

The Harrier

September 2001
Volume 6 Number 2

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So Long, Farewell...

My last editorial (leading from the front, for once!)

As you will all have noticed, there has been a **very long gap** between editions of *The Harrier*. This has been caused mainly by pressures of work, plus other factors such as (mis-)directing the Red Lion 10K, and consequently **I feel unable to continue editing *The Harrier* any longer.**

I started editing *The Harrier* in October 1997, just after the club had undergone a major upheaval. In that time both the club and *The Harrier* have **developed considerably** and, unfortunately, each edition has taken longer to produce. It has appeared to me that, apart from **Dave Lightburn**, who has been emailing me results, and the odd other contributor, I have actually had to take on **more of the burden of writing and production** rather than less, even to the extent of having to "ghost" news articles for other people with regard to events that I know are coming up. This is also despite my requests for additional help that I made well before I started to commute to Tunbridge Wells to work.

On the other hand, I naturally feel I have **let the club down** since the newsletter is the main means of communicating with the members and instead there has been nine months of silence. This was particularly the case with regard to the Whitstable 10K where all members were asked not to run and to help out with marshalling instead, due to the heavy demands of the event.

On a more positive note, **John Minshull** has kindly agreed to take up the challenge of **producing a monthly news-sheet** for Canterbury Harriers. This will have a simpler format than *The Harrier*, consisting of a page of results and a page of news.

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...And Thanks For All The Beer!

Alastair Telford on Sandra & Graham's departure

The architect of the pub runs, **Graham Brown**, and his partner **Sandra Eady**, have sadly had to leave us as Sandra is taking up a new post as a **Principal Lecturer in Education** at St Martin's College (which is attached to the University of Lancaster) in **Carlisle**.

Graham will be greatly missed as he instigated our popular series of **pub runs** last summer and extended that with a series of winter pub runs at Graham's favourite real ale-house in Canterbury, **The Phoenix** on Old Dover Road. Not only that, but Graham introduced some of us to the delights of **multi-terrain team events** such as the North Downs Relay. (A more unfortunate innovation by Graham was kissing the editor on the head in pubs, but that, unsurprisingly, has not become popular!)



Our hero in action (well, near enough!) at the Minnis Bay XC

Thanks to Tom Smith for this photo

London Marathon 2001

Alastair Telford reports on a new club record at this year's big marathon

A cool, dry day on 22nd April with only a light wind helped the runners taking part and this was conducive to some spectacular performances from Canterbury Harriers. **Martin Skeet** and **Rob Sargeant** ran most of the way together and both finished very comfortably within three hours, Martin just going away from Rob in the last 10K. It was, surprisingly, the **first time Martin had broken three hours** in the event. **Jacob Howe** had a quite brilliant debut, completing the course at exactly 7 minute mile pace. **Dianne August** had an excellent run too in setting a new PB and overcoming both the disappointment of last year when she was unable to run and also injury problems this year. Dianne, however, was unlucky since in some years her time would win the club's Female Marathon prize, but like Jenny Michaelson (3:48:34 in New York last November) and Kate Prescott (3:28:30 in Paris) she has to give way to our Female Champion, **Carol Reid**, who ran a superb net time of 3:24:45. Of the other runners, **Mick Holmans** was suffering from a bug and so his time did not reflect his level of fitness or the amount of hard training he had put in. The **master of consistency, Joe Epsom**, managed yet another time at around the 3:50 mark and **Pete Greenwood** continued his membership of the exclusive "**Ever Presents**" club of those that have now done all 21 London Marathons.

There was something else, of course, that's missing from the above report: **Roy Palmer's extraordinary run** that meant he came in the top 200 of the race (and let's not forget that there were over 30,000 finishers), and set a new club record, beating Greg Callaghan's previous mark by half a minute. Roy's time equated to averaging 6:10 every mile and was tribute to his efforts in preparing for the event.

In the table below, all the times given are "gross" ones (i.e. from when the gun went) since the London Marathon website (www.london-marathon.co.uk) does not record the time taken to cross the start line, unlike Paris (www.parismarathon.com) or New York (<http://www.nyrrc.org/nyrrc/marathon/home.html>), the latter also giving splits in "real-time" so that you could follow the progress of runners.

Alastair Telford

Name	10K	20K	1/2way	30K	40K	Finish	Pos	Notes
Roy Palmer	37:46	1:15:10	1:19:21	1:53:32	2:33:16	2:42:05	199	Club Record
Martin Skeet	41:32	1:21:03	1:25:30	2:01:57	2:45:23	2:55:09	591	PB
Rob Sargeant	41:32	1:21:04	1:25:30	2:01:57	2:46:50	2:58:25	795	
Jacob Howe	42:07	1:24:20	1:28:59	2:06:38	2:52:59	3:03:56	1210	Debut
Carol Reid <small>v35</small>	47:55	1:35:34	1:40:55	2:24:12	3:14:17	3:25:13	244	
Dianne August <small>v45</small>	50:55	1:40:52	1:46:48	2:36:25	3:36:03	3:49:22	732	PB
Mick Holmans <small>v40</small>	49:48	1:36:51	1:42:29	2:31:05	3:36:26	3:50:22	6961	
Joe Epsom <small>v50</small>	55:40	1:48:07	1:53:56	2:42:29	3:40:20	3:53:19	7479	
Keith Crossland- Page <small>v40</small>	47:26	1:34:31	1:40:14	2:31:44	3:53:03	4:08:00	10364	
Pete Greenwood <small>v50</small>	58:36	2:08:04	N/K	3:45:17	5:27:26	5:46:55	21954	Ever Present



Noticeboard

Annual General Meeting

The next Harrier year fast approaches and the **Annual General Meeting** will be held at **Rough Common Village Hall** on Thursday 18th October. There will consequently not be any training on that night (unless you count **Genry's dash** to the Dog & Bear afterwards).

The meeting will **discuss some important points**, including charitable donations from club funds and, indeed, further suggestions concerning what to do with the club's surplus.

There will also be **elections to the committee**. Most of the committee will be seeking re-election. However, **Dave Lightburn**, after much sterling service as secretary has decided to step down due to the pressures of work restricting his time. **Bob Davison** has also decided to leave the committee, although he will continue to manage the kit for the club and help out with various tasks such as the road relays. With **Pete Wyeth** also stepping down as a runners' representative, hopefully many members will seek election either for the vacant posts or to run against one of the incumbents.

If you would like to stand for election to the committee or have any matter raised at the meeting, please write to **Dave Lightburn** at least a week before the date of the meeting. Dave's address is:

21 Minster Road, Faversham. ME13 8HG

You can also **email Dave** about AGM matters via AGM@canterburyharriers.org.uk

Alastair Telford

Subs Due After AGM

The day of the AGM also brings the sound of the **bailiffs beating a path to your door**, demanding your **Canterbury Harriers' subscription money**. It is **likely** (although this has to be ratified by both the Treasurer and the AGM itself) that the **subs will remain static** at **£10** (with only **£5** for other members living at the same address) for yet another year.

Alastair Telford

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 732058
Runners' Rep	Sue Reilly	01227 477148
Runners' Rep	Fayne Brenner	01227 732058
Runners' Rep	Pete Wyeth*	01795 479057

**Stepping down in this coming year*

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

9th Quicksand 15

10am Margate Main Beach. £7+£2D. CD 1/9. **MT Mem**

15th Bethersden 5

2pm Bethersden School near Ashford. £6+£2D. CD 10/9. **F M**

16th Wingham Fun Runs

10.2K and 5.4K at 10:30am Wingham Recreation Ground. **Entries on the day. Mem**

23rd Maidstone 1/2 & 10K

From 9:30am (possible to run both events as 10K starts at 11:45am). Also 2K and 4K FRs from 9:45am. £6 10K; £7 1/2; £10 both +£1D. **Mem**

30th Boughton 10K

11:30am Boughton Primary School. £5+£2D. CD 21/9. **H M**

30th North Downs 30K

10:30am Istead Rise Community Centre. £7.50+£1.50D. CD 24/9. **H MT** (Plus 2 mile FR at 11am)

October

7th Sittingbourne 10

10:45 am Highsted School, Sittingbourne. £5+£1D. CD 3/10. **TS** (Plus 2K FR at 10am)

14th Quest 10K

8:30am (yes, really - it's billed as a "breakfast run" this year) Julie Rose Stadium, Ashford. £5+£2D. CD 7/10. **M+Breakfast!**

18th ANNUAL GENERAL MEETING

7:30pm Rough Common Village Hall

21st KENT FITNESS XC LEAGUE (See Page 9)

11am Blean Woods, Canterbury. **Please either run in or help out with our event!**

28th Wilmington 10K

11am Wilmington Grammar School. £5+£2D (up to 10:15am). CD 20/10. **F M** (Also 2K FR at 10:30)

November

4th Deal 5

11am Deal Rowing Club. £4+£1D. CD 25/10. **F M** (Also 1K Junior FR)

4th Thanet Marathon & 1/2 (Inc Kent Championships)

10am Hartsdown Park, Margate. £9+£3D Mar; £6+£2D 1/2. CD 27/10. (Also 2 mile FR)

11th Kent Fitness League

11am Swanley Park, Swanley. Meet at KSRC at 9am for lifts.

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.

Child Protection Officer

The SEAA has requested that all clubs appoint a **child protection officer** that is not part of the club's hierarchy. To this end **Tom Smith** has kindly agreed to take on the role; it is likely that a **female officer** will be appointed as well. There will be an update on this in the forthcoming news-sheet.

Gerry Reilly & John Hartley

Parkwood Leagues

Please see **Gerry or Sue** if you are interested in competing in the Parkwood Young Athletes XC League. Races are held at the University on Sunday morning/early afternoon.

Gerry & Sue Reilly

Wedding Bells & Babies' Cries!

There has been plenty going on in the Harriers' **hatches 'n' matches** department this year. You may have seen via some race results that **Erica Akerman** has become **Erica Morrell**, having got married at Leeds Castle in May. **John Collins** and **Trixie** (nee Vickery) had their first daughter, **Gemma**, in February, and **Fayne Brenner** and **Simon Kendall** welcomed the (10lb!) **Saffra** in May.

Many congratulations and best wishes to all of the above!

Alastair Telford

Treasurer's Report

There will **not** be a treasurer's report accompanying this newsletter but **John Minshull** will be producing an up-to-date summary of the club's finances with the first news-sheet.

Alastair Telford

Electronic Harriers

Canterbury Harriers have **purchased the Internet domain names, canterburyharriers.org.uk, whitstable10k.org.uk and redlion10k.org.uk** so as to make our club and races more easily accessible on the web. I have also done a redesign of the main web pages both to improve the appearance and to make modification in the future easier. I will be endeavouring to bring some of the content of the site more up-to-date in the coming months.

I am also aiming at increasing the reach of the Harriers' **electronic mailing list** - if you would like to be on the list, please just **send an email to Alastair@canterburyharriers.org.uk**

We have also **purchased a laptop** for club use, at a cost of just over £700, in order to help out with the club's administration and also for use at races. Previously, chairman John Hartley had been transporting his own PC to and from races, which obviously was not a satisfactory situation. The laptop's first outing was at the Red Lion 10K and all appeared to go well there.

Alastair Telford

Kent Fitness XC League

The **Kent Fitness XC League** fixture list for 2001- 2002 has been set provisionally as follows:

21st October Blean Woods, Rough Common

11th November Swanley Park, Swanley

25th November Knowle Park, Sevenoaks

6th January Minnis Bay, Birchington

13th January Avery Hill Park, New Eltham

3rd February Oxleas Wood, Shooters Hill

24th February Mote Park, Maidstone

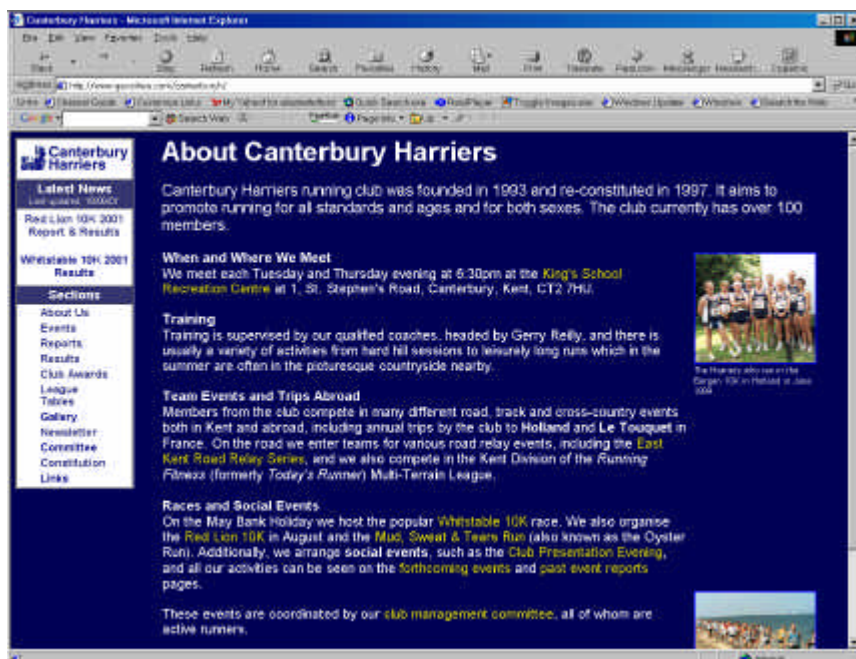
All races start at 11am.

Please let's have a **big turnout** for all these races so that we can be competitive in the league. This is especially the case for the first event, which **we are staging** at **Blean Woods** - if you cannot or do not wish to run yourself then please offer to help out with marshalling. It would be even better if you could enlist a few friends to marshal as well! Please see **Roy Gooderson** or any other committee member if you would either like to run or to marshal.

These races are **very enjoyable** and, what's more, the club **pays your entry fee to each race** that you take part in. Even better, lifts are organised at the King's School Recreation Centre for all the away fixtures in order to make the most economical use of cars. Typically, we would leave between 9am and 9:15am for the races near to London.

While you're counting the days to the start of the cross-country season, here is something else to ponder upon: "**Kent Fitness XC League**" is actually a provisional title for the league since *Running Fitness* magazine (formerly *Today's Runner*) has withdrawn its sponsorship. Nobody is quite sure exactly how the magazine sponsored the races but that's another matter. Your mission, should you choose to accept it, is to think up a new, snappy and descriptive name for the league, whose rules bar all elite athletes (where "elite" is defined as regularly under 34 minutes for a 10K for men and regularly under 38 minutes for women).

Alastair Telford



No Saxon Please, We're British!

Alastair Telford reports on this year's Saxon Shore Relay



The Saxon Shore Relay teams (l to r): Alastair Telford, Laurence Shaw, Joe Hicks, Steve Clark and Graham Brown; Mary Drewitt, Dianne August, Sue Reilly (with mascot!), Carol Reid and Kate Prescott

Thanks to Laurence Shaw for this photo

Canterbury Harriers' men narrowly failed to retain the title they had won last year, but the **Harrier women triumphed** in their first attempt at the **Saxon Shore Relay** on 6th June.

Canterbury Harriers' men's team (**Laurence Shaw, Graham Brown, Joe Hicks, Steve Clark** and **Alastair Telford**) just missed out on following up their year 2000 success, losing out to the **Pfizer Discovery section team** by less than a minute over almost 47 miles and 5 hours 20 minutes of running. The Pfizer team might have been goaded on by the fact that Laurence had obtained for us a **set of bright yellow running vests**, inscribed with the words "We Five Kings of Orienteer" and generally letting everybody know that we were the champions!

Whilst the men just lost out, the "**Canterbury Harriets**", comprising **Carol Reid, Sue Reilly, Dianne August, Kate Prescott** and **Mary Drewitt** (who's actually a member of Invicta but gamely ran in a Harriers T-shirt), easily won the women's race and would probably have done well in the open competition. However, rather unfairly, they were **not rewarded** for their efforts at all.

The course this year was modified to work around any continuing restrictions as a result of the foot and mouth outbreak. This meant, for instance, that the longest (and one of the more overgrown) legs between Richborough and Plucks Gutter was cut out in favour of some legs on country roads. Would **Bob Davison**, who did that leg last year, have run if he'd known about that change to the course?!

However, the basic concept of the race was unaltered in that it was a multi-terrain run following the Saxon Shore Way from just north of Cheriton to Whitstable. Whilst one member of the team was running the others made their way by car to the next changeover point.

Despite coming second the four members of the men's team who'd run last year all agreed that they actually enjoyed it more this time as it was more competitive. The remaining member of the team, Steve Clark, who had probably done the most to ensure that we *were* competitive, just decided that he needed a dip in the sea and a cold beer at the end!

All credit must go to **Dave Ovenden** the organiser of the event, which raised several hundred pounds for charity, and to the leader of our team, **Laurence Shaw**.

Alastair Telford

Whitstable 10K

Alastair Telford reports on our May Day Bank Holiday event

The Whitstable 10K, was won by **Anthony Webb** of **Ashford AC** (who was also the winner of last year's Red Lion 10K) in 33:09 with **Nicky Hills** of Deal Tri being first female in a time of 39:17. The runners were not helped by a **biting north-easterly wind**, although there were 539 finishers, with no entries being taken on the day.

In the **men's race**, Anthony Webb was followed home, in an intense battle for second place, by Jim Duffill (Sevenoaks AC) in 34:21 and Geoffrey Wiseman (Thurrock) in 34:26. In the veteran categories, Simon Hunt (Salisbury) took the vet 40 prize in 35:05, Stan Coleman (Thrift Green) took the Vet 50 prize in 36:49 and John Roberts took the vet 60 prize in 43:26.

Ashford AC (28 points; Anthony Webb, Paul Tee and Nigel Smith) were the **men's team prize** winners. They were ahead of Invicta East Kent AC (54 points) and Thanet Road Runners AC (57 points).

In the **women's race**, Alison McCartney (Thanet RR AC) was second in 39:49 with Carol Marlin (Ashford AC) third in 40:13. In the veteran categories, Alyson Parlett (Bexley Borough AC) took the vet 35 prize in 41:04, Sue James (Paddock Wood AC) took the vet 45 prize in 41:32 and Sue Lambert (Serpentine Running Club) took the vet 55 prize in 45:20.

Bexley Borough AC (30 points; Alyson Parlett, Wendy War-

nes and Kaeti MacKenzie) were the **women's team prize** winners. They finished ahead of Invicta East Kent AC (31 points) and Deal Tri (42 points).

Full results of the race are available via our website.

Despite having to devise a new finish area in Cornwallis Road, the event went smoothly thanks partly to the great efforts of race directors **Dennis Hayes** and **John Hartley** and also to **Gerry Reilly** and **Roy Gooderson** who helped to arrange the new course set-up. However, perhaps the biggest round of applause should go to the **vast army of members and friends of Canterbury Harriers** who turned up to help out. Due to the increase in both vehicular and pedestrian traffic around Whitstable everybody was vital and that was why members were not permitted to run. Since this meant they were denied a run on a fast course, and when there were few events about anyway, due to the foot and mouth crisis, this was an especially terrific effort by the members.

Next year, since the **police will not cooperate** at all with any run going through the **centre of Whitstable**, the race will have to move, probably to the Waterfront Club on the eastern side of the town.

Alastair Telford

So Long, Farewell...

Continued from Front Page

However, John, despite his talents in keeping our accounts balanced, is **not psychic** and it is up to you to send in any results or news to him. This is particularly important as **Dave Lightburn** has decided to **step down** as secretary due to the pressures of work.

Please email results and news items to news@canterburyharriers.org.uk or fax them to 07092 266005. Alternatively, you can post them to John at Tall Trees, Hunters Way, Sheldwich, Faversham, ME13 0NB.

I shall still be involved on the **electronic side of things** (see Page 9), looking after the website and emailing people the latest news. Getting the website up to date with the latest results and news will help John in his task and naturally I'll assist if necessary.

Despite what I have written above, I will miss **The Harrier** and writing about a terrific club & a great bunch of people.

That's all folks.

Alastair Telford



Gerry said he wanted this pic of Emma Hodges included as an example of "How the Harrier women should warm down" but then he's full of odd advice like that!

Another Run Down The Pub

Alastair Telford reports on this year's Red Lion 10K

International athletes **Barry Royden** (Medway AC) and **Andrea Green** (Dartford Harriers AC) both picked up bonuses for **breaking the course records** at the **Red Lion 10K** on Sunday 12th August at Hernhill near Faversham. Barry and Andrea were at the head of a very **popular race** which reached its limit of 400 entrants, with, regrettably, some people being disappointed when they turned up to enter on the day for the Kent Grand Prix event.

Barry clocked 32:15, breaking his own mark set in 1999 by over a minute and Andrea, who was 11th overall, showed her class by running 35:42, an improvement by almost a minute and a half on her 1999 record.

Behind Barry in the men's race were Darell Smith (Sevenoaks AC) who ran 32:37 and last year's winner Anthony Webb (Ashford AC) who was a further nine seconds back but actually two minutes quicker than his pace-setting time in 2000. David Morris of Boxhill Racers took the Vet 40 prize in 35:05, the Vet 50 prize went to Invicta East Kent athlete, Martyn Rouse, who ran 37:27, and David Northcroft (Maidstone Harriers) took the Vet 60 prize in 44:39.

As well as his cash prizes both for winning the race and setting a new course record, Barry Royden also took home a couple of bottles of Shepherd Neame's new **Whitstable Bay Organic Ale**, along with winning **Medway AC teammates** Gareth Williams and Ivon Whitmore. Thanet Road Runners and Invicta East Kent were 8 and 11 points, respectively, behind Medway's total of 40.

Andrea Green was followed home by Janice Moorkite of Invicta East Kent, who took the Vet 35 prize in a time of 40:54, and there was a close-fought battle between Juliette Parkin (Tunbridge Wells Harriers; 41:15), and Alyson Parlett (Bexley Borough AC; 41:23) for the remaining senior prizes. Sue James (Paddock Wood AC) ran 43:55 to take the Vet 45 prize

and the Vet 55 award went to June Johnson (Sevenoaks AC) who finished in 48:37.

Janice Moorkite was the leader of an **Invicta East Kent** trio, which also comprised Joanne Jenkins and Faye Roberts, that lifted some more bottles of Shepherd Neame's finest as the **winning female team** with 27 points. They were followed by Tunbridge Wells Harriers (32) and Maidstone Harriers (47).

The faster times run were mainly attributable to the cooler, overcast conditions, as compared to last year's hot and sunny weather. However, the 372 finishers (with a total entry of 414) still had to contend with the sharply undulating course and they could rightly pat themselves on the back at their achievement. Nevertheless, they did not set themselves as hard a task as **John Cooper** who **ran from home** to take part in Red Lion 10K and finished in 43:15. That sounds more significant when you realise that John's home is in **Ramsgate**, almost 30 miles away! Apparently, John, who's a policeman, was also going to work later in the day!

The success of the event (apart from an unintended bit of slapstick at the presentation ceremony) was ensured by an excellent effort from the many Harriers who helped out both before and after the race. There are too many to thank all individually but I'd like to express my appreciation to **John Hartley** (who input all the entries and helped with much of the pre-race organisation), **Gerry Reilly** and **Graham Brown** (who between them organised the marshals), **Bob Davison** (who set out the course and who resisted the temptation to drink the team prizes that he'd collected from Sheps!), **John Minshull** (who sent out the race numbers and looked after the event's finances) and **Mick Hunt** who again organised the water station on the course.

Alastair Telford

...And Thanks For All The Beer!

Continued from Front Page

This summer's series of pub runs took place once a fortnight during the summer, starting on **18th May** at The Three Horseshoes, Lower Hardres and finishing up on **31st August** at The Shipwrights Arms near(ish) Faversham. Despite the foot and mouth restrictions in the early part of the summer, this **year's series** was even **more enjoyable** than last year, with the weather being particularly kind.

Particular memories for me of this year's series were the view overlooking the

Court Lodge hamlet near **The Timber Batts Inn** and the **sun setting** as went along the **Stour** on the run from **The Way Out Inn**. That latter venue also provided an excellent **bat and trap game**, although it has to be admitted that referee **Gerry Reilly** had his own individual interpretation of the rules.

Each of the runs was checked out beforehand by Graham and he also ordered the sandwiches for the runners (which were paid for out of our club funds in the pub's that supplied them). He even went to the trouble of checking that the beer was up to standard in each

of the pubs as well!

We bade farewell to Graham at The Shipwrights Arms, presenting him with a **pewter beer mug** and a card, as gratitude for broadening our horizons (even though those horizons were viewed through bleary eyes the next morning).

We hope that Sandra and he will keep in contact and be back down to visit us regularly in the future.

Alastair Telford