

The Harrier

November 2000
Volume 6 Number 1

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Days of Summer

Alastair Telford recalls the Harrier events of the latter part of the summer

The period from mid-July to mid-August was a period of frenetic activity for the Harriers, with us hosting two races, going to Le Touquet and having time for the odd pub run to boot!

Mud, Sweat and Tears Run

The **Mud, Sweat and Tears run** was held on **23rd July** on Whitstable Beach as part of the **Oyster Festival**. This year, in order to avoid organisational hassle, we did not set up an obstacle course for the runners and the run was a bit shorter than before, but the runners were made to **run through the mudflats**, onto the shingle bank of **The Street** and through the sea. When I described the course to one of the runners as he jogged past my marshalling point on a warm-up, he said, "**You're 'avin' a laugh.**" I was told that I should have said, "Yes we are, actually!"

The runners not only had to contend with our best efforts to get them wet and muddy but also a biting wind on a chilly, grey day that was a complete contrast from the previous year. Funnily enough, most of the runners seemed to enjoy the experience and put in some good efforts. **Simon Kendall** had a superlative run to finish **2nd** behind Daniel Green of Ashford who repeated his success of the previous year and **Jack Parnell** was not far behind.

The fact that the **race was a success** was due to the combined efforts of many Harriers, all **excellently coordinated by Roy Gooderson** who was once again unluckily **confounded by the Whitstable authorities** - a last minute change of route was required to avoid a section that would be closed off due to a regatta or similar such event. Unfortunately, such problems have meant that the event will have to be reviewed before we decide to take it on again next year.

Red Lion 10K

Just a couple of weeks after the Mud, Sweat and Tears we geared up for a race that was a wholesale change (despite being only a few miles distant), the **Red Lion 10K**. This race had its headquarters at the eponymous pub in Hernhill and was run over one of the hilliest courses around, having been dredged up from their worst nightmares by Bob Davison and John Minshull last year.



"We're arresting you, sir, on twenty-five counts of embezzlement and of aiding & abetting Bob Davison in designing the Red Lion 10K course." Yes, Treasurer John Minshull is shocked to see that Interpol have caught up with him on the ferry back from Le Touquet, whilst the rest of the Harriers pretend not to know.

Thanks to Tom Smith for Le Touquet photos

Don't forget - subs now overdue!

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Annual General Meeting

Dave Lighthorn presents the minutes of the AGM held on 12th October at Rough Common Village Hall

1. Introduction / Annual Report: (John Hartley)

Thanks were extended to all the committee members for their efforts over the past year. Attention was drawn to a number of events that had taken place, which included a number of races. In particular, there was our cross-country in October of last year, notable for the exceptionally wet and windy conditions. In May there was the Whitstable 10K organised by us for the first time and successful with 550 entrants though there was some congestion at the finish. The Mud, Sweat and Tears run in July, possibly being held for the last time, proved very popular and the final race, the Red Lion 10K in August, was probably our best so far in terms of race organisation, even meriting a mention in Runners World as a race to do.

In addition to the races there were a number of social events, including the London Marathon trip, the presentation evening, Le Touquet, the Lakes trip, a visit to a brewery and the very popular Friday evening pub runs.

Financially it has been another good year, with club member numbers generally being maintained.

2. Financial Report: (John Minshull)

We are currently in a very good financial position due to the efforts of the club membership. Profits from races included £1927 from the Whitstable 10K, £300 from the Mud, Sweat & Tears and a new item this year is the race service provided to Herne Bay Rowing Club for their 10K. The kit account shows a loss but this is due to a deliberate policy to subsidise kit costs to members. In addition for this year we are now showing depreciation of club equipment assets as these become worth less each year and from now on will be depreciated by 25% per year.

Overall we showed a surplus of £2044 and the year's activities leading to a cash and bank balance of £3760.

A number of questions were raised regarding the accounts:

- The item in the accounts for football cards is for money raised by the use of team cards on outings and occasional trips.
- The item for Athletics Weekly is for the purchase of the magazine which is kept in the race folder.
- A breakdown of race costs was requested: these cover mainly prizes but also include St. John's Ambulance, race numbers, cups, sponges etc.

It was proposed to formally thank the Auditor of our accounts, Barry Lilley, who provides the service free of charge, and it was agreed to acknowledge this and donate a gift.

Thanks were also extended to Doug Hinsley for his donation

of race stationery.

Ideas were requested from the floor for ideas for spending some of the current surplus and suggestions included:

- Subsidise the Presentation Evening and make the raffle tickets cheaper.
- Subsidise the many trips we make.
- Purchase of a race equipment trailer to house our stock and make transport to races easier.
- Have two drivers for Le Touquet. This was, in fact, planned for this year but did not take place due to the coach operator Roberts Coaches suggesting that it was not necessary; we will be looking for an alternative company for next year.
- Purchase of computer equipment for use at races.
- Provision of reflective kit for purchase by club members.
- Lighting for use on training evenings.

3. Amendment to the Club Constitution:

It was suggested that it would be better to have a more fluid arrangement with regard to the make up of the committee as it is difficult to get people to undertake roles for races etc. By suggesting a change in the wording of the constitution it was felt that it would enable more people to join the committee to cover additional roles for race organisation. The wording would be to increase the minimum number of reps to six but with a maximum of ten to prevent the committee becoming unwieldy. The vote on this change was carried.

4. Annual Subscription:

The setting of the annual subscription is the responsibility of the committee. It has been decided to maintain it at £10 for adults, £5 for juniors and £5 for other adult members of the same family. It was proposed that a new family membership be introduced, effectively reducing the junior fee to £1. Objections were raised to this on the grounds that we did not want to encourage large numbers of juniors due to the lack of coaching facilities. It was decided to refer the matter to the next committee meeting. As last year there is a prize draw for all sub renewals by 12.11.00.

5. Election of Committee:

All current members were standing again and no new nominations were received so the present committee remains unchanged. *[I understand that Bob Davison was persuaded(?) to remain as Kit Officer - Ed.]*

Continued on Back Page



Results

These results are again incomplete but many thanks to Dave Lightburn and Mike Hedger for supplying the results they have done through email. 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 6) with the results. Dave Lightburn (01795 536173) also needs to know about any season bests for the league tables.

Thanet 10K 2/7/00

Thanks to **Dave Lightburn** for emailing me these results (especially as he said he had a personal worst in this race!) and also those for Cliffe Woods, Cobham Hall and Quest.

Roy Palmer continued his impressive form at Thanet, with a top ten finish and his third best time ever. **Mark Page** had a promising debut run for the club.

Roy Palmer	35:06	7 th
Fraser Wildman	37:37	20 th
Steve Dorkings V40	40:06	
Steve Reynolds V40	40:41	
Dave Smith V50	41:29	
Laurence Shaw V40	43:52	
Mark Page	46:57	Club Debut
Dave Lightburn V40	48:23	

Cliffe Woods 10K 9/7/00

Over this fast course just north-west of Rochester, our top over 50 runner, **Mike Conway** led the Harriers home in an excellent time and **Mick Holmans** recorded yet another fine PB. **Tony Frost** made his debut for the club at the distance.

Mike Conway V50	37:36	
Bob Davison V40	40:18	
Mick Holmans V40	42:22	PB
Dave Lightburn V40	44:50	
Pete Wyeth V50	47:01	
Tony Frost	47:41	Club Debut

Le Touquet 10K 19/8/00

See report on Front & Back Pages.

Gerry Reilly V50	39:06	
Steve Clark V40	39:44	
Masa Kawamoto	39:53	
Chris Jones V40	39:59	
Bob Davison V40	40:30	
Dave Lightburn V40	40:59	
Dennis Hayes V40	41:03	
Brian Brazier	41:33	Debut
Mark Walsh V40	42:31	
Tom Smith	43:34	
Doug Hinsley	44:32	
Roy Gooderson V40	44:49	
Alastair Telford	45:46	
Steve Craswell	46:41	
Mick Holmans V40	48:53	
Mick Hunt	48:58	
Val Holmans V35	62:06	Debut
Sue Reilly V45	63:02	
John Minshull V60	64:01	

26.2RRC Summer 10K

Mike Hedger emailed me with his good result of 45:12 at the marathoners' 10K in August (although unfortunately I do not have the exact date of the race). Mike's time of 44:51 is also the only one I have from the **Wingham 10K** held on 17/9/00.

Thanet Half 10/9/00

The warm conditions at Thanet, in this race that accompanies the full marathon, meant that times were a bit down for all of the 147 finishers. However, both **Glenn Brett** and **Mark Page** had good debuts for the club at the distance and super-vets **Mike Conway** and **Dave Smith** again showed how it should be done.

Fraser Wildman	1:26:03	9 th
Mike Conway V50	1:27:15	12 th ; 3 rd V50
Dave Smith V50	1:32:25	
Dennis Hayes V40	1:35:46	
Glenn Brett	1:37:00	Debut
Laurence Shaw V40	1:37:21	
Carol Reid V35	1:43:43	
Mark Page	1:48:13	Debut
Mike Hedger	1:50:21	
Sharon Proudlove V35	2:20:55	

Cobham Hall 10K 17/9/00

Cobham Hall's scenic, undulating run saw only 191 finishers but **Dave Lightburn** and **Tony Frost** both improved upon previous performances, Tony recording his best yet for the distance.

Dave Lightburn V40	43:42	
Tony Frost	44:53	PB
Pete Wyeth V50	46:30	

Quest 10K 8/10/00

This was held over a new, more rural course than previous years when it was sponsored by Brake Brothers, although as usual it started at the **Julie Rose stadium**. The 643 finishers very had to contend with very wet conditions, with flooded roads in places. Despite this, **Jacob Howe** managed a new PB and there were several other good Harrier efforts.

Mike Conway V50	37:48	
Kit Nelson	38:53	
Dave Smith V50	40:10	
Dave Lightburn V40	40:21	
John Marshall V50	42:07	
Jacob Howe	42:17	PB
Doug Hinsley	44:55	

Parkwood League 8/10/00

The first Parkwood Young Athletes League match of the season took place under testing conditions, although our juniors put in some really gutsy efforts. In the U17s, the runs of **Jack Parnell** and **Matthew Jenkins** (who was making his league debut) meant a Harriers victory on tiebreak from Invicta East Kent in their match. **Jonathan Twist** had a good cross-country debut for the club on what was agreed to be an overlong course for the U13 boys. **Andrew Dowell** and **Lily Martin** both showed that they are progressing well since last season.

	Time	Overall Pos	Match Pos
U17 M			
Jack Parnell	18:37	6/20	2/4
Matthew Jenkins	18:42	8	3
U15 M			
Andrew Dowell	14:58	13/27	6/11
U13 M			
Jonathan Twist	17:07	21/33	7/8
U13 F			
Lily Martin	11:26	5/15	3/6

Kingston Half 8/10/00

Mike Hedger emailed me with news of the Kingston Half Marathon which he ran sometime between shifts at Harefield Hospital. He managed a PB by an astonishing four minutes, clocking 1:38:12. This was a particularly good result bearing in mind that his previous best was at Paddock Wood in March during his London Marathon build-up. Mike says that it also included a 10 mile PB on the way of 74:52! He admitted though that it was an almost perfect day for running, being cool, dry, overcast and was held over a very flat course. There were three other races held simultaneously: 8m, 16m and a full marathon. Although the races were a little on the pricey side (£10 for the half) Mike reckons that if anyone was looking for a PB course for any of these distances he'd recommend Kingston.

Running Fitness League Blean Woods 15/10/00

See **If You Go Down To The Woods Today** for full report.

There were 265 finishers in total, with 169 competing in the Men's League Race and 81 in the Women's (and so 15 were "guest" runners before anybody tries to be funny). In the table below, after the time the three following numbers are the overall position (out of the 265), the position in that league race (out of 169 or 81 as applicable, with female league positions shown in *italics*) and finally the performance rating. This latter figure is a measure of the percentage of the field beaten, using the formula of Rob Bright (the League organiser) of $((F-P+2)/(F+1)) * 100$, where F is the number of finishers and P is the position in the league race of that competitor. Performance ratings are rounded to the first decimal place.

Senior Race

Martin Skeat	31:34	32	27	84.7
Rob Sargeant	31:43	34	29	83.5
Simon Kendall	32:03	38	33	81.2
Jack Parnell	33:17	54	48	72.4
Kit Nelson	33:28	56	49	71.8
Steve Reynolds	V40 34:26	68	59	65.9
Keith Crossland-Page	V40 34:29	69	60	65.3
Dave Lightburn	V40 35:07	81	70	59.4
Steve Clark	V40 36:18	102	86	50.0
Kate Prescott	37:30	120	12	86.6
Jenny Michaelson	38:46	144	20	76.8
Julius Christmas	38:50	148	116	32.4
Carol Reid	40:04	162	25	70.7
Mick Maume	V50 40:59	177	137	20.0
Tracie-Lee Taylor	41:39	185	31	63.4
Mandy Fitzgerald	42:20	195	38	54.9
Mark Trott	V40 42:56	201	147	14.1
David Nankivell	43:34	212	154	10.0
Mick Hunt	44:58	225	161	5.9
Sue Reilly	V40 47:25	240	62	25.6

New York City Marathon 5/11/00

Jenny Michaelson_{V35} took a big chunk out of the Big Apple in her **debut marathon**, recording an excellent net time (i.e. the time taken from start to finish) of **3:48:34** on a course which is significantly more difficult than London. Her gross time was 3:48:55 (so she did not have too much of a delay at the start) and her splits (all gross) were: 10K: 52:33; Half: 1:49:58; 20 Miles: 2:50:22. Hopefully Jenny can be persuaded to write of her New York experiences for a future *Harrier*!

Deal 5 5/11/00

A **strong headwind** on the outward section of this promenade course increased times for the 253 runners but most of the Harriers battled through well. Of particular note were the **new PBs** by **Tracie-Lee Taylor** and **Mick Holmans**, despite the unhelpful conditions. There were several debuts for the club, led by first Harrier **Kit Nelson** and **Stephanie Lam** and **Val Holmans** both creditably competed in their first ever 5 miler.

This was an excellently organised event, with a goody bag that included a frisbee! Full results are available at www.dealtri.ndo.co.uk.

Kit Nelson	31:10	Club Deb.
Keith Crossland-Page	V40 31:53	
Gerry Reilly	V50 31:57	
Steve Dorkings	V40 32:05	
Joe Hicks	V40 32:34	
Jacob Howe	32:50	
John Marshall	V50 33:48	
Dennis Hayes	V40 34:10	
Mel Carter	V50 34:46	
Mick Holmans	V40 34:49	PB
Alastair Telford	35:30	
Roy Gooderson	V40 35:50	
Tracie-Lee Taylor	V35 35:58	PB
Carol Reid	V35 36:12	
Julius Christmas	36:21	Club Deb.
Mick Maume	V50 36:26	Club Deb.
Mandy Fitzgerald	39:48	Club Deb.
Stephanie Lam	V35 45:43	Debut 5
Val Holmans	V35 47:17	Debut 5

If You Go Down To The Woods Today...

...You'll find a lot less mud than you were hoping for. At least, that was what **Gerry Reilly**, **Roy Gooderson** and myself felt when we set the course up on the Saturday afternoon before the Blean Woods cross country. With some major downpours in the previous week or so causing flooding, we'd somehow expected that parts of the course would be **like a quagmire** and we'd be having to hoist runners out at the end of the race. The only real indication of how wet it had been was when **Roy stepped in a puddle** on the main field at the end of marking out the course.

The next day was, thankfully, quite unlike last year weather-wise when we endured gale-driven torrential rain. This year it was **bright and calm** and an ideal day for running over the five mile course. The fair conditions helped encourage a number of runners to take

part for the first time. **Kit Nelson** did well to be our fifth scoring runner and **Kate Prescott** had a storming run to be 12th female and post what was probably the best performance of the day by a Harrier.

Mick Maume, who not only saved the day on his debut by being our only vet 50 runner (Gerry had to go and do a coaching course that day) but also put in a good solid run. **Julius Christmas** and **David Nankivell** also coped well with what was unknown territory for them.

Among the women, **Tracie-Lee Taylor** and **Mandy Fitzgerald** both had very encouraging debut cross country runs. **Jenny Michaelson** showed also that her New York Marathon training was going well by securing a top-twenty finish in her first league outing.

Among those who had experience of cross country before, **Martin Skeat**, **Rob Sargeant**, **Simon Kendall** and **Jack Parnell** all performed well in getting in the top 50 in what is an increasingly competitive league. For the women, **Sue Reilly** was again **invaluable** in racing as our only vet 40 woman, after having helped with the organisation.

As an example of how competitive it has become, **Alan Lee** of Sevenoaks raised some eyebrows by being over a minute clear of last year's champion, **James Batchelder**, in winning the race. The women's race was won by **Tracey Apps**.

The **junior race** (which was directed by **Mark Trott**) was **dominated** by young **Canterbury Harriers**, with **Jonathan Twist** winning in 11:53 and ably supported by **Alistair Clifford** (3rd; 12:44), **James Hunt** (4th; 13:19) and **Tony Rowland** (6th; 14:30).

A **big thank you** goes to all those Harriers who helped out on the day but the main credit goes to **Roy Gooderson** who ran the whole show. He put up with many things, including our **chairman's dog** relieving itself on his megaphone - and this, you may recall, after Chairman John avoided last year's deluge by being in Spain!

Alastair Telford



Noticeboard



Presentation Evening



Christmas is coming and the runners are getting fat. Don't forget that this year's

Presentation Evening with disco is on Saturday 9th December at the King's School Recreation Centre Bar from 7.00 p.m. We will have the usual finger buffet. (Last year Gerry must have eaten too many fingers as he felt queasy at the end of the evening.) The club will be **heavily subsidising the event** as it has been a successful year. Tickets will be **£7 a head** (compared with £10 a head last year) and members who **buy a ticket by 30th November** will also get a **£5 bar voucher**, so **early bookings will effectively only cost £2 a head**. (Unfortunately, non-members will not be eligible for the bar voucher.) Tickets will be discounted for juniors coming with a parent.

Please could everyone help out by **selling raffle tickets** to friends and family, which this year are only **50p a go** as compared to **£1 last year**. There will be the usual **myriad selection of prizes**, with a **mountain bike** again being the "drum roll" draw.

Please see me or any other committee member if you would either like to buy Presentation Evening tickets or get some raffle tickets.

Roy Gooderson



Decathlon Sports in England

Anyone who came to **Le Touquet** last year will remember **Decathlon Sports** **superstore**. They have an excellent range and good prices. I see that they are **opening** a superstore at **Surrey Quays shopping centre**, at this end of London's Rotherhithe tunnel. If you are up that way its definitely worth **sticking your nose in the door** - oops, sorry Emma. *[Newer readers should know that Emma Hodges ran into an automatic door at Decathlon due to trying not to be late for the coach and hence incurring the wrath (well, dunce's cap) of, you guessed it, one Roy Gooderson -Ed.]*

Roy Gooderson

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

December

1st Winter Pub Run

7pm. Phoenix PH, Old Dover Road. See Page 6.

3rd Thanet 10

11am. Palm Bay, Cliftonville. £6+£2D. CD 26/11. F TS

3rd PARKWOOD LEAGUE

From 12:30pm. University of Kent.

9th KENT VETERANS' & CLUBMEN'S XC CHAMPS

University of Kent. **Entries closed.**

9th PRESENTATION EVENING

7pm King's School Recreation Centre.

10th Christmas Caper 4.2

11am. Swanley Town Centre. £4.50 +£1D. CD 4/12. U SP

15th Winter Pub Run

7pm. Phoenix PH, Old Dover Road.

16th Kent Women's & Juniors' XC Leagues

From 12:30pm. Sparrows Den, West Wickham.

17th Maidstone & Rochester AC Road Relays

From 1pm. Airport Works, Rochester. **Please see Gerry ASAP if you are interested.**

22nd CHRISTMAS SOCIAL RUN

Ye Olde Yew Tree Inn, Westbere. See Graham Brown for details.

31st RUNNING FITNESS XC LEAGUE

11am. Minnis Bay(!), Birchington. Meet at KSRC at 9:30am for lifts.

31st Aylesham 10

10:30am. Ratling Road, Aylesham. £5 + £1D. U S

January 2001

14th RUNNING FITNESS XC LEAGUE

11am. Avery Hill Park, Eltham. Meet at 9am at KSRC for lifts.

28th Canterbury 10

11am. Chaucer Tech School. £7+£1D. CD 24/1. U S TS

February

4th RUNNING FITNESS XC LEAGUE

11am. Oxleas Wood, New Eltham. Meet at 9am at KSRC for lifts.

11th Ashford & District 10K

11am. Sandyacres, Ashford. £5.50+£1.50D. CD 5/2. U SP Mem

18th RUNNING FITNESS XC LEAGUE

11am. Venue TBC.

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.

Coaches Needed

We urgently need people to **train as coaches**. The training is relatively straightforward and you'll end up as a certified coach. [As opposed to simply being certifiable like Gerry - Ed.] Please see **Sue** or **Gerry** if you are interested.

Gerry & Sue Reilly

Cross Country Reports

Some of you may have noticed my name attached to **reports in the Kentish Gazette** and I thought I would explain that **Steve Constable, Gazette Sports Editor**, has asked me to cover senior cross country for the Canterbury based clubs this winter. I may also be covering road races such as the Canterbury 10.

In the Seventies I wrote in the Kent Messenger about athletics throughout Kent, and briefly in the early nineties wrote about cross country, until it was made clear to me that what I wrote had to be approved by a certain person otherwise my **facial features would be rearranged**. Surely this could only be an improvement, I can imagine you thinking, and, are you a man or a mouse, Macmillan. Squeak is the only answer I can give.

Those who know me know I am as **soft as an old tabby cat with blunt claws** and teeth but I seem to **come over differently in print**. I write what I think and **diplomacy is not my middle name**. It would be a pretty stupid name if it was. My ambition is to write something of interest and pick up "lay" readers rather than to flatter local athletes.

How it will work out I don't know and news can be sent straight to the Gazette but it can also be sent to me. The more raw material I have the more chance I have of producing something worth reading. My **email address is ianmacmaniac@netscapeonline.co.uk**.

Ian Macmillan

Winter Pub Runs

Iam proposing to start a **winter series** of **fortnightly** social runs. They will start and finish at the **Phoenix pub** on Old Dover Road at **7:00pm**. The route will always be the same (about 45 minutes at my pace) but with lots of cut off points, so that once you know the route you can run at your own pace if you want to and all meet at the pub afterwards. The landlady has agreed to provide soup and roll at a cut down price, if you want it! The first one is on **1st December** so, if anyone wants to join me, see you there. The **beer**, by the way, is **excellent!!**

I have also provisionally arranged a **pre-Christmas Friday social run** on **22nd December** from **Ye Olde Yew Tree Inn** at **Westbere**. The landlord has said he can provide soup, rolls, mince pies and mulled wine at a very reasonable cost. Let me know if you are interested and I can make more positive arrangements. **Fancy dress optional!**

Graham Brown

Wedding Bells Take 2

Apologies to **Doug & Gill** for getting the date of their wedding party wrong but everybody had a great time on 10th (rather than 18th) November and we wish them all the best for the future.

Alastair Telford



Running Fitness XC Update

The **Running Fitness XC** fixture list has been updated and now looks as follows:

31st December Minnis Bay, Birchington

14th January Avery Hill Park, Eltham (Not 13th January as stated in the last issue)

4th February Oxleas Wood, New Eltham

18th February To be confirmed

Unfortunately, three of these dates, 31st December, 14th January and 18th February **clash** with the Aylesham 10, the Hastings 10K and the Tunbridge Wells Half, respectively.

Alastair Telford

Kent XC Leagues & Championships

The remaining **Kent Women's and Juniors' Leagues** matches will be held on **Saturday 16th December** and **Sunday 18th March** at Sparrows Den, West Wickham (with changing at Blackheath Harriers' headquarters) and at Ashford, respectively. These matches start from 12:30pm for the juniors and from 2:30pm for the senior women. **Please see Sue or Gerry if you are interested in competing.**

Please also see Gerry or Sue ASAP if you are interested in competing in the forthcoming **Kent Senior and Junior Cross Country Championships** or, indeed, the **Southern Counties Championships** (for all age groups). **Entries for all these races need to be in soon.**

Gerry Reilly

Parkwood XC League

The remaining fixtures for this season in the **Parkwood Young Athletes Cross Country League** are **3rd December, 3rd March** and **1st April**. The last of these are the relays. Each fixture is held at the **University of Kent** and each starts at **12:30pm**. Please see **Gerry** or **Sue** if you are interested in competing.

Gerry Reilly

Editorial

As you will see in the AGM report, *The Harrier* will be developing a new format. Please send all contributions (preferably electronically) to me by **4th January**:

Alastair Telford,
Flat 5, 56 London Road, Canterbury, Kent, CT2 8JY.

Tel: 01227 786210 Fax: 0709 2266005

Email: AlastairTelford@yahoo.com

A Merry Christmas & a Happy New Year to you all

John Minshull's Audited Accounts For The Year To End Of September 2000

CANTERBURY HARRIERS

INCOME & EXPENDITURE ACCOUNT

For the Period	12 Months to	30 September	2000
EXPENDITURE		INCOME	
SEAA Affiliation Fee 1999/2000	97.25	Membership Subscriptions 1999/2000	907.00
KCAA Affiliation Fee 1999/2000	25.00	Race Services Receipts	200.00
Team Entry Fees - XC Leagues etc	280.00	Kit Sales	355.69
Printing, Stationery & Postage	194.64	Opening Stock	524.05
Coaching Costs(Courses & Equipment)	180.98	Purchases	327.03
Harrier Magazine Costs	174.55	Less Closing Stock	(286.00) 565.08 (209.39)
A. G. M. Costs	30.00	To-Days Runner X C	Income 342.95
Twinning Costs Hollandia	1.80	Costs	217.89 125.06
New Logo Cost & Samples	90.11	Presentation Evening	Income 1,106.00
Friday Social Run Costs	352.00	Costs	996.67 109.33
Athletics Weekly Subscription	87.50	Whitstable 10K	Income 4,220.70
Sundries	115.74	Costs	2,292.77 1,927.93
Depreciation	168.99	London Marathon Trip	Income 290.00
		Costs	210.00 80.00
		Mud Sweat & Tears Run	Income 619.00
		Costs	289.28 329.72
Surplus of Income over Expenditure	2,044.78	Le Touquet Trip	Income 561.25
		Costs	521.45 39.80
		Red Lion 10K	Income 1,846.50
		Costs	1,542.61 303.89
		Football Cards	Income 30.00
			£ 3,843.34
			£ 3,843.34

BALANCE SHEET as at 30 SEPTEMBER 2000

Liabilities		Assets	
Surplus from previous year	2,537.36	Kit Stock	@ SALE PRICE 286.00
Surplus this year to-date	2,044.78 4,582.14	Equipment	@ WDV. 506.97
Accrual	30.00	Balance at Bank	3,735.62
		Cash in Hand	24.05 3,759.67
		Payments in Advance	59.50
			£ 4,612.14
			£ 4,612.14

Auditor's Report

I have examined the foregoing Income and Expenditure Account for the period 1st October 1999 to 30th September 2000, and Balance Sheet as at 30th September 2000, which are in accordance with the books and vouchers produced to me and additional information supplied to me by the Hon. Treasurer, Canterbury Harriers.



B. M. LILLEY A.C.A. (Auditor)

On the Friday before the race we held a **final pub run** over the 10K course, which was a fitting end to a superb series of runs that **Graham Brown had organised**, starting with a rather soggy run at the Rose Inn at Wickhambreaux in April and taking in all terrain and (seemingly) all weathers. It was also fitting that **Roy Palmer** performed a gig in the pub after the run, just before his four month Australian trip.

Race day proved to be **hot and humid** and I wondered whether we should have followed Bob Davison's advice to have an **extra water station** at the four mile mark. As it happened there was luckily little to tax the St John's Ambulance Brigade and most of the runners seemed to enjoy the run despite the heat and the hills.

The best thing from the Harriers' point of view was that we had a "home" winner in **Mike Conway** taking the **vet 50 prize** behind race **winner Anthony Webb** of Ashford who won in 34:48. Webb and second placed Kevin Williams (who took the vet 40 prize) were the only two to break 35 minutes. There was a similar story in the women's race where **Tina Oldershaw** of Paddock Wood (38:47) and **Jane Fraser** (who took the vet 35 prize in 39:20) were the only two to break 40 minutes. However, they were lucky that **Andrea Green**, who had pre-entered, did not turn up.

The fact that the day went well, apart from some glitches, was the result of a good cooperative effort by the Harriers and there are too many to thank individually. The race got an appreciative write-up in *Runner's World* and has also been selected as part of the **Kent Grand Prix series** next year.

Le Touquet (see results Page 3)

The millennial edition of our **French day trip** took place on the Saturday after the Red Lion. After last year's experience, in which the organisers replaced our names with single letter codes, we were a little bit wary of what might be in store.

Any **fears proved groundless**, however, as we had a great day out with only one hitch over timing and one other thing, which I shall come to at the end. There were



Jack Parnell approaches the final straight of the 5K at Le Touquet. Jack came 8th but there did not appear to be official results of his race

some great efforts in the 10K race, despite the sun. The **coach craftily came first** home for the Harriers and it was good to see **Masa**, visiting from Japan, breaking the 40 minute mark. **Brian Brazier** and **Val Holmans** both ran well in their first attempts at the distance.

After the run there was enough time for everybody to have a drink and a bite to eat at **Wimereaux** as we watched the sun go down from the promenade.

Normally, praise would rightly be heaped upon **Roy Gooderson** for organising the trip. However, since this year he **failed to deliver** on his promise of **mixed showers**, it was felt that he should be refunding people rather than being praised!

Alastair Telford

6. Calendar of Events:

In addition to the draft proposal for the calendar of events the following additional events were suggested:

- An increase in the frequency of the **pub runs**.
- Holding a **road relay of our own**.
- Teams for both the **North Downs** and **Saxon Shore relays**.
- **Inter-club races on winter evenings**.
- **A Ladies-only 5K**.

6. Any Other Business

The following points were raised:

Harrier magazine: Alastair puts in a great deal of his time and effort in producing this but now that there are other demands on his time such as a full time job, he has less time available and we need to review the form and frequency of the magazine. [*This is not quite accurate as I had problems with producing the Harrier when I was in my previous full-time job working at the University. However, now time is even more limited as I am commuting to Tunbridge Wells - Ed.*] There is the option to reduce the size or frequency of the Harrier with perhaps results being published frequently and a larger version in the form of the current issues every 3 or 6 months.

Race results: this needs to be improved since as always it is a bit haphazard at present.

London Marathon Places: There are 3 London marathon places available to the club this year, it was felt that it should be restricted to members who had been with the club for at least one year.

Coaches: for a club of our size we require more.

Dave Lightburn

Contributions for the next Issue by 4th January - see Editorial Page 6 and AGM report