



The Harrier

January
2005

The newsletter of the Canterbury Harriers

Roy wins for 6th time – while new ladies champion emerges

Roy Palmer is not sitting on his laurels after his 6th consecutive lifting of the male Harriers trophy at our presentation dinner in December. He told the Kent Gazette that he was glad to have won especially considering that there were some good youngsters coming up. Jenni Van Deelen took the ladies championship for the first time – in a fairly close race with last year's champion, Sarah Maguire. Both our champions this year are veterans. They were top in at least five vet categories. (The list below does not differentiate between Senior runners and V35/V40s – as there is not enough space!) See p 4.

Club nights

A few small changes at King's School Recreation Centre. Please sign in on a new list at reception if you are parking your car there – as they are trying to ensure there is no unauthorised parking. KSRC is going to allot us a squash court to meet in before our runs – so there is less congestion in the entrance. And please ensure you have paid your KSRC sub – as we are growing and getting close to a 20% discount level if enough of us sign up.

Subscriptions

Please pay your subscriptions NOW if you have not done so - (£10) for 2004/05 to committee members. They don't want to chase you.

XC

Please keep Sunday, 20 February free – so you can join in the happy throng of Harriers marshalling our XC race. If you are on course to get a free gorgeous Harriers sweatshirt for completing in 6 XCs, then remember that a marshalling appearance here counts.

London Marathon

At least 20 Harriers could be running in the London Marathon this year. People planning to run this year include Sue Reilly, Jenni Van Deelen, Sarah Maguire, Jacky McDonald, Kevin Baker (running for the RSPCA), Neil Vaughan, Steve Clark, Graham Tucker, Carol Reid and Mick Maume Please let Neasa know (781709 or, better still, neasa@neasa.co.uk) if you are also running – and include a couple of sentences about why, what time you are aiming for, if you have done them before, if you are running for charity and – of course – what topics will occupy your mind as you clock up all those miles. Wendy Smith is running instead in the Grizzly, one of the toughest races in Europe – a couple of weeks before London. It is about 20 miles but – with the hills, pools and dung beatles – is deemed to be of about equal toughness to 26.2 miles.

Award winners 2004/05

Roy Palmer – champion, 5m, 10k, 10m, H, 20m, M	Jenni Van Deelen – champion, 5m, 10k, 10m, 20m, M
Jonathan Holmans – 5m, 10k	Rosie McDermott – 10k, 10m
Fraser Wildman – 10m	Sarah Maguire – XC champion, H, 20m, M
Nicolas Pirot – XC champion, HM	Sally Bell – 5m
John Collins – M, most improved male	Linda Sanders – V45 5m
Gerry Reilly – V50 5m	Jacky McDonald – V55 10k, 10m
Dave Smith – V50 10k, 10m	Erica Morrell - V55 H
Brian Davies V50 H, 20m, M	Wendy Smith – V45 10k, 10m, H
Pete Greenwood – V60 10k	Stephanie Lam – V45 M
Laurence Sandum – most outstanding performance	Neasa MacErlean – most improved female

FORTHCOMING RACES			
Jan 1	11.00	Serpentine New Year's Day 10k	Serpentine, London
2	11.00	XC – New Eltham	Avery Hill
8	11.00	XC – Kent Championships	Sevenoaks
16	9.30	Dartford 10	Princes Golf & L'ure Club
23	11.00	XC – Thanet	Minnis Bay
30	11.00	Canterbury 10	Canterbury College
Feb 6	11.00	XC – Eltham	Oxleas Meadow
20	11.00	XC – Canterbury	Rough Common
27	10.00	Tunbridge Wells Half	St Johns Rd
Mar 6	9.30	Thanet 20 *	Hartsdown Pk, Margate
13	10.30	Hastings Lions Half	Sea Rd, St Leonards
20	14.00	XC Relays	Avery Hill
April 3	11.00	Paddock Wood Half *	Eldon Way, P Wood
3	12.00	Praque Half	Praque
17		London Marathon	London
June 12		Les Golding 10k*	Herne Bay
July 17		Dartford Half*	Dartford
Aug 14	11.00	Red Lion 10k*	Hernhill
Sep 4		Thanet Marathon*	Oval, Margate
Oct 2		Sittingbourne 10*	Sittingbourne
Nov 6		Deal 5*	Deal

* indicates Kent Grand Prix events

LANDS END TO JOHN O GROATS – *HEREINAFTER*

KNOWN AS:

LEJOG

by Steve Clark

The story so far: Our hero, Steve Clark, our assistant coach, has set off from Land's End to cycle to John O'Groats (lejog). Leaving on Sunday, 18 July, he survives the first day and 143 miles. We rejoin him on day six:

Friday 23rd July 2004

Got up 04:10 no lying in this morn! Fairly light outside already. They've let me have the run of the kitchen to get my breakfast, no one wanted to get up and prepare it for me for some reason! Sitting at the back of this large dining room in the gloom (can't find the light switch!) eating my breakfast with my bike next to me padlocked to a chair, I feel I'm **losing my grip on reality!** I shake my head violently; no I'm sure this is happening! Set off 04:50, earliest yet, could've probably set off 04:30 in good light up here. Morning looks promising, still, no wind yet. Road is a bit wet, must've had a shower in the night. Manage to stay on pleasant B road until Carrbridge, then back on A9 to get over Slochd pass (405m) a lot shorter and therefore steeper climb than yesterday's. Nice descent after summit, thought I was past the worst but there was another nasty steep ascent before reaching Inverness. Straight on pass, over the Moray Firth bridge, bit more climbing over the back of the Black Isle, then I get lucky and pick up a

good following wind as I cross the Cromarty Firth. A9 is a lot quieter after Inverness.

09:30, _ hour break at Alness, have done 66m, last 100 to go? Pie & coffee in the bakers, load up with choc-bars, refill water bottles. Off again, going is good as mostly flat and following wind still blowing, over Dornoch Firth, the last and on up the coast to Helmsdeep. Oops, that's Middlearth, I mean Helmsdale! On the last page of my maps since Dornoch, exciting! Average is 15.3mph so far today, best yet. Arrive Helmsdale 13:20, with 114m under my belt, 50m to go? Weather is good on the coast although there is some nasty looking stuff in the hills to the west, bound to come my way! _ hour rest here, have I got room for anymore choc-bars? I'm beginning to feel sick just at the thought of buying them! I'm never going to eat one again after this, I swear! Refreshed I set off again, apparently there is some serious climbing after Helmsdale for a while and they're not joking! It's **a S.O.B. and goes on a lot longer than I expected** and is seriously, seriously steep in places! Finally past the worst, knackered! That was far worse than the Grampian passes! Knees are still in one piece, just! Going is easier after Dunbeath but the paranoia is mounting! My eyes rarely leave the road now, convinced I'll go down a rut or something and buckle my wheel!! Arrive Wick at last, knees are getting very sore now but only about 17 miles left, **what could possibly go wrong!?** From my map (which roughly shows the relief) it looks pretty flat on this last leg but it's not quite as flat as it looks and there is one last steep climb just before reaching John O, or at least it seems steep at the end of a long hard day! For some reason this last steep hill really gets to me and I can't stop cursing, getting emotional or what!? But at last I reach the crest to **look down on John O Groats**, basically a crossroads with a few

buildings about and the harbour a little further with the Pentland Firth and the Orkneys in splendid view beyond on this bright if somewhat cool evening. A lovely descent for the last mile or so to the harbour and finishing post, arrive 17:45 with 167m on the odo. Tempted to have an official photograph but too mean, sod it I'll wait till Jen arrives tomorrow (bound to be a nice day) and spend the money on a few whiskies! But unfortunately I'm **not quite finished yet**, you see John O Groats is the 'official' furthest N.E. but **the lighthouse at Duncansby Head about a mile & half away is the real furthest N.E.** and that is like **a red rag to an anal-retentive!** So back to the crossroads turn left, steep descent to Sannick Bay and yes of course a last steep ascent to the lighthouse, (my poor knees!) end of the line! Now 18:20 with 169.8m on the odo. Thank goodness my sister in law Jill, reminded me to stop pedalling at the end, or I would have got seriously wet (if the drop didn't kill me!). Back to the crossroads where I get B&B at the guesthouse. Later across the road to the bar for a **Guinness or two a nice meal and several whiskies!** I make a few phone calls, Jen anticipates arriving here about 13:00 tomorrow. Hobble back to B&B hit the sack about 22:30 dreaming of a lay in and cooked breakfast served to me in the morning, sheer luxury! Final tally for day was 171.7m with 11hrs 22m in the saddle.

Epilogue

Saturday 24th July 2004

Woke up early and couldn't drop off again, damn! Got up 07:15 had lovely cooked breakfast in dining room with grand views over the firth to the Orkneys but the weather doesn't look promising. While waiting for Jenny I want to cycle to the furthest point north, Dunnet head, a mere 15m away. Weather dark and threatening, chilly. Get a shower which stops as I arrive up the last inevitable steep climb, which I take in the highest gear at a snails pace, **can't get out of seat**, knees too sore!! Must be grand views in good weather but I can't see the Orkneys today! Lots of foreign camper vans about. Text Jenny, she's doing well, has reached Helmsdale. Head back 11:35 just as some serious rain starts, soon feel drenched and chilled. Stop at a posh looking hotel in Mey for coffee and to warm up! Public bar is packed with a wedding lunch, lounge is quieter, I squelch round there, just one couple in there having coffee, they've been given an enormous pot of it and taking pity on me, insist I share theirs which gets up the waiters nose, so I change my order to a large whisky, purely for medicinal purposes! And give the couple a 1st class stamp for their postcard – fair exchange is no robbery! Outside it's heaving down! Back on the road again I arrive back at the post at John O about 13:45. **Jen appears from nowhere clutching a cycling trophy** for me under her umbrella and gives me a big kiss! It's not the weather to be hanging about in so a few snaps (no sign of the official photo guy, shut up shop in this weather!) then quickly off to

Duncansby head for some more there. Back down hill to Sannick Bay where Jen parks up and I finally put the bike on the rack, still raining! But there is one last thing; **I have to have that swim, one at each end of the land!** So we troop down to the beach, Jen under her umbrella. It's sandy that's nice! I sit down to take off my shoes with my numb fingers! Jen says look! I say what? LOOK!! Just a few metres off shore several heads are bobbing up and down staring at these mad humans on their isolated beach in this weather, one of who seems about to come and join them!! I step tentatively into the water and swim out a tiny bit, the heads disappear which makes me nervous but the **seals** reappear further out, just as well perhaps, some of them look huge! But it was an unforgettable experience. Back to the crossroads hotel for a meal and a few whiskies and I eventually stop shivering! Write and post umpteen postcards. We will take a leisurely few days going home via a bit of sightseeing in Edinburgh (managed to get tickets for James Taylor concert in the castle grounds) a day or two at Jenny's sisters in Largs then an overnigher with **Graham Brown & Sandra** for a FEW ales in Armathwaite. Leaving the bar about 17:00, rain had stopped, the clouds break up and out comes the sun, typical! Decide to nip back to the post for a decent picture in the sun! Our digital camera is playing up, got damp? So end up having an official photo after all! He's back in his booth now the sun's out! 'Did you see the Orcha whales going up the channel when you were here earlier?' 'No, I didn't actually, but thanks for telling us!'

And the moral of the story? Everywhere you go, always take the weather, the weather with you!

Post script: sponsorship for the trip raised £606 for Sports Relief charity. There is a thank you certificate to that effect on the noticeboard. Steve 'would like to thank all my sponsors from the club as a large chunk of this amount was from them.

Editor's Post script: Well, we have had a word with other cycling Harriers and they say that our assistant coach did the distance in a pretty impressive time. He was covering daily distances longer than most of those set in the Tour de France.

Prague Marathon

Hello Canterbury Harriers, **Kate** and **Andrew** here. Happy New Year, thanks for a great run on boxing day!

Date of run: 2nd April 2005 Prague, 12pm Charles Bridge start. To register, log on to website www.pim.cz <<http://www.pim.cz>>

Jenny Benson and **Kate Bromley** will try to book a group booking in a 2 or 3 star

good hotel in the centre of Prague with a good group discount. ADD YOUR NAME TO THE LIST OF NAMES on running club board if you want to do this. Of course, members are welcome to make their own hotel arrangements. Jerry also has contacts re the accommodation, if he could get a better deal we can book this instead... Jackie tells me the flights on EU Jet are going FAST, SO BOOK ASAP!!

Kate and Andrew are away until the 6th Feb 2005, Jenny or Jerry should probably at least book a deposit on a hotel if we have a group to go, so we have it confirmed in time, rather than waiting till after 6th Feb (?)

Anyway, if the trip is as good as Dublin, it will be a great way to mingle and get to have a good relaxing few days, and also do a fantastic run, the City really is beautiful! Have a great January all, see you in Feb!

Xmas fun run

Jacky McDonald was the well deserving winner of the prize for the muddiest runner after **Roy Gooderson's** latest Christmas special run on 19 December. Jacky (mud on left shoulder, right up her left side and across both thighs) accepted the presentation of a paperweight of a runner over mulled wine and mince pies at a bonfire somewhere in Roy's spacious new garden in Rough Common. Over a dozen Harriers took part in the run. Roy's motto, as always, is to keep off the RSPB paths even (especially?) if this means going thigh-deep in puddles and mud. Very nice if you like that sort of thing!

Presentation Dinner

Preamble

Over 70 Harriers scrubbed up and went to ^{Friday} Howfield Manor on 4 December for our Presentation Dinner. Many thanks to **Marco Keir** for his seamless organisation and cool demeanour.

As well as the awards listed on the front page, there were other 'alternative' awards. These went to:

- Steve Clark who received the 'cycling hero' award – also given in recognition of his producing the 'longest article ever in the Harrier'.
- **Gerry Reilly** who got the 'worst excuse in the world' award for citing falling down a leprauchau hole (well all right a rabbit hole) early on in the Saxon

Shore Relay. His four team mates had to run extra legs to cover.

- **Marco Keir** received the 'Friends and Family' award for making 30 phone calls 'in 45 minutes' to replace **Brian Fennelly** (a serious contender for the 'lamest excuse' award) as a runner in the North Downs Relay.
- **Alison Cottrell** was a surprise winner of the 'Oliver Twist' award for eating a bucket of Irish Stew after the Dublin Marathon. She was the only Harrier to complete this challenge.
- **Bob Davison** also picked up his award, for 'Kleptomania' in Dublin – for taking 2 goodie bags.
- **Sue Reilly** was a deserving winner of the 'Rip Van Winkle' prize – won for nodding off in committee meetings.
- **Des Mullaney** carried off the 'Craic' award for having the loudest and most hilarious laugh, as demonstrated on numerous occasions on the trip to Dublin.

Kent Grand Prix

See forthcoming races on p2 for the 9 races which will decide the Kent Grand Prix this year. Anyone can enter. Ask **Steve Clark** for more background information. Enter the races as usual, and state that you are in the Grand Prix on the application form. You need to run 6 races to have a chance. There are vet categories too. Some of our runners would have been placed in recent years if they had simply done enough races.

Canterbury Harriers Committee

John Hartley Chair - 459997
Gerry Reilly Head coach -477148
Stephanie Lam Secretary - 832213
Roy Gooderson Admin Officer – 454449
John Minshull Treasurer – 01795 532226
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Carol Reid - 379055
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