

The Harrier

May 1998
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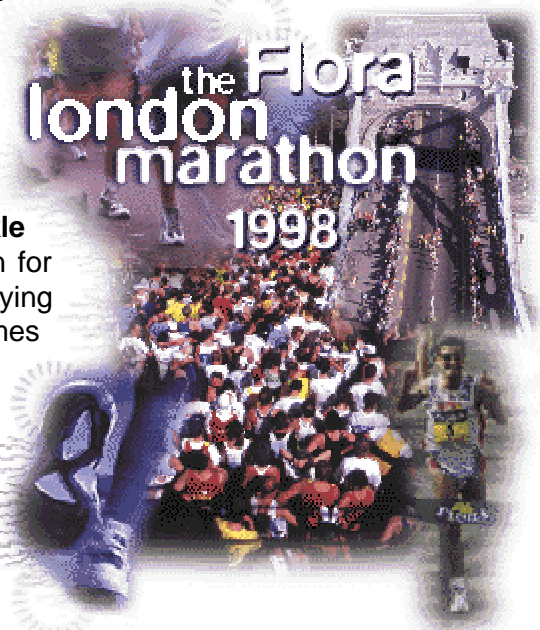
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Feature – Ian McMillan recounts some of his memories of the growth of running in this area

Let's call it in hindsight, the "**Four Seasons Marathon**". It certainly started off like early summer but most of the runners experienced liberal helpings of spring, autumn and winter. There were strong gusts of wind, lashings of cold, driven rain and at one stage a deluge of hailstones and a long stretch of running in ankle deep water. Not much fun for the runners and pretty trying for the spectators. Times were generally down on last year as a result of the weather and lots of runners suffered muscle tightening and cramping as a consequence of the unexpected cold snap. However, the good news was that **early summer re-established itself** towards the end of the race and everyone was able to make their way back to the coach in warm sunshine – the even better news was that everyone made it to the coach on time.

the **Flora London marathon** 1998



Despite the aforesaid problems, there were some **terrific performances**. **Sunni** is supposed to have said before the race that he was determined to get a PB apparently because he is very good at subtraction but lousy at addition. He duly obliged by **over 50 minutes!**

Dianne, after her **stunning debut**, seemed to be as fresh as the proverbial daisy and looking for all the world as if she was **ready for a five mile warm down!**

So, despite all the pain (& rain!), **a lot of pride** and we'll be back for more in '99 ☺

Gerry
"Never Again"
Reilly

Results and more reports from the marathon are on Page 2

He's Back From London...

...and he wants his money! Yes, like a **bear with sore legs** (?!), **Gerry**, having done the marathon, is **seeking out his sponsors**. Would you please make cheques payable to "**Muscular Dystrophy Group**" (and not the "Old Dover Road Resthome for Recovering Runners" although donations to that worthy cause would also be welcomed!). **Cheers!**

RUPERT'S RUNNERS
RUNNING FOR MUSCULAR DYSTROPHY



Results

	Time	Pos	Pos Sex	Pos Age	10K	20K	1 st Half	30K	40K	2 nd Half
Gerry Reilly	3:10:33	2163	2056	233	42:16	1:25:32	1:30:24	2:09:50	2:59:06	1:40:08
Rob Sargeant	3:10:57	2212	2103	1268	41:36	1:23:21	1:28:04	2:06:16	2:58:58	1:42:52
Joanne Jenkins	3:12:58	2417	122	94	42:55	1:27:44	1:32:40	2:14:01	3:02:15	1:40:18
Sunhil Gohil	3:44:57	7733	7196	4181	56:10	1:44:22	1:49:45	2:33:26	3:30:50	1:55:11
Dianne August	3:51:25	9150	689	121	1:01:07	1:52:38	1:58:26	2:45:21	3:40:01	1:52:58
Joe Epsom	3:51:36	9187	8492	1012	56:11	1:49:27	1:55:27	2:44:00	3:39:44	1:56:08
Masa Kawamoto	4:08:23	13289	11985	7024	56:58	1:52:13	1:58:48	2:52:07	3:54:19	2:09:34
Ian Taylor	4:19:45	15728	14002	8224	1:05:46	2:03:12	2:09:38	3:01:49	4:06:05	2:10:06
Colin Parry	4:25:07	16961	14986	312	58:29	1:59:45	2:06:47	3:03:47	4:10:59	2:18:19
John Minshull	4:27:51	17564	15484	326	58:29	1:59:45	2:06:48	3:03:47	4:12:16	2:21:03
Pete Greenwood	4:33:44	18818	16495	455	50:11	1:44:18	1:51:44	2:51:50	4:17:11	2:42:00
Cliff Tritton	4:42:15	20534	17807	10505	1:05:55	2:03:11	2:09:47	3:03:11	4:21:23	2:32:27

The results and split times are taken from the **London Marathon website** (which is at www.london-marathon.co.uk) and are based on the **ChampionChip™** technology. Unfortunately, they have not supplied the times taken to get through the start. “**Pos**” is the overall position, “**Pos Sex**” (stop sniggering you at the back!) is position by gender and “**Pos Age**” is the position within your age and sex category e.g. John Minshull was 326th in his M65 category. The results show that **Dianne** managed a **negative split** (2nd half quicker than the 1st) which, even allowing for the time to cross the start, is a particularly significant achievement in her first marathon.

Alastair Telford

On the Sidelines

The London Marathon was originally inspired by the New York marathon and this year the London weather seemed intent on emulating last year's Big Apple cloudburst! As spectators, unlike all the unfortunate runners, we were able to shelter like waifs under the Embankment's railway bridge.

We'd just seen Jo, Rob and Gerry go past at the 40K mark. After the downpour we went to the reunion area at St. James's Park, meeting up with the rest of the Harriers and seeing the later finishers in The Mall.

At the start in Greenwich Park we'd seen the elite packs go off as well as the line dancers, a glass of Guinness, Nelson's Column

and even a toilet! We were suspicious of the guy in the Spiderman outfit, though!

Incidentally, the Spectating Stakes were won by Dave Parnell. As his brother Derek later remarked, “He'll get himself arrested one of these days” – certainly if that young blonde runner from Brighton Uni has anything to do with it!

Alastair Telford

Results Roundup

Please send results to the secretary, **Fayne Stone** (01227 470011), as promptly as possible.

Today's Runner XC Paddock Wood 22/2/98

Paddock Wood hosted the **final Today's Runner cross-country race** of the season at Whitbread Hop Farm with 227 completing the course. The weather was quite bright, although the course was **very muddy** in spite of a dry few weeks prior to the event. We managed to field a strong team with both **Andy Wilson** and **Rob Sargeant** putting in excellent performances, and with **Richard Steer** and **Steve Clark** making their usual valuable contributions. **Sunni Gohil** gave an outstanding **debut** effort, coming 47th and **Neil Whitcombe** impressed, despite being a **newcomer to long-distance running**, let alone cross-country! The women too put in a fine effort, despite both Fayne and Helen having to be away. **Emma Farrow** did particularly well in securing 14th place, despite feeling unwell and **Joanne Jenkins** led the team home once again. These contributions, together with the efforts of the many others who turned out, meant that we were both **3rd ladies' team** and **3rd overall on the day**. Moreover, we finished **4th in the combined league** and **2nd in the ladies' league** - all highly creditable results.

The **juniors totally dominated** their race, with **Canterbury Harriers** taking all but two of the first six positions. **Jack Parnell** won the race and **Danny Legg**, **Andrew Dowell** and **Bradley Trott** all ran well too.

Seniors

8	Andy Wilson	26:07
21	Richard Steer	27:06
28	Rob Sargeant	27:44
40	Steve Clark	28:17
42	Steve Reynolds	28:48
47	Sunil Gohil	29:10
55	Dave Lightburn	29:38
59	Sean Reilly	29:48
62	Bob Davison	29:51
63	Glyn Jenkins	29:51
70	Alastair Telford	30:07
78	Doug Hinsley	30:28
79	Neil Whitcombe	30:29

84	Gerry Reilly	30:42
109	Joe Hicks	32:04
113	Dave Parnell	32:21
116	Joanne Jenkins	32:27
143	Cliff Tritton	34:03
148	Emma Farrow	34:21
150	Diane August	34:33
156	Mel Carter	35:03
158	Pete Wyeth	35:24
193	John Hartley	38:58

FINAL LEAGUE POSITIONS 97/98

Ladies' League

Pos	Team	Pts
1	Paddock Wood AC	97
2	Canterbury Harriers	85
3	Maidstone Harriers	80
4	Medway AC	75
=5	Invicta EK AC	57
=5	Istead & Ifield	57
=7	Gravesend RR	49
=7	New Eltham Joggers	49
=7	Bromley Vets AC	49
10	Swanley & District	36
11	Plumstead Runners	25
12	Dartford Harriers	12
=13	Sittingbourne Striders	0
=13	Thanet RR	0

Combined League

Pos	Team	Pts
1	Medway AC	94
2	Paddock Wood AC	92
3	Maidstone Harriers	80
4	Canterbury Harriers	72
5	Invicta EK AC	68
6	Istead & Ifield	61
7	Swanley & District	47
8	Gravesend RR	46
9	New Eltham Joggers	40
10	Bromley Vets AC	39
11	Dartford Harriers	32
12	Thanet RR	22
=13	Plumstead Runners	21
=13	Sittingbourne Striders	21

Parkwood Junior XC League 1/3/98

The Harriers' juniors rounded off an excellent debut season in the Parkwood league.

U11 girls

Aviva Stone 8th / 13

U13 boys

Daniel Legg 15th / 32
 Andrew Dowell 18th
 Gavin Coulson 19th
 Ben Ozanne 26th
 Nat Ozanne 30th

U15 boys

Jack Parnell 6th/20
 Andrew Langston 17th

Tunbridge Wells ½Marathon 1/3/98

Keith and **Dave** took on one of the **tougher** half marathons with **Dave doing particularly well**. (I believe he said later that it was his quickest for five years!)

Keith Crossland-Page 1:27:48
 Dave Lightburn 1:28:31

Wimbledon 10K 8/3/98

Dave followed up with a fine run at Wimbledon.

Dave Lightburn 39:25

Thanet 20 8/3/98

Some Harriers did this as a "steady" (??) training run in their marathon preparations on a windswept and not exactly thrilling course (unless you're into cabbages!), starting from Hartsdown Park, Margate. **Sunni** was probably the pick of some good runs.

Martin Skeet	2:14:50	
Keith Crossland-Page	2:16:03	
Gerry Reilly	2:19:23	Debut!
Alastair Telford	2:20:20	PB 2:27
Sunil Gohil	2:26:03	PB 14:00!
John Minshull	3:14:30	
Colin Parry	3:14:30	

Southern Counties XC Championships 14/3/98

Jack Parnell excelled once again in representing the **Kent Schools' U15** team, coming **57th**.

Herne Bay 10K 15/3/98

A fast course and reasonable weather produced some fine performances at Herne Bay. The excellent runs by **Rob, Richard** and **Keith** meant that **Canterbury Harriers** were **1st Male Team** in this event organised by Herne Bay rowing club. **Steve Clark** impressively added to the club's haul in **taking the V40 prize**. The **juniors** also **dominated the fun run!**

Seniors

Rob Sargeant	36:06	3rd M
Richard Steer	36:21	
Keith Crossland-Page	37:04	
Steve Clark	37:39	1st MV40
Steve Reynolds	38:59	
Gerry Reilly	39:01	
Dave Lightburn	39:06	
Bob Davidson	39:34	
Mel Carter	43:03	
Dave Parnell	43:08	
Doug Hinsley	43:14	
Pete Wyeth	45:06	
Laurence Shaw	45:36	

Children's 1.5K Fun Run

Jack Parnell	2nd U15
Andrew Langston	4th U15
Daniel Legg	6th – 2nd U12
Luke Lightburn	8th U12
Millie Hinsley	1st U12 F
Aviva Stone	4th U12 F
Dawn Ward	3rd U15 F
Tony Rowland	30th
Vikki Walkling	37th
Katy Sargeant	1st

Forest of Dean ½Marathon 15/3/98

Emma did another **superb PB**, this time on a trails half in Gloucestershire.

Emma Farrow 1:42:33 **PB 1:22**

Hastings ½Marathon 15/3/98

Alastair took on Hastings' **extremely hilly** course, although the weather was ideal.

Alastair Telford 1:26:40

Bethersden 5 21/3/98

This was an undulating course near Ashford.

Andrew Wilson	27:09	6 th
Bob Davidson	31:17	
John Marshall	32:27	
Dennis Hayes	32:58	
Mel Carter	34:15	

Worthing 20 22/3/98

Gerry decided that this was a **target race** for the marathon group and there were some fine efforts, particularly by **Keith** in beating **Joe Hicks's V40 Club Record** [*sound of Joe sobbing into his beer!*]. **Gerry** set a **new PB**, smashing the mark he'd set at Thanet. The race, however, **could not be recommended** being a tedious four laps and with no memento. **We'd have been 2nd male team** if there'd been a prize. The weather was fair, with quite a strong breeze, although the latter part of the race was in bright sunshine.

Rob Sargeant	2:07:31	12 th
Keith Crossland-Page	2:08:57	15 th V40 CR
Gerry Reilly	2:16:40	PB 3min
Sunil Gohil	2:37:35	

Paddock Wood ½ Marathon 5/4/98

Joe's V40 Club Record for the half also fell to **Keith** a couple of weeks later [*sound of Joe buying another beer and a large scotch to go with it!*] on a fast course.

Keith Crossland-Page	1:20:06	V40 CR
John Minshull	1:53:17	
Colin Parry	1:53:37	

Coniston 14 5/4/98

Sunni and **Dave** both did well in taking on the challenge of this scenic Lake District run. This was **Sunni's** best time at this event and the first time that **Dave** had raced further than a half marathon.

Sunil Gohil	1:35:06
Dave Lightburn	1:36:59

Invicta and Ashford Athletic Clubs' Open Track Competition 5/4/98

The **juniors** all did excellently in **blustery conditions** at the Julie Rose stadium.

U15 800m	Jack Parnell	2:37.7	4 th
U13 1000m	Gavin Coulson	3:29.5	2 nd
	Daniel Legg	3:37.5	3 rd

U15 200m Andrew Langston 33.2 4th

U20 800m Neil Whitcombe 2:21.4 4th
U20 200m Neil Whitcombe 26.09

U11 50m Aviva Stone 9.92

Other Results

There are a number of other results from April, particularly the Folkestone 10, which will be printed in the next issue of *The Harrier*.

Events' Diary

May

15th Fell Running Weekend

Coach leaves at 8:30am from S&B Hire, Canterbury East railway station.

24th Boughton 10K (&1.5K Fun Run)

11:30am Boughton school. CD 16/5.

24th Bexley Fun Run 10K 1:30pm

(Also YA 3km & 1500m from 1pm; 3K Fun Run 4pm; 4.7K 4-team relay 3:15pm)

At Danson Park, Welling.

31st Sharon Norbury 5 (&1 mile Fun Run)

Fun run at 10am, main event 10:30 at Avery Hill Park, Eltham. CD 23/5.

June

7th Southend ½ Marathon (& 3K Fun Run)

Fun run at 10:15am, main event 10am. CD 1/6.

7th Canterbury 10Km

11am at Chaucer Technology School. CD 1/6.

12th-14th TRIP TO HOLLAND

We will put all the upcoming race forms that we are aware of in the **race folder** and put details in the upcoming races diary. If we are missing any please let us know/give us a form/stick one in the race folder.

Noticeboard

King's School Recreation Centre Memberships

Please remember that **if you have not joined** King's Recreation Centre (which is the cheapest option if you attend regularly) you are **required to pay £1.50** when you attend. It is unfair to other members if you don't do this and could jeopardise our use of the best venue and facilities the club has had.

Roy Gooderson

Notes for Juniors / Parents of Juniors

Training starts at around 6:45pm. It is important that children **don't come** to the training **having eaten** anything substantial in the preceding two hours – otherwise they are going to suffer from **stitches** and **cramp**. If they are really feeling hungry during this time, let them have something light like a slice of toast and jam.

It is also **important** that children come to the training sessions with the **appropriate clothing** (certainly for their top half) even when it is a warm sunny day. Apart from the basic layer of a tee shirt they should have a **warm long-sleeved sweatshirt** and a **showerproof/windproof running jacket**. Remember it may be warm and sunny an hour before training starts but it may well get **progressively colder** as the evening goes on and if they have to stop training in mid-session they will definitely need to keep warm.

Gerry Reilly

Trip to Holland

Our trip to Holland is confirmed for June 12th-14th. They are once again dusting down the spare bikes and sorting out a **fantastic itinerary** for us, which will include an **Amsterdam canal trip**. We will be running in the **Zwaag 6 mile race** (clogs optional) on the Sunday morning. Anyone who came last year will confirm how **fantastic Dutch hospitality** is. We will once again be staying in their homes so the cost is low. We will be travelling Friday morning, returning Sunday evening. If we have several people prepared to

take their own cars, the cost will be **about £25 plus meals**. Availability will be on a **first come first served** basis.

Roy Gooderson

...And Hollandia Coming To Us!

After phoning Minne, **Hollandia** are now coming to us **in October** when more of their members are free to come. Some of the group are teachers and could not get the Friday off to travel over for the Canterbury half. (It was also **Dutch Mother's Day** on race day!)

Roy Gooderson

League Tables

These are included as a supplement to this issue. Please contact **Dave Lightburn** (01304 812046) about any errors or omissions.

Treasurer's Report

John Minshull's half-year report is also included as a supplement to this issue.

Quiz Evening

Thanks to everyone who attended the quiz evening/Nike clinic. We had a good attendance from Invicta EK and Wingham Trotters as well as the Harriers and **we raised £50.38 profit** for club funds.

Roy Gooderson

Editorial

This issue was delayed to bring you all the marathon news. The next issue in June will include news from the Canterbury Half and the Fell running weekend ☺

Please (please!) send all your ideas and suggestions for the next newsletter to me:-

Alastair Telford, Flat 5, 56 London Road, Canterbury, CT2 8JY.

Tel: 01227 786210

Email: A.J.Telford@ukc.ac.uk

Canterbury Running Memories

Ian MacMillan recalls the development of running in East Kent.

It is a common mistake to imagine that things only exist when you personally discover them.

I am as guilty as the next person but my active involvement in local athletics goes back to **1963** which was less than a year after the **formation of Canterbury Athletic Club**.

I am fairly certain that no local athletic club existed in the fifties and it is quite possible that I have been involved in everything to do with local post-war athletics.

Running was my first love but, as there was no local club, I played football and cricket after leaving school until, at the age of 23, I read about the formation of the local club.

I was running every day for fun but I also felt a need for it. I also read a book by Arthur Lyddiard which made me wonder if I could ever be any good. So I joined the local club thinking, as a newcomer, that there would be a gentle introduction but it was **straight into a Kent League cross-country match!**

Canterbury leaned heavily in its formative years on practically the only interested non-competing adult, **Harry Molloy**. Sadly, he died of cancer in the sixties but we were also lucky to have **Ray Castle** in the club who was both a good and versatile runner but also had a flair for organisation. Nevertheless, **organisation was minimal** and committee meetings were only necessary to formalise **decisions thrashed out** during the **Sunday morning 15 miler**.

Distance lends enchantment but they seem like halcyon days now. The staple winter diet was cross-country and the summer activity was track. There were **road races** throughout the year, but **far fewer than there are now**. A consequence of the **track summer diet** was that even those with little basic speed as me would thrash away at the **880 yards** and **the mile**. Sometime this would prove to be our forte but, if ten miles was somebody's best distance then a mile personal

best of 4:15 made it easy to handle a pace of just under five minutes per mile.

The small group at Canterbury were **disproportionately successful**, winning prizes in many prestigious long distance races.

Our **nearest neighbours** were **Isle of Thanet AC** and, towards the end of the sixties, the scent of **amalgamation** could be sniffed in the air. Thanet had a few good runners but not sufficient to make a viable unit. However, they also had **money** and **women** and **we were quickly seduced**.

The ethos of the new club remained the same and we called ourselves **Invicta**, which I always regretted since we had no local identity apart from a "somewhere in Kent" sort of ambience.

Although things were looking up, the new club could not challenge **Kent's big three: Medway AC** (a recent amalgamation between Maidstone Harriers and City of Rochester AC), **Blackheath Harriers** and **Cambridge Harriers**.

At Canterbury an army PE instructor [*spooky!* – Ed.] began organising a small group who went on to win the **Kent Junior Championship** and contained a young **Nick Brawn**. However, the dramatic happenings which were to make **Invicta leapfrog** from fourth in Kent to **the top half-dozen in the country** were taking place in the Medway towns.

Richard Newble a high-profile senior, **John Simmons**, a talented recent arrival from Derby and two hugely promising youngsters all wished to run in a very popular 3000m at the London Fire Brigade meeting. However, the Medway committee presented them with an ultimatum – if they wanted to run in the London Fire Brigade meeting they would have to run for the club in a Southern League meeting.

Quite rightly, the runners were not prepared to be dictated to and cast an **envious eye** in Invicta's

Continued on next page

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direction where **decisions were still made by runners on their Sunday run** and sanctioned by the committee – the same people, just wearing suits and not shorts.

For me at this time, I had run out of personal ambition and reluctantly accepted that I had run my personal bests, but now there was a new challenge: to **get into a team** that was destined to be **one of the best in the country**.

In **1974** we were **silver medallists** in the **National Six Stage road relay** and I had managed to get into the team with the four ex-Medway runners and **Pete Brenchley** who left Aldershot to join us. We stayed pretty near the top for the next fifteen years with changing personnel.

As the older ones faded away or, in my case, got run over, others joined, attracted to a successful club. **Nick Brawn** came through the ranks and **Mike Gratton, Richard Lawrence, Martin Knapp** and **Andy Girling** joined from elsewhere.

Round about 1973, Herne Bay Ladies Football Club was formed. For "ladies" read "teenage girls". In the summer they became an athletic club, firstly girls only and then unisex.

However, it was not athletics as Invicta understood it. For a while **I was the Kent Messenger athletics correspondent** and also wrote for the local paper. A typical Invicta report would be something like, "Newble Fails in Olympic Bid" and a typical East Kent Athletic Club (the new name of Herne Bay Ladies football club) report would be "magnificent run by little Fiona – fifth in the St. Augustine's school under 11s".

However, things were out of synch at Invicta. I remember travelling to Hastings for a Southern League track meeting **hoping to run the 5000m** and finding eight others with similar ambitions but with **no one to sprint or take part in the field events**.

The inevitable amalgamation happened in the mid-eighties but we made sure that the new name was **Invicta East Kent** rather than visa-versa. I hoped that the Invicta ethos would live on and it

did but only whilst the existing Invicta stars lived out their careers.

I was able to run after a fashion and was **first vet in the Rochester half marathon in 1986** but was **excluded** from the team result as I had entered for Invicta rather than Invicta East Kent. A Freudian slip, perhaps?

I think that is as far as I ought to go – most people know the recent past.

I hope very much that I am on good terms with all the Invicta East Kent runners and my disenchantment with the club can be deduced from what I have written.

Equally, the reason for my decision not to join Canterbury Harriers immediately following my resignation from Invicta can be easily guessed.

Ian MacMillan

In the Next Issue...

Due mid-June

- **Canterbury Half**
- **Fell running**
- **Boughton and Canterbury 10Ks**
- **News and results**