

The Harrier

June 1998
Volume 3, Number 5

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The Fell Monty

Actually, this report on the **fell running weekend** of 15th-17th May is *not quite* that since, firstly, **The Harrier** is intended to be read "by all the family" and, secondly, I suspect that **Fayne** has access to a **good libel lawyer**. However, you might well see the *full* story of our trip in a future issue of **Loaded**...

Keswick seemed quite a sleepy town when we arrived on the Friday evening. We'd made good progress in our minibus and we arrived in **idyllic evening weather** which complemented the view from the youth hostel over the adjacent river to the fells in the distance.

Naturally, since we arrived with some time to spare and in such good weather, **our heroic leader, Gerry**, "persuaded" us that we should go for a run before having dinner at the hostel. He was right to **ignore our screams for mercy** since our run took us along to the edge of **Derwent water** and thus we were treated to a fine vista over the lake. We returned to the hostel for a shower and a very good evening meal – an excellent prelude to the **evening's serious training session**.

That evening, **innocents like myself** were **cruelly tricked** into drinking alcohol – brews by the names of "**Old Smoothie**" and "**Sneck Lifter**" that had clearly been **concocted** by **wizened old men** of the fells so as to **confuse** the **tourists** and lead them to their **doom**. In fact, none of us would have had a bed for the night, if it hadn't been for **Gerry** (who has acquired immunity to the brews) **door-stopping the hostel** for us. He had a harder task to persuade us to go to bed, especially as **Fayne** wanted to show us what she could do with a **piece of paper**, a **cork** and a **broomstick**...

The following morning the mist (or is that Sneck?) lifted and we looked out on a glorious day, with just a hint of cloud hanging around the peaks. We aimed to make a brisk start to **Helvellyn** soon after an early breakfast, but clearly **the women (Emma, Erika and Fayne)** thought that they were in the same timezone as Keswick, New Brunswick rather than the one in Cumbria.

I found the walk up towards Helvellyn harder than a strenuous hill session up St. Stephen's! The trickiest part was negotiating **Striding Edge** on the way up to the peak, with several **nerve-jangling scrambles** up and down the rocks, especially at the point where Gerry said that there was "just this one 'chimney' to go" and I

was treated to the sight of a 300 foot descent beneath my feet! **We had lunch at the top of Helvellyn** and then made our way back down along the other side of the **Helvellyn horseshoe, Swirral Edge**. Some of the braver ones then had a dip in the **Red Tarn** that nestled below the peak. We made our way back having had a terrific day that really got the adrenaline going.



Helvellyn Harriers

Results Update

Please give race results to the secretary, **Fayne Stone** (01227 470011), as promptly as possible

Unfortunately, the **Whitstable 10K** results have sneaked through a hole in the system (if we have a "system" that is!) I'm sorry about this but hopefully I'll have a complete set of results for that race, as well as other races, such as the **Zwaag 6 mile race in Holland**, in the next newsletter.

Civil Service 10K 1/4/98

Gerry ran a fast time of **38:16** here during his London build up.

Folkestone 10 10/4/98

Conditions on Folkestone's seafront course were rather blustery, although not as severe as last year and this was reflected in the times. **Richard Steer**, with an outstanding **PB by four minutes**, came agonisingly close to breaking the hour, although he will undoubtedly achieve that feat in the fairly near future. **Keith Crossland-Page** narrowly missed the club's V40 record whilst setting a new PB and **Roy Palmer** and **Sue Reilly** both recorded impressive new PBs, Sue by an amazing seven minutes.

In the **junior two mile race**, the Harrier boys all ran well with **Jack Parnell** coming 2nd, **Andrew Langston** 6th and **Gavin Coulson** 7th.

Seniors

Keith Crossland-Page	58:35	PB 1:22
Richard Steer	60:02	PB 4:00
Roy Palmer	61:18	PB 2:00
Julian Murray	65:21	
Dave Lightburn	65:40	
Gerry Reilly	65:49	
Bob Davison	66:29	
John Marshall	67:59	
Joe Hicks	69:40	
Mel Carter	69:45	
Dave Smith	69:51	
Denyer Kittle	73:01	
Roy Gooderson	73:34	

Lawrence Shaw	74:24
Terry Pagram	74:39
Derek Parnell	75:50
Sue Reilly	98:06 PB 7:00

Tonbridge Open Track 13/4/98

A small group of Harriers travelled to Tonbridge's **Easter Monday** meeting, with **Neil Whitcombe** setting an early **PB**.

300m

U20	
Neil Whitcombe	38.08 PB 2secs

U15

Andrew Langston	48.05
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V45

Sue Reilly	62.02
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1000m U20

Sean Reilly	3:07
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Rotterdam Marathon 19/4/98

Minne Boelens of our sister club in Holland recorded a fine 3:09 in this race.

Canterbury Half 10/5/98

The Canterbury Half Marathon returned after last year's absence. Unfortunately, it hadn't got out of its habit of attracting **very hot weather**, which made the going even tougher on the hilly course that goes out to the **Chartham Downs** and around Petham. However, this did not stop some Harriers putting in exceptional performances. **Roy Palmer**, who managed to post a time not far outside his PB, came 31st overall in what was a **Kent Championship event** and **Glynn Jenkins** (whose wife **Joanne** was part of the winning Invicta squad) won the **V50** prize. Close behind Glynn was **Tony Reavely** who was 2nd **V50**. The women also excelled with **Helen Paine** being 2nd **V45** in both the Kent Champs and the

Open event and she and her teammates, **Fayne Stone** and **Emma Farrow**, were 2nd team in both competitions. **Sue Reilly** managed a fine **PB**, despite the conditions.

The juniors shone in the testing **Fun Run** with "Sturry speed merchant" (© *Kentish Gazette*) **Jack Parnell** leading the field home, followed by **Gavin Coulson**. **Danny Legg**, **Andrew Dowell** and **Luke Lightburn** were 5th, 11th and 20th, respectively. **Millie Hinsley** was 2nd girl and **Aviva Stone** was 5th. The **Lilley clan** also were out in force with young **James**, who's only four, completing the course without stopping!

Seniors

Roy Palmer	1:26:21
Glynn Jenkins	1:27:32 1 st V50
Tony Reavely	1:28:59 2 nd V50
Masa Kawamoto	1:29:10
Julian Murray	1:32:48
Dave Lightburn	1:33:16
Bob Davison	1:35:17
Joe Hicks	1:35:39
Steve Clark	1:36:23
Dave Parnell	1:38:03
Dave Smith	1:38:22
John Marshall	1:39:51
Alastair Telford	1:39:59
Lawrence Shaw	1:42:27
Mel Carter	1:43:41
Sunni Gohil	1:45:38
Doug Hinsley	1:47:24
Derek Parnell	1:50:33
Alan Bussey	1:54:54
Mike Hedger	1:58:34
Sue Reilly	2:06:32 PB
Maria & Rob Sargeant	2:11:09

Kent Championships 9-10/5/98

Fine efforts from the Harrier lads at the county's track championships.

800m heat	
5 th Jack Parnell	2:28.02

U20 400m Final	
5 th Neil Whitcombe	57.83

U20 2000m Steeplechase Final
4th Sean Reilly 7:45.00

Boughton 10K 24/5/98

Although the weather was relatively kind, there were still some outstanding efforts at Boughton, particularly from **Doug Hinsley** and **Sue Reilly** in setting new PBs on what is **hardly a fast, flat course** - **Doug's daughter, Zoe**, and **Tracie Taylor** certainly decided to throw themselves in at the **deep end of 10K road running!**

Bradley, Harriet, Aviva, Danny and **Andrew** all competed splendidly in the fun runs.

Seniors

Keith Crossland-Page	37:13
Roy Palmer	37:30
Masa Kawamoto	37:45
Glynn Jenkins	38:01
Gerry Reilly	39:57
Dave Joy	40:09
Dave Smith	41:18
Dennis Hayes	41:24
Andy Branchett	41:55
John Marshall	41:57
Doug Hinsley	42:14 PB 30s
Mel Carter	42:20
Pete Wyeth	43:21
Lawrence Shaw	43:36
Roy Gooderson	43:33
Ian MacMillan	45:18
Joe Epsom	50:09
Tracie Taylor	51:36 Debut
Sue Reilly	53:34 PB
Erica Akerman	65:00
Zoe Hinsley	75:45 Debut

Fun Runs

U12

Bradley Trott	7:18
Harriet Baker	7:54
Aviva Stone	7:77

U15

Danny Legg	6:25 3rd
Andrew Dowell	6:27 4th

Last Friday of the Month 5K 29/5/98

The **Reilly clan** impressively achieved PBs in this Hyde Park event organised by Serpentine RRC, **Sue's run** being a particularly **outstanding success**. (Yes, that is **NINE MINUTES** off her **PB** in a 5K!)

Gerry Reilly	18:32 PB 15s
Sue Reilly	24:24 PB 9 mins

Sharon Norbury 5 31/5/98

Some Harriers took on this undulating London course at Avery Hill, with both **Jack** and **Andrew succeeding** in the one mile fun run.

Seniors

Gerry Reilly	32:37
Dennis Hayes	34:21
Sue Reilly	43:22

Fun Run

Jack Parnell	6:25 1st
Andrew Dowell	6:51 3rd

District Scouts' Sports Day 6/6/98

Andrew Dowell competed in five (!) events, coming **2nd** in the **long jump**, **5th** at **400m**, **3rd** at **800m** and **3rd** at **1500m**, all at **U13 level**, and **3rd** in the **200m** at **U16 level**.

Sturry Fun Run 7/6/98

Jack Parnell retained his title in the two and a half mile event, **knocking 30 seconds off his time last year**. He led home the other Harrier juniors who all ran well. In the five miler, **Doug** and **Fayne** teamed up with former Harrier David Smith to secure the first team prize.

2 ½ Miles

Male

Jack Parnell	1st 17:22
Jonathan Holmans	2nd
Daniel Legg	3rd

Neil Whitcombe **4th**

Andrew Langston also ran.

Female

Zoe Hinsley	2nd
Millie Hinsley	4th
Aviva Stone	5th

Dawn Ward and Vicki Walking also ran.

5 Miles

Doug Hinsley	9th
Tom Smith	21st
Fayne Stone	22nd

Joe Epsom also ran.

Canterbury 10K 7/6/98

Simon Kendall made a notable debut for the club in his **first race for nine years**. **Roy Palmer** recorded another good time on a blustery, warm day when times were generally down. Needless to say, **Sue Reilly** wasn't **deterred** and managed yet **another PB**. **James Bramwood** served notice of things to come in his **debut 10K** – actually he wasn't "officially" in the race as **he is only 14!** This was also **Denise Mansfield's** debut 10K for the club.

Roy Palmer	37:37
Glynn Jenkins	38:40
Keith Crossland-Page	39:25
Simon Kendall	39:46
Julian Murray	40:31
Sunil Gohil	41:13
Dennis Hayes	41:19
Dave Smith	41:21
Dave Parnell	42:34
Mel Carter	43:08
Lawrence Shaw	43:18
Pete Wyeth	44:34
James Bramwood	47:07 Debut
Dianne August	47:37
Sue Reilly	52:20 PB 1:14
Denise Mansfield	55:59
Sharon Proudlove	58:57

Need a good Physiotherapist?

Try **Barbara Plews**,
2 St. Peter's Lane,
Canterbury.

As recommended by Gerry for being good with running injuries.

£2 off per session on production of a **Harriers membership card**.

Noticeboard

Events' Diary

July

7th Tonbridge Open Track Meeting.

12th Cliff Woods 10K (& 2K Fun Run)

11am (10am FR). Cliffe Woods recreation ground near Rochester. Includes **Kent County Championships**.

14th Forbanks 5.

7:30pm. Beckenham CC.

26th Deal Carnival 10K.

10:30am. Deal seafront.

August

2nd MUD, SWEAT & TEARS RUN (approx 4.5 miles)

Organised by **Canterbury Harriers**. Beach Walk, Whitstable at about 1:15 (depends on tide) – registration from 11:30. **Fun run** (about 1 mile) at 1pm. Be there or be clean!

16th DOVE DASH. – 5 miles.

10:30am. Dove Inn, Dargate.

Organised by **Canterbury Harriers**.

22nd Le Touquet 10Km and 20Km.

Book a place on the coach now to avoid disappointment!

As always, race entry forms and details will be kept in the **race folder** - if you know of any others then please let us know or stick entry forms in the folder.

and the **Faversham Half Marathon** (provisionally set for 25th October). If you are interested, then please see **Mark** who is coordinating these races.

Mark Trott

Note For Parents

Parents are **very welcome** to attend and help out in kids' training sessions, especially in the summer months when we use the King's School playing field facilities. It is possible to park cars in the grounds and you'd have to do nothing more complicated than **blowing a whistle** or **using a stopwatch** - but **mostly** it's a matter of **giving encouragement**.

We'd also **welcome assistance in transporting kids** to races, especially track races in the summer.

If you are able to help or want more information, please speak to **Fayne, Gerry** or **Sue**.

Gerry Reilly

Le Touquet

We have now **booked a coach** for the **Le Touquet 10** and **20K** on **Saturday 22nd August**. For those who have not been before, it is one of the **highlights of the running calendar**. It has **over 2000** runners on a flat, fast course in a lovely seaside town. Some of the youngsters can **swim at the seafront Aqualud centre** whilst the race is on. Time has been set aside for a visit to **Auchan hypermarket** en route. The cost is **£11 each** plus race entry (about £5). For juniors, who must be accompanied by an adult, the cost is £6 each. We will be **advertising it to several other clubs** so book your seat quickly!

Roy Gooderson

Shop Discounts

The two "specialist" running shops in Canterbury, **Hubble & Freeman** and **Canterbury Sports**, as well as **CSL Sports** near Maidstone, offer a **10% discount off non-sale running gear** on production of a **Harriers membership card**.

Gerry Reilly

Race Marshalls

Your club needs you! We need **volunteers** to **marshall** the **Dove Dash** race on **16th August**

Treasurer's Report

John Minshull's report on the club's financial situation is included as a supplement to the newsletter.

Track Racing

There are **three local open track events remaining** in the summer: Tonbridge **7th July**; Ashford **22nd July**; & Tonbridge **7th August**. These events **cater for all categories and standards** and are **very informal**. You don't necessarily need track spikes, so go on and **have a go**, and discover the **wonders of tartan**!

Gerry Reilly

Editorial

Would you please, if you **disagree with anything** in *The Harrier*, please talk to me about it first, or write a letter for publication in the following issue - it is my problem if there's anything you don't like about the newsletter, not anyone else's. I'm happy for **frank exchanges of views in the newsletter** (but preferably not as frank as those of an **ex-coach** of this club!).

On a more pleasant note, I've had a couple of fun suggestions for *The Harrier* – you'll see **Dave Smith's** idea over the page and **Helen Paine** thought that we could have a "**guess the legs**" competition, although that might be a bit difficult to coordinate (the competition that is, not the legs). As you'll see in **John's table below**, there are going to be plenty of events in the next couple of months and the next issue will include a report on the **trip to Holland** (or What Fayne Did Next) and the **mud** run ☺

Please (and I really do mean this!) **send your contributions**, ideas and suggestions **by 8th August** to me:-

Alastair Telford,

Flat 5, 56 London Road, Canterbury, CT2 8JY. Tel: 01227 786210 Email: A.J.Telford@ukc.ac.uk

Canterbury Harriers – Calendar Of Events

John Hartley has produced this table of the plan of future Harrier events this year.

Month	Activity/Event				
	Canterbury Harrier Races	Other Races	Social	Meetings	Newsletter
July			Bike Ride	14 th Jul: Committee	
August	2 nd Aug: Mud, Sweat & Tears Run 16 th Aug: Dove Dash	22 nd Aug: Le Touquet		11 th Aug: Committee	No. 6 Due 11 th Aug (Deadline 8 th)
September				8 th Sep: AGM & Annual Report	No. 7 Due 15 th Sep (Deadline 12 th)
October	25 th Oct: Faversham Half-Marathon		Hollandia visit		V4 No. 1 Due 21 st Oct (Deadline 19 th)

November					
December			12 th Dec: Award Presentations		

The Personal Log

Dave Smith made this splendid suggestion for getting some background on members of the club. I would hope that we

Personal Log

Dave Smith

Born: 2nd January 1949

Height: 5' 3½"

Married to Dee

Children: Marc (26), Graham (22), David (20), Michael (18), Jon (14).

Occupation: Printer at Christ Church College

Previous Running Clubs: Invicta East Kent, Deal Striders

Personal Bests:

Marathon:	2:49:54	10/5/87 London
½ Marathon:	1:17:31	30/4/88 New Romney
10 Miles:	57:52	29/3/86 Folkestone
10K:	36:05	6/6/85 Canterbury
5 miles:	28:51	28/2/88 Hythe

Current targets:

½ marathon – sub 1:30; 10 miles – sub 66;
10K – sub 40; 5 miles – sub Gerry!

Other interests:

Drumming – play in a local 70s/80s pop/rock band and help out in other bands.

Writing and recording music – various styles – on home studio (*looking for singers to record my own songs*).

Painting (*mainly wildlife*) in acrylics or watercolour – also pen and ink (dot) drawings.

Birdwatching – time permitting!

could print at least a couple of these in each issue, depending

on the amount of space and the bashfulness of the Harriers. Since Dave suggested it, he gets to go first...

The Fell Monty – Continued From Page 1

Back in Keswick, some of us played some pitch and putt (the **bandidos Bob** and **Steve** winning) and after dinner at the hostel it was, fairly predictably, off to The Twa Dogs pub. Some **Snecks** and **Smoothies** later, and some deadeye darts by **Pete**, **Bob** and **Steve**, we wandered back to the hostel, having tried the **Keswick nightlife**. Thankfully, **Gerry was once again doing his doorman act** and we were all able to wish **Mark Trott** a **Happy Birthday** at midnight and give him his cake *as well as* the T-shirt for **smoothly lifting the most Snecks**. **Fayne** again **insisted** on showing what **she could do with a cork** and even persuaded others to have a go!

The weather on the Sunday was even better than previously, with no haze or mist at all. We intended to get to the top of **Scafell Pike** and, despite having to **wait for the women yet again**, we were able to visit both the **Lodore Falls** and the **Bowder Stone** in **Borrowdale** on route – on both, **Emma** and **Sean** seemed to be challenging each other to find **the most creative way of breaking their necks**.

I've no right to criticise since I managed to turn my ankle on the way up to **Scafell Pike**. I made it to the top and back down thanks to my fellow Harriers looking after me, particularly **Emma**, **Erica**, **Fayne** and **Gerry**.

You may be wondering what actual *fell running* did we do – well the simple answer to that is not a lot, with the exception of **Sean** who had to tear back down the fell to round up a **stray Fayne** and also in the sort of duathlon he did with **Emma** in running between Tarns. There was quite a bit of swimming but both **Emma & Fayne** were **disqualified** from the **Wet T-shirt competition** for being **too modest** – they'll have to do better when they see the **Loaded** photographer.

Although we didn't get back home until 3:30am on Monday morning it was **a simply terrific experience** – the **weather** and **scenery** were perfect, the Youth Hostel provided good food, including packed lunches, and **Gerry superbly organised everything**.

Quote of the weekend, naturally went to **Fayne** when she said to Mark, "Do you prefer to be on the top or on

the bottom?" She *may* have been referring to the bunks
in the hostel!