

The Harrier

June 1999
Volume 4 Number 4

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I looked round to see **Andy Wilson**, who was running for his first claim club Hailsham. "So what are you doing back here?" I asked since we were both in starting pen 2. "I don't really like marathons," said Andy, "but I got pushed into doing this again!" I wondered whether I would like marathons after this one, the euphoria and agony of my only previous attempt fading from memory.

The **weather** for the race was **perfect** - cool and overcast and little wind even around Docklands. The **crowd support was terrific too** and inspired me to **pass** both **Superman** and **Supercoach**, **Gerry Reilly**, the latter at just before 15 miles. The **inevitable** happened, though, and, as I tired, **Gerry** went past me again at just after 20 miles. I must have started **hallu-
cinating** since I thought I saw Gerry give me a **thumbs up** as he passed, which, of course, would have been **impossible**.

The **last couple of miles**, including the cobbles at the Tower, were really hard and I almost wished that the crowds would go away. However, a **PB** at the finish made it **feel much better...**



Where's the (W)ally? Using your skill and judgment, place a cross where you think the *Harrier* editor is in this picture taken in front of the Cutty Sark. (You can, of course, deface it in any other way as well.)

Continued on Back Page - Results Next Page

London Marathon Results

Name	Time	Pos	10K	20K	1 st Half	40K	Notes
Danni Lainz	2:51:23	684	40:39	1:21:33	1:26:03	2:42:34	Club Debut
Joe Hicks	3:01:01	1433	41:49	1:25:00	1:29:44	2:52:02	V40
Rob Sargeant	3:09:51	2183	40:01	1:20:41	1:25:15	2:57:36	
Gerry Reilly	3:09:55	2192	43:27	1:28:12	1:33:07	2:59:27	V50
Neil Vest	3:11:56	2366	40:00	1:20:41	1:25:15	2:59:30	
Alastair Telford	3:12:24	2414	44:56	1:28:31	1:33:20	3:01:09	PB 6:37
Julian Murray	3:12:42	2444	46:56	1:31:11	1:36:11	3:02:58	PB 4 mins
Sunil Gohil	3:18:29	3109	49:51	1:33:03	1:37:51	3:07:10	PB 25 mins (NT: 3:12)
Dennis Hayes	3:21:37	3488	41:50	1:25:02	1:29:45	3:07:34	V40
Alan Stopher	3:22:38	3621	49:54	1:35:51	1:40:52	3:11:45	V50
Bob Davison	3:35:51	5648	48:52	1:35:57	1:40:49	3:22:43	V40
Ian Taylor	3:48:18	7887	54:59	1:42:46	1:48:08	3:35:15	PB 4mins
Joe Epsom	3:52:19	8676	57:25	1:49:32	1:55:15	3:40:12	V40
Tom Smith	4:26:32	15299	1:08:52	2:07:32	2:13:57	4:13:02	Debut (NT: 4:15:21)
Maria Sargeant	4:35:11	2466	1:06:21	2:03:15	2:09:36	4:18:01	F Debut
Mick Hunt	4:50:03	19022	1:08:51	2:07:32	2:13:58	4:33:58	Debut (NT: 4:38:37)
Cliff Tritton	4:50:04	19025	1:03:49	2:02:02	2:08:36	4:33:58	V40
Pete Greenwood	4:51:36	19212	53:55	1:51:40	1:58:35	4:34:47	V50
Sue Reilly	4:55:16	3417	1:18:34	2:21:31	2:28:25	4:39:52	FV 45 Debut (NT 4:40)
John Selwood	5:18:47	21915	1:25:55	2:36:53	2:44:34	5:03:28	Debut
Vicky Rowe	5:31:48	4659	1:17:32	2:27:51	2:35:21	5:14:45	F Debut

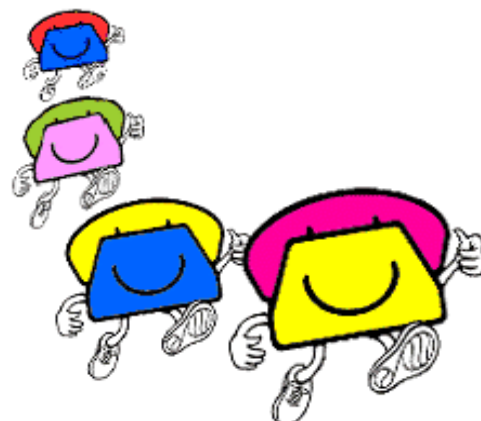
The figures in the above table are taken from the **London Marathon website** (www.london-marathon.co.uk) which, unfortunately, is less helpful than last year. The finishing times shown are "official" ones i.e. from when the gun went. There were no 30K splits available. Obviously, some people had quite a delay in getting past the start and their **net times** from the start to the finish are given where they are known and significantly quicker than the official times. **Danni Lainz's** terrific debut marathon for the club included a negative split (second half quicker than the first) and **Sunni** made an astonishing improvement of **25 minutes** on his previous best. There were many excellent debuts, with *Kentish Gazette* marathon diarist **John Selwood** being indebted to his **running guru, Derek Parnell**.

Alastair Telford

Sue and Sunni Run For Charity

Sue Reilly, raised more than **£800** for the charity **Childline** when completing her debut marathon run.

Her fellow teacher **Sunil Gohil** at Canterbury High raised **£460** for the local special needs **Orchard School**.





Results

Again may I ask that one person at each race be responsible for taking finishing times etc. and phone them through to **Gerry** (01227 455244) or myself (01227 786210). **Dave Lightburn** (01304 812046) also needs to know about any **season bests** for the league tables. Similarly, please tell me if there are any gaps in the results. Cheers! - Ed.

Bethersden 20/3/99

Roy Palmer took full advantage of calm, overcast conditions on this fast, yet scenic course in **setting a PB** by over **one and a half minutes**. **Sue Reilly** also set a **PB** and **Emma Farrow** had somehow managed to avoid running the distance before!

Simon Kendall	28:20
Bob Davison	30:54
Alastair Telford	30:55
Mel Carter	31:30
Dennis Hayes	32:02
Andy Branchett	32:30
Pete Wyeth	33:00
Emma Farrow	36:07 Debut
John Hartley	40:09
Sue Reilly	42:54 PB 1 min

Herne Bay Rowing Club 10k 21/3/99

The placid conditions at Bethersden contrasted sharply with **wet and windy** ones at **Herne Bay** the **following day**, although this did not deter a large Harrier turnout. The **Harrier women** did well to win the **team prize**. **Tom Smith** set an excellent **PB** and there were club **debut** runs by **Alan**, **Melinda** and **Vicky**.

Jack Parnell and **Elen Jones** won the junior race over 1.5K, heading an exceptional set of performances by the Harrier youngsters.

Seniors

Rob Sargeant	37:05
Steve Clark	38:08
Steve Dorkings	38:57
Steve Reynolds	39:10
Nick Justicz	39:53
Dave Smith	40:19

Mark Walsh	41:14
Dennis Hayes	41:31
Joe Hicks	42:11
Doug Hinsley	42:30
Laurence Shaw	42:47
Tom Smith	43:36 PB 1 min
Pete Wyeth	43:46
Alan Hudson	45:45 Debut
Ian MacMillan	46:14
Melinda Dhoni	48:10 Debut
Pete Greenwood	50:59
Liz Siedek	51:15
Mick Hunt	51:22
Emma Farrow	51:58
Sara Carter	52:05
Neil McGuinness	53:19
Steve Craswell	53:25
June Southfield	56:55
Sue Reilly	56:56
Vicky Rowe	62:05 Debut

Juniors (1.5K)

Jack Parnell	5: 01 1st Boy
Elen Jones	6:12 1st Girl
Andrew Dowell	5:34 3rd U15 Boy
Dean Bradshaw	6:18 4th U15 Boy
Luke Lightburn	6:20 3rd U12 Boy
Tony Rowland	7:30 5th U12 Boy
Harriett Yea	7:46 4th U12 Girl
William Walsh	7:55 1st U8 Boy
Kirstie Sargeant	8:52 2nd U8 Girl

Pericles Dietrieu 10K 25/3/98

As part of his **Mediterranean fact-finding mission**, **John Minshull** ran this race in the Troodos mountains on the **Greek National Day** in a time of 55:32.

Paddock Wood Half 28/3/99

Roy Palmer managed to outdo his Bethersden performance the previous week when he **smashed** his previous best time for the distance by **over 9 minutes** and finishing **15th** in a **field of over 1000**. The course was mainly flat, and rural, although the sun made things quite warm for March. Roy's splendid run managed even to eclipse a very fine debut run the Harriers by **Danni Lainz**. **PBs** were achieved by **Sunni Gohil** (despite missing training due to injury), **Mick Hunt** and **Sue Reilly** with **Neil McGuinness** running his **debut** half for the club.

Roy Palmer	1:17:08 PB 9 mins!!
Danni Lainz	1:22:05 Debut
Julian Murray	1:26:11
Alastair Telford	1:28:19
Sunil Gohil	1:29:09 PB 1 min
Gerry Reilly	1:29:09
Dennis Hayes	1:30:15
Joe Hicks	1:30:21
Tom Smith	1:41:24
Mick Hunt	1:57:12 PB 2 mins
Neil McGuinness	2:04:00 Debut
Sue Reilly	2:04:10 PB 2 mins
Erica Akerman	2:24:28

Folkestone 10 2/4/99

In this Good Friday event on Folkestone's uninspiring seafront course in breezy conditions, **Roy Palmer** finished in **14th place** out of **435 finishers**.

In the **junior** race, run over 2 miles, **Jack Parnell** finished **2nd** in the **boys' race** and **Elen Jones** took **3rd place** in the **girls' race**. There were also fine runs by **James Hunt** and **William Walsh**.

Roy Palmer	58:39
Neil Vest	61:19
Nick Justicz	64:40
Gerry Reilly	66:00
Joe Hicks	66:28
Dennis Hayes	66:51
Steve Clark	67:03
Mark Walsh	67:13
Bob Davison	67:36
Andy Branchett	67:49
Mel Carter	68:31
John Marshall	69:06
Alastair Telford	71:01
Doug Hinsley	71:10
Pete Wyeth	71:39
Dave Parnell	73:46
Derek Parnell	75:41
Cliff Tritton	76:00
Mick Hunt	84:41
Sue Reilly	93:11
June Southfield	94:18
Vicky Rowe	96:37
Erica Akerman	108:47

Tonbridge Open Track 5/4/99

At this Easter Monday meeting, **Steve Reynolds** was **first** in the **600m** in the excellent time of 1:31.9. **Jonathan Holmans** did a fine debut run in the 3000m to finish second junior in 9:55.9 seconds to in his **debut run** over 3000m.

June 1999

Ashford Open Track 10/4/99

A small group of Harriers competed well in this **Julie Rose Stadium** meeting in wet and windy conditions. **Jonathan Holmans** beat his previous best time by **6 seconds** and finished **3rd** in the **U17 800m** in a time of 2:21.8. **Jack Parnell** equalled his **PB** finishing **2nd** in his **U15 800m** in a time of 2:26. **Andrew Dowell** won the **U13 1000m** race on his debut at the distance in a time of 3:32.8.

Steve Reynolds also equalled his **PB** with 56.3s in the **senior 400 m** event, coming **4th**.

Victoria Park 5 10/4/99

This was a flat, London parkland, warm-up event for the Marathon.

Danni Lainz	29:23
Sunil Gohil	31:17
Joe Hicks	31:32

Darent Valley 11/4/99

Some Harriers preferred this **more scenic** and undulating race at Eynsford near Swanley the next day.

Alastair Telford	40:40
Doug Hinsley	42:41
Dave Parnell	45:21
Emma Farrow	47:07
Dave Lightburn	47:51
Pete Greenwood	50:53
John Hartley	53:58
June Southfield	56:29
Erica Akerman	65:56

London Marathon 18/4/99

See Page 2!

Hythe Round The Town Races 2/5/99

Canterbury Harriers won the traditional round the town relay race with the 4x800m team of **Steve Reynolds**, **Simon Kendall**, **Jonathon Holmans** and **Roy Palmer** finishing in a time of **9:15**.

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Steve Dorkings approaching the finish of the Whitstable 10k
(Photo courtesy of Helen Paine)

Simon followed this up with a fine **3rd** place in the **6K** event. His **twin brother Mark** finished in **24th** place on his **return** to competitive running.

Jack Parnell was a clear winner of the **junior boys' 1500m** race in 4:46 secs with **James Branwood** **3rd** in 5:09.

Seniors 6K

Simon Kendall	20:46	3rd
Mark Walsh (V40)	22:58	10th
Andy Branchett (V50)	23:50	18th
Mark Kendall	24:20	24th

Whitstable 10k 3/5/99

A large Harrier contingent took part in Whitstable's May Day holiday race in warm and sunny conditions. **Jonathan Holmans** had a terrific run to finish **15th**

out of 463 overall, coming 1st U19 and beating his PB by over 2 minutes. There was also a fine PB by **Steve Donkins** and fine club debuts from **Brian Davis** an **Emma Hodges**. There were also good debut 10Ks from **Jonathan's dad, Mick** and **Marie Rowland**, who was taking time out from the difficult task of keeping **Steve Reynolds** in order!

Jack Parnell recorded his **second win in two days** in the junior race over 2.5K in a time of 8:32 with **Andrew Dowell** and **James Branwood** finishing 3rd and 4th In 9:14 and 9:16, respectively. **Ellen Jones** finished 3rd girl In 10:08. **James** and **Alice Hunt** each finished 3rd in their age category races whilst **William Walsh** was first boy in the infants section.

Seniors

Jonathan Holmans	35:25	1 st U19 PB 2m
Roy Palmer	36:37	
Steve Dorkings	38:00	PB 1m
Joe Hicks	38:58	
Brian Davis	39:08	Debut
Mark Walsh	39:34	
Sunil Gohil	39:58	
Steve Reynolds	40:04	
Gerry Reilly	40:08	
Edward Briggs	40:20	
John Marshall	41:11	
Dennis Hayes	42:01	
Dave Parnell	43:23	
Dave Lightburn	43:28	
Doug Hinsley	43:31	
Pete Wyeth	43:45	
Alan Hudson	44:08	
Tom Smith	44:14	
Ian MacMillan	45:54	
Roy Gooderson	45:59	
Mike Hedger	47:05	
Emma Farrow	47:14	
Dianne August	47:49	
Marc Heath	48:04	
Emma Hodges	48:43	Debut
Mick Hunt	49:19	
Steve Craswell	49:57	
John Hartley	51:24	
Mick Holmans	52:41	Debut
Neil McGuinness	53:11	
Sue Reilly	62:35	
Marie Rowland	72:03	Debut

Kent Athletics Championships Ashford 8-9/5/99

The **Harrier Juniors** all made excellent efforts at the County Champs.

100m U15

Alex Wood	13.78
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800m

U15

Andrew Dowell	2:35.58	PB 3 s
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U17

Jack Parnell	2 :21.1	PB 4 s
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U20

Jonathan Holmans	2:22.52
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1500m

U15 Girls

Elen Jones	5:26.01	Debut
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U15 Boys

Andrew Dowell	5:12.4	PB 20s
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U17

Jack Parnell	4:46.61	PB 30s
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U20

Jonathan Holmans	4:31.1	Debut
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Cobham 10K 16/5/99

More exceptional performances from **Jonathan Holmans** and **Roy Palmer** at this multi-terrain 10K, finishing 4th and 7th, respectively. Mick Holmans managed an astonishing improvement over his debut at Whitstable less than two weeks before.

In the 4K race, **Jack Parnell** had another **fine victory** in 16:11 with **Andrew Langston** coming **second** in 17:04.

Seniors

Jonathan Holmans	35:58
Roy Palmer	36:24
Gerry Reilly	40:16
Dave Smith	42:20
Tom Smith	44:20
Mick Holmans	48:23 PB 4 mins

Tonbridge Open Track 18/5/99

Steve Reynolds had a fine 2nd place result in the vets' 400m in 56.4, despite arriving with little time to warm up due to the Tonbridge traffic.

Events' Diary

June

3rd-6th HARRIER LAKES TRIP

11th-13th HARRIER HOLLAND TRIP

13th Canterbury 10K

11am Chaucer Tec School.
(Plus Kids' races)

18th Nackington XC

7:30pm Nackington Farm.
(Includes BBQ!)

20th North Downs 30K

10:30am. Istead Rise Community Centre. FR 2miles 11am. CD 12/6.

27th Lordswood 5K & 10K

5K 10am. 10K 11am. Lordswood leisure centre, Medway.

27th Orpington 10K

11am. Plus FRs.

27th Zeneca 5 Plus

11am. Zeneca Agrochemicals, Yalding.

July

4th Thanet Open 10K

11am. Palm Bay, Cliftonville.

11th Cliff Woods 10K

11am. Cliff Woods Recreation Ground
Nr Rochester.

25th WHITSTABLE OYSTER RUN

Organised by Canterbury Harriers.
Includes kids' race.
MARSHALLS NEEDED!

August

8th RED LION 10K

Organised by Canterbury Harriers.
11am Hernhill.
MARSHALLS NEEDED!

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 / put entry forms in the folder.



Noticeboard

Committee Members

Chairman	John Hartley	01227 459997
Kit Officer	Bob Davison	01795 536455
Admin Officer	Roy Gooderson	01227 454449
Secretary	Dave Lightburn	01304 812046
Treasurer	John Minshull	01795 532226
Chief Coach	Gerry Reilly	01227 455244
Race Organiser	Mark Trott	01795 877008
Runners' Rep	Joe Hicks	01227 750797
Runners' Rep	Helen Paine	01227 452060
Runners' Rep	Pete Wyeth	01795 479057

Marshalls Needed

Canterbury Harriers will be staging two events this summer, the **Whitstable Oyster Run on 25th July** and the **Red Lion 10K on 8th August**. If you (or your family and friends!) can help in any way, particularly with **marshalling**, then please see any committee member. Cheers!

Roy Gooderson

Kit Available

We have **club hats, T-shirts and shorts** available (including in **Chairman size** - ask John!) and more kids' shorts will be here soon too.

Bob Davison

Harrier Golf Day

I have recently enquired about staging a **Harrier Golf Day** at the **Boughton course**. This would probably be a **Sunday** in **July** with the golf club supplying a **snack** and a **drink** beforehand and possibly a **meal after the game**. If you would be interested then please see me or **Gerry**.

Bob Davison

Treasurer's Report

John Minshull's latest report on the club's finances is included as a supplement.

Harriers To Holland

Once again we will be donning our **Dutch caps** to visit our friends at **Hollandia AC** from **Friday 11th to Sunday 13th June** to run the **Benegan 10K** and **half marathon**. Sightseeing this year is via a **steam train ride**. If your name is not down it might be too late but speak to Roy and see.

Roy Gooderson

Chairman John Speaks...Again?!

(...between gasps after one of **Gerry's** training sessions...)

You will recall the **membership tally** at April'99 (yes, it was 90), well we are now at **106**. We've **surpassed our original target** so we need to set another! I think that could be 115, by the end of the Club year; now that's very, very healthy. Incidentally, we acknowledged our **hundredth member** - **Katy Walsh** - one of our budding juniors (you know, her old dad is Mark!). The **number of female runners is increasing**, a trend we hope will continue through a **poster campaign** initiated by **Helen Paine**.

We are organising both the **Whitstable Oyster Run** and the **Red Lion 10K**. **Roy Gooderson, Mark Trott, and Gerry Reilly** are the sub-committee planning the **Oyster Run on 25th July**, whilst **Mark Trott, Peter Wyeth, Bob Davison and John Minshull** have been busy on the arrangements for the **Red Lion** event at **Hernhill** on **8th August**. Please make a note of the dates as we need a **good Harrier show** - in terms of helpers and participants. Entry forms are now available (from **Dave Lightburn**, Secretary), and please contact any member of the committee if you could help with either event.

The **club's finances continue to remain strong** through **John Minshull's management**. We are predicting a healthy surplus on this year's activities, with an even better accumulated balance overall. Consequently, the Committee have been discussing ways of enhancing the **club's inventory of equipment**. At the moment, we have in mind a **stop watch/printer** and a **digital clock** for use at races, and we are considering (and trialling) **computer software for race entries and results**. If you have any further suggestions, please let committee members know. (No, **Dave Parnell**, it's not going to be used for year subscriptions for **Churchills**.)

You will be aware of the club's support and interest in the **Whitstable 10K** which has been successful again this year. As there is some doubt as to whether the event will continue next year, we have formally approached **Smack RRC** with our **offer of help** to assist in organising the event or, if agreeable, to adopt it as our own. We will keep you informed about this potential development in our calendar of activities.

John Hartley

Editorial

The next newsletter which should be out **just before the Oyster Run on 25th July**. In the meantime, keep your web browsers on the ready for the Harrier website which is under development at <http://WebAlias.com/CanterburyHarriers>

Please (you will, you will, you will!) **send your contributions by 13th July** to me:-

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

Personal Log

Roy Gooderson

Date of Birth: 24th May 1957

Family: Partner Sarah; Children Mark, 6, Adam, 2

Occupation: Property management/ electronic retailer

Previous Running Clubs: Invicta EK AC

Personal Bests:

Race	Time	When	Where
Marathon	3:40	1991	London (28)
20 Miles	2:40	1991	Thanet
Half	1:32:30	1992	Canterbury
10 Miles	67:20	1991	Canterbury
10K	38:09	1994	Le Touquet (16)
5 miles	31:27	1995	Strode Park
5K	18:58	1996	Waterfront Club

Other interests: Classic cars, water skiing, cycling

Best running memories:

Taking nearly one minute off previous year's PB at Le Touquet in 94. Obviously also my two London marathons and runs in a Gambian 10K and in Holland. My **favourite race** is **Le Touquet** which is just a fantastic day out and I've run there every year since 1992.

Biggest running regret:

Never having enough time or energy to clock up enough mileage. Figures above in brackets show the average mileage over the eight weeks prior to the race.

Four Go To France

Helen Paine on a holiday made for four.

On Wednesday 28th April we four intrepid Harriers (**Dave Lightburn, Fayne Stone, Pete Wyeth** and myself) met at Dover Eastern Docks to embark on an impromptu **cycling trip in France**. Undaunted by a rather **choppy crossing**, we tackled the Calais traffic (not as hair raising as the juggernauts of Dover) to set off, at **Dave's cunning suggestion**, in a south-westerly direction with the wind behind us. We did not forget, of course, to "tenez la droite" and fortunately I have a **left-hand drive bike**. Apart from a couple of somewhat confusing crossroads and a canalside stop to **don shorts**, we cycled without hitch to **Guines**, which seemed a suitable place for some lunch. The **sun was warm** and the **beer refreshing**, so this break proved rather longer than intended. It was only after lunch that we realised what **fiendish cyclists Fayne and Pete** were. For the rest of the trip they were usually no more than a **couple of specks** on the **horizon**.

We meandered (or, in some cases, hurtled) through **undulating** (and all Harriers probably know what that means) **French countryside** - long straight avenues, shady woods, sleepy villages, low farmhouses, bluebells, cowslips, curious cows etc. After

a few hours we set about finding accommodation for the night. Strangely, as we approached everything was declared "**complet**", but we **eventually wound up** at a wonderful, **traditional farmhouse** where we enjoyed palatial bedrooms, hot showers, a huge, home-cooked meal, eaten with Monsieur "Shuffler" and "sa femme" (or was it "sa mère"?). We also had an ample breakfast and at only FF 650 for four it is **highly recommended** - address available!

Thursday was windy and uphill and cold. Pete told me I should use my hands more to keep them warm. I had always believed one pedalled with the feet. Obviously, I need more practice.

Thursday night saw us in a hotel suite with three single beds, one double, one bath and one shower. The permutations were endless but, unfortunately, after several drinks and a big meal we were all very sleepy and the **orgy** scheduled for that evening had to be **postponed**. [*Don't worry folks, I'm sure that Fayne and Pete will be back to form for the Lakes trip - Ed.*]

If Thursday was for masochists, the **hedonists had their turn on Friday**. After a **leisurely, flat cycle** around the **local lake** under **clear blue** and **windless skies**, and an extended period going over a bridge looking at the numerous fish and admiring the local, multi-coloured dredger, we **basked in the sun** at a café beside the lake for a while. Certain members of the group confessed that this was altogether more the sort of holiday that they had envisaged.

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June 1999

Continued from Previous Page

However, we had to press on - **back to Calais** and reality. So, after a few more "pains au chocolat" and some very pleasant cycling on deserted canalside roads we returned to the port. At **Dover we parted** - Fayne off to meet the children from school, Dave to tend his strawberries and Pete and I took the cycle route back to Canterbury. It was a great break which we must do again.

Helen Paine

The Famous Four get ready for a hard day in the saddle



The Capital M Continued from Front Page

We all met at the 'C' tree at the edge of St James's Park, and I discovered that most of the **others had had really good races** too, particularly **Joe Hicks** who achieved a time some ten minutes better than he'd expected. The **debutant marathoners all did well** and seemed, strangely, to **enjoy** the experience.

We then crawled to the Gerry-designated watering hole, the **Bag O' Nails** pub. (Appropriately named since it seemed at that point that somebody had taken a bag of nails and was driving them into my legs.) There **Bob** "this'll be my last marathon" **Davison** started talking about **doing another one**, a threat since repeated without a pint of beer in his hand. **Gerry**, though, was ignoring the advice of Sean Connery and saying, "**Never again**" until son **Sean** goaded him into a **pact** that if he did the **marathon next year** then Gerry should too.

We then wended our **merry way homewards**, the Bag O' Nails visit making a **couple of pit stops** necessary. When we got off the coach it was more like a **scene from a geriatric ward** than the usual set of finely-tuned athletes that make up our club. (Journalistic license, aka lying, okay?)

It was a great day out and, funnily enough, I still **like marathons**.

Alastair Telford

In the Next Issue...

- The Lakes Trip
- Holland Trip
- The Harrier Website

Deadline for contributions:-
13th July