

The Harrier

September 1998
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In this Issue

2/6

Personal Logs - in the feature that's more explicit than the Starr report, **Steve Reynolds** and Marathon Maestro **Pete Greenwood** come clean

3

Results roundup

4

Noticeboard - Events' diary, **Blean Woods XC**, **Hollandia** visit, Kent Junior/Women's leagues, **Laura Carte Appeal**, Back Again, **Final League Tables**

6

Dove Tales

AGM on 15th October



John Minshull tells the tale of this year's trip to "Paris Plage"

Once again **Roy** must be **congratulated** on another superb piece of event management. Not only did he organise all the expected elements of the trip, he also arranged a **mystery tour** of the **Nord Pas de Calais** region. This was mostly around (in some cases several times around) the **traffic roundabouts** on the major roads. It was especially nice to go around the roundabout in the industrial **outskirts of Boulogne**. Those **cynics amongst you** who thought this is just an excuse because we had taken **several wrong turnings** should be **ashamed of yourselves**. Roy knows this area well and just wanted to **share the experience!**

We eventually arrived at the **hypermarket** at St Martin where, as one would expect of a coach load of **finely tuned** and **honed-to-perfection athletes** [*This seems to be a common delusion amongst Harrier contributors - Ed.*], we proceeded to **buy** as much **cheap beer, wine** and **food** as we could **trundle back to the coach**. We had travelled less than one kilometre from the hypermarket when the **driver pulled over** and **stopped the coach**. He got out and **reorganised the cargo** in the locker area. Roy asked him what had happened and he replied that the **load of booze had "shifted"**. So how did he know that from his driving seat? Well, he'd seen the **locker doors being pushed open as we drove along**. Somebody had loaded their booze on a **wheeled trolley** and this was **wandering from side to side** and moving the doors of the locker! It might have ended up in a **slick of bière** and **premier grand cru** on the **autoroute!**

Over the past few years we have had **super weather** at this event, **sometimes too super**. Last year it was in the 90s. This year the day **began overcast** and it was raining on our approach to **Le Touquet**. However, it **cleared as we arrived** and remained very good for the rest of the day. The **pre-race atmosphere** is **very busy** and **friendly**. There was a **samba band** dressed in **colourful costumes** who **played non-stop**, shuffling around the start area to the beat. They were led by a **tall, thin Jimmy Saville lookalike walking backwards**, banging his drum and blowing his whistle, all afternoon!

Continued on next page

Lose 10 Pounds This Month!

*Well, if that heading's good enough for
October's Runner's World...*

Just a gentle reminder that **subs are due on 1st October**. They remain the same as last year i.e. **£10 for the first member** of a household and **£5 for each subsequent member**. at the same address. Harrier membership gives reduced King's School subs. **Membership renewal forms** will be available with this issue.

The Le Touquet races, now in their **17th year**, are popular with both French and English runners. Although the organisation was a little rough around the edges in the early years, **the races have matured** and the number of participants has grown so that there are now normally around **2,000 runners**. The course is **fast and flat** so this is definitely a PB course. It starts in the town centre then past the shops to the sea front. It continues through residential areas and, at around the 5k point moves into the lovely **tree-lined boulevards** to the finish on the running track in the stadium.

There were **several fine performances** amongst the **24 Canterbury Harriers** running this year and I'll just mention a few. **First Harrier home** was **Simon Kendall** in 36:41, followed by **Masa Kawamoto** in 38:34. **Nick Justicz** and **Dave Smith** both beat their **season's bests**, **Nick by four minutes** in 38:44. **Mick Hunt beat his PB by four and a half minutes (!)** in 47:34. [See Page 3 for full results, including Jack, James and Andrew excelling in the junior race. Some bloke called John Minshull did his best time for five years, apparently.]

There is usually some good **apres-race entertainment**, the star event being the **mixed showers**. (It has now become a **standard sales ploy** that, if there are seats to be sold on the coach, the **showers are mentioned** and **suddenly the bus is full**.) It must be said that, of all the ladies in the mixed showers the **Canterbury Harriers' women** were the **most modest**, showering in their tracksuits. Who said "squawk"? [They did assure me that they actually got their kit off this year, although I think I shall have to check this personally next time, in the interests of journalistic accuracy - Ed.]

There was another "entertaining" sight this year. That was our **Chief Coach Gerry** wandering about the Sports Hall with a **glass of beer in one hand**, wearing a tee-shirt, socks, running shoes and **NO SHORTS!** He said that he had forgotten them. This is becoming a particularly **worrying phenomenon** being the second time in the last few weeks that a **committee member** has been discovered **wandering around in public without shorts** and saying that he has forgotten them. Let's hope it is not contagious!

After an excellent day's activities we all piled on the coach for our journey back and **arrived back in England tired but very happy** and already looking forward to next year.

John Minshull

Personal Log

Steve Reynolds

Date of birth: 11/12/58

Height: 6' 2"

Marital status: Living in sin

Children: Three

Occupation: Foreman at King's School

Previous Running Clubs:

Smack, Deal Striders

Personal Bests:

Marathon:	2:52:58	25/10/92	Rheims
Half:	1:14:42	17/10/93	Lydd
10 miles:	56:28	10/10/93	Sittingbourne
10K:	33:53	20/7/93	Thanet
5 miles:	27:22	25/4/93	Strode Park

Current targets:

To compete at the National Vets' Champs at 400/800m in 1999.

Other interests:

Golf, pool, 10 pin bowling, walking

Best running memories:

Competing in foreign marathons & the year of 1993.

Worst running memories:

Running the Aylesham half with Glyn Jenkins [Steve says that Glyn will know what he means!]

Stopwatches & Pedometers

Roy has stopwatches for sale at £3 each and pedometers at £4. Phone him at his shop on 01227 262319 or see him on club nights.

Stop Press - Bob Davison has new kit in stock: Size 34-40 vests & small-large shorts



Results

Better late than never? I have finally been able to track down the **Whitstable 10K results** (and many thanks to **Dave Lightburn** for recovering them), although I don't have the junior race results from that day.

It is good for the club generally if we can get **results printed** in the Kentish Gazette. It's also a bonus if **The Harrier** gives a full and accurate list of races that members have done. So please could **one person at each race be responsible for taking finishing times etc.** and phone them through to **Gerry** (01227 455244) or your mild-mannered editor (01227 786210). Cheers!

Whitstable 10K 4/5/98

There were 384 finishers.

Fraser Wildman	37:32
Roy Palmer	37:52
Dave Joy	39:04
Sean Reilly	39:19
Julian Murray	39:29
Dave Lightburn	39:35
Bob Davison	39:39
Steve Reynolds	39:55
John Marshall	41:05
Dennis Hayes	41:18
Dave Smith	41:28
Alastair Telford	41:55
Nick Justicz	41:57
Roy Gooderson	43:22
Doug Hinsley	44:04
Laurence Shaw	44:12
Emma Farrow	44:35 PB
Dianne August	44:35 PB
Pete Wyeth	45:34
Joe Epsom	46:00
Mark Trott	46:31
Pete Greenwood	48:00
Mike Hedger	48:39
June Southfield	51:20
James Wan	51:45
George Barnes	53:02
Sue Reilly	53:55
Liz Siedek	54:30
Sharon Proudlove	60:05
Erica Akerman	64:49

Dove Dash 5 miles 16/8/98

See Page 6 for report.

Roy Palmer	29:08
Simon Kendall	30:07
Glyn Jenkins	31:11

Jack Parnell	32:12
Nick Justicz	32:34
Julian Murray	32:46
Bob Davison	32:48
Dave Smith	33:30
Joe Hicks	33:42
Dave Joy	33:46
Alastair Telford	34:33
Pete Wyeth	35:16
Roy Gooderson	36:11
Tom Smith	37:06
Derek Parnell	39:58
James Branwood	40:10
Mick Hunt	40:12
Liz Siedek	40:31
Mike Hedger	43:06
Joe Epsom	44:50

Le Touquet 10K 22/8/98

See front page for report.

Seniors

Simon Kendall	36:41
Masa Kawamoto	38:34
Nick Justicz	38:44
Dave Smith	39:35
Bob Davison	39:49
Dave Lightburn	40:22
Joe Hicks	40:23
Alastair Telford	41:09
Dave Joy	42:02
Mel Carter	42:44
Roy Gooderson	42:45
Dave Parnell	42:53
Mark Trott	45:09
Emma Farrow	45:26
Fayne Stone	45:57
Mick Hunt	47:34 PB 4:30!
John Minshull	50:02
Sue & Gerry Reilly	53:34
John Hartley	54:40
Joan Crossland-Page	56:27
June Southfield	57:30
Pete Greenwood	57:33

Juniors (approx. 1400m)

3 rd Jack Parnell
4 th James Branwood
7 th Andrew Langston

Wingham Fun Runs 6/9/98

There were good weather conditions for **Wingham Trotters'** scenic and tough, though enjoyable, race. Despite the testing 10K course, **Roy Palmer** actually managed to set a PB, although he unluckily just finished outside the prizes. **Fayne Stone**, however, did extremely well

in securing the third female prize for the club.

There were also several fine performances by the juniors in the 5.5K race and the Harriers were even well represented in the under 8s race with **Kayleigh Dowell** (6) coming home third in her first ever race and **Rafi Stone** and **Mark Gooderson** (both 5) not far off the pace.

10K

Roy Palmer	36:51 4th PB 4s
Simon Kendall	37:27 6th
Dave Smith	41:01
Dave Lightburn	41:20
Alastair Telford	41:30
Mel Carter	43:33
Pete Wyeth	43:33
Tom Smith	45:25
Derek Parnell	45:41
Fayne Stone	47:01 3rd F
Mick Hunt	49:56
Dianne August	50:25
Joe Epsom	52:24
Pete Greenwood	57:09
June Southfield	57:10

5.5K

U15s

Jack Parnell	21:48 6th
Andrew Langston	22:17 7th
James Branwood	23:00 11th
Andrew Dowell	25:43 15th
Luke Lightburn	31:20 19th
James Hunt	32:04 20th
Ben Kendall	36:22
Alice Hunt	46:45

Seniors

Arthur Barnes	22:58
Roy Gooderson	23:34

Thanet Half 6/9/98

Laurence Shaw did an impressive time on a difficult course that started from Hartsdown Park, Margate. **Erica Akerman** also ran, coming back from injury. (My apologies to any other Harriers who did this as my result list is incomplete.)

Laurence Shaw	1:33:00
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Noticeboard

Events' Diary

October

4th Sittingbourne 10

Highsted school, Sittingbourne,
10:45am. Also 2k Fun Run at 10am.

4th Churches 10K

St David's church, Lordswood, 2:15pm
Also Junior 2K Fun Run at 1:45pm.

11th Brake Bros 10K

Julie Rose stadium, Ashford. 11am.
Junior races: U9 400m, 9:45; U14
1.2K, 9:55; U16 5K, 10:05.

11th Parkwood Young Athlete XC From 1:30pm.

15th AGM 7:30pm - See Page 6

18th Woodchurch 10

Woodchurch Tennis Club, SW of Ash-
ford, 10:30am.

18th Paddock Wood Open XC

Whitbread Hop Farm, Beltring. 11am-
3:20pm. (Senior races, 8K for men
and 4K for women, are pm.)

25th TODAY'S RUNNER LEAGUE

Blean Woods, Rough Common
11am. Organised by Canterbury
Harriers. Come and run or marshall!

November

1st November (Provisional) Sturry
10K - Canterbury Harriers will be
assisting Sturry Carnival Committee
with this event.

8th TODAY'S RUNNER XC Swanley 11am.

8th Parkwood XC League From 12:30pm.

As always, race entry forms and de-
tails will be kept in the **race folder** - if
you know of any others then please let
us know / put entry forms in the folder.

Today's Runner XC League 25th October...

Obviously we hope that as many Harriers as possible run in the actual race at **Blean Woods** but we still need **volunteers** to help set up the courses and to marshall. Assistance from runners, friends, relatives and supporters will be greatly appreciated. Please see **Pete Wyeth**, the cross country league manager, or **any committee person** as soon as possible if you are able to help.

Other races in the series are: 8th November, Swanley; 15th November, Beckenham(J); 29th November, Plumstead(J); 24th January, Minnis Bay(J); 7th February, Sittingbourne(J); 21st February, Paddock Wood. "J" indicates a junior race is included and all senior races start at 11am.

Entry for these races will be **FREE**, as they will be funded by the club, so you'll all **still be getting cold, wet and muddy** but at least you **won't have to pay for it!**

Gerry Reilly & Joe Hicks

...and Hollandia Will be Running In It!

Our friends from **Hollandia AC** are **coming to England** to race in our Today's Runner cross country race. Having once again **enjoyed their hospitality in June**, I hope that we can give them an **equally good welcome**. We need to provide accommodation for **Friday 23rd** and **Saturday 24th October** - they all speak English and camp beds are okay. Around 20 people are coming so **please contact me if you can help**. I'd also appreciate any suggestions for **entertaining** our guests.

Roy Gooderson

Parkwood Young Athlete XC League

The dates for this **popular junior cross country league** have now been set as follows:-

- (1) 11th October; (2) 8th November; (3) 6th December; (4) 28th February 1999;
- (5) 21st March (Relays).

As before, **all races** are held at **Canterbury University**, starting and finishing beside Invicta's clubhouse. The **first race** is at **12:30** and the last race is at **2:40** with the **exception of the first meeting on 11th October** when the **first race will start at 1:30pm**. There will be separate races for males and females at U11, U13, U15, U17 and U20 with **points accumulated** for the **overall team** and **individual positions**. There is also a **mixed U11 fun run** over approximately 800 metres at all of the meetings. The **cost is minimal** (£2.50 per team in each category per fixture with no limit on team numbers).

These meetings are very **well organised**, there are good changing facilities and they provide **excellent opportunities** for juniors to meet and compete with athletes from other clubs in a friendly, well-supported atmosphere. If you are interested, **please speak to Sue or myself** as soon as possible.

Gerry Reilly

Kent Young Athlete & Senior/Vet Ladies XC Leagues

If you are interested in taking part in these leagues, again please speak to Sue or myself as soon as possible. We are particularly keen to field a ladies' team in this league as we have good strength in depth. This season's meetings will be as follows:-

- Sunday 22nd November - Hartsdown Park, Margate
- Saturday 12th December - Capstone Park, Chatham
- Sunday 17th January - Danson Park, Bexley
- Saturday 6th or 13th February - provisionally at Ashford.

Gerry Reilly

Invicta BBQ Report

Anybody who missed the Invicta barbeque on 16th August to raise funds for the new Canterbury track missed a fabulous summer afternoon of silly games, eating, drinking and swimming (in the hottest pool I've ever experienced!) all enjoyed in the grounds of a beautiful historic farmhouse. Definitely one for the diary for next year!

Roy Gooderson

Back Again

As someone who has suffered from back problems and the usual range of lower limb injuries in the past [*Not to mention the sheer agony he has experienced with a slightly swollen thumb - Ed.*] I can testify to the importance of back stretching, warm up/down and general exercise routines. A lack of suppleness/mobility, particularly in the lower back will have an adverse effect on your running but can also lead to referred problems in the lower limb muscles and joints. Try to incorporate a soft impact back stretching/mobility routine into your training sessions - if you want any advice on this see Sue, myself or any of the club coaches.

Gerry Reilly

Runners' Representative Vacancy

Glyn Jenkins has resigned from his position as a runners' representative on the committee. The committee would like to record their thanks to Glyn for his contribution over the last year. This post will be filled by election at the AGM (see next page).

Joe Hicks

Treasurer's Report

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

Laura Carte Appeal

Roy was delighted to receive a card from Sally & Andrew Carte as recognition for the £130 the club presented to Sally Carte as a result of the Mud Run. Their daughter Laura was left brain damaged as a result of a severe epileptic seizure. The card reads:-

Dear Roy,

We would like to thank all in the Canterbury Harriers for their support in Laura's appeal. We are very grateful and really appreciate your help.

Sally and Andrew Carte

Final League Tables

The final league tables of the year up to 31st August have been prepared by Dave Lightburn and are also included as a supplement to this newsletter.

Editorial

The next issue, the first of volume four (exciting, eh?) should be out on 10th November and will include reports on the Hollandia visit, the Blean XC and the AGM. Please (and I'm counting on you!) send your contributions by 7th November to me:-

Alastair Telford,

Flat 5, 56 London Road, Canterbury, CT2 8JY.

Tel: 01227 786210 Email: A.J.Telford@ukc.ac.uk

- If you would like to be sent a colour copy of the newsletter electronically, instead of a paper one, then please contact me.

Quote...

John Minshull: Come on you lot, we're ready to do the next rep.

Emma Farrow: Oh, we were just watching the sunset.

It was at this point that John began to regret agreeing to deputise for Gerry for two weeks.

...Unquote

Dove Tales

The second Harrier organised event of the month, the **Dove Dash**, took place on 16th August at Dargate in glorious weather. In true Canterbury Harriers style, the name of the race (and its HQ) came from **The Dove Inn** who also kindly provided sponsorship in the form of sandwich tokens. Another **sponsorship coup** (or cool!) was achieved by **Joe Hicks** in persuading **Shepherd Neame** to part with several cans of beer as finishing prizes, although the younger runners received T-shirts.



The course itself was, ahem, "**challenging**", and it is fortunate that we were not **taken to court** under the **Trades Description Act**. I remember thinking, as I toiled uphill to the third mile marker that **Doves were meant to be gentle creatures** whilst a **Dash was meant to be, well, fast**. This was more like a slow torture that **Amnesty International** might protest against. However, there was a fast stretch to the finish - if only my legs had been able to take advantage of it!

Despite the course, which even the winner, international athlete **Barry Royden**, found difficult, **Roy Palmer** put in an **astonishing performance** in clocking 29:08. **Simon Kendall** was a minute behind and **Jack Parnell** recorded, at the age of fourteen, the **outstanding time** of 32:12. Full results are on Page 3.

This event was a **success** due to the **many Harriers** and their relatives and friends who **marshalled** and helped out generally. However, most of the credit must go to race organiser, **Mark Trott**, in making the event such an **excellent day**.

Alastair Telford

Annual General Meeting

The **AGM** will be held at **Rough Common Village Hall** on **Thursday 15th October**, starting at **7:30pm sharp**. Gerry is going to let us off serious training for the evening, but will be organising a jog to the Dog & Bear after the meeting for anyone getting withdrawal symptoms.

The **main agenda items** will be:-

Annual Report; Audited Accounts; Constitution; Report on the allegations of theft of club funds; 1998/99 subscriptions; Election of officers.

Any other items for the agenda will have to be **notified to Joe Hicks** by **Thursday 8th October**.

The positions for **election** will be Chairman, Secretary, Treasurer, Administration Officer, Kit Officer, Chief Coach, Race Organiser and 2-4 Runners' Representatives. Anyone wishing to **stand for election** must **state the position** that they are standing for and their **proposer** and **seconder** to **Sue Reilly** by **Thursday 8th October**.

A copy of the Constitution will be issued with this newsletter. The report on the allegations of theft of club funds will be published early in October and copies will be issued to members on request.

Joe Hicks

Personal Log

Pete Greenwood

Date of birth: 19/4/42 (Primrose Day - No comment, Gerry) Blackpool, Lancashire

Marital status: Divorced

Children: Three - Andrew (39, ballet dancer), David (35, army), Stephen (33, insurance)

Occupation: Quality Assurance Manager (Engineering)

Previous Running Clubs:

Invicta, Blackheath, Thanet Road Runners, 2nd claim Blackpool & North Fylde. (Medway for half an hour.)

Marathons Completed: 136

-including all 18 London Marathons, along with 35 others in the World to date.

Personal Bests:

Marathon:	2:37:18	1984	London
Half:	1:16:02	1985	Canvey I.
10 miles:	56:46	1985	Crawley Vets
10K:	35:18	1984	Canterbury
5 miles:	26:58	1983	Victoria Park
30 miles:	3:10:00	1982	SLH 30
Seven Sisters:	3:27:00	1985	Eastbourne

Current targets:

Some shall remain secret, but I hope to return to full training, lose some weight and get my times down. Do the Davos Mountain Marathon with Old Man Reilly, if he's allowed out that long.

Other interests:

Cycling: Have completed five Canterbury 100 miles, one Salisbury 100 mile and six London to Brightons (58 miles). PB for 100 miles - 5 hours 52 minutes. Climbed *Alpe d'Huez* and *Mont Ventoux* which are both hard climbs used in the *Tour de France*.

Best running memories:

Having a massage from Leslie Watson, but only on the hamstring. To those who don't know Leslie, she was the marathon pin-up girl of the 1980s and a physio.

Representing England in The European Veterans' Championship in Strasbourg in 1982 in the marathon - time 2:43:18; 5th in my age group (V40) in England and 18th in Europe.