
The Harrier

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CROSS COUNTRY CALENDAR CHAOS



With the cross country season fast approaching, this edition of the Newsletter concentrates mainly on all the league dates - and as you will see, there are plenty of them. When, do we ask, will we get time to run a road race. Still cross country *can be* enjoyable; it's good for building aerobic fitness, physical toughness and is much kinder on legs. Given below are details of the Southern Womens, the Kents and the Today's Runner Cross Country Leagues. If you want further information about any of these, please contact Bonny.

TODAY'S RUNNER LEAGUE

For those of you new to the Club, you may care to consider taking part in this "friendly" cross country league. The league is used for our own cross country championships and you must compete in 5 out of the 7 races to be eligible for trophies at our Club Presentation held in December 1997. The races which start at 11am are usually approximately 5 miles. At most venues there are also junior races. The dates given are as follows:-

Sat 9th Nov - Avery Hill Park, New Eltham

Sun 5th Jan - Istead Rise Community Centre

Sun 24th Nov - Swanley Park, Swanley

Sun 19th Jan - Woodstock Club, Sittingbourne

Sun 22nd Dec - Minnis Bay, Birchington

Sat 8th Feb - Mote Park, Maidstone

Sun 23rd Feb - Hop Farm, Paddock Wood

As you can see we are not hosting a meeting this year - the Today's Runner League Committee were asked some time ago by New Eltham Joggers if they could stage a race and so our venue was dropped. Still, hopefully that means we can turn out a good team at every match now and thrash the lot of them. The cost is £1.50 per runner (per race) and this should be paid to our Team Manager **before** the start of each race. The Team Manager will be nominated on the day.

WOMEN'S SOUTHERN CROSS COUNTRY LEAGUE

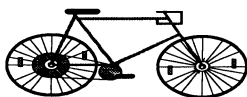
Again, this year there are only 3 matches in this series and each winning team (including VETS) will receive a prize of £50.00. Unfortunately we only took part in the first two meetings last year, so please, lets make a real hard effort to turn out at all three matches. If we do win, then I propose the prize be split between those who run all three races. The dates given are:

Sat 19th October - Kings Park, Bournemouth - Seniors race is 1.30pm.

Sat 16th Nov - Thomas Bennett Sch, Crawley.

Sat 21st December - Bedford.

Liaise with Bonny re travel arrangements.



THE MARGATE INTERNATIONAL - SUNDAY 10TH NOVEMBER

This meeting attracts some high quality international runners, so even if you dont compete yourself, its worth going just to spectate. Again all age groups are covered and prizes are on offer. It is not necessary to enter through the Club for this event, so see Race Diary or ask Bonny for a form.

KENT CROSS COUNTRY CHAMPS - SAT 14TH DECEMBER - GILLINGHAM

If anyone would like to be entered for these Championships, you must have either been born or resided in Kent continuously for a period of 9 months prior to the event.

Would you please notify Bonny by no later than **Thursday, 31st October** if you would like to be entered. All age groups catered for.

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LONDON X-COUNTRY CHAMPIONSHIPS SATURDAY 23RD NOVEMBER

Qualification for this is either:

Born in Greater London area; has not less than 1 years bona fide residence; not less than 1 years continuous full-time employment or not less than 1 years full time attendance at an educational establishment.

The distances will be approximately 6 miles for the men and 3 miles for the women at Parliament Hill, Hampstead Heath.

You will need to notify Bonny by no later than **Thursday, 24th October** if you would like to run.

SOUTH OF ENGLAND XC CHAMPS SATURDAY, 25TH JANUARY 1997

The venue again will be Parliament Hill, Hampstead Heath and all age groups are included. Further details can be obtained from Bonny who must be notified by no later than **Tuesday 3rd December**, if you would like to take part.

SEAA VETERANS CHAMPIONSHIPS DAY - SATURDAY, 1ST MARCH

The venue will be at Wigmore Valley, Luton. Team awards and individual awards will be based on five year age groups, depending on how many entries are received. Details to follow.

THE REEBOK ENGLISH NATIONAL CHAMPIONSHIPS - SAT 8TH MARCH

These will be held at Staunton Country Park, Hampshire.

**REMINDER; MEMBERSHIPS ARE DUE - YOU WILL BE
OMITTED FROM CLUB AWARDS IF YOU HAVE NOT PAID UP**

RACE RESULTS

Polytechnic Marathon - 22 Sept

Sharon Proudlove 4:07.22

Sharon not only achieved a 2 min PB, but also won the Women's Kent Marathon title.

Guilden Sutton, Chester - 6 Miles - 22 Sept

1st Sarah Hammond (nee Vaughan) 39.02

Watford Open Track Meeting - 25 Sept

800m Zoe Hinsley U/13s 2.49.07 PB 2sec

3000m Doug Hinsley Sen. 11.47.03 PB 14sec

Maidstone Half Marathon - Sun 29 Sept

8th Andy Colling 1:18.24

Graham Warne 1:29.06

Laurence Shaw 1:31.53 V/40

Denyer Kittle 1:39.16

Maidstone 10k

Russell Bridges 36.37

Steve Reynolds 38.08

Andy Marsh 42.36

Sharon Proudlove 51.12

Erica Akerman 65.00

Kent Road Relays (Young Athletes) - 29 Sept

U/15s Andrew Crossland-Page 11.06

Simon Dunderdale 10.38

U/17s Stuart Turner 15.16

Tim Crossland-Page 17.06

Lee Baxter 16.45

All the boys were competing in Blackheath colours. Andrew and Simon's excellent runs earned them a Silver medal, while Stuart, Tim and Lee won Bronze medals.

On the same day, David Farnham went to the South of England 4-Stage Road Relays (also competing for Blackheath) and brought them from 4th place to 2nd and ran the third equal fastest leg on the day in the Under 17s.

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Sittingbourne 10 - 6 Oct

Tony Reavley 61.32 V/50 1st

Steve Reynolds 62.12

David Smith 64.38 V/40

Bob Davison 64.48 V/40

Laurence Shaw 67.10 V/40

Dennis Hayes 68.27 V/40

Peter Greenwood 81.04 V/50

The race also incorporated the Kent Champs of which Tony was the first Vet 50.

Helen Paine 68.50 V/50

Joanne Jenkins 68.55 V/35

Anita Smith 74.52 V/40

Sharon Proudlove 83.50

June Haas 99.12 V/50

Erica Akerman 102.04 V/55

Helen was also third in the Kent V/45 category and the Ladies were 3rd team overall.

Portsmouth 10 - 6 Oct

122 Russell Bridges 58.09 PB 41sec

292 Dave Joy 62.43 PB 2min

470 Gerry Reilly 65.39 V/40

281 Bonny Appleby 62.34 V/40
13th Lady - 1st Vet 40

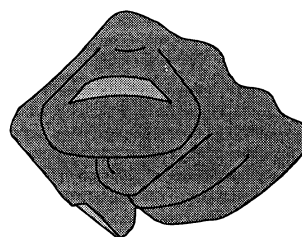
3751 Sue Reilly 105.38 V/4
Sue's first run over the distance

Lake Vryny Half Marathon

Steve Hammond 1:29.11

Peter Wyeth 1:36.14 V/50

**SUNDAY 20TH OCTOBER - FAVERSHAM
½ MARATHON - WE NEED YOUR HELP**



Brake Bros 10k, Ashford - 13 Oct

	Rob Sargeant	35.06	
	Mark Roberts	37.38	
	Jo Hicks	37.41	V/40
	Dave Joy	39.34	
	David Smith	39.40	V/40
	Dennis Hayes		V/40
	Gerry Reilly	40.32	V/40
	Doug Hinsley	43.54	PB 1m50
	Les Willis	44.10	V/50
	Jim Joiner	44.20	V/40
	Steve Mills	48.32	
	Cliff Tritton	49.00	
	Colin Parry	49.26	V/60
	Ivan Morris	50.08	
	John Hartley	50.48	V/40
	Barry Lilley	51.16	V/40
	John Minshull	53.57	V/60
4th	Bonny Appleby	38.52	1st V/40
5th	Denise Farnham	39.14	2nd V/40
	Helen Paine	41.46	V/45
	Anita Smith	45.02	V/40
	Shahida Queshi		V/40
	Joan Crossland-Page	57.00	V/45
	Eve Barrington	60.44	V/40
	June Haas	60.46	V/50
	Sue Reilly	64.47	V/45

1st Ladies Team

There were several races for the younger members and Sam McDonald has already become a celebrity after winning the Under 9 boys. Sam is the first winner of a race on the new track and was interviewed by the local paper! His brother Adam started at the back of the Under 13s and managed to charge through the field to finish in 25th place.

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Zoe Hinsley (aged 12) had a very creditable run in the U/15s to finish 4th, while her smaller sister Millie finished 2nd in the Under 9s.

Parkwood X/Country League C/Bury -13 Oct

U/17s Stuart Turner - 17.28 - 19th

U/15s Simon Dunderdale - 10.10 - 23rd

Southend 10k - Sun 13 Oct

Sharon Proudlove 49.44

Erica Akerman 59.00 V/50

DIARY**October**

20th FAVERSHAM HALF MARATHON

27th Canvey Island 10k, Essex - C/D 20/10

Tonbridge 5 & 10 miles - C/D 18/10

Barnes Green Half Marathon, Horsham (inc

SE Vets AC Champs

November

10th Deal Triathlon 5 miles (NO KITE MARK)

Pitsea 5, Essex - C/D 27/10

17th Brighton 10k - C/D 4/11

24th Bournemouth 10 - C/D 20/11

December

1st ASICS Victory 5, Portsmouth

Thanet Open 10

15th Thurrock 10k, Essex

PLEASE REMEMBER THAT RACE ENTRY FORMS MUST HAVE EITHER SEAA PERMIT APPLIED FOR OR A KITE MARK FOR RACE TIMES TO BE INCORPORATED IN OUR LEAGUE TABLES.