



# The Harrier

January  
2006

The newsletter of the Canterbury Harriers

## Roy and Jenni take top club titles again

Roy Palmer and Jenni Van Deelen are the Canterbury Harrier champions for 2004/05, crowned at the Presentation Evening at the end of November. Roy has continued his outstanding progress as a V40 in a year in which he was the first V40 in the Great North Run. Jenni was runner/up in the Kent Grand Prix and, after Sharon Hawkins, holds the position as Kent's top runner across all the distances from 10k to marathon.

Jacky Macdonald swept the board in the V55 ladies category – while Steve Clark took all the trophies in the male V50 awards. Wendy Smith won the prize for the most outstanding performances in the year – particularly for her XC and Grizzly runs.

## Steph Lam and Beccy

Most club members will already know the tragic news about Steph's daughter Beccy. Beccy died a week before Christmas and her funeral was held at Barham Crematorium on 30 December. There is no doubt that Steph, our secretary, is one of the best-known and most popular members of the Harriers and we are all thinking of her and looking forward to seeing her again. She recently sent this message as part of an email to the committee:

'I want to say a BIG THANK YOU for the lovely flowers that you sent me and for all the cards that I have received over the past couple of weeks. They have been a great help. So many people have been so supportive and kind. Could you please give my thanks to everyone on one of the training nites'

<b>2004/05 Canterbury Harriers awards</b>
Male Champion: <b>Roy Palmer</b>
Female Champion: <b>Jenni Van Deelen</b>
Most outstanding performance: <b>Wendy Smith</b>
Most improved male: <b>Jonathan Holmans</b>
Most improved female: <b>Neasa MacErlean</b>

Steph is going to be running with the club as from early 2006. Club chair Marco Keir was one of various Harriers who attended the service. He said: 'I have spoken with Steph to offer my condolences on behalf of the Club. This is, of course, a tragic time for Steph and her family and I confirmed that our thoughts and hearts were with her. Steph said that she was very touched by the cards she had received from various members. Steph also mentioned that running with the Club will be an important part in the healing process and I am sure we will all support her in whatever way we can.'

## Ladies in second XC place

If we can get a team out for the last XC in the series – on 22 January at Minnis Bay – the ladies look set to come second in the Kent Fitness League season. Assistant coach and XC organizer Steve Clark says: 'Invicta has pulled up on us a bit but we should hold onto second place.' We need seven men and three ladies on the day to get a full team.

SF 5m & HM: <b>Mary-Anne Johnstone</b>
SF 10k: <b>Fran Wood</b>
SF 10m: <b>Heather Marshall</b>
SF Marathon: <b>Mandy Poulter</b>
FV35 all prizes: <b>Jenni Van Deelen</b>
FV45 5k, 10m, HM: <b>Sue Denton</b>
FV45 5m, 10k: <b>Neasa MacErlean</b>
FV55 all prizes: <b>Jacky Macdonald</b>
SM 5k: <b>Julius Christmas</b>
SM 5m, 10k, 10m: <b>Jonathan Holmans</b>
SM HM, Marathon: <b>Mark Baker</b>
MV40 5 & 10k, 5 & 10, HM, M: <b>Roy Palmer</b>
MV40 20m: <b>Graham Tucker</b>
MV50 all prizes: <b>Steve Clark</b>
MV60 10k: <b>Russell Williams</b>
MV60 10m: <b>Pete Greenwood</b>

FORTHCOMING RACES			
Jan 15	10.30	Thanet Duathlon	Minnis Bay. Thanet
22	11.00	KFL XC7	Minnis Bay. Thanet
29	11.00	Canterbury 10	Spring Lane
Feb 5	8.30	Cinque Mulini XC	Near Milan
19		Dover Half	Dover
19	11.00	KFL XC relays & presentation buffet	Swanley
Mar 3	9.30	Thanet 20	Pfizer Social Club
Apr 2	10.15	Paddock Wood Half	Paddock Wood
9	8.45	Paris Marathon	Paris
14		Folkestone 10	
23		London Marathon	Blackheath

## The Grim Challenge December 2005

by Sue Denton

How does an 8-mile challenge run across the tank testing ground at Aldershot on a cold Sunday morning in December appeal?

Well - to four mad members of the Canterbury Harriers and 'one other' - the idea appealed and we all entered the Grim Challenge. The race details promised that we would all end the race being very muddy, very wet but we were not to forget to bring our **sense of humour**, as this was essential.

On Sunday, 4th December 2005, Andy Farrant, Dave Hammond, Wendy Smith, myself and my intrepid partner traveled en masse to Aldershot. We had entered a mixed team, comprising of Andy, myself and Martin Coombes and called ourselves the TOADS - Tankerton Open Air Dippers, alias Herne Bay Masters Swimming, alias Canterbury Harriers!!!! Dave and Wendy and myself tried very, very hard to talk another female into coming with us - but no luck. Perhaps better luck next year.

On arriving at Aldershot, Wendy and myself still managed to do some shopping – much to the amusement of the male members who were truly amazed that this was possible in the middle of an army tank training and assault course. But an Adidas stand had to be visited!!

The route looked daunting with **mud and water all around**. The runners were all in good form, with many running for a second year. The run lived up to expectations, with the puddles often reaching **waist level** for the men and obviously just a little higher for Wendy and myself! Camouflage netting had to be negotiated at the four-mile mark and the **finish was a very large pond**. We all ended the race very wet and very muddy, but we had a great run.

The TOADS finished 4th mixed team overall, which was a great achievement and also were the first veteran mixed team. The individual results out of 1,854 finishers were as follows:-

Dave Hammond	322nd	1.10.05
Andy Farrant	426th	1.12.31
Sue Denton	610th	1.16.27
Wendy Smith	738th	1.18.14

## Harrier 2004/05 awards

Herewith some of the comments that our illustrious coach **Gerry Reilly** made when our awards were given out at the Presentation Night in November:

This is one of the friendliest clubs in the south east. [He is also impressed by] the very, very hard effort you make in training.

\*On **Julius Christmas**: [he has made] tremendous progress in the last year [including in XC's]...down to fatherhood, apparently.

\*On **Russell Williams**: an absolute delight to watch in races and in training.

\*On **Heather Marshall**: courageous, hard-working.

\*On **Graham Tucker**: improving very much

\*On **Mandy Poulter**: an example to us all...tries really hard.

\*On **Neasa MacErlean**: an absolute revelation in terms of her progress... must be down to her Irish blood.

\*On **Jacky Macdonald**: very, very hard conscientious trainer...a phenomenal racer...a great all-round example to the rest of us.

\*On **Jonathan Holmans**: quite capable of improving by at least one minute, possibly two, on 10k time

\*On **Roy Palmer**: put in an absolutely phenomenal performance in the Great North Run.

\*On **Jenni Van Deelen**: tremendous racing record with consistent personal bests..There is a natural competitive element between her and David Felton.

\*On **Barbara Wenman**: a lot of potential

\*On **Dianne August**: a fine example of someone who commits herself

## Loch Ness Marathon & Loch Ness 10k - October 2005

by Sue Denton

I chose Loch Ness as my first marathon and was not disappointed. A long weekend staying on the banks of Loch Ness and exploring Inverness was arranged several months before the race and, although I could not persuade anyone else of my traveling companions to run the marathon, I was joined by three other friends who settled for the 10k route. We all stayed at Foyers, a small village on the edge of Loch Ness and spent Saturday walking through the wonderful countryside and visiting the famous Foyers waterfall. The Queens stadium at Inverness was the venue for the pasta party and also the finish for the marathon and 10k runners.

The start of the marathon was on the high ground at Fort Augustus at the southern end of Loch Ness. On the Sunday morning I was very quickly deposited at the start, as my companions scuttled off quickly to the start of the 10k in Inverness. The start of the marathon was really friendly with tea and coffee provided and, as we huddled together, a **massed piped band** came through the throng of runners to pipe us off towards Inverness, eventually following the route of the River Ness and ending in Queen Stadium. The views of the Loch were superb and the refreshment facilities en route excellent. The finish in Queens stadium was very well organised and showers and changing facilities readily available.

As my first marathon came to a close, the **support was wonderful**

and, on returning to Foyers, a party in the local hotel made the weekend complete.

Andy Farrant ran in the 10k which started on the outskirts of Inverness and followed the country lanes down to the river, then following the marathon route into the stadium. Andy finished the 10k in a time of just over 50 minutes.

The weekend finished with a **dip in the Loch** - but a great weekend was experienced and the Loch Ness marathon is rapidly gaining in popularity and entries are now open for next year.

### **Eccentric Italian XC**

Our representative in Italy, **Neasa MacErlean**, editor of The Harrier, is going to run the Cinque Mulini XC (4k for women, 6k for men – 3 Euros each) on Sunday, 5 February. The organizers are very keen to have more of us there. If you fancy it, email Neasa or ring ([neasa@neasa.co.uk](mailto:neasa@neasa.co.uk) or 781709) by 22 Jan and she will enter you and sort hotel (approx £35 p night). Stefano Baldini ran it last year and so did Benita Johnson. Seb Coe, Brendan Foster and over 20 Olympic gold medalists have run this unusual two/three lapper which also goes through someone's kitchen. Ryanair does cheap flights from Stanstead to Bergamo (sometimes for under £50 including taxes). Bergamo is quite near the race which is held 20k north of Milan. Not even the Second World War stopped this race – now in its 74<sup>th</sup> year. The organizers are saying that we might be able to stay in the central HQ hotel which could be fun. Under 100 women take part in the women's race each year – which

means that, if famous runners enter, you do get to see them close up.

### **The Harrier needs you!**

More than ever, we now need articles from club members in The Harrier. (Thanks Sue Denton without whom this issue would not have been possible!) The fact is that Neasa, editor of The Harrier, is living in Italy now (training in Alps in desperate attempt to keep up with said Sue Denton and Barbara Wenman). So she cannot pursue people personally and twists arms (Matt Wade and Joe Hicks, for instance). So don't be shy: write about your marathon training (even a ten-line email would be good: just email [neasa@neasa.co.uk](mailto:neasa@neasa.co.uk)) or why you like Minnis Bay so much or this year's Canterbury 10. Grazie!

### **Canterbury Harriers Committee**

**Marco Keir** Chair – 276029

**Gerry Reilly** Head coach -477148

**Stephanie Lam** Secretary – 832213

**Roy Gooderson** Admin Officer – 454449

**John Minshull** Treasurer – 01795 532226

**Steve Clark** Assistant Coach – 711272

**Sue Reilly** – Membership Sec 477148

**Carol Reid** – Assistant Coach 379055

**Jenni Van Deelen** - Assistant Coach  
767489

**Alastair Telford** – Web Chief 786210

**Neasa MacErlean** – Publicity Officer  
781709

**Joe Hicks** – Runners rep 750797