

CANTERBURY HARRIERS CHRISTMAS CRACKER

We have seen a promising start to the Club's new year with no less than 5 club records being achieved and 10 pbs since September. It has been particularly satisfying for me to see many of you running so consistently throughout the year and especially pleasing to see, Dave Joy at last breaking the 40-minute 10k barrier; Colin Parry (V60) knocking some 3 minutes off his previous best 10 mile time and Anita Smith still managing to achieve pbs, even at Thanet in windy conditions, along with Mike Eason and Graham Sear.

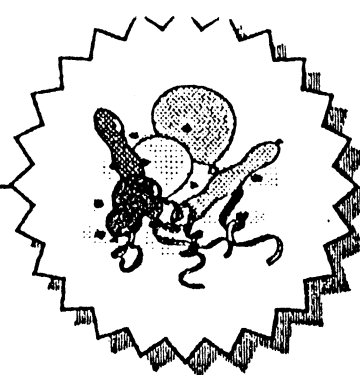
At the 1994/95 Today's Runner Cross Country League we came out on top (even with the rather bizarre scoring system that seems to have been adopted), Sarah Vaughan winning the Ladies title Bonny 1st Vet and Andy Colling 3rd Male.

Medway have joined this year's event and even with many of our runners off with flu etc. we are placed a close second overall after the first two races with still plenty of time to close the gap. Rob Hall had a brilliant run at Canterbury finishing 5th, as did Sarah who won the Ladies again, even though she had raced the day before. It's also nice to see some of our newer Harriers taking part in these races - Sharon Proudlove, Erica Akerman and Kerry Teer. The next match is on 31st December at Minnis Bay and for any of you who have not run there before, bring plenty of warm dry clothes, you will need them!!!

The London Marathon is the next major event on most people's mind and following the Christmas break, serious training begins. If anyone has been rejected through the normal channels and would still like a to chance to run, just let me know - I'm sure we can get you an entry somehow!! Our Ladies were very successful this year in taking the BAF and AAA Championship titles and with Debbie joining them on the start line in April, I'm sure we can expect another successful outcome for the Club.

Our younger members of the Club are continuing to show some very good form with both David Farnham and Stuart Turner running particularly well at the Kent Cross Country Championships at Mote Park. David received a Silver team medal and Stuart a Bronze - both were running in their Blackheath colours and have now been asked to represent Kent at the forthcoming Inter Counties and National Inter-Counties.

I would like to take the opportunity of wishing all our Club members, both past and present, every good wish for CHRISTMAS and a healthy and prosperous NEW YEAR.



LATEST RESULTS.....

LONDON CROSS COUNTRY CHAMPS

PARLIAMENT HILL - SAT 25/11/95

16th	Bonny Appleby	19.37	3rd Vet
38th	Denise Farnham	20.53	6th Vet

PORTSMOUTH 5 - SUN 3/12/95

4th	Debbie Percival	26.41
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The 5-mile race is new to our records and Debbie seems to have found a very fast one which could be worth putting on the calendar for next year.

THANET 10 - SUNDAY 3/12/95

4th	Kevin Mitchell	56.54
5th	Rob Sargeant	56.54 PB
17th	Robert Hall	59.01 PB
	1.13secs)	
	Russell Bridges	60.20
	Steve Hammond	60.28
	Glyn Jenkins	62.54 V50
	Joe Hicks	64.57 V40
	Rovin Puri	66.32 V40
	Steve Reynolds	66.44
	Mike Eason	67.48 PB 1min
	Andy Branchett	68.07 V40
	Bob Davison	69.00 V40
	Roy Gooderson	69.17
	Terry Pagram	69.56 V50
	Graham Sear	70.25 PB 2 mins
	Jim Joiner	73.00 V40
	Peter Greenwood	76.45 V50
	Maurice Bennett	81.12 V50
	John Minshull	86.11 V60
1st	Sarah Vaughan	64.02 PB 1 min
3rd	Joanne Jenkins	65.25 V35
	Denise Farnham	67.08 V40
	Anita Smith	70.40 V35 PB
	Sharon Proudlove	78.13
	Sandie Puri	78.41 V45
	Erica Akerman	120.45 V55

Kevin, Rob & Robert secured 2nd Mens Team and Joanne, Denise and Anita won the Ladies. Sharon, Sandie and Erica were actually the Ladies 3rd Team, but Thanet have a policy that each Club can only take one Team prize (quite a fair rule to adopt.) Welcome to Sandie & Rovin Puri - their debut run for the Club - Sandie wasn't actually wearing a Club vest (Schhhh!!!) on this occasion. She has now purchased one and we have assured her she will run much faster next time out.

Junior Race

1st	David Farnham	8.45
2nd	Stuart Turner	9.07
5th	Ross Turner	11.51

KENT CROSS COUNTRY CHAMPS

MAIDSTONE - SAT 9/12/95

2nd	Debbie Percival	
14th	Sarah Vaughan	
16th	Bonny Appleby	V40 (2nd Vet overall)
22nd	Joanne Jenkins	V35
23rd	Denise Farnham	V40
50th	Sharon Proudlove	

Unfortunately, on this occasion we did not retain the title as Debbie is not officially able to score in a team event for us until the 1st January 1996 - then God help them all.....

TODAY'S RUNNER LEAGUE -

SUNDAY 11/12/95 - CANTERBURY

5th	Robert Hall	29.09
10	Russell Bridges	29.54
11	Steve Hammond	29.59
21	Keith Crossland-Page	31.02
27	Glyn Jenkins	31.57 V50
29	Sarah Vaughan	32.19 1st
32	David Smith	32.55 V40
34	Gerry Reilly	32.57 V40
38	Mike Eason	33.11
40	Bonny Appleby	33.18 4th
41	Doug Holyer	33.20
44	Roy Gooderson	33.29
47	Clive Bridges	34.00
48	Dave Joy	34.03
49	Graham Sear	34.06
60	Sean Reilly	35.14
65	Peter Wyeth	35.28 V40
73	Anita Smith	36.29 V35
95	Sharon Proudlove	42.57
105	Erica Akerman	52.00 V55

Juniors: (1.5 miles)

1st	David Farnham	8.53
2nd	Stuart Turner	8.54
4th	Ross Turner	11.15
1st	Katie Farnham	11.27

Apologies for any errors - all complaints to the inexperienced office staff!!

CANTERBURY HARRIERS

CANTERBURY HARRIERS CLUB RECORDS

5 MILES

K MITCHELL	26.57	SITBOURNE	1995	D PERCIVAL	26.41	PORTSMOUTH	1995
V40 D SMITH	30.31	SITBOURNE	1995	B APPLEBY	30.02	SITBOURNE	1995
V50 G JENKINS	30.25	TONBRIDGE	1995	A SMITH	33.45	SITBOURNE	1995V35
V60 VACANT			B APPLEBY	30.02	SITBOURNE	1995V40
				VACANT		V45
				VACANT		V50

10 KILOMETRES

G CALLAGHAN	32.20	LE TOQUET	1994	D PERCIVAL	34.44	BRIGHTON	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	CANTERBURY	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 OBORE	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

CANTERBURY HARRIERS

30th September - 10 DECEMBER .

5 MILES

Kevin Mitchell	26.57	C/r Sit	Debbie Percival	26.41	Por C/r
Steve Reynolds	29.59	Sit	Bonny Appleby	30.02	V40 Sit Pb
Glyn Jenkins	30.25	V50 Ton	Denise Farnham	32.36	V40 Sit
Dave Smith	30.31	V40 Sit Pb	Anita Smith	33.45	V35 Sit Pb
Dennis Hayes	30.56	V40 Sit	Sharon Proudlove	38.16	Sit
Andrew Branchett	31.27	V40 Sit	Eve Barrington	40.58	V40 Sit
			Allison Bridges	41.28	Sit
			Sharon Pullen	44.29	V35 Sit
			Lyn Coleman	48.34	V35 Sit

10 KM

Kevin Mitchell	34.40	BR	Debbie Percival	34.44	BR Cr
Rob Sargeant	34.53	JR	Sarah Vaughan	39.45	JR
Russell Bridges	36.56	CI	Bonny Appleby	40.20	V40 JR
Steve Hammond	36.58	JR	Helen Paine	42.00	V45 JR
Mike Barrington	37.52	V40 CI	Anita Smith	42.53	V35 JR pb
Joe Hicks		V40 JR	Denise Farnham	44.48	V40 JR
David Smith	38.20	V40 BR	Sharon Proudlove	45.23	RP pb
Gerry Reilly	39.22	V40 BR	Allison Bridges	52.50	JR
Dave Joy	39.46	pb BR	Sharon Pullen	57.14	V35 JR
Roy Gooderson	39.58	CI	June Haas	59.03	V50 JR
Steve Reynolds	40.00	JR	Sue Reilly	59.52	V40 BR pb
Doug Holyer	40.35	JR	Trisch Downs	59.58	V50 JR
Jim Maguire	40.58	V40 JR	Erica Ackerman	61.00	V50 SO
Dennis Hayes	41.00	JR			
Roy Gooderson	41.32	JR			
Terry Pagram	42.04	V50 JR			
Peter Wyeth	42.41	V50 JR			
Steve Mills	43.10	JR			
Clive Bridges	44.27	JR			
Peter Greenwood	44.54	V50 BR			
Colin Downs	45.26	JR			
John Minshull	53.20	V60 WI			

10 MILES

Kevin Mitchell	56.54	Tha	Debbie Percival	59.14	C/r CP
Robert Sargeant	56.54	Tha	Alice Osborne	63.03	CP
Andy Colling	57.42	Sit	Sarah Vaughan	64.04	pb Tha
Robert Hall	59.01	Tha	Bonny Appleby	64.34	V40 Cp
Russell Bridges	60.20	Tha	Joanne Jenkins	65.25	V35 Tha
Steve Hammond	60.28	Tha	Denise Farnham	67.08	V40 Tha
Glyn Jenkins	62.54	V50 Tha	Helen Paine	68.55	V45 Sit
Tony Reaveley	63.44	V50 Sit	Anita Smith	70.40	V35 Tha pb
Mike Barrington	64.05	V40 Sit	Sharon Proudlove	77.18	Sto
Joe Hicks	64.57	V40 Tha	Sandie Puri	78.41	V45 Tha
David Smith	65.11	V40 Sit	Sharon Pullen	94.25	V35 Sit
Steve Reynolds	66.44	Tha	June Haas	100.00	V55 Sit
Mike Eason	67.48	pb Tha	Erica Ackerman	120.45	V55 Tha
Andy Branchett	68.07	V40 Tha			
Dennis Hayes	68.43	Sit			
Bob Davison	69.00	V40 Tha			
Roy Gooderson	69.17	Tha			
Terry Pagram	69.56	V50 Tha			
Grahame Sear	70.25	pb Tha			
Dave Joy	70.44	Sit			
Jim Joiner	73.00	V40 Tha			
Peter Greenwood	76.46	V50 Tha			
Maurice Bennett	76.51	V50 Sit			
Colin Parry	80.10	V60 Sit C/r Pb			
John Minshull	86.11	V60 Tha			

PTO.....

HALF MARATHON

Rob	Hall	81.14	REI	Sharon Proudlove	1.41.00	NF
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MARATHON

Russell Bridges	3.00.50	Ams	Sharon Proudlove	4.12.00	POL
			Erica Ackerman	5.10.00	SNO

AMS = Amsterdam	Mar	-
POL = Polytechnic	Mar	-
SNO = Snowdonia	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	10 miles	- 1st Ladies team - 1st Mens team
SO = Southend	10 K	-
WN = Wilmington	10 K	-
SIT = Sittingbourne	5 miles	- 1st Ladies team - 3rd Mens team
BR = Brighton	10 K	- 3rd Lady
NF = New Forest	1/2M	-
REI = Reigate	1/2M	-
STO = Stortford	10 M	-
POR = Portsmouth	5 M	- 4th Lady

CANTERBURY HARRIERS

TODAY'S RUNNER XC LEAGUE

	C	C	P	M	W	M	D	
	A	O	A	I	O	A	E	
	N	B	D	N	O	I	A	
	T	H	D	N	D	D	L	
								TOTAL
ANDY COLLING	3	2	5	3	3	//	//	16
KEVIN MITCHELL	//	8	3	//	9	9	7	36
ROBERT HALL	81	34	39	29	20	15	14	112
ROY GOODERSON	66	//	54	51	70	72	56	297
DAVID JOY	69	88	67	86	79	95	//	389
GREG CALLAGHAN	//	5	2	//	//	4	6	17
GILES GUTHRIE	//	//	66	//	73	80	58	277
GRAHAME SEAR	77	94	//	//	86	//	59	316
ROB SARGEANT	//	//	//	//	21	26	22	69
STEVE REYNOLDS	//	//	//	//	41	29	21	91
RUSSELL BRIDGES	//	14	//	//	//	45	38	97
TONY REAVELY	//	//	38	//	35	40	//	113
MIKE EASON	64	86	//	//	//	74	//	224
GERRY REILLY	59	//	//	//	102	78	//	239
PETE GREENWOOD	//	//	//	78	121	130	//	329
DEREK TAYLOR	149	//	164	//	172	//	//	485
KEITH CURTIS	//	//	//	20	32	//	//	52
BILL WOLEDGE	16	//	//	//	43	//	//	59
GLYN JENKINS	//	//	//	//	34	38	//	72
BEN PENFOLD	//	//	//	//	24	51	//	75
TONY DADD	32	48	//	//	//	//	//	80
DENYER KITTLER	49	51	//	//	//	//	//	100
PETER DONALDSON	10	//	//	//	//	//	//	10
MAURICE KING	//	//	//	//	17	//	//	17
NIGEL KIRKNESS	//	22	//	//	//	//	//	22
JIM JOINER	//	//	//	84	//	//	//	84
MARK BALMAN	//	//	//	102	//	//	//	102
ANDREW CLUNE	119	//	//	//	//	//	//	119
TERRY PAGRAM	//	//	//	//	129	//	//	129
ROBERT DAVISON	23	//	44	27	30	36	//	160
JOE HICKS	42	63	45	//	42	46	//	238
LAURENCE SHAW	34	//	//	58	57	68	51	268
JIM MAGUIRE	//	78	61	49	62	99	55	305
SARAH VAUGHAN	37	62	//	//	49	63	44	246
ALICE OBORNE	35	//	56	//	84	91	64	330
BONNY APPLEBY	//	//	55	55	54	73	53	290
EVE BARRINGTON	147	//	171	143	202	180	//	843
HELEN PAINE	98	93	//	//	83	82	81	437
ANGIE MAGUIRE	155	11	//	//	//	//	232	598
DENISE FARNHAM	//	//	//	68	//	47	//	115
JOANNE JENKINS	//	//	//	//	83	//	//	83
ALLISON BRIDGES	//	//	//	135	//	//	//	135
ANITA PHILIPS	//	//	139	//	//	//	//	139
TRISCH DOWNS	151	//	//	//	//	//	//	151
JUNE HAAS	154	//	//	//	//	//	//	154

AFTER 4 EVENTS

AFTER 3 EVENTS

AFTER 2 EVENTS

AFTER 1 EVENT

VET 40 VET 40

VET 40 " "

VET 40 " "

VET 40 " "

VET 40

VET 40

VET 45

AFTER 3 EVENTS

AFTER 2 EVENTS

AFTER 1 EVENTS

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1994/1995

CANTERBURY HARRIERS

TODAYS RUNNER X/COUNTRY LEAGUE TABLE

	S	C	
	W	A	
	A	N	
	N	T	
K MITCHELL	4	//	
S HAMMOND	11	10	
R HALL	25	4	
J MAGUIRE	39	//	V40
D SMITH	45	31	V40
S REYNOLDS	46	//	
G JENKINS	51	26	V50
B DAVISON	55	//	V40
J HICKS	59	//	V40
M EASON	66	37	
G REILLY	74	33	V40
R GOODERSON	83	43	
G SEAR	99	48	
P WYETH	128	64	V50
R BRIDGES	//	9	
K CROSSLAND PAGE	//	20	
D HOLYER	//	40	
C BRIDGES	//	46	
D JOY	//	47	
S REILLY	//	59	
S VAUGHAN	40	28	
B APPLEBY	62	39	V40
A OBORNE	69	//	
D FARNHAM	102	//	V40
A SMITH	134	72	V35
S PROUDLOVE	187	94	
K TEER	212	//	
E ACKERMAN	221	105	V50
D FARNHAM	//	1	
S TURNER	//	2	
R TURNER	//	4	
K FARNHAM	//	1	

1995/1996