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## NEWSLETTER MARCH 2002

### AN APPEAL TO MEMBERS. Whitstable 10K – Monday 6 May

As most of you know, this event is our main income provider for the year and therefore allows us to heavily subsidise member's activities. A tremendous amount of organisational work goes into the preparation of this event prior to race day. **However, on the race day we really need lots of volunteers to marshal the course and provide other help to the race officials.** Canterbury Harriers has a good reputation for race organisation amongst local road running clubs. This is what brings runners back time after time to our major races. I am sure members would want their club to continue to uphold this hard earned reputation. A major factor in doing so is the amount of assistance the club race organisers get from volunteer marshals and other helpers on the day. So please try your very best to be available to assist on the day, even if its only for a few hours in the morning. Members who are willing to help please give your name to any committee member as soon as possible. Whilst no Committee Members will be running, we appreciate some members may be very keen to run. If you do wish to run please try, if possible, to get a relative or friend to volunteer to assist on the day.

#### RACE FOR LIFE SUNDAY 14 JULY 2002

This is a womens only race raising funds for breast cancer research. A very deserving cause. The club has been requested to provide some expertise and general assistance with this race. If you would like to volunteer please contact Gerry or Sue Reilly.

#### LONDON TO BRIGHTON BIKE RIDE SUNDAY 6 JUNE

If there is enough interest in the event, Roy Gooderson is considering organising a 16 seat Mini-Bus with trailer (for bikes). The coach will take you from Canterbury to London. You ride your bike to Brighton. The coach then picks you up from Brighton and brings you and your bike to Canterbury. Cost is likely to be around £20 each.

#### LE TOUQUET 10K SATURDAY 6 JULY 2002

Roy Gooderson will be again this year organising a 52-seater coach to our favourite overseas race. This is always a popular trip with both runners and guests. We always make a point of stopping on our way at a French hypermarket to stock up on the necessities of life, like cheap wine and beer etc. From the runners point of view the course is very fast and flat, certainly a potential PB course. For the non-runners Le Touquet is a very pleasant seaside place to visit for the day. This year we have decided to allow older children (not toddlers) on the trip. But. The strict proviso is that they must be supervised at all times by a non-running adult. The cost per head has yet to be determined but will be around £20 per head with a reduction for children.

#### CONGRATULATIONS TO GERRY REILLY

Gerry has recently been awarded UK Athletics Level 4 Coaching Standard. Gerry is now UK athletics SENIOR COACH. These awards are hard earned, requiring a constant series of written and practical examinations throughout the grades from 1 to 4. We are very fortunate in our small club to have such a well-qualified coach.

#### PETER GREENWOOD'S 22nd LONDON MARATHON.

Those members who are doing the London Marathon this year, particularly those who are first-timers, might like to pause in thought and consider Peter's achievement: That is competing in every single London Marathon since it began in 1981. Peter, a Canterbury Harriers founder member, is one of an ever-dwindling small group who have run all 22 "London's".

#### THANET 20 MILES SUNDAY 3 MARCH 2002

This race has always been a useful measure of how your "London" preparation is going. This year saw another amazing run by Roy Palmer, who came 5<sup>th</sup> out of 468 finishers. He was only just outside Rob Sergeant's club record for the distance. Fraser Wildman came back with a good run and Vet 60 maestro Mike Conway was first in his category. We had a trio of female debutantes at the distance, Anna Reutersward, Wendy Smith and Kate Jenkinson, who all put in great efforts. Ian Smith also made his debut at the distance for the club. Our results:

|                  |      |         |                |
|------------------|------|---------|----------------|
| Roy Palmer       |      | 1:59:07 | <b>5th</b>     |
| Fraser Wildman   |      | 2:08:42 | <b>20th</b>    |
| Mike Conway      | V60  | 2:15:44 | <b>1st V60</b> |
| Carol Reid       | FV35 | 2:37:37 |                |
| Joe Epsom        | V50  | 2:38:05 |                |
| Anna Reutersward |      | 2:51:27 | <b>Debut</b>   |
| Wendy Smith      | FV35 | 2:56:34 | <b>Debut</b>   |
| Ian Smith        |      | 3:10:00 | <b>Debut</b>   |
| Kate Jenkinson   | FV35 | 3:10:01 | <b>Debut</b>   |

STOP PRESS: Our Club Secretary Carol Reid was First FV35 in the BETHESDEN 5 on 9/3/02. Her time 35:22