	Sit
Dennis	Hayes	68.43	V40	Sit	Sharon	Pullen	94.25	V35	Sit
Bob	Davison	69.48	V40	Sit	June	Haas	100.00	V50	Sit
Dave	Joy	70.44	Sit						
Maurice	Bennett	76.51	V50	Sit					
Colin	Parry	80.10	V60	Sit	C/r	Pb			

HALF MARATHON

MARATHON

Russell Bridges	3:00.50	Ams	Erica Ackerman	5:12.00	V55	M&M
Steve Mills	3:49.00	Sno				

Ams=	Amsterdam	Mar	-
Bas=	Basingstoke	10 K	- 1st Lady
CI =	Canvey Island	10 K	- 13th - 29th - 53rd
CP =	Cabbage Patch	10 miles	- 1st Ladies team
JR =	Julie Rose	10 K	- 1st Ladies team
Sit=	Sittingbourne	5 Miles	- 1st Ladies team
Sit=	Sittingbourne	10 miles	- 1st Ladies team - 1st Mens team
Sno=	Snowdonia	Mar	-
So =	Southend	10 K	-

CANTERBURY HARRIERS

CANTERBURY HARRIERS CLUB RECORDS

5 MILES

K MITCHELL	26.57	SITBOURNE	1995	B APPLEBY	30.02	SITBOURNE	1995
V40 D SMITH	30.31	SITBOURNE	1995	A SMITH	33.45	SITBOURNE	1995V35
V50 G JENKINS	30.25	TONBRIDGE	1995	B APPLEBY	30.02	SITBOURNE	1995V40
V60 VACANT			VACANT		V45
				VACANT		V50

10 KILOMETRES

G CALLAGHAN	32.20	LE TOQUET	1994	D PERCIVAL	35.04	BASING	1995
V40 J HICKS	36.32	SOUTHEND	1993	D FARNHAM	37.21	TECHPRO	1995V35
V50 L WILLIS	40.15	SOUTHEND	1993	B APPLEBY	37.06	LE-TOQUET	1993V40
V60 J MINSHULL	51.04	TECHPRO	1995	H PAINE	40.56	BRUGGE	1995V45
				J HAAS	54.08	SOUTHEND	1994V50

10 MILES

G CALLAGHAN	54.17	SITBOURNE	1993	D PERCIVAL	59.14	CABBAGE P	1995
V40 J HICKS	61.00	SITBOURNE	1993	D FARNHAM	62.22	CANTERBRY	1995V35
V50 T REAVELEY	60.52	SITBOURNE	1994	B APPLEBY	63.55	SITBOURNE	1994V40
V60 C PARRY	83.05	MANSTON	1995	H PAINE	68.15	AYLESHAM	1994V45
				J HAAS	92.04	SITBOURNE	1994V50

1/2 MARATHON

G CALLAGHAN	1.12.21	ST NEOTS	1994	B APPLEBY	1.22.20	PADD WOOD	94
V40 J HICKS	1.21.48	PORTSMOUTH	1995	D FARNHAM	1.25.31	PADD WOOD	94 V35
V50 L WILLIS	1.27.23	PADD WOOD	1994	B APPLEBY	1.22.20	PADD WOOD	94 V40
V60 C PARRY	1.49.03		1995	VACANT		V45
				J HAAS	2.07.00	CANTERBURY	94 V50

MARATHON

R.SARGEANT	2.46.08	LONDON	1995	A OBORNE	2.53.10	LONDON	1994 S/L
V40 J.HICKS	2.52.31	LONDON	1995	J JENKINS	3.10.36	LONDON	1995 V35
V50 L WILLIS	3.17.00	LONDON	1994	B APPLEBY	2.54.09	LONDON	1994 V40
V60 C.PARRY	4.08.00	LONDON	1995	T DOWNS	4.44.53	LONDON	1994 V45
				J HAAS	4.49.00	LONDON	1994 V50