
The Harrier

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Ladies Lead The Way

The London Marathon proved to be a disappointing day for some and a triumphant one for others.

It was an even hotter day than last year and several thousand runners suffered due to the heat. Many people ran slower than expected and we did take home some very disappointed Harriers. But there were some excellent performances and with a superb run and new Club Record by Debbie in a time of 2:48.49, another consistent 3-hour run from Alice and a PB for Joanne meant that our Ladies retained their BAF and AAAs titles from last year. We are of course very hopeful of achieving a hat trick next year.

Sharon Proudlove wasn't satisfied with just running the London, she thought she would keep Erica Ackerman company and warmed up at the Boston Marathon just one week prior to London. Needless to say, Sharon also found the London a little tough!!

It was particularly nice to see Greg Callaghan back running with us. He past me about 23 miles, we exchanged a few words like "bloody hell - isn't it hot?", and I never saw him again. He finished though (of course) in a new Club Record of 2:42.26. Let's hope we meet up with Greg again next year, if not before.



Debbie Winning Hastings ½ Marathon

A Tribute to Colin Tomlin

It was with great sadness that we recently heard about the tragic death of Colin Tomlin. Many of us knew Colin from the old Invicta days. You could often hear him whistling and shouting across the fields to his athletes as he put them through their paces. Talking from experience, he was a hard taskmaster who wanted a minimum 100% commitment, but 110% if you could give it. Somehow, he often managed to get that little extra, even when

you thought you couldn't go on. He always gave support and encouragement to athletes he didn't coach himself.

Colin was passionate about all sports; he was an advisor to the Kent Cricket Team, but his main love was athletics. He fought harder than anyone for many years to have an all-weather track in Canterbury. It was always one of Colins' dreams. He wanted nothing more than for his group of talented athletes - namely Philip Hogston, Ian Hamilton and James McNeil etc. to be part of that dream. He will be greatly missed, but not forgotten.

Our thoughts and prayers are with Carol (his wife) and his two daughters, Samantha and Claudine who he has left behind.

Harriers at Hastings

Our cover picture says it all. Debbie Percival crosses the line in a time of 1:15.05. A PB, a Club Record and a big fat cheque, all part of a day's work as Debbie stretched her legs over the testing Hastings Half Marathon course. Anyone who has run the Hastings Half will appreciate just what a quality run this was. It also put Debbie 7th overall in the Women's Half Marathon Rankings List.

It incorporated the BVAF Championships and with Bonny, Joanne Jenkins and Sharon Proudlove supporting Debbie, they also took the Half Marathon Championship team title.

The Chairman's Chair

Bob Davison fitted the criteria to fill the empty Chairman's seat at *Canterbury Harriers*. Bob, a founder member, is known well to most of us and we are pleased to have him on board. Kevin says there is only one drawback - he supports the wrong football team!!! Oh well - we all have our problems. And don't be fooled by that innocent smile of his - we caught him stone cold sober on this occasion - Kevin says "we can't have this - I'll have to take him aside for some private drinking lessons". Good luck Bob - you'll need it.



Congratulations to.....

Debbie Percival who married Ray Harris the day after the London Marathon. They flew off to Cyprus for their honeymoon. but unfortunately though since the London, Debbie has been out of serious (running!) action due to an achilles injury. She does hope to have a run around at the Red Lion 10k next week.

Sarah Vaughan and Steve Hammond have also just got married. Sadly though, as Sarah has now finished her degree here in Canterbury, she has moved to Chester where Steve has been working for the past 9 months.

Greg Callaghan and Mags are flying off to romantic St Lucia to get married later in the year. Greg is still living in Stockport, but we are sure he would be happier back in Canterbury.

There must be something about this Club, because if people aren't getting married, they're having babies.....

Angelina and Doug Holyer met about 4 years ago while we were still attached to 'the other lot'. They got married two years ago, moved to Deal and Angelina began to get fatter and fatter and fatter. Then, on Sunday 30th June at 4.15am, Angelina gave birth to **Anthony John Holyer** who weighed in at 7lb 6½ozs. Both Mother and baby are doing fine and Dad is holding up well too! Doug informed us that Angelina has already targetted her first race back. Who then, will be left holding the baby?.

Sarah & Roy Gooderson are expecting their second child *and*

Sarah & Graham Sear are expecting their third.

Who knows who will be next.....

The Red Lion 10k, Hernhill - Sunday, 14th July

This is our own race!!

If you are not able to run yourselves, please give consideration to helping out on the day. The success of any race is down to the organisation and help available. We still need marshalls, helpers on drink stations and the finish funnel. Please let Bonny or Kevin know if you are available.

Le Touquet 10k & 20k

The day trip for these races is Saturday, 24th August. Due to the usual popular demand, it is advisable to reserve your seats as soon as possible. The cost will be £12.00 per head for the coach booking and £6.00 per head for the 10k and £9.00 for the 20k. We will probably take the 8.45am crossing from Dover and return on the 8.45pm sailing (local time). Please complete the form attached and return with your cheque. Confirmation of sailing times, pick up points and race entry will be forwarded nearer the date.

Results Round-Up.....

The Farnham Flier

15-year old David Farnham chose the hilly Boughton 10k course for his debut run over the distance finishing in a time of 34.34 and 4th overall. This race proved to be a very good warm up for David's target race, the Sturry 5 held 6 weeks later. He completed the course in a time of 27.14. Keeping it in the family, David's sister Katie also won the girl's junior race.

The Cobra Dove Dash 2/6/96

Although the course was slightly changed this year, it did produce some quick times with Ian Hamilton just dipping under the 26 minute mark. Although numbers were slightly down, it was a good day for the Club with Alice and Joanne taking the first two womens places.

The Harrier

We also had the 1st Men and Womens Teams and the 1st Male Vet 0/50.

A Fun Run was held in conjunction with the race and Stuart Turner and Lee Baxter were 1st and 2nd Boys respectively and Zoe Dyer was the 1st Girl.

From the proceeds raised the Club donated £100 to Loveday Gezzard, a young disabled horse rider who is trying to raise money for a trip to Portugal. We must say a very big thank you to our main sponsors **COBRA** and **McDonalds** and to all the marshalls, timekeepers, dogsbodies etc. who helped out on the day.

1	Ian Hamilton	25.59	(Medway)
8	Martin Skeet	28.19	
9	Steve Reynolds	28.31	
10	Russell Bridges	28.38	
13	Tony Reavley	30.02	V/50 CR
18	Mick Barrington	30.36	V40
20	Joe Hicks	30.50	V40
22	Andy Branchett	30.56	V40
26	Steve Clark	31.19	V40
28	Doug Holyer	31.24	
29	Gerry Reilly	31.39	V40
30	Alice Osborne	31.47	1st Lady
33	Joanne Jenkins	32.05	2nd Lady V/35
36	Roy Gooderson	32.26	
39	Mike Eason	31.31	
40	Masuda Yuichi	32.24	
41	Denyer Kittle	32.49	
45	Andrew Marsh	33.36	
55	David Smith	35.07	V40
57	Jim Joiner	35.14	V40
59	Anita Smith	35.49	4th Lady V/35
69	Maurice Bennett	36.55	V50
88	Glyn Jenkins	41.23	V50
95	Trisch Downs	49.36	FV50 CR

*Sorry about the small amount of results given
- I accidentally binned them, thinking I had
kept them on the computer and I hadn't -
apologies. Bonny.*

Datchet 10k - 1/6/96

Gerry Reilly	39.48	V40
Sue Reilly	66.49	V40

Southwark 5 - 23/6/96

Bonny Appleby	30.30	2nd Lady
Gerry Reilly	30.44	V40
Joe Hicks	30.50	V40
Kevin Mitchell	30.50	
Sue Reilly	50.39	V40 PB 2mins37

North Downs 30k

Steve Reynolds	2:31.00
Sharon Proudlove	3:21.44
Erica Ackerman	3:22.44 V55

Nackington 8k X-Country - 28/6/96

2nd	Kevin Mitchell	29.50
4th	Steve Reynolds	31.54
9th	Keith Crossland-Page	33.29
10th	Gerry Reilly	33.40 V40
15th	Royn Gooderson	34.33
19th	Joe Epps	40.18 V40
25th	Simon Pates	42.45

2nd	Helen Paine	37.14 V45
	Sue Reilly	55.50 V40

Medway 10k - 30/6/96

14th	Steve Reynolds	38.49
17th	Joe Hicks	39.12 V40
25th	Gerry Reilly	40.40 V40
29th	David Smith	41.15 V40
52nd	Andy Marsh	46.35

1st	Bonny Appleby	39.25 V40
2nd	Denise Farnham	39.47 V40
9th	Sharon Proudlove	51.01
17th	Erica Ackerman	62.08 V55

1st Female Team

Dover Carnival 10m - 3/7/96

3rd	Kevin Mitchell	54.13
	Gerry Reilly	61.08 V40
	Maurice Bennett	78.59 V50
1st	Bonny Appleby	61.17 V40

DIARY DATES

JULY

14th	CANTERBURY HARRIERS - RED LION 10K
21st	Dartford Half Marathon - 10am - C/D 8/7/96.

AUGUST

- 4th Thanet 10k - 11am - C/D 28/7/96,
 10/11 BVAF Track/Field Champs, Exeter -
 C/D gone.
 11th Aylesham Half Marathon - 10.30am.
 Harlow 10 - 10.30am. C/D 29/7.
 18th Crawley 5 - 2pm.
 Hillingdon 10k.
 25th South London Harriers 10 - 10.30am -
 C/D 19/8.
 26th Barking Park 5k - 10.45am.

**WE ARE BRINGING BACK THE
 FAVERSHAM HALF MARATHON
 WHICH WILL BE RUN ON THE 13TH
 OCTOBER**

SEPTEMBER

- 1st Istead & Ifield 10k (Kent Champs) -
 11am - C/D 24/8.
 Erewash 10m Classic - 10.30am.
 8th Womens London 10k Road Race -
 9.30am - C/D 25/8.
 14th SOE Vets Track/Field Champs - See
 Bonny.
 21/22 Kent Vets Track/Fields Champs -
 Deangate - C/D 30/8. See Bonny.
 22nd Polytechnic Marathon (Inc Kent
 Champs) - 9.15am - C/D 31/8.
 Thanet Quick Sand 15 - 11.30am - C/D
 14/9.
 29th Maidstone Half Marathon (9.30am)
 10k (11.30am) & Fun Run (9.50am).
 C/D 24/9.

Le Touquet - Saturday, 24th August

Please reserve me seat(s) on the coach at a cost of £12.00 per head..

I/we will meet the coach at * Love Lane, Faversham at 7.30am
 Canterbury Bus Station at 8.00am

I will be running the 10k/20k* (Name)

..... "
 "
 "
 "

The cost for the 10k race is £6.00 and £9.00 for the 20k (subject to confirmation).

Please find enclosed cheque for my coach seats and race entry in the sum of
 £..... made payable to *Canterbury Harriers*.

Signed Telephone:

Address

.....
 Please send to Bonny Appleby, 1 Ivy Place, Wincheap, Canterbury, Kent, CT1 3ST.

* Delete as appropriate.