

# The Harrier

April 1999  
Volume 4 Number 3

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## Chairman John Speaks

*John Hartley took over as chairman from Joe Hicks last month in a violent coup whose casualties included two pints of Guinness and a packet of peanuts...*

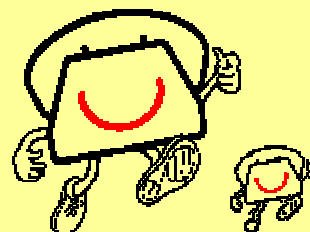
It is opportune to give you a **summary status report** of the club; for no reason other than we are about six months through this club year and it gives me, as the **new chairman**, a chance of commenting on our progress.

For those of you that do not know me, I've been with the club for about three years and there are some further details in the **Personal Log** on the next page which Alastair T twisted my arm to do. [We have ways of making you write for *The Harrier* -Ed.] I am pleased to take over the reins from **Joe Hicks**, following the endorsement of the club committee. As many of you know, Joe recently changed from 'employed' to 'self-employed', and understandably needs to devote all his attention to guiding his own fortunes. Luckily, we have managed to retain his services as a runners' representative, where his knowledge and expertise will be beneficial. On your behalf, I pay tribute to his leadership to date, particularly through the earlier trying times; the state of the club, as the following sections show, are a further **acknowledgement of the work of Joe and others**.

The **membership** currently stands at **90**. This consists of 21 females and 69 males. A further classification is: 21 juniors, 33 seniors and 36 vets/supervets. This position is considered very healthy. We are, however, contacting several **former members**, whose subscription has lapsed. We should also like to strengthen our **female contingent** (not solely for **Dave Parnell's benefit!**) so some plans will be put in place to achieve this. We hope to have a membership of approximately 100 by the end of the club year. Incidentally, the membership records are now kept in an **electronic database**. Any change in details, particularly telephone number, address etc, should be notified to **Dave Lightburn**, who has **taken over** from **Fayne Stone** as the **club's secretary**. (Thanks to **Fayne** for her work in this department.) With recent administrative changes not all club members may have received their membership cards. The card is also useful to have

### Sue's Running London For Childline!

**Sue Reilly** is running the London Marathon for the **Childline** charity and would be grateful for any sponsorship. Quite apart from this being a worthy cause in itself, please give **especially generously** when you consider the **commitment Sue is making** in what will be her **debut marathon**. Not only is she having to do the training after **coming back from a knee injury** and **raising sponsorship money** but this is all on top of tending to her hubby's poor thumb!



have as it entitles a **discount at running stores**, so please contact **Dave Lightburn** if you need a card. **Contact numbers** for all the club officials are given on Page 5.

As a further sign of a prospering club, **we have established a good range of activities in our annual Calendar of Events** which is given on Page 7.

*Continued on Next Page*

It is a balance of income-generating activities to match the costs and sponsorships. Any **ideas for further events** would be gratefully appreciated, so please pass on your comments to committee members. As you can see from the Calendar, the remaining races the club will be organising this year, are the **Red Lion 10K** on **8<sup>th</sup> August**, and the **Mud, Sweat and Tears run** (as part of the Whitstable Festival) on **25<sup>th</sup> July**. A race sub-committee has been formed for both events, headed by **Mark Trott**. Offers of **help for these events** (whether your competing or not) will be **gratefully received**. Further details of the tasks needed to be done will be published at later stages.

The **club's finances** are very sound as they are carefully monitored and recorded by our treasurer, **John Minshull** whose latest income and expenditure statement is included with this newsletter. Please note that for this year, we are planning to achieve a **small surplus**, which will be added to last years' assets. Naturally, these assets are used in **supporting running activities**.

Finally, I should like to acknowledge the **sterling work** carried out by **Gerry** and **Sue Reilly** with their regular coaching sessions on a Tuesday and Thursday evening (from 6.30pm, at the Kings School Recreation Centre). It is interesting that **Gerry only becomes 'chief' (coach) outside the Reilly household!** We have a **growing coaching team** – besides the Reillys, there are **Fayne Stone**, **Simon Kendall**, and **Mark Trott**, with others in the training pipeline. If you haven't managed to get along yet, try it in the near future. There is usually a **mix of training groups** for the session, and afterwards some welcome **socialising** at the Centre bar.

**Hope to see you** at a training session shortly, or wearing the Canterbury Harriers' colours at the next event. Either way, please keep in touch – the club is for **ALL the members**, and is what **WE want it to be**.

John Hartley

## Personal Log

John Hartley

**Date of birth:** 26/9/46 (52 years young!)

**Height:** 6ft 2ins (with dirty feet)

**Marital status:** Married

(23 years to Pauline, .....and the dog, the horse, the budgies, the fish.....)

**Children:** One son, Richard

**Occupation:** College Manager (at Thanet – premier college in Kent!)

**Previous Running Clubs:** None

### Personal Bests:

Race	Time	When	Where
Marathon	-	Not Yet!	
Half	1:53:36	Oct 96	Windsor
10 Miles	1:20:49	Mar 97	Folkestone
10K	48:45	Mar 97	Wimbledon
5 miles	37:40	Apr 97	Strode Park

### Current targets:

Improving on my times for the four distances above.

### Other interests:

Walking, crosswords, and the occasional Guinness!

### Worst Running Memories:

Going a... over t.. on a training run early in 1998, and having a poor running year that followed.

### Best Running Memories:

Completing the full series of X-country runs this winter, and feeling the training is going well for a better 1999.

## Mascall's Mud 10K

*You thought that the Mascall's School 10K was just a standard road race? So did **Ian MacMillan**...*

**W**hen I was a little primary school toerag I was taught that, if I ever **did anything really bad**, it was best to own up.

Therefore I had better confess that I went to Paddock Wood on Sunday 7<sup>th</sup> March and **did something so bad** that you, Mr Editor, may feel obliged to **cancel** it.

[The only thing I've ever had to censor was "Confessions of the Harriers' Women's Team" - Ed.]

50:04 for 10K.

Okay? Alright? Have you all finished laughing?

Let me **plead mitigation**. I naively assumed that the event was a road race but if that was so it was being described by a politician being economical with the truth.

Continued on Page 8



# Results

**Dennis Hayes** is this issue's error and omission: he actually did **3:22** at the **Florence Marathon** rather than **3:52**. Dennis said that he didn't look at his watch properly since he felt ill and it wasn't until he looked at the official results that he realised that he'd run half an hour quicker!

Again may I ask that 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! - Ed.

## Today's Runner XC Minnis Bay 24/1/99

It was still. It was sunny. It was even quite warm. Yes, I am talking about the Minnis Bay Cross Country, an event usually associated with Arctic conditions. However, there were the normal muddy conditions on the course, although this did not prevent **Roy**, **Jonathan** and **Simon** putting in superb performances to finish amongst the top 20 of the 269 competitors. Those three were well supported by a large Harrier turnout that saw us come **4<sup>th</sup>** in the **combined event** on the day. **Fayne**, **Sue** and **Maria** also helped us secure **13<sup>th</sup>** place in the **ladies' race** and, of course, they contributed to that overall result.

The junior event was dominated by the Harrier youngsters.

### Seniors

11 Roy Palmer	29:05
16 Jonathan Holmans	29:28
17 Simon Kendall	29:29
32 Steve Reynolds	31:01
36 Rob Sargeant	31:14
45 Neil Vest	31:57
49 Steve Clark	32:13
66 Bob Davison	33:12
86 Doug Hinsley	34:17
88 Mel Carter	34:22
93 Alastair Telford	34:44
100 Gerry Reilly	35:17
147 Pete Wyeth	38:01
166 Roy Gooderson	39:08
186 Fayne Stone	39:57 <b>25<sup>th</sup> F</b>
212 John Hartley	42:46

231 Maria Sargeant	44:56 <b>47<sup>th</sup> F</b>
242 Sue Reilly	46:50
248 Neil Mc Guinness	49:35
249 Steve Craswell	49:44

## South Of England XC Championships 30/1/99

On the notoriously difficult Parliament Hill course in London, **Jonathan Holmans** and **Jack Parnell** both turned in superb performances. Jonathan came **75<sup>th</sup>** out of 500 plus runners in the **under 17** event, whilst Jack finished **77<sup>th</sup>** in his **under 15** event where there was also a field of more than 500.

## Canterbury 10 31/1/99

There were perfect, still and sunny conditions for this traditional local winter event and thus some very good times were produced on what is not a particularly easy course. **Doug Hinsley**, **Mike Hedger** and **Neil McGuinness** all set PBs, Neil by an amazing **11 minutes**.

Roy Palmer	59:29
Rob Sargeant	61:27
Steve Dorkings	62:27
Neil Vest	62:58
Alastair Telford	64:54
Mark Walsh	65:51
Julian Murray	65:58
Mel Carter	66:03
Dave Smith	66:11
Bob Davison	66:29
Gerry Reilly	67:27
Pete Wyeth	69:52
Doug Hinsley	70:17 <b>PB 53s</b>
John Marshall	70:54
Mike Hedger	78:50 <b>PB 5 s</b>
Dianne August	82:00
Mick Hunt	82:26
John Hartley	86:33
Neil McGuinness	94:00 <b>PB 11 min!</b>
Sue Reilly	94:37

## Today's Runner XC Sittingbourne 13/2/99

Due to editorial stupidity, the results from this race will have to wait until the next newsletter.

## Eurostar 10k 14/2/99

There were several fine results at this Ashford Techpro event despite the fact that many of the Harriers had raced the previous day at Sittingbourne. **Roy Palmer** astonishingly set yet another **PB** whilst **Mike Hedger** continued his rapid improvement.

Roy Palmer	35:44 <b>PB 13s</b>
Nick Justicz	38:55
Dave Smith	38:58
Julian Murray	39:23
Gerry Reilly	39:32
Mark Walsh	39:38
Dennis Hayes	40:22
Dave Lightburn	41:04
John Marshall	41:43
Mike Hedger	45:59 <b>PB 2:25</b>
Dianne August	46:24
Emma Farrow	46:50
Ian MacMillan	48:00
Sara Carter	50:26

## Today's Runner XC Paddock Wood 21/2/99

The final race of the league season (and apparently the last ever at the Whitbread Hop Farm) saw a superlative performance by **Jonathan Holmans** in coming **3<sup>rd</sup>** out of **251 runners**, the highest placing by a Harrier in this league for quite some time. He was backed by some fine performances from a strong Harrier turnout and this enabled us to finish both **4<sup>th</sup>** on the day and **4<sup>th</sup>** in the **combined league**. This was a particularly creditable result when you consider that we were **7<sup>th</sup>** after four of the seven races.

The **ladies** came **9<sup>th</sup>** on the day and **9<sup>th</sup>** in the league with **Helen Paine** gamely running despite injury to retain the **Vet 50 award** for the series.

**Jack Parnell** was a clear winner of the **junior race** which preceded the main event with good support from the other juniors.

## Seniors

3 Jonathan Holmans	28:40
17 Roy Palmer	30:32
26 Steve Reynolds	31:02
29 Andrew Wilson	31:08
31 Neil Vest	31:15
35 Rob Sargeant	31:25
53 Sunil Gohil	32:59
54 Bob Davison	33:05
58 Steve Dorkings	33:14
61 Mel Carter	33:21
78 Alastair Telford	34:17
81 Doug Hinsley	34:20
108 Gerry Reilly	36:11
131 Roy Gooderson	37:43
155 Pete Wyeth	39:01
159 Dianne August	39:25 <b>23<sup>rd</sup> F</b>
164 Emma Farrow	39:37 <b>26<sup>th</sup> F</b>
175 Helen Paine	40:20 <b>32<sup>nd</sup> F</b>
195 John Hartley	42:38
206 Maria Sargeant	43:30 <b>43<sup>rd</sup> F</b>
239 Steve Craswell	48:37
242 Neil McGuinness	50:05

## FINAL LEAGUE PLACINGS 98/99

### Combined

1	Medway AC	104pts
2	Paddock Wood AC	94
3	Istead & Ifield H	91
4	<b>Canterbury H</b>	<b>73</b>
5	Sevenoaks AC	71
6	Maidstone H	68
7	Invicta EK AC	63
8	Thanet RR AC	59
9	New Eltham Joggers	50
10	Swanley & District AC	47
11Eq	Gravesend RR	30
	Dartford H	30
13	Bromley Vets AC	23
14	Plumstead Runners	20
15	Sittingbourne Str	17

### Ladies

1	Paddock Wood AC	102pts
2Eq	Medway AC	88
	Istead & Ifield H	88
4	Invicta EK AC	81
5	Sevenoaks AC	78
6Eq	New Eltham Jggrs	61
	Maidstone H	61
8	Thanet RR AC	58
9Eq	<b>Canterbury H</b>	<b>43</b>
	Swanley & Dist AC	43
11	Gravesend RR	40
12	Bromley Vets AC	39
13	Sittingbourne Str	23
14	Dartford H	19
15	Plumstead R	16

## National Inter Counties XC Champs Nottingham 20/2/99

**Andrew Dowell** represented Kent for the first time in this event, and had a fine run

in finishing **224th** out of 300 plus runners in the **Boys' U13** race.

## Bury 20 28/2/99

Alastair Telford	2:22:24
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## Tunbridge Wells Half 28/2/99

On TW's extremely **scenic** but very **tough** course, there were some commendable performances, particularly from **Mike Hedger** who set a new **PB**.

Julian Murray	1:26:35
Dennis Hayes	1:31:28
Dave Lightburn	1:35:28
Laurence Shaw	1:42:08
Mike Hedger	1:48:28 <b>PB</b>
Cliff Tritton	1:52:18

## Southern Vets XC Champs 6/3/99

**Mel Carter** showed why he's Club Runner of the Year by coming **63<sup>rd</sup>** out of **197 V50s** and **7<sup>th</sup> V55** in a time of **43:37** over a tough 10K at Hillingdon House Farm near Uxbridge.

## Deal Seafront Races 7/3/99

Canterbury Harrier juniors were well to the fore in the seafront races at Deal held to commemorate the granting of the town charter. Competing against a large field of senior athletes in the two and a half mile event, **Jack Parnell** came sixth and **Andrew Langston** was tenth with **James Branwood** just behind.

In the **junior 1500 metres** race, **Ellen Jones** was a **clear winner** of the **girls' race**, closely followed by **Luke Lighburn** in **5.24** who was 9th overall.

### 2.5 Miles

Jack Parnell	14:14 <b>6th</b>
Andrew Langston	15:45 <b>10th</b>
James Branwood	15:53
Dave Lightburn	16:50
Mick Holmans	20.14

### 1500m

Ellen Jones	5:21 <b>1<sup>st</sup> F</b>
Luke Lightburn	5:24

## Thanet 20 7/3/99

In wet and windy conditions at Thanet, **Sunni Gohil** had a great race and improved his **personal best** by more than **five minutes**. **Cliff Tritton** also did well in improving his **PB** and **Maria Sargeant** had a fine **debut**. The **crafty coach** set a new **club Vet 50 record for the distance** would you believe!

Rob Sargeant	2:15:34
Neil Vest	2:15:34
Sunil Gohil	2:21:10 <b>PB 5 min</b>
Dennis Hayes	2:21:16
Gerry Reilly	2:22:52 <b>V50 CR</b>
Julian Murray	2:22:56
Bob Davison	2:29:55
Maria Sargeant	3:00:09 <b>Debut</b>
Cliff Tritton	3:00:22 <b>PB</b>
Erika Ackerman	3:49:50

## Hyde Park U18 5K 13/3/99

In his most astounding performance to date, **Jonathan Holmans** **WON** the **City of Westminster 5K U18 race** in a time of **16:21**. The race attracted 120 runners and was a qualifier for *The Times* London Mini-Marathon.

## Southern Inter-Counties XC Challenge 13/3/99

On the same day, **outstanding feats** were being performed by Harrier juniors at Basingstoke in the Southern Inter-Counties Junior Cross-Country match. **Jack Parnell** was **24th** in his **under 15 event**, whilst **Andrew Dowell** and **Danny Legg** finished **61st** and **64th** respectively in the **U13** event. These performances helped **Kent** to **overall victory** in the match.

## Hastings Half 14/3/99

A small band of Harriers decided to take to the high hills of Hastings.

Bob Davison	1:32:20
Pete Greenwood	1:56:20
June Southfield	2:12:40



## Noticeboard

### Events' Diary

#### April

##### 2<sup>nd</sup> Folkestone10

Folkestone seafront, 10:30am. **U16 2 mile FR** at 11:10am.

##### 5<sup>th</sup> Tonbridge Open Track Meeting

10:30-17:00.

##### 10<sup>th</sup> Ashford Open Track Meeting

11:00-16:00

##### 11<sup>th</sup> Darent Valley 10K

Anthony Roper School, Eynsford, nr Swanley. 9:45 am. **FR** 9:30am. **CD** 6/4

##### 18<sup>th</sup> FLORA LONDON MARATHON

9:30 am. *See Page 6 for schedule.*

#### May

##### 3<sup>rd</sup> Whitstable 10K

Smack PH 11am. **Kids FRs**. **CD** 25/4

##### 3<sup>rd</sup> Hildenborough 10

10:30am. Also **5 FR**. **CD** 30/4

##### 3<sup>rd</sup> Ted Pepper 10K

Beckenham 11am. **CD** 1/5.

##### 8<sup>th</sup> Run for Rwanda XC 10K

Ightham Mote, Sevenoaks. 10am. Entries on the day. Also **4.5K FR**.

##### 8<sup>th</sup> - 9<sup>th</sup> Kent T&F Championships

Julie Rose Stadium, Ashford. **CD** 19/4.

##### 9<sup>th</sup> Wealden 10

Biddenden Rec Ground. 10:30am. **3 mile FR** at 10:35. **CD** 1/5.

##### 12<sup>th</sup> Forbanks 3x2.5 Relay

Beckenham CC. 7:30pm. Entries **OTD**.

##### 16<sup>th</sup> Cobham CP School 10K

10:30am. **4K FR** 10:30am. **CD** 7/5.

##### 16<sup>th</sup> Sevenoaks 7

Sevenoaks RFC, Knowle Park. 10:30am. **CD** 10/5.

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.

### Committee Members

<b>Chairman</b>	John Hartley	01227 459997
<b>Kit Officer</b>	Bob Davison	01795 536455
<b>Admin Officer</b>	Roy Gooderson	01227 454449
<b>Secretary</b>	Dave Lightburn	01304 812046
<b>Treasurer</b>	John Minshull	01795 532226
<b>Chief Coach</b>	Gerry Reilly	01227 455244
<b>Race Organiser</b>	Mark Trott	01795 877008
<b>Runners' Rep</b>	Joe Hicks	01227 750797
<b>Runners' Rep</b>	Helen Paine	01227 452060
<b>Runners' Rep</b>	Pete Wyeth	01795 479057

### Open Track And Field Meetings

**S**pring is definitely here - ignore the fact that its still -2 outside, the proof is in the fact that details of the first **open track meetings** are coming through. The first local meet is at **Tonbridge** on **Monday 5th April** from 10:30 - 17:00 followed by **Ashford** on **Saturday 10th April** from 11:00 - 16:00 and there are various evening and weekend meets throughout the **spring** and **summer** months in **Ashford, Tonbridge, East Sussex** and **South London**. I don't know why they are called meets or meetings, perhaps its simply because its an excellent way to get to know athletes on a one to one basis.

**These meetings are not just for junior athletes.** The events cater for **all ages** and **all standards** - there is normally age/time seeding for each race which means that a 50 year old 7 minute miler will not find himself lining up alongside a 5 minute 17 year old. The races are **excellent training** in their own right particularly for **improving speed** and good in terms of self motivation through offering variety and enabling runners to set times and try to improve on them through the season. **Details of the dates** of the meetings which we have been notified of will be in an upcoming events section of the Harrier and details of the races at each event will be inserted in the **race diary**. Entries are accepted on the day. Please see me if you need any advice or information.

Gerry Reilly

### Kent Track And Field Championships

**T**hese will be held at the **Julie Rose Stadium** on Saturday and Sunday **8th/9th May** and are open to **all age groups**, male and female, from U15 up to Veteran .If you need further information/advice/encouragement speak to me. **NB - CLOSING DATE FOR ENTRIES IS 19<sup>th</sup> APRIL.** *More details in the race folder.*

Gerry Reilly

## London Marathon Coach Trip

**A** thirty-three seater coach has been booked and all but two of the places have gone. The cost is **£10 for adults** and **£5 for under-seventeens**. Provisional **pick up times** are as follows:

**0630** Canterbury Bus Station  
**0645** Love Lane Faversham  
**0710** Farthing Corner Services A2

**Departure from London : 1800**

Payment is now due and cheques for the appropriate amount should be made payable to Canterbury Harriers.

Gerry Reilly

## Kit Report

**W**e now have **short-sleeved T-shirts** in stock, with the **club's name** on both **front** and **back**. We have various other items either in stock or on order, including **club baseball caps**. If you would like **more details** or have **any suggestions for kit items** that we should stock then please see me.

Bob Davison

## Editorial

**T**he next newsletter which should be out on **20<sup>th</sup> May** will contain, you've guessed it, all the marathon results and reports. Hopefully, we should also have the website up and running by that time too!

Please (and you know you want to!) **send your contributions by 15<sup>th</sup> May** to me:-

**Alastair Telford**, Flat 5, 56 London Road, Canterbury, CT2 8JY. Tel: 01227 786210 Email: A.J.Telford@ukc.ac.uk

- **Electronic copies** available!

## Treasurer's Report

**John Minshull's** latest report on the club's finances is included as a supplement to the newsletter.

**Helen Paine** is pleased to announce that she is going to **become a grandmother!**

## Lakes Trip 3rd - 6th June

**D**etails on the **Lakes Trip** in June are in the race folder. There are still **three male places available** - please speak to me as soon as possible if you are interested. The projected cost is currently **£98 per person for the minibus contingent** (subject to adjustment due to diesel costs etc) and includes **free competitions** and **entertainment** organised by **Emma** and **Fayne**. [*That's like mentioning the showers at Le Touquet - Ed.*]

**FULL payment is due by 1<sup>st</sup> April.**

Gerry Reilly



**Emma "The Mermaid" Farrow** on her way to being joint winner (with Fayne) of the wet T-shirt competition during last year's trip to the Lakes

## Harriers Even Bigger in Japan!

Yes, the **Japanese branch** of Canterbury Harriers continues to go from strength to strength! The photo shows **Masa Kawamoto** holding his certificate for becoming **fifth senior male** with a time of 39:14 in the **Subaru 10K** held on 24<sup>th</sup> January. Masa said that he couldn't actually be pictured in his Harrier vest due to the bad weather at the race. Masa, as well as kindly sending me this photograph, also **sent Mel Carter** (see Page 8!) a **running vest from this event** in recognition of Mel's Club Runner of the Year award!



## Calendar of Events

*John Hartley has prepared this calendar - \*\* means date to be confirmed*

Month	Harrier Races	Other Races	Social	Meetings	Newsletter
April		18 <sup>th</sup> London Marathon	10 <sup>th</sup> Bike Ride	6 <sup>th</sup> Committee	
May				4 <sup>th</sup> Committee	Issue
June			3 <sup>rd</sup> Lakes ** Holland visit	1 <sup>st</sup> Committee	
July	25 <sup>th</sup> Mud Run		** Bike Ride	6 <sup>th</sup> Committee	Issue
August	8 <sup>th</sup> Red Lion 10K	21 <sup>st</sup> Le Touquet	** Invicta BBQ	3 <sup>rd</sup> Committee	
September				7 <sup>th</sup> Committee	Issue
October	** Cross Country		** Hollandia visit (XC)	** <b>AGM</b> & Annual Report	
November					Issue
December			** Presentation Evening		Issue?

April 1999

*Mascall's Mud 10K Ctd from Page 2*

There was a **field** to run around and a **footpath** to run along. A piece of cake in dry weather or spikes and **great fun** in **pouring rain** and flat road shoes - great fun, that is, in the sense that **falling over** and **sliding around** is best laughed at.

Actually, I really **enjoyed** it. I remember thinking "I'm really enjoying this" as I slithered round a corner with the wind blowing through me and the rain lashing down.

Then I thought, "Hold on a minute. You could be at home nursing both your cats in front of a fire and looking through the Observer." Preferring to do what I was doing says **something about me** specifically **or about runners in general**.

I'd rather not know what it says.

I had hoped to see some Harriers at Paddock Wood but my last thought must be with any of them doing the Thanet 20.

Ian MacMillan

## The Next Issue... will be a Marathon Special

Reports, pictures and full results  
from London

Plus all the news and results from  
other events

**Deadline for contributions: 15<sup>th</sup> May**



## Personal Log

*Mel Carter*

**Date of Birth:** 17<sup>th</sup> August 1942

**Height:** 5'9"

**Marital Status:** Married

**Children:** Three, all grown up

**Occupation:** Professional runner and "man about town"

**Previous Running Clubs:** None

### Personal Bests:

Race	Time	When	Where
Marathon	3:01	1986	Jersey
Half	1:35	Sep 98	Maidstone
10 Miles	1:06	Jan 99	Canterbury
10K	40:21	Nov 98	Brighton
5 miles	31:29	Mar 99	Bethersden

### Current targets:

To be the first 90 year old under 30 minutes for the 10K without a zimmer frame! Or, if not, to become a "running guru"!

**Other interests:** Collecting injuries.

### Worst running memories:

Runner's nightmare - being in the toilets on Greenwich Park when I heard the gun for the start of the 1986 London Marathon! I had trained hard for months to get a time under three hours and had to start the race with the six hour-plus runners! I eventually finished in a very disappointing 3 hours 20 minutes.

### Best running memories:

...and my biggest **running surprise** was being voted "Club Runner of the Year" - many thanks to you all.