

The Harrier

November 1998
Volume 4 Number 1

In this Issue

2

The Dutch View - How Jan Otsen saw the round trip from Hoorn to Canterbury

3

Results roundup

5

Noticeboard – Events' diary, **Presentation Evening**, Kent and Southern Counties XC champs, **AGM report**, Music Quiz, Editorial, **London Marathon entries**

7

Runners' Runner of the Year - Your chance to both nominate somebody for a prize & win one yourself!

7

Personal Log - Just in case you'd forgotten him, the lowdown on **John Minshull**

8

Annual Report by the chairman, **Joe Hicks**

Hoorn Boys Dig Their Hooves In!



Hollandia & Harriers United - the sun appeared at just the right moment for this group photo

Our friends from Holland arrived on the afternoon of **Friday the 23rd October** for a weekend stay in England's Vatican City. All fifteen runners from the **Hoorn Athletic club** stayed as welcome guests with Harrier members. Some were old friends but it was also nice to welcome some new faces, several of whom had come to Canterbury for the first time. Rene & Bram had had a rough time on a **rather bumpy crossing** and were still looking a bit **green around the gills**.

The boys from Hoorn were met at the King's School Recreation Centre and a few of the new lads had their **first taste of Guinness** (the black nectar). Little did they know at the time there would be plenty of liquid flowing this weekend, but not all of it coming out of glasses.

Our guests then went off for a quick shower at the home of their respective hosts. Later in the evening we all met up for a **meal at Il Vaticano** in town where the **wine** and the **chat flowed**. This was followed by a trip around the corner to **O'Neill's Irish bar** and then the **"bop till we drop" group** went off clubbing to the early hours.

On **Saturday** we all awoke to a day that gave us **some terrible weather**; heavy wind and rain. The programme for the day was divided into two groups the **walkers** and the **runners**.

The walkers' plan was to walk around Wye. When Helen and her merry band arrived in Wye they looked at the weather and said **"Wye oh Wye"** since **swimming rather than walking** was more on the cards. They had coffee before going onto a pub aptly named 'The Tickled Trout'.

The runners, on the other hand, divided into two sub-groups and had mixed fortunes. **Roy & Minne's** group who didn't go to the disco the night before started early and missed the rain, luckily! The others, "bop-till-we-droppers"

Continued on Next Page

Fayne, John, Rene, Vim & Co, however crawled off at about 11'o'clock and got **totally drenched**.

Both the walkers and the runners met up for a ploughman's lunch at the **The Gate Inn** at Marshside. One Harrier, **Emma**, **cycled** (sailed) **from Whitstable there and back**. In the afternoon most of the runners went around the shops followed by a **trip to the Cathedral**. Saturday evening was rounded off with an evening meal at the guests' house followed by **drinks at chairman Joe's place**.

The **race on Sunday** proved to be exciting with much of the **pre-match talk** concerned about what **footwear to use**. The course was **interesting and exciting** and **well organised** by **Roy** and his team of loyal helpers. The race itself was run by **more than 250 runners** from many clubs throughout the county. A special **cheer went up** when it was announced that **Hollandia athletes were also competing**. All of the Hoorn runners entered into the spirit of the occasion and put in **very good performances** with **Pete Mettes leading them home in 11th place**, and **earning himself a memento at the presentation**. The race proved to be a big success especially with the added facilities of Rough Common Village hall for the changing and final presentations.

After a quick shower at King's and a last drink and chat with new friends made, the boys from **Hoorn headed off for home**.

Dave Parnell

(With a little help from his friends, **Helen Paine & Fayne Stone**)

The Visitors' View

*Jan Otsen gives the view from the other dugout, which was kindly translated & sent to me by **Minne Boellens***

Due to lack of numbers, our May trip to visit our friends in Canterbury was cancelled but we managed to rearrange our **visit to**

coincide with the first cross-country race at Canterbury. We left Hoorn with twelve runners, including a youngster, in three cars. **Minne was already in England with his family** as they were visiting friends. The **weather forecast was not very good**. They talked about heavy rainfall and strong winds. At Breda we had a short break to stretch our legs and have a final cup of good Dutch coffee. In Belgium the rain was really pouring down and the wind increased a lot (force 8 or 9). At two we arrived in Calais and they transferred us from the Hooverspeed to the Sea Cat. The rain had stopped but not the wind so that **some of us became sea-sick before we even left the port**.

Luckily the **White Cliffs** appeared very quickly and after 55 minutes of sailing we entered the port of Dover. The captain apologised for the rough weather conditions, but that didn't help us a lot. We were told by Minne to **keep to the left** when leaving the ferry. **Peter Mettes must have kept to the left too much** because at the first roundabout **we lost him**. At about 17.30 we arrived at the King's School. Quite soon some of the Harriers and Minne turned up. Finally all the hosts were there and we were told to gather at 7.30 p.m. in a restaurant in the centre of Canterbury.

We had to make a **choice of two courses** from the menu. So it was either soup or a dessert. Most of the **Dutch went for both** as we didn't **quite understand the language** very well at that moment! By the way, the wine was reasonable. After we finished the meal; it appeared that there were some problems with settling the bill as we were charged more than had been agreed on. Hopefully it has been sorted out. *[Helen sorted them out all right! -Ed.]*

On Saturday morning some of us with **Roy, Steve and Alastair** went for a nice 90 minutes run (Chatham Hatch, top of Boughton Hill and back through the woods to Canterbury). It

was a nice, **scenic route** and we did see some of the **hills Minne talked about**. The last 15 minutes we ran in the rain, but at least we did what we promised to do. Another part of the group decided to go for a walk but because of the rain they went straight to our meeting point at The Gate Inn. The pub is owned by two brothers, one of whom used to run according the pictures on the wall. It was a very nice pub in the countryside. They told me that Canterbury has about 130 pubs! Despite the weather we spent some time in Canterbury during the late afternoon.

Joe and Cindy Hicks were very kind to invite us for drinks and food in the evening, which was **well appreciated by all of us**. Only a few decided to have an early night and prepare for the race the next morning. It was a long evening because summertime changed to wintertime that night. So we were quite busy **setting our watches forwards and backwards** all the time.

On **race day** the weather was great - **fine but cool**. A big difference from the day before. The course was great. Runners went round the rugby field and then into the woods. I think most of us had **spikes**, which **were really useful**. Especially the long straight stretch after about 2 miles was very slippery. At the finish we all got a number, related to the finishing position. At the presentation we all got a **goody bag**, which was **well received**. The beer was quite nice.

Unfortunately we had to leave Canterbury in a hurry because of the bad weather forecast. Minne wanted to catch the ferry or Seacat as soon as possible because of the **approaching storm**. Actually, we had a quiet crossing and once we arrived in Calais we set off independently for Hoorn. Without knowing we all met at a petrol station near Breda where we had a drink. We arrived in Hoorn before 11.30 p.m.

We all enjoyed our stay in Canterbury very much. The hospitality was great and we

are looking forward to seeing you again soon.



Results

Please could one person at each race be responsible for taking finishing times etc. and phone them through to **Gerry** (01227 455244) or myself (01227 786210). Similarly, please tell me if there are any gaps in these results. Cheers!

Cobham Hall 10K 13/9/98

This was, despite some blustery conditions and the odd lapse in the organisation, a very pleasant event held in picturesque surroundings; the last 1200 metres of the 10K was on grass in the Hall's grounds. **Roy Palmer** achieved another fantastic **PB** and **Jack Parnell** managed to win the 5K event twice: the first event was annulled after a marshalling error sent the runners along a shorter than expected course. **Andrew Langston** also did well in coming 6th in the rerun after coming 2nd in the first race. **Sara Carter** had a fine debut race for the club. (Apologies for any mistakes or omissions in these results but the result sheet that I was sent by the organisers contains several errors.)

Roy Palmer	36:27 PB 34s
Dave Smith	40:36
Bob Davison	40:40
Alastair Telford	40:45
Dave Lightburn	40:52
Mel Carter	41:37
Pete Wyeth	43:07
Mark Trott	46:32
Mike Hedger	46:48
Allan Hatch	48:18
Sara Carter	51:19 Debut
June Southfield	53:36
Pete Greenwood	54:57

Erica Akerman also ran but I don't know how she got on.

Maidstone Half & 10K 20/9/98

There were several notable performances in this event, with **Nick Justicz** running a season's best and **Jonathan Holmans** coming back from his accident in the 10K. **Tim Crossland-Page** made a fine debut and **Liz Siedek** managed a **PB** by a minute. Two Harriers, **Dave Lightburn** and **Dennis Hayes**, took up the challenge thrown down by the organisers to run both events, and re-

events, and recorded very respectable combined results, especially in view of the undulating nature of the course for the half.

The junior lads kept up their domination of local fun runs with **Jack Parnell**, **Andrew Langston** and **James Branwood** taking the top three positions and **Luke Lightburn** coming 10th.

Half Marathon

Glyn Jenkins	84:16
Dave Lightburn	91:01
Dennis Hayes	92:24
Mel Carter	95:25

10K

Nick Justicz	38:17
Jonathan Holmans	39:58
Gerry Reilly	40:41
Dave Smith	41:08
Tim Crossland-Page	43:47 Debut
Dave Lightburn	47:11
Dennis Hayes	47:11
Liz Siedek	49:35 PB 1m
Sue Reilly	52:37
Pete Greenwood	54:23
June Southfield	55:34
Joan Crossland-Page	58:06

Great North Run 4/10/98

Congratulations to **Sara Carter** on completing her debut half - I don't have her time but I know that she had a great sense of achievement.

Sittingbourne 10 4/10/98

This was a very wet Kent Championship race held over Sittingbourne's undulating and varied course. **Simon Kendall**, in his debut 10 miler for the club, had a fine run in just failing to break the hour - doubtlessly he will do so on flatter courses with easier weather conditions. **Emma Farrow** and **Sue Reilly** both achieved fine PBs, **Sue** by an impressive 13 minutes! **Tony Revely** did well in coming 3rd vet 50 in the Kent Championships.

I do not have the full results of the junior race but I know that the **Harrier juniors** once again overwhelmed the opposition, with **Jack Parnell** leading the way.

Simon Kendall	60:18
Tony Reveley	65:40 3 rd V50

Dennis Hayes	66:09
Dave Lightburn	66:29
Dave Smith	66:37
Bob Davison	66:46
Gerry Reilly	66:55
Alastair Telford	67:04
Mel Carter	67:32
Dave Parnell	71:43
Pete Wyeth	72:31
Tom Smith	74:04
Emma Farrow	74:29
Mark Trott	75:56
Steve Wisbey	77:43
M Heath	79:24
Mick Hunt	79:46
Mike Hedger	80:55
Sue Reilly	85:25
Pete Greenwood	85:42
June Southfield	89:51
Erica Akerman	119:54

Parkwood XC 11/10/98

There was good turnout of the Harrier juniors at the first race of the season at the University. **Jack Parnell** came a close second and there were fine debuts by both **Ellen Jones** and **Joshua Maley**.

U11 boys

Joshua Maley	3 rd
James Hunt	8 th

U13 girls

Ellen Jones	6 th
Alice Hunt	27 th

U13 boys

Danny Legg	4 th
Andrew Dowell	5 th

U15 boys

Jack Parnell	2 nd
James Branwood	19 th
Andrew Langston	26 th
Ben Ozanne	32 nd
Alex Wood	33 rd

U17 boys

Jonathan Holmans	18 th
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Brake Bros 10K 11/10/98

Some fine results at this Julie Rose Stadium event in Ashford with **Andrew Wilson** finishing 3rd Vet 40. Gerry clearly was trying to lumber Joe Hicks, whose number he used, with a personal worst,

November 1998

although Gerry says it was his hamstring problem, not to mention his poor thumb...

Andy Wilson	35:28 3rd V40
Nick Justicz	38:08
Nigel Clarke	39:59
Dennis Hayes	40:23
Dave Lightburn	40:26
John Marshall	41:10
Mel Carter	41:29
Pete Wyeth	42:58
Doug Hinsley	44:12
Tom Smith	44:20
Gerry Reilly	45:56
Liz Siedek	49:08
Mick Hunt	49:53
John Minshull	53:34

Southend 10 K 11/10/98

Roy Palmer was recovering from a bout of flu, but still managed a good time of 36:52 on Southend's fast course.

Woodchurch 10 18/10/98

This was again a triumph for both **Andrew Wilson**, who came **2nd Vet 40**, and **Nick Justicz** who ran a year's best time, on Woodchurch's difficult course.

Andrew Wilson	58:39 2nd V40
Nick Justicz	61:54
Nigel Clarke	65:46
John Marshall	67:54
Mel Carter	68:10

Paddock Wood XC 18/10/98

In this season-opening meeting at Whitbread Hop Farm, **Jack Parnell** finished **4th** in the boys **U15** race, followed by **Andrew Langston** in **11th**. **Luke Lightburn** came **9th** in the **U11** race and **Jonathan Holmans** came **9th** in the **U17** race.

Today's Runner XC Blean Woods 25/10/98

There were some good performances from our *Hollandia* guests, as described in the front page report. **Roy Palmer** and **Jonathan Holmans** both excelled in their XC debuts for the club. The **junior race** was won by **Jack Parnell**, with a strong Harrier contingent behind him. The Harriers came **6th** in the combined event and **5th** amongst the Ladies, out of the 15 league teams.

Canterbury Harriers

13 Roy Palmer	30:52
39 Pete Donaldson	32:54

44 Jonathan Holmans	33:22
50 Simon Kendall	33:36
55 Steve Clark	33:57
82 Bob Davison	35:13
83 Dave Smith	35:15
102 Alastair Telford	36:23
105 John Marshall	36:36
126 Steve Dorkings	37:55
129 Dave Parnell	38:05
150 Tom Smith	39:05
157 Helen Paine	39:44 12th F
160 Steve Wisbey	39:53
166 Emma Farrow	40:15 16th F
180 Fayne Stone	41:14 21st F
192 Mark Trott	42:36
202 Sara Carter	43:10 31st F
240 John Hartley	46:53
246 Sue Reilly	49:50 56th F

Hollandia

11 Peter Mettes	30:45
15 Jan Conijn	31:25
47 Kick Huisman	33:27
60 Hans Baart	34:11
62 Willem Heins	34:15
64 Pene Tuinman	34:25
71 Minne Boelens	34:47
77 Roel Toering	35:03
89 Bram Van de Braber	35:42
101 Jan Otzen	36:22
112 Cees Rood	36:44
119 AD Steltenpool	37:12

Sturry 10K 1/11/98

This **new event**, staged by Sturry Community Council, with some assistance from the Harriers (**Gerry** was commended by the Community Council for his efforts), gave us quite a **haul of swag**, with **Fayne Stone** winning the **women's competition**, **Andy Wilson** coming **2nd overall** and **Dave Smith** and **Dennis Hayes** coming **2nd** and **3rd**, respectively, in the **vet 40** competition. Andy's placing, together with **Roy Palmer's new PB** of 35:57 and **Simon Kendall's 8th place** meant that we also lifted the **men's prize** ahead of South Kent Harriers and Invicta EK! **Jack Parnell**, at age 14, was **top Sturry male** in his **debut 10K** run on a **hilly course** and there was also a very fine debut run by **Andrew Langston**. PBs were set by **Jonathan Holmans**, **Tom Smith** and **John Collins**.

Andy Wilson	35:30 2nd
Roy Palmer	35:57 4th PB
Simon Kendall	37:34 8th
Jonathan Holmans	37:54 10th PB
Jack Parnell	38:10 Debut
Dave Smith	39:39 2nd V40
Dennis Hayes	39:48 3rd V40
Dave Joy	39:54
Steve Clark	40:05
Andrew Langston	40:52 Debut
John Marshall	40:54
Alastair Telford	42:11
Tom Smith	43:34 PB

John Collins	43:34 PB
Derek Parnell	44:23
Doug Hinsley	45:45
Fayne Stone	47:43 1st F
Mick Hunt	52:43

Harrow Half 1/11/98

Laurence Shaw did a fine run of 1:32:35 at this event, aided by having done morning hill sessions in San Francisco!

Today's Runner XC Swanley Park 8/11/98

This event, on a **muddy, twisting** course at Swanley Park, saw a **record number of 292 finishers**. The club was boosted by **Andy Wilson** competing, although **Roy Palmer** was not far behind him and it was good to see **Sunni** competing again. On the day we were **8th** team overall and **9th** ladies' team.

11 Andy Wilson	30:32
13 Roy Palmer	30:40
66 Sunil Gohil	34:26
87 Steve Clark	35:17
99 Dave Lightburn	35:46
111 Alastair Telford	36:34
122 Joe Hicks	37:13
123 Mel Carter	37:14
132 Doug Hinsley	37:34
137 Tony Reaveley	37:48
152 Roy Gooderson	38:39
170 Pete Wyeth	39:27
177 Helen Paine	39:48 16th F
194 Emma Farrow	40:34 24th F
246 John Hartley	44:27
267 Sue Reilly	46:51 61st F

League Placings After 2 Events

Ladies

1eq	Invicta Ek AC	29pts
	Paddock Wood AC	
3	Istead & Ifield H	24
4eq	Sevenoaks AC	23
	Maidstone H	
6	New Eltham Jggrs	19
7	Canterbury H	18
8	Swanley & Dist AC	16
9	Medway AC	13
10	Thanet RR AC	12
11	Bromley Vets AC	11
12	Gravesend RR	9
13	Sittingbourne Str	8
14	Plumstead R	4
15	Dartford H	2

Combined

1	Medway AC	29
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2	Paddock Wood AC	28
3	Invicta EK AC	27
4	Istead & Ifield H	23
5	Maidstone H	21
6	Sevenoaks AC	20

7	Canterbury H	18
8	New Eltham Jggrs	16
9eq	Thanet RR AC	14
	Swanley & District AC	
11eq	Bromley Vets AC	8

	Gravesend RR	
13	Dartford H	6
14eq	Plumstead R	4
	Sittingbourne Str	



Noticeboard

Events' Diary

November

22nd Hartsdown Park Margate International Cross-Country - various events all day from 10-3 including Kent Junior and Women's leagues

29th Today's Runner XC Oxleas Wood, Eltham. 11am.
Junior race 10:30am

December

6th Thanet 10 11am
(and 2 mile Fun Run at 11:15am)
Palm Bay, Cliftonville, Margate.
CD 28/11.

6th Parkwood XC League 12:30pm

12th Kent Juniors'/Women's XC Leagues
Capstone Park, Chatham

12th CANTERBURY HARRIERS' PRESENTATION EVENING
King's School Recreation Centre 7:30pm.

13th Christmas Caper 4.2 Fun Run
Alexander Suite, Swanley. 11am
CD 7/12 Xmas pudding prizes!

13th Ditton Turkey 7
Ditton Community Centre, Nr Maidstone. 1:30pm. CD 1/12
Mince Pie prizes!

January

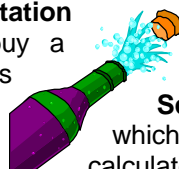
2nd Kent Vets & Clubman's Champs
Whitbread Hop Farm near Paddock Wood. CD 11/12.

9th Kent XC Championships.
Upbury Manor School, Gillingham.
CD 1/12

As always, race entry forms and details will be kept in the **race folder** - if you know of any others then please let us know / put entry forms in the folder.

Spice Girls & Christmas Presentation Evening

We have had confirmation that the **Spice Girls** will **not** be attending our **Christmas Presentation Evening**. So that is **yet** another good reason to buy a ticket at **just £10 for adults** and **£5 for under 17's**. It takes place from **7.30pm** till 12 midnight at the **King's School Recreation Centre** on the **12th December**. Tickets, which must be **purchased in advance** (so we can calculate how much food is required), include a **finger buffet** and **disco** plus **live entertainment from Gerry** playing the spoons (or the fool depending on alcohol intake!). Avoid the rush and book early!



Stop Press: The 6am 15 mile training run the following morning will be organised by Alastair. [*Just like I did last year then -Ed.*]

PS We are on the scrounge for **raffle prizes**. See also *Page 7!*

Roy Gooderson

Minnis Bay Blues

Looking forward to having a well-earned binge this Christmas and New Year, secure in the knowledge that come January 1st the **Minnis Bay TTT** (Tundra Terror Trail) awaits as a **suitable atonement** for your **festive excesses**? Bad news - next year's running is not until 24th January. **But don't despair!** Salvation is at hand in the form of the **Kent Veteran and Clubman's XC Championship** on **Saturday 2nd January** - provisional venue Paddock Wood Hop Farm. There are races in all veteran categories (both male and female) and additionally a senior men's race (for over 17's). **Entries**, which **close 11th December**, are £2. A golden early opportunity to check out your **New Year Running Resolution!** See me ASAP if you are interested. Details will be in the race folder.

- Directions to the last *Today's Runner* XC of 1998 at Oxleas Wood are included with this newsletter.

Gerry Reilly

Kent and Southern Counties XC Championships

The Kent XC Championships (for both juniors and seniors and males and females) will be held on **Saturday 9th January 1999** at the **Upbury Manor School** in **Gillingham**. **Entries**, which **close on 1st December**, are £2. Details are in the race folder.

The **Southern Counties XC Championships** (again for both juniors and seniors) will be held on **30th January** at **Parliament Hill, North London**. Details in the race folder shortly.

Please see me ASAP if you are interested in either of these events.

Gerry Reilly

November 1998

With various rumours of **Rupert Murdoch takeovers** in the media, could this have anything to do with a **helicopter landing pad** constructed just **300 metres from Invicta East Kent's clubhouse**? I kid you not! - **Roy**

Music Quiz Night

Thanks to all those who turned out for the **Invicta Musical Quiz night** in the palatial surroundings of Canterbury Rugby Club (read cold Nissen hut). We managed an acceptable **joint third place**. The team has promised to **let me live down** getting the **Mark Knopfler picture wrong** (until midway through the next century). Amongst many notable performances, we wheeled out our **classical buff Helen** and **Bing Crosby expert Pete Wyeth**. For those players whose gargantuan appetites were not satisfied by the ploughman's provided, the evening was completed with a Thai meal.

Roy Gooderson

Thanks to Marshalls

On behalf of the club, I'd like to say a **big thank you** to everyone, runners and especially the non-runners who **helped out with marshalling** this year at the **Mud Run**, the **Dove Dash**, the **Blean XC** and the **Sturry 10K** - you all made a vital contribution to a very successful year for the Harriers.

Gerry Reilly

Editorial

The next issue will be out just before Christmas and will include pieces on the **Florence Half** and **Full Marathons** and the **Presentation Evening**. Please (and I'm counting on you!) **send your contributions by 16th December** to me, **Alastair Telford**, Flat 5, 56 London Road, Canterbury, CT2 8JY.
Tel: 01227 786210 Email: A.J.Telford@ukc.ac.uk

- If you would like to be **sent a colour copy** of the newsletter **electronically**, instead of a paper one, then please contact me.

Canterbury Harriers Keyrings

Teletubbies last Christmas, Furbies this, but surely the biggest shortage and the biggest queues will be for the limited edition **Harriers key ring** at a mere **£1.50**.

Definitely a future collector's item!

See Roy Gooderson

Annual General Meeting

THE committee was re-elected, with the addition of **Pete Wyeth** as a **runners representative**. The AGM, held on 15th October, also dealt with the **report into the allegations of theft** against Kevin Mitchell, Bonny Appleby, Denise Farnham and Russell Bridges. It was decided not to pass these allegations on to the Police as we were unlikely to recover any money, and there was a risk that any publicity would reflect negatively on the club. Copies of the report have been sent to Medway AC, the Kent County Athletic Association, the SEAA and the Today's Runner League.

At the time of going to press:

- Medway AC have confirmed that they intend to take no action on the matter.
- The Secretary of the SEAA has said that Kevin Mitchell, Bonny Appleby, Denise Farnham and Russell Bridges should never have been cleared to run for Medway AC, and that the SEAA will reply formally to the report.
- Solicitors acting for Russell Bridges have threatened to institute court proceedings seeking a claim for damages for defamation of character.

If any club members still wish to see a copy of the report just contact me at home on 01227 750797, or at work on 01634 392579, and I will make sure you get a copy.

Joe Hicks

- ❖ *Joe's Annual Report is included on Page 8, whilst the club's constitution, adopted at the AGM, is included as a supplement to this newsletter. John Minshull's audited club accounts for the year will appear with the next issue, assuming that John tires of the Australian sunshine! - Ed.*

Club London Marathon Entries

The club has three guaranteed London Marathon entries for this year. If you are **unsuccessful** in the **official race ballot** for entries then would you **let Gerry or Joe know as soon as possible** so that you can be included in the club draw for entries. This draw will take place at the **Presentation Evening**.

Personal Log

John Minshull

Date of birth: 1st December 1932

Marital status: Married

Children: Philip, 36, Julia, 31

Occupation: Retired Finance Director

Previous Running Clubs:

Manchester AC, Invicta EK AC

Personal Bests:

Marathon: V52 **3:28:46** April 1985 Rotterdam
 Half: V53 **1:29:41** July 1986 Aylesham
 10 miles: V53 **64:43** Aug 1986 All Hallows
 10K: V55 **42:09** Nov 1988 Southend

100m Age 17 **11.05s** Aug 1950 Liverpool

Current targets:

Just being able to finish in any race that I start.

Other interests:

Long distance coaching; water colour painting; reading; philately; and, dare I say it travel.

[For those that don't know, the latest leg of the Minshull Monster World Tour is taking place in Australia and that's got nothing to do with John being Treasurer! -Ed.]

Best running memories:

Having won many medals and trophies over the years in several different sports, both with sports clubs and in the RAF, I still treasure my first medal for the 100 yards club championship won when I was aged 15 in 1948...and my latest trophy 50 years later in the Avignon half marathon.

Bodies Wanted

(Preferably live ones!)

For the past few months I have been **studying Sports Massage at Mid Kent College at City Way in Rochester**. In several weeks' time I will be able to "practise" on my own clients. I will be assessed on the treatment and the service that I give to my clients; the more clients I have, the more likely I will gain my certificate.

I would like to **invite any Canterbury Harriers** along to the college on a **Thursday evening** to be one of my clients. There is **no cost involved** - I will provide a **sports massage free of charge**. If you are **injured this could be of great benefit to you** and will also enable me to treat different injuries effectively. I can only treat one client per session and cannot treat them again, but it may be possible for some of the other students to treat you at another time. We are not expected to qualify until April or May of next year, so this gives us plenty of scope to treat quite a few clients. Sports Massage can offer great benefits to runners, as I've experienced at first hand with a calf injury that I had. As preparation for races and as part of a warm down, it will help to avoid injury.

If you are interested and would like to benefit from a free sports massage or would like more details, please do not hesitate to contact me on 01795 877008. I will be happy to discuss any issues that you may have and make an appointment with you.

Mark Trott

Runners' Runner Of The Year

This is your chance to **nominate** the **person** whom you think has **contributed most to the club over the past year**. They may have come back from injury, have run a fine debut race or may have been regularly helping others in the club. Would you please write your nomination (& yes, you can nominate yourself!) together with your own name on the form provided below and send it to me, **Alastair Telford** by **30th November**. So, I hear you cry, why should we do this and why do we have to write our names? Well, the simple answer is that **everybody who makes a nomination will be put into a draw for a prize to be picked at the Presentation Evening!**

My Runner of the Year is.....

My Name is.....

Please return by **30th November** to: Alastair Telford, Flat 5, 56, London Road, Canterbury, Kent, CT2 8JY

Annual Report 1997/98

Introduction

It is worth remembering that when we held a meeting of the club last September all of the club's records had been destroyed, all of the club's funds had been moved to a secret account which had then been emptied, and all of the club's officers had resigned. The committee elected at that meeting therefore had to start from scratch. This report summarises what has been achieved so far.

Membership Over the last year the club's membership has risen steadily to almost 120. In terms of numbers therefore we are as strong as we were last year.

Coaching An embryonic coaching structure is now in place, and the club is paying half the cost of coaching courses for those members and helpers who want to gain a coaching qualification. Following an application from Pete Wyeth we received a grant of £350 from Shell Research which funded the purchase of coaching equipment for the junior members.

Events During the course of the year nine events were staged, all of them running successfully. These are the details in summary:

November	<i>Today's Runner</i> League cross-country	profit of £169
December	Presentation Evening	subsidy of £93
March	Quiz night	profit of £50
April	London marathon coach	self-funding
May	Fell-running trip	self-funding
June	Hollandia visit	self-funding
August	Mud, Sweat & Tears Run	profit of £227
	Dove Dash	profit of £180
	Le Touquet coach trip	profit of £139

Kit There was a surplus on kit sales during the year of £611. This included receipts for a small stock of inherited kit, £150-worth of *View From* kit won by Mark Trott, and the proceeds of selling donated t-shirts.

Finance The club finances have had to be closely watched, as we began the year with no funds, but we have finished the year with a surplus of £1,269. Even allowing for the contribution of £350 from Shell Research and £150-worth of *View From* kit, for our first year of operation this has been a very positive result.

Priorities for 1998/99

For the **coming year** our priorities will be to build on what has been achieved so far, improving our membership services and strengthening the club's identity.

And Finally...

My personal thanks to all of the members of the committee for their efforts, and to Alastair for all of his fine work on the club newsletter. [*The cheque's in the post, Joe- Ed.*]

Joe Hicks