
The Harrier

Volume 1 Issue 5

DECEMBER 1996

Presentation Evening



Approximately 80 people turned up for this year and although quite a number of the actual prizewinners themselves were not in attendance, it still nevertheless proved to be a worthwhile evening from the Club's point of view. Major trophy winners were as follows:

Endurance Awards to Erica Akerman, Anita Smith, Doug Hinsley and Keith Crossland-Page for their perseverance, dedication and achievement.

Most Improved were awarded to Joan Crossland-Page and Dave Joy for their numerous Pbs during the year.

Overall Male & Female Champions were presented to Sharon Proudlove and Rob Hall who competed in all the cross country and road races, including the Marathon.

Overall 10k Champion went to David Farnham for his fairly leisurely run in 34.04 over the hilly Boughton course. David, as most of you may know, is still only 16.

Most Outstanding Performance awarded to David Greenwood for his PB of 1:22.50 at the Sipova Half Marathon which he ran amid flying bullets and shells during the War in Bosnia. David also achieved PBs at quite a few other distances during the past year.

Hosts for Hollandia



In the last Newsletter I mentioned an exchange trip with Minnie Boelens' Running Club in Holland (Hollandia). Approximately 20 members are coming over to take part in the Canterbury 10 on the 26th January and I am looking for say, 10 addresses where they can be put up for two nights. Only a couple of people so far have come forward to offer accommodation (they don't necessarily have to stay in Canterbury). I'm sure Minne's friends would be only too pleased to accommodate us when we plan our trip to Holland, so please come on, lets show some good old English hospitality.

Minne has suggested the following itinerary:

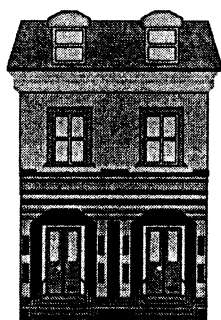
Meet Friday early evening at Kingsmead to collect guests. Saturday morning take a slow, scenic training run followed by sightseeing or shopping trip in the afternoon and all joining up early evening for dinner in a hall/pub. They will be leaving fairly soon after the race on Sunday in order to catch the afternoon ferry.

Please contact Bonny if you feel you might be able to help (as soon as possible), It is hoped we may arrange a group booking to Holland in mid February. Again, if anyone is interested, please let me know.

Change of Address

Please note that as from the 9th January my new address and telephone will be:

Flat 4, 83 Central Parade, Herne Bay, Kent,
CT6 5JQ - Tel: 01227 742447.



League Tables

Attached is an up-to-date (I think) copy of the League. If you have run faster than the time shown, please let us know so the records can be amended.



Alarms Available

Roy Gooderson can supply Personal attack alarms which may be of interest to some of our women runners and also reflective lights, both priced at £3.99 each.

RESULTS

Today's Runner XC League - Swanley - 24/11/96

Following the poor turnout of Harriers at the first meeting of the season, a far more enthusiastic display of Harrier unity earned us overall winners on the day, beating second placed Paddock Wood by a margin of 56 points.

There was quite a tussle for the first three places with Andy Colling having a brilliant run, but just lost the sprint finish to Darren Jordan of Medway.

We had a winner in the Girls Junior race in Zoe Hinsley and Sam McDonald finished a very good 2nd place in the Boys race. The Ladies also won the team again on the day.

2nd	Andy Colling		28.10
6	Robert Hall		28.30
24	Steve Reynolds		29.52
26	Paul Stevenson		29.56
38	Martin Skeet		31.00
48	Arthur Barnes		31.41
51	Bob Davison	M40	31.47
56	Joe Hicks	M40	32.14
59	David Smith	M40	32.20
60	Bonny Appleby	F35 1st L	32.21
72	Sean Reilly		32.39
73	Denise Farnham	F35 3rd L	32.42
92	Jerry Reilly	M40	33.29
116	Alice Osborne	5th L	34.14
118	Dave Lightburn	M40	34.22
122	Roy Gooderson		34.32
130	Doug Hinsley		34.51
141	Helen Paine	F45 8th L	35.18
150	Les Willis	M50	35.40
152	Pete Wyeth	M50	35.52
187	Anita Smith	F35 15th L	37.37
195	Marie O'Connell	F 17th L	38.11
222	Sharon Proudlove	F 31st L	41.25
264	Erica Akerman	F55 54th L	49.42
269	Sue Reilly	F45 58th L	54.52

Combined Points:

1st	Canterbury	474
2nd	Paddock Wood	530
3rd	Medway	649

Kent XC Championship Gillingham 14/12/96

It was the first time that the Club had been able to put out a male Under 20s team. Paul Stevenson finished in 13th place, Sean Reilly in 20th and Arthur Barnes in 26th. Their race was the last of the day, and by that time there was very little support around the course as the weather conditions were very cold and bleak, but they were well rewarded with a Bronze medal for their gutsy runs. It is also the first ever County medal for a male cross country team. Further results are as follows:-

U/13 Girls: 23rd Zoe Hinsley

U/15 Boys: 18th Simon Dunderdale

U/17 Boys: 5th David Farnham
24th Stuart Turner

Senior Women:

11th Bonny Appleby
18th Denise Farnham
23rd Helen Paine
39th Fayne Stone
50th Sharon Proudlove
56th Erica Akerman

5th Womens Team

Men: 98th Steve Reynolds
156th Doug Hinsley

Womens Southern League Bedford 21/12/96

12th	Bonny Appleby	18.20	1st Vet
19th	Denise Farnham	18.46	4th "
27th	Alice Osborne	19.21	
37th	Helen Paine	1st V50	20.15 12th "
44th	Anita Smith	21.46	14th "
47th	Fayne Stone	22.24	16th "
57th	Joan Crossland-Page	25.46	25th "

The team finished 3rd on the day and first Vets team which gave us an overall finishing place of 4th and the 1st Vets Team. Quite an achievement!. Many thanks also to Sue Reilly and Suzanne Jenkins for their support in previous races, but who were unable to attend on the day due to illness. Also my personal thanks to Joan and Fayne for getting us there. (*Bonny*)

Today's Runner League, Winnis Bay 22/12

6th	Andy Colling	
8th	Rob Hall	
11th	Kevin Mitchell	
22nd	Steve Reynolds	
27th	Stuart Turner	
49th	Bob Davison	V40
51st	Graham Warne	
57th	Dave Joy	
65th	David Smith	V40
68th	Sean Reilly	
71st	Bonny Appleby	FV35 2nd Lady
74th	Joe Hicks	V40
79th	Doug Hinsley	
82nd	Jerry Reilly	V40
89th	Mike Eason	
92nd	Roy Gooderson	
115	Denise Farnham	FV35
119	Jim Joiner	M40
123	J Leach	
139	Peter Wyeth	V50
155	Mark Trott	
158	Graham Sear	
160	Martin Ballands	
164	Anita Smith	FV35
199	Maurice Bennett	V50
201	Ivan Morris	
224	Erica Akerman	FV50
227	Sharon Proudlove	

Another good turn out by the Club in very cold, windy conditions over a tough rugged course. An excellent result with 5 in the first 27. Well done also to Stuart Turner (aged 16) for his first ever run in the League over this distance.

There was another good turn out by our Juniors with Simon Dunderdale taking first place overall. Sam McDonald, Zoe and Millie Hinsley also had excellent runs over quite a long course (2 miles) for the Juniors. Nevertheless all finished very strongly indeed considering the conditions.

The next meeting will be held on Sunday, 5th January at Istead Rise Community Centre at 11am. Unfortunately no Junior race will take place at this venue.

RACE DIARY***December***

29th Aylesham 10mile - 10.30am start.

Tadworth 10m - 10.30am.

January

1st Erith Hangover 10k - 2.15pm & Fun Run 1.30.

5th Todays Runner XC Istead Rise - 11am

Linford Joggers 10 mile - 11am.

12th Hastings 10k - 10.30am - C/D 8/1.

Thanet Bike/XC - 11am - C/D 5/1.

19th Todays Runner, Woodstock, Sittingbourne 11am

26th Canterbury 10mile - 11am - C/D 22/1.

February

8th Todays Runner, Mote Park, Maidstone 11am

9th Eurostar 10k - 11am - C/D 1/2.

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

***WISHING YOU ALL A VERY
PEACEFUL
& SUCCESSFUL 1997***

League Table - As At December 1996

5 miles

Russell Bridges	28.18	Portsmouth	
Rob Hall	28.24	Battersea	
Denise Farnham	29.59	Portsmouth	FV/40 CR
Jerry Reilly	30.26	Portsmouth	V/40
Bonny Appleby	30.26	Portsmouth	FV/40
David Smith	31.10	Pitsea	V/40
Sean Reilly	31.33	Portsmouth	
Alastair Telford	33.11	Pitsea	
Helen Paine	33.21	Portsmouth	FV/50
Peter Wyeth	33.21	Portsmouth	V/50
Anita Smith	36.15	Pitsea	FV/40
Cliff Tritton	37.10	Deal	
John Hartley	39.00	Deal	V/50
Barry Lilley		Deal	V/40
Sue Reilly	51.11	Portsmouth	FV/45

10k

Russell Bridges	34.58	Brighton	PB
Rob Sargeant	35.06	Julie Rose	
Kevin Mitchell	36.39	Canvey Island	
Joe Hicks	37.41	Julie Rose	V/40
Mike Barrington	37.58	Chelmsford	V/50
Dave Joy	38.06	Brighton	
Jerry Reilly	38.26	Brighton	V/40 PB
Steve Hammond	38.28	Chester	
Bonny Appleby	38.52	Julie Rose	FV/40
Denise Farnham	39.14	Julie Rose	FV/40
David Smith	39.40	Julie Rose	V/40
Dennis Hayes	39.42	Julie Rose	V/40
Bob Davison	40.20	Canvey Island	V.40
Helen Paine	41.46	Julie Rose	FV/50 Club Record
Alastair Telford	42.12	Chelmsford	
Les Willis	42.36	Brighton	V/50
Doug Hinsley	43.54	Julie Rose	
Anita Smith	45.02	Julie Rose	FV/40
Dave Parnell	45.47	Canvey Island	MV/50
Mark Balman	47.20	Canvey Island	
Maria Sargeant	48.00	Canvey Island	
Steve Mills	48.32	Julie Rose	
Cliff Tritton	48.37	Canvey Island	
Fayne Stone	48.45	Canvey Island	FV/35
Colin Parry	49.26	Julie Rose	MV/60
Sharon Proudlove	49.44	Southend	
Ivan Morris	50.08	Julie Rose	
Barry Lilley	50.37	Canvey Island	MV/50
John Hartley	50.39	Julie Rose	MV/50
Joan Crossland-Page	57.00	Julie Rose	FV/45
Erica Akerman	59.00	Southend	FV/50
Eve Barrington	60.44	Julie Rose	FV/40
June Haas	60.46	Julie Rose	FV/50
Sue Reilly	63.58	Brighton	FV/45
Bill Burt	68.00	Julie Rose	MV/60

League Table contd.

10 Miles

Russell Bridges	58.09	Portsmouth		PB
Tony Reaveley	61.32	Sittingbourne	V/50	
Steve Reynolds	62.12	"		
Bonny Appleby	62.34	Portsmouth	FV/40	
Dave Joy	62.43	"		PB
David Smith	64.43	Sittingbourne	V/40	
Bob Davison	64.48	"	V/40	
Jerry Reilly	65.39	Portsmouth	V/40	
Laurence Shaw	67.10	Sittingbourne	V/40	
Helen Paine	68.50	Sittingbourne	FV/50	
Dennis Hayes	68.28	"	V/40	
Joanne Jenkins	68.55	"	FV/35	
Anita Smith	74.52	"	V/40	
Sharon Proudlove	78.16	Bishops Stort		
Peter Greenwood	81.04	"	V/50	
June Haas	99.12	"	FV/50	
Erica Akerman	102.04	"	FV/50	
Sue Reilly	105.38	Portsmouth	FV/40	

Half Marathon

Robert Hall	1:18.08	Faversham		
Rob Sargeant	1:19.40	Faversham		
Russell Bridges	1:22.36	Faversham		
David Greenwood	1:22.50	Siprova	PB	
Tony Reavley	1:23.39	Faversham	V/50	
David Smith	1:27.33	Faversham	V/40	
Dave Joy	1:29.10	Faversham		
Sarah Hammond	1:29.11	Lake Vryny		
Dave Lightburn	1:31.27	Faversham	V/40	
Laurence Shaw	1:32.28	Faversham	V/40	
Andrew Marsh	1:33.41	Faversham		
Peter Wyeth	1:36.56	Faversham	V/50	
Doug Hinsley	1:40.34	Faversham		
Anita Smith	1:42.16	Faversham	FV/40	
Maurice Bennett	1:51.33	Faversham	V/50	
Colin Parry	1:52.18	Faversham	V/60	
Maria Sargeant	1:52.49	Faversham		
Peter Greenwood	1:53.36	Faversham	V/50	
John Hartley	1:53.36	Windsor	V/50	
Derek Parnell	1:54.32	Faversham	V/40	
Sharon Proudlove	1:55.43	Faversham		
Barry Lilley	1:56.57	Faversham	V/40	
Shahida Quershi	1:57.35	Faversham	FV/40	
Ivan Morris	2:04.19	Faversham		
Erica Akerman	2:16.09	Faversham	FV/50	

The Marathon

Joanne Jenkins	3:15.08	Amsterdam	FV/35	
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