

The Harrier

February 2000
Volume 5 Number 2

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Helen Martin's New York Story

What can I say about the **experience** other than **HORRIFIC!** I could leave it at that or I could expand on it a bit more, so I will. [Phew! –Ed.] From the second I stepped over that **marathon finishing line**, I thought my **running days were over**, or, at best, the thought of becoming a 100m track sprinter was very appealing.

"You need to do several 16 and 20 mile training runs," was the advice shouted at me for weeks. No names mentioned. But you know what, as much as I love running, I just couldn't bring myself to going out for half a day on one of my precious Sundays, so a half marathon training run every other week had to suffice!

So the big day came, and I had been fairly ill with one thing or another on the build up to this race for which I had raised nearly **£2,200 for Imperial Cancer Research**. Virgin upgraded my friend and I to Premium Economy because, "I couldn't possibly run a marathon having been cramped on a plane in economy for 8 hours. God no!!"

New York surprisingly looked larger than I had remembered it from 6 years back - maybe that's because last time I went I was only shopping, sightseeing and stuffing a tub of Haagen Dazs every day. This time I was out there on a mission that I had been building up to for months - only it was all a case of mind over matter this late in the day.

I was actually quite **excited** the day before, which just goes to show that I had **absolutely no idea** what I was letting myself in for. When the morning came of the race, we were up at **6.30am** and dropped at the start line for **8.30am** which put me in a **right bad mood** as the race didn't start until **10:45am**. So I sat in a little bundle in some guy's **black bin liner** (that I might add **Alastair had advised me to take**, and I had replied, "I'm not wearing THAT!!") shivering and feeling thoroughly sorry for myself, and just wanting to get on with it.

10:45am finally arrived at what seemed like 3 years later, and we made our way to the start line. The **wind was freezing** and I was stripping off all my warm clothes to be left standing in a **skimpy Harriers vest** and my "lucky" black running pants. The gun went and I really was **mad for it**, and all I could think of was **Gerry** saying "take it steady, don't go off too fast" which is what I thought I was doing as I dodged into the blokes' running lane as the **girls were really plodding** and driving me mad.

I felt really easy, and really good, and kept stopping for water - although I still haven't managed the art of running and drinking. I hit the **half marathon mark at 1 hour 45 mins**, and winced cos I knew **Gerry** would be having **sharp words with me** about that one, and I couldn't lie because Alastair would have already looked up on the **Internet** the time that **my chip** was telling!

Then, I **hit the bridge** which joins Queens to Manhattan at the 15th mile and this is where it all went wrong. **Seriously wrong**. I slowed up for what felt like an endless hill, and I never, ever got going again. I hit the 17th mile cold, stiff, fed up and wanting my **mum to come and rescue me** and wrap me in a large duvet. I almost threw myself around the nearest spectator at the 19th mile mark, wanting to shout, "Help me!!"



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The Presentation Evening

Hmm, *tricky, very tricky...* The Presentation Evening is the most difficult thing to write about in the Harrier year since the **memory** somehow gets, erm, “**blurred**”!

You can see **who won what** in the panel on the right with **Dave Lightburn** being a deserving **Runner’s Runner of the Year**. Besides the prizes, there was a **buffet** provided by the **King’s School**, a **disco** and the King’s **bar staff did their best** to cope with some runners who ended up having difficulty **tying their own shoelaces**. (A certain coach might dimly recall this...)

As well as the main awards, **Marc Heath** and **Fraser Wildman** were successful in the draw for the club’s two **London Marathon places**; **Mel Carter** was drawn out of the bag for the prize for **people who put in a nomination** for the Club Runner of the Year; **the caption competition outcome** is given on the **back page**; and **Emma Hodges** both won a prize for selling the **most raffle tickets** and took home the **star prize in the raffle**, a **mountain bike**. Somebody shouted out, “Give us a ride!” which, for some strange reason, did not seem to **please her husband, Ian**. The **Harrier juniors** were also given prizes for all their fine efforts during the year. **Gerry & Sue Reilly** were presented with gifts as a **token of appreciation for all that they do for the club**. I was delighted with an award that the committee had decided to give me for doing the newsletter, although I hope that it’s not a “hush-prize” to keep their **(mis)deeds out of the Harrier!**

However, possibly the **most deserving person** did not receive an award, namely **Roy Gooderson**. He’s been the **backbone** behind so many races & social events and once again deserves much kudos for organising a **great evening for everybody**.

Alastair Telford

Harriers Awards 98-99

NB Awards have only been made in vet categories where there were 5 or more runners

All Females

5 Miles	Emma Farrow
10 Km	Sarah May
10 Miles	Helen Paine
Half Marathon	Emma Farrow
20 Miles	Erica Akerman
Marathon	Sue Reilly

Overall Female Champion 98-99 - Emma Farrow

Senior Males

5 Miles	Roy Palmer
10 Km	Jonathan Holmans
10 Miles	Roy Palmer
Half Marathon	Roy Palmer
20 Miles	Rob Sargeant
Marathon	Joe Hicks

Overall Male Champion 98-99 - Roy Palmer

Vet 40 Males

10 Km	Andy Wilson
10 Miles	Andy Wilson
Half Marathon	Brian Davis
20 Miles	Dennis Hayes

Vet 50 Males

5 Miles	Mel Carter
10 Km	Mike Conway
10 Miles	Tony Reavely
Half Marathon	Gerry Reilly
20 Miles	Gerry Reilly

Other Awards

Club Runner of the Year	Dave Lightburn
Most Improved Runner	Mick Holmans
Best Cross Country Runner	Roy Palmer



Results

Please tell me about any gaps or mistakes in these results – I do not have the results from the Hartsdown Park event on 21/11/99. All the results below are given on the Harrier **website** (see Page 12).

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. Cheers! - Ed.

Woodchurch 10 - 17/10/99

Thanks to **John Marshall** for these results

This **Kent Championship** race saw some excellent performances by our Vet 50 runners, with **Mike Conway** coming 2nd V50, **Dave Smith** breaking 65 minutes and **John Marshall** breaking 70 minutes on what is one of the **hardest 10 mile** courses around. There was also a very fine run by **Fraser Wildman** to lead the Harriers home.

Fraser Wildman	61:01
Mike Conway _{V50}	62:42 2 nd V50
Dave Smith _{V50}	64:44
John Marshall _{V50}	69:57

Deal 5 - 7/11/99

Carol Reid took second prize at this promenade event She and clubmates **Fayne Stone** and **Dianne August** formed the second women's team at the race. We had four runners (**Roy Palmer**, **Simon Kendall**, **Fraser Wildman** and **Andy Wilson**) under the 30 minute mark and in the top 20 (out of 170 finishers). Other notable Harrier efforts were by **Mark Heath**, who recorded a new personal best time and **Sandra Smith** who, running with husband **Tom**, completed her **debut five** mile race.

Roy Palmer	27:42 6 th
Simon Kendall	28:07 8 th
Fraser Wildman	29:08 13 th
Andy Wilson _{V40}	29:34 18 th
Steve Dorkings _{V40}	31:49
Dave Smith _{V50}	31:56
Jonathan Holmans	32:09
John Marshall _{V50}	33:18
Dave Lightburn _{V40}	33:19
Marc Heath	35:19 PB
Carol Reid _{V35}	35:22 2 nd F
Laurence Shaw _{V40}	36:05
Cliff Tritton _{V40}	36:07
Mick Holmans _{V40}	36:24
Fayne Stone _{V40}	37:55

Dianne August _{V40}	38:03
Bob Moreton _{V40}	40:10
John Hartley _{V50}	42:02
Jane Batchelor	45:20
Sandra Smith	45:25 Debut 5
Tom Smith	45:25

Today's Runner XC at Swanley Park - 14/11/99

A **league record of 303** (including 206 in the men's league race and 86 in the women's) finished the course at Swanley Park on a raw day with intermittent drizzle. **Disappointingly**, however, **only 13** turned out from Canterbury Harriers, the lowest number for a very long while. However, there were **some really good efforts**, particularly by **Mick Holmans**, who was neck and neck with **Roy Gooderson** for much of the way.

The **three women** who turned out, **Carol Reid**, **Fayne Stone** and **Dianne August** **all worked hard** and their efforts were probably **worth a couple of places** in the combined league since, in coming 7th on the day we were **only two position points** ahead of Swanley. The women came 9th on the day in their league, just **edging out Gravesend** on countback.

For the men, **Roy Palmer** and **Simon Kendall** had a **real battle** and this must have helped to drive them up to 7th and 8th overall, despite the large field.

In the **junior race** that preceeded the main event, **James Branwood** came 4th overall in 17:20 and 3rd **boy**. **Luke Lightburn** and **Tony Rowland** both impressed in coming 9th in 21:32 and 11th in 21:56, respectively, over a full lap (2.5 miles) of the seniors' course.

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.

Seniors

Roy Palmer	30:55	7	7	97.1
Simon Kendall	31:02	8	8	96.6
Steve Reynolds _{V40}	34:42	68	64	69.3
Gerry Reilly _{V50}	35:40	85	78	62.4
Mel Carter _{V50}	36:09	96	88	57.6
Joe Hicks _{V40}	36:34	108	99	51.7
Roy Gooderson _{V40}	38:18	142	125	39.5
Mick Holmans _{V40}	38:37	154	135	34.6

Dave Lightburn _{V40}	39:12	164	141	31.7
Carol Reid	40:26	188	23	74.1
Fayne Stone _{V40}	42:03	210	32	63.5
Dianne August _{V40}	42:19	213	34	61.2
John Hartley _{V50}	46:06	262	196	4.9

Epsom 10 - 21/11/99

Mel Carter_{V55} ran 68:35 at this hilly Surrey event and came 11th out of 56 in the **Veterans' AC Championships** that were incorporated within the race.

Today's Runner XC at Oxleas Wood, Eltham - 28/11/99

A turnout of **22 Harriers**, much better than at the previous race at Swanley, competed in this event and all put in some good efforts for the club despite the **very hilly six mile course** and the **windy conditions**.

Richard Steer, returning to racing after more knee problems, came 6th overall and 4th in the **men's league race**, two places ahead of **Simon Kendall**. In the women's race, **Sarah May** surpassed even her previous efforts in **coming second** only to Tina Oldershaw of Paddock Wood, beating last year's league winner Caroline Houghton in the process. **Fine debuts** were made by **Katherine O'Hara** and **Graham Brown**, with **James Branwood** running his first senior XC.

Henry Colthart unfortunately had to pull out of his first race for the club due to ankle problems and **Roy Gooderson** was similarly unlucky to have a calf strain. It appeared that these were only two of at least 15 casualties on a course with treacherous terrain. 266 finished the course, with 177 in the men's league race and 75 in the women's.

The fine team effort meant that we came 4th on the day in the combined event, the best result for the season, and 3rd on the day in the Ladies' event. To emphasise what a good all round effort it was, our **'B' team** (i.e. the non-scorers in the actual league race) would have finished **ahead of Sittingbourne Striders**, who had a full team out.

Junior Tony Rowland did well in completing a full lap of the course.

Seniors

Richard Steer	34:43	6	4	98.3
Simon Kendall	35:06	8	6	97.2
Roy Palmer	36:44	17	15	92.0
Sarah May	38:30	38	2	98.6

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Steve Reynolds _{V40}	39:40	50	45	75.0
Mel Carter _{V50}	41:04	73	65	63.6
James Branwood	41:05	74	66	63.1
Joe Hicks _{V40}	41:06	75	67	62.5
Graham Brown _{V50}	41:40	81	72	59.7
Gerry Reilly _{V50}	41:44	83	74	58.5
Dave Lightburn _{V40}	42:46	100	88	50.6
Martyn Ballands _{V40}	44:12	120	104	41.5
Katherine O'Hara	44:34	125	12	85.1
Mick Holmans _{V40}	44:43	129	109	38.6
Tom Smith	45:25	143	118	33.5
Carol Reid	46:47	164	25	67.6
Pete Wyeth _{V50}	47:36	173	139	21.6
Dianne August _{V40}	48:07	178	28	63.5
Fayne Stone _{V40}	50:05	202	40	47.3
Sue Reilly _{V45}	56:35	249	65	14.9

Today's Runner XC Midterm Report

Rob Bright of Maidstone Harriers produced a "midterm report" after Oxleas Wood, giving average ratings for those who had completed **2 races** or more at that point. Also included in the report were **pen profiles** of various runners in the

league, amongst whom were our **Joe Hicks, Roy Palmer** and **Carol Reid**.

In the figures below, the first column gives the number of races, the second the average rating and the third the position out of the runners in the league.

Men (204 listed runners)

Roy Palmer	4	95.1	10
Simon Kendall	4	94.3	12
Fraser Wildman	2	87.7	28
Steve Reynolds _{V40}	3	69.6	66
Gerry Reilly _{V50}	4	57.8	88
Mel Carter _{V50}	3	57.8	89
Joe Hicks _{V40}	3	52.3	101
Dave Lightburn _{V40}	2	41.4	123
Mick Holmans _{V40}	3	31.6	144
Tom Smith	2	30.4	146
John Hartley _{V50}	2	7.0	193

Women (83 listed runners)

Sarah May	3	98.2	3
Carol Reid	4	71.4	23
Dianne August _{V40}	3	60.9	30
Fayne Stone _{V40}	3	58.7	32
Sue Reilly _{V45}	3	19.6	67

Parkwood XC League - 5/12/99

The third meeting in the series saw some more fine efforts by the Harrier juniors with **Henry Colthart** and **David Woodcock** making their league debuts and **Elen Jones** again winning the match in which she was competing.

U20 M (16 runners; 9 in Canterbury's match)

Jonathan Holmans	26:22	9 th ; 4 th Match
Henry Colthart	26:49	11 th ; 6 th

U17 M (19; 9)

Jack Parnell	20:33	6 th ; 4 th
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U15 M (36;13)

Andrew Dowell	14:44	27 th ; 9 th
David Woodcock	15:32	30 th ; 10 th

U15 F (19;8)

Elen Jones	12:29	3 rd ; 1 st
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U13 F (18;2)

Lily Martin	10:48	8 th ; 1 st
Daliani Dixon	Untimed	18 th ; 2 nd



The Three Millennials – Steve Craswell (left, 159) and Mick (centre, 147) and Jonathan Holmans (right, 148) at Aylesham

British Vets' 10 Championships 5/12/99

Mel Carter_{V55} ran 67:43 in this race held at Peterborough.

Thanet 10 - 5/12/99

Despite a gusty coastal wind, **Roy Palmer** came within **17 seconds** of his **PB** at this Palm Bay, Cliftonville event which is now in its 17th year. Roy came **8th overall** out of **387 runners** and there was also a fine effort by **Fraser Wildman** who was the next Harrier home. **Dave Smith**, had another superb run and was unluckily only 5 seconds behind the **vet 50 winner**. **Patrick Wallis** in his **debut** run for the club showed much potential in running 66 minutes and **Carol Reid** made her club debut at the distance with a very good run.

Roy Palmer	58:16	8 th
Fraser Wildman	61:34	
Dave Smith _{V50}	64:52	2 nd V50
Steve Dorkings _{V40}	65:04	
Patrick Wallace	66:11	Club Debut
Dennis Hayes _{V40}	71:13	
John Marshall _{V50}	72:40	
Carol Reid _{V35}	74:52	Club Debut (10M)
Laurence Shaw _{V40}	75:08	
Cliff Tritton _{V40}	77:14	
Mike Hedger	78:04	
Dianne August _{V45}	79:46	
Erica Akerman _{V55}	101:41	

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

These were held at **Beckenham Place Park** and, whilst we did not have as **large a turnout as would be hoped for**, those who did run put in some **gutsy performances** on a testing course in some **atrocious weather**.

Men V40 (78 runners)

Joe Hicks	40:30	46 th
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Men V50 (59 runners)

Mel Carter	41:06	19 th
Gerry Reilly	42:40	26 th

Women V35

Carol Reid	27:39	11 th
Sue Reilly _{V45}	31:09	15 th

Bromham 10K - 12/12/99

Laurence Shaw ran 44:46 at this event in cold conditions.

Harlow 5 - 2/1/00

Gerry and **Sue** decided to start the Millennium off with this event which saw the Gaffer come 2nd V50.

Gerry Reilly _{V50}	32:48	2 nd V50
Sue Reilly _{V45}	43:59	

Aylesham Millennium 10 - 2/1/00

The first local race of the **new millennium** saw a good Harrier turn out at **Aylesham's traditional festive race**. There were some very fine performances too, headed by **Sarah May** who, in her **debut** 10 mile race, came **second female** to Janice Moorkite. Another **excellent debut** for the distance was by **Mick Holmans**, although he did have the **benefit(?)** of son **Jonathan running beside him** and giving him grief!

Roy Palmer	59:57	
Fraser Wildman	60:00	
Sarah May	64:40	2 nd F; Deb.
Dave Smith _{V50}	67:23	
Nick Justicz	68:31	
Keith Crossland-Page _{V40}	71:46	
Mick Holmans _{V40}	74:54	Debut
Jonathan Holmans	74:55	Debut
Laurence Shaw _{V40}	76:01	
Marc Heath	77:24	
Liz Siedek	83:08	
Steve Craswell	83:26	
Joe Epsom _{V40}	89:01	
Sharon Proudlove _{V35}	97:18	

Kent XC Champs - 8/1/00

These were held at Wildernes School, Sevenoaks and, whilst the weather was much kinder than at the Vets' Championships the previous month, the runners were presented with quite a **difficult, muddy course**. This was made worse by the race being composed of several laps for the senior races.

The outstanding performances of the day were by **Jonathan Holmans**, who came an **astonishing 5th** in the **U20** event, **Elen Jones**, who came **8th** in the **U15s**, and **Sarah May**, who was **up with the elite women** in coming **11th** in her first **County Championships**.

U13 Boys

Luke Lightburn	13:53	35 th
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U15 Boys

Andrew Dowell	15:50	44 th
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U15 Girls

Elen Jones	14:16	8 th
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U17 Boys

Jack Parnell	22:03	19 th
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U20 Men

Jonathan Holmans	28:27	5 th
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Senior Men (11.5K)

Simon Kendall	44:47	55 th
Mel Carter _{V50}	50:34	107 th
Gerry Reilly _{V50}	51:51	127 th

Senior Women (8K)

Sarah May	33:24	11 th
Dianne August _{V45}	39:24	30 th
Fayne Stone _{V35}	41:04	38 th
Emma Hodges	43:15	51 st

Thanet Biathlon - 9/1/00

Roy Gooderson decided that he could not wait for the **Today's Runner XC** at Minnis Bay the following week and went round the **swamp**, I mean, course, **three times** the Sunday before; **twice on a bike** (a total of 9 miles) and **once on a run** (5 miles). He came **53rd** overall out of **79 finishers** in a time of **1:43:33**, pulling himself up 10 places after the bike section (in which he was using an old bike not really suitable for racing) which he completed in 1:03:11. And, yes, it has been suggested that he seek psychiatric help!

Today's Runner XC at Minnis Bay - 16/1/00

For the first **Today's Runner** race of the Millennium we had another good turnout of 22 Harriers at this **infamously muddy** event of about 4.75 miles. The weather was not too bad this year, although a chill NE breeze did not help the runners, and the terrain was as **sticky as ever**.

Sasha Daniels, who has come from **New Zealand** to live in Canterbury, did not seem to mind the conditions since he came **5th overall** and **3rd in the actual league race** in his **debut run** for the club. His placing, together with **Simon Kendall's 7th**, **Fraser Wildman's 14th** and **Roy Palmer's 18th** (and that was despite **feeling unwell**), and the women's solid team performance, meant that we finished **3rd** in the combined event on the day. **Dennis Hayes** also put in a good **debut league race** for the club.

For the women, **Dianne August** had a very good run and **Emma Hodges** competed in her second XC for the club to help us to **7th place** on the day in that competition. **Erica Akerman** also ran, adding weight to the theory that she only goes in for the **really tough races** these days! However, she did not make it as tough for herself as **Steve Craswell** and **Mick Hunt** did, both running (or sliding!) round the course in **ordinary trainers**.

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There were 211 finishers in total with 148 competing in the men's league race and 57 in the women's.

In the junior race that preceded the main event, **Jack Parnell** once again **won easily** in a time of 11:50 with **Andy Dowell** putting in a **brave effort** only to lose **second place in the final stretch** and come **3rd** in a time of 12:51.

Seniors

Sasha Daniels	27:51	15	3	98.6
Simon Kendall	28:51	9	7	95.9
Fraser Wildman	29:52	16	14	91.2
Roy Palmer	30:07	20	18	88.4
Keith Crossland-Page _{V40}	33:25	59	53	64.6
Gerry Reilly _{V50}	33:38	63	56	62.6
Graham Brown _{V50}	34:14	70	63	57.8
Dennis Hayes _{V40}	34:28	73	66	55.8
Bob Davison _{V40}	34:49	76	69	53.7
Dave Lightburn _{V40}	35:31	83	75	49.7
Alastair Telford	36:47	102	91	38.8
Roy Gooderson _{V40}	37:04	108	95	36.1
Mick Holmans _{V40}	38:04	119	103	30.6
Dianne August _{V40}	39:11	139	20	66.1
Carol Reid	39:41	142	21	64.3
Fayne Stone _{V40}	40:14	151	26	55.4
Emma Hodges	41:23	160	29	50.0
Steve Craswell	41:55	164	128	13.6
John Hartley _{V50}	42:36	172	134	9.5
Mick Hunt	42:50	175	136	8.2
Sue Reilly _{V45}	44:33	186	39	32.1
Erica Ackerman _{V50}	53:21	205	54	5.4

Combined League Placings

After 5 Events

1 Medway AC	72pts
2 Paddock Wood AC	71
3 Istead & Ifield H	66
4 Canterbury Harriers	56
5 Sevenoaks AC	53
6 Thanet RR AC	48
7 Maidstone H	40
8 Invicta EK AC	38
9 Swanley & District AC	36
10 New Eltham Joggers	34
11 Bromley Vets	21
12 Gravesend RR	20
13 Sittingbourne Striders	17
14 Plumstead Runners	16
15 Dartford H	14

Ladies' League Placings

1 Paddock Wood AC	74pts
2 Medway AC	55
3 Istead & Ifield H	54
4 Thanet RR AC	51
5 Canterbury Harriers	49
5 Invicta EK AC	49
7 Sevenoaks AC	46
8 New Eltham Joggers	45
9 Swanley & District AC	44
10 Gravesend RR	34
10 Bromley Vets	34
12 Maidstone H	21
12 Plumstead Runners	21
14 Sittingbourne Striders	17
15 Dartford H	5

February Kit Sale

Look at these great bargains!

	<i>Were</i>	<i>Now</i>
Club Vests	£11.45	£9
Club Shorts	£10	£9
Junior T Shirts	£5.15	£4
Club T Shirts	£6.90	£5
Harrier/Hollandia T Shirts	£6.50	£5
Club Tracksters	£14	£12

Plus other items!

Please see **Bob Davison, Kit Officer** as soon as possible to place your order –
don't delay or the kit you need will have been sold!



Noticeboard

Events' Diary

Key: F=Fast Course, H=Hilly, MT=Multi-terrain, E=Pre-entry reqd for prizes, S=Scenic, M=Medal, Mem=Memento, G=Goody Bag, =Cost for a tached pre-entry, D=Additional cost for on the day entry, CD=Closing date

February

6th Today's Runner XC, Istead Rise Community Centre 11am. Meet at KSRC at 9am.

13th Ashford & District 10Km

Sandyacres, Sandyacres La, Ashford, 11am. CD 5/2. 5.50+. 1.50D. F,S,Mem

20th Kent AC 10

Chislehurst & Sidcup School, Hurst Ave, Sidcup, 10:30am. CD 15/2. 5+ 1D. F

20th Senior/Vet Ladies' & Juniors' Kent Leagues, West Wickham. Free entry – see Gerry or Sue for details.

27th Tunbridge Wells Half Marathon

TW Girls Grammar School. 10:30am. CD 25/2. 7+ 1D. H,S,M

March

5th Parkwood Junior League, Kent Uni. Free entry - see Gerry or Sue for details.

5th Thanet 20 (inc Kent 20 Champs)

Hartsdown Park, Margate, 10am. CD 23/2. 5+ 1D. M

18th (Sat) Bethersden 5

Bethersden School. 2pm. CD 11/3. 5+ 2D. F,S,M

19th Parkwood Junior League, Kent Uni. Free entry - see Gerry or Sue for details.

19th Hastings Half Marathon

Hastings Seafront. 9:30am. CD 6/3. 7.50+ 2.50D. H, M, Results included

26th Paddock Wood Half Marathon

Eldon Way, PW. 11am. (1.5M Fun Run at 10:15am) CD 16/3. 6+ 1D. F,S,M

As always, race entry forms and details will be kept in the **race folder** - if you know of any others then please let us know / put entry forms in the folder.

Committee Members

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

Fell Trip 2000

This year's trip to the Lakes will be from **Friday 19th to Sunday 21st May**. I have reserved four bedrooms at Keswick Youth Hostel. The cost is likely to be the same as 1999 i.e. In the region of £95-£100 including travel, accommodation, meals (breakfast, packed lunch and evening meal) and minibuss travel.

This trip is **very popular** and places are likely to go very quickly, so, as a matter of urgency, I need reservations with a £20 deposit. (Cheques to be made payable to Canterbury Harriers.)

This year we will be endeavouring to set off slightly earlier [*Is Fayne not going then? – Ed.*] on the **Friday morning** to allow for an **actual fell type run** around the shores of Derwentwater in the late afternoon.

On the **Saturday** we will be climbing **Great Gable** from Seathwaite via Green Gable, returning to Seathwaite via Styhead Tarn and Sprinkling Tarn.

On **Sunday** morning we will be going up **Skiddaw** returning to Keswick and back to our loved ones after a final **Sneak Lifter** at a local hostelry.

NB There are **no scary bits** - honest! [*There was a bit in last August's Harrier about your honesty re Fell Trips – Ed.*]

This year, as a special **treat/surprise**, for participants only there will be a competition for the best **"Wordsworthian" style poem** relating to the trip - The Harriers Committee will judge the competition and the prize will also be a **treat/surprise**. (Judges' decision will be final - no correspondence can be entered into - poem must be printable.)

Any queries, or if you wish to reserve a place, please speak to me ASAP.

Gerry Reilly

King's School Recreation Centre

After discussions I have had with the **Centre Manager, Clare Reed**, we have been reminded that **non-members** of the Recreation Centre are expected to pay the **daily rate** if they wish to use the changing facilities on training nights. Unfortunately, not all Club members are fulfilling this requirement. The Centre is currently **checking** to ensure that people are either members of the centre or are paying the daily rate.

We are fortunate not only to be able to use the Centre but also to have a **further concession** in that members of Canterbury Harriers **now only have to pay £20 a year for Silver Membership of the Centre**. This is half the standard fee for this grade of membership and naturally works out to be considerably cheaper than paying the daily rate.

Please either become a **member of the centre** or pay the **daily rate** if you are using the facilities as we do not wish to jeopardise the **good working relations** we have with the Centre.

John Hartley

Today's Runner XC - The Final Conflict!

The last *Today's Runner* Cross Country meeting of the **season** will be held at Istead Rise Community Centre on 6th February at 11am. Please let's have a really good Harrier turnout as the preliminary results from the Knowle Park event held on 23rd January indicate that we are **only a point ahead of Sevenoaks**. With a strong turnout (and everybody helps!) we'll be able to maintain our **top four** position. **We shall be meeting up at the King's School Recreation Centre at 9am to arrange lifts to the venue.**

Alastair Telford & Gerry Reilly

Editorial

I hope that you all had a **great Christmas and New Millennium** and managed to avoid the flu. Unfortunately, work, and looking for new work, delayed this issue. However, the next Harrier, which will contain a Cross Country season roundup, should be out by **28th March**. Please (go on!) send your contributions by **16th March** (and, if at all possible, electronically) to me:-

Alastair Telford, Flat 5, 56 London Road, Canterbury, CT2 8JY. Tel: 01227 786210 Email: AlastairTelford@yahoo.com

NB New Email address

Whitstable 10K Your Club Needs You!

Bank Holiday Monday, 1st May at 11 am will see the eleventh (or is it the twelfth) running of the popular **Whitstable 10K**. This year will be the first time that **Canterbury Harriers have organised** this popular event and, as it will be the biggest race that we have organised, we want it to be more successful than ever. We are **seeking a major sponsor** and increasing the prizes on offer as well as ensuring that the **organisation is superb**. We **hope to have a celebrity** to start the race. No, we don't want a sports person! Does anyone know **Mrs Beckham**?

This means that we need **help from you and your family and friends**. We have set up an **organising committee** that consists of **Dave Lightburn, John Hartley and Dennis Hayes**. Please offer your help.

You won't have to **miss out on a great 10K** if you decide to help out on the day. There will be an exclusive and free '**Organisers 10K**' on the Sunday Morning over a flatter version of the course. This will be accurate and marked in Kilometres. Runners will receive the Whitstable 10K T Shirt as well as printed results.

Dennis Hayes

John Minshull's Treasurer's Report

CANTERBURY HARRIERS

INCOME & EXPENDITURE ACCOUNT

For the Period 3 Months to 31 DECEMBER 1999

EXPENDITURE

SEAA Affiliation Fee 1999/2000	27.50
KCAA Affiliation Fee ** **	6.25
Team Entry Fees - XC Leagues etc	144.00
Printing, Stationery & Postage	40.88
Coaching Costs (Courses & Equipment)	19.98
Harrier Magazine Costs	46.40
A.G.M. Costs	0.00
Twining Costs Hollandia	1.80
Sundries	13.77
Surplus of Income over Expenditure For the Year To-Date	506.91
£	807.49

INCOME

Membership Subscriptions 1999/2000	740.00
Kit Sales	Income 62.70
Opening Stock	524.05
Kit Costs	303.53
Less Closing Stock	(613.00) (151.88)
To-Days Runner X C	Income 342.95
	Costs 217.89 125.06
Presentation Evening	Income 1,106.00
	Costs 1,011.69 94.31
£	807.49

BALANCE SHEET as at 31 DECEMBER 1999

Liabilities

Surplus from previous years	2,537.38
Surplus this year to-date	506.91 3,044.27
£	3,044.27

Assets

Kit Stock	@ SALE PRICE 613.00
Equipment	602.80
Balance at Bank	1,768.42
Cash in Hand	60.05 1,828.47
£	3,044.27

Around The Hoorn in November

*As promised in the last newsletter, **Roy Gooderson**, tells us about his family's autumnal trip to Holland*

Early in November I decided that the other members of the **Gooderson clan** should see the **delights of Holland** that I'd been going on about over the last three years of Holland trips. (And, no, I don't mean the **red light district!**) We set off by car, complete with bike rack, for Harwich to catch the Stena HSS catamaran. This £60 million monster is twice as wide and twice as fast as a conventional ferry, with onboard delights including a casino, two cinemas, a restaurant and a video-walled bar. However, our crossing mainly involved guard duty at the kiddies' ball park.

After a sub-four hour crossing to the **Hook of Holland**, we drove up the coast to the town of Zaanvoort and **Gran Dorado**, the local equivalent of Center Parcs. That consisted of chalets set in the sand dunes around a central dome of pools, saunas, restaurants and shops. We spent the next few days **touring by car and bike** (with the kids on the back) around some of the sights I had seen in the company of the **Hollandia AC gang**.

I planned one day which included **lunch in Volendam**, the historic fishing village the Harriers visited on our first trip. In the afternoon we headed off to **Hoorn, home of Hollandia AC**, unloaded the bikes and toured the historic town and waterfront. Later in the afternoon it was off to see **Peter Mettes** and family who, with Minne, organised our 1999 race visit. Peter was complaining that recently he has been coming third or fourth vet 40 in races, rather than his usual first. It could have something to do with the **deliciously filling pancakes** that he makes!

Peter told us about the annual **dam to dam race** which passes through an Amsterdam road underpass and was severely delayed by a **pile up** in the earlier **speed skating race** (yes, really!). The Dutch press, reporting on the delay, used a **picture of a dejected-looking Peter**, with his trademark cap, sitting and looking through a crowd control barrier. The picture is now **framed** and hanging on his wall.

His daughter, **Marijke**, is resting after her **brilliant 99 high jump season**, during which she finished first in her age group in the whole of Holland. Meanwhile, Peter's arch rival, and coach, **Herman**, is doing slightly better and, perhaps due to the pancakes, currently beating him. I also managed to get news of some of our other Hollandia friends. As mentioned in the last newsletter, **Bouke** reached the **big Five-O** with a **party** one weekend and a **race named after him** the following week. **Minne** is sadly still **injured** for, despite the fact that he appeared to be recovering well when I last saw him in the UK in August, things got worse once he returned to Holland. So who says that hills hurt you?

Before leaving Peter and family, I stressed that the **Harriers are keen to see Hollandia** come over to the UK in 2000.

We arrived back at the Hook of Holland some hours early so we had time to enjoy lunch at a beach bar amongst the sand dunes. For the whole trip we were **incredibly lucky with the weather** and, although it was cool, we had strong sunshine all the time. Now, it was so warm that we were able to have lunch **sitting on the patio** in the sunshine - a fine end to an enjoyable trip.

PS On my return to the UK, I had a letter from the **London Marathon** confirming acceptance of **Minne's entry** (using my shop address). I rang him to break the news and found out that it was **his 44th birthday** and a nice surprise. So Minne, Peter and Co, come over soon - **hills are good for you!**

Roy Gooderson

Our New Logo

Roy Gooderson has gone to the trouble of getting a new Club logo designed for us. After much debate it looks as if the end result will look like that you see on the right. Personally, I think it looks really good and does the **club credit**, but any comments would (probably be!) welcome.



Alastair Telford

Ritorno a Firenze

Dennis Hayes “charts another stage in his continuing decline as a runner since joining the Harriers.” (His words, not mine!)

Florence is the birthplace of the **renaissance** and, in a sense, of the modern world. Modern political science, literary criticism, art criticism, the novel, the Italian language, opera, statistics, humanist thought and more have their origins in the Florence of the Quattrocento and Cinquecento. Not to mention some of the greatest art and architecture in history (look at how many appeared on those silly lists produced for the millennium!) So why go there to **run a marathon**?

The **route** takes you through the **Centro Historico** and wonders of the renaissance appear at every turn. The start is by the Arno not far from the **Uffizi Gallery**. You run through suburbs and then into the centre, past the **Spedale degli Innocenti**, through San Marco, round the **Duomo** and the Baptistry, through the **Piazza della Repubblica**, past the Palazzo Strozzi out along the Arno again and back through the Altrano past the Palazzo Pitti, **past Santa Croce**, round the Duomo again. Then there is a loop back through parks into the Altrano, over the **Ponte Vecchio** through the Piazza della Signoria and past Michelangelo's David to a **finish** in the **Piazza Santa Croce**.

The **challenge** consists of the cobbles and the twists and the Italian ‘organisation’. Abiding memories of the previous year were not being sure when the race had started due to the loud Carabinieri band. Being driven at by scooters and running through a crowded fun fair. Despite being sick at 30K and stopping for 15 minutes I finished in 3.22. I then had to collect my bag from a heap of 3,000! This year was meant to be my revenge as long as I **avoided the gnocchi al scampi** and other fishy dishes.

The **temperature as we lined up was minus three with a biting wind**. Florence in November is very cold. Running bags were left on coaches so the organisation had improved. I lined up six rows from the start line. I was thinking ‘take it easy etc’, when the race gun went off, and, whilst there was no band playing this time, at that moment iron crash barriers were still being passed back through the runners. There was then a surge and pushing. But why? Before us stretched thousands of slow runners, many overweight and with bandaged knees and chatting. They’d **started the marathon behind the half marathon**. So the next two kilometres took about 16 minutes of dodging and jogging before I could begin to run. At that point I thought I might as well enjoy the sights and forget about a faster time...



Florence Cathedral with its **Duomo** in the background

Will I be **returning for a third time**? No! After all there is Paris in the spring. The French Revolution of 1779, the Champs Elysées, the Bois de Boulogne, Tour Eiffel... [Cut! - Ed.]

Dennis Hayes

Helen Martin's NY Story - ctd from Front Page

From there on I cannot describe the **pain**, the **coldness**, the **torture** and the **misery** - words could never come close, and I hated it. I would have **happily dropped out** if I could have managed to do so without the **entire Harriers and Pfizer population knowing**, but I kept going all the way to the 25.5 mile and then I sprinted!! Yes, I absolutely legged it to the **26 mile mark**, desperately trying to break the four hours, only I'd forgotten about the .2 of a mile on the end and crossed over the finish line in 4 hours and 26 seconds thoroughly cold, in pain and cross.

As if this wasn't **punishment** in itself, some guy came up to me on my way home whilst I was wrapped in silver foil and taking 40 mins to walk my 5 min journey back to the hotel, thinking about the piece of cold pizza I still had left from the night before. He said, "Hey cutie, you look kinda cold - shouldn't you be going back to your hotel?" Bad timing. I just was **not in the mood** and so swiftly grumbled, "What the *#? \$% hell do you think I am doing? - wandering the streets of New York wearing a piece of silver foil for four more hours?!" [*Hmm, the Millennium bug seems to have struck, corrupting the third word of that last sentence - Ed.*]

I finally got back to the hotel, stuck on my PJs, rang my mum, and had a **good cry**. I didn't feel a huge sense of accomplishment, just pain, and all I could think was **NEVER again**, and I will stick by that for as long as I live.

Gerry - when does track training start??

Helen Martin

In the Next Issue of *The Harrier*

Due on 28th March

- ❑ Cross-Country Roundup – the final matches in the Leagues
- ❑ **Helen Paine's** Mediterranean Odyssey
- ❑ **Seoul Man**
Julian Murray in Korea

Deadline for contributions:
16th March

Caption Competition Result

We (eventually!) had some **worthy & witty entries** to supply a caption for the **picture of Mick Hunt & Tom Smith** at last year's London Marathon that was printed in the last two *Harriers* (and which I'm sure neither Mick nor Tom nor, indeed, anybody else could bear seeing yet again). Two of the *runners-up* awards were: -

Best use of a *Fast Show* catchphrase was by **Mel Carter** with:

'Ere, Tom, does my bum look big in these shorts?!

Best piece of **editor mickey-taking** was by **Richard Steer** with:

Mick: I'm not sure I was prepared for this.

Tom: Me neither. Alastair's training runs have got me used to running through brambles, nettles, muddy ditches...

However, The **WINNING** caption read:

Sugar deficiency my Aunt Fanny, he's blowing kisses, Mick!

This entry was put in by an '**anonymous coach**'. **Gerry** eventually owned up to writing it!

If you *do* want to see the photo then it's still on the Harrier website at:

<http://www.geocities.com/canterburyh/>

Alastair Telford

Farewell to the Lads

At Christmas we unfortunately had to **say goodbye** to two of our finest male runners, **Sunni Gohil** and **Richard Steer**. **Sunni** has got a **promotion** to a teaching job back in his native **Lancashire**, whilst **Richard** has secured a research job in **North London**. Happily for both, they will be nearer to their respective girlfriends and we hope to hear from them in the not too distant future. **Sunni**, in particular, said that he would meet us at the 'C' tree at the London Marathon. **Richard** said that he would probably do one of the last two *Today's Runner* Cross Countries, but we've not heard from him as yet! Anyway, I'm sure that **we all wish both of them well for the future**.

Alastair Telford