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## NEWSLETTER MAY 2002

### LONDON MARATHON 2002

We had a good mixture of experienced marathoners and debutantes. All our runners deserve congratulations on their performances. The star of the show has to be Roy Palmer, the first Harrier to break 1.20 for both halves of the marathon. His overall time 2:36:49, outstanding!

All our marathon debutantes performed very creditably and thoroughly deserve a special mention: Anna Reutersward, Wendy De Boick, Kate Jenkinson, Stephanie Lam, Wendy Smith and Ian Smith. I wonder how many of them said, at the finish, "never again", and are already considering entering next year. Don't worry folks it's happened to most of us.

Harriers Times.

Roy Palmer		2.36.49
Jacob Howe		3.17.08
Angela Morrison		3.17.43
Carol Reid	FV35	3.28.12
Tim Perks		3.37.25
Joe Epsom	** V50	3.38.26
Anna Reutersward	DEBUT	3.38.32
Ian Smith	DEBUT	3.58.21
Kate Jenkinson	DEBUT	3.59.00
Wendy Smith	FV35 DEBUT	4.08.15
Stephanie Lam	DEBUT	4.32.07
Wendy De Boick	FV35 DEBUT	4.58.07
Pete Greenwood	V50	5.27.56

Pete Greenwood was completing his 22<sup>nd</sup> consecutive London Marathon

\*\*Joe Epsom, flying in the face of every marathon coaches advice since the beginning of time. (Well at least the last 30 years) bought a pair of trainers the day before the marathon and ran the race in them. What's more he got away with it, no blisters, no problems. When Gerry first heard this he had to lie down in a darkened room for a couple of hours.

### TWO HISTORIC PERFORMANCES IN OUR WHISTABLE 10K – BANK HOLIDAY MONDAY 6 MAY

Great Britain Junior International Charlotte Dale (Invicta East Kent AC) was the overall winner of our Open Whitstable 10k Road Race. She beat the whole mixed field of male and female runners with her winning time of **33min.05 secs.** this is a new **UK Junior Record** for the distance. Second place was taken by Andrew Holt (Herts Phoenix AC) 45 seconds adrift from this amazing 18 year-old.

**Charlotte's win appears to be the first recorded mixed open road race in England where a female has won overall.** (Liz McColgan has won a similar race in Scotland).

From the organisational point of view the race went extremely well and the feedback we had from the runners was, once again, all very positive.

An independent newspaper report on the race stated "**The race was promoted and expertly organised by Canterbury Harriers**". A compliment indeed to those committee members and those club members who put in such a great effort, before, during and after the race.

### HARRIER'S RELAY TEAM SUCCESS

Also on Bank Holiday weekend, our relay squad of Roy Palmer, Simon Kendal, Steve Clarke and Steve Reynolds won the Hythe Round the Houses Relay. Well done the lads.

**SUMMER TRAINING** – a general note from our Chief Coach Gerry Reilly.

Now that summer is with us (allegedly) just a reminder, particularly for the newer members of the club, the training routine that we will be following throughout the summer months will be:

**Tuesdays.** – Speed (interval/repetition) session at the King's School Recreation Ground – except on summer relay dates.

**Thursdays** – Easy club run (whenever possible off-road, occasionally involving slight hill routes and with regular looping back to keep everyone in touch). Option for small separate groups to do their own faster paced runs particularly if programming for a target race.

**Fridays** – Pub Runs starting Friday 17 May. Further dates and venues to be advised.

**Sundays** – There are already informal groupings in the club who undertake longer easy/steady runs usually off-road. The most popular location appears to be Blean Woods. I propose, starting at the end of this month, to try and make this a regular sessions say 7 to 10 miles. We would start and finish at the Blean Wood Car Park off Rough Common Road meeting in the Car Park at 0900 hrs.

**Editors notes** on the above for those who don't yet know the clear interpretation of Gerry's terminology.

"Speed session" - If you have not been violently sick at sometime in the session - you are slacking!

"Easy club Run" - Eyeballs out all the way till you drop!

"Slight hill routes" - Like the Cliffs of Dover are slight!

"Regular looping back to keep everyone in touch" – Just checking to see if anyone has nipped back to the bar.

### TWO REMINDERS

#### LE TOUQUET 10K SATURDAY 6 JULY 2002

Roy Gooderson will again be organising a 52 seater coach to our favourite overseas race. For those who have not been before this course is very fast flat and always good for a PB. There will be the usual stop at a French hypermarket. This year we have decided to allow older children (not toddlers) on the trip. The strict proviso being that they must be supervised at all times by a non-running adult. Book (and pay) in good time to reserve your seat.

### EMAIL ADDRESSES.

If you have been receiving your Newsletter by snail mail (post) and you are now on Email please let me know. It is quicker for you and less expensive for the club.