

The Harrier

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The Millienniathon

Mick Holmans, the Marathon virgin, and **Laurence Shaw**, who's been around (the course!) a bit, give their thoughts on **London 2000**.

Mick's Marathon

At 5am the alarm goes off and I'm excited but nervous about the day ahead. We arrive for the coach on time, collecting **Sue** with bags on the way, and then on to **Blackheath**. The weather is cold but bright and better than the last few days. We've all been taking on fluids en route so desperately need the toilet as soon as we arrive. However, John [Collins] and I forget to make a meeting point with our wives, Val and Trixie. On our way to the Red Start I realise the **enormity of the race** - this is no ordinary Race day. John and I find ourselves a seemingly quiet corner to warm up, although others seem to think it is an **extension to the toilet block**. Then it's time to put our bags on the lorry. Val, Trixie and Jonathan manage to find us, and there's just time for a quick snapshot, some last hugs and kisses, and then we head for the start pens. This is it - I'm very excited now on the walk to the start!

I hear a voice say, "**come on Canterbury**" and it's **Sunni** in the crowd. The **cannon goes off** after a couple of minutes and I'm running! All goes smoothly and I reach three miles and merge with the Blue Start Runners - the **noise is incredible**, singing and chanting, I'm feeling very confident but telling myself not to speed up as the **adrenaline flows** with the crowds' cheers and the bands playing. I seem to have had the company of a **Womble** all the way so far. Running past what I first think of as just "a boat", I then realise it's the **Cutty Sark**. We're at seven miles already, checking the splits written on my hand - I'm ahead of time so I stop for a quick wee! [Obviously a disciple of Steve Reynolds - Ed.] On to Tower Bridge and the noise is overwhelming. Looking around for the TV crew, but they don't appear to be around so perhaps I should have stuck with the Womble. **Reaching halfway at 1.54, six minutes ahead of schedule**, I'm still **feeling strong** with no problems. At twenty-two miles, minding my own business, I suddenly feel a tap on my shoulder - there's someone running right behind me. "Looking good Mick, keep it up," said **Graham Brown** or was it a mirage? (Anyway, cheers mate!) Pushing on now, I can't believe it, Gerry's long training runs are really paying off. [Never, ever admit that - Ed.] I hit the carpet on the cobbles and everyone seems to have slowed to a walk, so I take to the cobbles. It's agony but will be over quicker. I still haven't seen Val and Jonathan yet so I think I might have missed them. On to the **Embankment** and I know there's no more obstacles except that I still haven't seen this famous wall. Then I hear a voice "come on dad" - I look across, it's Jonathan. I manage a smile and thumbs up but I'm tiring now; I've been working hard for the last mile or so, but seeing the family helps me realise that I can make it. **800m to go**, past Buckingham Palace and the clock is in sight! I'm trying to **muster a finish** (a few more speed sessions I think) and I'm home in 3.45.42. I can't believe it as I'm bombarded by people with capes, bags, taking the chip off my shoe, and then I see John sitting on the grass eating his sandwich. We both sit there with grins on our faces, and then it's on to the 'Bag O' Nails' for several hours celebrating. One of the **greatest days** of my life and **I can't wait to do it again**.

Mick Holmans (whose post-Bag O' Nails memory was aided by wife Val)

A Race Of Two Calves by Laurence Shaw

When the Royal Society of Medicine suggested that they wanted to run a **Millennium Marathon Team** I was foolish enough to send my name in and, to my astonishment, I got selected. The somewhat chequered training programme through December, January and February led to considerable concern about my ability to survive this ordeal. However, as a responsible member of the RSM team and with money at stake for the Save the Children Fund, I undertook the task ahead with enthusiasm and teeth so gritted that a post-marathon visit to the dentist was required!

Having been very depressed the day before at the rain and cold wind when I registered, I was delighted to wake up on the Sunday morning to see the sun shining from a clear sky. A high-spirited early 9.30a.m. start amongst the crowds resulted in me taking just under 10 minutes to get to the start-line!

Continued on Next Page

London Marathon 2000 Results

	Time	Pos	10K	20K	1/2way	30K	40K	Notes
Rob Sargeant	2:53:44	722	39:39	-	-	2:02:28	2:44:28	
Fraser Wildman	2:55:20	799	39:38	-	-	2:02:28	2:45:45	
Joe Hicks _{v40}	3:06:05	1553	42:33	-	-	2:08:51	2:55:54	
John Collins	3:19:46	2786	45:12	-	1:35:03	2:15:53	3:08:28	Debut
Gerry Reilly _{v50}	3:22:25	3071	48:58	1:38:29	1:45:01	2:26:14	3:12:41	
Mick Holmans _{v40}	3:45:42	6405	54:52	1:47:45	1:54:41	2:41:01	3:34:24	Debut
Joe Epsom _{v40}	3:51:34	7406	54:41	1:48:06	1:53:59	2:42:05	3:38:40	
Laurence Shaw _{v40}	3:53:41	7790	58:58	1:52:14	1:57:40	2:45:21	3:41:22	
Marc Heath	4:18:10	12370	63:51	1:58:31	2:05:43	2:56:05	4:04:30	Debut
Mike Hedger	4:19:51	12671	56:39	1:49:18	1:56:08	2:43:27	4:05:06	
Sue Reilly _{v45}	5:05:28	4049	79:29	2:23:12	2:31:37	3:33:45	4:48:26	
Pete Greenwood _{v50}	5:23:21	21528	56:58	2:01:42	2:09:41	3:30:25	5:04:25	"Ever-present"

The table gives the stats for the Harriers in this year's London and are taken from www.london-marathon.co.uk, having been produced using the **ChampionChip technology** that records times from points on the course. (However, for some reason the 20K and half way times are not available for some of the quicker runners.) Unfortunately, the technology does not record the time taken to cross the start line, which was considerable in some cases.

Rob Sargeant and **Fraser Wildman** both had storming runs, Rob obviously just creating a gap in the last 10K. **John Collins** and

Mick Holmans both had great debuts, whilst **Marc Heath** made a gutsy first effort despite suffering in the latter stages. **Mick was too modest** to mention it but he also did an **incredible negative split**, his second half of the race actually being quicker than the first. **Pete Greenwood** ticked off yet another completed Marathon, retaining his membership of the **exclusive "Ever-Presents" club** of those that have done every London Marathon.

Alastair Telford

A Race of Two Calves - Continued From Front Page

That first task having been achieved, there was a great **carnival spirit** for the first 5 miles amongst the crowds. The legs were still strong at this stage and I happily passed the **elephants, rabbits, rhinos** and other assorted fancy dress entrants. The Cutty Sark was the first big landmark and the speed of the runners was increasing by this stage.

At **10 miles** the legs were beginning to feel the **first twinges of tiredness** and it was to my horror that I saw a **Womble!** "How can anyone run that fast with such a huge burden of fancy dress?" I asked myself. [*But was it the same Womble that Mick saw or a different one? Perhaps the Wombles are cheating?* - Ed.]

That added incentive speeded me up a little and, crossing Tower Bridge, I passed **two Elvis Presleys**. Having turned right on the

North Bank, we headed towards the **Docklands** and the **Isle of Dogs**, with a long loop between 13 & 22 miles. Tiredness and boredom is the problem here and some sport was had treading on the discarded sachets of "Liquid Power", thereby squirting their contents across the road! Leaving the Isle of Dogs and passing the 20 mile mark, I could see some of the slower runners heading past the 13 mile mark, going in the other direction, yet to undertake the Isle of Dogs circuit. It felt good to know there was **less than 5 miles left**. However, I remembered as I ran through St Katherine's Dock and under Tower Bridge, along by the Tower of London, that I had yet the **entire Embankment to run to Westminster Bridge**. The last 2-3 miles seemed to be a balance between striding out and shortening one's pace to avoid calf cramp. The **pain was there**,

the **suffering was there** - oh why hadn't I done more training in January & February? Perhaps it wasn't just the training, perhaps it's that I didn't eat enough pasta the night before! It has been suggested that it might be **just old age**, but I did make it to the end and my official time was 3 hours 55 minutes. My unofficial time from the moment I started past the start line to the finish was 3 hours 45 minutes.

I would like to thank **Cory Bros, Solvay Healthcare, Centre for Reproductive Medicine, Wyeth** and **Eli Lilly** and all those others who kindly supported me with **sponsorship for the Save the Children's Fund**.

Laurence Shaw



Results

These results are obviously incomplete but they are I all have. Once 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). Even better if you could email or fax me (see Page 7) with the results. Dave Lightburn (01795 536173) also needs to know about any season bests for the league tables.

Whitstable 10K 1/5/00

Despite having a large turnout of marshals for the race, as Gerry describes on Page 9, we still managed to have a dozen runners participating. **Martin Skeet** did a storming run to lead the Harriers home and **Mike Conway** was 3rd Vet 50 in the race which attracted over 550 entrants. **Kathy O'Hara** also put in a very strong run. **A full listing of the results for all entrants is on the Canterbury Harriers' Website.**

Martin Skeet		35:09	
Mike Conway	V50	37:26	3 rd V50
Steve Dorkings	V40	38:53	
Dave Smith	V50	39:25	
James Branwood		39:42	
Chris Jones	V40	40:42	
Mark Walsh	V40	41:32	
Katherine O'Hara		44:34	
Mick Hunt	V40	44:42	
Pete Wyeth	V50	45:47	
Joe Epsom	V40	47:02	
Sharon Proudlove	V35	53:54	

Asagiriko Issyu Half 3/5/00

Masa Kawamoto emails from Japan:

It was a clear, hot day and it was a very hilly course - going up 160 metres from the start to the midway point - but I did my best performance for this decade(!) finishing in 1:26:20 and beating my previous best at Osaka City (1:32:15) in February which was on an easier course.

Canterbury Half 21/5/00

There was a **very strong showing** from the Harriers in this local race in which the competitors had to contend with **torrential rain** as well as the hills. **Roy Palmer** was leading Harrier, coming an incredible 6th overall and only four minutes behind the winner, international athlete Barry Royden. Roy was well supported by **Martin Skeet** (15th), **Rob Sargeant** (18th) and **Fraser Wildman** (19th) which meant that we were **3rd male team**. **Tim Perks** had a **brilliant debut run** for the club getting well inside 90 minutes despite the difficult conditions. **Kathy O'Hara** recorded the best time at the distance for a female Harriers athlete for the past couple of seasons.

Roy Palmer		1:17:53	6 th
Martin Skeet		1:22:24	
Rob Sargeant		1:22:37	
Fraser Wildman		1:22:43	
Dave Smith	V50	1:30:15	
Tim Perks		1:28:08	Debut
Mark Walsh	V40	1:34:15	
John Marshall	V50	1:36:42	
Dennis Hayes	V40	1:37:05	
Katherine O'Hara		1:37:56	
Laurence Shaw	V40	1:47:33	
Joe Epsom	V40	1:49:30	
Steve Craswell		1:51:23	
Mick Hunt		1:55:21	

Laurence Shaw adds (via email): Finally there should certainly be a prize for turning up to the Canterbury Half **without running shoes!** I certainly owe **my wife** some **flowers and chocs** for bringing them to the start! Unfortunately, she was caught in the road blocks and so I started a bit late. My own time was 1h 40m and you can see from my official time that I was way behind. **Overtaking the rhino** at Ricemans (a mile and a bit) was depressing, but at least I had **caught up with the race!!**

Boughton 10K 28/5/00

The **weather conditions** at the Canterbury Half were **matched at Boughton** where the starting area was **waterlogged** and gales almost brought down the start and finish gantries. In the circumstances, therefore, the runs by **Simon Kendall**, who was first Harrier home and 11th overall and young **Jack Parnell**, who was 20th, were absolutely incredible. Jack claimed a **number of scalps**, most notably Daniel Green and Tony Culshaw. **Tony Frost** had a good club debut run.

In the U15 Fun Run, **Andrew Dowell** did well in achieving the runner's up prize.

Senior Race

Simon Kendall		36:03	
Martin Skeet		36:48	
Jack Parnell		37:44	
Fraser Wildman		37:51	
Mike Conway	V50	38:16	
Gerry Reilly	V50	40:08	
Dave Smith	V50	40:16	
Bob Davison	V40	40:31	
Joe Hicks	V40	41:00	
John Collins		41:08	
Keith Crossland-Page	V40	41:30	
John Marshall	V50	44:01	
Laurence Shaw	V40	45:05	
Tony Frost		46:58	Debut
Dave Parnell	V50	47:13	
Doug Hinsley		47:40	
Joe Epsom	V40	49:15	
Tracie Lee-Taylor		49:26	
Mark Trott	V40	50:45	
Sue Reilly	V45	55:55	
Erika Ackerman	V55	65:06	

Saxon Shore Relay 10/6/00

The team led by **Laurence Shaw** and consisting of **Graham Brown, Bob Davison, Joe Hicks** and **Alastair Telford** were **triumphant** in a time of 5 hours 36 minutes 44 seconds. *See next page.*

Dumfries Half Marathon 11/6/00

Jacob Howe kindly sent me by email the result from his **debut half** when he was on holiday. He had an **excellent result**, clocking 1:32:24, especially as he mentioned that it was a hilly course. His partner, Angie also had a good run coming 7th in the women's race in 1hr41'18" and knocking 21 mins off her PB.

Canterbury 10K 25/6/00

Roy Palmer followed up his Canterbury Half result with **another top-ten finish** in the local 10K. There were many other fine performances, with **Carol Reid** getting under 45 minutes on a course that is not conducive to particularly fast times.

Roy Palmer		35:10	7 th
Mike Conway	V50	37:25	
Andy Wilson	V40	38:38	
Steve Dorkings	V40	39:57	
James Branwood		41:04	
Steve Fitzgerald		42:01	
Dave Smith	V50	43:08	
Carol Reid	V35	44:49	

Whiteoak Triathlon 1/7/00

Fayne Brenner had a good result at this event which took place at Swanley. She came **3rd Female Vet** in a race that consisted of a 400m swim, a 16.5 mile cycle ride and a 5 mile swim.

Bewl 15 16/7/00

Roy Palmer had a **magnificent result** at this hilly multi-terrain event around the reservoir near Wadhurst in East Sussex. He **WON the event**, finishing **over a minute clear of the runner-up**. This result was particularly impressive as about 200 runners from around the South East were taking part. Roy's triumph was not the only cause for the **club to celebrate** as **Mike Conway won the Vet 50 prize** in 1:36:37 and finishing 9th overall. **Tony Frost** put in a great effort, never having run nearly as far before.

Roy Palmer		1:28:27	1 st
Mike Conway	V50	1:36:37	1 st V50
Gerry Reilly	V50	1:40:35	
Bob Davison	V40	1:45:29	
Dave Smith	V50	1:49:46	
Mick Holmans	V40	1:52:37	
Tony Frost		2:07:06	
Sue Reilly	V45	2:40:32	

Mud, Sweat & Tears Run 23/7/00

This was the second Canterbury Harriers race at Whitstable this year, **Roy Gooderson** having constructed a 3.5 mile course that went along the shore. **Simon Kendall** had a great run to finish only six seconds behind **Daniel Green** of Ashford AC who repeated his success of last year. **Jack Parnell** also had a good race, coming 8th overall and there was a very gutsy run by young **James Hunt**. Unfortunately, I do not have the results from the junior race. **A full listing of the results for all entrants in the senior race is on the Canterbury Harriers' Website.** (Would somebody like to do a full write-up for the next newsletter??)

Simon Kendall		21:43	2nd
Jack Parnell		23:12	8th
Martin Skeet		23:19	
Steve Clarke	V40	24:09	
Bob Davison	V40	24:16	
James Hunt		29:48	

Harlow 10 6/8/00

Gerry strolled round this in 66:56.

Red Lion 10K 13/8/00

The third Harrier event of the year saw **hot, humid conditions**, and that together with the hilly course meant that times were down. However, **Mike Conway** put in an excellent effort to capture the **Vet 50 prize**. **Matthew Jenkins** and **William Baker** both put in good debut efforts. It was also good to see both **Julian Murray**, on leave from Korea, and **Ian Macmillan** who, in an email, had threatened to retire from running (see Page 10)! **A full list of results for all runners is on our Website.** (Again may I ask someone to do a longer write-up for the next newsletter?)

Mike Conway	V50	39:10	1st V50
Keith Crossland-Page	V40	40:52	
Matthew Jenkins		43:07	Debut
Dave Smith	V50	43:37	
Julian Murray		46:50	
Tony Frost		46:56	
Derek Parnell	V40	47:53	
Joe Epsom	V40	52:38	
Ian MacMillan	V50	52:50	
William Baker		64:21	Debut

Great Scottish Marathon 20/8/00

Carol Reid took on this marathon in warm, humid conditions in her native Glasgow and she (quite unreasonably!) said that she was disappointed with her time of 3:44. Nevertheless, most other people in the club think it was a great effort!

- ♦ **Le Touquet** results will appear in the next newsletter.

Saxon Shore Supreme!



(From left) Laurence Shaw, Joe Hicks, Graham Brown, Bob Davison and Alastair Telford, the 2000 Saxon Shore Relay Champions

(Thanks to Sandra Eady for taking this photo and to Laurence for developing all the photos that we took on the day)

Laurence Shaw's invitation to join his **Saxon Shore Relay Team on 10th June** seemed like it would be a good laugh - just a relaxed day out. **Graham Brown, his accomplice**, also sold the day well, like Laurence having done it last year. So it was that **three innocents, Joe Hicks, Bob Davison** and myself, were dragged into Laurence and Graham's **dastardly scheme** to win the Saxon Shore Relay. (Well, okay, they strongly deny having such a scheme but all the evidence points to it!)

The race goes around what would have been the coastline in Saxon days: following the footpath along the southern cliffs and Dover, going up the eastern coast past Deal and cutting back inland to follow the Stour until heading north by the Wantsum to the coast near Reculver and then going back to Whitstable, where the race finishes by the Hotel Continental. For a race that is, therefore, 47 miles long, it starts quite late, at 11.

I was somehow persuaded to take the first leg, which was only 2.25 miles and "mainly downhill". This was, of course, untrue, and after negotiating all the ups and downs and avoiding the cows in the fields, I was relieved to see Joe Hicks ready to take over the "baton". Each of the 14 teams had their own **unique "baton"** to pass on and ours was a **disposable camera** that Laurence had bought so that we could record everywhere that we'd been. After I passed on the camera to Joe and got in Laurence's car, I wondered how I would **manage** to do **four more legs** that day.

However, the Saxon Shore Relay is not just about running hard, it's also about **navigation**. Obviously the runners have to be aware of where they're going but the other four in the car have to

be aware of the route to the next transfer point. One of the other teams made such an error at the East Cliff at Dover and so, thanks also to some great running by Bob, Graham and Joe, we **found ourselves in the lead!**

However, as our lead grew to several minutes, so a **change** came over Laurence and **Graham**. They started talking about how **we must not relax** and that there was always **the danger of getting lost...**

Everything continued to go well, with **Bob** putting in a **great effort** on the longest, five mile leg between Richborough and Pluck's Gutter. However, **Joe** then **got lost** on the way to **Boyden Gate** and we were **only seconds ahead** of the second team! **Graham**, though, **really pulled out the stops** on the next leg and we were once again well ahead. After a **heroic final leg** by Joe we eventually won by **six minutes**, finishing in 5 hours 36 minutes and 44 seconds, apparently the quickest time yet.

Afterwards, we went off to the **celebratory dinner** at the Hare and Hounds in Blean and we received **commemorative glass paperweights** as prizes. It was a great way to round off a brilliant day on which the sun shone without it being too hot. The event was brilliantly organised and Laurence and Graham executed their **Master Plan** to perfection.

Alastair Telford

PS We weren't the only Harriers running as **Carol Reid** and **Kathy O'Hara** were running for Pfizer teams. For their benefit we tried not to look too smug at the end!



Noticeboard

Subs Time!

Yes, the blue meanies at Canterbury Harriers are after your money again! You should either have received, or will do so shortly, your **membership renewal reminders**, so please send your **subs** for 2000-2001 to **Dave Lightburn**, together with any updates on your details. The subs are yet again **£10 for the year & £5 for each additional member living at the same address**. The subs are due on Friday 13th(!) October, **the day after the AGM** (see right). **As last year, all members who renew their membership by 12th November will be entered in a prize draw.**

Annual General Meeting 12th October

The AGM of the club will be held on **Thursday 12th October from 7:30pm at Rough Common Village Hall**. If you have any **agenda items** or wish to stand for **election to the committee** then you should write to the secretary, **Dave Lightburn**, at least **seven days before** the meeting.

All the current committee are standing for re-election with the **exception of Bob Davison** who is **stepping down as Kit Officer**. However, Bob is standing for election as a Runners' Representative. I would like to **encourage people to stand for election** and not just for the vacant Kit Officer's post. Anybody wishing to stand will require a proposer and a seconder.

One of the main agenda items will be discussing the **club's financial state** - as you will see from John Minshull's Treasurer's Report, we now have a reasonable sum in the bank and **we really need the members' views** on what we should do with it. The club's **good financial health** has meant that we have been able to keep the basic membership fee at £10 and subs are due after the AGM.

Refreshments will be provided and we hope to see many members there.

John Hartley

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	(New number TBC)
Runners' Rep	Sue Reilly	01227 477148
Runners' Rep	Fayne Brenner	(New number TBC)
Runners' Rep	Pete Wyeth	01795 479057

Events' Diary

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

September

24th Maidstone Race Day

Westbaugh Sports Centre, Oakwood Pk. ½ Mar at 9:30am, 10K at 11:45 am. Plus Frs, 2K at 9:45 & 4K at 10. £6 + £1D Half, £4 + £1D 10K - £8 + £1D both. CD 16/9. **U SP M**

October

1st Sittingbourne 10

10:45am. Highsted School. 2K FR at 10am. £5 + £1D. CD 27/9. **U SP TS**

4th HARRIERS BREWERY TRIP

See next page for details

8th Quest 10K

11am. Julie Rose Stadium, Ashford. FRs. £5+£1D. CD 1/10. **U M**

12th ANNUAL GENERAL MEETING 7:30pm Rough Common Village Hall

15th RUNNING FITNESS LEAGUE 11am Blean Woods, Rough Common. Big turnout from Harriers needed!

22nd Leybourne 10K

10:30am. Leybourne Grange Riding Centre for the Disabled, Nr West Malling. £5+£1D. CD 17/10. **U**

29th Wilmington 10K

11am. Wilmington Grammar School for Boys. 2K FR at 10:30am. £5+£2D. CD 20/10. **U**

November

5th Deal 5

11am. Deal Rowing Club. £4+£1D. CD 25/10. **F M**

5th Quicksand 15

10am. Margate Main Beach. £7+£1D. **U MT**

12th Running Fitness League

11am. Swanley Park. Meet for lifts at King's School Recreation Centre at 9am.

26th Running Fitness League

11am. Knowle Park, Sevenoaks. Meet for lifts at KSRC at 9am.

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.

Looking for a bargain?

As we know, members of Canterbury Harriers are smarter than the average; well you joined a good club, and you keep fit by running! Here's **another smart move** – if you haven't joined King's School Recreation Centre in Canterbury, my advice is you should.

On club nights – Tuesday and Thursday – Centre staff will charge non-Centre members the daily rate to use the changing facilities (and lounge bar). This costs £1.75 per visit. The annual subscription for the Centre is currently **£33 for the Silver Membership**. Canterbury Harriers have negotiated this fee, as corporate members. The Silver Membership provides full access to all the facilities (you only need to pay a small, additional charge for use of the pool, gym and courts). So if you are a regular attendee on club nights, you'll get a **lot more for £33**. There's a **further bonus** if we can increase the number of Canterbury Harrier members that are also members of the Recreation Centre. By **increasing to 70** (currently there are 62), the Centre will **reduce the annual subscription to £28. Now that is a bargain!**

John Hartley

Red Lion 10K Thanks

Just a quick word of thanks for all those who helped out on the day with the Red Lion 10K. There was a **really good team effort** in making the day a success and it was much appreciated. (Hopefully somebody will volunteer to do a longer write-up on the race in time for the next Harrier!)

Alastair Telford

Wedding Bells

Congratulations to Doug and Gill who are tying the knot and are inviting all Harriers along to celebrate on 18th November! Please see Doug Hinsley if you would like to attend.



Harriers Brewery Trip

As a kind of **autumnal sequel** to the summer series of pub runs, the **first-ever Canterbury Harriers Brewery Trip** will take place on the evening of

Wednesday 4th October. The trip is to **Shepherd Neame's brewery in Faversham** and will cost £3 per person. Please

contact **Graham Brown** (Tel: 01227 764690 Email: grahamdb@onetel.net.uk) ASAP if you would like to go. [*Surely this is the real test of Graham's organisational abilities? Ed.*]



Graham Brown

Running Fitness XC League 2000 - 2001

The dates for the **Running Fitness Cross Country League** (formerly the **Today's Runner League**) are as follows, with **all races starting at 11am:**

Sunday 15th October

Sunday 12th November

Sunday 26th November

Sunday 31st December (!)

Sunday 14th January

Sunday 4th February

Sunday 18th February

Blean Woods, Canterbury

Swanley Park, Swanley

Knowle Park, Sevenoaks

Minnis Bay, Birchington (!!)

Venue TBC

Venue TBC

Venue TBC

Please help out with our event on 15th October if you're not running and please try and run in the others. They're **great fun** and there's even a raffle after each race where the prizes can be bottles of wine or boxes of chocolates. What's more, the **club pays the entry fees** for anybody wishing to take part and **lifts are arranged from the King's School Recreation Centre to other venues**. (Typically we meet at 9am at the KSRC to travel to the venues near to London.)

Please see **any committee member** if you are interested in running in the League and/or would like to help out with marshalling on 15th October.

Pete Wyeth



**NEW YORK CITY MARATHON
2000**

An Englishwoman in New York II

An intrepid female Harrier is taking on the **New York City Marathon** as her **debut at the distance**. **Jenny Michaelson**, who has been with the club since February, will be running the 26.2 miles through all five boroughs of New York, from Staten Island to the finish in Central Park on 5th November. She will also be running on **behalf of the Macmillan Cancer Relief Fund**.

Regular readers of the Harrier will have a sense of **deja vu** at this point and, indeed, **Helen Martin** took on New York last year, running for Cancer Research. However, hopefully **Jenny's not read or**, at least has forgotten about, Helen's account of her experience! **We all wish Jenny the very best of luck on 5th November.**

Macmillan
cancer relief
a voice for life



An Englishman Down Under

Just after performing a **brilliant gig** at the Red Lion pub on the Friday evening before the 10K, **Roy Palmer** set off for Australia. He's touring all around the country for **four months** on the **"trip of a lifetime"**. Anyway, he has our **very best wishes** and he can tell us all about his adventures when he does the Minnis Bay Cross Country on 31st December!

Treasurer's Report

John Minshull's current Treasurer's Report is on the following page.

Editorial

Yes, it has been a **long time since the last Harrier** but there have been **extenuating circumstances**, not least of which was trying to direct the Red Lion 10K in the right direction. **Com-muting** to my new job in Tunbridge Wells has also been a substantial factor. As I mentioned in the last editorial, I thus need **much more in the way of help with the newsletter**, particularly with regard to **results and news items**. It would help greatly if results could be **emailed or faxed** to me.

I also need some help with regard to write-ups for the following events:

The Fell Trip
The East Kent Summer Road Relay Series (also need results)
The North Downs Relay
The Pub Runs
The Mud, Sweat and Tears Run
The Red Lion 10K
Le Touquet

In the interests of catching up on the news the next Harrier will be out by the end of October. Please send all contributions (preferably electronically) to me by **12th October** (the day of the AGM):

Alastair Telford,

Flat 5, 56 London Road, Canterbury, Kent, CT2 8JY.
Tel: 01227 786210 Fax: 0709 2266005
Email: AlastairTelford@yahoo.com

CANTERBURY HARRIERS INCOME & EXPENDITURE ACCOUNT

For the Period 11 Months to 31 AUGUST 2000

EXPENDITURE

SEAA Affiliation Fee 1999/2000	97.25
KCAA Affiliation Fee 1999/2000	25.00

Team Entry Fees - XC Leagues etc	280.00
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Printing, Stationery & Postage	191.04
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Coaching Costs (Courses & Equipment)	180.98
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Harrier Magazine Costs	125.20
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AGM Costs	0.00
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Twinning Costs Hollandia	1.80
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New Logo Cost & Samples	90.11
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Friday Social Run Costs	352.00
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Athletics Weekly Subscription	87.50
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Sundries	115.74
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Surplus of Income over Expenditure	
For the Year to Date	2,407.92

£ 3,954.54

INCOME

Membership Subscriptions 1999/2000	907.00
Race Service Receipts	200.00

Kit Sales	Income	342.69
Opening Stock		524.05
Kit Costs		303.53
Less Closing Stock		(291.00)
		(193.89)

Today's Runner X C	Income	342.95
	Costs	217.89
		125.06

Presentation Evening	Income	1,106.00
	Costs	996.67
		109.33

Whitstable 10K	Income	4,209.70
	Costs	2,244.55
		1,965.15

London Marathon Trip	Income	290.00
	Costs	210.00
		80.00

Mud Sweat & Tears Run	Income	549.00
	Costs	182.21
		366.79

Le Touquet Trip	Income	553.00
	Costs	513.20
		39.80

Red Lion 10K	Income	1,771.50
	Costs	1,446.20
		325.30

Football Cards		30.00
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£ 3,954.54

BALANCE SHEET as at 31 AUGUST 2000

Liabilities

Surplus from previous years	2,537.36
Surplus this year to date	2,407.92
	4,945.28

£ 4,945.28

Assets

Kit Stock	@ SALE PRICE	291.00
Equipment		675.96
Balance at Bank	3,875.17	
Cash in Hand	73.65	3,948.82
Pre-Payments		29.50

£ 4,945.28

John Minshall

Whitstable 10K - A Harriers PB Performance

Gerry Reilly reports on the biggest race yet organised by Canterbury Harriers

Having taken over the running of this **very popular race** from the Smack Running Club this year, the Harriers were faced with a **daunting organisational task** since the logistics of this event in terms of local liaison, accommodation and race routing far outstripped anything which the club had taken on in the past. From day one, however, the **talents and tenacity** of the Harriers came to the fore with **Dennis Hayes** registering a **significant PB** as a very proactive and resourceful **race director**, regularly passing the baton to clubmate **John Hartley**, a renowned and **almost legendary tactician** in this arena, with **Dave Lightburn** quietly keeping the whole effort together in the background.

Going into the event we were as satisfied as we could be that all the preparation had been done as best we could and that, as with anything new and on this scale, accepting that it would very much be a **learning experience** to build on for the future. What made the difference between it being a negative, and potentially traumatic, learning experience, and the **positive experience it turned out to be**, was the **magnificent response** from club members, members' families and friends to the **call for marshalling support** - a true reflection of the spirit of the club.

Yes, as expected, there were a **number of hiccups** not least of which was the fact that John Hartley ended up with the **unenviable task** of **turning almost fifty prospective late entrants away** as the race

limit had been reached very early on the day of the race. Additionally, as expected, the race finishing area and layout created significant problems. However, these were greatly eased by the **sterling efforts** of **Dave, Sue and John Minshull** and the **chairman himself** in directing the finishers and in registering and collating the finishing details.

We will be **addressing the problems** we have identified and already have some firm ideas on solutions for next year - however it is always helpful to get constructive feedback from those who bore the brunt at the sharp end, so **please pass on any ideas** or suggestions for improvement for next year's race organisation to anyone on the committee.

Finally, **special thanks** on behalf of the club to **Chris Jones** (who joined the Harriers this year) and **Keith Curtis** for all their help and active support in the smooth transfer of race organisation from the Smack to the Harriers - and to **Woy the Wadio** for his **wusual excecwent commentawy**.

Gerry Reilly

*Background photo of Whitstable Beach Huts courtesy of Lee Photography,
<http://www.leephoto.com>*

Running Fitness (Today's Runner) Plate Race and Final

*As we look forward to the coming cross-country season, **Roy Gooderson** gives a report on last season's final event which took place on 26th March at Groby, Leicestershire*

The plate race had a **high turnout from Kent** (well, **just me**, actually and only because I happened to be in the area). The course, covering a distance of 6.5 miles, and consisting largely of undulating pinewood trails, was excellent, as was the weather. My fellow runners seemed mainly to be from the north such as Ilkeston, South Derbyshire - all **isotonic black puddings** and Nike flat caps. [It's probably just as well that we don't get to hear their thoughts about "Canterbury Harriers" - Ed.]

Wootton RR were winners of the Plate Race out of the five eligible teams. The larger final race had fifteen teams (including **Istead & Ifield** and **Hastings** representing the south), the **winners being North Herts RR**. All round it was a well-run

event, although with winning times of 35:55 in the Plate Race and 34:19 for the final it again raises questions about whether the "non-elite" spirit of the league is being maintained. (My time, incidentally, was a **soundly non-elite 47:40** and I came 68th.)

Roy Gooderson



We've Been Running the Wrong Way!

Apparently, we (or at least us men) have been **running in the wrong direction!** I was sent an email giving the Web address, **www.backward-running-backward.com**, which extols the virtue of **running backwards**. However, **women should "learn to run forwards"** in the Taoist spirit of Yin and Yang being opposites.

The site contains articles on the medical benefits of backwards running, a list of backwards races across the world and even a list of records - did you know, for instance, that the **backwards world record for 10K** is 45:37? The site has been rather loosely translated into English from French and Italian content but that only helps to enhance its, ahem, "idiosyncratic appeal".

It's worth a look if you've got a couple of minutes and perhaps it's time for **Gerry to rethink his coaching techniques?!**

Alastair Telford

Running Club Med

In the last newsletter Helen Paine gave an account of her experiences in Barcelona. Here she tells of her life in rural southern Italy

Part 2: The Italian Job

In October 1999 I moved to the south of Italy, having found a job **working in a pottery** in exchange for board and lodging. I thought this would give me the opportunity to get **back into ceramics** and learn more Italian while looking for English teaching work, as I was now a fully (or minimally?) qualified EFL teacher.

This was a very **far cry from Barcelona**. I was situated about **100 miles south of Naples** amongst mountains and close to a strikingly beautiful coastline. The nearest village was about half an hour's walk away - it had two shops and a bar, the station was about one hour's walk and there were **occasional buses**, it was just nobody knew when they came!

So **running** there presented a different set of problems and there were basically two options, up or down. (I could not find the word "undulation" in the dictionary!) Usually, as there were not enough roads to formulate a circular route, this meant **straight up** for, say, four miles then round and back down for four miles. Worse, this was always **preceded** by over a mile of very **rough, stony track** at 45 degrees (up or down) before reaching the road. The strategy I evolved for this was to **look admiringly** at the scenery all the while, keeping the eyes strictly off the incline ahead, although this is not advisable on the rocky track. This may seem obvious but I had to learn through bitter experience when I went over, landing again on the hip I bruised in Dover Road when **Emma Farrow** so viciously tripped me up! [*Indeed, a typical example of Emma's ruthless pursuit of the Female Club Championship - Ed.*]

In Italy it was the **dogs** themselves (rather than their droppings as in Barcelona) which **posed the problems**. They suddenly hurtled themselves towards you when least expected, teeth bared and barking ferociously. However, here again I evolved a successful strategy. I discovered that you only have to stoop as if to pick up a stone or other missile and the most vicious-looking canine would quickly back off. And, knowing my English would not be understood, I felt free to swear at all would-be attackers loudly, colourfully and uninhibitedly. [*No change there then - Ed.*]

Besides running I produced lots of pots, gave some private English lessons, kept an eye on a reforming alcoholic and generally helped out. We sorted 500 kilos of olives ready for pressing in a day, which made raspberry picking look a bit of a doddle. However, things there weren't quite all I had hoped for, so don't imagine that a diet of **pasta and mountains** will produce some **wonderful PBs**. I generally plodded around, not worrying at all about training but just **running** primarily to **preserve my sanity**. (No comment to be inserted here, thank you, editor!)

Ciao for now!

Helen Paine

At the time of writing Helen was looking for somewhere "a bit more cosmopolitan". She has since taken up a job teaching English in Brescia in northern Italy.

Old Runner

The runner was **old now**. If 40 was veteran age then 60 was very old. He had run and competed too long, **much too long**. Through the sixties, into the seventies then the eighties and nineties and now a new century.

The years to learn and improve, the years to use the fitness and exist on the skills and knowledge and then the years when the talent slips gradually and **ungracefully away**.

All the miles covered to become **fit and strong** and then to see the strength **ebbing away**.

He lives in the past and on memories with which there are now few to share. Always something of a loner, the sociable runs with his teammates are now a thing of the past

and he much prefers the lonely pavement and footpath.

He is a little weary of course as though the years have used up his body which now betrays him.

He has no injuries, just aches, and the economical stride has become a shuffle. He had been good in his day, not as good as some but better than most, and had run everywhere: The White City, Crystal Palace, Meadowbank. Only a figure from the past would have a 10,000 metres personal best set at the White City and a marathon personal best not set in the London event.

He had sought out races and won many of them. Other athletes had looked enquiringly at him and strangers would talk to him and he took their respect for granted, as his right.

But now he is alone, trapped within the years of his ageing. An athlete from a long

gone era. Two of the relay sextet from the sixties are now dead, many of the road races are no more and runners of today do not like to be reminded of the old days.

A few months before his fortieth birthday he ran 52.05 for seventeenth place in a ten mile road race. Now you are a **superstar if you run 53 minutes**. These sort of sentiments do not make him popular.

Now his **feet ache** and he is **bored with running**, but somehow still needs it, though he will be glad to see the finish of it all.

Perhaps **one last 10K**. The Canterbury event possibly. It is about 32 years since he first won that particular race.

Ian MacMillan

Well. "The Old Runner" did run the Red Lion 10K so hopefully that means he'll be running for a while yet.

The Sriside Woman

Or, How I Managed To Get Our Female Champion Running Again

Alastair Telford tracks down Emma Farrow in Sri Lanka

The sun shone strongly down as I arrived in Sri Lanka on Saturday 19th February, casting a **grey and chilly Blighty** out of the memory. I was fortunate to be the first out of the airport and, even better, **Emma Farrow** was there to meet me. She looked **fit and well**, the Sri Lankan sun having brought **out her freckles**. She introduced me to **Elmo**, the chap who had the task of taxiing us around for the next few days by van. We went to the home of a friend of Elmo's for brunch and we received magnificent hospitality. I was **impressed** by how Emma had picked up **Sri Lankan language** (Sinhalese) and culture, and that helped a lot in our subsequent travels. In the afternoon, we went to **The Marshes nature reserve** and we had a guided tour on the water by motorised punt. We saw macaque monkeys, a golden heron and a **purple coot** (although Bob and Gerry will be relieved to hear that I did not have my 3-iron with me).

The next day, having stayed overnight in **Negombo**, the town closest to the airport, we set off north-east. We went through **Kurunegala** and its impressive rocky outcrops and stopped at **Ridi Vihara** ("the Silver Temple"), a Buddhist religious site dating back more than 2200 years. We then journeyed on to **Dambulla** where we found a pleasant place to stay. We decided to relax for a while since Emma knew that our next destination, the cave temples, would be crowded as it was a **Poya** weekend. (Poyas are holidays that Sri Lankans have at each full moon and the Poya had fallen the previous day.) So, **Emma swam effortlessly** in the hotel pool whilst I just splashed around!

In the late afternoon we got to the **cave temples** where we had to hire some **sarongs** to cover our legs. We were given a **brilliant tour** of the caves by a guide who explained when each temple was constructed and the meanings of the attitudes of the Buddha statues within.

After dinner back at the hotel, Emma and Elmo **corrupted me** by introducing me to **Arrak**, a potent spirit made from coconut. Still, the next day we were thankfully all okay to set off for Sigiriya and Polonnaruwa.

Sigiriya long ago was a king's palatial fortress sitting on the top of a rock 200m high. We climbed the stairs up the side of the rock (with Emma demonstrating that she was still in prime fell walking form) stopping to see the frescoes of maidens painted in the 5th century. Near the top we came to a platform that was the main entrance to the palace, guarded by what would have been a **massive carving of a lion**, but only the paws remained. (Sigiriya means, literally, the lion's throat.)

At **Polonnaruwa** we saw the best preserved site and one of the main centres of the **ancient Sinhalese civilisation**. The statues and temples there were quite awesome and even more impressive were the massive **sculptures of Buddha**, carved skilfully out of the rock face.

Having had a whistle-stop tour around some of the ancient cities, we then **set off for Kandy**. Unfortunately, as night fell, a **torrential downpour** started ("This is the **dry season**?" I said to Emma) but thanks to excellent driving by Elmo, we made it. (Although at times

it would have made **Colin McRae blanche** as we swung round the hairpin bends going up to Kandy.) Emma has a fairly large bungalow, in Anniewatta, a suburb of Kandy, although she does share it with the occasional gecko. Kandy is set in a hilly bowl and the area around Emma's place would have Gerry in raptures.

We bade farewell to Elmo and over the next three days Emma had to go in to work. I saw her office at the library of the Postgraduate Medical School of Kandy General Hospital where she's a VSO volunteer and she'd already done an **impressive amount of work**, creating an electronic database for the books. On Tuesday afternoon, I visited the **Temple of the Tooth** (supposedly one of Buddha's transported from India), which is the most important Buddhist temple in Sri Lanka.

On the Wednesday, I went to the **Peradeniya Botanic Gardens**, which consists of a truly spectacular collection of trees and shrubs. In the evening, Emma and I went to see the **Kandyan dancing** consisting of drumming and great acrobatics, culminating in **fire-walking**. Even mountaineering, sea-and-tarn swimming Emma said that fire-walking was not in her repertoire!

The next day I visited **Pinnewala Elephant Orphanage**, which rescues young elephants whose parents were shot by poachers. Unfortunately, the elephant bathing was not held because the rains had made the river too rapid. In the evening, we trekked up to the newest Buddhist temple and we prepared to hit the road again...

On Friday we set off by train to **Hutton**, in the hill country, on an **itinerary cunningly conceived** by Emma. She happily sat on the steps of the **open** carriage door as we went up through the spectacular landscape, although that was too much for me! From Hutton we took a bus to **Dalhousie**, a shanty town that sits at the foot of the ascent to Emma's target which was **Adam's Peak** (locally, "**Sri Pada**" and 2200m ASL). The Sinhalese people believe that it is the **footprint of Buddha** on the top of a rock there. Emma said that it was best to set out in the **early hours** of the morning so as to see the spectacular sunrise at the peak.

Thus Emma persuaded me to start out at **3:15am** to ascend the peak. However, the Sri Lankans had long since decided to make it a bit easier for themselves by setting a **staircase** into the rock for the steeper portions and having **electric lights** all the way up to the top. Another thing that made it easier was refreshments - we thought that we would soon leave the shacks selling tea and sweetmeats of Dalhousie behind. However, as we went up and up, we kept on coming across them. In fact, we discovered that "**The Last Hotel**" (hotel is Sri Lankan English for a café) was **less than 100m from the peak!**

So, having made a leisurely (by Emma fell-walking standards) trip to the top, we waited for the sun to appear. It was all well worth it, as we were lucky to see a wonderful sunrise, the rays slightly diffused by some specks of cloud. We descended more quickly, making it back to "The Green House" where we were staying in under 90 minutes. There we had a great breakfast, typical of their hospitality, sitting in the sunshine on the verandah overlooking Dalhousie.

Continued on Next Page





Emma in her element at Baker's Falls

(This is possibly worthy of a caption competition but I reckon that the guy on the right is saying, "Look! It's Canterbury Harriers' Female Champion!")

The Sriside Woman - Continued from Previous Page

The bus back to Hutton unfortunately broke down but the Sri Lankan engineers did a sterling bit of work in getting us back on the road again and we made the train bound for **Haputale**. It was there that **Emma tearfully confessed** to me that she'd not been doing any running after some initial runs on the beach in Colombo. After the initial shock, I had a **cunning plan** to get her running again...

On the Sunday, we took a train back along the line to Ohiya and hiked up to **Horton's Plains** an amazing plateau at 2000m that contains a national park. There we went to **World's End**, a spectacular 220m drop rock face. There we met up with some environmental science students from Colombo University who gave us a lot of information about the area. Emma then led me to **Baker's Falls**, truly her kind of place as it required a mini-scamble to get there and she could stand in the water - I think she would have had a swim, given the chance!

We then hiked back and we were aware that we would have to **hurry to catch the train**. A van did offer us a lift soon after we left the park, but I felt that we had enough time and

we could enjoy the walk. However, time really did start to press and we had to **run the last 7Km**, with **rucksacks** and in **walking boots**, albeit mainly downhill! A van did stop and kindly pick us up about 1km from the station, although as I explained to Emma, we would have made it anyway. She **didn't seem impressed** by this or my decision making generally and **didn't even thank me for getting her running again!**

The next day we travelled by bus to **Ratnapura**, on course for the **Sinharaja rain forest**. After another bus ride we attempted to hire a tuk-tuk (motorised trishaw) to the forest. The drivers were not keen, asking for more money as it wasn't a very good road. Emma, however, using her **excellent Sinhalese and bargaining skills**, managed to get them to agree to a lower price. However, after a journey along the roughest track I've ever been on, we guiltily gave the driver, who was surprisingly still cheerful, a **generous tip**. That was not the end of the journey, as we then had to hike through the forest to **Martin Wijesinghe's** place to stay. (Martin's a retired ranger and an expert ornithologist.)

The next morning, a forest ranger, Mihil,

guided us around the forest and we had an **amazing view** having reached a rock that was **above the forest canopy**. After a brief but wonderful tour, we were then **reunited with Elmo**, who had somehow nursed the van along the rocky road to take us back to Negombo.

The next day, **Wednesday 1st March**, was easily the **worst day** of the holiday as it was **time to fly back** again, leaving Sri Lanka and Emma behind. "**Sri**" in Sinhalese means "**resplendent**" and, despite all its troubles, the island does live up to that. In fact, it and "**Sri Emma**", made it the **best holiday of my life**.

Alastair Telford

PS Emma wishes to tell Gerry that she misses the training sessions...and also the Harriers' chat, the crisps and the beer in the bar afterwards! However, I think that she might deny having "tearfully confessed" to anything!

**Contributions for the
next Issue by AGM day,
12th October - see
Editorial Page 7**