



# Canterbury Harriers

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## NEWSLETTER FEBRUARY 2002

### Never Say Never Again

"Just a simple newsletter," he said. "News and results each month," he said. "I'll be able to produce it regularly," he said. Then our man Minshull announces that he'll be off to Australia for a month and would I mind if I'd hit the keyboard again, "just for February". "No problem, Mr Moneypincher," I drawled (or perhaps that should be drooled?) foolishly in reply to our treasurer.

He did *promise* he'd be back in time for March's edition, so please send (preferably electronically) any news or results to him via email, [news@canterburyharriers.org.uk](mailto:news@canterburyharriers.org.uk), or by snail mail to: John Minshull, Tall Trees, Hunters Way, Sheldwich Lees, Nr Faversham, ME13 ONB. You can also phone through any news to me, Alastair Telford, whilst John's away on 01227 786210.

### Press Officer

**Fayne Brenner** has kindly agreed to communicate the club's news to the local media, so please give her results and news either by email to [fayne.brenner@lineone.net](mailto:fayne.brenner@lineone.net) (and send a cc as well to [news@canterburyharriers.org.uk](mailto:news@canterburyharriers.org.uk)!) or by phone on 01227 732058.

### National Veterans' XC Championships

These will be at Mansfield, Nottinghamshire, on 23<sup>rd</sup> March with entries due in by 3<sup>rd</sup> March. Please see **Mel Carter** or **Gerry Reilly** if you are interested in taking part.

### London Marathon Coach

Places on the London Marathon coach are already going quickly. Seats are free to members who are running and cost £10 for other adults. Under 16s cost £5 each. Please see Gerry or sign up via the list on our noticeboard at the King's School Recreation Centre.

### King's School Fitness & Social Extravaganza

Canterbury Harriers have been invited to enter teams of 8 (at £8 a head) for this event at the Recreation Centre on 16<sup>th</sup> March. Please see any committee member if you would like to take part in this evening that includes sport, food and a quiz.

### Canterbury Running Track

Since it appears that Invicta have booked the track at Canterbury High School on Tuesdays and Thursdays for the foreseeable future, the committee have been looking at ways of subsidising members to use it on Wednesday evenings. Gerry and John Hartley will keep you posted about developments on club nights.

### Emma-gration

Alas we have had to say farewell to **Emma Greatrix** (whom some of you will know as Emma Hodges) who recently flew out to Australia to spend a year living there. I am sure that we all wish her well.

However, you may be interested/pleased/horrified to know that a recent returnee to the UK was **Emma Farrow**, our 1999 Female Champion. She spent over two years in Sri Lanka doing VSO work and will be living in Bristol for the time being.

### Whitstable 10K

Preparations are already well underway (including setting out a new course and getting that certified as accurate) for our big May Day Bank Holiday (6<sup>th</sup> May) event with chairman **John Hartley** in the hot seat as race director. We will need, as ever, plenty of marshals and other helpers so please be willing to spare a few hours on that day.

### Runner's World - An Apology

Many of you will have seen the picture of **Roy Gooderson** in the article on Invicta's XC Fun Run in February's *Runner's World*. I understand that the magazine will be publishing a full apology for any distress caused to readers in a forthcoming issue.

## Kent Fitness XC League

Minnis Bay, Birchington - 06/01/02

**Simon Kendall**, **Steve Clark** and **Steve Reynolds** all had great runs at the head of the Harriers team at a misty Minnis Bay, starting as usual from the beach on a mainly flat, single-lap 4.75 mile course. The course seemed a bit more straightforward (and dyke free!) on the outward half but the organisers fiendishly made the runners go through four dykes on the way home, just so as to preserve Minnis's reputation for mud-filled fun! We had a good turnout of female runners this time, with **Stephanie Lam** putting in a great effort despite just returning from injury and encountering the Minnis mud for the first time. In the combined event we came 8th (an improvement on the previous couple of races) and in the women's 10th. Our league positions after the race were 7th equal (with Swanley) in the combined and 9th equal (with Bromley) in the women's.

In the table, the first figure after the time is the overall position, the second the league position (disregarding guest runners and those of the opposite sex) and the last the "performance rating", which is roughly the percentage of

Simon Kendall		29:06	12	12	92.0
Steve Clark	V40	30:17	21	20	86.2
Steve Reynolds	V40	31:18	33	31	78.3
Bob Davison	V40	32:31	57	54	61.6
Jacob Howe		32:33	58	55	60.9
Mel Carter	V50	33:17	70	65	53.6
Dave Lightburn	V40	33:23	71	66	52.9
Roy Gooderson	V40	34:19	86	75	46.4
Alastair Telford		36:58	126	103	26.1
<i>Fayne Brenner</i>	V40	38:36	142	26	54.5
John Hartley	V50	39:40	154	123	11.6
<i>Emma Greatrix</i>		40:12	158	30	47.3
<i>Stephanie Lam</i>	V40	42:05	171	38	32.7
Joe Epsom	V50	42:10	173	131	5.8
<i>Sue Reilly</i>	V50	45:24	190	48	14.5

runners beaten in that race. There were 200 finishers in total with 138 in the men's league race and 55 in the women's. Full results are available at [http://www.geocities.com/swanley\\_and\\_district\\_ac/kflminnis.htm](http://www.geocities.com/swanley_and_district_ac/kflminnis.htm)

### Mote Park, Maidstone - 13/01/02

**Simon Kendall** again led the Harriers home, with an excellent 15th place, on Mote Park's undulating, 2 lap, 5 mile course in misty conditions. As at Minnis Bay, he was well supported by the **two Steves** but the men's turnout could have been better. Indeed, there were only a couple more men running than women, who had no fewer than eight runners. This was particularly welcome as there was a large turnout in the women's race (81 in total out of 252 total finishers, with 167 in the men's league race), including some quality runners. The women included **Wendy Smith** making a good XC debut for the club.

Simon Kendall		30:20	15	14	92.2
Steve Clark	V40	32:14	38	36	79.0
Steve Reynolds	V40	33:14	50	47	72.5
Bob Davison	V40	33:56	63	60	64.7
Gerry Reilly	V50	34:40	77	73	56.9
Dave Lightburn	V40	35:04	83	78	53.9
John Marshall	V50	36:19	111	98	41.9
Roy Gooderson	V40	36:30	115	100	40.7
Alastair Telford		38:04	139	117	30.5
<i>Carol Reid</i>		39:22	160	29	65.4
<i>Fayne Brenner</i>	V40	40:01	173	34	59.3
<i>Dianne August</i>	V40	41:51	197	45	45.7
John Hartley	V50	41:56	198	150	10.8
<i>Emma Greatrix</i>		42:41	208	52	37.0
<i>Wendy Smith</i>	V40	42:59	211	54	34.6
<i>Heather Marshall</i>		43:57	216	59	28.4
<i>Stephanie Lam</i>	V40	44:33	225	63	23.5
<i>Sue Reilly</i>	V50	47:38	236	70	14.8

**Simon Kendall's son Ben** won the junior race over two miles in a time of 13:26, despite being sent the wrong way! Full results are at: [http://www.geocities.com/swanley\\_and\\_district\\_ac/kflmotePark.htm](http://www.geocities.com/swanley_and_district_ac/kflmotePark.htm)

## Oxleas Wood, Eltham - 03/02/02

The final race of the season was on probably the longest (around 9.5km) and toughest course at Oxleas Wood, Eltham in gusty, overcast conditions. Thanks to good runs from our top male runners, including the welcome reappearance of **Richard Steer** (who runs first claim for London Heathside these days) and new recruits **Kenny Somerville** and **Gareth Coult** (who was up with the leaders for a time but got a severe stitch), we came 6th on the day in the combined race, just a couple of placing points behind Swanley and District. Unfortunately, we did not have as strong a women's team running as we might have and so, despite the best efforts of our three female runners, we were 10th on the day in that race.

Simon Kendall		33:43	13	11	93.7
Richard Steer		33:57	15	13	92.5
Jacob Howe		36:46	44	40	75.5
Neil Vaughan	v40	37:13	52	47	71.1
Ken Somerville		37:21	54	49	69.8
Steve Reynolds	v40	37:46	61	54	66.7
Steve Clark	v40	38:06	66	59	63.5
Bob Davison	v40	38:25	72	65	59.7
Gerry Reilly	v50	39:16	82	73	54.7
Gareth Coult		40:15	93	81	49.7
Dave Lightburn	v40	40:18	94	82	49.1
Mel Carter	v50	40:28	97	83	48.4
John Marshall	v50	42:39	130	105	34.6
Alastair Telford		43:25	145	116	27.7
Dave Parnell	v50	44:40	158	122	23.9
Mick Holmans	v40	46:41	181	135	15.7
Fayne Brenner	v40	47:29	188	34	50.7
Wendy Smith	v40	47:43	192	36	47.8
John Hartley	v50	47:54	194	141	11.9
Sue Reilly	v50	56:40	239	58	14.9

Full results of the 251 runners (159 in the men's and 67 in the women's league races) are at: <http://www.geocities.com/krfluk/>

This all left us 8th (exactly midway) in the combined league and 10th in the women's league in the final standings:

KFL - Combined Teams Final Placings									
		Cant	Swan	Sev	Avery	Minn	Maid	Oxleas	TOTAL
1eq	Invicta EK AC	11	15	16	16	16	16	15	105
1eq	Medway & Mstn AC	16	16	13	14	15	15	16	105
3	Maidstone H	12	14	11	10	13	14	14	88
4eq	Sevenoaks AC	10	13	15	15	11	13	8	85
4eq	Istead & Ifield H	14	12	12	12	14	11	10	85
6	Paddock Wood AC	13	11	14	9	7	12	13	79
7	Swanley & Dist AC	7	7	10	13	12	9	12	70
<b>8</b>	<b>Canterbury H</b>	<b>15</b>	<b>10</b>	<b>7</b>	<b>7</b>	<b>9</b>	<b>8</b>	<b>11</b>	<b>67</b>
9	New Eltham Jggrs	9	8	9	11	10	10	9	66
10	Thanet RR AC	8	6	4	8	8	7	7	48
11	Dartford RR	4	9	8	6	4	6	4	41
12	Plumstead R	2	4	5	4	5	5	6	31
13	Sittingbourne Str	6	3	3	5	6	2	5	30
14	Bromley Vets	5	5	6	2	2	4	3	27
15	Gravesend RR	3	2	2	3	3	3	2	18

KFL - Women's Teams Final Placings									
		Cant	Swan	Sev	Avery	Minn	Maid	Oxleas	TOTAL
1	Invicta EK AC	16	15	16	14	16	16	16	109
2	Sevenoaks AC	15	16	15	15	15	15	15	106
3	New Eltham Jggrs	14	13	14	16	14	13	14	98
4	Medway & Mstn AC	12	12	13	12	13	14	13	89
5	Swanley & Dist AC	7	9	12	13	12	10	12	75
6	Paddock Wood AC	10	14	10	7	11	11	10	73
7	Maidstone H	11	11	11	5	8	12	11	69
8	Istead & Ifield H	9	8	8	11	9	6	8	59
9	Plumstead R	6	6	9	10	5	9	9	54
<b>10</b>	<b>Canterbury H</b>	<b>13</b>	<b>4</b>	<b>5</b>	<b>8</b>	<b>7</b>	<b>8</b>	<b>7</b>	<b>52</b>
11	Bromley Vets	8	10	7	2	10	7	6	50
12	Gravesend RR	5	3	4	9	6	5	3	35
13	Dartford RR	4	7	6	3	3	3	5	31
14	Thanet RR AC	3	5	3	6	4	4	4	29
15	Sittingbourne Str	2	2	3	4	2	2	2	17

The points are from 2 to 16 because Tunbridge Wells H dropped out.

## Road Race Results

### Hastings 10K - 13/01/02

**Mike Conway** set another superlative mark of 38:34 on the hills of Hastings, recording a new **V60 course record** by some three minutes! Many thanks to **Mel Carter** v50, who also ran but was not happy with his performance (45:04), for providing this result. See <http://www.hastings10k.co.uk/> for full results.

### Dartford 10 - 20/01/02

**Mike Conway** followed up his result at Hastings with another triumph, taking the **Kent 10 mile Championship** in the V60 category at Dartford in 64:03. Mike and **Mel Carter** v50 (74:15), like the other runners, had to fight through wet and blustery conditions on a course that isn't the easiest at the best of times. Results are at <http://www.dartfordroadrunners.co.uk/results.htm>

### Canterbury 10 - 27/01/02

**Roy Palmer** was again leading Harrier, coming 6th of the 690 finishers, at this traditional January event which had its course changed due to policing problems. The course, which was essentially a two-lap affair, required two ascents of Bekesbourne Hill and several twists and turns. As well as Roy's run there were many other good efforts, **Jacob Howe** showing great promise for his marathon build up, **Dave Lightburn** coming back to form, **Paul Bunn** making his club debut at the distance, and solid efforts from all of the Harrier women, led by **Carol Reid** who was 20th female out of 147. **Julie Ballands** and **Kate Jenkinson** made their club debuts at the distance. Full results may be found at: [www.invictaeastkentac.org.uk](http://www.invictaeastkentac.org.uk)

Roy Palmer		57:07	<b>6th</b>
Jacob Howe		64:04	
Dave Lightburn	v40	68:21	
Dave Smith	v50	69:52	
Dennis Hayes	v50	70:29	
John Marshall	v50	71:32	
John Kraimer	v40	72:11	
Paul Bunn	v40	74:17	<b>Debut</b>
Mel Carter	v50	74:18	
Mark Walsh	v40	74:47	
Dave Parnell	v50	77:08	
Carol Reid	v35	78:09	<b>20th</b>
Tony Frost		80:09	
Emma Greatrix		80:20	
Joe Epsom	v50	81:23	
Julie Ballands	v35	81:35	<b>Debut</b>
Kate Jenkinson		83:18	<b>Debut</b>
Stephanie Lam	v35	83:20	
Wendy Smith	v35	83:24	
John Hartley	v50	90:22	
Wendy De Boick	v45	93:59	

### Ashford & District 10K - 10/02/02

**Jacob Howe** put in a great effort, running at almost exactly six minute-miling, at this popular event, which attracts plenty of runners due to the course's reputation for producing fast times. His partner, **Angela Morrison**, made an excellent road debut for the club. There was also a fine first effort in Canterbury colours on the roads by **Heather Marshall**. I do not have **Julian Murray's** exact time due to a mistake in the official results, which are at: [www.ashford-runners.org.uk](http://www.ashford-runners.org.uk)

Jacob Howe		37:25	
Mike Conway	v60	38:08	
Gerry Reilly	v50	39:44	
Steve Clark	v40	39:52	
Dave Lightburn	v40	40:37	
Dave Smith	v50	41:28	
Bob Davison	v40	41:28	
John Marshall	v50	43:01	
Mark Walsh	v40	43:28	
Angela Morrison		43:33	<b>Debut; 13th</b>
Julian Murray		43:??	
Tony Frost		46:28	
Joe Epsom	v50	47:58	
John Hartley	v50	51:38	
Heather Marshall		53:11	<b>Debut</b>

### Big in Japan - Masa Kawamoto's results

I have heard from Masa by email recently and he's clearly been getting into form of late: **Hakodate** half -30/09/01- 1:24:50; **Kakogawa** half-23/12/01-1:21:01; **Susaki** 20K-06/01/02-6th- 1:14:33; **Subaru** 10K-27/01/02-3rd-36:50.

Masa will be in Canterbury in March but unfortunately only for a couple of days from the 15th-17th.

### Forthcoming Races

24/02 **Tunbridge Wells Half** - 10am, Hilly, £10 EOD.

03/03 **Thanet 20** - Hartsdown Park, Margate, 10am; £8, CD 23/2.

09/03 **Bethersden 5** - B'den Pri. Sch, 2pm; Fast, £5, CD 06/03.

23/03 **UK Vets' XC Champs** - Mansfield; CD 03/03 - see 1<sup>st</sup> page.

24/03 **Paddock Wd Half** - Eldon Way, PW, 11am; £7, CD 13/03; **includes Kent Championships.**