

## *CANTERBURY HARRIERS*

96

### *APRIL NEWS UPDATE*

#### *LONDON MARATHON - SUNDAY 21ST APRIL*

With the London Marathon fast approaching and most of the hard work already done, some very good times have been recorded in races over the last month and a number of Club Records achieved on the way (see Results Page). We not only have a very strong womens team defending last year's title, but the men will also be very competitive with Greg Callaghan keeping Rob Sargeant company on the mens elite start and Rob Hall, Keith Crossland-Page, and Russell Bridges to name just a few, following on just behind. It will be interesting to see how many Pbs will be achieved this year.



There are still a few seats left on the return coach trip for this great day out and you will find a form attached for your use.

#### *TODAYS RUNNER CROSS COUNTRY LEAGUE*

The Harriers finished ~~4th~~ 7th place overall in the League this year and considering that we could not field a strong team at any of the seven meetings, the result is still quite good. In the individual honours Robert Hall took a well deserved 2nd place in the Mens and Denise Farnham 3rd in the Ladies. In the Junior races, Stuart Turner finished 1st and David Farnham 2nd

As most of you may know, the handling of this League has a lot to be desired and some of the decisions made during the season by "The League Committee" have been somewhat questionable. We intend writing to them before the start of next season with a view to clarifying some of the rules and regulations. If anyone has any comments of their own they would like to voice, we would be pleased to hear from you.

## **THE COBRA 5-MILE DOVE DASH - SUNDAY 2ND JUNE**

*We are organising this event again (due to popular demand) and are expecting entries to be around 200. If anyone is unable to run but would like to help out, I would be very pleased to hear from them.*

## **THE RED LION 10K - SUNDAY 14TH JULY**

*Again, following last year's successful day, we have been approached to hold this event again. It was voted "The Most Underrated 10k of 1995" by the Runner's World Magazine last year and hopefully this will help increase the entries for this year's race, so your help would be much appreciated.*

### **CHAIRLESS.....**

*As some of you already know, due to heavy work and family commitments, Jim Maguire has had to step down as our Chairman so the seat has become vacant. The remainder of the Committee, Joe and Bonny are looking for someone to keep them company. The successful candidate will though have to have some chosen qualities and be willing to hold a Committee meeting while doing a 800m rep at 2.50 pace, or perhaps skipping a shower in order to get to the pub for a serious soaking. You must also have a warped sense of humour (you'll need it dealing with other clubs and the Blazer Brigade of the AAAs). Are you the person we are looking for, or is there someone who you think should be the Chairperson? We would also be pleased to receive any comments or views you may have about the Club....are you happy with the way the Club is run or is there anything you would like to change or feel could be improved upon. Please let us know because the Club is your Club, as well as ours!!!*

## **RESULTS ROUNDUP**

### **EUROTUNNEL 10K - 11/2/96**

Glyn Jenkins	37.36	1st VET 50
Bob Davison	38.16	V40
Dennis Hayes	39.10	V40
Colin Parry	48.50	1st V60 PB
John Minshull	52.19	V60

*Congratulations to both Glyn and Colin for new Club Records.*

### **KENT YOUNG ATHLETES LEAGUE, SPARROWS DEN - 17/2/96**

#### ***Under 17s***

*4th David Farnham - (Blackheath)  
1st Team plus League Champions*

#### ***Under 15s***

*20th Stuart Turner - (Blackheath)  
1st Team plus League Champions*

### **KENT AC 10, SIDCUP - 18/2/96**

26th	Glyn Jenkins	62.33	2nd Vet 50
42nd	Dave Bone	64.50	

71st	Alice Osborne	67.53	4th Lady
76th	Bonny Appleby	68.30	5th/1st Vet
80th	Joanne Jenkins	68.58	6th

*1st Team*

### **WHITSTABLE XC -18/2/96**

18th	Roy Gooderson
19th	Dave Joy
31st	Mick Barrington

*2nd Lady Denise Farnham 1st V40*

## **AND MORE.....**

### **BURY 20 - 25/2/96**

17th Rob Sargeant 1:58.39 PB 3mins5  
54th Keith Crossland-Page 2:07.15  
56th Rob Hall 2:07.22  
58th Russell Bridges 2:07.30 PB 55secs  
Rovin Puri 2:25.03 V45  
David Smith 2:33.05  
V35 Anita Smith 2:39.10 PB 9mins  
V45 Sandie Puri 2:44.30 PB2mins

### **BAF XC CHAMPS, STAKEFORD (INC WORLD XC TRIALS)**

21st Debbie Percival

Debbie was invited to run here following her 4th place in the Southern XC at Parliament Hill and also had an excellent win at the Inter-Counties.

### **BRITISH TETRATHLON CHAMPIONSHIPS**

1st Georgina Harland (U/18s)

(Fencing, Epee - 1st)  
(Shooting, Pistol - 848 points - 1st)  
(Swimming, 200 metres - 2nd)  
(Run, 2km - 7mins50secs - 2nd)

### **ESSEX BORDER 1/2m - 3/3/96**

27th David Greenwood 1:26.29  
PB of 2mins30secs.  
Peter Greenwood 1:45.16 V50

### **INTER-COUNTIES XC - 9/3/96**

49th Stuart Turner

Helped to bring Kent "C" team to 8th place in the Under 15s.

### **STH KENT COLLEGE 10K - 10/3/96**

9th Glyn Jenkins 37.20 1st V50  
Glyn sliced a further 16 secs off the Club Record he set in February.  
Steve Mills 42.11 V40  
1st Denise Farnham 39.14 V40

### **PORTSMOUTH 1/2M - 10/3/96**

23rd Rob Sargeant 1:13.32 PB 24 secs  
56th Russell Bridges 1:17.25 PB 48 secs  
Excellent runs for both over a very fast flat course.

### **STAINES 10K - 24/3/96**

Dave Joy 37.56 PB 1min9secs  
Peter Wyeth 42.15 V50  
Less Willis 44.04 V50  
Congratulations to Dave who only broke the 40min barrier for the first time just one week earlier. Its nice to see Peter back with us and also Les who enjoyed his first race back after a very long lay-off due to a knee operation.

### **HASTINGS 1/2 MARATHON 17/3/96**

1st Debbie Percival 1:15.05 PB  
9th Bonny Appleby 1:26.40 2nd V40  
10th Joanne Jenkins 1:27.45 4th V35  
Sharon Proudlove 1:52.54  
Erica Ackerman 2:17.12 V50  
Bob Davison 1:28.31 V40

A brilliant run by Debbie over this mainly hilly course not only earned her £500 but also the BAF individual title, the Cliff Temple Memorial Trophy, a PB and the girls won the Open Team and the BAF National Title. It was also a good day out!

## AND THE LAST FEW

### FINCHLEY 20 - 24/3/96

2nd Alice Osborne 2:15.45  
3rd Bonny Appleby 2:15.48 1st V40  
Dave Bone 2:17.41

### WORTHING 20 - 24/3/96

David Smith V40 2:28.41  
Anita Smith V35 2:35.02 PB3mins

Another very good run by Anita who is on target for a sub 3.30 at London!

### PADDOCK WOOD 1/2 - 31/3/96

8th Rob Sargeant 1:13.27 PB 7secs  
Robert Hall 1:16.50 PB 4mins  
Gyn Jenkins 1:23.37 V50 CR  
Dave Bone 1:24.45  
Dennis Hayes 1:27.20  
Rovin Puri 1:28.14 V40  
Bob Davison 1:28.30 V40  
Steve Mills 1:30.59  
Jim Joiner 1:38.10 V40  
Pete Greenwood 1:41.11 V50  
Maurice Bennett 1:52.56 V50  
John Minshull 1:54.37 V60

3rd Joanne Jenkins 1:24.55 V35 CR  
4th Alice Osborne 1:25.45  
Anita Smith 1:37.13 V35  
Sharon Proudlove 1:39.24 PB  
Sandi Puri 1:44.12 V45 CR  
Erica Ackerman 2:09.24 V50

Really good turn out for the Club. Well done to those who ran Pbs and to Glyn, Joanne and Sandi for their new Club Records.

### CLUB RECORDS

Attached is the latest update on all distance and the Club Records. If you have run faster than times recorded, please let Kevin know. Of course this only applies when competing in a Club Vest and with subs fully paid up.

We apologise if any results are incorrect or if anyone has been omitted.

### DIARY DATES

#### April

14th 7th Darent Valley 4k & 10k  
C/D 10/4  
21st **London Marathon**  
28th Strode Park 5 (CH helping out on this race)

#### May

5th Hempstead Valley 1/2m C/D 1/5  
6th Whitstable 10k C/D 26/4  
Ted Pepper 10k (inc SCVAC Champs) C/D 1/5  
12th Canterbury 1/2M C/D 4/5  
Tunbridge Wells 1/2M C/D 5/5  
19th Sevenoaks 7 (Multi-Terrain)  
C/D 14/5  
26th St Neots 1/2M C/D 18/5

#### June

2nd **Cobra Dove Dash 5-Mile**  
**ORGANISED BY US**  
9th Joydens Wood 10k  
30th Lordswood 5k & 10k

C/D (Closing Date)

## CANTERBURY HARRIERS

### CLUB RECORDS

#### 5 MILES

K MITCHELL	26.57	SITBOURNE	1995	D PERCIVAL	26.51	PORTSMOUTH	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	34.44	BRIGHTON	1995
V40 J HICKS	36.32	SOUTHEND	1993	D FARNHAM	37.21	TECHPRO	1995V35
V50 G JENKINS	37.20	ASHFORD	1996	B APPLEBY	37.06	LE-TOQUET	1993V40
V60 C PARRY	48.50	TECHPRO	1996	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 G JENKINS	62.54	THANET	1996	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	D PERCIVAL	1.15.05	HASTINGS	96
V40 J HICKS	1.21.48	PORTSMOUTH	1995	J JENKINS	1.24.55	PADD WOOD	96 V35
V50 G JENKINS	1.23.37	PADDOCK W	1996	B APPLEBY	1.22.20	PADD WOOD	94 V40
V60 C PARRY	1.49.03	DARTFORD	1995	S PURI	1.44.12	PADD WOOD	96 V45
				J HAAS	2.07.00	CANTERBURY	94 V50

#### 20 MILES

R SARGEANT	1.58.39	BURY ST. ED	1996	A OBOURNE	2.15.43	HILLINGDON	96
V40 D HAYES	2.18.46	THANET	1996	A SMITH	2.35.02	WORTHING	96 V35pb
V50 T PAGRAM	2.23.11	THANET	1996	B APPLEBY	2.15.48	HILLINGDON	96 V40
V60 C PARRY	2.52.43	THANET	1996	S PURI	2.44.30	BURY ST ED	96 V45
				E AKERMAN	3.30.30	THANET	96 V50

#### MARATHON

R. SARGEANT	2.46.08	LONDON	1995	A OBOURNE	2.53.10	LONDON	1994
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

# X/COUNTRY LEAGUE & CLUB CHAMPIONSHIP

		S W A N	C A N T	M I N N	I S T E	W O O D	M A I D	P A D D	T O T A L		
ROBERT	HALL	25	4	5	3	3	2	/	43	1st	
STEVE	HAMMOND	11	10	/	23	22	29	/	95	2nd	
JOE	HICKS	59	/	68	85	72	71	/	358	3rd-	1st VET 40
ROY	GOODERSON	83	43	66	77	86	61	/	401	4th	
GRAHAM	SEAR	99	48	76	108	106	/	/	437	5th	
KEITH C	PAGE	/	20	25	31	/	37	/	113		
STEVE	REYNOLDS	46	/	39	47	30	/	/	162		
PETER	WYETH	128	64	/	117	94	/	/	403	V50	
ROBERT	SARGEANT	/	/	10	14	/	6	/	30		
RUSSELL	BRIDGES	/	9	18	20	/	/	/	47		
GLYN	JENKINS	51	26	51	/	/	/	/	128	V50	
BOB	DAVISON	55	/	/	42	/	32	/	129	V40	
GERRY	REILLY	74	33	58	/	/	/	/	165	V40	
DAVE	JOY	/	47	67	82	/	/	/	196		
ROBERT	SARGEANT	/	/	/	10	14	/	/	24		
JIM	MAGUIRE	39	/	35	/	/	/	/	74	V40	
DAVID	SMITH	45	31	/	/	/	/	/	76	V40	
DOUGIE	HOLYER	/	40	48	/	/	/	/	88		
MIKE	EASON	66	37	/	/	/	/	/	103		
SEAN	REILLY	/	59	90	/	/	/	/	149		
MARK	TROTT	/	/	/	133	/	/	125	258		
CLIVE	BRIDGES	/	46	/	/	/	/	/	46		
JIM	JOINER	/	/	100	/	/	/	/	100	V40	
DAVE	LIGHTBURN	/	/	/	124	/	/	/	124	V40	
MAURICE	BENNETT	/	/	/	156	/	/	/	156	V50	
DENISE	FARNHAM	102	/	111	120	101	71	/	504	1st-	1st V40
SHARON	PROUDLOVE	187	94	177	155	/	123	147	883	2nd	
ERICA	ACKERMAN	221	105	199	197	/	153	183	1058	3rd-	1st V50
SARAH	VAUGHAN	40	28	/	/	49	48	/	165		
BONNY	APPLEBY	62	39	/	/	81	78	/	182	V40	
ANITA	SMITH	134	72	/	133	/	/	/	339	V35	
ALICE	OBORNE	69	/	/	70	/	/	/	139		
KERRY	TEER	212	/	/	/	/	/	/	212		

## JUNIORS UNDER 16.

STUART	TURNER	/	2	1	2	=1	/	1	6	1st	
DAVID	FARNHAM	/	1	/	1	=1	/	/	3	2nd	
ROSS	TURNER	/	4	5	6	/	/	6	21	3rd	
SIMON	DUNDERDALE	/	/	/	/	/	/	2	2	4th	
KATIE	FARNHAM	/	1	/	1	/	1	2	5	1st	
KIRSTY	FARNHAM	/	/	/	/	1	2	3	6	2nd	

# CANTERBURY HARRIERS

## RACE UPDATE TO 1/4/96

### 5 MILES

Kevin Mitchell	26.51	c/r	Sit	Debbie Percival	26.51	Por	C/r
Steve Reynolds	29.59		Sit	Bonny Appleby	30.02	V40	SIT
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		Sit	Sharon Proudlove	38.16		Sit
Andrew Branchett	31.27	V40	Sit	Eve Barrington	40.58	V40	Sit
Steve Mills	32.58		BET	Allison Bridges	41.28		Sit
Mark Trott	37.01		BET	Sharon Pullen	44.29	V35	Sit
				Lyn Coleman	48.44	V35	Sit

### 10 KM

Kevin Mitchell	34.40		BR	Debbie Percival	34.44		BR	Cr
Rob Sargeant	34.53		JR	Denise Farnham	39.14	V40	ASH	
Russell Bridges	36.56		CI	Sarah Vaughan	39.45		JR	
Steve Hammond	36.58		JR	Bonny Appleby	40.20	V40	JR	
Glyn Jenkins	37.20	V50	ASHF	Helen Paine	42.00	V45	JR	
Mike Barrington	37.52	V40	CI	Anita Smith	42.53	V35	JR	pb
David Joy	37.56		ST pb	Sharon Proudlove	45.53		RP	pb
Joe Hicks		V40	JR	Allison Bridges	52.50		JR	
Bob Davison	38.16	V40	TP	Sharon Pullen	57.14	V35	JR	
David Smith	38.20	V40	BR	June Haas	59.08	V50	JR	
Dennis Hayes	39.10	V40	TP	Sue Reilly	59.52	V40	Br	pb
Gerry Reilly	39.22	V40	BR					
Roy Gooderson	39.58		CI	Trisch Downs	59.58	V50	JR	
Steve Reynolds	40.00		JR	Erica Ackerman	61.00	V50	SO	
Doug Holyer	40.35		JR					
Jim Maguire	40.58	V40	JR					
Roy Gooderson	41.32		JR					
Terry Pagram	42.04	V50	JR					
Steve Mills	42.11		ASHF					
Peter Wyeth	42.15	V50	ST					
Les Willis	44.04	V50	ST					
Clive Bridges	44.27		JR					
Peter Greenwood	44.54	V50	BR					
Colin Downs	45.26		JR					
Colin Parry	48.50	V60	JR cr					
John Minshull	53.20	V60	WI					

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
AYL = Aylesham	10 M	-	3rd + 4th Ladies, 1st Ladies Team
TP = Techpro/euro	10 K	-	1st Male Vet 50.
SID = Sidcup	10 M	-	1st Ladies team
PORT= Portsmouth	1/2M	-	
ASHF= Ashford	10K	-	1st Lady - 1st Male VET 50.
ST = Staines	10K	-	
HAS = Hastings	1/2	-	1st, 9th, 11th, Ladies - 1st TEAM
PAD = Paddock Wood	1/2	-	3rd, 4th, Ladies. - 1st TEAM
BOR = Border	1/2	-	

### 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	62.33	V50	Sid Helen Paine	68.55	V45	Sit
Tony Reaveley	63.00	V50	Ayl Anita Smith	70.40	V35	Tha pb
Mike Barrington	64.08	V40	Sit Sharon Proudlove	77.18		Sto
Joe Hicks	64.57	V40	Tha Sandie Puri	78.39	V45	Ayl
Bob Davison	65.05	V40	Tha Sharon Pullen	94.25	V35	Sit
David Smith	65.11	V40	Sit June Haas	100.00	V55	Sit
Steve Reynolds	66.44	Tha	Erica Ackerman	120.45	V45	Tha
Rovin Puri	67.12	V40	Ayl			
Mike Eason	67.48	pb	Tha			
Andy Branchett	68.07	V40	Tha			
Dennis Hayes	68.43	Sit				
David Joy	68.49	Ayl				
Roy Gooderson	69.17	Tha				
Terry Pagram	69.56	V50	Tha			
Grahame Sear	70.25	pb	Tha			
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			

### HALF MARATHON

Robert Sargeant	73:27pb	PADD	Debbie Percival	75.05	HAS	pb
Robert Hall	76:50pb	PADD	Joanne Jenkins	84:55	PADD	pb V35
Russell Bridges	77:25	PORT	Alice Osborne	85:45	PADD	
Glyn Jenkins	83:37V50	PADD	Bonny Appleby	86:40	HAST	V40
David Greenwood	86:29	BORD	Anita Smith	97:13	PADD	V35
Dennis Hayes	87:20	PADD	Sharon Proudlove	99:24	PADD	pb
Rovin Puri	88:14V40	PADD	Sandi Puri	104:12	PADD	V40
Bob Davison	88:31V40	HAST	Erica Ackerman	129:24	PADD	V50
Steve Mills	91:59	PADD				
Jim Joiner	98:10V40	PADD				
Pete Greenwood	101:11V50	PADD				
Maurice Bennett	112:56V50	PADD				
John Minshull	114:37V60	PADD				

### MARATHON

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

## ***CANTERBURY HARRIERS***

**London Marathon**  
**Sunday, 21st April 1996**

We are now taking bookings for seats on the coach for the Marathon. It is anticipated there will be three pick-up points; the first from Canterbury Bus Station at 6.30am ***sharp;*** the second from Love Lane, Faversham at approximately 6.45am and the third from the Medway Service Station at approximately 7.15am. Due to the tight timescale, the coach will not wait for anyone that is late.

The seats will be reserved on a first-come-first-served basis at a cost of £6.00 per person. It will not be possible to "hold" seats without payment due to the usual heavy demand. All seats must be paid for by Saturday, 13th April, otherwise they will be offered elsewhere.

Please complete the form below and return with your cheque as soon as possible.

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### ***LONDON MARATHON - SUNDAY 21ST APRIL 1996***

Please reserve me .....(s) on the coach. I have enclosed by cheque in the sum of £..... made payable to Canterbury Harriers.

I will meet the coach at:   Canterbury Bus Station - 6.30am  
  Love Lane, Faversham - 6.45am  
  Medway Services         - 7.15am

Name(s) .....

Telephone No: .....

Please send to Miss B Appleby, 1 Ivy Place, Wincheap, Canterbury, Kent, CT1 3ST (Tel: 01227 450722).