
The Harrier

Volume 1 Issue 4

April 1997



Alice, Bonny & Joanne still smiling after 26 miles

London

Weather conditions were ideal, the support on the course was terrific, and from my own point of view, it was probably one of the most enjoyable Londons that I have ever run. We had a really good turn by the Club and out of our 24 runners, 15 finished under 4 hours and a new Club Record went to Mike Barrington who knocked 8 minutes off the previous Vet 50 time held by Les Willis.

We were unfortunate this year in the Ladies team event where we finished outside of the medals, but we will be back next year I'm sure as one of the leading teams in contention for the overall BAF and AAAs Championships.

There were some excellent PBs from Gerry Reilly (32mins), Mike Eason (25mins), Joan Crossland-Page (40mins) and outstanding debut runs by Allison Bridges and Grenville Hancox. A full list of the results can be found on Page 2.

Strode Park

It was great to see so many Harriers at this year's event, in fact 39 Club Members took part, which must be a record turnout for the Club in one race. Three Club Records went on the day with David Farnham taking the Senior Men's title from his Coach (Kevin has had words with David about this!!), Joe Hicks the Vet 40 and Glyn Jenkins the Vet 50.

It was Debbie's first race back after a long lay off and although her time of 29.10 is way off her best, she was pleased to get her first race out of the way. Her time was also good enough to take the course record. We won the Ladies team and 3rd Male team.

Not to be outshone by the Seniors, our very talented younger members gave the crowd a good show in the Under 16s race with Simon Dunderdale coming in 1st, Lee Morphet 2nd and Jack Parnell 3rd. Full results are on Page 2.

Le Touquet - Saturday 23rd August

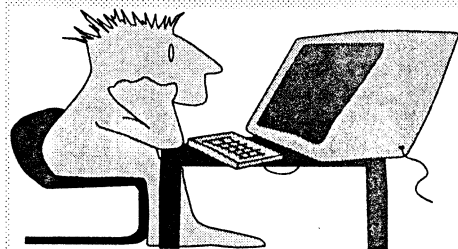
Le Touquet is always a very popular day trip and we shall be making the usual excursions to the Hypermarket and mystery tour en route. The cost will be £13.00 per head for the coach and ferry crossing only. The race entry will be extra (approx. £6.00 for the 10k and £9.00 for the 20k). Confirmation of the entry fee will be given in a later edition of the Newsletter as soon as this is known.

There will be two pick-up points for the coach; the first from Love Lane, Faversham at approximately 7.30am and the second from Canterbury Bus Station at approximately 7.50am. We will return to Canterbury about 10pm.

It is recommended now that, even if going abroad just for a day trip, an E111 form is completed. This can be obtained from the Post Office.

Please complete the attached form as soon as possible to book your place.

RESULTS



JULIE ROSE OPEN MEETING 19/4/97

200m

7th Cliff Tritton - Senior Men 28.9

800m

6th Zoe Hinsley - U/15s 2mins44 PB 6secs

7th Jack Parnell - U/15s 2:41.9

8th Andrew Langston - U/15s 2:50.0

5th Lee Morphet - U/17s 2:26.9

4th Fayne Stone - S/Women 2:57.0 FV/35

4th Steve Reynolds - S/Men 2:12.1

1000m

4th Gavin Coulson - U/13s 3:27.4

3000m

1st David Farnham - U/20s 9:26.0

Stuart Turner 10:04

Simon Dunderdale 10:47

Steve Reynolds - S/Men 10:46

Bob Davison 11:07 V/40

Alistair Telford 11:15

Doug Hinsley 11:42

1st Denise Farnham - S/Wom 11:10 FV/40

1500m Steeplechase

3rd Kevin Mitchell - S/Men 5:10.7

1st Sean Reilly - U/20s 5:51.6

This was the first open track meeting to be held at the Julie Rose. Weather conditions were very, very windy.

Strode Park - 27/4/97

5th David Farnham 26.13 Club Record

11 Robert Hall 27.13

21 Russell Bridges 28.44

26 Debbie Percival FV/35 29.10 1st Lady

30 Stuart Turner 29.24

37 Glyn Jenkins V/50 29.43 Club Record

42 Arthur Barnes 30.04

43 Joe Hicks V/40 30.08 Club Record

47 Steve Reynolds 30.17

51 Tony Reavley V/50 30.27

54 Alastair Telford 30.34 PB

56 Bob Davison V/40 30.46

57 Denise Farnham FV/40 30.51 4th Lady

59 Gerry Reilly V/40 31.02

65 Sean Reilly 31.38

79 Roy Gooderson 32.26

84 Dave Lightburn V/40 32.35

92 Mel Carter V/50 32.59

94 Dennis Hayes V/40 33.04

97 Helen Paine FV/50 33.22 1st V/50(9th)

100 Lee Baxter 33.26

101 Joanne Jenkins FV/35 33.28 10th Lady

119 Dave Parnell V/50 34.20

126 Doug Hinsley 34.28

147 Cliff Tritton 35.49

169 Derek Parnell V/40 37.18

174 Fayne Stone FV/35 37.33 18th Lady

177 John Hartley V/50 37.41 PB

179 Maurice Bennett V/50 37.52

183 Joe Epsom V/40 38.32

205 Pete Greenwood V/50 40.32

214 Colin Parry V/60 41.17

230 Sharon Proudlove 43.20 33rd Lady

239 Cindy Hicks FV/40 44.37 37th Lady

242 Terry Pagram V/50 45.49

250 Erica Akerman FV/50 49.04 41st Lady

251 Pam Greatrix FV/40 49.49 42nd Lady

253 Bill Burt V/60 49.55

255 Sue Reilly FV/40 50.31 45th Lady

1st Ladies Team

3rd Male Team

Chertsey 10k - 20/4/97**1km Fun Run**

- 1st Sam McDonald U/9s
2nd Adam McDonald U/12s

- 10k - Dave Joy 38.38
Ivan Morris 49.15 PB 1 min

Brent Fun Runs, Wembley - 27/4/97**1500m - Years 3 & 4 (250 runners)**

- 3rd Sam McDonald

2½k - Years 5 & 6 (200 runners)

- 5th Adam McDonald

A NEW LEAGUE RECORD UPDATE IS ATTACHED. PLEASE NOTIFY KEVIN IF YOU HAVE ANY ADDITIONS OR AMENDMENTS YOU WOULD LIKE TO MAKE.

RACE DIARY

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

June

- 1st Sharon Norbury 5, Avery Park.
8th Medway 10k & 3m Fun Run, Gillingham.
Joydens Wood 10k, Nr Dartford. c/d 3/6.
Canterbury 10k. c/d 2/6.
15th Race For Life 5k (Women only),
Maidstone.
North Downs 30k. Istead Rise. c/d 7/6.
Reebok 9m & 3m Ladies Race, Avery
Park, Eltham. c/d 30/5.
Lensbury 10k, Teddington. c/d 9/6.
21st Bethersden 5. c/d 14/6.
22nd Zeneca YIP5, Yalding. c/d 14/6.
29th Lordswood 10k & 5k, Chatham.

July

- 13th Cliffe Woods 10k & 2m Fun Run,
Rochester. c/d 1/7.
20th Dartford Half Marathon, Dartford (inc
Kent Champs). c/d 7/7.
27th Deal Regatta 10k & 1500m Fun Run..



Joan & Keith ran the London Marathon raising money for the Salvation Army village in Pakistan that had been ransacked during a mob attack.

LE TOUQUET - SATURDAY, 23RD AUGUST

Please reserve me seat(s) on the coach at a cost of £13.00 per head.

I/we will meet the coach at (please ✓)

7.30am Love Lane, Faversham

7.50am Canterbury Bus Station

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

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*Please find enclosed my cheque for the coach only in the sum of £.....
made payable to Canterbury Harriers.*

Signed Tel:

Address

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Please send to Bonny Appleby, Flat 4, 83 Central Parade, Herne Bay, Kent CT6 5JQ