

The Harrier

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There were **sceptics**. **Dave Lightburn**, for instance, said that it was hardly a "great expedition" since there were only three of us going, the other two being **Gerry Reilly** and **Bob Davison**. **John Minshull** also expressed doubts that it could be subsidised by the club, despite the fact that we **were promoting the club in yet another country**. (As you'll see elsewhere in this issue, we have representatives in **southern Europe, Korea and Sri Lanka**.) Still others scoffed that it wasn't a serious effort, we were just going to Tunisia for **a few leisurely rounds of golf** with the rest of the time spent in the bar.

Far from it! Our trip was organised meticulously by our head coach with Bob taking care of the taxi arrangements between Canterbury and Gatwick. I was in charge of the **handicap certificates**. Well, you see, Gerry had read in the "Panorama Holidays" brochure that we might need them to prove that we were "respectable golfers". So, he persuaded me (and despite my protests that I didn't want to be **party to such fraud**) to type up some certificates for Bob and myself as we weren't members of a golf club. As well as all the preparation, we were also **having to forego** the last *Today's Runner* Cross Country at Istead Rise, a fact that we were suitably gutted about, although we hoped that the other Harriers would be able to cope marily a **track and field club**.

As a So we arrived at Gatwick with golf bags, our other luggage and, of course, the handicap certificates, whereupon **Gerry and Bob** then seemed set on **proving the sceptics right** by disappearing into the nearest bar. Gerry did phone Sue to discover Sasha's success at Istead (see *Page 3*) and then we were off and, after a smooth flight, we arrived at Monastir airport. At Monastir there was **some consternation** as we waited for the golf bags to arrive on the baggage reclaim and then **even more consternation** as a baggage handler whisked them away to one of the waiting coaches. We winced as the clubs were **blithely chucked into the boot** of one of the waiting coaches.



Proving the sceptics wrong, we see here Bob & Gerry promoting the club despite the freezing NE wind

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Three Men In A Bunker

Ctd From Front Page

Still we, and the golf clubs, did arrive at our hotel, the Marhaba Palace, in **one piece** and after a nightcap we retired to bed only to pause to see what was on TV that night. We were flabbergasted (Tunisia after all is still an Islamic country) to discover "**Lady Chatterley's Lover**" in French on channel 6. So **Gerry translated** whilst Bob watched goggle eyed but I insisted that we should switch it off as we had to get up early the next morning...

After a large breakfast we set off for the **El Kantaoui golf course** which was less than half a mile from our hotel. All our games were rather, ahem, "rusty" and this led to a couple of spectacular incidents early on. On the second I managed a big slice which, judging by the sound of the ricochet

probably only just missed one of the inhabitants of the nearby houses. On the next hole it was Bob's turn to terrorise the local householders and it would have been apt if somebody had immediately **asked to see our handicap certificates** or even **just thrown us in jail!** However, we generally had an enjoyable round in warm sunshine and still conditions.

After a rest, it was off to do the **easy five miles** that Gerry promised us. After all our

previous experience with Gerry we should have known better. He set off at a **cracking pace** until we reached almost the outskirts of Sousse, the main city nearest to our hotel complex in Port El Kantaoui. He then led us back at an equally furious pace, until we reached the hotel and he insisted on doing **some strides** around the driveway. This proved his undoing as he pulled up with a **muscle strain**. Bob and I were naturally **crestfallen** as this meant that our beloved coach would not be able to lead us on such enjoyable runs.

Dinner was followed by a tour of the local watering holes, including the **Neptune Restaurant** which was situated upon an old **Corsair galleon**. There we had beer. **Stella beer**. Note the missing word – **never, ever have any beer labelled "Stella" if the word "Artois" doesn't immediately follow!** This "Stella" came in huge green bottles and



Bob & Gerry having more trials, the eighth at the Flamingo club being more of a warm up for the Fell Weekend than a golf hole

had so much gas it could have been cited as **a major contributor to global warming**. Gerry and Bob seemed to be able to force it down, but I had to give up. As we drank, a **weather forecaster** on the TV

seemed to be saying that it would be "**windy**", something that was true both during the night and the next morning. After we returned to the hotel, we listened to a live performance by a **Tunisian folk singer**, although **Bob** was more interested in the legs of the two female members of his entourage.

The next day we were off to the **Palm Links golf course** which was on the way to the airport. This was, in fact, the nearest to a British links-style seaside course that we played during our stay and the one that we felt was probably the most enjoyable. It also contained the **most notorious incident** of our holiday at the second (again!). I topped a shot into a lake with my three iron, so scaring a flock of coots. Note that in the hitting of that shot **no coot was harmed in any way**. Bob and Gerry, however, immediately began **spinning tall tales** of how there was "**blood in the water**" and that the Tunisian Trust for Ornithology would be on my case. Gerry built the story up over the week so that I was the one responsible for the **demise of the last female Tunisian Greater Red-Crested Coot**. If he tries

telling that tale to you, remember all those training sessions that he has claimed as being "easy".

In the evening we went on a **great march** to Sousse in search of the "English Pub" that our tour guide had told us

about. It was Gerry who, despite his

injury, suggested that we walk rather than take a taxi and, after 90 minutes of walking into the centre of the city, we **drew a blank**.

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Results

I did not have **Mike Conway**'s fine time of 63:33 at **Aylesham** at the time of producing the last newsletter. **Please** tell me about any gaps or mistakes in these results – I do **not** have the results from the **Ashford & District 10K** event on 13/2/00 as nobody has given the full results to Gerry, Dave or myself. (**Laurence Shaw** did send in his time of 44:06, however.) All the results below are given on the Harrier **website** (see Editorial, Page 8).

Again may I ask that one person at each race be responsible for taking finishing times etc. and phone them through to **Gerry** (01227 477148) or myself (01227 786210). **Dave Lightburn** (01795 536173) also needs to know about any **season bests** for the league tables. Cheers! - Ed.

Hastings 10K - 16/1/00

Unfortunately, this race, which has become established as one of the **top 10K events** in the South East, clashed with the *Today's Runner* XC at Minnis Bay and so we had only two representatives there in the form of **Vet 55s, Mike Conway** and **Mel Carter**. **Mike's** time of 38:34 on the extremely testing course would have won his age category in just about any other event but the quality of the field meant that he had to settle for **2nd Vet 55**. **Mel** put in a good effort to finish in 41:45.

Today's Runner XC at Knowle Park, Sevenoaks 23/1/00

This was a new venue for the league and provided a **very scenic** two-lap course of about 5.25 miles in the **deer park**. Two **hard hills** were contained in each circuit.

Sasha Daniels, improved on his third place at Minnis Bay in **coming second** only to league leader James Batchelder, the winning time being 30:45. **Jonathan Holmans** made an excellent effort in coming **7th**, with **Simon Kendall 10th** and **Fraser Wildman 23rd** boosting our team effort. However, despite these and many other fine performances, we came **5th in the combined event on the day** with Paddock Wood, Medway, Istead & Ifield and host club Sevenoaks all putting out large, strong squads. This result meant

that Sevenoaks were only a point behind us in the combined league.

The **women** put in a solid team performance, headed by **Carol Reid** with **Sue Reilly** putting in a **superb effort**, leaving our **chairman trailing!** On the day we came **10th** in the women's event which was again won by Tina Oldershaw in a time of 33:42.

There were 246 finishers in total with 173 competing in the men's league race and 69 in the women's.

In the figures below, after the time the next column shows the overall position, the following one the position in that individual's league race (i.e. ignoring guests and runners of the opposite sex) and the final column shows the performance rating i.e. the percentage of runners beaten in that league race. Note, however, that this differs very slightly from the ratings given by Rob Bright and this is explained under the final standings for the league on Page 4.

Senior Race

Sasha Daniels	30:45	2	2	99.4
Jonathan Holmans	31:57	7	7	96.5
Simon Kendall	32:15	10	10	94.8
Fraser Wildman	33:14	23	23	87.2
Mel Carter _{V50}	36:56	60	56	68.0
Gerry Reilly _{V50}	37:42	69	63	64.0
Dave Lightburn _{V40}	38:18	82	75	57.0
Mick Holmans _{V40}	40:03	114	103	40.7
Roy Gooderson _{V40}	41:26	129	114	34.3
Alastair Telford	42:24	139	119	31.4
Carol Reid	43:25	155	22	69.1
Fayne Stone _{V40}	45:30	180	36	48.5
Sue Reilly _{V45}	48:32	201	41	41.2
John Hartley _{V50}	48:58	205	158	8.7

Canterbury 10 - 30/1/00

Fraser Wildman narrowly just missed out on a sub-hour time again at this traditional winter road race over the rolling course going around Patribourne, Bridge and Bekesbourne. **Kit Nelson** had a very fine **club debut** in breaking the 65 minute mark. Another good **debut** was made by **Steve Fitzgerald** whilst **Linda Sanders**, who had only done 3-4 mile runs before joining the club, had a **superb run in her very first race**. **Neil McGuinness** bettered his previous best by a dozen minutes and another **tremendous PB** was set by **John Collins**. To complete the set of excellent performances, **Mick Holmans** bettered his Aylesham time by over a minute.

Fraser Wildman	60:41
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Rob Sargeant	61:23
Mike Conway _{V50}	63:28
Kit Nelson	64:45 Club debut
Steve Dorkings _{V40}	68:13
Mark Walsh _{V40}	68:24
John Collins	69:21 PB
Graham Brown _{V50}	69:46
Dave Smith _{V50}	70:42
Keith Crossland-Page _{V40}	70:42
Dave Lightburn _{V40}	71:58
Steve Fitzgerald	72:18 Club debut
Dennis Hayes _{V40}	72:44
John Marshall _{V50}	72:59
Mick Holmans _{V40}	73:50 PB
Julian Murray	74:14
Dave Parnell _{V50}	75:06
Marc Heath	76:13
Neil McGuinness	82:56 PB
Mick Hunt	86:26
Linda Sanders _{V45}	94:31 Debut race
Sue Reilly _{V45}	95:42
Sharon Proudlove _{V35}	100:36

Watford Half - 6/2/00

Laurence Shaw writes:- I arrived back from a ski trip the day before to run this very hilly half held on an overcast day. It starts at Cassiobury Park and runs out to Sarratt, up "Dead Mans Hill" returning to finish in the park again. The winner, Amin Krikai, an Ilford AC runner, finished in 1:08:16. I finished 683rd out of 1453 with a time of 1:46:25.

Today's Runner XC at Istead Rise - 6/2/00

This was the first time the league had visited Istead for three years and **Sasha Daniels achieved the best ever result by a Canterbury Harrier by winning the race** (which was run over 5.5 miles of footpaths and fields). His **outstanding run** (which completed a 3-2-1 sequence in his three races) meant that James Batchelder of Paddock Wood was denied a clean sweep of the series. Another consequence was that Medway took the match, and therefore the league, by a single position point over Paddock Wood. Sasha's run was the spearhead to an **excellent performance** by the Harriers which meant that we came **4th on the day** and finished **4th in the combined league**. The other male scorers, who all put in great efforts, were **Roy Palmer, Jonathan Holmans, Mel Carter, Steve Reynolds, Graham Brown** and **James Branwood**. However, these were backed up by some fine runs by others which all contributed to the team's success. Of particular note were

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good debut runs for the club by **Chris Jones** and **Jacob Howe** and another great effort by the **constantly improving Mick Holmans**.

The women all put in fine efforts too with **Carol Reid** completing a strong debut season in which **she completed all seven races**. She was well backed up by **Emma Hodges** and **Sue Reilly** and the women finished **8th on the day** in their league, just narrowly behind the host club.

There were 208 finishers in total with 152 competing in the men's league race and 51 in the women's.

Sadly, Sacha's run was his last for the club before taking up a **contract in Dublin**. Anyway, we wish him well and hope to see him again soon as he says that he'll be back to visit.

Senior Race

Sasha Daniels	31:23	1	1	100
Roy Palmer	33:46	13	13	92.1
Jonathan Holmans	34:08	17	17	89.4
Mel Carter _{v50}	37:50	50	49	68.2
Steve Reynolds _{v40}	37:53	51	50	67.5
Graham Brown _{v50}	38:24	59	58	62.3
James Branwood	39:15	71	68	55.6
Mick Holmans _{v40}	39:30	74	70	54.3
Dave Lightburn _{v40}	40:03	79	74	51.7
Chris Jones _{v40}	40:20	81	76	50.3
Jacob Howe	41:01	90	84	45.0
Roy Gooderson _{v40}	43:25	120	106	30.5
Carol Reid	44:11	129	17	68.0
Steve Craswell	44:34	134	115	24.5
Mick Hunt	45:42	149	125	17.9
Neil McGuinness	46:01	152	126	17.2
Emma Hodges	46:11	156	27	48.0
Sue Reilly _{v45}	52:36	195	44	14.0

Today's Runner XC Final Standings 1999/2000

The following were the team results in the league. Note that the women's league result corrects an error in the standings produced by Rob Bright.

Combined League Final Placings

1 Medway AC	101pts
2 Paddock Wood AC	100
3 Istead & Ifield H	91
4 Canterbury Harriers	79
5 Sevenoaks AC	76
6 Thanet RR AC	65
7 Swanley & District AC	54
8 Maidstone H	53
9 New Eltham Joggers	52
10 Invicta EK AC	44
11 Bromley Vets	35
12 Gravesend RR	29
13 Sittingbourne Striders	25
14 Plumstead Runners	20
15 Dartford H	18

Ladies' League Final Placings

1 Paddock Wood AC	104pts
2 Medway AC	80
3 New Eltham Joggers	73
4 Istead & Ifield H	72
5 Sevenoaks AC	71
6 Thanet RR AC	70
7 Canterbury Harriers	63
7 Invicta EK AC	63
9 Swanley & District AC	62
10 Gravesend RR	52
11 Bromley Vets	45
12 Maidstone H	30
12 Plumstead Runners	29
14 Sittingbourne Striders	20
15 Dartford H	8

Individual Ratings

Below are the performance ratings for the Harriers who competed in the Today's Runner league this past season. The first number in the list below is the number of races they competed in. Only those who competed in at least 5 races count in the individual league standings and, for those who did so, their final rating is the average of their 5 best individual ratings. For others it is simply the average of their ratings. After this the runner's best rating performance and where it was achieved (key: BW=Blean Woods; BP=Beckenham Park; SP=Swanley Park; OW=Oxleas Wood; MB=Minnis Bay; KP=Knowle Park; IR=Istead Rise) is given in brackets. For those that did more than 5 races a final number is also given which indicates their average rating across all races in the league. Each individual race rating is calculated using the formula $100 \cdot (t-p) / (t-1)$ where t is the total number of finishers in that league race and p is the position of the runner. Note that these are my own calculations and are not the official ratings produced by Rob Bright, who uses a slightly different formula, $100 \cdot (t+1-p) / t$. Rob's formula inflates the ratings at the lower end of each race, with the last placed runner having a non-zero rating.

Men

Simon Kendall	6	95.8	(97.2;OW)	94.6
Roy Palmer	6	94.5	(97.1;SP)	93.5
Mel Carter _{v50}	5	61.8	(68.2;IR)	
Gerry Reilly _{v50}	6	60.6	(64.0;KP)	59.5
Dave Lightburn _{v40}	5	48.1	(57.0;KP)	
Mick Holmans _{v40}	6	39.8	(54.3;IR)	36.5
Sasha Daniels	3	99.3	(100;IR)	
Jonathan Holmans	2	93.0	(96.5;KP)	
Fraser Wildman	4	88.4	(91.2;MB)	
Steve Reynolds _{v40}	4	69.0	(75.0;OW)	
Graham Brown _{v50}	3	59.9	(62.3;IR)	
James Branwood	2	59.4	(63.1;OW)	
Joe Hicks _{v40}	3	51.8	(62.5;OW)	
Keith Crossland-Page _{v40}	2	47.9	(64.6;MB)	
Roy Gooderson _{v40}	4	35.1	(39.5;SP)	
Alastair Telford	2	35.1	(38.8;MB)	

Tom Smith	2	30.0	(33.5;OW)
Steve Craswell	2	19.1	(24.5;IR)
Neil McGuinness	2	14.3	(17.2;IR)
Mick Hunt	3	10.1	(17.9;IR)
John Hartley _{v50}	4	7.8	(9.5;MB)

The following ran one race:-
 Martyn Ballands_{v40} (41.5;OW); Darcy Black (26.3;BW); Bob Davison_{v40} (53.7;MB); Steve Fitzgerald (59.5;BP); Dennis Hayes_{v40} (55.8;MB); Doug Hinsley (39.2;BP); Jacob Howe (45.0;IR); Chris Jones_{v40} (50.3;IR); Martin Skeet_{v40} (79.6;BW); Richard Steer (98.3;OW); Andy Wilson_{v40} (80.8;BW); Pete Wyeth_{v50} (21.6;OW)

Women

Carol Reid	7	70.7	(74.1;SP)	69.3
Fayne Stone _{v40}	5	55.7	(63.6;BP)	
Sue Reilly _{v45}	6	26.0	(41.2;KP)	24.0
Sarah May	3	98.2	(100;BP)	
Dianne August _{v40}	4	61.8	(66.1;MB)	
Emma Hodges	2	49.0	(50.0;MB)	

The following ran one race:-
 Katherine O'Hara (85.1;OW); Erica Akerman (5.4;MB)

Tunbridge Wells Half - 27/2/00

Four Harriers took on this **testing** but extremely **scenic** course that has views over the Weald of Kent. **John Collins** recorded a magnificent new PB, smashing his previous mark by six minutes. **Mike Conway** was up with the best in his age category and this was in a race with a large, quality field of 707 finishers.

Full results are available on the **Tunbridge Wells Harriers' website** at <http://www.btinternet.com/~twharriers/>

Mike Conway _{v50}	1:26:29	3rd V50
John Collins	1:31:55	PB 6 mins
Laurence Shaw _{v40}	1:48:27	
Mike Hedger	1:52:49	

Thanet 20 - 5/3/00

Rob Sargeant and **Fraser Wildman** showed that the **London Marathon training** was going well for both of them by recording excellent times at this exacting event. **Mick Holmans** put in a great first attempt at the distance although he did say that he felt drained in the last couple of miles. **Mike Hedger**, by contrast, said that he felt quite good at the end, which only proved that he **wasn't trying hard enough!** **Steve Craswell** did well in his debut, managing to finish ahead of marathon maestro **Pete Greenwood**.

This event, as well as being an established London warm-up, also comprised the **Kent Championships** and attracted 366

finishers in total. Full results are available at <http://www.runnerswebuk.com/>

Rob Sargeant	2:08:33	18 th
Fraser Wildman	2:08:58	
Joe Hicks _{V40}	2:20:18	
Dennis Hayes _{V40}	2:35:02	
Mick Holmans _{V40}	2:49:18	Debut
Joe Epsom _{V40}	2:49:45	
Mike Hedger	2:52:37	
Steve Craswell	3:35:02	Debut
Pete Greenwood _{V50}	3:49:25	

South of England Vets' XC Championships - 5/3/00

Mel Carter and **Graham Brown** competed at these championships with **Mel** coming 12th in the **V55** category and **Graham** 35th in the category below, **V50**.

Parkwood XC League - 5/3/00

The **Harrier juniors** again put in some strong performances in these races staged at the University.

U17 M

Jack Parnell	5 th
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U15 M

David Woodcock	25 th
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U15 F

Elen Jones	3 rd
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U13 F

Lily Martin	10 th
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Bethersden 5 - 18/3/00

What can you say about him? **Our coach** led the Harriers home with a **barntstorming** new **PB** at this scenic rural event to the south-west of Ashford. Fellow **V50 Graham Brown** also had an impressive run and there were **three excellent debuts**. **Jenny Michaelson** only narrowly missed out on the **V35** prize whilst fellow first-timers **John Blunt** and **Siobhan Murphy** both had very promising runs.

Gerry Reilly _{V50}	30:24	PB 2s
Graham Brown _{V50}	31:11	
Mark Walsh _{V40}	32:23	
John Marshall _{V50}	33:10	
Dave Lightburn _{V40}	33:28	
Alastair Telford	35:31	
Tom Smith	35:43	
Jenny Michaelson _{V35}	36:07	2 nd FV35 Club debut
John Blunt	38:25	Club debut
Siobhan Murphy	40:11	Club debut
Sue Reilly _{V45}	43:03	

Wimbledon Premier 10K - 19/3/00

What can you say about him (part 2)? The morning after the afternoon before at Bethersden, our **beloved leader** drove off with Sue to the Wimbledon 10K for a **10:30 start**. He then proceeded to **zoom round in 38:47**, with **Sue** doing 55:12. If only Gerry would give us **whatever he is on!**

Hastings Half - 19/3/00

Mike Hedger returned from one of the **hardest halves** in the country to claim that it **wasn't that bad really** and he "cruised round", even accelerating in the last 5K to set a **new PB**. Anyway, they say that the **nose should heal** properly in time for Mike to do London!

Full results are available at <http://www.hastings-half.co.uk>.

Mike Hedger	1:44:56	PB
Pete Greenwood _{V50}	2:03:53	

Paddock Wood Half - 26/3/00

What can you say about him (part 3)? Just a week after his feats at Bethersden and Wimbledon, **Gerry** led a trio of fine **V50** performances at Paddock Wood's big pre-London event (there were 1061 finishers) with **Mike Conway** and **Dave Smith** just behind him. **Gerry's PB** bettered his mark from 1995 at the same event and also earned him **3rd V50 spot**. There were many other **top quality efforts** too with **Rob Sargeant** leading the Harriers home to be **21st overall**. **PBs** were set by **John Collins** (breaking the **90 minute mark** for the first time), **Mick Holmans** (by a **gob-smacking 23 minutes**), **Mike Hedger** (improving on his Hastings mark of the week before), and, not letting her old man steal all the limelight, **Sue Reilly**. Another astonishing run was the **debut half by Jenny Michaelson** who also came **21st V35**.

In the **junior race** that preceded the main event, **Andrew Dowell** did well to come **5th**.

Full results are available at <http://www.runnerswebuk.com>

Rob Sargeant	1:18:03	
Gerry Reilly _{V50}	1:24:17	PB
Mike Conway _{V50}	1:24:37	
Dave Smith _{V50}	1:26:11	
John Collins	1:29:38	PB 2:17
Dennis Hayes _{V40}	1:30:51	
Mick Holmans _{V40}	1:34:07	PB 23m(!)
Mike Hedger	1:42:08	PB 2:48
Tom Smith	1:42:52	
Jenny Michaelson _{V35}	1:42:59	Debut half
Sue Reilly _{V45}	2:01:35	PB 2:35
Sharon Proudlove _{V35}	2:11:34	

Tatsfield 5 - 26/3/00

Jack Parnell came **17th out of a field of 260** in this Surrey event and in the process **broke the half hour mark** in his first senior road 5. In the **junior race** over 2.5km, both **James**, who took **third place**, and **David** had good runs.

Senior race

Jack Parnell	29:32	Debut
Derek Parnell _{V40}	37:42	

Junior race

James Branwood	15:42	3 rd
David Woodcock	17:49	15 th

Herne Bay 10K - 9/4/00

This event was organised by **Herne Bay Rowing Club**, with **Canterbury Harriers assisting** with the starting and finishing arrangements. However, the event was unfortunate in two respects. Firstly, there was a **strong north-easterly wind** which meant a tough outward section of the course. Secondly, the **event clashed with the Kent Championships** which were held at Darent Valley. However, whilst there were consequently only 131 finishers, elite athletes such as **Barry Royden** and **Janice Moorkite** took part, with Barry winning easily in 30:49.

Our three top finishers, **Fraser Wildman**, **Andy Wilson** and **Joe Hicks** did exceptionally well to secure the team prize. Extraordinarily, given the conditions, there were even **PBs** by **John Collins**, **Marc Heath**, **Mick Holmans** & **Mick Hunt**. **Matthew Jenkins** had a good **debut run for the club**.

In the **junior race** that took place after the main event, **Andrew Dowell** comfortably won on the **1.5K course** with **Elen Jones** and **Tony Rowlands** being among the other fine performers.

A **full listing of results** is available on the **Canterbury Harriers' website**.

Senior race

Fraser Wildman	37:11	
Andy Wilson _{V40}	37:18	
Joe Hicks _{V40}	38:54	
Dave Smith _{V50}	39:33	
Graham Brown _{V50}	39:59	
John Collins	40:28	PB
James Branwood	40:32	
Steve Dorkings _{V40}	40:50	
Steve Reynolds _{V40}	41:07	
Bob Davison _{V40}	41:56	
Mike Holmans _{V40}	42:34	PB
Matthew Jenkins	42:43	Club debut
Marc Heath	43:21	PB
Jacob Howe	44:07	
Joe Epsom _{V40}	46:28	
Mick Hunt	46:52	PB
Doug Hinsley	47:31	



Noticeboard

Events' Diary

Key: F=Fast Course, H=Hilly, MT=Multi-terrain, E=Pre-entry reqd for prizes, S=Scenic, M=Medal, Mem=Memento, =Cost for a attached pre-entry, D=Additional cost for on the day entry, CD=Closing date

April

16th FLORA LONDON MARATHON
9:30am. See Page 7 for coach details.

21st (Good Fri) Folkestone 10
Folkestone seafront 11am. Junior 2M at 11:10am.
CD 15/4. 4+2D F M

24th (Easter Mon) Tonbridge Open Track
From 10:30am. See Gerry for details.

28th (Fri) First Harriers' Pub Run
Rose Inn, Wickhambreaux . 7pm. Beer. See Page 7.

30th Hempstead Valley Half
Hempstead Valley Shopping Centre, Gillingham.
10am. (3M FR at 10:10am.) 7. H M

30th Hythe Round the Houses 6K
Folkestone seafront. Noon. CD 24/4. 3.50+ 2D. F M

May

1st (Mon) WHITSTABLE 10K
Whitstable High Street. 11am. F T-shirts

13th/14th Kent County Athletics Champs
Crystal Palace National Sports Centre.
See Gerry for details.

16th (Tue) East Kent Road Relays
Folkestone seafront. 7:15pm. See Page 8.

19th (Fri) HARRIERS FELL TRIP. See Page 7.

21st Canterbury Half (& 10K)
Kent CC ground. (Plus Junior FR.) 10am. H S M

21st Sevenoaks 7
Sevenoaks RC, Knowle Park. 10:30am. CD 16/5.
5+ 2D. H MT S M

28th Boughton 10K
Boughton Village Hall. 11:30am. (1.5K FR at
10:30am.) CD 22/5. 5+ 1D. H M

Committee Members

Chairman	John Hartley	01227 459997
Kit Officer	Bob Davison	01795 536455
Admin Officer	Roy Gooderson	01227 454449
Secretary	Dave Lightburn	01795 536173
Treasurer	John Minshull	01795 532226
Chief Coach	Gerry Reilly	01227 477148
Runners' Rep	Joe Hicks	01227 750797
Runners' Rep	Simon Kendall	01227 764484
Runners' Rep	Sue Reilly	01227 477148
Runners' Rep	Fayne Stone	01227 764484
Runners' Rep	Pete Wyeth	01795 479057

Whitstable 10K Countdown

The eleventh running of the **Whitstable 10K** will take place at 11 am on **Bank Holiday Monday 1st May 2000**.

This is a part of a series of local May Day activities in the town and is a very popular race. It starts from on the High Street by the Church, runs past the harbour and the castle, goes along Tankerton Slopes to Swalecliffe and returns along the sea front, passing 'The Street' and the harbour again, before **finishing at the Smack Inn**. A welcome place to end up on a warm day!

The organisers of this year's race are **Dennis Hayes** and **John Hartley**. Their respective colleges (Canterbury Christ Church University College and Thanet College) are **sponsoring the event** by providing and designing the T-shirts which are given to all finishers.

Andrea Green from Dartford has pre-entered the race and, because she is in such good form, we will almost certainly see a **new women's course record**.

We still need race marshals on the course as Paul Webb, community Police Officer, has asked us to put **extra people at key points**. **John Hartley** has a 'volunteer' list. If you want to run then enlist your family and friends in your stead!

If you are interested in running the **helpers' 10K the day before let Dennis Hayes have your name**. At the moment it looks like a **solo run** – which is absolutely fine!

Dennis Hayes

Mud, Sweat & Tears 2000

An advance warning that we need **marshals** and **helpers** for our **summer Whitstable event on 23rd July**. Unlike last year's event, which we renamed the Oyster Run as the tide was out, this year there will be lots of **lovely mud!** Please help out with this event as it needs **a lot of organisation**. See **Roy ASAP** to get involved.

Roy Gooderson

London Marathon Coach

The pickup times for the **London Marathon coach** on **16th April** are as follows:-

6:20 Canterbury Bus Station

6:45 Love Lane Faversham

7:10 Farthing Corner

Please be there **on time!** Similarly, we aim to make a fairly prompt departure from London after some refreshment at the Bag O' Nails pub. Rumour has it that the **Sargeant family** has **VIP passes** for the day so they will be able to **watch Rob in style**. Hopefully we'll hear more about it all in time for the next newsletter.

Gerry Reilly

Open Track Meetings & Kent County Athletic Championships

The **Tonbridge Open Track Meeting dates** have been announced. The **first** one will be on **24th April, Easter Monday** and will start from **10:30am**. It will have events for U13 upwards. The other meetings are all in the **evening** from **6pm onwards** and have events for U11 upwards. The evening meetings will be on **6th June, 4th July** and **8th August**. Please **see me** if you would be interested in entering.

Please also see me if you would be interested in any of the **Julie Rose Stadium meetings at Ashford**. Full details of these have not yet been announced but I'll keep you informed.

On **13th and 14th May** the **Kent County Athletic Championships** will be held at Crystal Palace National Sports Centre. Again if you are interested please see me as soon as possible.

Gerry Reilly

Friday Evening Pub Runs

It has been agreed that a series of **social runs**, each starting and finishing at a **country pub**, take place on **Friday evenings** during the summer. Initially, I would be prepared to take responsibility for the organisation of a trial series of seven runs at 7pm on the dates given below.

The aims of these runs are:-

- ♦ To enhance the **social aspect** of the Club.
- ♦ To run in **areas** we may **not normally visit**. [*Like the Saloon Bar, you mean?- Ed.*]
- ♦ To **encourage** newer and slower runners in the Club.
- ♦ To discover **pubs** we may not normally visit.

The runs would all be **mainly off-road** and checked out by me prior to the evening. Permission would always be sought for the use of the pub's car park during the run.

We would always run at the **pace of the slowest** and distances would generally **be no more than six miles**.

Suggested venues (all starting at 7pm):

Date	Meet
28th April	Rose Inn, Wickhambreaux
12th May	The Duck, Pett Bottom
2nd June	Endeavour, Wootton
16th June	Shipwright's Arms, Faversham
30th June	Red Lion, Stodmarsh
14th July	Rose & Crown, Perry Wood
21st July	George Inn, Molash

If you are interested then please contact **Graham Brown** (tel: 01227 764690; email: graham@the-spinney.demon.co.uk).

Graham Brown

Forward to the Fells

This year it looks like we'll be taking a couple of cars to the fells instead of a mini-bus. We should be departing from before 9 on **Friday 19th May**. Would all fell trippers please see me for the final arrangements. Unfortunately, there are **no spare places available** at the moment although obviously if anybody drops out I'll let you know.

Gerry Reilly

April 2000

Summer Road Relay Series

The dates for this year's **East Kent road relay series**, which became increasingly popular last year, have just been announced and are as follows:

16 th May	Folkestone (7:15 start)
30 th May	Thanet
13 th June	Ashford
27 th June	Aylesham
11 th July	Canterbury (UKC; hosted by Invicta)

Apart from the first race at Folkestone, which starts at 7:15pm, all the races start at 7:30pm.

Each leg of each race is between 2 and 3 miles and there are teams of four. We are aiming to get quite a few teams out this season, including a few veterans' and women's teams. So, if you are interested, please see any of **Simon Kendall, Fayne Stone, Sue** or myself.

Gerry Reilly

Nackington XC - 23/6/00

I've just received word that this year's **Nackington XC** will be held on **Friday 23rd June at 7:30pm** at the usual venue of **Nackington Farm**. Anybody who's done this 8K event before knows what great fun it is with a free **BBQ** included. Last year we even managed a game of **bat and trap** after the event!

Gerry Reilly

Canterbury's New Running Track

Work on Canterbury's new **all weather running track** has **started** and the track is scheduled to be open by the **end of the year**. **Invicta EK**, who have been directly involved in the planning and financing of the track, will be the resident athletics club and will have a presence on the centre's management board. **Representatives from Canterbury Harriers** have had meetings with Invicta EK to discuss ways in which the Harriers might be able to assist and support community initiatives stemming from the opening of the facility such as inaugural open meetings, coaching programmes etc, as well as the question of concessionary rates for Harriers' members.

During the most recent meeting, Invicta representatives brought up the suggestion of a **merger** between our two clubs. This had been **anticipated** to an extent and had

been discussed at a club committee meeting a few days before. During the meeting the committee members **agreed universally that it was not in the interests of Canterbury Harriers** to pursue such a move as the Harriers are first and foremost a **road and cross country running club** whilst **Invicta** are primarily a **track and field club**.

As a club however we feel that issues of this level of importance should be **put out to the membership** for formal or informal feedback on the subject. If there is a strong body of opinion emerging as a result of this in **favour of a merger** then the committee would call an **EGM** to vote on any proposal.

Gerry Reilly & John Hartley

Editorial

When I started doing the current *Harrier* it seemed that it would be the **last one** that I would do since it looked as if work would take me away from the area. However, having secured a job at Tunbridge Wells, that is not the case. [*Cue groans from the Harriers.*] Nevertheless, I feel that the newsletter is at something of a **crossroads** at the moment and the way it is produced will have to change. Firstly, the *Harrier* takes **far too much of my time** at present. I really need those **contributions** (particularly results) **as early as possible** and preferably electronically. Secondly, I will not be able to get the *Harrier* **printed** as in the past, so I'll need some **help** with that. For the next newsletter I need people to write **articles on the London Marathon** and the **Whitstable 10K**. What would be really helpful would be for people to send in **mini-reports of races**, like **Laurence Shaw** has done for the Watford Half in this issue. The next issue should be out on **6th June**.

Sean Reilly has kindly said that he would be willing to help out with the **website** (which, as ever is at <http://www.geocities.com/canterburyh/>) and both of us would again welcome any suggestions to improve the site.

Please (please!) **send your contributions by 23rd May** (and, preferably, electronically) to me: -

Alastair Telford, Flat 5, 56 London Road, Canterbury, CT2 8JY. *Tel:* 01227 786210 *Email:* AlastairTelford@yahoo.com

NB Email address (and, Mr Reilly & Mr Brown, the spelling of Alastair!)



Running Club Med

Helen Paine wrote to me in December with an account of all(?) she had been getting up to in Spain and Italy

Part 1: Homage to Catalonia

Having been made redundant from my "pottery in prison" job earlier in the year, and therefore with no regular income, I decided to **broaden my horizons** and, in June, set off for **Barcelona** to study to become a teacher of English as a foreign language.

Ever the **dedicated runner** (?), I wasn't going to let running in a big, hot foreign city deter me from my training, but running in Barcelona proved to be rather **problematic**. The grid system of streets meant that you couldn't run more than 50 yards without having to stop and cross a busy road; the temperature hovered around 30C; the streets were very crowded either with tourists or locals, who stare blatantly at such outlandish behaviour; but worst hazard of all, dog turds abound! So, it was **difficult to steer a clear course** what with looking left and right for traffic, ahead for human obstacles and down for "doggy droppings".

Luckily, I was living in the old, **medieval quarter** of the city with streets generally too narrow for traffic and fairly close to the sea. Once at the seafront a longish promenade allowed uninterrupted running, especially if one left early enough to avoid the hordes of sunseekers and the full heat of the sun. The disadvantage of this route was that it was obviously very flat and exposed, with no shade whatsoever. I managed to **inject a few hills** into my training by running up and down the ramps leading down to the beach.

Another option was the local park. Luckily again, this was close to where I was living, but, although the biggest in Barcelona, not a very big park. At least 5-6 laps were needed to make a run of any length, which was tedious! The advantage, however, was that early in the morning the staff would be playing the hoses on the grass and

running under these between reps was most refreshing, even if regarded as **scandalous by the locals**, who like to wrap up well when going for a jog. [*What happened to their "Latin spirit" then? - Ed.*]

My final, and most demanding, running option was an **ascent to the castle** - a journey normally made by cable car. Barcelona is flat but dominated by **Montjuic**, a mountainette on which stand the castle, **Olympic stadium** and various museums. To run here on a Sunday would be a real, if masochistic, pleasure - through the heart of Barcelona: port, cathedral, Ramblas, Columbus monument, Miro sculptures, Gaudi grotesque creations, and up and round the outside of the

Olympic stadium with **fantastic views of the sea and city** in all directions.

The culmination of my running in Barcelona was taking part in the **Barcelona 10K** in early October. The course itself was demanding because of the heat and its mainly "out and back" nature along the periphery of the docks. True to **Spanish custom** it started a good half hour late. But

Harriers will, I hope, be pleased to hear that **I finished 3rd woman** (and yes

there were more than three female competitors) at the ripe old age of 53 and in a **time conveniently unrecorded**. However, I was a bit miffed only to be awarded the "first 50+" trophy, not least because it was too big to fit in my hand luggage: it is now gracing a **Barcelona balcony**.



Helen proudly displaying her Barcelona 10K trophy (and worrying about her luggage allowance)

Helen Paine

*The **second part** of Helen's Mediterranean Odyssey, where she goes off to rural Italy, will be in the next Harrier.*

Seoul Man

Julian Murray, our man in Korea, on the Chunchon Half

Before arriving in **Seoul** I was a little pessimistic about the chances of running regularly. Firstly, I had, and still have, a knee problem (strangely

diagnosed as 'jumper's knee') and, secondly, Seoul is one of the most **densely populated** and **polluted** cities on earth. South Korea has a flourishing car industry and virtually every man, woman and child owns a vehicle. The smog isn't a heavy diesel one like in London, but it can make you dizzy and quite tired. Added to this, I live on the embassy compound in downtown Seoul. This is convenient for getting to work, although I'm still almost always late, but it means I'm right on top of the worst traffic. It's like being next to **an eight-lane Oxford Street**. Anyway, despite all the bad news, I was quite determined to keep fit and wear the club vest whenever possible. An opportunity came on **24th October** in **Chunchon**, a city two hours east of Seoul by coach.



Julian Murray, pleased to have finished, but not realising it's round one of "Endurance"

I heard about the event at a local hotel gym. Luckily the hotel was organising a trip there and said it would be okay to come along, even as a non-member – to join a good gym here I would have to get a real job that paid a proper salary. (Gerry will understand as a fellow civil-servant.) All was **going to plan** before the race - well all, that is, **apart from the running** of which I wasn't doing any. I was told I ought to rest my knee. I decided one race was okay and I'd then rest for four weeks. A runner here has to take advantage of every race that comes along. Koreans generally are **a fit and active people** with a healthy, if unusual, diet (more below), but they reckon you're either a nut or someone escaping a crime-scene if you're seen out pounding the pavements.

I did all the usual pre-race things: carbo-loading the night before with a meagre breakfast and even turned up on time for the 6.30 coach. However, everything was **nearly upset with a Korean-style breakfast** which the hotel very kindly gave to each runner. On unpacking it, I was amazed to find a tray of sticky purple rice, a tub of hot soup and a large tray containing whole raw chillies, pork jerky and assorted pickled vegetables including the

infamous gut-busting kimchi (cabbage with chilli and garlic). I expressed my thanks and agreed to drink the soup, promising to eat the rest afterwards.

The next hurdle. On **arriving at Chunchon stadium** and up until the start of the race I had to contend with squat toilets. I'll spare you the details, but any of you who have raced in France will know how frustrating and gross this can be. After being dropped off at the half-marathon (or "harpa malaton") prep area I spent an hour marvelling at **Korean warm-up routines**. Along with the handful of GIs from the American forces, I watched and winced as about five thousand Koreans swung on parallel bars, hung from metal rings and did lots of **painful-looking** dynamic back and leg stretches.

I think I would be right in saying that very few of them were regular runners (I certainly didn't see any club vests). The majority looked pretty fit (though quite a few were smoking before the start) but I would guess by different means, namely hiking and martial arts. Chunchon is a big event and I suspect that people just give it a go at whatever pace and are pleased just to finish. And **full credit to them**. This is not to say there aren't some good runners here, but there were only 22 out of a field of about 5,000 who ran under 1:25.00. The winner ran 1:11.00. I pottered round in 1:49.00. The **event was well organised** and the course was **enjoyable** with few cars, mountains all around, not too many hills and even a few **enthusiastic bystanders** chanting 'oosha, oosha' (?) Even so, these were vastly outnumbered by bemused pedestrians thinking there had been a **major robbery** somewhere or a **mass breakout from an asylum!**

Next stop Japan.

Julian Murray
Korean Chapter of Canterbury Harriers

Three Men In A Bunker - ctd from Page 2

Eventually a local explained that the pub was only open until 7:30pm and so we returned **sadder and wiser** (and by taxi!) to Port El Kantaoui.

On Wednesday we were scheduled to go off to the **Flamingo golf course**, which was a bit further towards Monastir than Palm Links. The **taxi** we got into **seemed different**, somehow, to the one we'd used the previous day. Firstly it was white instead of yellow but the real difference came when we were inside. Gerry and Bob had quickly got into the back seats, and I was looking for the **seat belt in the front**. "No worry, ees broken," said our driver and it was then we noticed that he **didn't have a rearview mirror** either! We did reach the course okay, although Gerry & Bob had to **prise my fingers** off the dashboard.

The course was **much hillier** than the other courses we played and,

unfortunately, the wind had got up still further. Also, the play was quite slow so on quite a few occasions we were left **waiting and shivering**. The hilly terrain also meant that some of the holes were laid out next to steep descents, especially the eighth which had a **small cliff** in front of it.

That evening, Bob **embarrassed** both Gerry and myself by the way he **ogged the belly dancer** who was performing at the hotel. We eventually persuaded him to go for a drink at our favourite bar, the "Brasserie des Jardins" to **calm himself down**.

On the **Thursday**, we played El Kantaoui again when the **wind** had reached its fiercest. In the evening Bob and I were **overjoyed** to hear that Gerry was feeling good enough to lead us on a run over the golf course. I **glared** at Bob as he cut the run short, leaving me to cope with the pace of the **rejuvenated Gerry**.

The **next day** was our **final round**,

with us returning to the **Flamingo club** (but by a yellow taxi this time!) and, although the wind had lessened, the play was **painfully slow**. We were stuck behind an Italian mixed fourball whose leader clearly fancied himself as a kind of **Errol Flynn**. We got rid of our frustration with a run later on.

On the **Saturday**, it was **calm, warm and sunny**...and we weren't playing golf! Still Gerry did *try* to teach squash to Bob & me before deciding that we should probably stick to running.

Finally, on the **Sunday**, after some **desperate attempts at sunbathing** despite the NE wind that had returned, we made our **way back** to the airport and Blighty. Bob and Gerry were **going back to work** whilst I was making plans for my **trip to Sri Lanka**...

But that, as they say, is another story!

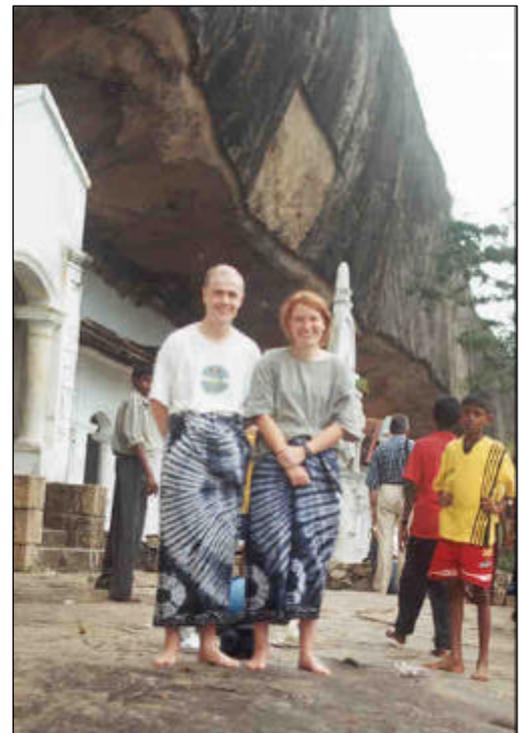
Alastair Telford

In the Next Issue of *The Harrier*

Due on 6th June

- **Srside Woman**
The editor meets up with our Female Champion, **Emma Farrow**
- **Marathon Mania**
All the news from London
- **Whitstable 10K**
Our big May Day event

Deadline for contributions:
23rd May



Sarong running kit?
All will become clear in the next *Harrier*