

The Harrier

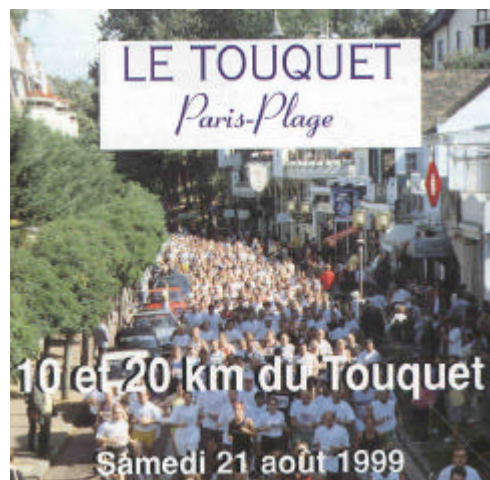
September 1999
Volume 4 Number 6

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Your chance to vote

Gerry Reilly's Letter From Le Touquet

Okay, so the Harriers are renowned for waxing superlatives when it comes to stories of **Le Touquet** but this year it really did exceed all our expectations - for a start we all went to France with full names and came back with code letters. Speaking of letters... Let's speak of letters in a moment. First of all, the day as it unfolded. Everybody was on time including the **TIMEKEEPER**. Ship on time and fried breakfasts suitably **nandroloned**. No one forgot their passports so no one was refused by the French (had they but known).



Onwards to **Auchan Hypermarket** where the Harriers happily joined in the celebrated British locust dance, all the more frenzied because of the **TIMEKEEPER's** vicious threat of lingering humiliation. Thankfully no one was late back and we had our first insight of the day into the **Effectiveness Of Current Club Coaching Techniques** [*Ho ho – it's the way you tell 'em, Gerry - Ed.*] as the frantic Harriers sprinted back to the coach after depositing their 10 franc chariots. Early indications are that a Monsieur **Pierre Greenwood** finished first in the shopping race and has won the **Dale Winton award**, bagging 38 bottles of vino collapse ordinaire in his sweep. And so to **Decathlon Sports** where **Emma Hodges** provided even further proof of the **EOCCCT** with a fantastic burst of speed which would certainly have got her back to the coach before the **TIMEKEEPER's** curfew had she not beaten the sensor cell on the automatic doors - happily no serious damage was done to either Harrier or doors and the French management of the store were left confused, more than a little worried, but probably impressed by the bravery and fortitude of English(Harrier) womanhood – I'm sure they would have been astonished to know that a slightly concussed and bloodied Emma went on to set a fantastic PB in the 10K. (Yes, I know she works in a dental surgery and she is used to the sight of blood but not her own blood.) After all this drama it was a slightly subdued coachload which departed for Le Touquet.

On arrival, thankfully after a smooth, trouble-free run, the **TIMEKEEPER** and the **COACH** were deposited at the Sports Centre to collect numbers and tee shirts whilst the rest of the Harriers parked up. Now it's a pity that these Harriers did not all go to the Sports Centre because they would have witnessed, as did the T and the C, one of the all time great examples of the French love of **le theatre de l'absurde**, which is where we get back to the subject of letters. Imagine a large room full of pictures of healthy young athletes and, indeed, healthy young athletes in the flesh, with lots of tables decked with race information details etc and one little table in the corner decked with...**French Letters**. Yes in the corner of the registration

Continued On Back Page

A Pearl Of A Race

Alastair Telford reports on the Whitstable Oyster Run

Canterbury Harriers organised the **Whitstable Oyster Run** on **25th July**. This was run as part of the **Oyster Festival**, and consisted of a beach/promenade course of approximately 4.5 miles which included various obstacles, fiendishly set up by **Steve Clark**, **Bob Davison**, **Doug Hinsley** and **Dennis Hayes**. Regrettably, however, chief organiser **Roy Gooderson** would not let them use the **metal spikes** or the **cattle prods** so the runners had quite a soft time of it, even allowing for the hot sunshine.

Last year the race was called the **Mud, Sweat and Tears Run** but since this year there was high tide there **wasn't any mud**. However, this didn't stop the organisers from forcing the **competitors out into the sea** both at the start of the race and at the end! **Daniel Green** of Ashford and District romped away with the main race, finishing in 24:42, just over a minute ahead of **Canterbury Harriers' Simon Kendall**. Clubmates **Jonathan Holmans** and **Roy Palmer** also had great races in finishing **3rd** and **6th**, respectively. **Jack Parnell** (27:34) and **James Branwood** (29:43) took the **first two U17 spots** to complete a **good showing for the club in its own race**. **Sue James** of Paddock Wood AC was **first female home** in a time of 30:18 and she was followed by **Faye Roberts** running for Chesterfield Barn in a time of 31:20 and **Anne Lippett** (34:40) of North London AC. Thus **Fayne Stone** and **Emma Farrow** (who



Daniel Green, number 16 on the right of the picture, leads at the start of the Oyster run, hotly pursued by Roy Palmer (centre-right; no. 294) and Jack Parnell (centre-left; no. 79)

was running her last race for the club before going off to Sri Lanka), who finished together in a time of 35:08, were **just outside the prize list**. Those two were **not**, for some reason, **appreciative** of my **words of encouragement** as they ran past my marshalling position, since they, helped by Simon Kendall, **threw me in the sea** when I met up with them at the finish! (Okay, so my words of encouragement were, "Come on you two **you can run faster** than that!") The first (non-running club) **team prize** was taken by **Chesterfield Barn**, although its members looked **strangely similar to Medway AC athletes**.

The **junior race** of 1Km was a lot of fun for the contestants and the Harriers had a **1-2-3 in the 10-13 boys** category, with **Andrew Dowell**, **Ben Kendall** and **Dean Bradshaw** being placed in that order. **Harrier Elen Jones** was first girl in the same age category

and **clubmate William Walsh** was third in the U10 boys behind Gavin Walker. The U10 girls category was won by Sarah Abbot.

The **Canterbury Harrier results** are given on **Page 3** and a full listing of results for all contestants is given on the **Harrier website** (see Page 6 for its location).

The race was another **organisational triumph** for **Roy Gooderson** who was **here, there and everywhere** on the day to make sure that everything was ready in time. He had to cope with, among other things, a **dog show** setting up shop along the route of the course! The fact that the day went well was due as well to the **many Harriers and friends** who **helped out** with the arrangements on the day. A **big thank you** is also due to the **Waterfront Club**, whose building at Beach Walk, Whitstable served as the **race HQ**.

Alastair Telford



Results

Due to popular demand, I have included age categories for runners in the lists of results, where appropriate. The age categories are given as subscripts after each name. All these results are also given on the Harrier **website** and a full listing of results of all competitors is on the website for the **Thanet 10K**, the **Whitstable Oyster Run** and the **Red Lion 10K**.

Again may I ask that one person at each race be responsible for taking finishing times etc. and phone them through to Gerry or myself (01227 786210). **Dave Lightburn** 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.

Thanet 10K 4/7/99

Roy Palmer managed a splendid **6th place** in this race that took place in **hot**, sunny **conditions** at Palm Bay, Cliftonville. Remarkably, given the conditions, both **John Collins** and **Mick Holmans** bettered their PBs, Mick by over a minute. The Harrier results are below and a full results listing for the race is available on our website, courtesy of Paul Wood of Thanet Roadrunners.

Roy Palmer	37:10 6th
Steve Reynolds _{V40}	39:35
Nick Justicz	39:39
Dave Smith _{V50}	40:21
Julian Murray	40:33
John Collins	42:04 PB 20s
Dennis Hayes _{V40}	42:12
Mick Holmans _{V40}	45:33 PB 1:07
Liz Siedek	50:50
Mick Hunt	51:27
Erica Akerman _{V55}	70:19

East Kent Road Relay Series Summer 99

Canterbury Harriers took part in four of these races, held on Tuesday evenings a fortnight apart, with the **number of teams that we entered growing** as the series went on. The first race was at **Folkestone** seafront on **1st June**, where

we put out a senior and a vet team. The course was surprisingly undulating and, having been told that it was going to be 2 ½ miles it turned out to be more like 2 ¾!

The next race at **Victoria Park, Ashford** on **15th June** was flatter but probably a bit longer in distance. There the **vets' team** of **Steve Clark, Steve Dorkings, Steve Reynolds** and **Joe Hicks** (who rather **antisocially** refused to change his name to Steve) triumphed over the **senior team** of **Simon Kendall, Roy Palmer, Doug Hinsley** and **Mike Hedger**.

The "Three Steves & Joe" **also beat their senior counterparts** at the following race at **Aylesham** (which was easily the **toughest course** of the series) on 29th June. However, they were in turn bettered by the junior team of **Jonathan Holmans, Jack Parnell, James Branwood** and **Andrew Dowell**, who were taking part in the series for the first time. In fact, they would probably have been even further ahead if it hadn't been for a marshall sending Andrew the **wrong way** at one point. Another runner who had the misfortune to go the wrong way was **Emma Farrow**, competing for the Harrier **Ladies' Debutante Team**, who made the mistake of listening to some **garbled directions** from **Alastair Telford**. We also had a **second men's vets' team** competing in the race, represented by **Mel Carter, Graham Brown, Bob Davison** and **Roy Gooderson**. Partial **individual results from this race are below**.

The **final race** in the series hosted by **Invicta East Kent** on a mainly flat course at the **University of Kent** on 13th July saw **six Harrier teams** competing. The **men's senior team reasserted their rightful position** thanks to a superb run from **Richard Steer** after a long layoff due to injury. His time of **16:02 equated to 5:24.2 miling** over the course which was

measured as 2.96 (!) miles. **Helen Martin** ran an excellent leg for the **ladies' team**, helping them to **third place** amongst the female teams. Partial **individual results from this race are also below**.

Aylesham Relay - 29/6/99

Jonathan Holmans _{JUN}	15:00
Simon Kendall	15:31
Jack Parnell _{JUN}	15:49
Roy Palmer	16:25
Steve Clark _{V40}	16:36
Steve Reynolds _{V40}	16:43
James Branwood _{JUN}	17:00
Steve Dorkings _{V40}	17:05
Joe Hicks _{V40}	17:14
Graham Brown _{V50}	17:26
Alastair Telford	17:49
Bob Davison _{V40}	17:55
Doug Hinsley	17:55
Mel Carter _{V50}	18:27
Andrew Dowell _{JUN}	18:53
Roy Gooderson _{V40}	18:54
Fayne Stone _{V35}	20:33
Dianne August _{V35}	20:46
Emma Farrow	22:07

Invicta East Kent Relay – 13/7/99 at the University of Kent

Richard Steer	16:02
Simon Kendall	16:14
Jonathan Holmans _{JUN}	16:43
Jack Parnell _{JUN}	17:00
Steve Reynolds _{V40}	17:22
Steve Clark _{V40}	17:38
Alastair Telford	18:15
Gerry Reilly _{V50}	18:15
James Branwood _{JUN}	18:18
Bob Davison _{V40}	18:19
Mark Walsh _{V40}	18:24
Dave Smith _{V50}	18:35
Andrew Dowell _{JUN}	18:44
Doug Hinsley	18:52
Sean Reilly	19:33
Pete Wyeth _{V50}	19:35
Roy Gooderson _{V40}	19:55
Helen Martin	20:02
Dave Parnell _{V50}	20:17
Mick Holmans _{V40}	20:47
Fayne Stone _{V35}	21:13
Emma Farrow	21:31

Whitstable Oyster Run 25/7/99

See the report on Page 2. A full results listing is on the Harrier website.

Simon Kendall	25:52 2nd
Jonathan Holmans	26:24 3rd

September 1999

Roy Palmer	26:49	6 th
Jack Parnell _{U17}	27:34	9 th , 1 st U17
Steve Clark _{V40}	29:09	
James Branwood _{U17}	29:43	2 nd U17
Fayne Stone _{V35}	35:08	4 th eq F
Emma Farrow	35:08	4 th eq F
Steve Craswell	35:13	
Neil McGuinness	38:08	

World Veterans' Champion- ships Marathon 8/8/99

Mel Carter and Brian Davis took on the **best of the world** on an undulating course at Gateshead. Mel finished in a time of 3:32:07 (which corresponds to an age-graded time of 3:04:14) and came **40th** out of a field of **73 V55s**. That was despite **suffering from extreme cramp** at 20 miles. Brian ran 3:09:34 (2:55:46 age-graded) and came **32nd** out of **74 V45s**.

Red Lion 10K 8/8/99

See Page 11 for report. A full listing of results is on the Harrier website.

Mike Conway _{V50}	38:46	2 nd V50
Nick Justicz	40:05	
Steve Clark _{V40}	40:19	
Joe Hicks _{V40}	40:23	
Dave Smith _{V50}	40:29	
Steve Reynolds _{V40}	43:05	
Laurence Shaw _{V40}	46:12	
Helen Paine _{V45}	46:52	2 nd FV45
Mike Hedger	47:35	
Steve Craswell	49:19	
Emma Hodges	49:49	
Fayne Stone _{V35}	50:26	
Liz Siedek	50:30	
Erica Akerman _{V55}	68:08	

Le Touquet 5K, 10K and 20K 21/8/99

See Front Page for report! The results below are approximate due to "Un Coq-up" in the official results given out at <http://www.sport-info.com>

5K

Jack Parnell	17:30	PB
James Branwood	19:18	PB

10K

Jonathan Holmans	34:05	PB
		1 st U20
Richard Steer	34:39	PB 1:38
Roy Palmer	35:01	PB
Steve Dorkings _{V40}	38:19	
Gerry Reilly _{V50}	38:55	
Arthur Barnes	39:46	
Mark Walsh _{V40}	40:05	
Alastair Telford	41:11	
Doug Hinsley	41:53	
Mel Carter _{V50}	42:04	
John Marshall _{V50}	42:09	
Tom Smith	42:36	PB
Bob Davison _{V40}	43:18	
Mike Hedger	43:47	PB 2:10
Roy Gooderson _{V40}	44:25	
Emma Hodges	46:59	PB 2m
Liz Siedek	47:12	PB
Marc Heath	47:36	
John Hartley _{V50}	51:05	
John Minshull _{V60}	54:14	
Sue Reilly _{V45}	56:08	

20K

Nick Justicz	1:21:20
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Wingham 10K & 5.5K 12/9/99

The Harriers had a **successful time** at the **Wingham Fun Runs**, winning a total of **five prizes**. In the **10K** event, **Sarah May**, on her **club debut**, was **2nd** with a time of 43:04 - an excellent performance in **humid conditions** and on a **testing course**. **Dave Smith** won the **Vet 50** category and **Roy Palmer** was **unluckily** just outside the prizes, being first Harrier home whilst coming in **4th place**. Fine club debuts were made by **Carol Reid** and **Karen Leyshon**, the latter running her **first ever 10K**.

In the **5.5K**, fifteen year old **Jack Parnell** took **2nd** prize behind a course-record breaking run by the winner. Here **Andrew Langston**, who ran a fine race, was the **unlucky one** in coming **4th**. **Luke Lightburn** also ran well, both **beating his dad to the line** and improving on **last year's time** in this race by three minutes.

William Walsh and **Rafi Stone** were **first** and **second**, respectively, in the **junior fun run**, with **Kayley Dowell**, **Scott Hinsley** (who only turned 3 the day before!) and **Mark & Adam Gooderson** also being amongst the others running.

5.5K

Jack Parnell	21:00	2 nd
Andrew Langston	22:20	4 th
Gerry Reilly _{V50}	22:32	5 th
Andrew Dowell	23:25	6 th
Roy Gooderson _{V40}	24:00	7 th
Luke Lightburn	28:20	
Dave Lightburn _{V40}	28:21	

10K

Roy Palmer	35:51	4 th
Andy Wilson _{V40}	37:16	
Nick Justicz	39:03	
Dave Smith _{V50}	39:50	1 st V50
Arthur Barnes	40:02	
Brian Davis _{V40}	40:13	
Mark Walsh _{V40}	42:40	
John Marshall _{V50}	42:55	
Sarah May	43:04	2 nd F Club deb.
Graham Brown _{V50}	43:28	
Ian Macmillan _{V50}	44:57	
Doug Hinsley	45:06	
Tom Smith	45:16	
Pete Wyeth _{V50}	45:21	
Carol Reid _{V35}	47:17	Club deb.
Marc Heath	49:01	
Liz Siedek	49:45	
Mick Holmans _{V40}	50:29	
Steve Craswell	51:07	
Karen Leyshon	51:35	Deb. 10K
Mick Hunt	51:52	
Pete Greenwood _{V50}	51:56	
Sue Reilly _{V45}	56:53	

Cross Country Diary

October

10th Parkwood League. University of Kent at Canterbury.

24th TODAY'S RUNNER XC, Blean Woods. Organised by Canterbury Harriers. 11am for main race. Also junior race.

30th Senior/Vet Ladies' & Juniors' Kent Leagues, Swanley.

31st Today's Runner XC, Beckenham Cricket Club. 11am. Also junior race.

November

14th Today's Runner XC Swanley Park. 11am.

21st Senior/Vet Ladies' & Juniors' Kent Leagues, Hartsdown Park, Margate. Run the morning before...

21st Margate International XC Hartsdown Park, from 2:30pm.

28th Today's Runner XC, Oxleas Wood, Eltham. 11am.

See Page 5 for diary of other events



Noticeboard

Events' Diary

September

26th Maidstone Half and 10K.

(Includes **Kent Half Championships**.)
Half at 9:30am. 10K at 11:45am. Also 2K and
4K **Fun Runs** at 9:45am. **Entries on the day.**

October

3rd Leybourne 10K

10:30am, Leybourne Grange Riding Centre.
CD 25/9.

3rd Sittingbourne 10

10:30 am, Highsted School. CD 27/9.
Also **Fun Run** at 10am.

3rd Trinity 10K

2:15pm, St David's Church Centre, Lordswood,
Chatham. Also **U12 2K Fun Run** at 1:45pm.

10th Brake Bros 10K

11am, Julie Rose Stadium, Ashford. CD 3/10.

12th ANNUAL GENERAL MEETING

7:30pm. Rough Common Village Hall.

17th Forbanks 10K

11am at Beckenham Cricket Club. CD 4/10.

17th Woodchurch 10

(Includes **Kent 10 Championships**)
10:30am at the Village Green. CD 14/10.

24th TODAY'S RUNNER XC, BLEAN WOODS. ORGANISED BY CANTERBURY HARRIERS.

11am for main race. Also junior race.

See Page 4 for Other XC events.

December

11th PRESENTATION EVENING

7pm King's School Recreation Centre.

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
Kit Officer	Bob Davison
Admin Officer	Roy Gooderson
Secretary	Dave Lightburn
Treasurer	John Minshull
Chief Coach	Gerry Reilly
Race Organiser	Mark Trott
Runners' Rep	Joe Hicks
Runners' Rep	Sue Reilly
Runners' Rep	Pete Wyeth

Today's Runner XC League

The fixtures for the first half of the **Today's Runner League** are:-

24/10 - **Blean Woods, Rough Common, Canterbury**

31/10 - Beckenham Cricket Club

14/11 - Swanley Park

28/11 - Oxleas Wood, Eltham

All races are on Sundays and start at 11am. The first **two meetings also have junior races**, although it is unclear whether there will be junior races at the other venues. The fixtures for the **second half of the season** in 2000 will be announced later.

Please see **Pete Wyeth** if you are interested in running in this league. A **big turnout from members** is requested for all these races since the bigger the turnout, the better our chances of doing well. This is particularly the case for the first race at **Blean Woods** which we are hosting – please make every effort to run and if you are unable to run please help out with the arrangements such as marshalling. **Entry to all races in the league are paid for by the club.**

Pete Wyeth

Kent & Parkwood XC Leagues 1999/2000

Juniors & Senior/Vet Ladies Kent League 1999/2000 fixtures:-

Sat 30/10 - Swanley

Sun 21/11 - Margate

Sat 15/1 - Tunbridge Wells

Sun 20/2 - West Wickham

Juniors Parkwood League (incl under 11 boys and girls fun runs) races all take place on **Sundays** at **Canterbury University**. The first race is on **10th October** and other races are on **5/12, 5/3 & 19/3**.

Remember that the Club pays the entry fees for all these races. Speak to **Sue** or **Gerry ASAP** if you are interested in running in any of these leagues.

Gerry & Sue Reilly

Thanks for the Ride!

As well as **free entry** to the **cross country leagues**, I understand that the committee is looking at **reimbursing drivers** who take **other runners** to race venues, particularly for the *Today's Runner* League. This should help those who are good enough to **give lifts** to people like myself but don't always get appreciated as they might.

Alastair Telford

Coaching Courses For Harriers

The club needs to build up its **coaching base** and we are keen for volunteers to come forward to qualify at Level One - remember the **club subsidises the courses** and they are normally at **local venues**. There are **no exams** to pass at Level One standard - volunteers need **only commit themselves to helping out** or supervising **occasional training sessions**. After a certain number of sessions they then qualify for the Level One Certificate. The courses also represent an **opportunity for self improvement** through learning more about **stretching** and **training techniques** as well as **injury prevention and recovery methods**. If you are interested please see **Fayne Stone, Simon Kendall, Sue** or myself.

Gerry Reilly

Website News

Yahoo have provided a new, easier-to-remember URL for the Harrier website which is <http://www.geocities.com/canterburyh/> More on updates to the website will appear in the next newsletter.

Alastair Telford



Helen Martin's Running New York For Imperial Cancer Research

Yes, Helen has decided to do her **debut marathon** in style, not only taking on the **mean streets of New York** but also attempting to **raise 2000 pounds** for the **Imperial Cancer Research Fund** in the process. I'm sure that we **all wish Helen well on 7th November** and also that some club members would like to contribute to her target.



Lose 10 Pounds This Month!

Hey, if it's good enough for Runner's World to use that headline two years in a row...

Yes, it's that time of the year again when the **blue meanies** at Canterbury Harriers ask for some of your hard earned cash! Hopefully you'll have all received your membership renewal reminders by now, so please send your subs for 1999/2000 to **Dave Lightburn**, together with any updates on your details. The subs are again **10 for the year & 5 for each additional member** living at the **same address**. All members who renew their membership by 12th November will be entered in a **prize draw**.

Annual General Meeting 12th October

The **AGM** of the club will be held on **Tuesday 12th October from 7:30pm** at **Rough Common Village Hall**. If you have any **agenda items** or wish to stand for **election to the committee** then you should write to the secretary, **Dave Lightburn**, at least **seven days before** the meeting. All the current committee are standing for re-election and anybody wishing to stand will require a proposer and a seconder. Refreshments will be provided and we hope to see many members there.

John Hartley

Hollandia High Note

Some great news from our Dutch sister club **Hollandia**, where **Peter Mettes's** daughter **Marijke** became **Netherlands National Champion** in her age group at the **high jump**, having come fourth last year.

Roy Gooderson

Canterbury Harrier in *Runner's World*!

Congratulations to **Ian MacMillan** who featured in *The Human Race* in October's **Runner's World**.

Editorial

The next newsletter will be out **by the 18th November** and will include all about the AGM and the start of the cross-country season, as well as an update on the Harrier website. Please (and I do mean this!) **send your contributions by 9th November** (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

John Minshull's Treasurer's Report

CANTERBURY HARRIERS

INCOME & EXPENDITURE ACCOUNT

For the Period 11 Months to 31 AUGUST 1999

EXPENDITURE				INCOME			
SEAA Affiliation Fee	1998/99		110.00	Membership Subscriptions			795.50
KCAA Affiliation Fee	** **		25.00	Sturry Comm. Assn. Donation			100.00
Y.H.A. Group Membership			11.00				
Team Entry Fees - XC Leagues etc			193.00	Kit Sales	Income	700.50	
Printing, Stationery & Postage			131.23	Opening Stock & Kit Costs		1,111.70	
Coaching Costs (Courses & Equipment)			130.31	a) Less Closing Stock		(467.05)	55.85
Harrier Magazine Costs			111.40				
A.G.M. Costs			21.97	To-Days Runner X C	Income	349.50	
Twining Costs Hollandia			75.14		Costs	256.75	92.75
Late Mud Run Prize for last year			20.00				
Sundries			19.99	Football Cards	Income		30.00
Presentation Evening	Costs	1,007.22		Fell Run Trip	Income	1,347.00	
	Income	1,006.00	1.22		Costs	1,347.00	0.00
				London Marathon Trip	Income	300.00	
					Costs	195.00	105.00
Surplus of Income over Expenditure				Oyster Run	Income	521.50	
For the Year To-Date			1,508.72		Costs	113.31	408.19
				Red Lion 10K	Income	1,802.50	
					Costs	863.89	738.61
				Le Touquet Trip	Income	468.50	
					Costs	435.42	33.08
			£ 2,358.98				£ 2,358.98

a) Subject to partial SEAA Refund

BALANCE SHEET as at 31 AUGUST 1999

Liabilities		Assets	
		Kit Stock	467.05
		Equipment	602.80
Surplus from previous year	1,269.69	Balance at Bank	1,877.63
Surplus this year to-date	1,508.72	Cash in Hand	47.18
	2,778.41		1,924.81
Provision for le Touquet Coach (Unpaid)	280.00	Payments in Advance	63.75
	£ 3,058.41		£ 3,058.41

Caption Competition

Alastair Telford provides something for the long autumn evenings (other than "8 times up the University hill", of course!)



Inspiration has deserted us here at *The Harrier*. Nothing new in that, I hear you say. However, in this case I'd like you to help me out with a caption for this picture of **Tom Smith** (to the right) and **Mick Hunt** near Tower Bridge during this year's **London Marathon**. All you have to do is write in a caption on the form below, include your name and address and send it to me. A small, select group will judge the entries and the best one will **receive a prize** at the **Presentation Evening** on **11th December**. The deadline for entries is **2nd December**. Editor's decision must be obeyed and all that. The (full colour) picture is in the race folder and also on the Harrier website.

My caption for the picture of Mick & Tom is:-

.....

.....

.....

My name and address is:-

.....

.....

..... **Tel:**

Please return by 2nd December to: Alastair Telford, Flat 5, 56, London Road, Canterbury, Kent, CT2 8JY.

How I Ran My First Marathon & Failed To Make The British Marathon Team For The Olympic Games In 1984

John Minshull's Manic Marathon Memories

Part One: Starting Marathon Training

Having been involved in many sports over the past 50 years, particularly athletics, my family has become quite used to the **daft things** that I get up to to from time to time. Normally, each adventure announced is greeted with **resigned silence** and "Here we go again" looks. However my pronouncement in late 1982 produced a very definite **reaction**.

There I was, at 50 years of age, a chairbound executive, grossly overweight, and a smoker, blithely announcing that I was going to get **fit again** and **run the London Marathon!**

The family reaction had three definite phases. Firstly total disbelief, then waves of laughter and finally panic. **My son questioned me** as if I were a **retarded Orang-Utang** that was about to take up **micro-surgery**. **My daughter said she would pray** that none of her friends would recognise me out running. My wife said nothing, but I found her later looking through my **life insurance policy**.

However, I started to get fit again by jogging, though I ignored the fact that I'd not been in condition for years and **overdid it**. Many mornings I would arrive at my office stiff-armed and stiff-legged, **like Frankenstein's monster**. Starting training again not only affected me but it affected others. The newspaper boy, who'd previously

done his round in a bleary-eyed dream, had to **stay alert** to avoid being run down by a **middle-aged loony!**

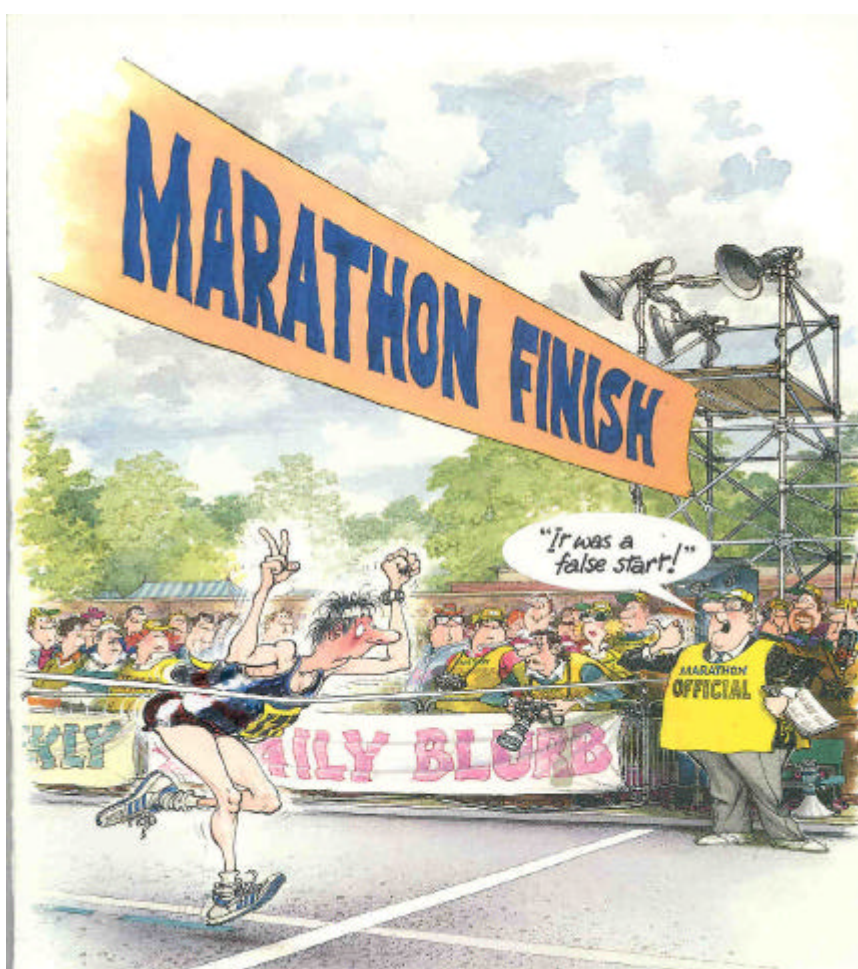
Some of the things that I did in my early marathon training were **quite ludicrous**. One "good idea" meant I was nearly disowned by my very tolerant family. I had acquired two pieces of advice from a running magazine:

1. To retain body heat on icy winter nights, wear a **plastic dustbin liner** with holes cut out for head and arms.
2. To keep your legs really warm, wear an **old pair of lady's tights**.

Being my usual daft self, I donned **both the dustbin liner and tights**, my **bright red woolly bobble hat** and a **pair of white gloves** [*Ohh, suits you, sir! – Ed.*] and ran off into the night around my village. My family was appalled but I was very pleased for about a week since both tips were working. Then it began to dawn on me that I looked like an **oversized garden gnome** and might **be arrested** as a strange **deviant!** So I stopped wearing the bizarre outfit at once and my relieved wife bought me a **track suit**.

Considering the **grossly unfit state** I

was in when I started training again, it was only after a gradual build up over a year, and having **shed four stones** and completed **five half marathons**, that I felt ready to intensify the training and **attempt my first marathon...**



John Minshull's Worst Nightmare
(Thanks to John for supplying this cartoon)

Part Two: Running My First Marathon

I was accepted for the **Mars London Marathon in 1984**. The race was also the trial for the British Marathon Team for the Los Angeles **Olympics**. So, I thought, there was something to aim for!

As many will know, the **atmosphere** on your first London Marathon is **fantastic** and really has to be experienced to be believed. It's not just a marathon but a **carnival** for both runners and spectators. Being one of the chosen few in the starting area is exciting enough. Add to this several **cups of free coffee** and you get the sight of thousands of runners **cross-legged and jiggling up and down** waiting for the portaloos near the start.

My first marathon, like for so many others, was a **confusion** of **agony** and **elation**. In the first few miles one quickly learns a new **self-preservation running technique** that nobody mentioned in training. That is, lurching along in a dense pack of runners with **both arms extended** in front of you. In spite of this there are inevitably a few loonies who stop dead and cause a 300 person shunt. Of course, those who are made to stumble smile nicely at the offenders and say "oh dear me", or something like that!

About five miles into the race, along the **Woolwich Road area**, there were several points where the local youths had set up portable music centres and played **West Indian music** at ear-splitting level. The effect becomes mesmerising and you notice that you and all the runners around you are all running at the same pace and **all in time** to the **reggae music**.

Between 15 and 20 miles we ran a 5 mile loop through an area known as **The Isle of Dogs**. I think it should be re-named **The Isle of Pubs**. There was a pub every few hundred yards. The customers, the local Eastenders, stood three or four deep outside each pub - they were all armed with pints of beer and shouted good-natured abuse at the runners. At this point in the race I had been running for well over 2 hours. The elite runners had already finished and showered and I still had about an hour's running still to do. At this point I had to firmly remind myself of the **marathon runner's 11th command-**

commandment - Thou Shalt Not Covet The Spectators' Pints Of Bitter!

Shortly after passing 21 miles, I nearly became the first person to **drown** whilst running in a marathon. At earlier water stations I had taken, whilst running, one plastic cup of water to pour over my head and one to sip whilst running. By the 21 mile mark my **coordination** was getting **very dodgy** indeed. I took the first cup and more or less poured it over head. I took the second cup, **missed my mouth** but poured it up **my nose** and into my eyes! I couldn't see, couldn't breathe, was **choking, spluttering** and **staggering**. I was **virtually drowning on my feet**. I was a lot more careful with the water after that.

I was anticipating a
hero's welcome.

What happened?

My son and daughter ran
up excitedly to me with,
"Hi, Dad, how many
Mars Bars did you get?"

In those days, water points were called "**feeding stations**". I never saw **any food** there, unless you count the hundreds of **little black flies** that always seemed to get into the water.

As I **lumbered up the Embankment** in the last 3 miles of the race, the pain and fatigue were getting the better of me. My **brain had departed from my body** some miles back and I began to have **daft ideas** like, "If I am about halfway in the field then there are some 10,000 runners behind me. If they all decide to go for a sprint finish then I'll **get flattened like a pancake** going up The Mall." So I **kept shuffling on**. When I eventually hobbled over

hobbled over the finishing line in 3 hours 57 minutes, my brain rejoined my body and every muscle and joint began to scream in agony. "**Never again!!**" I said.

Wrapped up in my space blanket and proudly wearing my finisher's medal I limped off to find my family in The County Hall gardens. Knowing the tremendous effort I'd put in over 18 months I was **anticipating a hero's welcome**. What happened? My son and daughter ran up excitedly to me with, "Hi Dad, how many **Mars Bars** did you get?!"

Some days later, one local newspaper misspelt my name and another grossly understated the amount of sponsorship money I had raised for The Pilgrims Hospice. To top it all, my finishing position of **10,128th** did not seem to impress the **Olympic Selection Committee** and I was **not included in the team for Los Angeles**. As a result of my disappointment, I again avowed, "**Never again!!**"

John Minshull

So, then I decided to take up **free-fall parachuting**...but that's another story!

The Red Lion 10K

Alastair Telford reports on the Hernhill Helter-Skelter

The second **Canterbury Harriers-organised** event within a fortnight (following on from the Whitstable Oyster Run, see Page 2) drew a **large entry** to the **race HQ** of the **Red Lion pub** at Hernhill, **with 240 finishers**. The entrants weren't discouraged by the heavy rain that was falling that morning nor, indeed, by the testing, yet very scenic, course. (In fact, the course was **so testing** that **rumour** has it that **Bob Davison**, the **course setter**, had gone on **holiday just before the race** simply to **avoid** the **wrath** of the contestants.)

The race was won by international athlete **Barry Royden**, who **broke away** from the rest on the **hill at half-way**, in a time of **33:20**. Barry also led his **Medway AC team** to victory in the men's team competition, although **Canterbury Harriers were runners up**, with **Mike Conway** (38:46), **Nick Justicz** (40:05), **Steve Clark** (40:19) and **Joe Hicks** (40:23) being the first four home for the club. Second and third individuals home were **Mark Dayson** (34:00) of Ashford AC and **Allan Lee** (34:12) of Sevenoaks AC. **Whitstable Oyster Run winner, Daniel Green** of Ashford and District, was **fourth** in 34:46. Fifth-placed **Russell Phillips** won the **Vet 40 category** with a time of 35:03 and Martyn Rouse's 36:42 took the **Vet 50** prize. (Martyn Rouse seemed to **enjoy** the event so much that he **bought Roy Gooderson a drink** at the **Invicta Barbeque** that afternoon!)

First **female home** was Canterbury Half Marathon winner **Andrea Green** of Dartford Harriers in an excellent time of **37:09**, which was good enough for 14th place overall. Second behind her was **Tina Oldershaw** in 39:44 and **Kerrie Cloke** of 1066 Triathletes took third with 42:32. **Jane Fraser** of Invicta East Kent AC opted for the **Vet 35 prize** instead of second place overall with a time of 39:14 and **Sue James** of Paddock Wood AC took the **V45 category** with 42:53. However, **Canterbury Harriers**, represented by **Helen Paine** (back from Spain for a spell), **Fayne Stone** and **Emma Hodges** took the **female team prize**. A full listing of results is on the website and Harrier results are on Page 4.

Despite the supplier not delivering the medals on time, **Roy Gooderson saved the day** by getting **Ideas Unlimited** of Whitstable to produce **key ring/bottle opener mementos** at the last moment. It was a **great credit** to both Roy and Ideas Unlimited to do this in very little time. **John Minshull** also worked hard in **organising the marshalling of the race**, as did **John Hartley** in **collating the results**. **Simon Kendall** and **Gerry Reilly** organised the **lead car** and many others, too numerous to mention, helped in making the day a **success**.

Alastair Telford

Runners' Runner Of The Year

This is **your** chance to **nominate** the **person** whom you think has **contributed most to the club over the past year**. They may have come back from injury, have run a fine debut race or may have been regularly helping others in the club. Last year **Mel Carter** won this **prestigious award** – can he **do it again** or will someone else take **his**

My Runner of the Year is.....

My Name & Address is

Tel:.....

Please return by 2nd December to: Alastair Telford, Flat 5, 56, London Road, Canterbury, Kent, CT2 8JY

September 1999

crown?! Would you please write your nomination together with your own name and address on the form provided below and send it to me, Alastair Telford by 2nd December (same as the caption competition). So, I hear you cry, why should we do this and why do we have to write our names? Well, the simple answer is that **everybody who makes a nomination will be put into a draw for a prize to be picked at the Presentation Evening on 11th December!**

Gerry's Letter From Le Touquet - ctd from Page 1

room was a mini SIDA (AIDS) exhibition with, yup, **free samples** of the aforesaid letters. Now, to be fair to the **TIMEKEEPER**, he is **not** as **experienced in French matters** as some, but all the same the two young ladies who were overseeing the table must have been **gobsmacked** to see him **scoop up several** of these new style free sample sealed blister plasters which he quite understandably thought they were. Once the penny dropped (when he broke the seal to try one on) he proceeded to demonstrate a **further example of EOCCCT** on sprinting from the room. Happily there were **no further surprises** in store - we half expected the tee shirts to be emblazoned with "**Practice Safe Running**" in French or to have further free samples attached. The mystery of this strange juxtaposition will remain unsolved - someone suggested it might have something to do with Ireland having joined the EU but the suggestion that the **organisers have finally found out** about the **showers seems more likely**.

And so on to the race and the **real superlatives** can be **unleashed** - a host of **PBs** and year best performances. **Jonathan Holmans** won the **first prize** in his **age category** with a fantastic **34:05** (over a **minute improvement on his previous PB** and an astonishing **6 minute improvement over the year**). Particularly heartening was the magnificent **PB** of **34:39** in his **first competitive outing** after a frustrating **year of injury** by **Richard Steer**, and **Roy Palmer**, despite his disappointment at just failing to break the **35 min barrier**, capped a **year full of PBs** over a range of distances with a superb **35:01**. Further down the field, **Arthur Barnes** ran a very brave **39.46** after a year dogged by a knee injury and there were outstanding **PB runs** by **Tom Smith**, **Mike Hedger**, **Liz Siedek** and the magnificent **Emma H**. And let's not forget the fine **PB runs** in **17:30** and **19:18** respectively by **Jack Parnell** and **James Branwood** in the **5K race** preceding the main event.

In fact, **brilliant performances** all round by the Harriers in the usual hot conditions we have come to expect in **Le Touquet**. As for the **showers** - I understand they too were as **hot as usual**. [*"I understand", eh? It's as if you never went near them yourself!* -Ed.]

And so back to **dear old Blighty** and the various post race **re-energising** and **re-hydrating techniques** used

amongst the Harriers none of which bear any relation whatsoever to **CCCT**. Of particular note was the **PG method or tip** which consists of one part water to nine parts wine (in pint measures)- he swears by it (or after it) and it must be **thoroughly effective** and **completely undetectable** by the **doping authorities** judging by his marathon **PB of 2 hrs 38** and the fact that he has completed every **London to date**.

Finally back to the **subject of letters** and the curious fact that **not one Harrier name** appeared on the results sheet - I have spoken to the **organisers** and they have explained that this was due to a computer input error by one of the, well, I suppose, one of the computer inputters - I didn't ask what, how or why but I suspect that he or she may have been trying out the PG tip and forgot the one part eau. Anyway I have an assurance that the **results are being corrected** and that they will be with yours truly shortly.

In the meantime **provisional times** are given on page 4.

Allez salut maintenant et vive les blisters Britanniques!

Gerry Reilly

In the Next Issue of The Harrier

Due on 18th November

- Cross Country Roundup, including a report on our Blean Woods event
- Annual General Meeting
- Website Update

Deadline for contributions:
9th November

(With special thanks to **Roy Gooderson, aka the TIMEKEEPER**, for a superbly organised outing)