
The Harrier

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HARRIER'S HIT the HOORN in HOLLAND

With all three cars armed with Roy's walkie talkies, or should we say the drive talkies, and the designated call signs Red Orion, Red Laguna and Blue Passat, the 12 Harriers left Dover for the trip to Holland.

I suppose at this point we should say who went on this magical mystery tour to the land of cheese and tulips. Well Red Orion was piloted by the lightning Glyn with a supporting cast of Maurice Dancer, Bonny from Clyde and Katrina Cornflakes (we called her cornflakes because she filled up her car with packets of Sainsburys cornflakes for Ans and Minne's kids). The Red Laguna was Piloted by Dave Greenfingers and Fayne I Think I'm Fat with the kids in the back Helen and Pete. The Blue Passat was piloted by Cocaine Gerry, with a supporting cast of Sean Techno Mix, Roy Telecom and Dave the Nose.

The fun began when we left Calais and headed North towards the Belgium border. Moving in straight line formation we decided to test out the drive talkies. Of course they didn't work quite as effectively as Roy Telecom had hoped. "what is your call sign?" Roy repeatedly said, only to receive "when are we stopping for a P or something to eat, or how far is it now?". We finally reached the Belgium border and stopped after repeated calls from Fayne, Bonny and Helen for toilets and food.

Pressing on north we reached Amsterdam and finally arriving at the athletics' track in Hoorn around 8 o'clock. At the entrance we were greeted by a large group of happy smiling faces who gave us a well needed cup of coffee and offered to take our bags, wallets and watches etc. We were later taken to a Chinese restaurant where we all enjoyed a fantastic meal, washed down with glasses of Dutch lager. The evening closed with us all going home with our respective hosts and a welcoming bed.



The intrepid adventurers stop at a small lake before devouring lunch in De Hoofdtoren Restaurant in the old town of Hoorn. A relay run takes place around the small lake; the record of which is 21 hours!!

The Dike Ride

Saturday was a beautiful day and it started in the morning with breakfast at the host family. The Dutch people enjoy their breakfast and most of us experienced a selection of about 15 different breads with cheeses, salami, pates and honey. We were stuffed to the brim.

Saturday 10 O'clock we all met at Bouke's house for the group cycle ride in and around Hoorn. The pack of 20 riders set off on a mixture of bicycles, some large, a small one for Helen, some old and some recently stolen. So off we went to an old 19th Century windmill. The flourmill is at present under restoration and we were not quite sure if we required to look at it, or roll our sleeves up and carry out the rebuilding work. All the same it was a lovely old mill and very interesting.

Moving on and its time for a 'Koffee stop' (the Dutch language is very guttural) Dutch apple pie with cream at a picturesque roadside cafe set in the heart of the countryside. with the sun (set at gas mark 10 on our backs). What a wonderful place!!!

Our next stop on these bikes with no brakes (you have to pedal backwards to stop or jump off quick), was the lovely 15th Century Hoorn harbour surrounded by many luxurious yachts, zipping up and down in the heat. The bikes were locked for lunch and we entered this magnificent 15th Century fortress called De Hoofdtoren, now converted into a restaurant. Did I say hoof-something. We thought for a moment and hoped it wouldn't be horse for the main course). The usual rounds of lagers were ordered, together with a delicious meal of veal or fish at a reasonable price.

The remainder of the afternoon was spent sightseeing and shopping in the beautiful town of Hoorn with some of us collecting a free shower on the bike ride home.

The RACE on Saturday Evening 8 o'clock

The race took place just after a storm which cooled down the temperature for a bit. There were several races of 2km and 5km for children, but the main race, the 10km, contained about 160 runners and was run around a circuit of five laps. 11 members from Canterbury Harriers took part: Glyn Jenkins 37.04, Gerry Reilly 38.07, Sean Reilly 39.00, David Lightburn 39.50, Bonny Appleby 40.56, Roy Gooderson 41.04, Peter Wyeth 42.27, Helen Paine 42.30, David Parnell 44.20, Fayne Stone 45.36 and Maurice Bennett 48.52.

The Presentation:

Mens Junior : 1st Sean Reilly
 Female Vets 35: 1st Bonny Appleby, 3rd Fayne Stone.
 Female Vet 50: 1st Helen Paine
 Male Vets 40 : 2nd Gerry Reilly, 9th David Lightburn, 10th Roy Gooderson.
 Male Vets 50: 2nd Glyn Jenkins, 8th Peter Wyeth, 9th David Parnell, 10th Maurice Bennett

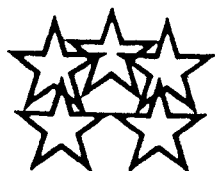
The ladies received flowers and useful household articles. All the Harriers received a goodie bag containing reminders of their lovely visit to Holland which included a bottle of wine and an assortment of gifts. Gerry presented a trophy from Canterbury to Hollandia Athletic Club and thanked everyone for being so kind and hospitable and for making it such a memorable weekend for us all. The evening was concluded with drinks and snacks.

Sunday in Volendam

The day started with breakfast at our hosts, followed by a 5 mile easy run at 10 o'clock from Minne's house for those who felt strong enough. Showers and coffee followed, after which we all set off by car to the old historical seaside town of Volendam to take in the sea air and to buy some smoked herrings and eels, and of course the 'Koffee stop' with apple pie and cream. At this point we all said our final goodbyes to our hosts and headed back safely to Calais & the Chalk Cliffs.

Written by Dave Parnell





AAAAE FIVE STAR AWARD SCHEME

The Five Star Award Scheme is open to all age groups over varying distances. The qualifying track times (which must be run in conjunction with an Open Meeting or League *on a tartan track*) can be found on the attached schedule. The Certificates are donated by the Club, but if either a cloth or metal badge are required, the cost will be £1.00 each, payable on receipt. A list of our current "Stars" is enclosed.



LE TOUQUET

There are very few seats left and anyone that has already pre-booked seats must pay for them before the end of July, otherwise they will be offered elsewhere. This year we are being joined by Medway and the first pick-up will be from Farthing Corner (approx 7am), then 7.45am at Love Lane Faversham and finally 8.15am from Canterbury Bus Station.

BENIDORM

A reminder to anyone who may be interested in the opportunity of a cheap week away and taking part in either the Benidorm Marathon or Half Marathon on Sunday, 23rd November. Departure will be on the 18th and returning on the 25th. Prices from £130-£155 depending on numbers. Deposits can be taken now and balance to be paid nearer the time. Please notify Bonny as soon as possible if you would like a space reserved.

CLUB KIT

If anyone requires kit, please ask either Bonny or Kevin who will be pleased to place an order. We have in stock at the moment Navy short sleeved T-Shirts at £6.00 each and a new supply of vests should be arriving in a couple of weeks. If anyone would like a jacket, these will need to be paid for in full in advance or £15.00 deposit and the balance on receipt, as a minimum order of 12 has to be placed.

ADS

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RESULTS

BOUGHTON - 18th May

Our squad of youngsters put on a good show in the Fun Run by filling the first three spots with Lee Morphett 1st, Jack Parnell 2nd and Andrew Langston 3rd.



FAST FUN: The Boughton Fun Run winners, Lee Morphett (centre) with second placed Jack Parnell (left) and Andrew Langston (right) third. All are members of Canterbury Harriers

The Seniors also did quite well also taking one or two prizes on the way with Glyn and Tony taking 2nd and 3rd Vets 50 respectively. Bonny was 1st Vet 40, Helen 1st Vet 50 and they were joined by Fayne to take the Ladies Team.

BEXLEY - 25th May

10k -	Gerry Reilly	41.00	V/40
	Helen McDonald	65.02	
	Sue Reilly	73.36	FV/40

Simon Dunderdale took part in the Under 16s 4k and finished 5th in a time of 13.52. Adam McDonald finished 3rd and younger brother Sam 4th in the Under 12s 1500m race in 4.56 and 5.03 respectively. Sister Katie took part in the 60 metres dash.

RESULTS CONTD.**STURRY FUN RUNS - 1st June****2½-Miles - U/16s**

1st	Jack Parnell	17.53
2nd	Lee Morphet	18.11
	Andrew Langston	20.03
	Sam McDonald	21.43
	Adam McDonald	22.25

5-Miles

4th	Keith Crossland-Page	30.43	
	Alaistair Telford	31.21	
	Jim Joiner	35.18	V/40
	Joe Epsom	37.40	V/40
	Derek Parnell	37.56	V/40
	John Hartley	39.04	V/50
	Bill Burt	47.02	V/50

2nd	Denise Farnham	31.27	FV/40
3rd	Fayne Stone	38.10	FV/35
	Maria Sargeant	40.01	
	Helen McDonald	46.25	

Times for the 5-miles do not qualify for the League Table as it is not a measured course.

FLEET 10K - 1st June

1st	Debbie Percival	37.11	FV/35
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This was Debbie's second race since returning to racing and her second win.

MEDWAY - 8th June**10k**

6th	Andrew Wilson	35.22	2nd V/40
(Debut for Canterbury Harriers)			
19th	Tony Reavley	38.46	1st V/50

5k

2nd	Simon Dunderdale	18.20
5th	Stuart Turner	18.47
8th	Jack Parnell	19.11

1st	Zoe Hinsley	23.14
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JOYDENS WOOD 10K (NORTH WEST KENT**SERIES - GRAND PRIX) - 8th June**

3rd	Denise Farnham	41.29	1st Vet
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This race was the third and final event in the series and placed Denise 1st Lady and has finished in the top 10 overall. In the previous two races Denise finished 2nd at Darenth 10k in April and also at Sevenoaks 7 in May.

CANTERBURY 10K - 8th June

	Alaistair Telford	41.15	
	Dave Joy	41.40	
	Dennis Hayes	45.10	V/40
	Alister Collard	46.38	
	Cliff Tritton	49.02	
	Joe Epsom	49.50	V/40
	John Hartley	50.01	V/50
	Ivan Morris	52.12	
	Rachel Wood	53.35	
	Helen McDonald	59.57	PB

PURBROOK LADIES 5, PORTSMOUTH 15th June

1sr	Debbie Percival	28.33	FV/35
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Debbie took the race on after the 3rd mile and finished strongly with a decisive win. It was also Debbie's third successive win since her return to racing in April. Her sights are now set on the Lordswood 10k at the end of June.

BELFAST MARATHON - JUNE

	Mark Balman	3:26.42
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A very good time for Mark considering he hardly did any serious training.

BETHERSDEN 5 - 21st June

7th	Andrew Wilson	27.33	3rd V/40
	Doug Hinsley	35.09	

BOREHAM WOOD HALF MARATHON - 22/6

	Laurence Shaw	1:36.40	V/40
	Rachel Wood	1:58.05	PB 1min30

ZENECCA YIP 5 - 22nd June

3rd	Andrew Wilson		1st V/40
	John Minshull	41.48	V/50

Welcome to Andrew who has joined us Second Claim. He is First Claim to Hailsham. and lives in Bexhill and obviously enjoys travelling around to races. This was his third as a Harrier since joining us in June.

CRAWLEY OPEN MEETING - 25th June

800m	3rd	David Farnham	2.02.53	PB	U/20s
800m	7th	Simon Dunderdale	2.24.01	PB	U/17s
800m	7th	Jack Parnell	2.29.06		U/15s
600m	3rd	Adam McDonald	2.03.01	PB	U/11s
150m	3rd	Adam McDonald	23.70	PB	U/11s
60m	4th	Sam McDonald	9.64	PB	U/10s
600m	1st	Sam McDonald	2.02.64	PB	U/10s

RESULTS CONTD.**SOUTHEND OPEN MEETING - 28th June**

800m	6th	Zoe Hinsley	2.43.08	PB	U/15s
800m	1st	David Farnham	2.03.00		U/20s
800m	1st	Stuart Turner	2.13.03	PB	U/17s
800m	2nd	Simon Dunderdale	2.20.36	PB	U/17s
800m	2nd	Jack Parnell	2.26.33	PB	U/15s
800m	7th	Doug Hinsley	2.27.09		S/Men
800m	1st	Adam McDonald	2.47.07	PB	U/13s
60m	3rd	Sam McDonald	9.60	PB	U/11s
60m	2nd	Millie Hinsley	9.84		U/11s

FOLKESTONE 5 - 29th June

2nd	Andrew Wilson	27.43	1st	V/40
	Glyn Jenkins	30.43		V/50
	Alaistair Telford	31.30		
	Andy Branchett	32.20		V/40
	Gerry Reilly	32.25		V/40
	John Hartley	34.19		V/50
	Dave Smith**	34.43		V/40
	Maurice Bennett	41.30		V/50
3rd	Fayne Stone	37.38		FV/35
	Angelina Holyer	41.06		
	Sue Reilly	56.46		FV/40

***Another new member is Dave Smith (not to be confused with David Smith. Dave is already known to quite a few of us and has been away from the running scene for quite a while due to ill health, so its especially pleasing to see his name back in race results.*

LORDSWOOD - 29th June

10k	1st	Debbie Percival	35.20	FV/35
		Bonny Appleby	40.50	FV/40 5th
		Joanne Jenkins	41.22	FV/35 6th
		Rachel Wood	51.40	
		Allison Bridges	52.18	
		Dave Lightburn	40.30	V/40
		Peter Wyeth	42.50	V/50
		Laurence Shaw	42.59	V/40
		Mark Balman	44.00	
		Doug Hinsley	44.20	

Debbie's excellent run over the hard hills of Chatham earned her a new Course Record.

5k	1st	Denise Farnham	19.51	FV/40
		Helen McDonald	27.50	

RACE DIARY

Details given of reasonably local events for information purposes only. All races must carry a Kite Mark to be eligible for times to qualify in the League Tables..

July

20th **Dartford Half Marathon**, Dartford (inc Kent Champs). c/d 7/7.

BHHI Charity 10km, Dulwich Park, 10am plus Fun Run 11.30am. Tel: 0181 6708261.

27th **Deal Regatta 10k & 1500m Fun Run**. 10.30am. Tel: 01304 379955.

August

3rd **Thanet Open 10km**, 11am. £4.50/£6 on day. 2 laps. Entries to Paul Wood, 62 The Silvers, Broadstairs, CT10 2PF.

Harlow 10, 10.30am. £4/£1 extra on day. Entries to Rob Parsons, Laylands, Tye Green Village, Harlow, CM18 6QZ.

10th **HERNE BAY FESTIVAL 10K & FUN RUNS. THIS RACE IS ORGANISED BY US. OFFERS OF HELP WOULD BE GREATLY APPRECIATED. SEE KEVIN/BONNY.**

23rd **Le Touquet, France.**

FORTHCOMING DATES FOR YOUR DIARY;

BRIDGE 10K & FUN RUNS - SUNDAY 28TH SEPTEMBER. (Canterbury Harriers are helping to organise this event for Lawrence Dunderdale). Proceeds go towards the Patribourne & Bridge Churches.

FAVERSHAM HALF MARATHON - PRELIMINARY DATE IS SUNDAY 5TH OCTOBER. TO BE CONFIRMED.