

The Harrier

January 1999
Volume 4 Number 2

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A Run With A View

Alastair tells the tale of the fantastic Florence trip

Our journey on Thursday 26th November was smoother than we dared expect, with the plane arriving at Pisa on time and we were then able to get straight on a train to **Florence**. Thus buoyed up, **Emma Farrow**, her dad **John**, his mate **Bill Smith** and myself went for a late evening stroll - purely to assess the terrain of the half marathon that we'd be doing that Sunday, you understand.

The next morning, being **dedicated, highly-tuned athletes** [*Sigh - another deluded Harrier contributor - Ed.*] we went for a jog around Florence, including going over the **Ponte Vecchio** which looks **more like just another street of jewellers' shops** than a bridge. We were then ready to eat a hearty breakfast before starting on our "**Marathon before the half-marathon**", the tour of the sights of Florence. We went on a tour of the **cathedral**, including going to the top of the **duomo** (the dome which dominates the Florentine landscape).



The Bell Tower of Florence's Cathedral as seen from the Duomo

In a couple of days of sight-seeing we managed to cover the **Uffizi** and **Accademia** galleries as well as **several churches** that could be seen as works of art themselves. We were fortunate in that the time of year meant that there were few other tourists but the weather was fine, if cool, throughout. Luckily, we did remember to pick up our numbers for the race from the **Marathon exhibition** (the half is a recent spin-off from the longer established main race) that was not far from our hotel.

You may be wondering how we **kept the pace up**, wandering around Florence and its galleries for hours. Well, our secret was an **Italian energy drink** which **they call Chianti**. I'd never heard of it before, but **it tastes better than Isostar!** The food in Florence throughout our trip was superb and thus we managed a **full carbo-loading program** with plenty of pasta!

On the **Saturday**, whilst on our tour of the churches, we bumped into **Dennis Hayes** who was there with his partner **Shirley** and his mate **Alan**. **Dennis** and **Alan** were due to do the **marathon** the next day, thus making us look

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like a **bunch of lightweights!**
We agreed that we'd meet up at the "Dante" restaurant the next

The Presentation Evening

Thanks to the organisational skills of **Roy Gooderson**, the presentation evening was a **tremendous success** and just about broke even - if we'd sold just two more raffle tickets we'd have made a profit! (Cheers to all those who sold tickets and donated prizes and to **Dave Smith** who printed the tickets.)

Club championships were won by: **Helen Paine** (10K and 10 miles); **Emma Farrow** (Half Marathon); **Dianne August** (Marathon); **Arthur Barnes** (Half Marathon); **Richard Steer** (10 miles); **Rob Sargeant** (10K and 20 miles); **Gerry Reilly** (Marathon - remember he didn't have an injured thumb then); **Bob Davison** (V40 5 miles); **Keith Crossland-Page** (V40 10K, 10 miles and Half Marathon); **Tony Reavely** (V50 10 miles and Half Marathon); **John Marshall** (V50 5 miles and 10K). The **overall champions** were **Helen Paine** and **Keith Crossland-Page** and the **most improved runner** was **Roy Palmer**. **Richard Steer** won the trophy for the **best cross-country performance** of the year. **Mel Carter**, won the **runners' runner of the year award**, although that might be **taken back** since he's since been heard to **thank Gerry for hill sessions!**

Goodies were given to the **Harrier juniors** who have put in so much effort over the year and finally **Sue** and **Gerry** were presented with flowers, wine and chocolates as a **token of appreciation** for all that they do for the club.

Much merriment was had by all, partly due to the **excellent attentions of the King's School Bar Staff** and partly due to **Dave Parnell** (who else?) picking up an **inflatable sheep** in the raffle, which legend has it found its way into a **nativity play!** **Les Willis's** fine display of **photos** of the usual suspects, I mean Harriers, provided both amusement and embarrassment.

Alastair Telford

Harriers Big In Japan!

Masa Kawamoto, head of the **Japanese branch** of Canterbury Harriers (he joined us while studying at UKC), has kindly sent **Alastair** some of the photos that he took on the trip to **Le Touquet**. The one below was taken on the ferry back, and Masa is in the middle of the back row. Masa tells us that he's been running well in Japan and Alastair has **his address** should you want to contact him.

In the evening, we went to the **Marathon exhibition** again for the **pasta party** but **surprisingly** they served only water and Isostar-style energy drinks rather than Chianti.

The **Sunday morning** was not only race day but **Emma's 30th birthday**. Most



A Run With A View ctd from Front Page

evening to chew over the action (or more pasta at least!).

other people would have gone for a lie in followed by a good party, but she seemed not to mind the **dawn scramble** for a bus (read "sardine tin on wheels") to take us to the start. She was **less sanguine** about the (lack of) toilet arrangements (due to the cold weather and official cock-ups, we gathered) at the stadium where the races started. However, the **frenetic atmosphere at the start** ("Bellissimo!") was infectious and eventually we were off!

The crowds of people running both races meant a slow start but we each got into our running and we agreed afterwards that it was **terrific** racing past the **sights of Florence**. This inspired **Emma** to do a **PB by over two minutes**, finishing in **1:40:11**. Her dad did 1:54:20 and his mate **Bill** "did a Gerry", overtaking me in the last km for 1:26:35.

We were **not finished**, however! We continued with our sightseeing, strolling round **Santa Croce** where the **races finished** before visiting **Fiesole by bus**.

In the evening we found out that **Dennis was sick at 30K** in the marathon, although he did **finish** in 3:52 ...and **drink grappa** - industrial strength alcohol - **at the meal!** Alan did 4:07.

On **Monday evening** we had to come home and we had a rather **eventful journey** back due to a combination of me losing my boarding pass, Ryan Air and Dennis's car but that couldn't sour what had been a **brilliant few days**.

Alastair Telford

January Sale!

Canterbury Harriers Keyrings
Are Now Only £1 EACH!

See Roy Gooderson



Results

to **Mel Carter**
of 41:37 at the **Sturry 10K** d-

May I repeat my plea - could s-
e-

times etc. and phone them through
Gerry (01227 455244) or myself

tell me if there are any gaps in these
r sults. Cheers! - Ed.

Today's Runner XC Beckenham 15/11/98

steep inclines and plenty of muddy sharp
turns for the 243 finishers. The **women**
were **9th** in their race and we were **8th**
overall, aided by another fine run from
Jonathan Holmans, just pipping **Simon**
Kendall to the line.

34 Jonathan Holmans	33:17
35 Simon Kendall	33:18
60 Sunil Gohil	35:11
64 Steve Clark	35:15
86 Dave Lightburn	36:33
120 Alastair Telford	38:52
128 Dave Parnell	39:24
161 Helen Paine	41:29 19th F
173 Fayne Stone	43:02 24th F
210 John Hartley	46:26
217 Sue Reilly	47:53 49th F

Margate International XC 22/11/98

A string of **excellent results** by the
Harrier juniors against international
quality opposition at this Hartsdown Park
event. Some of the juniors also ran
alongside **Roger Black** and **Steve Cram**
in the one kilometre fun run.

U17 Boys

72 Jonathan Holmans

U15 Boys (108 finishers)

24 Jack Parnell
53 Andrew Langston
60 James Branwood

U13 Girls

34 Ellen Jones

U13 Boys

21 Danny Legg
35 Andrew Dowell

East Kent Schools' U11 Girls

(64 finishers)

5 Millie Hinsley

Today's Runner XC Oxleas Wood 29/11/98

On what Rob Bright, the league organiser,
reckons is the **hardest** of the courses,
Roy Palmer again made an excellent
effort for the club. His **11th** place (out of
264 finishers) together with excellent runs
by **Stuart**, **Simon**, **Jonathan**, **Sunni**,
Steve and **Mel**, meant that we were **6th**
on the day **overall**. Unfortunately, however,
since we were one woman short (where
was **Emma Farrow** when we needed
her?) we came **15th** in the ladies' race.

In the **junior race**, the Harrier lads
completely whitewashed the opposition -
well done to **Jack Parnell**, **Andrew**
Langston, **James Branwood** and **Luke**
Lightburn who took the first four places in
that order!

Seniors

11 Roy Palmer	36:02
29 Stuart Nolan	37:54
34 Simon Kendall	38:09
43 Jonathan Holmans	38:54
53 Sunil Gohil	39:41
63 Steve Clark	40:19
86 Mel Carter	41:57
101 Dave Lightburn	42:54
104 Doug Hinsley	43:01
139 Roy Gooderson	45:54
140 Dave Parnell	46:01
151 Pete Wyeth	47:06
161 Helen Paine	47:56 20th F
215 Mick Hunt	52:18
218 John Hartley	52:22
234 Sue Reilly	56:50 54th F

League Placings After 4 Events

Ladies

1 Paddock Wood AC	58pts
2 Medway AC	53
3 Invicta EK AC	49
4 Istead & Ifield H	48
5 Sevenoaks AC	39
6 Thanet RR AC	37
7 New Eltham Jggrs	36

8 Maidstone H	35
9 Swanley & Dist AC	31
10 Canterbury H	24
11 Bromley Vets AC	20
12 Gravesend RR	17
13 Dartford H	16
14 Sittingbourne Str	9
15 Plumstead R	8

Combined

1 Medway AC	59
2 Paddock Wood AC	55
3 Istead & Ifield H	50
4 Invicta EK AC	44
5 Sevenoaks AC	42
6 Maidstone H	37
7 Canterbury H	36
8 Thanet RR AC	32
9Eq Dartford H	27
New Eltham Jggrs	
Swanley & District AC	
12eq Bromley Vets AC	12
Gravesend RR	
Plumstead R	
15 Sittingbourne Str	8

Individual Ratings after four races

(Qualification: at least 2 races)

Men (222 listed; 82 V40, 39 V50)

10 Roy Palmer	94.9
45 Simon Kendall	79.6
46 Jonathan Holmans	79.1
61 Sunil Gohil	70.7
73 Steve Clark	66.6 V40-24
102 Dave Lightburn	53.1 V40-39
104 Mel Carter	51.7 V50-9
115 Alastair Telford	46.6
120 Doug Hinsley	45.4
142 Dave Parnell	34.9 V50-18
143 Roy Gooderson	34.3 V40-51
159 Pete Wyeth	28.3 V50-21
209 John Hartley	6.8 V50-37

Women (86 - 13 V40, 21 V45, 12 V50)

21 Helen Paine	77.5 V50-1
25 Emma Farrow	74.1
32 Fayne Stone	66.9
68 Sue Reilly	23.6 V45-17

Florence Half & Full Marathons 29/11/98

See Front Page for Report!

Marathon

Dennis Hayes 3:52:00

Half Marathon

Alastair Telford 1:26:46
Emma Farrow 1:40:11 **PB 2:30**

Thanet 10 6/12/98

Roy Palmer set a superb **new PB** (by almost four minutes!) of **57:57**, coming **ninth** in Thanet's big winter promenade event. As is often the case, the race summoned up a **fresh westerly**, making the first half of the out and back course difficult. **Mike Hedger**, like Roy, also managed to overcome the conditions in setting a PB by a minute, and both **Steve** and **Mel** had fine runs.

Roy Palmer	57:57	9 th	PB
Denis Hayes	66:00		
Steve Dorkins	66:02		
Mel Carter	67:02		
Mark Walsh	67:20		
Dave Lightburn	68:00		
Doug Hinsley	71:35		
Mike Hedger	78:55		PB
Mick Hunt	84:27		

Kent Young Athletes' XC League Gillingham 12/12/98

All the Harrier juniors produced terrific performances on a tough course at Capstone Park. **Sue Reilly** also ran well in the ladies' race at the end of the meeting.

U13 Girls

6	Ellen Jones
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U13 Boys

3	Danny Legg
6	Andrew Dowell

U15 Boys

3	Jack Parnell
22	James Branwood

U17 Boys

5	Jonathan Holmans
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Aylesham 10 27/12/98

Excellent performances on Aylesham's undulating course in blustery conditions from the Harrier runners, especially from **Helen** who retained her title!

Roy Palmer	58:51	6 th
Dave Lightburn	66:51	14 th
Dave Smith	68:09	19 th
Mark Walsh	69:40	
Lawrence Shaw	71:54	
Pete Wyeth	72:50	

Helen Paine	73:09	1 st	F
John Hartley	84:37		

Kent Veterans' & Clubman's XC Championships Sparrows Den, Hayes 2/1/99

Some fine performances on a course consisting partly of **open parkland**, across which a chill north-westerly blew, and **muddy, steeply-inclined woodland**. Of particular note were **Mel** in the V50 race, the two **Steves** in the V40 race, **Sue** in her V40 race and **Roy** in the clubman's. The men's races were run over 9600m and the women's over 4900m.

V50 Men

22	Mel Carter	41:46
31	Gerry Reilly	44:11
57	John Hartley	51:55

V40 Women

14	Sue Reilly	28:25
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V40 Men

34	Steve Reynolds	39:43
36	Steve Clark	39:57
52	Bob Davison	41:17
64	Steve Dorkins	43:05
70	Joe Hicks	44:36

Clubman's

10	Roy Palmer	35:38
46	Alastair Telford	42:59

Kent XC Championships Gillingham 9/1/99

This was a triumph for the **Harrier juniors**, in tough, competitive races at Upbury Manor School in Gillingham, since **Ellen Jones, Andrew Dowell, Danny Legg** and **Jack Parnell** were all selected to run for the county at regional level.

In the **seniors**, both **Simon** and **Mel** ran well on a difficult course, with **Gerry** giving his recovering hamstring a workout.

Juniors

U13 Girls (43 finishers)

10	Ellen Jones	12:25
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U13 Boys (38 finishers)

7	Andrew Dowell	11:09
11	Danny Legg	11:21

U15 Boys (47 finishers)

14	Jack Parnell	15:50
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35	James Branwood	17:48
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Senior Men (12 Km)

(Unfortunately, I don't have times for this.)

68	Simon Kendall
111	Mel Carter
141	Gerry Reilly

Hastings 10 K 17/1/99

This was run on a different course, starting from the **new athletics track** by the William Parker school. The organisers promised that the **new course** was **faster** than the **old one** and this was true in the same sense that it is true to say that **Snowdon** is "faster" than **Ben Nevis**. **Mel Carter** was not troubled by the hills, however, and was just 20 seconds away from winning the vet 55 prize. This was an **excellent event**, since all the competitors received a **goody bag** as well as a **trophy**, plus a **free buffet lunch** at the prizegiving!

Julian Murray	41:29
Mel Carter	41:30
Alastair Telford	41:42
Dave Lightburn	42:48
Pete Wyeth	44:14
Emma Farrow	46:55
Mike Hedger	48:48

Kent Young Athletes' XC 17/1/99

More fine performances from the Harrier juniors, particularly from **Ellen Jones**.

U13 Girls (37 finishers)

4	Ellen Jones	12:12
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U13 Boys (26 finishers)

6	Danny Legg	13:21
9	Andy Dowell	13:40

U15 Boys (31 finishers)

17	James Branwood	19:44
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U17 Boys (25 finishers)

11	Jonathan Holmans	21:54
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Noticeboard

Events' Diary

January

31st Canterbury 10
Chaucer Tech School, 11am.

February

13th *Today's Runner XC*, Sitting-
bourne Community College. 11am.
(Junior race to be confirmed.)

14th Eurostar 10K
Techpro club, Ashford. 11am. CD 6/2.

14th Kent AC 10
Hurst Rd, Sidcup. 10:30am.

21st *Today's Runner XC*, Whitbread
Hop Farm, Beltring, 11am.

28th Parkwood League. From noon.

28th Tunbridge Wells Half
St. Gregory's school. 10:30. CD 21/2.

March

7th Thanet 20
Hartsdown Park, Margate. 10am.

7th Mascalls School 10K & 5K
Paddock Wood. 11:15 & 10am.

7th Isle of Sheppey 10
10am. **Various starting points.** Also
3MI and 2K fun runs. CD 26/2.

14th Hastings Half
St. Leonards on Sea. 10:30am. (Also
U17 2.5K at 10:45.)

21st Herne Bay Rowing Club 10K
11am. (Also, 1.5K Fun Run at 10am)
CD 14/3

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.

Well Done Harriers!

A big well done to all the Harriers for all the **hard work** which you put in **during 1998** both in racing and in training and in the **support** and **encouragement** which you have all given to your club colleagues throughout the year. There have been **tremendous efforts** and achievements by our more experienced runners and more particularly by those who are **new to running** or new to **specialised training**. [*I think he means "pain", folks -Ed.*]

Our **juniors** have been a **credit** to themselves, their families and the club, turning out in all sorts of weather conditions for training and competition. Our coaches and **all who have helped out on training evenings** have made a tremendous **contribution to the success of the club** during the year.

Gerry Reilly

Today's Runner XC Update

The Sittingbourne *Today's Runner Cross Country* will be at the **Sitting-
bourne Community College** (NOT Woodstock) this year and will be on **Saturday 13th February** at 11am. A map of the area is provided as a supplement to the newsletter. Three Harriers, **Jonathan Holmans**, **Dave Lightburn** and **Fayne Stone** were featured in the pen profiles section of the league's "mid term report".

Pete Wyeth

Marathon & Half Marathon Programmes

As well as a **marathon programme** [*Which of course we are following to the letter - Ed.*] there is a **half marathon programme** which leads up to the **Paddock Wood Half Marathon on Sunday 28th March** at 11am. Please see **Gerry** if you would like more details or training advice.

Gerry Reilly

The Long and Winding Runs

An essential part of **marathon** and, indeed, **half marathon training** is the **weekend long training run**. There are organised long runs on Sun-Sunday mornings over various routes usually starting and finishing at someone's house in the Canterbury area. (The plan at the moment is to have **Gerry**, **Roy**, **Bob** and **Alastair** as hosts.) These runs normally **start at 9:30am** and are both **relaxed** and run at a **very easy** pace, so they are **suitable for all standards**. (They're also ideal preparation/justification for a generous Sunday lunch/drink!)

Roy has also suggested the idea of going up to the **Thames Barrier** for a run/day out. Not only are there **hundreds of miles** of running trails starting from that area but there is a **visitors' centre** for members of the family who are non-runners.

If you are interested in any of these runs then please speak to **anyone on the committee**.

Gerry Reilly & Roy Gooderson

The Lakes II - Dare You Go Back In The Water?

Instead of the proposed Highland trip, which was logistically tricky, we shall be returning to the lakes for another **fell running weekend**, lasting **three or four days** some time in May. We shall once again be staying in **Keswick** and our trip this time will include the **Langdale Pikes** and **Blencathra**. Please note that it's not going to be like the **TV series**, "The Lakes", unless **Fayne** gets up to some **mischief!** [*I've never seen that programme, so I hope that's not libellous - we wouldn't dream of libelling Fayne in The Harrier. -Ed.*] Places will be on a **first come - first served basis** so please see me as soon as possible if you would be interested.

Gerry Reilly

French Coast To Coast Cycle Ride

Dave Lightburn is organising a bike ride from the **south-west Atlantic coast of France** to the **Mediterranean** in early to mid-April which would last for a week. Please see him if you are interested.

Dave Lightburn

Editorial

My apologies for the very late arrival of this issue, which was delayed due to work commitments. The next issue should be due out out by **23rd March** and will include the roundup of the cross-country season and possibly the launch of the Harrier website.

Please (go on!) **send your contributions by 16th March** to me, **Alas-tair Telford**, Flat 5, 56 London Road, Canterbury, CT2 8JY. *Tel:* 01227 786210 *Email:* A.J.Telford@ukc.ac.uk

- **Electronic copies** available!

Treasurer's Reports & The Euro

John Minshull's reports for the **full year to the end of September** and also for the **three months to the end of December** are included as a supplement to the newsletter. However, **John** also has an **important announcement** to make...

In keeping with the present wave of **Europhilia** and to demonstrate our deep belief in a **United States of Europe**, we should show all financial statements in **Euros**. The attached reports will be the **last** in the now totally **outdated pounds and pence**. Moreover, all expenditure incurred by members on behalf of the club will be **repaid** to them in **Euros in 2002** when the **notes will be available**. Your patience will be appreciated.

To be consistent with this principle, we should also **convert all race times to Euros** - thus a 39 minute 10K will become 55.71. It follows also that **veteran age groups will be converted**, although I'm not too sure about this as I'll become a **V94.29!**

[*Clearly a case of too much Australian sun 'n' Chardonnay - Ed.*]

Personal Log

Ian MacMillan

Date of birth: 24th January 1940

Marital status: Divorced

Children: Two daughters and a son

Occupation: Clerical assistant and dinner "lady" at a primary school. Retired banker - that's banker with a 'b', Mr Editor. [*You know I couldn't make a mistake like that - Ed.*]

Personal Bests:

Very sick, for the disciplines I am interested in, when compared with today's world records, but relatively healthy by comparison with the records in 1952 when the Helsinki Olympics captivated me.

Current targets:

I managed to get one decent run in for the Harriers in 1998. (Today's Runner league at Beckenham in case nobody's noticed.) I hope to add to this total. (Can one single thing be a total?)

Best running memories:

Seven consecutive years in the first four in the Kent Cross Country Championships pleases me, but fifth in the 1969 Ben Nevis race is the performance I would like to retain if everything else was cancelled.

Like a snapshot, I will remember, until all else is forgotten, sitting on a pavement in Fort William, too emotionally and physically drained to go to the post-race banquet, listening to the bagpipes playing a lament and making promise to myself to come back the following year and win the race...

Worst running memories:

Making wrong decisions the following year after establishing a good lead at the Red Burn (halfway up Ben Nevis) and eventually becoming "lost" on the top of the mountain. A year later I knew the route exactly but was no longer fit enough to win the race. The consolation is that failure is so much more interesting than success.