

Canterbury Harriers

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NEWSLETTER JANUARY 2002

A HAPPY NEW YEAR TO YOU ALL

I am assuming that as "finely tuned athletes" you will all have **totally abstained** from alcoholic beverages and fine foods over the festive period. **No!** Well never mind. Gerry has devised some gentle new routines to ease you into training again.



"I said 12 X 800metres and only 10 second recoveries"

The Shepherd's Tale.

A few years ago a group of us, who regularly ran together on Sunday mornings, decided in a fit of macho stupidity to meet at the normal time of 8.30am on **New Year's morning** and run the Faversham Half Marathon course. Four of us turned up, still half cut. We set off, and continued, in a pitiful state. Around 8 miles we found a small flock of sheep in the roadway by a five-barred gate that led to a fairly large house. This was our excuse to stop running. Being good citizens we herded the sheep back through the gate and onto the grass in front of the house. Being early New Year's morning we had to bang on the door for ages until a "lady" appeared in very dishevelled mode. We explained that we had returned her sheep and waited to be commended. We were terribly shocked when she screamed, "I haven't got any *expletive* sheep". At which point all four of us did the **gentlemanly thing**. We left the sheep on her lawn, ran out of the gate and legged it back to Faversham.

Southern Counties XC Championships Parliament Hill Fields. London. 24/11/01

Mike Conway V60 produced a super performance finishing 2nd in the Vet 60 Category. Mel Carter V55 and Bob Davison V40 both had very good runs in their categories.

Kent Fitness XC League. Knole Park. Sevenoaks. 25/11/2001

299 Finishers.

Persistent rain and treacherous underfoot conditions did not deter the Harrier runners from some good battling performances. However the men's team were under strength and the women did not even have a full team. Special credit is due to Mel Carter who turned in a great performance in spite of having raced at Parliament Hill the previous day.

HARRIERS' positions and times: 51. Neil Vaughan V40 35:53. 66. Steve Clark V40. 36:41. 76. Steve Reynolds V40. 37:23. 96. Mel Carter V50. 38:26. 111. Alastair Telford. 39:20. 115. John Marshall V50. 39:27. 138. Roy

Gooderson V40. 40:28. 154. John Kraimer V40. 41:29. 189. John Blunt V40. 43:51. 206. Carol Reid FV40. 44:53. 231. Emma Hodges. 46:26. 235. John Hartley V50. 46:48. 277. Heather Marshall. 52:25

On the day Harriers finished 10th in the combined event and 12th in the women's event. Our overall league positions have now dropped to 7th in the combined league and 10th in the women's. With only a few more races to go we would like members to make a big effort to turn out in the remaining races.

Membership Cards

If you have paid your current membership you should by now have received your Membership Card for the year commencing October 2001. If you have not please inform me or any committee member.

Kent Veterans and Clubmen's XC Championships. Tunbridge Wells 8/12/2001

Mike Conway V60 was the first 60+ home in a time of 39.14. Running as part of the Harrier's V50 team he finished 12th overall in the Vet50 race!

Vet 50 Team Positions and Times: 12. Mike Conway V60. 39.14. 26. Mel Carter V50. 41.41. 55. Dave Parnell V50. 47.45. 62. John Hartley V50. 50.15. Harriers were 9th in the V50 team event.

Vet 40 Team Positions and times: 28. Neil Vaughan V40. 38.13. 31. Steve Clark V40. 38.45. 43. Steve Reynolds V40. 40.54. 48. Bob Davison V40. 41.27. Harriers were also 9th in the V40 team event.

Kent Fitness XC League. Avery Hill Park. Eltham. 30/12/01 219 Finishers.

It was good to see the Harriers were led home by last season's "Most improved male runner of the year" Jacob Howe. However, despite being supported by some good runs by a group of our V40 and V50 runners, Harriers were still hampered by having an understrength team. Perhaps understandable in the middle of the festive season and with other races nearer home. In the women's race both Angela Morrison, making her debut for the club, and Fayne Brenner had strong runs. Unfortunately we did not have a third woman runner to support their really good efforts.

HARRIERS' positions and times: 51. Jacob Howe 33:06. 56. Steve Clark V40. 33:14. 68. Steve Reynolds V40. 34:13. 80. Mel Carter V50. 35:01. 88. Gerry Reilly V50. 35:18. 89. Roy Gooderson V40. 35:21. 97. Dave Lightburn V40. 35:55. 103. Alastair Telford 36:15. 113. Angela Morrison 37:03. 149. Fayne Brenner FV40. 39:49. 169. John Hartley V50. 41:57

On the day Harriers finished 10th in the combined event and 9th in the women's event. After four races we have maintained our 7th place in the combined league and dropped one place in the women's league.

London Marathon 2002 Entries

Through an oversight the Committee failed to apply for the customary club entries at the appropriate time. The Committee sincerely apologises to any member affected by this omission.

Future Issues of Newsletters and Emails

If you have not yet paid your Membership Subscription for the current year (2001/2002) please do so before the 31st of this month. Otherwise, after that time, you will not receive any further Newsletters or Email communications.