

The Harrier

August 1998
Volume 3 Number 6

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Harriers Go Dutch

*Fayne Stone gives her account of the trip to Holland of 12th-14th June.
(It seemed only fair after the last newsletter!)*

It all started when a group of 'losers' from Canterbury Harriers decided to **jump on a SeaCat bound for Holland**. No one had warned them that the **designers of this craft** had a warped **sense of humour** – one that was lost on **Roy and Helen**. Roy had assured us that he was **sitting** in the **least vulnerable part of the craft** i.e. the middle of the lower deck. Helen insisted on **alternative therapies**, namely **bags of root ginger** and a **bottle of brandy**.

Once we were safely on land again, we set off in convoy for **Hoorn**. A long day was very appropriately rounded off with an excellent **Chinese meal**, washed down with **plentiful supplies of local beer**.

Saturday, normally a rest day for mere mortals, proved to be just another part of a **strict training regime** for the **highly-tuned athletes** in the party, **Pete** and myself. We dutifully **stepped into our trainers** at the **crack of dawn** for some 'strides' – a **demanding** mental and physical **preparation** for the big race on Sunday – at least some of us were taking it seriously! [*This is all lies isn't it? – Ed.*]

The afternoon was spent **sightseeing in Amsterdam**, courtesy of our host **Minne's brother** – he gave us a fascinating and informative canal tour in **his own boat**.

Roy seemed to think, although he admits his Dutch is not as polished as his French, that he overheard a conversation between some **very attractive ladies** stationed at overhanging balconies, remarking at how pleasant it



was to **see Gerry returning so soon!**

After the SeaCat experience, the Harriers nervously inspect their Amsterdam cruising craft

As we returned to our cars, we were overtaken by a **naked male inline skater**, sporting nothing but an all-over tan and a leather thong. **Sue managed a PB over 100 metres** in an attempt to present him with a Harriers' membership form. [*You're quite sure it was Sue?-Ed.*]

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Harriers Go Dutch –

Continued from front page

Saturday evening saw Hoom in the grip of **World Cup fever** as Holland prepared to play Belgium. We all met in a bar where everyone wore regulation orange hats. **Dave** even went as far as **painting his face** (any excuse). Unfortunately, spirits were slightly dampened as Holland could only manage a 0-0 draw.

The same evening, Pete suffered the misfortune of being **locked in a bar** until 2am. He then attempted to **cycle home** on a bike built for a very tall Dutch lady. Without conventional brakes situated at the handle bars, Pete ended up **keeling over**. He said that everything after that was just a **blur** – a highly-tuned athlete no more!

Surprisingly, however, the **Grace** on **Sunday morning** did produce some **good results**. **Glyn**, who had been **carbo-**

loading since **Friday** night at the Chinese restaurant (six helpings, I think) managed **2nd Vet 50** – very commendable given the high quality field. **Gerry's 50th birthday** was suitably announced with a **banner** strategically placed along the route.

After a very welcome bowl of soup generously supplied by Minne's wife, we all **wished our Dutch hosts farewell** and headed for Canterbury. Unfortunately, we hit a **storm** south of Amsterdam and the convoy ended up taking a **wrong turn** which **Gerry** tried to rectify by ordering us to **reverse back up the motorway**. We all concluded that Gerry was suffering from a very **sudden** and **extreme attack of senility** and **chose to ignore him**. **Glyn**, wearing his 'teacher's hat' shouted over the walkie talkie system, 'you must try harder' – Gerry is **still writing out his lines**.

'**Helen the Herring**', whom you may have noticed had kept a very low profile up until now, interjected with '**godverdommer**'. She had spent much of the weekend on an intensive **Dutch improvers course**, which was now paying off. [*I'm reliably informed that it's best not to give a translation of 'godverdommer'* –Ed.]

We **braced ourselves** for another **hellish ride** across the Channel. **Roy** had invested in a pair of **water wings** (and an extra large sick bag) and Helen in another bottle of duty-free brandy. However, we were totally surprised and relieved to experience a very **smooth sailing** back.

All in all, it was a very **successful cultural exchange** with our twin club Hollandia. Let's hope we can **make them just as welcome** when they **return to us in October!**

Payne Stone

The Glorious Mud Run

The runners all **seemed exhausted** as they made their way to the finish at the **Mud, Sweat and Tears run** at Whitstable on 2nd August. They should really have **considered themselves lucky** as, if the **tide had retreated as far as anticipated**, they would have had more in the way of prime mud flat to clump their way through. Instead they only had a **small section of the sea** to splash through at the very end – and it was a fine day to boot!

Earlier in the race they'd gone along the **promenade to Tankerton** to a **fiendishly devised obstacle course** (straw bales, a 'Wendy house'...) before going on to the **mud and shingle of the beach and 'The Street'**.

The race was won by **Alan Newman of Medway**, not far ahead of **third placed Canterbury Harrier Stuart Nolan**, who led the race to halfway. **Sue James of Paddock Wood** won the women's race although **Emma Farrow for the Harriers came second** after only deciding to do the race at the last moment – and having a **hangover** from a wedding that she'd been to the previous day!

There were too **many fine performances by the Harriers** to mention all of them but **Jack Parnell** was again in superlative form to **win the 1K fun run** comfortably. **Aviva Stone** did splendidly in coming **2nd girl**. There was even **one nine year old lad who ran both races!**

Ultimately, this **splendid day** was a tremendous **success** for **Roy Gooderson** who put in a huge amount of time and effort in coordinating the race and **raising funds for the Laura Carte** (a girl with brain damage) **appeal**. The event also relied on a **tremendous amount of teamwork** from other Harriers, collecting entries, marshalling and

even, in the case of **Dave Parnell**, nailing some carpet over barnacled groynes!

Alastair Telford

Results Update

I have still not managed to track down the **Whitstable 10K** results and I should also apologise to our Ladies' team, whose times I did not give for the **Canterbury Half** when they came second in both the Open and County events. Their times were: **Helen Paine** 1:47:22; **Fayne Stone** 1:50:13; and **Emma Farrow** 1:50:17. **Emma** had set a fine new **PB** by 25 seconds at Whitstable six days beforehand, running **44:33**. She just pipped **Dianne August** to the line who set a **PB** by over two minutes and just a week after running the marathon!

I also do not have the **Zwaag six mile** race results, although as you'll see in Fayne's article, **Glyn Jenkins** excelled in coming **2nd V50**. In fact, I suspect that I am missing another result since I know that **Steve Reynolds** has run the fine time of **56 seconds** for **400m three times** this season, yet you'll find only two records of that time amongst the following results.

Nackington XC 26/6/98

The **Harriers** swamped this race, since most people preferred to **stay at home to watch** the England V Columbia **World Cup match**. However, they missed a fine race on a **beautiful evening** at Nackington with a good barbecue afterwards – the organisers even thoughtfully provided a portable telly so that people could watch the match as they munched!

The stayaways also missed seeing **Simon Kendall** come **first** in his **debut cross country** for the club. Just as impressive was **Emma Farrow's** **success** in the women's race, despite **going the wrong way** at one stage and

falling over at another. **Bob Davison** picked up third prize and it was a pity that there wasn't a team award!

Simon Kendall	31:47 1st
Bob Davison	32:49 3rd
Dennis Hayes	34:20 5th
Joe Hicks	34:27 6th
Dave Lightburn	35:07
Dave Parnell	35:42
Roy Gooderson	36:46
Pete Wyeth	37:09
Emma Farrow	41:52 1st F
John Hartley	42:06
Sue Reilly	43:00

Folkestone 5 28/6/98

Roy and **Dave** both ran well on this undulating course that started and finished at the racecourse.

Roy Palmer	29:49
Dave Smith	33:14

Lordswood 5 & 10K 28/6/98

Dave Lightburn took on both races in this event, although **Pete** reported that this fixture, like the Folkestone 5, represented poor value for money.

5K

Dave Lightburn	21:32
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10K

Doug Hinsley	43:45
Pete Wyeth	43:58
Dave Lightburn	44:22

Triathlon at Ongar 28/6/98

Fayne Stone did very well in coming **2nd vet** and **8th overall** in her **debut triathlon**. **Mark** also had a good race in coming **15th**, despite the crack of dawn slog to Essex.

Triathlon at Swanley 5/7/98

Fayne followed up with another fine result coming **2nd novice** (i.e. those having done three or fewer races) **vet**. **Cliff Tritton** had

a **baptism of fire** in the event when the chain came off his bike!

Thanet 10K 5/7/98

Several Harriers persevered to record creditable times in **hot, sunny conditions** with a strong (but not cooling) wind blowing at this course which started from the new venue of Hartsdown Park, Margate. This made **Roy Palmer's** time all the more **remarkable**, setting a new **PB** by 20 seconds. **Fine PBs** were also recorded by 16 year old **Jonathan Holmans** and **Liz Siedek**, with **John Collins** and **Trixie Vickery** recording impressive **debuts**.

The **juniors** experienced the thrill of running **twice around a cricket pitch** in their races, with their parents experiencing the thrill of forking out £3 a go for the privilege. In addition, there was some confusion over the start times but nonetheless the **Harriers' juniors** performed to their usual **exemplary standards** with **Jack Parnell** coming **1st**, **James Bramwood** **2nd**, **Andrew Langston** **3rd** and **Millie Hinsley** **1st girl** in the **main fun run**. In the **year 7 race**, **Danny Legg** was **2nd** and **Andy Dowell** was **4th**.

Seniors

Roy Palmer	36:55 PB
Glyn Jenkins	37:54
Dennis Hayes	40:58
Jonathan Holmans	40:22 PB
Dave Smith	40:30
Sunil Gohil	40:48
Dave Lightburn	41:41
Dave Parnell	42:22
Mel Carter	43:06
Doug Hinsley	43:54
Pete Wyeth	44:48
John Collins	45:44 Debut
Liz Siedek	50:42 PB 40s

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Nick Justicz	50:42
Trixie Vickery	51:42 Debut
John Hartley	52:21
Sue Reilly	54:19

Tonbridge Open Track 7/7/98

Despite **straining his hamstring** in doing the 100m (as a 'warm up,' he said), **Steve Reynolds** recorded another **56 second 400m** run in this evening track and field meeting. **Fayne** did excellently in coming **2nd** in an event she has not trained for and **Simon Kendall** ran superbly in coming **1st male in the mile**. **Doug** and **Gerry** also did well at the same distance. There were also several notable debuts at the mile by the Harrier juniors, **Danny**, **Andrew**, **Jack** and **James**. **Jonathan** managed to match his PB at the distance. **Andrew Langston** also did well in the 400m and young **Tony**, encouraged along by Steve, managed a brilliant run in the 600m.

100m

Steve Reynolds	13.4 4th
Fayne Stone	16.4 2nd F

400m

Steve Reynolds	56.0 3rd
Andrew Langston	70.2 5th!!

600m

Tony Rowland	2:41.1 8th U11
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Mile

Simon Kendall	5:10.3 1st M
Doug Hinsley	5:41.1 2nd M
Gerry Reilly	5:41.4 1st V50
Jack Parnell	5:15.3 2nd U15
Jonathan Holmans	5:20.0 4th U17
James Bramwood	5:35.3 4th U15
Danny Legg	6:05.7 2nd U13
Andrew Dowell	6:17.1 3rd U13

Cantercare Charity Run 11/7/98

Jonathan Holmans ran brilliantly to win this 3.2 mile event, although the **Guv'nor** must have chased him all the way!

Jonathan Holmans	21:32 1st
Gerry Reilly	21:46 2nd

Cliffe Woods 10K 12/7/98

Although this Kent County Championship event near Rochester saw a fine time from **Simon**, **Sunni** going under 40 minutes and **Tommy** **smashing his PB** by almost **three and a half minutes** this is the event made (in)famous by **Roy's** racing gear (or lack of same). Yes, he forgot to put his shorts on and **ran the whole race in his underpants**, although they were, at least, club regulation navy blue!

In the **junior race**, the Harrier lads dominated again, with **Jack Parnell** recording **another impressive victory**, **Andrew Langston** coming **3rd**, **James Bramwood** **4th** and **Luke Lightburn** also running.

Seniors

Simon Kendall	37:25
Gerry Reilly	39:35
Sunil Gohil	39:53
Bob Davison	40:07
Dave Lightburn	41:37
Doug Hinsley	43:03
Pete Wyeth	43:46
Roy Gooderson	44:23
Tommy Smith	44:40 PB 3:25!
Mark Trott	45:24
John Minshall	52:07
Sue Reilly	52:35

Ashford Open Track 22/7/98

Astonishingly, the small group of Harriers that attended this **Julie Rose stadium** event managed **three PBs**, one **equalled PB** and **two debuts** between them!

200m

Cliff Tritton	29.8
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400m

James Bramwood	68.5 Debut
Steve Reynolds	56.2 Eq. PB

1500m

Jack Parnell	4:54.6 PB 5s
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Mile

Jonathan Holmans	5:14.8 PB 6s
Doug Hinsley	5:33.4 PB 8s
Sue Reilly	7:01.7 Debut

Deal Regatta 10K 26/7/98

Despite the conditions not being favourable, and on a hilly course, the Harriers did very well with **Glyn** and **Sue** coming **second** in their respective vets categories and **Jonathan Holmans** and **Mick Hunt** both recording fine **PBs**.

The **junior race** was won by, you've guessed it, **Jack Parnell**, who covered the 1500m course in just 5:02. **Jenny Hicks** and **Alice Hunt** also had good runs, coming **2nd** and **3rd girls**, respectively. Alice's brother **James** did well in coming home **10th boy**.

Seniors

Roy Palmer	37:16
Glynn Jenkins	38:25 2nd V50
Jonathan Holmans	39:48 PB 40s
Dave Smith	40:41
Dennis Hayes	41:10
Joe Hicks	42:06
Steve Reynolds	42:32
Nick Justicz	42:50
Dave Lightburn	42:52
Mark Trott	47:15
Liz Siedek	51:32
Mick Hunt	52:14 PB 3:00!
Sue Reilly	53:05 2nd V45
June Southfield	56:59
Pete Greenwood	56:59

Mud, Sweat & Tears Run Whitstable 2/8/98

See Page 2 for report!

Seniors

3 Stuart Nolan	3rd M
6 Steve Reynolds	
8 Dave Joy	
11 Joe Hicks	
21 James Bramwood	3rd U17 M
27 Neil Whitcombe	
28 Doug Hinsley	
29 Tommy Smith	
31 Derek Parnell	
38 Emma Farrow	2nd F
44 Michael Hunt	

Juniors

Boys	
1 Jack Parnell	
14 James Hunt	
15 Tony Rowland	
21 David Van Royen	

Noticeboard

Events' Diary

August

16th DOVE DASH. – 5 miles
11am. Dove Inn, Dargate.
Organised by Canterbury Harriers
MARSHALLS needed – see Joe
Hicks or Mark Trott!!

22nd Le Touquet 5k, 10K and 20K

28th Last Friday of the Month 5K
Serpentine Lido, Hyde Park. 12:30pm.

31st Barking Park 5K 11am

September

6th Thanet Coastal Marathon & Half
(& 3 mile FR)
Hartsdown Park, Margate, 10am.

6th Wingham 10K & 5.4K
(& Fun Runs)
Wingham Recreation Ground
10:30am. Fun Runs at 11:30.

6th London Women's 10K
Southwark Park 9:30am. (Boys & Girls
FRs also.)

13th Cobham Hall 5K & 10K 10:30am

20th Maidstone Half & 10K
Oakwood Park, Maidstone.
Half at 9:30am, 10K at 11:45am. (Pos-
sible to enter both events in a com-
bined competition.)

20th Swanley MT Half
St Mary's Road, Swanley. 9:30am.

25th Last Friday of the Month 5K
Serpentine Lido, Hyde Park. 12:30pm.

27th Quicksand 15
Margate beach 10 am.

As always, race entry forms and de-
tails will be kept in the **race folder** - if
you know of any others then please let
us know or stick entry forms in the
folder.

Gate Expectations

As most of you are aware by now, we have had some problems with the newly installed **electronic gate access** to the King's School field. The **coaches** and **Steve Reynolds**, who works for King's, hold the code for the gate so it is *de rigueur* that runners on warm ups and warm downs **stick with someone who has the code for entering/leaving the field**. The gate is designed primarily for occasional vehicle use and not for repeated individual runner use. That means that we will have to discipline ourselves to **leave the field in distinct groups**. There will be teething problems but it is an excellent facility which King's are kindly letting us use and we have to respect any security system which they choose to introduce. As with any system of this kind that will include restrictions on access to the gate code.

Gerry Reilly

Final Details For Le Touquet!

Just to remind everyone that the **coach** for Le Touquet will **collect people** as follows: **Faversham**, Canterbury Road/Love Lane **6:15am**; **Canterbury 6:30** at Bat & Ball (opposite Kent County cricket ground) Old Dover Road; **Dover 6:45** at dock entrance, by petrol station. The ferry for Calais leaves at 7:45 and we'll be having breakfast there. We'll be **returning** from Le Touquet at **6:30** in the evening in time to make the **8pm sailing**. Finally, don't forget your **passports!** Please phone **Roy** (01227 262319 day / 01227 454449 evening) if you have any queries.

Roy Gooderson

Sports Therapy in Herne Bay

George Johnson A.S.T, M.I.P.T.I a local **sports therapist** and father of **Julia Johnson**, the national **U20 top-rated triple jumper**, offers a rate of only **£5 a session** on production of a **Harriers membership card**. George specialises in sports massage, injury rehabilitation and nutritional coaching.

Athletes should be able to visit **George at his home address** which is:
22, The Fairway, Herne Bay. Tel 01227 366648.

Gerry Reilly

Invicta EK Barbeque on Sunday 16th August

Almost straight after the Dove Dash, **Invicta East Kent** are organising a **barbeque**, together with **fun and games** such as relays and tug of war, on Sunday 16th August at 2pm. The venue is **Little Twitham farmhouse, Staple Road, Wingham**. You need to bring your own meat (or veggie burgers!) and booze, although salad, rolls and soft drinks will be provided. Tickets are £5 per person, with the money going towards the **proposed new Canterbury athletics stadium**. The contact for this event is **Tony Culshaw** who can be contacted on 01227 721151.

London Marathon Entry Forms

Marathon entry forms, which have to be returned by October, are now available from **Hubble & Freeman**.

Gerry Reilly

World Wide Harriers?

Since increasing numbers of Harriers are getting **connected to the Internet** and there are more and more net cafes springing up, I think it is high time that **Canterbury Harriers** had a **web presence!** I propose to develop a web site via the **Geocities** pages (www.geocities.com), which provides free access and would mean that **several people** could help in constructing the pages via a shared password.

Apart from general information about the club, I think that we should include future event details, issues of **The Harrier**, **photos of events & trips** (of which there are too many to be included in the newsletter), details of members of the committee and links to other athletics sites, such as the directory of **British Athletics clubs** (www.british-athletics.co.uk/clubs/).

Any suggestions for this project would be welcome.

Alastair Telford

Highland Fling

The West Highland Way is one of the most **spectacular long distance** walks in these islands. It runs from **just north of Glasgow** from Milngavie (pronounced mull-guy) **to Fort William** running the length of **Loch Lomond** and on to **Buachaille Etive Mor, Rannoch Mor, Glencoe** and **finally to the foot of Ben Nevis**. It is a **logical** (believe me!) **follow up** to the **recent fell trip** but it is a **much greater undertaking**, financially, logistically and time wise (a minimum of seven days all told). The best time to do the walk is in **late April or early May**, after the snows and before the midges.

Yes, **you have guessed it**, I am looking for vict...erm...interested parties with a view to organising it, either as an **LD walk** or as a **LD run** (not all at once, silly!) to include ascents of Buachaille Etive Mor and the Ben. (Don't panic, you don't have to carry all your stuff - we would have a **minibus back up** between overnight stops.)

Okay, **tell me I'm certifiable** [*Gerry, you're certifiable - Ed.*] but the **experience is one of a lifetime** and the scenery is stunning. **Let me know if you are interested** - I won't think you're mad!

Gerry Reilly

Treasurer's Report

John Minshull's report on the club's financial situation is included as a supplement to the newsletter.

Editorial

The next issue should be out on **22nd September** and will include reports on the **Dove Dash**

Personal Log

Helen Paine

Born: 16th September 1946

Height: 5' 0½"

Marital Status: Divorced

Children: Kate (26), Lorna (24), Joe (17).

Occupation: Ceramicist

Previous Running Clubs: Invicta EK, Dulwich Runners

Personal Bests:

Marathon: **3:14:36** 1987 London

Half Mar: **1:28:33** 1989 Canterbury

10 Miles: **65:56** 1988 Canterbury

10K: **39:43** 1986 Dulwich

5 miles: **32:10** 1995 Strode Park

Current targets:

As regards running???

To stop getting PWs in every race – not racing has proved a satisfactory solution!

Other interests:

Reading, cinema, classical music, art, food, walking, travel etc. etc.

Best running memories:

Receiving *Running* magazine's "Runner of the Year" award in 1991 after my three week grapple with death!

Appearing fifth in veterans' National 5 mile rankings in 1996.

la!). Please (and this is not a drill!) **send your contributions, by 19th September** to me:-

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Tel: 01227 786210

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