



The Harrier



Winter 2008

The newsletter of the Canterbury Harriers

Welcome to the December issue of the Harrier. The Management Committee wishes all club members and their families a happy Christmas and prosperous running new year. As runners we are very much aware of the seasonal changes to the weather and since the last Newsletter in September we have all had to adapt to changing weather conditions, shorter daylight hours for training and that glorious experience of X-country running!

The colder weather means that we need to wrap up in extra layers to keep muscles warm. If you haven't yet got extra winter kit then see inside for details of jackets, hoodies, t-shirts and vests. The other seasonal message is to run safely in the dark by being seen and not taking risks when crossing roads. Try wearing something reflective or a yellow or white top; and even consider a flashing arm band to be seen by motorists.

Highlights in this issue include reports of the Reims trip (right weekend this year) and the Devil down South (not for the faint hearted) with thanks to Bob, Steve and Kate for putting down their thoughts. It would be great to have lots more articles so please put fingers to keyboards....

Finally, enjoy the holiday break, perhaps clocking up those extra miles to kick start your running ambitions in 2009.

Highlights from the AGM (not to be confused with the official minutes...)

- Seeing everyone in proper clothes was a rare sight!
- Well attended by approximately 50 members.
- Fantastic to see Tony McParland (also see Help for Heroes' item on page 3).
- Strong financial balance of some £10,500.
- Membership stands at 139.
- Membership fees to stay at £15 (what great value....)
- Full involvement in a wide range of races over the past year.
- Marco's credit crunch banker jokes (e.g. the bank of Origami had to fold).

- Social and Training runs always very well attended.
- Successful hosting of own events – the Whitstable and the Mount Emphrain 10K's.
- Important to give practical help at these events since they prove valuable club income.
- Agreement to support Demelza House Children's Charity.
- Appreciation and thanks shown to our Coaching Team (with applause).
- Agreement to host a 'club only' run to support Help for Heroes.
- News of a club Forum being established.
- The Election of 'old and new hands' to serve the Club for the year ahead.
- The Social afterwards in the The Dog.



Marco's Messages follow on Page 2.....

Kings School Recreation Centre Membership

The club has negotiated a fantastic deal with the King's School Recreation Centre. The normal cost for taking out discounted Silver Membership for new members is £105 which includes a first year joining fee of £50 and the annual subscription of £55.

For those Harriers who take out Silver Membership up to 31st December the joining fee will be waived and only the annual subscription will be payable i.e. ONLY £55! Silver membership entitles you to the use of the centre facilities including free parking, access to the changing showering and locker facilities and use of the bar/restaurant. Additionally it entitles you to discount rates for all of the other sports facilities at the centre including swimming and squash and the gym.

Remember non - members who wish to use the centre facilities have to pay £3.00 a time. The deal above which equates to £1.00 a week for unlimited, discounted use of the facilities represents a fantastic bargain. But remember the special offer is only available until 31st December !!

On a more general note we would discourage any of our members from using the Kings Centre who have not paid to do so.

Canterbury & District Sports Awards

It was a wonderful surprise when we received invitations to attend the Canterbury & District Sports Awards. The Canterbury Harriers had been nominated for two awards: Senior Sports Club of the Year and Gerry Reilly

was nominated for Unsung Hero! Notification of the shortlisting was very short notice but Marco and Gerry managed to attend the award ceremony at the University of Kent which was hosted by the BBC South East presenter Rob Smith and the Lord Mayor of Canterbury. The event was attended by representatives from all the major sports Clubs in the District - both Senior and Junior.

After a dinner in Elliot Hall and demonstrations by the UK Olympic Trampoline Team and a Kent Olympic archer (not at all happening at the same I hasten to add!) the awards presentation began in earnest. The Canterbury Harriers were runners up in the Senior Sports Club of the Year and Gerry received an excellent citation as he collected the runners up award for Unsung Hero. The Awards Committee stressed the excellent coaching that Gerry delivers week in, week out in all weather conditions and, above all, the selfless volunteering work that he puts in to help stage major charity events including Race for Life, Man on the Run and last year's Comic Relief run held up at the University of Kent. Without Gerry's contribution the staging of such events would not run as successfully as they have over the past few years. There was great cheering and applause as Gerry strode up to the podium to receive his well deserved award.

Congratulations and with appreciation, Gerry, from all your club colleagues!

Management Committee:

Marco Keir	Chairman	276029
Tim Richardson-Perks	Treasurer	07792 833846
Roy Gooderson	Admin Officer	454449
Carol Reid	Secretary/ Coach	379055
Gerry Reilly	Head Coach	477148
Steve Clark	Coach	711272
Sue Reilly	Membership Secretary	477148
Sean Reilly	Web Master	730816
Mark Wenman	Runners Rep	765336
Daniel Rumble	Runners Rep	742738
Wendy Osman	Runners Rep	266940
Peter Yarlett	Runners Rep	263346

Contact your Management Committee to raise any issue. Committee meetings are held on the 2nd Tuesday of each month



They're tough and you love them.....so exactly how far are the repetitions' on Tuesday evenings?

Flint College Hill (bike path up) = 422 metres

Barbara and Mark Wenman have an open invitation for pre-Christmas drinks and mince pies at 78 London Road, Canterbury after the run on Tuesday 23 December and everyone is welcome - even Steve (who ate all the pies) Clark.

Many **It's cold and wet and easier to stay at home... So why do we do it?.....**the cold wind drives onto my face bringing water to my eyes adding to my already chapped lips; I am doubled up as I struggle into a stiff gale and still 3 miles to go; I can feel my finger tips slowly numbing as the cold frost hangs in the heavy air; the clay coloured mud is wet and slippery and sucks at my shoes seeking to hold me fast; the driving rain is constant and angles straight at me.....

As discussed at the AGM your Committee has arranged to hold the Help for Heroes charity run on Sunday 4th January at 11.00am along the Crab & Winkle way. The run is restricted to Canterbury Harriers runners only we hope that the event will be well supported. The suggested charity contribution is £10 per runner with all proceeds going to provide practical help to our wounded servicemen and women. *Further details to follow.....*

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clean air
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explore

Blood, Sweat and Tears.....otherwise known as X-Country

Fixtures

Sat 13 th Dec 2008	Kent Vets & Clubmans Champs	11.00am races start Beckenham Place Park
Sun 14 th Dec 2008	Kent Fitness League Fixture 4	11.00am Oxleas Meadow, Eltham
Sun 28 th Dec 2008	Kent Fitness League Fixture 5	11.00am Avery Hill Park, New Eltham
Sat 10 th January	Kent Championships	13.20.14.20 Showground, Detling
Sun 11 th Jan 2009	Kent Fitness League Fixture 6	11.00am Minnis Bay, Thanet
Sat 24 th Jan 2009	SEAA Championships	1.50/2.50pm Hillingdon House Farm, London
Sat 31 st Jan 2008	SEAA Veterans Championships	11.00am races start Old Warden Park, Biggleswade
Sun 1 st Feb 2009	Kent Fitness League Fixture 7	11.00am Knole Park, Sevenoaks
Sat 21 st Feb 2009	ECCA National Championship	14.00 Parliament Hill, Hampstead
Sat 14 th Feb 2008	Kent County League Fixture 4	14.00 Parkwood, School, Swanley
Sun 8 th March 2008	KFL – Presentation Relay	11.00am Shorne Wood, Nr

A HOST OF PB's

Well done to all of those members who achieved personal bests at various distances since the last Harrier:

Sally Silver, Peter Luetchford, Kate Marsh - Half Marathon

Colin Kent, Sally Silver, Tina Jones - 10 Miles

Paul Graveson, Tony Savage, Trevor Brown, Jennie Van Deelen, Wendy Osmond Ian Dartnell, Tracey Furminger, Martin Henry – 10K

Mark Wenman, Bob Pullen, Jennie Van Deelen, Gillian McLaren, Wendy Osmond, Colin Kent – 5 miles

Ian Dartnell – 5K

A reflection of good living certainly but hopefully also a reflection of good coaching Well done to all and keep it up.

Do let Gerry or Steve have details of your races and don't be shy to announce a PB!

LONDON MARATHON 2009

The 2009 London Marathon is on 24th April slightly later than in recent years. The club training programme will be for a 16 week period beginning Monday January 5th and I will be circulating the programme to members in mid to late December. A copy of the programme will also be available on the club website.

SALTWOOD BOXING DAY RUN 26th December 2008

[The Saltwood Boxing day run on 26th December 2008](#) at noon is held at Saltwood Village near Hythe. [Details can be found by doing a web search under "Saltwood Boxing Day Race"](#). There are entries on the day. [The organiser advise that they are having trouble with the website but that they are hoping to update very soon.](#) It is [smashing little cross country blast](#) of just under 3 miles [starting and finishing near the village pub and with a great family festive atmosphere.](#) [All proceeds go to charity:](#) http://homepage.ntlworld.com/stu_collins/boxingdayrun/

Club Forum.....Sean Reilly, our ace Webmaster has set up for Club members a new technology based innovation to help us all keep in touch on a wide range of matters – training, travel and tips etc.....please do use the **Forum** as a regular means of contact. The **Forum** can be found on the Canterbury Harriers web page.

HELL DOWN SOUTH – part one

Kate Marsh

16th November 2008

As I stood at the start of HDS on Sunday 16th November I must have had the biggest butterflies know to man flying around my tum. As I clung onto my 'waterproof' camera, I really wondered what I had let myself in for.

But if I were asked now how to describe the run I would say –

- Nerve racking (plenty of loos though!)
- Muddy (especially when you fall over!)
- Wet (up to my armpits!)
- Extreme (won't complain about cross country again)
- Brilliant (the whole thing!)
- And if I were asked would I do it again I would say 'Bring it On'.

I loved it and would definitely recommend giving it a go, as it is so far removed from a 'normal' run and it was really good not to think about your time and just to concentrate on crossing the finishing line.

My camera also survived the experience and I managed to fill it up with random pictures. I even got a pic of my ex army buddy Smudge and me at the top of the Horrid Hills before we clambered back down. At that point it was also a good excuse for a quick rest!

Would I have any tips –

- Don't wear new shoes (I nearly did!)
- Take a big T shirt/dress – always handy for those whose clean clothes are in the car and you need to get changed in the middle of the car park.

Thanks to Kate for her graphic account of Hell Down South – Kate even had time to take some photos..... shown on next page...



They looked so happy at the start....



The bad guy was out to get them all.....



So who took the picture.....and why is Kate smiling!!



Still smiling, but not sure why.....

Waiting for Goddo in Hell – or Hell Down South - part two by Steve Clark

The clock strikes three quarters past six and I leap out of bed just like the girl in the special K ad (but in a more manly way of course). Kitted out and breakfasted, I scuttle down the road to be picked up by Andy la Farrant smack on time at 07:30 and we're off for the 2 hour journey to Longmoor Camp in Hants for the Hell Down South. Five minutes later we are back at my house to get a spare pair of trainers, apparently there is a chance the ones you wear in the race will get a bit wet and muddy, nobody told me!

Also heading for Longmoor were Sue and Martin Coombes in the Coombes mobile and a motley crew in a 7 seater hire car organised by Neil 'Goddo' Godden together with Colin of Kent, Ken of Somerville, Tony the Savage, Dan 'the man' Rumble and poor Kate 'mellow' Marsh the only female onboard as Bob 'Chav from Fav' Davison cried off at the last moment with back problems (lack of one – [allegedly]).

We kept in contact wiv Goddo & Co by txtin, (bit of a strain as Goddo is uless atit - [alegdly]). I'm worried they may get lost, we are alright as la Farrant did it last year. So imagine my consternation as approaching Longmoor on the A3 he asks me to tell him where to turn off! "But I thought you came here last year!" "Yeah but I don't tend to recall routes too well after more than about half an hour – maybe I should have warned you!" "doh!" Anyway, after la Farrant takes the wrong turnoff, I use my superior navigational skills to guide us through Liphook village to Riggs green and onto the approach track and into the car park safe and sound, but not waiting for Goddo, who arrived first despite stopping for an athlete's breakfast at the Little Chef on the way, doh!

The Coombes are way behind stuck in traffic, so we all head for the start about a mile walk away stopping by the 'Bog of Doom' for a team photo as Kate has bought a throwaway camera, she is going to take

around the course with her. It is waterproof, which is essential if it is to survive the 'Bog of Doom'! The camera might but I'm not so sure Kate will! Or any of us apart from mighty tall Goddo (Goddo mighty to his friends!). There are things moving in there and a crocodile to boot!

We get to the start area and do all the starty type things, greasing nipples, changing into something nice (la Farrant is sporting a lovely pink vest outfit, Dan the man is sensibly wearing a nice white T shirt and Goddo is mincing about in his nice new bright yellow off road shoes!), putting bags into storage, warm-ups etc. as the start time draws near. The start is delayed to 11:15 as the organisers learn of bad delays on the A3. We know the Coombes are here but as the numbers swell and we are crushed ever more towards the start line it's impossible to locate them; however the rest of us manage to keep together until the final countdown and off amid fireworks and red smoke! This isn't to bad I thought as we went about a mile along a wide stony forest track but then they turned us off into the 'badlands' of scrub, hills, mud and beastly oomskul ! The hills just kept coming, up one side down the other....up one side down the other.....'there must and shall be a flat bit'.....no..... more hills! All good things must come to an end and at last we have a flat stretch with a drinks station. But all too soon the hills are back again! Eventually with joy I see the man made portal announcing the 'bog of doom', relief from those hills! It's much deeper than I was expecting and taken by surprise I almost go right under the foul black sludge! The ability to keep your mouth shut is vital here, so I'm very concerned for la Farrant! And how much Kate and Sue can keep above sludge level I can only guess! I pass the crocodile without smiling (you should NEVER smile at a crocodile) and make it to the other side and then yes you guessed its more hills for a change! [It must be noted here that several witnesses have testified that Goddo was seen wading through carrying his nice new yellow shoes above his head]. Another

'water feature' has to be crossed, not as disgusting as the first but just as deep and cold! A last tortuous mile or so over sandy hillocks drains the remaining life from your body before finally gaining the forest track for the last leg to the finish, and finished you are! I slump on some crates to get my chip off my shoe and am descended upon by several medics asking if I'm alright! Do I look that bad!! Dan the man comes in, looking like he's had a Rumble in the jungle! Kenny Somer is vile (although not quite as vile as when he came out of the dyke on the Saxon Shore relay a few years ago!). Colin looks like he's been dragged through Kent! La Farrant has a mouth full of mud! Waiting for Goddo, he comes in muddied almost up to his knees (carrying his shoes of course). Martin could do with a Coombe (as could Sue!). Tony now looks a true Savage as much as Kate now looks a true Marsh!

We've collected our goodie bags and shirts and eventually stagger back to our vehicles as best we can for the weary journey home! (I'm not saying my journey is weary because I'm in a car with la Farrant, it's just that it's long, honest!). La Farrant and I are the last to leave, mainly because we have to wait until he can stop eating!

I swear this to be a true a factual account, so help me Goddo!

The End

Reims a toutes jambes! - International Reporter Bob Pullen

9am on a bright sunny Saturday morning and I arrive at Gerry's house to collect Gerry, Colin, Steve Clarke and assorted beer, wine, cider, leaflets and horse brasses to ship over to France for the *Reims a toutes jambes!* <http://www.ratj.fr/>. Along with Marco, Neil Godden, Roy and Joe Hicks we are all due to run either the 10k or Half Marathon at Reims as honoured guests of the Reims-Canterbury Twinning Association on Dimanche 19 Octobre.

Sea conditions are calm and we are soon tucking into our full English breakfasts on the ferry and before you know it we are heading off towards the A26, deviating neither left towards Dunkerque or right towards Boulogne as I understand has happened in the past (tip – use the A16 instead).

Soon, Steve is swearing at my SatNav as he can't get it to accept the road that our hotel in Reims is located on. Roy seems to be having more success in Marco's car and that sorts out the order of the two car convoy. And what convoy would be without – CB! Roy had kindly provided us with two-way walkie talkies so that we can communicate between cars without the use of expensive mobile phones or the impracticality of semaphore. "Eyeball Eyeball – Copy that – 10-4" etc. Steve takes great delight in ordering Marco to turn off at numerous 'Aire de' service stations while we merrily thundered on down what was an almost deserted A26 motorway at 130 kph.

In just a few hours we reach the outskirts of Reims and tempers begin to fray as my SatNav takes us right underneath the main road where the hotel is located. We can see it, but we can't seem to get to it.

A quick consultation with a local gets us back on the straight and narrow and before long we were at the hotel and picking up our race numbers and goody bags from the reception – the first sign that this event was absolutely first rate in its organisation. After a quick freshen up, we meet Patrice who is the Deputy President of the Reims-Canterbury Twinning Association and our guide/chaperon for the weekend. He dispelled any notion that we might have a lazy afternoon lounging around the hotel as he whisked us off to the village of Verzaney, about 15 miles outside Reims, to visit a Champagne Museum and vineyards - <http://www.lepharedeverzenay.com/uk/>.

Fascinating stuff and the views from the top of the hill over the champagne vineyards over towards Reims were fantastic. There

was also a selection of tidbits laid out in the reception area which quickly got hoovered up once we had established they were free of charge.

Next stop was the Expo Centre in Reims which had been commandeered as event HQ for the weekend. The setup here was not too dissimilar to the London Marathon Expo at Excel, but on a slightly smaller scale. There were the usual trade stands etc and those who had done the event before showed us all the facilities. More freebie food was hoovered up, especially the iced doughnuts coated with hundreds and thousands which proved a big hit throughout the weekend.

After Expo we visited the Notre Dame cathedral – like Canterbury Cathedral a UNESCO world heritage site - to admire the building and see the smiling angel. A service was in full swing and we witnessed a breathtaking youth choir which made the hairs on the back of your neck stand up. Then a quick whizz around the local hypermarket, where everyone bought an identical bottle of local Premier Cru champagne as recommended by Patrice. “Make sure you chill it” was his advice. My bottle seems very cold now that’s it’s been in the freezer for a week.

Back to the hotel and another very quick freshen up before we congregate back in the hotel foyer for the evening. Gerry diplomatically sorts out a quick Anglo/French misunderstanding over arrangements to get us into the city centre for dinner, Marco and I leave our car keys in the hotel where they should be and we speed off to an Italian Restaurant to meet Therese, the President of the Reims-Canterbury Twinning Association, in a convoy of taxis. I see the logic of an Italian Restaurant as Tagliatelle is on the menu and virtually everyone goes for that. The exceptions are Roy who settles for pizza and Joe and I who rather adventurously for an evening before a half marathon go for Pork in a Fig Sauce. In the event, nothing untoward happens on the day, but the ‘Oeuf

Surprise’ Steve and several others had for starters makes an ‘Surprise’ reappearance as he crosses the finishing line on Sunday. Oh, and I should mention the waitress.

Another ‘Back to the Future’ trip in a couple of taxis sees us back at the hotel. Gerry sends us on our way with orders to appear for breakfast at 7.30am sharp with bags packed and ready to roll. So, many of us fuff about in a drunken stupor ensuring our race numbers are pinned to our vests and timing chips are secured to our shoes. Steve gets so disorientated that he ambles up and down the corridor in a state of undress. Colin and I finally settle down and flick the TV on. We chanced upon some young women performing a style of rhythmic gymnastics neither of us had previously seen. It must have been the lateness of the hour which explained why they had forgotten to put their leotards on.

It being CET rather than BST, we were all up an hour before our body clocks had awoken and Sunday morning finds us all stumbling around the car park in the gloom trying to pack our bags and get organised after breakfast. At least 4 of us, me included, hadn’t had any sleep at all which we put down to too much coffee, too much alcohol, uncomfortable pillows and rhythmic gymnastics. Patrice was anxious that we got to the Expo centre before the road closures took effect, but it is not until I start my car and turn the windscreen wipers on that I discover the windscreen is covered in frost. By the time it has cleared, Patrice and Marco are nowhere to be seen and we set off in hot pursuit dodging marshals laying out traffic cones. We eventually track them down and pull into the Expo centre car park.

We get changed, deposit our bags, jog down to the ‘Depart’ area for the start of the 10k at 9.30am and enjoy the samba band who are keeping the runners entertained before the start. The half marathoners return to the Expo and kill a bit of time before the start at 10.30am. Before long we are off. It takes me about 2 minutes to

cross the start line, but am reassured that the time that counts – a la London – is the chip time. A lovely route which is almost entirely flat along the banks of the Marne canal and around the outskirts of the city. I'm slightly disappointed that the route doesn't go right through the middle of the city centre, but all of the roads are closed to traffic, with the marshals dealing robustly with an errant moped rider in a residential area. Great support from the people of the city all around the route and especially at the busy junctions and bridges over the canal. It was also great to be able to see the leading Kenyan runners in the full marathon as they passed us on the other side of the road and to see the local school children running their races along the canal.

I crossed the finish line to great cheering from the 10k contingent and a welcome range of refreshments and drinks back in the main hall. A good hot shower and a welcome sit down. Into the restaurant for lunch. I quite fancied the sound of the Assiette des Ardennes for starters and that went down well along with some nice crusty French bread. But it was the main course that did for me. The waiter delivered my steak in a shallot sauce but I only managed to eat a few of the chips and carrots before I had to beat a hasty retreat to the fresh air before being at the centre of a major embarrassment. A combination of driving 250 + miles, the Figgy Piggy, a sleepless night and running a half marathon had taken its toll. However, a quick 30 minute power nap in the car with the windows and sunroof open saw me right and I was able to rejoin the group for coffee.

We went back into the main Expo Centre and took the stage to receive a nice plaque from Madame Mayor of Reims, Adeline Hazan. We presented our bag of goodies, explained what the horse brass was for and Gerry made a speech in French thanking

the city for accommodating us and making our visit so enjoyable. He did well to avoid committing a faux pas by telling the Wayne Rooney joke. We also had a chat with some runners from another Reims twin town – Aachen in Germany. There were also 'twins' from Salzberg present and one of their runners tripped in the 10k and performed a Swiss roll. With that it was off to the cars and back out to the A26 for the journey home. An enforced delay at the Calais ferry terminal bar allowed us to complete a couple of crosswords to keep the old grey matter ticking over.

A long and action-packed, but very enjoyable weekend with a world class running event to boot. I would recommend it to everyone and many thanks to Gerry who ensured that all the necessary arrangements were made and that we pitched up on the right weekend. Plans are afoot to get some runners from Reims over for next year's Mount Ephraim 10k so we can reciprocate the hospitality.

Fact – not one Canterbury Harrier drank a drop of champagne the entire weekend!!

Name	Distance	Time	Notes
Gerry Reilly	10k	00:42:56	1 st Vet 60
Marco Keir	10k	00:44:40	PB
Roy Gooderson	10k	00:46:14	
Steve Clarke	Half Marathon	01:28:47	Barfed on line
Joe Hicks	Half Marathon	01:33:54	
Colin Kent	Half Marathon	01:34:06	
Neil Godden	Half Marathon	01:40:53	PB
Bob Pullen	Half Marathon	02:02:07	Nearly barfed at lunch

Presentation Evening – 6th December 2008

Those of a nervous disposition were well advised to steer a step or two away from the Boughton Golf Club when Canterbury Harriers came together for the annual 'Come Dancing' awards and presentation evening last Saturday. It has been said that the Harriers is sometimes a 'drinking club

with a little running thrown in'. Well that still applies, but to that can now be added 'a dancing club with a little running on the side'. The dance floor was not for the faint hearted as the normally light on toes Harriers each gave their impression of John Sergeant belly flopping his way through the cha cha, tango and American smooth. The shining exception was, of course, Joe Epsom who went through his usual faultless repertoire of jive, latin and swing. Guest Arlene Phillips was astounded that Joe managed to maintain his composure throughout his exemplary performance. Head Coach Len Goodman was even overheard to say that in all his years he had never witnessed such a performance! Russ Lowe's Rhythm Driven Roadshow was stretched all evening to provide the range of music to match Joe's extraordinary talents. Well done Russ for playing your part....

The secondary purpose of the evening was, of course, for members to gather and celebrate yet another successful year of individual achievement as well as for the club as a whole. Members and guests were warmly welcomed by Marco who thanked everyone for attending in what was a record number for the evening.

The names of all those receiving individual awards are shown on page 10. Well done to everyone for the hard work and discipline needed to produce such sparkling performances and times.



(Mark Wenman receives his award from Chairman, Marco Keir)

Special mention was reserved for Tony McParland who, as well as an award winner, was loudly applauded for his military service to the country. Welcome back Tony....

The draw for the club's allocation of FLM places was made on the evening and, from the eight entrants, the 'lucky' winners to run in the 2009 event are Iain Smith, Debbie Clifford and Sally Silver.

Canterbury Harriers Awards 2007 - 2008

Women

Natalie MacDonald:	Senior Female – 5K
Karen Eley:	Senior Female – 5M
Denise Harding:	Senior Female – 10K
Ashleigh Stewart:	Senior Female – 10M, Half M, 20M
Sally Silver:	Senior Female - Marathon
Emma Greatrix:	V35 Female – 5M, 10K, 10M
Sarah Maguire:	V35 Female - Half M, 20M, Marathon
Barbara Wenman:	V45 Female – 5K, 5M, 10K, 10M
Jackie MacDonald:	V55 Female – 5K
Wendy de Boick:	V55 Female – 5M, Half M
Tina Jones:	V55 Female – 10K, 10M

Men

Simon Jones:	Senior Male – 5K
Rob Dowling:	Senior Male – 10K
Mark Baker:	Senior Male – 10M
Tony McParland:	Senior Male – Half M
Ian Dartnell:	Senior Male – 20M
Leif Li:	Senior Male – Marathon
Alastair Telford:	V40 Male – 5K
Roy Palmer:	V40 Male – 5M, 10K, 10M
Garon Heslop:	V40 Male – Half M
Bob Pullen:	V40 Male – 20M
Tim Richardson-Perks:	V40 Male – Marathon
Mark Wenman:	V50 Male – 5K, 10K, 10M, 20M
Steve Clark:	V50 Male – 5M
Dave Felton:	V50 Male – Half M, Marathon
John Hartley:	V60 Male – 5K
John Marshall:	V60 Male – 5M
Gerry Reilly:	V60 Male – 10K
Larry McLaren:	V60 Male – 10M

Other Awards

Most Improved Female: Wendy De Boick
Most Improved Male: Colin Kent
Most Outstanding Performance: Sarah Maguire (for London Marathon Elite Time.)

Overall Champions

Canterbury Harriers 2007-2008 Female Champion: Emma Greatrix
Canterbury Harriers 2007-2008 Female Championship Runner-up: Sarah Maguire
Canterbury Harriers 2007-2008 Male Champion: Roy Palmer
Canterbury Harriers 2007-2008 Male Championship Runner-up: Mark Wenman

CANTERBURY HARRIERS KIT PRICES

	<u>£</u>	<u>Sizes</u>
<u>MEN'S</u>		
Jacket	32.50	Unisex S (38), M (40), L (42), XL (44), XXL (46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M (38/40), L 41/43 XL (44/46), XXL (47/49)
T shirt	10.00	S (35/36), M (37/39), L (40/42), XL (43/46) XXL (46/48)
Vest	11.50	XS-XXL
<u>WOMENS</u>		
Jacket	32.50	Unisex S (38), M (40)
Jacket (child's)	26.00	11/12 (30'), 13/14 (32/34')
Hoodie (full zip)	16.50	Unisex S (35/36), M (38/40), L (41/43), XL (44/46), XXL (47/49)
Hoodie (child's) (full zip)	11.50	9/11 (30'), 12-13 (34') 14/15 (36')
NB: The children's hoodies are generously sized & would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS-XXL

Kit orders can be made by either email (markwenman@hotmail.com) or by handing an order form to Mark or Barbara Wenman.

Our kit suppliers will not take orders for just a few items and we are hoping to put the next order in at the end of January.

However, we normally hold stock of most sizes of vests and T shirts.

Members will be notified when Kit has been delivered.

Please hand the completed order to Mark or Barbara Wenman or e-mail to markwenman@hotmail.com

Payment required on receipt of goods, please make cheques payable to Canterbury Harriers on collection (marked 'Kit' on reverse). Many thanks.