

The Harrier

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LONDON LOOMS

The Club will see no less than 24 Harriers strutting their stuff at the Marathon this year - some 'old timers' who have run the course 3 times or more and for a few, their first ever run over the distance. Pete Greenwood (one of 41 other people who have completed all London Marathons) is undertaking his 16th run over the course. Our Ladies will be trying for a third successive victory in the Team event. Alice and Joanne, both team scorers in '95 and '96 will line up again, while Debbie (first home last year in 2:48), although back to training following her injury, will be supporting from the wings. We have three husband and wife pairs running, Allison & Russell Bridges, Joan & Keith Crossland-Page and Anita & David Smith.

Lets hope for good weather and good results. Good luck everyone and have a great day.



GLYN GETS GOING

Considering "the old goat" (his words, not mine) was laid off for almost a year with cartilage problems, his return to racing has been, to say the least, phenomenal. Glyn was expecting to undergo keyhole surgery due to frayed cartilage, and he



was given exercises to help alleviate the problem during the waiting period leading up to the operation. When he was re-assessed the X-rays showed the problem had corrected itself, probably due to his persistence with exercises. Well - that's all he needed to know and now there's no stopping him. In his last 5 races he has achieved 5 Club Records as follows:

Kent 10, Sidcup - 16th February - 60.43

Tunbridge Wells ½ Mar - 2nd Mar - 1:22.33

Reading ½ Marathon - 16th March - 1:21.16

Paddock Wood ½ Mar - 23rd Mar - 1:20.49

Folkestone 10 - 28th March - 60.40

In the Reading Half he was also given 3rd in the SEAA Champs, and at Folkestone 3rd Kent Champ. His next target is the 5-miler at Strode Park. The Club Record of 30.02 is currently held by Tony Reavley who is also running - will Glyn beat the clock - will Glyn beat Tony - we shall have to wait and see!!!

KINGS SCHOOL ~ MEMBERSHIP

Following a recent meeting with the Managers of the Recreation Centre, the following two options are available:

1) Pay £1.30 at the Kings School reception on arrival for each Tuesday and Thursday evening session.

2) Take up the special Silver Corporate Membership at £26.00 per adult or £9.00 per child/student/unemployed.

This rate is only available if membership is taken up before 1st May, thereafter it increases to £37.00 per adult.

Membership Application forms can be obtained from either Kevin, Bonny, Joe or Bob and on completion should be handed to one of the same, together with a photograph and cheque.

Once membership has been arranged, an assessment to use the gym will be available at a cost of £4.30.

We would also like to remind everyone that stretching, etc. should only be carried out the designated areas (usually the main hall/cricket lanes) and not at any time in the Restaurant area, nor should any of your own food be eaten in the Restaurant.

As from Thursday, 17th April all Membership Cards must be shown on arrival at the Reception Desk

STRODE PARK 5 MILE ~ SUNDAY 27TH APRIL

As most of you already know, Canterbury Harriers often lend a hand at this event and if anyone is unable to run, perhaps you might care to think about helping out on the day. Please let Bonny know.

Running Overseas



HOLLAND · 6TH JUNE

I am in the process of organising the exchange trip to Holland for the weekend of Friday, 6th June. If anyone is interested in going, please let Bonny know by no later than Thursday, 24th April. The cost will be approximately £24.00 + per person travelling from Dover/Calais on SeaFrance if the booking is made before the end of April. Obviously the cost will depend entirely on how many people are travelling. Accommodation arrangements will be made at a later date through Minne Boelens. I will also need an indication of preference as to travelling on the Friday or Saturday and the length of stay, say returning Sunday or Monday.

Le Touquet - 23rd August -

Full details of this popular day trip will be given shortly in a forthcoming Newsletter. There is a race for everyone with 5k, 10k and 20k distances to choose from.

BENIDORM · NOVEMBER 1997

Mark Trott has kindly sent in details offering flights/accommodation for the Benidorm Marathon or Half Marathon, due to take place on the 23rd November. Places are limited to 9 only, so it will be on a first-come-first-served basis. The price will depend on how many travel, but very approximately £137-155 and will include flight, accommodation and car hire. For further information speak to Bonny.

CLUB ADVERTISING

If you would like to place an Ad or have an article incorporated within the next Newsletter, please pass to Bonny before the end of the month.

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RESULTS**Wimbledon 10k - 9/3/97**

Alistair Telford	38.35	PB 1 min
Dave Parnell	V/50	42.28
Fayne Stone	FV/35	46.15 PB 20secs
John Hartley	V/50	48.50 PB 1min

Hastings Half Marathon - Sunday 16th March -

23rd	Robert Hall	1.16.21	PB 15 secs
	Mick Barrington	1:25.20	V/50
	Mark Trott	1:39.40	
	Pete Greenwood	1:51.57	V/50
	Sharon Proudlove	2:15.00	
	Erica Akerman	2.26.00	FV/55

Good times considering the very windy conditions.

**Reading Half Marathon - Sunday 16th March -
SEAA & AAAs Championships**

Glyn Jenkins	1:21.16	V/50	3rd Vet	CR
Joe Hicks	1:23.16	V/40		
Bonny Appleby	1:25.15	FV/40	2nd Vet	
Joanne Jenkins	1:28.38	FV/35		
Alice Osborne	1:29.44			

Another new Club Record for Glyn. Congratulations.

Ladies were 3rd Team overall, 2nd SEAA and 3rd AAAs

Crawley Open - 22/3/97

600m - 2nd	Adam McDonald	2mins 01	(Age 9)
60m - 4th	Sam McDonald	10.04	(Age 8)
150m - 2nd	Adam McDonald		
5th	Sam McDonald		

Paddock Wood Half Marathon - 23/3/97

10th	Robert Sargeant	1:16.02	
22nd	Russell Bridges	1:18.28	
38th	Glyn Jenkins	V/50	1:20.49 CR
78th	Julian Murray		1:24.25 PB 1:30sec
88th	Gerry Reilly	V/40	1:25.04 PB 1:25sec
	Alice Osborne		1:30.27 2nd Lady
	Joanne Jenkins	FV/35	1:30.41 3rd Lady
	Maria Sargeant		1:49.00
	Peter Greenwood	V/50	1:51.59
	Shahida Quershi	FV/45	1:57.11
	Maurice Bennett	V/50	1:58.37
	Erica Akerman	FV/55	2:24.00

3rd Ladies Team

Glyn ran took his own Club Record again, taking some 37secs off his time at Reading. What is this man on!!!!

Fleet Half Marathon - 23/3/97

Dave Joy	1:28.42	PB 40secs
Ivan Morris	1:59.40	PB 4 mins

RESULTS CONTD.

Parkwood 2k Open, 23/3/97

6th	Stuart Turner
13th	Simon Dunderdale
15th	Lee Morphet

Blackheath won the League for the season. and David Farnham was also given 2nd fastest of the season. Congratulations also to Simon who has been given the 'Best Blackheath Male Athlete of the Season'.

Civil Service 10k, Battersea - 26/3/97

Gerry Reilly V/40 38.03 PB
20secs

Folkestone 10 - (Kent Champs)

Robert Hall 56.56

PB 1min30secs

Glyn Jenkin	CR V/50	60.40
Keith Crossland-Page		61.06
Joe Hicks	V/40	63.04
Bonny Appleby	FV/40	63.30
Gerry Reilly	V/40	64.24
Alastair Telford		64.26

PB 2 mins10

Bob Davison	V/40	65.05
Dave Lightburn	V/40	68.07
Denise Farnham	FV/40	69.05
Helen Paine	FV/45	69.46
Mel Carter	V/50	70.45
Roy Gooderson		71.46
Doug Hinsley		72.49
Graham Warne		72.49
Jim Joiner	V/40	74.05
Cliff Tritton		75.58
Mark Trott		76.40
Derek Parnell	V/40	77.00
Fayne Stone	FV/35	77.35
Pete Greenwood	V/50	78.44
Peter Wyeth	V/50	78.53
Maurice Bennett	V/50	80.52
John Hartley	V/50	80.56

PB 30secs

Colin Parry	V/50	84.50
Allison Bridges		86.21

PB 3 mins

Joe Epsom	V/40	86.35
Suzanne Jenkins		89.36
Sharon Proudlove		94.00
Erica Akerman	FV/55	149.16

1st Ladies Team

2 Mile Fun Run

5th	Simon Dunderdale	11.25
10th	Gavin	12.25 1st U/14
11th	Jack Parnell	12.29
15th	Andrew Langston	13.04
17th	Sam McDonald	13.12
21st	Adam McDonald	13.26
24th	Zoe Hinsley	13.44 1st U/14
34th	Millie Hinsley	15.11

Horsham Open Meeting - 30/3/97 - U/10s

600m	3rd	Sam McDonald	2:03.14
	4th	Adam McDonald	2:03.32
150m	1st	Adam McDonald	24.04
	3rd	Sam McDonald	25.00

RACE DIARY

Details given of reasonably local events for information purposes only. Some race entry forms available from Bonny, if required.

April

13TH LONDON MARATHON

20th Canvey Island Nicola's 5 & Childrens Races. 10am.c/d 14/4.
Dover Duathlon (500m swim38k) plus U/16s,14s,U/12s/U/10s.

26th Wealden 10, Biddenden. 10.30am.

27th Strode Park 5 (& Fun Run) c/d 20/4.

May

4th Hempstead Valley Half Marathon & 3m Fun Run. 10am. c/d 30/4.
5th Whitstable 10k & Fun Run. 11am. c/d 1/5.
Hildenborough 10 & 5m Fun Run, Tonbridge. 10.30am. c/d 1/5.

10/11th Kent Championships, Crystal Palace.

Details from Bonny. c/d 23/4. (Seniors).

17th BAF/BVAF National Open Vets Road Relay,Sutton Pk, Birmingham. c/d 20/4

18th Boughton 10k & FR. 11.30am. c/d 10/5.
Sevenoaks 7. 10.30am. c/d 11/5.

25th Bexley 10k & Fun Runs/Relay. 1pm. 9/5.

Other Track Championship Dates:-

18th June - 10,000m - Norman Park, Bromley.
21st June - U/13 Boys, Sutcliffe Park, Eltham.
6th July - U/15 Boys, U/17s & U/20s Team Champs Norman Park, Bromley.