

# The Harrier

November 1999  
Volume 5 Number 1

## In this Issue

- 2** Blean Woods XC  
& All about the TR League  
Results roundup
- 3**
- 5** Cross Country Diary
- 6** League Tables  
Dave Lightburn has painstakingly compiled your best results
- 7** Noticeboard – Events' Diary, Committee, **Presentation Evening**, Kent XC Champs, Secretary's new address, *Hollandia* News, London Marathon places, NY marathon charities, Whitstable 10K, Editorial, Today's Runner reminder
- 9** Financial reports for the full year 98/99 & 99/00 to date
- 11** Take The Rye Road  
Pete Wyeth reports
- 12** Club Runner of the Year  
Another chance to vote
- 13** The Gambian 10K  
Roy Gooderson's fave race
- 14** Twists of Training  
Ian MacMillan's recollections
- 14** Web Weaving  
Updates to the website
- 15** Caption Competition  
Let's have those entries!
- 16** Babewatch  
Tracking the wandering women

## Successful Year Declared At Club's AGM

Club Chairman, **John Hartley**, reports

**O**ver 40 members of the Club attended the **Annual General Meeting** on **12<sup>th</sup> October** in the **Village Hall, Rough Common** - you know, that place where you shelter from torrential rain on X-Country days! [*Rather pushing your luck here, I feel; see Page 2 – Ed.*] The exciting and highly relevant agenda had been put together by the Management Committee after weeks of deliberations. **Gerry Reilly** was so overwhelmed that he had to seek out a quiet place in the Pyrenees to avoid the occasion!

The **Club Chairman** did his best to keep members **alert** and focused; however, he was ably assisted by other Committee members who prodded those unfortunates who had nodded off to sleep.

Well, what happened, who said what, and why did **Fayne** and **Simon** arrive late. All highly important matters.

I highlighted the good year the Harriers have had. Well it has – you should know that. Here are the facts:

- **Increased membership**, 112, with 28 female members.
- More **new members in the wings**, awaiting the start of the new club year.
- **Financially sound**.
- Increased **equipment assets**.
- Extended the **number of organised races**, with a major one (Whitstable) agreed for next year.
- Interesting **range of social events/trips** – Lake District, Holland and France.
- Regular **editions of the lively Newsletter** (if this was in colour, the editor would be blushing pink). [*Nah, I'd still be the usual off-white – Ed.*]
- Canterbury Harrier **Web-site** (the editor has now turned bright strawberry). [*Nope, still white, but see Page 14 –Ed.*]
- Lastly – and by no means least – **significant running performances** in all categories (soon to be recognised at the **Presentation Evening**).

As the Chairman said:“....it is worth **patting yourselves on the back** for your own performances, and in your promotion of Canterbury Harriers. Lets hope **1999/2000 is an equally good year.**”

### Presentation



### Evening

The club's **Presentation Evening** will take place on **Saturday 11<sup>th</sup> December** starting at **7pm**. Tickets cost **£10** but there will be a **FREE £1 bar voucher** for anybody buying a **ticket by the end of November** - so please **get your tickets ASAP!** See **Page 7** for **more details** about the evening including **raffle tickets** and **prizes**.

*Continued On Back Page*

November 1999

**John Minshull** (Club Treasurer) – who is suspected to have been a financial director, both man and

## The Blean Woods Project

*Alastair Telford on that cross country*

It is difficult to overstate just how **bad the weather** was at the opening **Today's Runner** match of the season which we hosted at **Blean Woods**. It was possibly the most **abysmal conditions** (torrential rain and gales) ever experienced at any race that I've been to. As **Gerry Reilly** remarked before the race, "Has one of these races ever been **called off** because of the weather?!" Despite this, **243 nutters**, ahem, I mean, "intrepid adventurers", completed the five mile course. Out of the 243, 168 were in the men's league and 73 in the women's.

There was a **superb cross country debut** for the club by **Sarah May**, who, being at home for the weekend from her Veterinary Studies at Bristol University, was able to race and obviously wasn't deterred by the weather. Her **4<sup>th</sup> place** in the **women's race**, **only behind experienced runners** such as **Tina Oldershaw** and **Caroline Houghton** (who were **1<sup>st</sup>** and **2<sup>nd</sup>**, respectively), was a great boost to the team. **Carol Reid** also had a **solid XC debut** for the club, coming **23<sup>rd</sup> woman**, whilst **Sue Reilly saved the day** for the team by **racing in the appalling conditions** as no other women turned up to run. Sue hadn't originally intended to run, having been heavily involved with the race organisation. The women came **10<sup>th</sup> out of the 15 teams** on the day.

For the men, **Roy Palmer** kept up his high standards of last year by coming **9<sup>th</sup> overall**, and he was well backed up by, amongst others, **Simon Kendall**, **Fraser Wildman**, **Andy Wilson**, **Martin Skeet** and **Steve**

**boy** – presented the **audited accounts** for the year. These are included in the newsletter (*Page 9*) for your information.

**Reynolds. Sue's old man, Gerry also saved the day** for the team in being the **only vet 50** for us in the race - this was also after having **organised the junior race** and having helped out generally. It was also good to see some **old faces again**, such as **Keith Crossland-Page**. **Darcy Black** chose possibly the worst conceivable day for making his **club debut**! In the **combined team event**, the Harriers were **5<sup>th</sup> of the 15 teams**. The race was won by **James Batchelder of Paddock Wood**. Harrier results are on *Page 4*.

**Great credit** must go to all the

people who turned up to run and all those **members** and their **family and friends** who helped with the **marshalling** and **organising**. **Jack Parnell**, for instance, was the **pacemaker** for the junior race and then he and his **dad, Derek**, cleared up Rough Common Village Hall after everyone had left. I am sure most of these people would **rather have been sunning themselves in Spain** like Chairman **John Hartley** was at the time! Again, the club was indebted to **Roy Gooderson** who somehow **kept the show going**, despite the weather and a few

### Everything You Wanted To Know About The Today's Runner XC...

*This info was culled from a piece by Rob Bright, the league organiser*

- ♦ The league was formed in the mid 80s to **encourage ordinary runners** to take part in cross country events. The emphasis is on team participation and "elite" individuals (i.e. men that regularly go under 34 minutes for 10K and women that regularly go under 38 minutes) are excluded from taking part.
- ♦ **Today's Runner** magazine has little to do with the league, although they do sponsor a National Final in March each year (usually at Leicester).
- ♦ The league in **Kent has grown from 7 teams** in the first year, 1987, to **15 teams today**. 200 to 300 athletes run with roughly a 3:1 ratio of men to women.
- ♦ **Facilities** and organisation are kept to a **minimum**. We try to arrange parking, toilet and light refreshment facilities at each venue. Results are completed by a system of raffle tickets handed out to competitors at the finish and each competitor is timed in. The raffle tickets are also used to draw spot prizes.
- ♦ The courses are 5 to 6 miles in length, with men and women running together, although their positions are scored separately at the finish. The team scoring is based on the best 7 men and 3 women to finish in each team. Of the seven men, at least **one** must be an **over 40** veteran and **one** must be an **over 50** veteran. Of the three **women**, **one** must be **over 40**. The team with the lowest total of scoring positions wins the race and collects 15 points, the next best 14 etc. At the end of the series of seven races held between October and February, the best two teams go through to the **National Final**, the winners taking part in the champions' race and the runners-up in the plate race.
- ♦ Within our **Kent Division** we also run **individual contests** in each age category over the season, a **ladies-only team** competition and a "most improved" category for men and women. The individual prizes are decided by taking the average of a person's five best **performance ratings** in the races. A "performance rating" is the percentage of the field beaten and is calculated by the formula, 
$$(t-p)/(t-1) * 100$$
 where t is the number of finishers and p is the individual's placing.
- ♦ Competitors pay £1.50 per race, of which £1 goes to the promoting club and 50p to the Organising Committee. **We're lucky at Canterbury Harriers**, however, as the **club pays the fees for all runners!** The proceeds given to Organising Committee are used for prizes presented at the end of season social evening.
- ♦ **See Page 5** for the remaining league fixtures this season!



unscheduled changes in personnel.

## Results

**Please note** that these results are probably **incomplete** – I do not have, for instance, the results of the **Woodchurch 10**, which included the Kent Championships. All the results below are also given on the Harrier **website** and a full listing of results of all competitors is on the website for the **Thanet races**.

Again may I ask that one person at each race be responsible for taking finishing times etc. and phone them through to **Gerry** (01227 477148) or myself (01227 786210). **Dave Lightburn** (01795 536173) also needs to know about any **season bests** for the league tables. Similarly, please tell me if there are any mistakes in the results. Cheers! - Ed.

### Road Relays Revisited

At the time of producing the last newsletter I had not been given the **final team standings** for the East Kent Summer Road Relays.

#### Senior Men

Ashford AC	36pts
Ashford & District RR	31
Invicta EK AC	19
Deal Tri & Running	18
South Kent Harriers	18
Thanet RR AC	13
<b>Canterbury Harriers</b>	<b>12</b>
Folkestone AC	4

#### Men V40

Folkestone	21
Ashford AC	17
Invicta	15
<b>Canterbury Harriers</b>	<b>13</b>
Deal	8
Ashford & District	2
Thanet	1

#### Men V50

Deal	19
Folkestone	11
Invicta	10
Aylesham	10
<b>Canterbury Harriers</b>	<b>6</b>

#### Women

Invicta	30
Thanet	24
Deal	14
Ashford & District	12
<b>Canterbury Harriers</b>	<b>8</b>
Ashford AC	8
Aylesham	3

### Thanet Half & Full Marathon 5/9/99

These were run on an **extremely hot** day, starting from Hartsdown Park, Margate, and this was reflected in the results. In the full marathon **only two men** managed to break the **three hour mark** on what is quite a **hard course** at the best of times. This fact really shows what an **outstanding performance** **Joe Hicks's run of 3:28:01** (and 12<sup>th</sup> out of 118) was, especially as he only set out to do it as a training run! There was also a **courageous run** from **Erica Akerman** in the heat.

In the half marathon, **Mike Conway** was the **2<sup>nd</sup> V50 runner** with **Nick Justicz** also putting in a good effort to beat the 90 minute mark.

The Harrier results are below and a **full results listing** of both Marathon and the Half is available on the Harrier **website**, courtesy of **Paul Wood** of Thanet Roadrunners.

#### Marathon

Joe Hicks <sub>V40</sub>	3:28:01 <b>12<sup>th</sup></b>
Erica Akerman <sub>V55</sub>	5:41:17

#### Half

Mike Conway <sub>V50</sub>	1:27:29 <b>2<sup>nd</sup> V50</b>
Nick Justicz	1:29:51
Dennis Hayes <sub>V40</sub>	1:46:46
Liz Siedek	2:08:29
Pete Greenwood <sub>V50</sub>	2:16:39
Sharon Proudlove <sub>V35</sub>	2:27:33

### Kent Vets' Championships, Julie Rose Stadium, 18-19/9/99

**Steve Reynolds** put in some **excellent performances** at the **Kent Vets' Championships** coming 3<sup>rd</sup> in the **V40 800m** (which he was doing simply as a **warm-up** for the 400m the next day) on **Saturday 18<sup>th</sup>** in a time of 2:12.1 and **getting silver in the 400m on Sunday**

**19<sup>th</sup> in 56.0.** This was despite windy conditions at the stadium and the fact that Steve had been having **knee problems** in the weeks leading up to the race.

### Cobham Hall 10K 19/9/99

**Dave Smith** put in another good performance, the week after winning the Vet 50 prize at Wingham, in recording another sub-40 time at this scenic event. **Luke Lightburn** also followed up well on his Wingham run, coming **12<sup>th</sup>** in the **3K Fun Run** in a time of 11:48.

Dave Smith <sub>V50</sub>	39:54
Pete Wyeth <sub>V50</sub>	43:49
Dave Lightburn <sub>V40</sub>	46:02
Pete Greenwood <sub>V50</sub>	52:53

### Quicksand 15 19/9/99

**Fraser Wildman** had an excellent run for the club in finishing **6<sup>th</sup>** overall in a time of 1:41:46 in this tough, multi-terrain Margate event. The event was won by **Daniel Green** of Ashford and District, who clearly specialises in **seafront multi-terrain events** since he won the Whitstable Oyster Run.

### Avignon 15Km Sometime in September (!)

**John Minshull** ran this in 33C heat whilst on holiday and says that his **time was not to be published**. However, perhaps it does **deserve** to be **broadcast** since he also mentioned that, of the **six races** he has done this year, **all but one of them has been abroad!**

### Maidstone Half & 10K 26/9/99

This was a **successful day** for the Harriers, particularly for the **women**. **Helen Martin** won the **combined competition** (comprising the half and 10K) in a total time of 2:38:57, having set a **new PB** in the **half** by **some 8**



November 1999

minutes and having less than 25 minutes to recover before the 10K. For this she won a ten pound Boots gift voucher and, clearly not one to let success go to her head, said afterwards that she would probably spend it on "shampoo and Tampax"! The half marathon also saw a fine debut run by Mick Holmans on what is quite a tough course.

In the 10K, the Harrier women's team of Sarah May, Emma Hodges and Carol Reid won the 10K prize with Sarah and Emma both smashing their PBs. Mike Conway also put in a good run, being the leading vet 50.

To round things off, Jack Parnell dominated the 4K Fun Run, comfortably relegating a senior Invicta runner to second place.

#### Half

Helen Martin	1:40:36 PB 8min
Mick Holmans <sub>V40</sub>	1:57:17 Debut
Steve Craswell	2:00:23
Mick Hunt	2:05:00

#### 10K

Mike Conway <sub>V50</sub>	38:13 1 <sup>st</sup> V50
Gerry Reilly <sub>V50</sub>	40:54
Sarah May	40:55 PB 1m
Pete Wyeth <sub>V50</sub>	43:35
Emma Hodges	45:26 PB 1:30
Carol Reid <sub>V35</sub>	46:29
Neil McGuinness	51:15
John Hartley <sub>V50</sub>	52:03
Helen Martin	58:44

#### 4K

Jack Parnell	14:28 1 <sup>st</sup>
James Branwood	15:43 4 <sup>th</sup>

### Sittingbourne 10 3/10/99

Dave Smith carried off his second V50 prize within the space of a month, coming 11<sup>th</sup> overall. Fraser Wildman also had a good run, coming 5<sup>th</sup>. Marc Heath produced a fine debut 10 effort for the club. For some strange reason this race, which has a varied and enjoyable course as well as reasonable facilities, was not that well supported this year with just 135 finishers.

James Branwood won the junior fun run that preceeded the main event.

Fraser Wildman	61:37 5 <sup>th</sup>
Dave Smith <sub>V50</sub>	65:20 1 <sup>st</sup> V50
Dave Lightburn <sub>V40</sub>	70:33
Bob Davison <sub>V40</sub>	72:09
Pete Wyeth <sub>V50</sub>	75:01
Roy Gooderson <sub>V40</sub>	75:23
Marc Heath	78:44 Debut

### Brake Bros 10K 10/10/99

Roy Palmer took full advantage of mild, calm conditions at the Brake Brothers 10K at this Julie Rose Stadium, Ashford event, setting a new PB by 13 seconds. Dave Lightburn, who is coming back to form after problems with asthma, also had a fine race, clocking a season's best time. Simon Kendall said that he didn't feel too good in the second half of the race but his time of 36:24 showed a good base on which to build.

Roy Palmer	34:48 PB 13s
Simon Kendall	36:24
Dennis Hayes <sub>V40</sub>	40:51
Dave Lightburn <sub>V40</sub>	41:24
John Marshall <sub>V50</sub>	42:10
Tom Smith	43:47
Pete Wyeth <sub>V50</sub>	44:54
Doug Hinsley	46:01
Mick Holmans <sub>V40</sub>	49:34
John Hartley <sub>V50</sub>	52:26

### Dulwich Fun Runs10/10/99

James Branwood had a remarkable day at the Fun Runs that augmented the Dulwich Runners' Charity 10K event. He won both the two and one mile events, in times of 12:06 and 5:27, respectively, despite having only five minutes' recovery between the two races!

### Great North Run 10/10/99

Karen Leyshon, running her first half marathon just a month after first coming to the club, recorded an impressive 1:55:34 in Britain's biggest half.

### Parkwood Junior XC League 17/10/99

This race was postponed from the previous Sunday and meant that Lily

Martin, who had her 11<sup>th</sup> birthday in that week had to compete in the U13 girls section instead of the U11s. She managed a fine performance, however, as did Elen Jones, who effectively won the U15 section as there was only a guest runner ahead of her. All the other Harrier juniors put in some good efforts as well.

#### U20 M (9 runners)

Jonathan Holmans	7 <sup>th</sup>
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#### U17 M (23)

Jack Parnell	6 <sup>th</sup>
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#### U15 F (23)

Elen Jones	2 <sup>nd</sup>
(1 <sup>st</sup> of league competitors)	

#### U15 M (44)

Andrew Dowell	26 <sup>th</sup>
Dean Bradshaw	42 <sup>nd</sup>

#### U13 F (23)

Lily Martin	13 <sup>th</sup>
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### Today's Runner XC League Blean Woods 24/10/99

See Page 2 for report.

In the figures below, after the time the next column shows the overall position, the following one the position in that individual's league race (i.e. ignoring guests and runners of the opposite sex) and the final column shows the performance rating i.e. the percentage of runners beaten in that league race. Some of the later times were not recorded due to a failure with the electronic timing system.

Roy Palmer	31:03	9	8	95.8
Simon Kendall	32:00	21	20	88.6
Fraser Wildman	32:03	24	23	86.8
Andy Wilson <sub>V40</sub>	32:51	34	33	80.8
Martin Skeet	32:56	37	35	79.6
Sarah May	34:27	60	4	95.8
Steve Reynolds <sub>V40</sub>	35:14	67	61	64.1
Gerry Reilly <sub>V50</sub>	36:12	84	78	53.9
Joe Hicks <sub>V40</sub>	37:47	112	99	41.3
Keith Crossland-Page <sub>V40</sub>	39:23	136	116	31.1
Carol Reid	39:53	146	23	69.4
Darcy Black	40:07	153	124	26.3
Neil McGuinness	43:18	189	149	11.4
Steve Craswell	TNR	195	153	9.0
Mick Hunt	TNR	208	161	4.2
Sue Reilly <sub>V45</sub>	TNR	228	60	18.1

## Kent Junior XC League Swanley Park 30/10/99

**Jonathan Holmans** led the way for the Harrier juniors at this opening Kent League match of the season at Swanley, coming **1<sup>st</sup>** in the U20 race.

### U20 M

Jonathan Holmans	1 <sup>st</sup>
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### U17 M

Jack Parnell	10 <sup>th</sup>
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### U15 M

Andrew Dowell	31 <sup>st</sup>
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### U15 F

Lily Martin	16 <sup>th</sup>
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## Today's Runner XC League Beckenham Place Park 31/10/99

The **weather** for the second race of the league season was **much, much gentler** than for the **Blean Woods race**, although there was quite a gusty wind that did not help the runners on a **testing** course of just over five miles. The most **outstanding performance** was once again from **Sarah May** who actually **won** the race. Sarah's result, together with a **good team performance** from the other **Harrier women** meant that we were the **2<sup>nd</sup> female team on the day**, just behind Paddock Wood. The **Harriers' men** were **spearheaded** by **Roy Palmer**, **Simon Kendall** and **Fraser Wildman**, with **Simon** achieving his **best league result to date** in finishing just behind Roy. There was a fine **debut effort** from **Steve Fitzgerald**, who apparently had **never run a cross country race before!** This all meant that we again finished in **5<sup>th</sup>** spot in the combined event. There were **210 finishers**, 149 in the men's league race and 56 in the women's.

Roy Palmer	31:17	8	8	95.3
Simon Kendall	31:26	9	9	94.6
Fraser Wildman	32:21	18	18	88.5
Sarah May	34:59	47	1	100
Steve Fitzgerald	36:07	64	61	59.5
Gerry Reilly <sub>V50</sub>	36:41	71	67	55.4

Mel Carter <sub>V50</sub>	36:54	78	73	51.4
Doug Hinsley	38:19	99	91	39.2
Tom Smith	39:59	123	110	26.4
Carol Reid	40:29	131	16	72.7
Mick Holmans <sub>V40</sub>	41:50	138	119	20.3
Fayne Stone <sub>V40</sub>	42:44	148	21	63.6
Dianne August <sub>V45</sub>	43:44	159	25	56.4
John Hartley <sub>V50</sub>	45:31	175	137	8.1
Sue Reilly <sub>V45</sub>	50:15	191	43	23.6

## Combined Today's Runner League Placings After 2 Events

1 Medway AC	30pts
2 Paddock Wood AC	28
3 Istead & Ifield H	26
4 Sevenoaks AC	24
5 Canterbury Harriers	22
6 Invicta EK AC	20
7 Thanet RR AC	17
7 Maidstone H	17
9 New Eltham Joggers	11
10 Gravesend RR	10
10 Bromley Vets	10
12 Swanley & District AC	9
13 Sittingbourne Striders	8
14 Plumstead Runners	5
15 Dartford H	3

## Ladies' League Placings

1 Paddock Wood AC	30pts
2 Medway AC	23
3 Canterbury Harriers	20
3 Swanley & District AC	20
3 Thanet RR AC	20
3 Istead & Ifield H	20
7 Sevenoaks AC	18
8 Invicta EK AC	17
8 New Eltham Joggers	17
10 Gravesend RR	16
11 Bromley Vets	12
12 Maidstone H	11
13 Plumstead Runners	7
13 Sittingbourne Striders	7
15 Dartford H	2

## Parkwood Junior XC League 7/11/99

Some very good efforts on a blustery day were capped by **Elen Jones** coming **4<sup>th</sup>** (out of 27) in her U15 Girls race and was **1<sup>st</sup>** of those that she was competing against in the **XC match**. **Jack Parnell** also won his match.

**U17 M** (24 runners; 10 in Canterbury's match)

Jack Parnell	17:48	6 <sup>th</sup> ; 1 <sup>st</sup> Match
James Branwood	19:24	19 <sup>th</sup> ; 5 <sup>th</sup>

**U15 M** (42;16)

Andrew Dowell	14:36	31 <sup>st</sup> ; 11 <sup>th</sup>
John Barnes	17:14	41 <sup>st</sup> ; 16 <sup>th</sup>

**U15 F** (27;11)

Elen Jones	12:26	4 <sup>th</sup> ; 1 <sup>st</sup>
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## New York City Marathon 7/11/99

**Helen Martin** had a **successful debut** marathon in the **Big Apple**, matching her **target time of four hours** despite a **strong north-westerly wind**. **Martin Skeet** also produced a **very fine run**. More info on the **money they raised for charity** can be found on **Page 8** and Helen has promised that she will **write up her New York Story** for the next newsletter. The figures below are net times from the start to finish, as measured by the chip technology similar to that used at London. The splits are times from when the gun went, however.

Helen Martin	4:00:26	Debut
	(10K 48:49; Half 1:45:55; 20M 2:54:48)	

## Cross Country Diary

### November

**21<sup>st</sup> Senior/Vet Ladies' & Juniors' Kent Leagues, Hartsdown Park, Margate.** Run before...

**21<sup>st</sup> Margate International XC**  
Hartsdown Park, from 2:30pm.

**28<sup>th</sup> Today's Runner XC, Oxleas Wood, Eltham.** 11am. Meet at King's School Rec Centre at 9am.

### December

**5<sup>th</sup> Parkwood League, Kent Uni.**

**11<sup>th</sup> KENT VETS' & CLUBMAN'S CHAMPS** Beckenham Park, 11:30am

### January

**8<sup>th</sup> KENT COUNTY XC CHAMPS**  
Wilderness School, Seal Hollow Rd, Sevenoaks. From 10:30 am.

**15<sup>th</sup> Senior/Vet Ladies' & Juniors' Kent Leagues, Tunbridge Wells**

**16<sup>th</sup> Today's Runner XC, Minnis Bay (!)** 11am. Meet at KSRC at 9:15am.

**23<sup>rd</sup> Today's Runner XC, Knowle Park, Sevenoaks** 11am. Meet at KSRC at 9am.

### February

**6<sup>th</sup> Today's Runner XC, Istead Rise Community Centre** 11am. Meet at KSRC at 9am.

See Page 7 for diary of other events

## November 1999

Martin Skeet 3:06:19  
(44:34; 1:34:02; 2:22:12)

### League Tables 1999

Here at last is this year's **League Table** which lists everyone's **best times for the past year**(from 1/10/98 to 30/9/99). There are bound to be some errors or omissions, so please let me know and **I'll correct them** in time for the presentations. The only rules are that you have to be a fully **paid up member** at the **time of the race**. As far as possible I have used **official times**, though I accept that even these may not always be accurate. **New** for this year is a **comparison with the entered time** for last year's table (**Diff. 98**).

**Dave Lightburn**

#### 5 Miles Diff. 98

Roy Palmer	27:33	Bethersden	-2:13
Simon Kendall	28:20	Bethersden	
Danny Lainz	29:23	Victoria Park	
Bob Davison <sub>V40</sub>	30:54	Bethersden	-0:23
Alastair Telford	30:55	Bethersden	
Sunil Gohil	31:17	Victoria Park	
Mel Carter <sub>V50</sub>	31:30	Bethersden	-2:45
Joe Hicks <sub>V40</sub>	31:32	Victoria Park	
Steve Clark <sub>V40</sub>	31:42	Sturry	
Dennis Hayes <sub>V40</sub>	32:02	Bethersden	-0:56
Andy Branchett <sub>V50</sub>	32:30	Bethersden	
Dave Smith <sub>V50</sub>	32:50	Bethersden	+1:20
Pete Wyeth <sub>V50</sub>	33:00	Bethersden	+0:01
Andrew Langston	33:00	Sturry	
James Branwood	33:48	Sturry	
Doug Hinsley	33:50	Sturry	
Emma Farrow	36:07	Bethersden	
Mick Hunt	40:05	Sturry	
John Hartley <sub>V50</sub>	40:09	Bethersden	+1:03
Sue Reilly <sub>V45</sub>	42:54	Bethersden	-0:28

#### 10K

Jonathan Holmans	34:11	Le Touquet	
Richard Steer	34:39	Le Touquet	-1:42
Roy Palmer	35:01	Le Touquet	-1:54
Andy Wilson <sub>V40</sub>	35:28	Julie Rose	
Simon Kendall	36:06	Boughton	-0:28
Rob Sargeant	37:05	Herne Bay	-0:59
Brian Davis <sub>V40</sub>	37:53	Boughton	
Jack Parnell	37:59	Boughton	
Steve Dorkings <sub>V40</sub>	38:00	Whitstable	
Nick Justicz	38:08	Julie Rose	
Steve Clark <sub>V40</sub>	38:08	Herne Bay	+0:29
Mike Conway <sub>V50</sub>	38:13	Maidstone	
Gerry Reilly <sub>V50</sub>	38:55	Le Touquet	+0:38
Joe Hicks <sub>V40</sub>	38:55	Boughton	-1:25
Dave Smith <sub>V50</sub>	38:57	Eurostar	-0:38
Steve Reynolds <sub>V40</sub>	39:10	Herne Bay	+0:11
Julian Murray	39:23	Eurostar	-0:06
Mark Walsh <sub>V40</sub>	39:34	Whitstable	
Dennis Hayes <sub>V40</sub>	39:48	Sturry	-1:06
Sunil Gohil	39:58	Whitstable	
Dave Lightburn <sub>V40</sub>	40:26	Julie Rose	+1:20
Mel Carter <sub>V50</sub>	40:34	Boughton	-1:46
Alastair Telford	40:40	Darrent Valley	+2:06
Andrew Langston	40:53	Sturry	
John Marshall <sub>V50</sub>	40:54	Sturry	-0:09
Sarah May	40:55	Maidstone	
James Branwood	41:48	Cliffe Woods	-5:19
Doug Hinsley	41:53	Le Touquet	-0:21

John Collins	42:04	Thanet	-3:40
Pete Wyeth <sub>V50</sub>	42:22	Bergen	+0:46
Tommy Smith	42:36	Le Touquet	-2:04
Lawrence Shaw <sub>V40</sub>	42:47	Herne Bay	-0:31
Bob Davison <sub>V40</sub>	43:18	Le Touquet	+3:44
Roy Gooderson <sub>V40</sub>	43:21	Bergen	+0:41
Dave Parnell <sub>V50</sub>	43:23	Whitstable	+1:17
Graham Brown <sub>V50</sub>	43:28	Wingham	
Mike Hedger	43:47	Le Touquet	-4:52
Alan Hudson <sub>V40</sub>	44:08	Whitstable	
Derek Parnell <sub>V40</sub>	44:23	Sturry	
Ian MacMillan <sub>V50</sub>	44:57	Wingham	-0:21
Helen Paine <sub>V50</sub>	45:12	Boughton	+2:25
Emma Hodges	45:26	Maidstone	
Mick Holmans <sub>V40</sub>	45:33	Thanet	
Dianne August <sub>V45</sub>	46:26	Eurostar	+1:51
Carol Reid <sub>V35</sub>	46:29	Maidstone	
Emma Farrow	46:50	Eurostar	+2:15
Liz Siedek	47:12	Le Touquet	-3:30
Fayne Stone <sub>V40</sub>	47:19	Bergen	+1:54
Marc Heath	47:36	Le Touquet	
Steve Craswell	48:08	Boughton	
Neil McGuinness	48:49	Boughton	
Mick Hunt	49:19	Whitstable	
Sara Carter	50:26	Eurostar	
Pete Greenwood <sub>V50</sub>	50:53	Darrent Vy	+2:53
John Hartley <sub>V50</sub>	51:05	Le Touquet	+1:59
Sue Reilly <sub>V45</sub>	52:42	Boughton	+0:22
John Minshull <sub>V60</sub>	53:34	Julie Rose	+3:32
June Southfield <sub>V45</sub>	56:29	Darrent Vy	+5:09
Erica Akerman <sub>V55</sub>	65:56	Darrent Vy	+1:07

#### 10 Miles

Roy Palmer	57:57	Thanet	-3:21
Andy Wilson <sub>V40</sub>	58:39	Woodchurch	+0:21
Simon Kendall	1:00:18	Sittingbourne	
Neil Vest	1:01:19	Folkestone	
Rob Sargeant	1:01:30	Canterbury	
Nick Justicz	1:01:54	Woodchurch	
Steve Dorkings <sub>V40</sub>	1:02:32	Canterbury	
Alastair Telford	1:04:55	Canterbury	-0:35
Tony Reavley <sub>V50</sub>	1:05:40	Sittingbourne	+3:42
Mark Walsh <sub>V40</sub>	1:05:54	Canterbury	
Julian Murray	1:06:00	Canterbury	+0:39
Gerry Reilly <sub>V50</sub>	1:06:00	Folkestone	+0:21
Mel Carter <sub>V50</sub>	1:06:04	Canterbury	-3:41
Dennis Hayes <sub>V40</sub>	1:06:09	Sittingbourne	
Dave Smith <sub>V50</sub>	1:06:13	Canterbury	-3:38
Joe Hicks <sub>V40</sub>	1:06:28	Folkestone	-3:12
Dave Lightburn <sub>V40</sub>	1:06:29	Sittingbourne	+0:49
Bob Davison <sub>V40</sub>	1:06:34	Canterbury	+0:05
Steve Clark <sub>V40</sub>	1:07:03	Folkestone	+3:04
Andy Branchett <sub>V50</sub>	1:07:49	Folkestone	
John Marshall <sub>V50</sub>	1:07:54	Woodchurch	-0:05
Pete Wyeth <sub>V50</sub>	1:09:59	Canterbury	+0:32
Doug Hinsley	1:10:10	Folkestone	-4:03
Dave Parnell <sub>V50</sub>	1:11:43	Sittingbourne	+2:33
Lawrence Shaw <sub>V40</sub>	1:11:54	Aylesham	-2:30
Helen Paine <sub>V50</sub>	1:13:09	Aylesham	+3:12
Tommy Smith	1:14:04	Sittingbourne	
Emma Farrow	1:14:29	Sittingbourne	
Derek Parnell <sub>V40</sub>	1:15:41	Folkestone	-0:09
Mark Trott	1:15:56	Sittingbourne	+1:48
Cliff Triton	1:16:00	Folkestone	-0:58
Steve Wisbey	1:17:43	Sittingbourne	
Mike Hedger	1:18:53	Canterbury	
Marc Heath	1:19:24	Sittingbourne	
Mick Hunt	1:19:46	Sittingbourne	
Dianne August <sub>V45</sub>	1:23:04	Canterbury	+6:06
John Hartley <sub>V50</sub>	1:24:37	Aylesham	-1:59
Sue Reilly <sub>V45</sub>	1:25:25	Sittingbourne	-12:41
Pete Greenwood <sub>V50</sub>	1:25:42	Sittingbourne	+3:57
June Southfield <sub>V40</sub>	1:29:51	Sittingbourne	

Neil McGuinness 1:34:10 Canterbury  
Erica Akerman<sub>V55</sub> 1:48:47 Folkestone -1:19

#### Half Marathon

Roy Palmer	1:17:08	Paddock Wd	-8:13
Danny Lainz	1:22:05	Paddock Wd	
Brian Davis <sub>V40</sub>	1:25:22	Borehamwood	
Julian Murray	1:26:11	Paddock Wood	-6:37
Alastair Telford	1:26	46 Florence	+0:05
Mike Conway <sub>V50</sub>	1:27:29	Thanet	
Sunil Gohil	1:29:09	Paddock Wd	-16:29
Gerry Reilly <sub>V50</sub>	1:29:09	Paddock Wd	
Steve Dorkings <sub>V40</sub>	1:29:42	Canterbury	
Nick Justicz	1:29:51	Thanet	
Dennis Hayes <sub>V40</sub>	1:30:15	Paddock Wd	
Joe Hicks <sub>V40</sub>	1:30:21	Paddock Wd	-5:18
Bob Davison <sub>V40</sub>	1:32:20	Hastings	-2:57
Lawrence Shaw <sub>V40</sub>	1:32:35	Harrow	-10:08
Mel Carter <sub>V50</sub>	1:32:49	Canterbury	-10:52
Dave Lightburn <sub>V40</sub>	1:35:28	Tunbridge W's	+6:57
Tony Reavley <sub>V50</sub>	1:36:35	Canterbury	+7:36
Doug Hinsley	1:37:33	Canterbury	-9:51
John Collins	1:37:34	Canterbury	
Dave Parnell <sub>V50</sub>	1:38:47	Canterbury	+0:44
Emma Farrow	1:40:11	Florence	-2:22
Helen Martin	1:40:36	Maidstone	
Tommy Smith	1:41:24	Paddock Wd	
Alan Bussey <sub>V50</sub>	1:46:56	Canterbury	
Derek Parnell <sub>V40</sub>	1:47:26	Canterbury	-3:07
Mike Hedger	1:48:17	Canterbury	-10:19
Neil McGuinness	1:51:29	Canterbury	
Joe Epsom <sub>V50</sub>	1:51:56	Canterbury	
Cliff Triton	1:52:18	Tunbridge Wells	
Steve Craswell	1:53:19	Canterbury	
Pete Greenwood <sub>V50</sub>	1:56:20	Hastings	
Mick Hunt	1:57:12	Paddock Wd	
Mick Holmans <sub>V40</sub>	1:57:17	Maidstone	
Sue Reilly <sub>V45</sub>	2:04:10	Paddock Wd	-2:22
Sharon Proudlove <sub>V35</sub>	2:07:00	Hempstead V	+0:29
Liz Siedek	2:08:29	Thanet	
June Southfield <sub>V40</sub>	2:12:40	Hastings	
Erica Akerman <sub>V55</sub>	2:24:28	Paddock W	-4:47

#### 20 Miles

Rob Sargeant	2:15:34	Thanet	+8:03
Neil Vest	2:15:34	Thanet	
Sunil Gohil	2:21:10	Thanet	-5:07
Dennis Hayes <sub>V40</sub>	2:21:16	Thanet	
Alastair Telford	2:22:24	Bury	+2:04
Gerry Reilly <sub>V50</sub>	2:22:52	Thanet	
Julian Murray	2:22:56	Thanet	
Bob Davison <sub>V40</sub>	2:29:55	Thanet	
Cliff Triton	3:00:22	Thanet	
Erica Akerman <sub>V55</sub>	3:49:50	Thanet	

#### Marathon

Danni Lainz	2:51:23	London	
Joe Hicks <sub>V40</sub>	3:01:01	London	
Brian Davis <sub>V40</sub>	3:09:34	Gateshead	
Rob Sargeant	3:09:51	London	-0:54
Gerry Reilly <sub>V50</sub>	3:09:55	London	-0:35
Neil Vest	3:11:56	London	
Alastair Telford	3:12:24	London	-5:38
Julian Murray	3:12:42	London	-2:18
Sunil Gohil	3:18:29	London	-9:06
Dennis Hayes <sub>V40</sub>	3:21:37	London	
Alan Stophor <sub>V50</sub>	3:22:38	London	
Mel Carter <sub>V50</sub>	3:32:07	Gateshead	
Bob Davison <sub>V40</sub>	3:35:51	London	
Ian Taylor	3:48:18	London	-31:42
Joe Epsom <sub>V40</sub>	3:52:19	London	+6:19
Tom Smith	4:26:32	London	
Mick Hunt	4:50:03	London	
Cliff Triton	4:50:04	London	+46:04
Pete Greenwood <sub>V50</sub>	4:51:36	London	
Sue Reilly <sub>V45</sub>	4:55:16	London	





John Selwood 5:18:47 Lon-  
don  
Erica Akerman<sub>v55</sub> 5:41:17 Thanet

## Events' Diary

**Key:** F=Fast Course, MT=Multi-terrain, E=Pre-entry reqd for prizes, M=Medal, G=Goody Bag, =Cost for attached pre-entry, D=Additional cost for on the day entry,

### December

#### 5<sup>th</sup> Thanet 10

Palm Bay, Cliftonville, 11am. Also 2 mile fun run. CD 28/11. 5+ 1D. F,E,M

#### 11<sup>th</sup> PRESENTATION EVENING

7pm King's School Recreation Centre.

#### 12<sup>th</sup> Christmas Caper 4.2

Swanley Town Centre 11am. CD 6/12. 4.50+ 1D. Spot prizes

#### 12<sup>th</sup> Ditton Turkey 7

Ditton Community Centre (nr Maidstone) 1:30pm. CD 27/11. (NB Usually reaches limit by closing date!) 5. E,G,MT

#### 19<sup>th</sup> Tom Joyce Memorial 4x2.6 Road Relay

Airport Works, Rochester, 2:15pm. CD 4/12. 14/team. F,M

### January

#### 2<sup>nd</sup> Aylesham Millennium 10

10:30am. CD 24/12. 5+ 1D.

#### 9<sup>th</sup> Thanet MTB & XC Duathlon

(9 mile MTB, 4 XC) Minnis Bay, Birchington. 12+ 3D (16+ 4D for teams). MT

#### 30<sup>th</sup> Canterbury 10

Chaucer Tech School, Spring Lane. CD 24/11. 7+ 1D. T shirt

#### See Page 5 for Cross Country Diary

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

<b>Chairman</b>	John Hartley	01227 459997
<b>Kit Officer</b>	Bob Davison	01795 536455
<b>Admin Officer</b>	Roy Gooderson	01227 454449
<b>Secretary</b>	Dave Lightburn	01795 536173
<b>Treasurer</b>	John Minshull	01795 532226
<b>Chief Coach</b>	Gerry Reilly	01227 477148
<b>Runners' Rep</b>	Joe Hicks	01227 750797
<b>Runners' Rep</b>	Simon Kendall	01227 764484
<b>Runners' Rep</b>	Sue Reilly	01227 477148
<b>Runners' Rep</b>	Fayne Stone	01227 764484
<b>Runners' Rep</b>	Pete Wyeth	01795 479057

## Noticeboard

### Presentation Evening

**A**s mentioned on the front page, **tickets are now available** for the **Presentation Evening on 11<sup>th</sup> December** and you will get a **£1 bar voucher if you buy a ticket by 30<sup>th</sup> November**. Tickets for **juniors** will be sold at a **reduced rate**. Apart from the presentation of prizes for the best performances of the year (and remember that you can only **qualify** if you are a fully **paid up member** for the current year!) there will be a **disco**, a **free buffet** and a raffle.



**Raffle tickets** for the prize draw at the evening are also **now available from Fayne Stone & Simon Kendall** - please try to **sell as many as possible** as the income generated helps to pay for the evening.

We are also on the lookout for **raffle prizes** - the main prize has already been decided (a mountain bike) but we need **donations for the other prizes**.



**Roy Gooderson & Fayne Stone**

### Kent Vets' & Clubman's XC Champs 11/12/99

### Kent Senior & Junior XC Championships 8/1/00

**T**he **Kent Vets' and Clubman's XC Championships** will be held on **Saturday 11<sup>th</sup> December** (yes, it'll get you warmed up for the Presentation Evening!) at **Beckenham Place Park** from 11:30am. All veterans' categories will be catered for and the clubman's championship is for all non-elite athletes. Please see **Gerry ASAP** if you wish to take part as entries have to be in by **30<sup>th</sup> November**!

The **Kent Senior and Junior Cross Country Championships** will be held on **Saturday 8<sup>th</sup> January** at Wildernesse School, Seal Hollow Road, **Sevenoaks** from 10:30am. Races will include open senior male and female races and all junior categories down to U13. Again see **Gerry ASAP** if you wish to race as the deadline for entries is **2<sup>nd</sup> December**.

**Gerry Reilly**

### Secretary's New Address

**W**ould you please note my new address and telephone number which are:  
21 Minster Road, Faversham, Kent, ME13 8HG.  
Tel: 01795 536173

Dave Lightburn

### Hollandia News

**R**oy has just come back from the Netherlands where he met up with some of our friends in our Dutch sister club, **Hollandia**. In particular, **Bouke** has just celebrated his **50<sup>th</sup> birthday in style** by having a **race named after him**. Roy will be giving more details on his trip for the next newsletter.

Roy Gooderson

### London Marathon Places

**T**he club will once again have **three London Marathon places** available for next year's race. Please see **Gerry ASAP** if you are **rejected in the ballot for places** and would like to be put into the **draw** for one of the **club's three places** which takes place at the **Presentation Evening on 11<sup>th</sup> November**. Please note that we are sorry but we must limit places in the club draw to those who produce an **official rejection slip**.

Gerry Reilly

### Whitstable 10K - A Call To Arms!

**T**he **Whitstable 10K**, which we are hosting on **1<sup>st</sup> May**, is a **major commitment** for the Harriers next year. Over and above jobs on the day, it will require a **lot of organisation** in the preceeding months. **We are looking for help** in sharing the burden from the well-worn shoulders of the usual few.

Roy Gooderson

### Today's Runner XC Reminder

**J**ust a reminder to all Harriers that, not only are the **Today's Runner** cross country races **lots of fun** (and the weather is seldom as bad as at Blean Woods!) but that everybody who turns out is **helping the club** – even if you are not a scoring runner you are helping to “push down” runners from other clubs who might score. As well as that, **entry is free** and **lifts** to the venue are arranged at the **King's Recreation Centre beforehand**. The next race is at **Oxleas Wood, Eltham on 28<sup>th</sup> November** at 11am and we'll be **meeting at the KSRC at 9am**. The other fixtures are on **Page 5**.

Alastair Telford & Gerry Reilly

## NEW YORK CITY MARATHON

### Helen Martin and Martin Skeet Raise Thousands Of Pounds For Charity Running The New York Marathon

**Helen achieved her target of four hours in her debut marathon and raised over 2100 pounds for the Imperial Cancer Research Fund.** Helen will be coming round with her sponsorship forms and **hunting down** all those who sponsored her – believe me there's no hiding place! She has said that she will produce a **report on her Big Apple experience** for the next newsletter.

**Martin** ran an excellent race and also raised over 1500 for SCOPE, the cerebral palsy charity.

The statistics of Helen Martin and Martin Skeet's runs are on Page 5.



Imperial Cancer  
Research Fund



### Treasurer's Report

**O**n the following two pages are the **audited, full year accounts summary** for 98/99 and the financial report for the first month of this current year, 99/00. The full year report was audited by **Barry Lilley**, Chartered Accountant.

John Minshull

### Editorial

**T**he next newsletter will be out **by the 25<sup>th</sup> January** and will include all about the goings on at the Presentation Evening and, apart from Helen Martin's adventures, **Dennis Hayes** has said that he'll do a piece on the Florence Marathon. Apart from that I'd like to wish all readers of *The Harrier* a **Merry Christmas and a Happy and Successful New Millennium!**



Please (and you know it makes sense!) **send your contributions by 13<sup>th</sup> January** (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 For The Current Year

## CANTERBURY HARRIERS

## INCOME &amp; EXPENDITURE ACCOUNT

For the Period 1 Month to 31 OCTOBER 1999

EXPENDITURE			
SEAA Affiliation Fee	1999/2000		27.50
KCAA Affiliation Fee	** **		6.25
Team Entry Fees - XC Leagues etc			0.00
Printing , Stationery & Postage			18.86
Coaching Costs (Courses & Equipment)			0.00
Harrier Magazine Costs			0.00
A.G.M. Costs			0.00
Twining Costs Hollandia			0.00
Sundries			13.77
Presentation Evening	Income	0.00	
	Costs	30.00	30.00
Surplus of Income over Expenditure For the Year To-Date			508.98
		£	605.36

INCOME			
Membership Subscriptions	1999/2000		375.00
Kit Sales	Income	15.70	
Opening Stock		524.05	
Kit Costs		303.53	
Less Closing Stock		(829.18)	17.30
To-Days Runner X C	Income	312.95	
not yet finalised	Costs	99.89	213.06
		£	605.36

## BALANCE SHEET as at 31 OCTOBER 1999

## Liabilities

Surplus from previous years 2,537.36  
 Surplus this year to-date 508.98 3,046.34

£ 3,046.34

## Assets

Kit Stock 829.18  
 Equipment 602.80  
 Balance at Bank 1,552.50  
 Cash in Hand 61.86 1,614.36

£ 3,046.34

## Take The Rye Road

*Well that's what **Pete Wyeth** and the rest of the Firkin Five did in September*

**D**ue to the lack of response to the cycling Treasure Hunt/BBQ, five Harriers, **Fayne Stone**, **Helen Paine** (who was taking time out from her new Spanish life), **Simon Kendall**, **Dave Lightburn** and myself decided to go for a weekend bike ride in September.

The destination was rather vague. The starting point was Fayne's house at 11am Saturday morning or thereabouts and we actually started off at about 11:30, which wasn't bad for Fayne. It was only after we started cycling that we decided to go to **Rye**, which was unfortunate since **Dave ran out of maps** at Brabourne, where we had a beer stop. Surprisingly, we did manage to get back on the map again, although this small detour plus a few others must have added about six miles to our journey.

If only we had **listened to Helen**, who said she knew the way. She was completely ignored by the rest of us or at least by Simon and myself - she was only a foreigner on holiday, I thought, what could she know about English country lanes?!

As we were getting closer to Rye, the **weak-ends** were beginning to hurt only halfway through the weekend and we were all looking forward to reaching a B&B. However, to our dismay, there was some kind of **festival going on** and **rooms were in short supply**. Simon & Fayne v to the local Tourist Information Bureau and found them useful as a bicycle without a saddle! We the cy around trying many places without success until H spotted one with vacancies. Strangely, they could t all five of us, all five!

There were three rooms, a single, a double & a family room - you can work out your own combinations! It was



soon after we had been shown our room we met the **landlady from Hell** whom we couldn't get rid of - she never stopped talking telling us **strange stories** about visitors and her family (we had the photo album out over breakfast). She also told us about a **policeman and his wife** who, after they had left, the neighbours complained about them jumping up and down on the beds **naked**. I wonder what **complaints** she got when **we left**?! I hope that Fayne and Simon pulled their curtains! [Hmm, a gentleman editor would cut that out - Ed.]

We spent the evening sightseeing inside a pub, sampling the local brews and resting the parts that the beer couldn't reach. So to bed and then **Sunday morning...**

**Take The Rye Road** - ctd from Page 11

**Mr Kendall starting to tire of the "Who at**

train take the strain but I couldn't let the side down as we **Harriers** are renowned as a **hardy lot**. [Yeah, right - Ed.] After breakfast which was excellent, we decided to **leave quietly**, but unfortunately Simon had to change a tube which gave the landlady another chance to get going again. We eventually did drag ourselves away at about 11am.

On our way out of Rye another **local lady** tried to





**run me over** - I'm trying to find out who paid her. [Oh, we had a whip-round - Ed.] She didn't seem too pleased when I told her what I thought of her and her driving. There's something **strange** about the women from Rye - I might move down there!

The journey home was a lot shorter, having both seen a local map and having **apologised to Helen**. The sun was still shining and cycling through quiet country lanes was wonderful. During our lunchtime beer stop, **Fayne** and **Simon** thought that they would go **home via Folkestone** where they could meet up with **Jane**, Fayne's disco partner from the Lakes Trip. Dave, Helen and especially me, said that we would rather go a more direct route as the weak-ends were getting weaker. So we separated but we found out later that they met **Jane at Sandgate** and she gave them a **lift home** - I wonder whether she could have got **three more in her car**?!

So the Firkin Five was down to three. Onward and upward we cycled - I didn't realise how **steep the hill** was coming out of Brabourne, especially as it didn't seem **nearly so steep** when we **went down it** the previous day. In fact, we all had to get off and push the last 100 yards. From then onward it was **plain sailing** and we arrived in Canterbury at about 3pm, having had a great weekend.

Possibly worthy of a caption competition in its own right, in this picture Helen appears to be wondering how Fayne could be on the juice so early in the morning, whilst Simon is putting a brave face on it all

Pete Wyeth

## Runners' Runner Of The Year Reprise

This is **your** second and last chance to **nominate** the **person** whom you think has **contributed most to the club over the past year**. 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 **2<sup>nd</sup> December**. Remember that **everyone who puts in a nomination will be put into a draw for a prize to be picked at the Presentation Evening on 11<sup>th</sup> December**!

## My Favourite Race

*Roy Gooderson has suggested this new feature in which people write about their most memorable event, which in his case is ...*

## The Gambian 10K

**H**aving survived the **87 hurricane** (unlike my roof and garage) I decided that a trip to **warmer climes** was needed. I had never been to **Senegal** and eventually I picked **The Gambia** and **Senegal** as my destination. Both countries are ex-colonies (British and French) and very poor. However, the **people** are warm and **friendly** with a great natural dignity, if the time is taken to meet them by venturing outside of the beach holiday compounds where a pizza costs the same as an average local weekly wage. I had packed a **plentiful supply of biros**, having been correctly told that everywhere you go you are pursued by small children with beaming smiles often shouting "pen, pen, pen!" Biros are a rare commodity which they use during the limited schooling which they take very seriously, should they be lucky enough to go.

Shortly after arriving, I found that a **10K race** was being staged near the **Gambian capital Banjul** the following day. I later discovered that the race was originally the **brainchild** of some **drunken British Airways crew** back in blighty, who decided to put something back into the country they loved...

**T**he next day I was transported by minibus along the dusty tracks that pass as Gambian roads, along with



**My Runner of the Year is.....**

**My Name & Address is**

.....

Please return by **2<sup>nd</sup> December** to: Alastair Telford, Flat 5, 56, Lond



November 1999

various other **mad dogs and Englishmen**. We arrived at a reasonably equipped college which was very different to the cowsheds that passed as classrooms in the typical local schools that I visited later on my holiday. I registered for the race and found out that the money raised would go towards buying a heart monitor for the Royal Victoria Hospital in Banjul. Sporting my **trusty Silver Shadows** (how did we ever run in them?) I headed for the start line clutching my mineral water bottle, not wishing to risk **Banjul belly** from the local water. The turnout was a **mixed bunch of lobster-coloured holidaymakers, locals in flip-flops** and old donated T shirts (one featuring a picture of Dot Cotton from Eastenders) and the chosen **few elite African college athletes**. I was amazed that despite temperatures in the eighties the **elite sported lycra running gear** often emblazoned with their name and college. I noticed that one was called **Moses**, a useful person to stick behind if we crossed any **water sections**.

Before long we were off! It's a somewhat **humbling** experience having your **best efforts slaughtered** by somebody **wearing flip-flops**, for it seems that there is **no such thing as a slow African runner!** In a country where everybody travels on foot (even a bike is a luxury) and fruit is plentiful, the locals can move fast when they want to. The course was mainly dusty tracks through small shanty villages filled with smiling locals offering **slices of orange plucked fresh** from the trees. The latter stages of the race were through lonely bushland where the **spectators were limited** to the occasional monkey and **groups of vultures** hopeful of feasting on a **flagging runner**.

This was **one race** that, despite the raging heat, I did **not feel like slowing** down towards the finish. I have long since forgotten my time (or have tried to!) but despite a subsequent dose of Banjul belly, my **Banjul 10K medal** is as cherished as my London Marathon medals. Regardless of the many later PB races, I doubt I will ever find a more **memorable race**.

Roy Gooderson

## Twists of Training

*Ian MacMillan relates the stories of two traumatic training sessions*

I started running in 1963 and during the miles I've covered in training I've had some **bizarre experiences**. I've been chased by **wild dogs in Tunisia**, tame ones (so-called) in Maidstone and by a **flock of geese in Gillingham** and, if you think that being chased by geese is funny then, take my word for it, **it's not!** [But the Gillingham bit is! -Ed.]

Two sessions **stand out** in my memory.

In 1963 **interval training** (ask **Gerry** if you don't know!) was in vogue, as was fartlek (ditto). As a naïve novice I was a "dedicated follower of fashion" and jogged up to a **cricket field** in the middle of Gravesend and sprinted across it a few times with a jog back recovery.

As **September** drew on the light faded and, eventually, I was **running in total darkness**, reasoning that no one was likely to be doing the same as me in the opposite direction. However, having played cricket until I was 23 there was **no excuse** for me **forgetting** what I had **forgotten**.

Halfway across the field I remembered that the "square" (where the wickets are) is often protected by a **fence** in the winter and there was that fence a yard in front of me.

I took off like an **overloaded jumbo jet** and crash landed just **short of a length** on my left elbow and lay for five minutes staring up at the stars and nursing my shattered left arm. I was in too much pain **to laugh** but I knew that my friends would consider this the only option and I ought to as well. I also wondered, and the jury is still out on this, whether I was the

stupidest person in the whole world.

**The clock ticked on** and, several years later, I was **Kent cross country champion** and running 120 miles a week steadily whilst keeping in touch with speed by racing regularly. My first session of the day was  $7\frac{1}{2}$  miles at 6am around some **country lanes** near Tonbridge and, in the **winter**, **dawn broke** towards the **end of the run**.

The run I remember was on a **cold, frosty** morning and, in the half light, the **eyes can play tricks**. That's what I thought when I saw what looked like a **body in the road**, but it really was one - **covered in frost** but just about **alive**.

I occasionally saw a **farmer** during my morning run and his house was just down the road. Together we carried the unfortunate man into a barn and the **farmer called for an ambulance** while I finished my run. I telephoned the farmer later in the day and the man had taken a drugs overdose. It was **pure chance** that I had been able to help save his life in that the farmer had just happened to go that way down the road at the start of his day.

I often wonder about this man and hope that he eventually went on to live a happy life. He could be anyone. Several years later I **was run over by a motorbike** and never knew who had ridden it, although I trust that it wasn't the man whose life I had saved!

Ian MacMillan

## Web Weaving

As mentioned in the last newsletter, Yahoo! have provided a new system on their **Geocities** facility which allows our website to be accessed via the simpler URL, **<http://www.geocities.com/canterburyh/>**

Email can be sent to **[canterburyh@yahoo.com](mailto:canterburyh@yahoo.com)**. New pictures have been added to the front page of the website, including an interactive map which can be used



to find the exact location of the King's School Recreation Centre. All the results covered in this issue are on the website and I should be adding some more photos soon.

Alastair Telford

## Caption Competition Countdown

*Time is running out in your chance to win a prize by simply writing a caption for the photo below*



**T**he response to the **caption competition** printed in the last *Harrier* has been **less than overwhelming**. So this is your second and final chance to create 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, **Alastair Telford**. A **small, select group** will judge the entries and the best one will **receive a prize** at the **Presentation Evening** on **11<sup>th</sup> December**. The deadline for entries is **2<sup>nd</sup> December**. Editor's decision is to be obeyed etc. The (full colour) picture is in the race folder and also on the Harrier website (see Page 14).

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

.....

.....

.....

**My name and address is:-**

.....

.....

.....

**Tel:**

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



**A Successful Harrier Year** - ctd from Page 1

John also confirmed the **annual subscription at £10** (with incentives) – great value, I hear you say!

The Club Chairman covered the amendment to the Club Constitution. [*That subs should only become due the day after the AGM*] This issue had been tactfully raised by **Peter Wyeth** (Club Interrupter) – and what a good job it was, as there could have been an **embarrassing silence** to the question: “who’s paid their subscription on 1<sup>st</sup> October?”

The **election of the Management Committee** was undertaken. The majority of the group are continuing in their roles, but **Mark Trott** has decided to **relinquish the Race Organiser** job and his position as Committee member. We thank Mark for his valuable contribution over the year. It was probably then that **Simon** and **Fayne** arrived, as they **agreed to be Committee members**.

**Roy Gooderson** (Club Admin. Officer and Mr Industry) outlined some of the events for the future. This is when the assembled members really **got animated**. (I know, it’s a social club with a running problem!) Some of their suggestions are **physically impossible**, and besides, they’re not done in **polite society**. However, other ideas will be taken up by the Management Committee and included in the next Calendar of Activities.

It was Any Other Business next, but by this time even **Peter Wyeth had fallen asleep**, so we all went to the local hostelry to **toast the successful Harriers’ year**.

John Hartley

## In the Next Issue of *The Harrier*

*Due on 25<sup>th</sup> January*

- **Presentation Evening**  
Who did what to whom etc
- **An Englishwoman in New York**  
**Helen Martin’s** New York Story
- **An Englishman in Italy**  
**Dennis Hayes’s** Florence Marathon

Deadline for contributions:  
13<sup>th</sup> January

## Babewatch

*An update on the Harrier women that left us during the Summer*

In the **August issue** of *The Harrier* we reported on how three Harrier women had recently left us. Here’s an **update** on their current goings on.

**Helen Paine** became a **grandmother** on **13<sup>th</sup> October**, her daughter **Kate** giving birth to the **8lb 8oz Isaac** and both are doing **fine**. Helen was studying to teach English as a foreign language in Spain but she has appeared to change her mind. She was then going to work in pottery in Italy but I am unsure as to what her firm plans are. Hopefully we’ll **hear more** in time for the next newsletter.

**Sara Carter** has started work as a primary school teacher in Eastbourne, although prior to that she **successfully completed the Great Scottish Run** half marathon in Glasgow with her dad. This is especially good news after Sara had some problems in races in the past.

**Emma Farrow** is working as a **VSO volunteer** at the library of



the Postgraduate School at Kandy General Hospital and seems to have settled in well, finding a place of her own in which to live.

**Emma Farrow (centre-right) running in the Whitstable Oyster Run with her father John beside her**

During her earlier VSO induction in **Colombo**, she actually managed to **run on the beach at before 7am**. However, it is generally difficult to run there due to the tropical climate.

**Spookily** enough, in the past couple of months we have had a **Helen** (Martin), a **Sarah** (May) and an **Emma** (Hodges) all **join us**, although this **doesn't mean** that their **namesakes can relax** as we'll still be **expecting regular reports** on their progress!

Alastair Telford

