

The Harrier

August 1999
Volume 4 Number 5

In this Issue

3
5

Results roundup

Noticeboard – Events' Diary, Committee, **RED LION 10 K HELP NEEDED**, Invicta BBQ, **Le Touquet**, Equipment purchases, **Treasure Hunt Bike Ride**, Whitstable 10K organisation, Editorial

7
8
9

Treasurer's report

The Harrier website

The Lakes II

11

The Ballad of Jack's Rake – **Joe Hicks's** fell walking baptism of fire

12

Bye to the Babes – saying farewell to some Harrier women

The Secret Diary of a Harrier in Holland, aged 40 and $\frac{3}{4}$

Fayne Stone scribbles frantically away...

Friday, June 11

6.30 a.m – ETD from the **Reilly residence**.

7.02 a.m - **Actual TD** (without Mr. Reilly. We never did get a clear explanation as to why our coach was still in his pyjamas when we arrived.)

9.00 a.m. - Our party boarded the "**Comet Vomit**" not without a feeling of dread, due mainly to last year's very nauseating experience with low flying sick bags. But to everyone's relief, especially **Roy Gooderson's**, the crossing went without so much as a hiccup!

5.00p.m Safe arrival in Hoorn. All had gone according to plan with the exception of **Roy's exhaust dropping off** and we all blamed that on **Gerry** for driving at **Formula One speed** all the way. We all cooled off with refreshing local beer and a stroll around the harbour.

7.00p.m Rendezvous with our hosts at Hollandia's Athletic Stadium followed by the **traditional Chinese meal** at a nearby restaurant. The atmosphere was very convivial as we all swapped "running" anecdotes. I noted how **finely tuned** some of our **Dutch counterparts** looked and promised myself that I would be **more serious** about my training - **someday**.

The evening was rounded off with a **very generous presentation** to **Gerry** for his **birthday**. (I had totally forgotten that Gerry's birthday **invariably fell** whilst in Holland - now I feel completely inadequate!)

Saturday, June 12

10 a.m. We all met at Hoorn station to take a steam train ride, the highlight of the trip for **train spotters Pete Wyeth** and **Roy Gooderson** (who tried to convince us that it is his 6 year old son Mark who wants his Thomas the Tank Engine train set spread all over the house).

The nostalgic journey took us across the local landscape and gave us a close up view of dykes, windmills and tulip fields (sadly not in bloom).



The Flying Dutchpeople (or should that be, 'Harrierpeople'?) just before the 10K

Continued on Next Page

To continue the theme, this trip was followed by an intriguing tour around a local steam museum with reciprocating pistons and steam relief valves galore!

5 p.m. Bergen 10k. Apparently we were supposed to be **running a race this weekend**. No one told me! This turned out to be a very impressive event with top quality runners (well we were there weren't we?) The course involved two almost flat laps through the village and nearby woods. As always, the local support was phenomenal and all runners received a **bouquet of flowers** before crossing the finishing line.

The 10k was followed by a 20k race in which a couple of our hosts, **Peter Mettes** and **Renne the Roadrunner** (he has one **tattooed** on his lower leg) were running. The **course record** for this race was **broken** by both the female winner (a Russian **even smaller** than **Helen Paine**) and the male winner (a Kenyan).

Time for shower – help, I didn't have a change of clothes! Luckily **Pete Wyeth** had a spare pair of briefs - don't worry Pete, I won't disclose your size (but I really struggled to fit into them).

7.00 p.m. We all hit a local restaurant to replenish our energy levels. The food, beer and "after race" banter were the ideal end to a tiring but great day.

Sunday, June 13

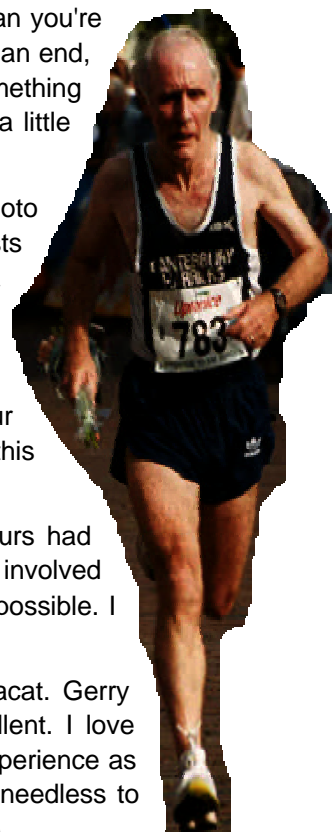
10.00 a.m Hollandia and Harriers **press call** at Hoorn station. The local press had been hounding us all weekend, **snooping around** for snapshots of any of us in **compromising situations**, but to no avail. Our experience as long **standing celebrities** stood us in good stead. They didn't even get wind of the **weekend romance** between **Gerry** and **Roy Palmer** (who apparently was overheard to have said, and I quote, "Does this mean you're not going to write to me when we get back Gerry?") Well, all good things must come to an end, Roy, and you should look at what happened in Holland as a **cameo relationship** - something very beautiful but set altogether firmly in another time and another place...sorry I got a little carried away there! [*I'd say so! Memo to self: Must add some "allegedly"s in there –Ed.*]

Right, back to harsh reality. Oh yeah, time for our departure from Hoorn. Team photo shoot of us all **draped across a steam engine** and then a heart felt thanks to our hosts for yet another wonderful weekend in Holland. **Gerry** and **Roy** presented Hollandia with a **commemorative plaque** on behalf of all at Canterbury Harriers. Our hosts then reciprocated with a goody bag for each of us. I think I 'm speaking for all when I say how humbled I felt by their generosity. Hand-made chocolates, T-shirts, clock, games, holdall...to mention but a few. We were all overwhelmed with the efforts made by our hosts, and particularly **Peter Mettes** who was responsible for a lot of the organisation this year. (How does he stay so fit with all that chocolate around??)

We drove away resolved to make their **next visit to Canterbury** as enjoyable as ours had been to Hoorn. (You all know what's coming next, don't you? Anyone wanting to get involved with **hosting our Dutch friends in October**, please see Roy Gooderson as soon as possible. I promise you'll find them so friendly and appreciative.)

3.00 p.m Arrival at Calais. Departure delayed due to mechanical problems with Seacat. Gerry came up with the brilliant suggestion of a **game of rounders** on the runway. Excellent. I love rounders! I was also the **only person** there who knew the rules, due to a few years experience as a P.E. teacher. Unsurprisingly, this led to **frustration**, particularly for **those losing** - needless to say they **weren't on my team** - well you must expect that your athletes are going to be competitive Gerry!! [*Compare with Roy G's view on this match on the next page – Ed.*]

To be honest, I think teaching the bottom set of year 9 was slightly less "challenging", maybe due to the fact that I didn't have my whistle with me!



"Now should I give these to Sue or to Roy P?" Gerry wonders what to do with his tulips from Amsterdam

Concluded on Back Page



Results

Firstly, my apologies to Roy Palmer whose time of 27:33 I omitted from the Bethersden 5 mile results last time. The results from the **Thanet 10K** and the recent **road relay series** will appear in the next Harrier.

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.

Today's Runner 98/99 Individual Results Summary

Yes, I know that **winter cross country** is probably the **furthest thing from your minds** right now, but we received a results summary of last season that was just too late to go into the last **Harrier**. The individual ratings (which represent the average percentage of the field beaten) are for those who completed five or more races in the league this past year. The number of races completed by each person is in brackets.

Men

Roy Palmer	94.6 (6) 7 th
Jonathan Holmans	88.2 (6)
Steve Clark	68.5 (5)
Alastair Telford	52.7 (6)
Roy Gooderson	32.1 (5)
Pete Wyeth	29.2 (5)
John Hartley	10.3 (7)

Women

Helen Paine	72.9 (5) 1 st V50
Sue Reilly	23.7 (6)

Hempstead Valley Half 2/5/99

Sharon Proudlove completed what is by all accounts a hard and not very interesting course in Medway in 2:07.

Boughton 10K 30/5/99

Despite the **hills** and a chilly, overcast day there were several excellent runs on what is proving to be a **popular local event** with 392 finishers. **Helen Paine** won her **last race** before going off to Spain and spearheaded a **victory for the Harrier women** (with **Emma Hodges** and **Sue Reilly**) in the team event. The **Ballands** family scooped a couple of prizes with **Martyn** being **first Boughton parent** to finish in a new PB and wife **Julie** being part of the winning unattached team, the "**Boughton Babes**". **John Collins** and **Neil McGuinness** also had **fine PBs**. I do not have times or positions from the junior events apart from that of **Sebastian Shaw** who did 7:42 in a race of approximately 1500m.

Simon Kendall	36:06
Jonathan Holmans	36:33
Rob Sargeant	37:29
Brian Davis	37:53
Jack Parnell	37:59
Joe Hicks	38:55
Edward Briggs	38:57
Mel Carter	40:34
Mark Walsh	40:37
John Collins	42:18 PB 2m
Doug Hinsley	42:34
Alastair Telford	42:35
Andrew Langston	42:38
Martyn Ballands	42:45 PB
Laurence Shaw	42:48
Gerry Reilly	42:53
Helen Paine	45:12 1 st FV50
Mike Hedger	47:53
Steve Craswell	48:08
Emma Hodges	48:25
Neil McGuinness	48:49 PB
Sue Reilly	52:42
Julie Ballands	54:17 Debut
Erica Akerman	67:41

Saxon Shore Way Relay 5/6/99

Laurence Shaw's team came second in this tough event, requiring each team member to run about a dozen miles - and not get lost! Remarkably, he also took on the Canterbury Half the next day...

Canterbury Half 6/6/99

Some good efforts, particularly by **Doug, John, Neil** and **Mike**, on one of the **hardest halves** in the country and on a day which saw some thundery downpours.

The club had a 1-2-3 in the junior race with **Jack Parnell**, **Andrew Langston** and **Andrew Dowell** coming home in that order. **Sebastian Shaw** also ran the 2.5 mile course in 20:22.

Edward Briggs	1:24:50
Brian Davis	1:26:23
Steve Dorkings	1:29:42
Julian Murray	1:31:32
Mel Carter	1:32:49
Dennis Hayes	1:36:07
Tony Reavley	1:36:35
Doug Hinsley	1:37:33 PB
John Collins	1:37:34 PB
Dave Parnell	1:38:47
Alan Bussey	1:46:56
Laurence Shaw	1:47:10
Derek Parnell	1:47:26
Mike Hedger	1:48:17 PB
Neil McGuinness	1:51:29 PB
Joe Epsom	1:51:56
Steve Craswell	1:53:19
Mick Hunt	2:01:59
Simon Collingwood	2:08:58
Pete Greenwood	2:14:36
Erica Akerman	2:32:28

Bergen 10K 12/6/99

See front page for report!

Roy Palmer	36:41
Gerry Reilly	39:27
Pete Wyeth	42:22
Roy Gooderson	43:21
Mike Hedger	46:09
Fayne Stone	47:19
Mike Bull	48:13
John Minshull	54:50

Calais Hoverport Rounders Marathon 13/6/99

By Roy Gooderson

Despite the best efforts of **Gerry's** spirited team, **Fayne's** knowledge (or invention) of the rules secured her team a win. A large crowd of spectators (well, holidaymakers) watched the action. **Mike Babe Ruth**

August 1999

Ruth" Hedger proved that his time spent living in the States was not entirely wasted and **Simon Kendall** nearly lost a ball but not quite! We await a replay.

Canterbury 10K 13/6/99

On a course that does not usually produce fast times **Doug Hinsley** and **Mick Holmans** both did well to set **PBs** and **Sunni Gohil** had his best time for the year so far. **Sebastian Shaw** ran the junior 1500m event in 7:36.

Jonathan Holmans	36:23
Edward Briggs	38:36
Stephen Dorkings	38:42
Sunil Gohil	39:38
Nick Justicz	39:53
Mark Walsh	40:51
Mel Carter	41:03
Dave Smith	41:31
Dennis Hayes	41:40
Doug Hinsley	41:40 PB
John Marshall	42:18
Tom Smith	44:12
Ian MacMillan	44:37
Mick Holmans	46:40 PB
Dianne August	47:45
Steve Craswell	48:39
Mick Hunt	49:33
Emma Hodges	49:34
Joe Epsom	50:56
Liz Siedek	51:11
Sue Reilly	52:46
Pete Greenwood	54:04

Julie Rose Open Track 16/6/99

Some fine efforts at this Ashford evening meeting, with **Steve Reynolds** setting a new **PB** in the 400m.

100m	
U13 F	
Rachel Middle	15.03
800m	
U13 F	
Rachel Middle	3:06.08
Mile	
U17 M	
Jonathan Holmans	4:59.03 4th
Jack Parnell	5:09.08 6th
James Branwood	5:44.00 10th
400m	
U17	
Andrew Langston	65.02
V40	
Steve Reynolds	54.84 PB

Nackington 8K XC 18/6/99

This was a great success for club debutant **Helen Martin**, winning the event ahead of **Julie Ballands** (whose time I unfortunately do not have). **Steve Clark** had a good run also, coming fourth in the men's event. The run, over a testing course, took place on a **balmy summer evening** and many of the Harriers went off after the **barbeque** to play **bat and trap** at The Hop Pocket at Bossingham.

Steve Clark	32:09 4th
Gerry Reilly	32:42
Mark Walsh	34:00
Alastair Telford	34:57
Tom Smith	35:10
Martyn Ballands	36:00
Roy Gooderson	36:50
Helen Martin	37:26 1st F
Steve Craswell	38:58
Mick Holmans	40:39
Neil McGuinness	40:50
John Hartley	41:51
Sue Reilly	46:07

Sturry Fun Runs 20/6/99

The Harriers dominated these races with **Roy Palmer** being clear winner of the five mile event and **Sue Reilly** being first female. **Jack Parnell** made it a **hat-trick of victories** in the 2.5 mile race whilst **Elen Jones** was first female home. (I do not have either Sue's or Elen's time, however.) **Andrew Dowell** and **The Gaffer** followed Jack home.

5 miles

Roy Palmer	28:56 1st
Steve Clark	31:42 4th
Dave Smith	32:50
Andrew Langston	33:00
James Branwood	33:48 PB 7m
Doug Hinsley	33:50
Mick Hunt	40:05

2.5 Miles

Jack Parnell	17:26 1st
Andrew Dowell	18:40 2nd
Gerry Reilly	18:41 3rd

North Downs Run 30K 20/6/99

A small band of intrepid Harriers did this extremely hard, but very scenic multi-terrain course as a training run. **Erica**

Akerman also ran but unfortunately I do not have her time.

Joe Hicks	2:38:24
Alastair Telford	2:38:29
Dennis Hayes	2:51:00

Borehamwood Half 27/6/99

Brian Davis had a good run here, finishing in 1:25:22.

Lordswood 5K and 10K 27/6/99

This was a **great success** for our two leading juniors, with **Jonathan Holmans** winning the **5K** in a time of 17:51 and **Jack Parnell** coming **second** in 18:31. **Sharon Proudlove** ran 55:53 in the 10K event.

Cliff Woods 10K 11/7/99

Simon Kendall ran a fine time in **very hot conditions** in this race near Rochester. **James Branwood** was going to do the fun run but roadworks meant that he just missed the start so instead he had to settle for a **PB by three minutes** in the senior race! **Mike Conway** had an **excellent debut** for the club.

Simon Kendall	37:00
Mike Conway	38:17 Club Debut (V50)
James Branwood	41:48 PB 3m
Alastair Telford	42:09
Pete Wyeth	45:18
John Minshull	58:27

Julie Rose Open Track 14/7/99

Some excellent times from the Harrier juniors, particularly from **Elen Jones** in winning the 1500m in a new **PB**.

1500 m	
U15 F	
Elen Jones	5:26.3 1st
Mile	
U17 M	
Jack Parnell	5:05.8 5th
U20 men/Seniors	
Jonathan Holmans	4:58.9 4th
Alastair Telford	5:39.3
Gerry Reilly	5:45.1



Noticeboard

Events' Diary

August

8th RED LION 10K

Organised by Canterbury Harriers.

11am Hernhill.

MARSHALLS/HELPERS NEEDED!

8th Invicta EK Barbeque

2:30pm. 5 per head.

21st LE TOUQUET 5K, 10K & 20K

See **Roy Gooderson** for coach places.

September

5th HARRIER BIKE TREASURE HUNT

See **Dave Lightburn** or **Pete Wyeth**

5th Thanet Marathon & Half

(Includes **Kent Marathon Championships**)

10am. Hartsdown Park, Margate. (Plus 2mile

Fun Run.) **CD 28/8.**

12th Wingham 10K & 5.5K

10:30am. Wingham Recreation Ground.

(Plus kids' **Fun Runs.**) **CD 6/9.**

19th Cobham Hall 10K and 3K

10:30am. **CD 12/9.**

19th Eridge Park 10

10:30am. Eridge Park, Tunbridge Wells.

19th Quicksand 15

11am. Hartsdown Park, Margate. **CD 11/9.**

26th Maidstone Half and 10K.

(Includes **Kent Half Championships.**)

Half at 9:30am. 10K at 11:45am. (Possible to

run both races.) Also 2K and 4K **Fun Runs** at 9:45am. **CD 21/9.**

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.

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 477148
Race Organiser	Mark Trott	01795 877008
Runners' Rep	Joe Hicks	01227 750797
Runners' Rep	Sue Reilly	01227 477148
Runners' Rep	Pete Wyeth	01795 479057

Final Call For Red Lion 10K Marshalls and Helpers

Please help out with this in event in anyway you can whether as a **Route Marshall** or as a **General Helper**. The course has been **certified accurate by the SEAA** who recommend a **minimum of 13 marshalls** but we also naturally need a **multitude of other helpers** on the day **both seniors and juniors**. Please **contact me** or **any committee member ASAP** if you are willing to help.

John Minshull

Invicta EK BBQ 8th August

Just after the Red Lion 10K, **Invicta East Kent** are organising a **barbeque**, together with **fun and games** such as running relays on **Sunday 8th August at 2:30pm**. The venue is **Little Twitham farmhouse, Staple Road, Wingham**. You need to bring your own meat (or veggie burgers!) and booze, although salad, rolls and soft drinks will be provided. Tickets are £5 per person, with the money **raised** going towards the **new Canterbury athletics stadium**. This was a **really good event last year** and is well worth attending. See **Roy** for more details or phone the Invicta contact **Tony Culshaw** on 01227 721151.

Roy Gooderson

Le Touquet 99

Once again we have hired a coach for our annual jaunt to France for the 10K, which I consider to be the running **high-highlight of the year**. (This'll be my 8th year!) The coach will pick up from Faversham and Canterbury and the cost is **12 for adults and 6.50 for paid-up Harrier juniors**. I cannot stress enough that you must **pay as soon as possible** to guarantee your seat; every year people get turned away at the last minute. This year we

August 1999

will probably have some **Smack** and **Invicta** runners (who will most likely book early). I would rather see the bulk of seats go to Harriers, so remember that **payment and not promises get you a seat!** **Advance entries** for the race are also available through me and should be around 5.50.

Roy Gooderson

Bicycle Treasure Hunt

Dave Lightburn and Pete Wyeth are organising a **bicycle treasure hunt** on **Sunday 5th September**. The idea is for **teams of two to four** to start in the morning and follow an approximately **20 mile course** around the **Westmarsh-Ash area**, finishing in the **early afternoon**. Please see **Dave** or **Pete** if you are interested.

Dave Lightburn & Pete Wyeth

Equipment Purchasing Update

As mentioned by **John Hartley** in the last newsletter, we have used a **surplus in club funds** to buy some **equipment** for the club. The items bought (with cost in pounds) are:

Results Computer Software 117.44

General Equipment 134.84

(Fluorescent Signs and Bibs)

Seiko Printout Race Stopwatch 225.00

We are also at the point of buying a **starting pistol** (for around 50) and a **megaphone** (for 69).

John Hartley & John Minshull

Harriers To Organise Whitstable 10K

After talks with the **Smack RRC, Canterbury Harriers** have agreed to take over the **organisation of the Whitstable 10K race**, which has established itself a very popular May Bank Holiday event. The **Smack Club** will continue to organise the **children's races** which precede the 10K race.

John Hartley

Editorial

Apologies for this newsletter being delayed due to waiting for our Dutch correspondent to get his finger out of the dyke, although I think that **Fayne** has done an **excellent job** at short notice in his stead. The next newsletter will be out **by the 23rd September** and will include all the **Le Touquet** lather as well as reports on the **Oyster** and **Red Lion** runs.

Please (and I do mean this!) **send your contributions by 14th September** (and if at all possible, electronically) to me:-
Alastair Telford, Flat 5, 56 London Road, Canterbury, CT2 8JY.
Tel: 01227 786210 Email: A.J.Telford@ukc.ac.uk

Advertisement

King's School Centre Membership

Why not become a member of The King's School Recreation Centre? As a member of the Canterbury Harriers Running Club you are entitled to a discount on the Centre's membership fees.

The Centre offers two types of membership:-

Gold Membership

- Free unlimited individual use of the swimming pool, fitness suite, squash courts, restaurant and bar during published opening times.
- Use of all other facilities at special rates.
- Direct Debit facility is available for Gold Members.
- And no joining fee.

Silver Membership

For a nominal membership fee, this allows individual use of all Centre activities during published opening times on a 'pay as you go basis' and free use of the restaurant and bar.

Membership Fees

Gold Membership	Adult	36.00 per month	direct debit
	Child (under 18yrs)		115.00 per year
Silver Membership	Adult	4 0.00	per year
	Child	14.00	per year

All Canterbury Harriers are entitled to a discount on these fees (except the direct debit option). You currently pay 1.75 daily membership if you are not a member of the Centre. Thus if you attend both Tuesday's and Thursday's sessions you will pay 3.50 per week which amounts to 182.00 a year.

So simply taking out membership could save you s and also give you the opportunity to use the Centre's facilities – you can't lose. Please contact John Hartley or the Recreation Centre for an application form.

John Minshull's Treasurer's Report

CANTERBURY HARRIERS

INCOME & EXPENDITURE ACCOUNT

For the Period	9	Months to	30 JUNE	1999
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EXPENDITURE			
SEAA Affiliation Fee 1998/99		110.00	
Kent County AA Affiliation Fee ** **		6.25	
Y.H.A. Group Membership		11.00	
Team Entry Fees - XC Leagues etc		193.00	
Printing, Stationery & Postage		82.12	
Coaching Costs (Courses & Equipment)		26.72	
Harrier Magazine Costs		76.60	
A.G.M. Costs		21.97	
Twining Costs Hollandia		65.03	
Late Mud Run Prize for last year		20.00	
Canterbury Sports Council		5.00	
Sundries		19.99	
Presentation Evening Costs	1,007.22		
Income	<u>1,006.00</u>	1.22	
Surplus of Income over Expenditure			738.15
For the Year To-Date			
			£ 1,377.05

INCOME			
Membership Subscriptions			779.50
Sturry Comm. Assn. Donation			100.00
Kit Sales	Income	582.00	
Opening Stock & Kit Costs		822.48	
Less Closing Stock		<u>(336.69)</u>	96.21
To-Days Runner X C	Income	349.50	
	Costs	<u>256.75</u>	92.75
Football Cards	Income		10.00
Fell Run Trip	Income	1,347.00	
	**** Costs	<u>1,146.36</u>	200.64
London Marathon Trip	Income	300.00	
	Costs	<u>195.00</u>	105.00
Oyster Run	Income	22.00	
	Costs	<u>9.55</u>	12.45
Red Lion 10K	Income	5.50	
	Costs	<u>25.00</u>	(19.50)
			£ 1,377.05

**** The balance to be refunded to participants.

BALANCE SHEET as at 30 JUNE 1999

Liabilities

Surplus from previous year	1,269.69	
Surplus this year to-date	<u>738.15</u>	2,007.84
		£ 2,007.84

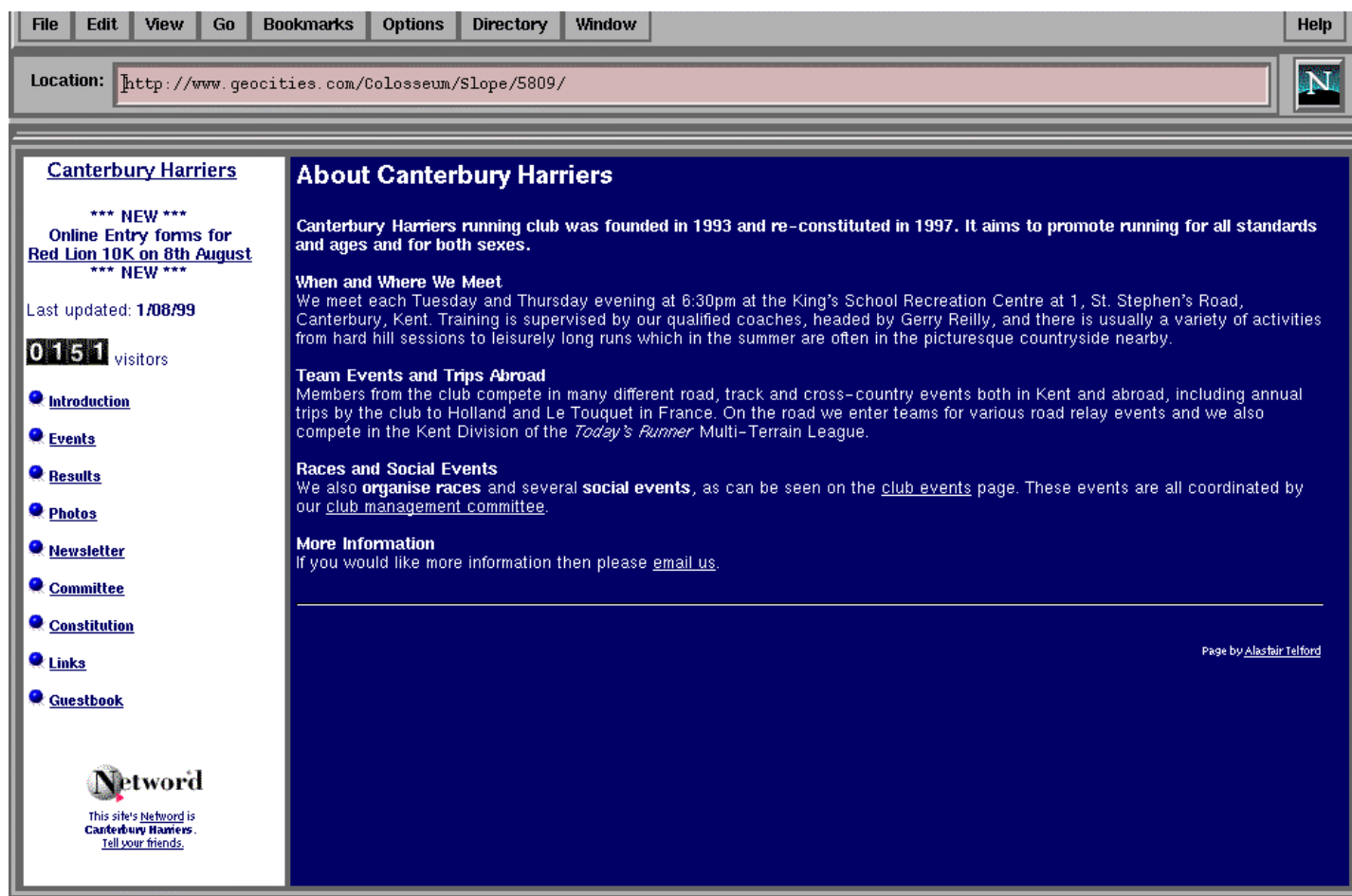
Assets

Kit Stock		336.69
Equipment		0.00
Balance at Bank	1,604.67	
Cash in Hand	<u>8.98</u>	1,613.65
Payments in Advance		57.50
		£ 2,007.84

Harriers Go Global

Not only are the Harriers visiting **exotic** locations such as **Amsterdam** and **Keswick** but we can now be visited by anyone in the **globe** via the **World Wide Web**. Our web address is <http://www.geocities.com/Colosseum/Slope/5809/> and the web hosting by Yahoo Geocities is free although their advertising banner is added. Admittedly the web address isn't all that memorable so I've set up a few **aliases** to the site: <http://WebAlias.com/CanterburyHarriers> <http://CanterburyHarriers.w3.to/> <http://canterburyharriers.homepage.nu/>

The above all add their own advertising to the Geocities ones. Alternatively, the web site can be found via the **network** system (<http://www.network.com/>) and the network to be entered is Canterbury Harriers", without the quotes but with the single space between the two words. We also have an **email address** to go with the website which is canterburyh@yahoo.com



The site still needs plenty of development, especially the addition of more **graphics** and **photos**. However, the site does contain a general intro to the club, all the latest results, a description of the Oyster and Red Lion races (including online entry forms), committee membership and the club constitution and, naturally, all the back issues of **The Harrier**. There are also links to other **running-related websites** and a **guestbook** for people visiting the site to sign. Getting onto the web allows us to **advertise more widely** and exchange info with **other running clubs**. We have, for instance, **advertised the Red Lion 10K** in several forums **on the Internet**. Suggestions for **possible developments** of the site would be most **welcome**.

Alastair Telford

Felling Fibs

Alastair Telford shows that there are lies, damned lies and what a Head Coach says...

We've all heard it at training sessions – "20 x 800m at 90% with 60 seconds recovery: it's an easy session, really." Yes, it's **Gerry** once again motivating us by telling us something is "easy" when we and our bodies know it cannot possibly be "easy". However, that's nothing compared to the **porkies Gerry spins** when he's **up in the fells...**

We had a relatively easy journey from Canterbury to **Keswick** by minibus on **Thursday 3rd June** and soon after arrival at the Youth Hostel we went out for a rejuvenating run, led by Gerry. After dinner, we engaged in the serious business of the hunting of the (Old) **Smoothie**, the local brew that has become legend ever since last year's Lakes Trip. To be fair, we also bagged a few **Sneck Lifters** and other **infamous ales** of the area. The journey, the run and the beer didn't deter **Fayne** leading a small group in the **direction of the nightclub**.

Friday was most **unlike** last year's **wall-to-wall sunshine**, but thankfully our trip to the **Langdale Pikes**, whilst having some showers and a gusty wind, had **better weather** than had been predicted by the **forecast posted** at the hostel. However, it was on our ascent that **Gerry's sense of truthfulness completely deserted him**. "That's the end of the hard climbing," he said as we reached the rock that he was standing upon. Well, apart from the two other hard climbs that we subsequently did that was true! It was at this point that **Steve Clark** and **Joe Hicks** decided to take an "alternative route" and Joe's account of that ascent (now as **legendary** as a Smoothie) is given on Page 11. Gerry pointed out to us where they were going, up what appeared to be a **sheer rockface**.



The Conquerors of Blencathra

We reached our Pike in **spectacular conditions**, with the wind tossing the clouds about like giant blankets, revealing and then abruptly concealing the fells beyond. On the way back we managed to **rendezvous** with **Steve** and **Joe** who were still high after **conquering Jack's Rake**.

Back in Keswick, **Gerry** showed us all **how to play pitch and putt golf** before dinner and then we set out on a quest for a "good pub" with a pool table and a dart board. **Steve Clark** who, it seemed, had brought an **entire library with him**, had a good pub guide and we set out for one in **Portinscale**, which according to Gerry was just **10 minutes' walk away** from Keswick...

Thirty minutes later (and after 9.95 gate vaulting from **Fayne**) we arrived at the pub only to find that it was now run by **The Miserable Landlord's Society** – the pool table had gone and we weren't allowed to play darts for fear of **disturbing the ghosts** (all drinking spirits, natch) by the board. Of course, it takes more than that to keep the Harriers down and **Fayne's mate Jane** led us all in a drinking game that started with "**One brown cow**" went onto "a couple of ducks" and ended up in **total confusion!** What's more we then had to **walk back home in the dark**, which rounded a daft evening off well.

The next day was **quite hard**, although, to be fair, **Gerry** in a moment of **weakness** told us it would be so and this caused **Pete's mate Mick** to opt sensibly for a bit of lowland walking instead. We were going for **The Pillar** and to get there we had to do a double ascent i.e. it meant going up one fell and down into a valley before making the final ascent, **a total of 3000ft of climbing** according to the **Wainwright guide to the fells**. Although it was quite tough going with some really steep treks the **exciting scrambles** and the **views** meant that it was an extremely worthwhile hike. We were also **very lucky** with the weather, **getting lots of sunshine** whilst places nearby were having heavy rain.

August 1999

Felling Fibs – ctd from the previous page

Steve Clark found it **particularly worthwhile** in reaching the summit since there a couple of **females came onto him**. They expressed their attraction through cries of “**baa**” and we could tell that Steve felt the same way although he was **too sheepish** to admit it! On the way back we almost managed to lose **Sue Reilly** and **Joe’s son Lloyd** who had decided to cut off just before the summit of The Pillar. Thankfully, however, we all managed to meet up at a pub and had a drink in very warm evening sunshine.

On Sunday we had to say **goodbye** to the **hostel** and to **Joe** and **Lloyd** who were going home separately via the Cumbrian coast. **Steve, Pete, Mick**, the **two Kendall brothers Mark and Simon** and myself somehow managed to tidy up our six bunk room and we went on our way to ascend **Blencathra** which is just east of Keswick. After a hike up the fell, as usual **trying to keep up with Gerry**, we reached the ascent up to **Sharp Edge**. At this point Gerry said something along the lines of, “It’s not as bad as it looks”.

He was actually being **truthful in this case** since it was, in fact, **far, far worse than it looked**.

We went along a **narrow ledge** that was beneath the actual “Edge” before we came to an almost **vertical chimney** of rockface. I must admit that at this point I was **completely petrified** and it’s no exaggeration to say that if it hadn’t been for **Emma Farrow helping me out** and telling me where to put my feet and hands to climb up the rock I might **not be typing this now**. What’s more, I **almost managed to brain her** with a rock that I dislodged with my foot. Funnily enough she seemed quite **cheerful once she got to the top** whilst I was grateful for the **hipflask that Steve was carrying**, especially after Gerry announced that it was the **number one spot for mountain rescues each year!**

The descent back was difficult, although the **Kendall brothers** “bunny hopping” down the fellside made it look easy. We did see some **real fell runners** go down the **fell at breakneck speed** and wondered how they could do so when some of us were **cautiously shuffling along** on our **backsides**. Eventually we all made it **back to the pub** (yes, another one!) near the layby where we’d left the minibus and eventually I stopped **cursing the name of Gerry Reilly!**



“Come on, it’s not as bad it looks,” said Gerry.

Okay, so that’s not actually Gerry, we didn’t actually go along the top and there wasn’t any snow but this *is* Sharp Edge and I’m sure you get the idea!

We then made **our way back to Canterbury**, having had a good day’s fell walking yet arriving not too late. Despite **his fibs**, we all really **appreciated the hard work** that **Gerry** had put in to make this another **successful fell walking trip** which was extremely enjoyable if **occasionally terrifying!**

Alastair Telford

The Ballad of Jack's Rake

*Joe Hicks tells the terrifying tale of the day that **Steve Clark** led him up Jack's Rake...*

I thought fell walking was **long rambles** across **scenic, upland meadows**. So when my first outing started with the 40-minute near vertical climb up Mill Gill, a **rock staircase** that was also occasionally a **stream**, to Stickle Tarn, it came as a **surprise**. I don't normally use my **hands** and **knees** for **walking**, and I wondered if wearing trainers had been a good idea. But when we reached the top it was worth it for the **magnificent view** of Stickle Tarn and Pavey Ark, the 400-ft precipice that overlooks it. And it had been a completely nettle-free route!

After a 15-minute break to re-group and take photographs we set off again, and I thought to myself that's got to be the worst of it over. **Gerry** had already set the group off along a pathway to the **right of Pavey Ark** when Steve said he wanted to try a **different ascent**, called **Jack's Rake**. Thinking Jack's Rake was just a **path going around the other side** of the **precipice** I offered to accompany him, and off we went.

As we reached the base of the rock face we passed **half of a sheep skull**, and joked about how they should have more sense than to go rock-climbing. But then, reading aloud directions from his handbook, Steve started to climb up a steep groove onto the rock face. He seemed to **know what he was doing**, so **I followed on**. After ten minutes of climbing along ledges and up chimneys in the rock face, and passing the **other half of the sheep's skull**, I had finally realised that we **weren't going around the precipice** - we were **actually climbing** it.

With my **heart-rate** well into the **training zone** we reached a **10-yard vertical groove** which was also acting as the **main drain**. Steve set off up it, and after a few moments called down to me that on a **narrow ledge** next to him was a **dead mouse**. I looked behind me over the terrace at the now **150 foot drop beneath us**. I felt like a **blind man** in a **dark room** searching for a **black cat** that wasn't there. But it was **too late**. It was "safer" to go on than to try to go back.

I was now using what I thought must be **advanced fell walking techniques**. These involved moving the body forward in a series of convulsions with most of the propulsion coming from the hands, knees and elbows, and only occasional contributions from the feet. It must have been **over 25 years** since I had last used anything like this **method of walking**, but that had been **at ground level**, when **leaving a nightclub** in Leicester early one morning.

I set off climbing up through the **waterfall** to join Steve, determined **never** to go on any of Gerry's trips **again** - if I got the chance. For most of the time we were sheltered by the rock face, but now and again we had to **clamber around exposed outcrops**. As I followed Steve I felt the full force of **gusts of wind** across the rock face. I took comfort from the fact that **Steve** was obviously **nervous** too. But I nearly fell off when we clambered up onto an exposed ledge to find a **bemused ewe** and **her lamb** looking at us as if we shouldn't be there!

As we neared the summit the climbing got easier, and we reached the small cairn that marks the **summit**. We were both elated, even though the 225 yards of the ascent had taken 45 minutes, easily a PW for the distance!

As we took pictures of each other I mentioned to Steve that this was the **first time** I'd been fell walking, and it was a lot **more exciting** than I'd expected. After a few moments **he stopped laughing** long enough to explain that **Jack's Rake wasn't a walk**, it was a **graded rock climb**! And I was now a qualified "stone monkey"!



Steve Clark laughs at the top of Jack's Rake but it's probably a good job that we can't see the face of Joe the cameraman!

Joe Hicks

August 1999

Fayne's Secret Holland Diary - ctd from Page 2

Approaching the White Cliffs reminded me of the main difference between running as a Harrier and as a Hollandia. But wherever you run as part of a club, **running as a group** gives you a bond forged out of **shared experience**. It rises above individual differences giving us **common ground for friendship**. Running with Hollandia has developed our relationship beyond merely a cross-cultural experience. They have become our friends and I hope we have become theirs.

Fayne Stone

Gerry Reilly adds...

My laboriously researched and practised presentation/ thank you speech in **DUTCH** was **hijacked** by a **devious Roy** who got **Peter Mettes** to shout out, "How dare you call my wife a cow!" after the first sentence.

In the Next Issue of *The Harrier*

Due on 23rd September

- **Oyster Run and Red Lion 10K event reports**
- **Le Touquet report**

Deadline for contributions:

14th September

Bye To The Babes

Sadly we have come used to farewell presentations to Harrier women of late as **Helen Paine**, **Sara Carter** and **Emma Farrow** have departed for new challenges (as if being a Harrier wasn't challenging enough!)



The Babes on the left (Emma Farrow and Sara Carter) have left us whilst the blokes on the right (John Hartley and Dave Parnell) are still right with us. Now, I ask you, where is the justice in that?!

(Many thanks to **Mel Carter** – no relation to Sara (!) – for this photo taken at the Whitstable 10K)

Helen has been doing a **TEFL course** in **Spain** and hopes to get a job **teaching there**. However, she's back with us for a bit at the moment and will **return again in October** when her **daughter gives birth**. Her place on the **committee** has been taken up by **Sue Reilly**.

Sara has successfully graduated from a **PGCE course** at Christchurch College and is due to start a new job as a **teacher** in **Eastbourne** in the autumn.

Emma, a chartered librarian, has decided to do **VSO work** at the library of the **Postgraduate School at Kandy** hospital in **Sri Lanka**. Her personal log should appear in the next newsletter.

We certainly **wish them all well** and urge them all to **keep in touch**, if only to make sure that they're keeping up the training!

Alastair Telford