



The Harrier

October
2005

The newsletter of the Canterbury Harriers

Your club needs you and wants you

at the AGM on Thursday, October 20th at Rough Common Village Hall at 7pm. This is the occasion set aside in the year for members and management committee to discuss how we organise the Harriers, produce our income and spend it. We will be electing a new Chair – as **John Hartley** is standing down. **Marco Keir** has been persuaded to run to take over – although there is still time for other nominations if anyone else would like to stand. Nominations have to be with **Steph Lam**, our club secretary, by 13 October. If anyone wishes to stand for the management committee, the same rules apply. All current members of the committee (apart from John who is getting time off for good behaviour) are standing again for re-election.

After the AGM, the club is laying on a buffet for members at the Dog and Bear in Rough Common. Thanks to **Roy Gooderson** for organising AGM venues.

£15 Subs due now

After the discussion we had at our last AGM about subscriptions, it became clear that most members regard our subs as very good value and would be willing to pay more. Faced with more challenging financial conditions, the committee has decided to introduce the first rise in subs since we were formed in 1993. So these now rise from £10 pa to £15. Cost for additional members living at the same address is £10. Subs are due from October and a renewal of membership form will be included with the invitation to the AGM. Bring your sub to the AGM if you can. If not, please pay by 31 October.

New rules – published in the August Harrier – mean that people who have not paid by 30 November then lapse as members and have to pay an extra 50% on the sub to rejoin. Chasing members for money is the least rewarding job for committee members who would ask you to pay up quickly instead.

Presentation Evening – 19 November

Tickets will be available soon for our Presentation Evening at Boughton Golf Club on

Saturday, 19 November. Prices and further details will be available soon. But, whatever you do, don't book up to run a race abroad on that day (**Derek Parnell** and **Dave Lightburn**). **Alastair Telford**, web maestro and guardian of results, says: 'The awards at the presentation evening depend upon the league tables and the results fed into them. Could people check them on the website and point out any additions or corrections by 14th October.'

Marshalls needed

We need over 25 Harriers to help organise our XC on 16th October. Please volunteer if you can. See 'Cross country season starts' below.

Birleys Fields – change of venue

As the observant among us will have noticed, we didn't move over to Birleys Fields this year. We might well test it out next year – but we will keep you posted if there is to be any change.

Cross Country season starts

Dates for the seven fixtures in the Kent Fitness League XC season are listed in forthcoming events on page 2. Canterbury Harriers were commended last year for their fine organisation so we kick off with the first one on 16 October. They finish on 22 January at Minnis Bay, with a final presentation buffet and XC relays on 19 February. Everyone is encouraged to take part – and the club pays the entry fees for all our runners (unlike other clubs which tend to ask their members to pay). Clubs get points for every person who runs. We meet at 9am at KSRC to arrange lifts and drive over (apart from our own one where – surprise, surprise – we meet at the venue at Rough Common. Assistant Coach **Steve Clark** says: 'Make a note in your diaries and cancel/re-arrange all other engagements including weddings, christenings etc.' We give out a free Harriers T-shirt to Harriers who compete in five of these events (and marshalling on 16 October counts towards the five).

FORTHCOMING RACES			
Oct 16	11.00	KFL Cross-Country 1	Rough Common
30	11.00	KFL XC 2	Knole Pk. Sevenoaks
Nov 6	11.00	Deal 5*	Deal
13	11.00	KFL XC3	Swanley Park
27	11.00	KFL XC4	Nurstead Ct. Meopham
Dec 4		Thanet 10*	
18	11.00	KFL XC5	Oxleas Wood. Eltham
Jan 2	11.00	KFL XC6 (held on Bk Hol Monday)	New Eltham
22	11.00	KFL XC7	Minnis Bav. Thanet
Feb 19	11.00	KFL XC relays & presentation buffet	Swanley
* indicates Kent Grand Prix events			

From little acorns daft things grow!! Or 170 guys that Run 4 their Life

Steph Lam

You know how one day something sounds a good idea at the time and then oh **** !! Well – **it is all Marco's fault** (although, I'm not sure he appreciates that, denying everything or says he can't remember!!) what ever I'm blaming him cause its got nothing to do with me !! (oh yeh!) Anyway, I was standing next to him exactly a year ago, marshalling at the 2004 Race for Life, when I asked him whether there was a similar race for men and his answer was no - there wasn't. Well, you all know what happened next.. no? well.. let me tell you a story!! A story that I thought was going to have a pear shaped ending but didn't, - it really worked out better than even I thought and I'm the perpetual optimist.

We all know what men are like (if you don't you are a man !! and the girls well I don't need to say any more !) and when it comes to their health something happens to common sense and top of body goes down into the sand. Being a Health person what works for the NHS and male health awareness week being on 13th June, I thought a fun run might just be a different way of getting a message across to the chaps ie: about caring for their prosticles and testates - in a way they haven't thought of before or if they have thoughts - they ran a mile (or 5K!) hence "Run for your life". Girlies are better at facing health problems

and dealing with them but you boys... well you need a bit of help or a shove!

So then, I had to negotiate the complicated maze of organising a run and this is where I take my hat off to **John Hartley** who directs our own club races. **I didn't realise the amount of work it takes to organise a race**, and I'm a committee member! (tells you I listen and pay attention!!) To start with, I did want my NHS organisation to take the race on, as a health awareness event, but that proved rather difficult. So **plan B** – nag the Harrier committee to help me (and boy can I nag and I'm very persistent!! so apologies to them). Eventually I wore them down and they relented!! (Bless them) Then, the next step – I needed a bank account to run the funds though (difficult now after 9/11& I needed 200 pieces of ID from only 2 reputable citizens and where am I to find those 2 bods??); a small Public indemnity insurance of 10 million in order to get an Open Space permit from the council, an OK from the police, a safe route with an acceptable risk assessment, emergency cover and 100 marshals!! – are you all with me so far! At this stage, that was it! "I no like this idea anymore!" **and was going to give it all up!** When a shining angel came to my rescue (on the other hand if she didn't I wouldn't have had to go through all this – what ever!!) Her name is Kate Hunter from Cancer Research and when I approached them for help she grasped the nettle full on! (oh blast that means I had to carry on !) By which time we are at stage 134!! And I feel I have jumped over and around and underneath 1000 hoops already! And I haven't really started on the race itself yet!! **How Hartley looks so calm all the time I don't know!** whereas I'm running around like a headless chicken (and don't you say anything Clarke!)

Anyway, posters plastered every where, every place of work that could be shot with emails was (thank you “**Psyzer Carol**” and “**Wendy CCC**”); **Alastair** the “IT/www.com.org.uk. King” set up web site; **Neasa** wacking out newspaper headlines; any and **every male whose legs looked if they could work was held at gun point** to enter and the entries started to pour in!! well perhaps trickled in. (me thinking - it could be the first UK race with only one runner!) It was at this point I started to panic – no really, really, panic we had only a few weeks left and **I only had 13 entries** (eek). I tried to imagine what 13 male runners or walkers looked like spread over 5K – I had at this **stage more marshals than I did runners**. I even thought about letting the girls enter but dressed up as men!!(must have been desperate) In the mean time there were other jobs to do – get someone to be brave enough to do an aerobic warm up – a really good idea what with the macho man thing and men having a total lack of any kind of co-ordination at all.

Then I needed a platform to plonk the warm up girls on, only being 5 foot tall they needed to be seen by all the 13 runners. These 4 platform things (4`x 4`x 3`) then needed a school hall to be opened early on a Sunday morning and then, needed transporting to the site – easy peasey!! Not. Next problem, how to get ***** big Health Promotion bus onto the green with a 90 degree turn with lots of posts in the way and a 7 foot space to do it in (I`ve learnt that long wide bus no bend easy) Then, will the BIG Health promotion bus argue with the SWEET ice cream van and Saucy burger van!! (mixed health message!! Could be the start of a new kids programme?)

Sounds great but you know that happy ending – it was. On the day everyone turned up, all knew what to do & went and did it. The Harriers did what they do best and that`s organise the race field (I know **Clark** mucks around all the time but he really comes up trumps particularly when he suggested a change from the original Race for Life route which I was going to use, to the route going along the sea front all the way saving road blocks & road closures! He also organised all the marshals, so well done SC) But I do want to give a **BIG THANK YOU to all you Harriers** who helped out by either marshalling or running – I couldn`t have done it without you , **you are a fantastic lot.**

On the day, 170 runners turned with their folks, 169 male bodies **and 340 hairy and not so hairy legs** finished the 5K (one

chap had blisters so he borrowed a bike and finished on that – does that count??) The therapy girls from Rugg-easy were very popular Can`t think why? (details of their service can be found in the Race folder!) They donated their takings too (£2 per hairy leg!) In total **a staggering £7,500 was raised for Cancer Research UK.** Absolutely brilliant and I do hope everyone had a good time, I think they did, which is the important thing. So guys and girls shall we do it again next year ??? Don`t look at me, I`m off to think of another hair brain scheme! Moral of story – if Steph says “is there....? Run for your Life !!

Budapest Half Marathon

Five runners from Canterbury harriers undertook a combined site seeing and half marathon trip to Budapest on a long weekend, 2nd – 5th September. Family members came to. Arriving early evening on the Friday gave us a chance to find our bearings and locate the start of the race (always important). Also having a long weekend enabled time for site seeing via open topped buses, river boats on the Danube, bicycle and of course, on foot. It`s a beautiful city with a long and turbulent history. The buildings, castles, government buildings and spas are gothic and fairytale in structure. The City Park is absolutely huge comprising Heroes Square, a zoo, artificial lake, castle and a Spa with 22 pools about the size of Buck Palace! A wine and music festival were also in evidence.

Race Report: The race started in Heroes Square in City Park on the Pest side of Budapest. The previous day found the five taking part in a Breakfast run of 4 k in the park which was an excellent way of relaxing you ready for the big race the next day. Breakfast consisted of bottled tea, Snickers Bar, banana and a local croissant which was half the size and double the weight of the French equivalent! Welcome all the same.

The day dawned warm, humid and overcast and just a few degrees cooler than the 27^o of the day before. Over 6,000 people took part and the **build up was electric**. The announcer was multi-lingual, and there was lots of drum noise building up to the start. The race left the park and went directly to the Danube down Andrassy Avenue where we crossed the bridge to the Buda side. The race continued in front of the incredible Buda castle on Castle hill. (The castle was

initially built in 1241 after the Mongol invasion and then continued to be added to, destroyed, gutted and rebuilt until after the German occupation of the 2nd World War. It has more than doubled its original gothic structure and now houses the Hungarian National Gallery, Budapest History Museum and the National Széchenyi Library). Crossing over the bridge to the Pest side again, the race turned to run down in front of, and then the back of, the Parliament building. (Built 1896-1902, inspired in part, by the Palace of Westminster, its white neo-gothic turrets and arches stretch for over 250 metres along the Danube embankment.) The race continued through the streets of Pest back to the City Park. There were 6 water stops each dispensing not only water but sports drinks, chopped bananas and dextrose tablets! It was extremely well organised, with lots of supporters and marshals lining the routes, bands at strategic points, water spray, rescue scooters, Pfizer first aiders on bikes, ambulances and a pick up bus. The pick up bus was collecting those who took longer than 2hrs 30 and I'm sure this helped Wendy and Jac produce a PB for the race! Graham also produced a PB with Carol and Kate also putting in good times. Oh yes, and it was flat (apart from the bridge inclines)!

Would we do it again? Without doubt.

Jac, Wendy, Carol, Kate and Graham

Longest Day Revisited (the North Downs Way relay) – part 2

By Steve Clark

June 25 2005

Now where was I? Ah yes, **Graham Tucker** was doing leg 9 from the Vigo Inn on the A227. Meanwhile, I and my trusty assistant **Bob Davison** were driving **Fran Wood** to leg 10 start at the Rose & Crown on Dunton Green. We are pushed for time, having waited around hoping **Jules** would eventually appear at the Vigo, until we couldn't wait any longer, a lost cause! We arrive with just enough time for Fran to powder her nose, then they were off at 13:30. Dick the timekeeper was already here (how did he get here before us?!). 'Know the back roads' he says smugly. '

Your guy [Jules] still hadn't turned up, left his keys in the pub!' **Kate Bromley** arrives in Graham's car, so she had been walking **the dog!** The first runner on this leg arrives then Kate's mobile rings, it's Graham, he's lost! Two in a row, marvellous! Dick's smirking '**Canterbury Harrier runner lost his way..... that's unusual**'. Ouch! More runners arrive but no Graham. Kate's mobile goes again, Graham's back on the straight & narrow! But we can't wait any longer, Bob's doing next leg. "Tell Graham to report to my office on Tuesday!"

The A25 to Betsom Hill for leg 11 is snarled up all the way! As we cross the M25 we see why, it's totally at a standstill; everybody is getting off onto A25 if they can! We get there with literally a minute to spare. Bob jumps out the car and he's off almost straightway! I'm feeling knackered and I haven't done my leg yet! I'm on my own for the first time today. Then some good news, Fran arrives and **she is first home** on her leg, well done Fran! We stay away from A25 and cut across country to Caterham Bypass for leg 12, where we hope **Elaine Lyttle & Maxine Lawrence** (they are doing the leg together – safety in numbers!) will be waiting, although I'm a bit worried as Elaine asked for directions on Thursday – '**Is it near Wales**'? Arrive 15:00, leg starts 15:10 and no sign of the girls! **Don't panic!!** Think this through! Option 1, I do this leg (with no map), hope girls turn up eventually and can get round to next leg in time. Option 2, don't field a runner this leg and take a time penalty. Option 1 is very unlikely and if I get lost we gain nothing, so it's option 2 then. Good, decision made, you have to be decisive when in command! At 15:09 I shove my car keys in Fran's hand and tell her to get Bob round to Reigate for next leg and the girls if they turn up! Time I've got my tracksuit bottoms off and put my shoes back on I set off a minute behind the rest! Petrified of getting lost I **run like a lunatic** to catch the others up but it seems to take ages as the route twist and turns and is woody at first but at last I catch sight of them! I owe my second place to the guy in third, who very sportingly called me back on at least two occasions when I foolishly tried to push ahead on what looked like the 'obvious' route!! To my amazement, as I finish I see Elaine and Max waiting to start next leg. So I made a right decision after all (must make a note of that for posterity!). Elaine just has time to shove her car keys in my hand and I just have time to gasp 'where are Fran & Bob' before they are off with a 'Don't know,

haven't seen them'. Leaving me to recover while musing over how they knew to come to leg 13 & how to find their way if they hadn't seen Fran or Bob!!? The hectic, manic pace of events since Blue Bell Hill has been unbelievable!

Time passes, runners finish, people drift away, Dick timekeeper finally heads for next leg. All alone now and still no sign of Fran & Bob, where are they!! More time passes, still no show. Must get Elaine's car round to next leg soon. I open the car, I see her mobile, brainwave, I ring my mobile, which is in my car. Fran answers! 'Where are you!' 'In Reigate', 'what the hell are you doing in Reigate, I'm up on the hill!' 'We can't find the ***** hill, we keep ending up in Reigate!! 'It's right next to the M25/A217 junction, head back to motorway, I'll go stand at the roundabout, hurry!' I jog up side road to roundabout (can do without this!). After what seems ages & another call, they arrive (just as mystified about Elaine and Max as me!). Mad dash to leg 14, of course our runner **Mark Cooper** has long gone! (16:50 start). Dick timekeeper confirms he started, no message about taking any car on, so assume he was with someone. Elaine and Max are walking into car park having finished ok. Mystery is now solved. They arrived at Caterham Bypass and happened to be parking next to Dick timekeeper's car just as he is leaving, he explains situation and they followed him round to Reigate Hill! Fran & Bob going to my car in another spot had no idea about this!! All's well that end's well! Elaine and Max head for home and take Fran with them. 'Well done and thanks girls, the rest of the day is yours!' **Bob grits his teeth** and a strange spasm makes his arm swing back and his fist clench! Just then my mobile rings, its Jules! Letting us know he's back home. He finally found his way to his finish (& car!) after about 3 hours, with **bruised feet and pride!**

Off with my trusty co-manager to leg 15, on A25 at Newlands Corner. **Dave Lightburn** has come all the way here to do this leg, his sister lives nearby and I know he's made arrangements for getting reunited with his car. Needless to say we don't arrive in time to see him off (got a bit lost, I blame the navigator!). Mark Cooper comes home 4th but not far behind 2nd & 3rd, well done Mark. He has a **gash on his forehead!** Apparently a tall iron gate didn't swing open as far as anticipated and in his haste, he ran into the edge of it, ouch! Funnily enough it was a kissing gate! We wish Mark

a safe journey home, 'rest of the day is yours Mark!' Bob trips up (I assume he trips) and falls to his knees! 'Get up Bob; we must push on to the last leg, starting at Puttenham.

Dave Root (who only volunteered to run this leg last Thursday) has made the long trek to Puttenham. Yet again we miss the start at 18:45. The guy who took details of starters has already gone on to the finish but Dick timekeeper 'thinks' we had a starter! No messages about car ferrying (I had told Dave we could take his car on, on Thursday!). Oh well, hope everything's ok, what could possibly go wrong? Dave Lightburn comes in 4th, again only just behind 2nd & 3rd. So well done and oh Dave, 'the rest of the day is yours!' At this moment a **strange unearthly howl** rips through the evening! It's impossible to pinpoint its origin it seems to come from all around, a mystery never to be solved! Anyway onto the finish Bob, let's see if we can get there before the runners come in! Your face looks red Bob; you must've caught the sun today! Arrive at finish on outskirts of Farnham in time to see the winner come in, followed a few minutes later by our Dave in 2nd, well done! Especially as his car had broken down late Friday and he'd been trying to contact me about a lift. In the end his brother **Steve** volunteered to bring him all the way here (& back!), so a big thanks to him.

Well its all over now and **we managed to field a runner in ALL 16 legs** a result in itself, no matter what position we end up in! Bob, Dave, Steve & myself together with the remainders of the other teams and Dick timekeeper & helpers all retire to the pub back in Puttenham for some well earned grub and a pint and finally the results and award of the Trophy to the winners. Dave & Steve have to leave just before the end 'well done lads, thanks again and the rest of the day is yours!' Turning back Bob's nowhere to be seen? I notice movement under the table, he appears to be alternately **muttering, sobbing & giggling?!** He re-appears saying he dropped something. I must be hallucinating; it's been a long tiring day! SLOW win the trophy (Dick timekeepers team, a coincidence!). We are 5th of 6 teams, oh well, not last! (Later revised to 4th as they had forgotten to add 10 min time penalty to CROC who were 4th for not fielding a runner in leg 5.

A tiring journey back sees me dropping my trusty co-manager Bob off at his house late in the night. 'Thanks Bob, the rest of the day is yours, ha, ha.' As I pull away

something hits the back of my car! I look back but there's no one to be seen!

The Robin Hood Marathon in Nottingham

By Jackie Macdonald

The journey to Nottingham on Saturday 10th September was marred by constant rain. It rained all night and was still hard at it early on Sunday morning. The rain stopped but left a very overcast day, which was very chilly for the time of year (**perfect for running** though!). The course for the Half and Marathon was like a figure of eight with the start and finish at the centre and the centre being the Victoria Embankment on the River Trent.

12,000 people took part, many in fancy dress, and the **course was lined with locals** and supporters for the first loop half marathon. The course was slightly undulating but no real hills. The split came at 12.5 miles on the bridge and whereas in the first loop the streets were crowded with runners the second half found the remaining 2,000 runners well spread out. Over the Trent on a different bridge, the second loop took runners round the National Water Sports Centre, across fields, round the grounds of a stately home, through parks and back along the banks of the river, over the suspension bridge returning to the Victoria Embankment. The course was very flat.

I have to admit to walking a bit between 18 and 19 miles and there was some stop start running between 21 and 24 but thereafter with the encouragement of marshals, traffic controllers and crowds cheering there was no stopping me until 5 hrs and 20 minutes after starting, I got to the finish line. As I went over the line and I heard the chip bleep to register my time I felt a **great sense of achievement**, especially after having to give up my place in the London Marathon earlier this year. Can't believe I've finally done it!

The Three Peaks Challenge

By Jenni van Deelen

In the last issue of The Harrier we left Jenni in a youth hostel with a group of 10 boys from her school, wondering how it would go when they began climbing the Three Peaks the next day. Read on...

At 4am we assembled outside the youth hostel, the boys all keen and eager, buzzing to go. Once we hit the starting point they were off like a herd of mountain goats.. myself more a **plodding donkey**. Anyway, it didn't matter - of course one by one they slowed down a little and eventually we moved at a more even pace. Unfortunately one boy suffered from cramp at about 1000m so progress was rather slow from there, but we all made the summit, apparently on quite a good day for visibility. Not that good though, as I fell over the overnight bivouac before I saw him.

A few quick photos later we were off down the hill, aiming to complete the climb within 5 hours, which we did in spite of a different boy struggling with knee pain. The minibus was ready and waiting so as quickly as we could we were in and off to the Lake District. This was where our problems started. The roads leading away from Ben Nevis are hardly fast, and when you get stuck behind a Tesco lorry doing 20mph...this put a serious dent in the boys' hopes of 24 hours. A very slow drive later and in the pouring rain we **arrived at Scafell Pike**.

Setting out from Wasdale Head this was a completely different climb to Ben Nevis. No tourist-friendly meander to the top; instead we had to negotiate a **foaming river** of doom, slippery, sharp rocks and a thick swirling mist. I spent a lot of the time talking to individual boys, some of whom I knew from classes, others not, trying to motivate them and keep them going. One boy from my A level German class disappeared quite quickly when I spoke to him in German... We all reached the summit and headed back, but the descent, in the rain, was tricky, and several falls later, **now outside**

the target time by 45 minutes, we reached the minibus.

By now the boys were cold and wet and the minibus heating system, whilst keeping us up front lovely and warm, had little impact on the back. Driving to Snowdon in the dark and rain was not as easy prospect. I was by now quite tired (and fed up of malt loaf) but my drivers seemed to need my navigation skills, so sleep was out of the question. (I should add here that on the one occasion I nodded off one of the drivers went the wrong way in a car park).

So on to Wales, where Coast FM kept us cheery - great classics to sing along to! We pulled up at the **base of the Llanberis path at 1am**, still 3 hours to complete the challenge within 24 hours. However it was dark (therefore headlamps) cold and wet, and rather windy too. Summer in Wales! Ha! I pulled on my 'waterproof' trousers and my 'waterproof' jacket over my 5 other layers (two of which were thermal) and off we went.

It was quite an amazing experience, walking in the pitch black. If you were walking alone all you could see was a tiny circle of light from the lamp which illuminated your next footstep. There was a strange buzzing noise, too, which I thought must be the hydro-electric power station at Dinorwic but turned out to be my phone which had died after too much exposure to the cold and wet!! As we progressed slowly up the path I found the boys in need of my motivational encouragement. Quite a few of them asked me if it felt the same as the last few miles of a marathon. The answer? Physically no, because the actual effort involved in climbing at this pace had not been as intense. Mentally no, probably because the physical pain wasn't there. **Emotionally, though, I felt drained**, probably because of all the worry about **sheer drops, cliff faces, and the risk of slipping and breaking a leg in the conditions** we faced! Plus the dark and lack of visibility made the experience quite stressful. In addition the sheer fatigue of not sleeping and the long journey in the minibus made this final stage quite tough. As we neared the summit the wind picked up and the temperature seemed to plummet. By now I was all too aware that my waterproofs were actually water-absorbent and happily sucking up as much moisture as possible. The mountain leader called us over. 'It's getting quite windy now' he said (felt like a force 10 gale to me) 'and

this is the trickiest part of the climb. Try to keep to the right of the path - there's a sheer drop to the left'.

AAAAARRRGHH!

I was actually pretty cold when we reached the cafe building and just about holding off a major sense of humour failure. I even had to borrow an extra - 6th - layer to compensate for my pathetic outer layers.

The final ascent to the summit was awful - complete mist blackout and howling wind. We had to cajole a couple of the boys up that awful spiral stair to the trig point, and I was very happy to get down and start the walk back. Nearer the bottom, as it grew light, everyone's mood lifted and whilst the 24 hour target proved just outside their reach the boys were still incredibly proud of themselves for achieving the challenge of the 3 peaks in one go.

We dropped the boys off at their youth hostel at Swallow Falls and then, mercifully, pulled into the B&B that had been arranged for us. Breakfast will be at 8, we were told, and after possibly the best breakfast ever I was finally able to collapse in a proper bed. We ended up heading back the same evening, finally pulling back in to school at around midnight. The mums and dads were all incredibly proud of their boys and I think we all felt a real sense of having done something quite special.

So 3,145 metres of climbing, 2,168 kilometres of driving and 28 kilometres of distance covered later...

It's a great challenge to do. But your group needs to be smaller than ours, you need a decent car, not a minibus, and some hill specific training would be useful. Oh, and make sure you get some decent waterproofs - it rains in Wales in the summer!

Red Lion 10k

Many thanks to everyone who marshalled in August at the Red Lion and made the race yet another big success. Particular thanks to race director **John Hartley** - but also to all marshals, teams at the start and finish, course planners, mementoes team, those who helped with results, car parking, changing rooms and all the other jobs involved.

Stamps

We will try to ensure that stamps stay affixed for future issues of The Harrier that we send out. A few people including **Marco, Lisa, Roy G** and **Dave Lightburn** were invited down to the post office to pay an excess of £1.21 because there was no stamp on the envelope. For some reason, they felt a little disappointed when they discussed what was waiting for them. This was not a ploy hatched with the coaching team to give them extra training (although it could be worth thinking about).

Results...Results.....Results

We have had some spectacular results in the last few weeks. **Roy Palmer** was the first Vet 40 in the Great North Run – in a time of 1.12.45. **Jonathan Holmans** won our own race, the Red Lion 10k, leading most of the way and kicking off his nearest rival on the hills – winning in 33.17. Also in the Red Lion, **Sue Denton** just missed out on being the V45 champion – running a time of 47.19. We had debut performances from **David Monckton** (50.22), **Tannia Powell** (54.49) and **Natalie MacDonald** (55.12) who has caught the running bug from her grand-ma **Jac**.

At the Wingham 10k, **Jenni Van Deelen** was the second lady in a time of 42.34. **Sarah Maguire** was third lady. **Paul Curd** was the 13th finisher in 43.09. **Keith Barker** made an impressive 10k debut in 46.42. And **Wendy Osmond** got a PB of 54.09, running a time over a minute faster than she had expected. In the Wingham Fun Run, **Roy Gooderson's** son **Adam** came

second – giving us a very optimistic outlook for the next generation of Harriers.

In the Hove Promenade 5, our coach **Gerry Reilly** and assistant coach **Steve Clark** bumped into each other in the gents without realising that the other was going to be running that race. Steve ran the five miles in 30.13 – putting him within sight of his PB of just under 30 minutes. Gerry (34.05) and **Sue Reilly** (45.16) were glad to be out racing again as both are returning from injury. There were three PBs in the Faversham 65 Roses – from **Barbara Wenman** (46.36), **Anna Reutersward** (48.13) and **Natalie Bent** (55.32).

In Budapest, **Carol Reid** was the 61st woman back in the half-marathon in 1.38.45. And **Jacky MacDonald** (2.21) and **Wendy Osmond** (2.14) both ran PBs.

There are lots of other performances that should be mentioned. These are just a small selection.

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
Steve Clark Assistant Coach - 711272

Runners Representatives:

Joe Hicks – 750797
Marco Keir – 276029
Neasa MacErlean - 781709
Carol Reid - 379055
Sue Reilly - 477148
Alastair Telford - 786210
Jenni Van Deelen - 767489