



The Harrier

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The newsletter of the Canterbury Harriers

est 1993

Senior ladies win at the relays

The Canterbury Harriers won the veteran ladies' trophy in the East Kent Road Relay series – in a team made up of **Wendy Smith, Carol Reid, Fayne Brenner, Julie Ballands** and **Diane August**. They won four out of the five relays and 'only had to turn up in the last relay', according to relays organiser **Steve Clark** to take away the prize.

* New member **Rosie McDermott** came 3rd and Carol Reid came 6th in the Herne Bay Race for Life on 13 July.

Laurence wins gold in Transplant Games

Laurence Sandum is the new British 800 and 1500 champion, following his successes in the British Transplant Games, held in Stoke in July. He also took silver in the 5k road run (with a 21.34 PB) and in the 10k cycle.

He also competed in the World Transplant Games in Nancy in July (where he reached the 800m final and finished 8th out of 12). Laurence had a kidney transplant in 1999. 'I used to cycle before – but never thought I'd be able to do that sort of thing again,' he says. 'The Games show what we can do.'

Kent Grand Prix

Carol Reid is 4th (and 2nd among the vets) after six of the 10 Kent Grand Prix races this year. **Pete Worsley** is 9th (having run six races), **Roy Palmer** is 10th (three races) and **Brian Davis** is 17th (four races). **Sarah Maguire** is 21st (three races). Individuals need to run six of the ten races to get maximum points. The Canterbury Harrier male and female teams are both 4th (out of 24). The next race is the Tonbridge Wells 10k at 11am on August 17 (.

It is hoped that details of the next races will appear on www.kcaa.org.uk.

Red Lion 10k

As all Harriers know, the Red Lion 10k takes place on Sunday, 10 August at 11am at the Red Lion pub, Hernhill, near Faversham. As The Harrier went to photocopier, race organiser **John Hartley** was still looking for a couple more marshals.

Harrier email mailing lists

If you want to sign up for the email mailing lists, you can do so by visiting this webpage: http://canterburyharriers.org/mailman/listinfo/all_canterburyharriers.org.

Pub runs

The next pub run is at the Red Lion, Hernhill – 7pm on Friday, 8 August. Details of next pub runs – at fortnightly intervals – to be confirmed. We had the biggest turnout for a pub run ever – 32 runners and another 15 members, family and friends – at the Rose & Crown for the 10th anniversary in July.

League tables

Nearly half of the Harriers, 45 people, have competed in a 10k this year. The second-fastest time (after Roy's) came from a Vet50. To find out who this was, and how we have performed in the other distances, read **Alastair Telford's** league special.

New members

A warm welcome to new members **David Felton** (partner of Jenni Van Deelen), **Marco Keir, Rosie McDermott, Desmond Mullaney, Sue Coakley, John Watson** and **Max Lawrence**. And a warm welcome back to **Steve Craswell** and **Emma Greatorex**.

Old faces

Giles Guthrie – an early Harrier – is still living in Faversham with his wife and three children. He has been working as curator at the Maidstone Museum for the last four years. He is still running three times a week, and is hoping to take part in the 50-mile challenge team for the second time this year.

Peter Mettes and family. Peter is a member of Hollandia, the club in the Netherlands with which we are twinned. He is still running well. His daughter **Marycke** has represented Holland in her age group for the high jump, and has also taken up shot put.

By Roy Gooderson

View from the women's champion

Most of **Carol Reid's** PBs come from a five-week period in 1993 which included a 3.03 London marathon. She was the 46th woman back with that time, and the second Scottish woman after Liz McColgan.

Other people might have been delighted with that time but Carol had been aiming for a sub-3 marathon, and the race was 'really disappointing'. Until that time running had been fairly straightforward for her; since then she has sometimes felt more ambivalent about it. 'Running is very easy when you are always improving,' says the Canterbury Harriers Treasurer. 'It's when you go backwards and have to fight to get back that it's hard.'

'That was me hooked'

Someone who had always liked fresh air and exercise, Carol has also participated in other sports – tennis as a child and, over the last few years, golf. Back in 1988, she was introduced to running by a boyfriend while she was working on her (statistical image analysis) PhD at Glasgow University. She ran the Garden Festival 10k without any training in 55 minutes. 'It was a struggle, and I walked some of the way. But that was me hooked. I liked the atmosphere, the feeling of satisfaction of doing it and thought it was something I could be good at if I put my mind to it.' She rapidly improved – particularly after she joined Giffnock North Amateur Athletic Club in 1989.

As well as getting some great results, she had a great time. There are a lot of races in Scotland – and she often ran a 10k in the week and a Half Marathon (her favourite distance) at the weekend. 'I've always loved racing, I don't really enjoy training quite so much.' Some of the best events were the island Half Marathons in Stornaway, Skye, Harris and Benbecula. The Stornaway HM takes place over the May Bank Holiday weekend, with a pasta party on the Friday, the race on Saturday, followed by a ceilidh and, finally, a barbeque on the Sunday. Carol won the title of Hebridean Champion in 1991 and 1992. 'Those races were brilliant fun.'

But she also pushed herself very hard (and she admits to being a hard task-master on herself). She went to bed early, ate well, put her social life behind her training and worked closely with her coaches, especially

in the run-up to the 1993 London marathon. 'I was quite strict with my diet,' she says. 'I thought of my body as a machine and I made sure the right fuel went into my body.'

Three weeks before the Marathon, she got her Half Marathon PB of 1.23.45. A week before she got the 10 miles PB of 62.07. And two weeks after, she got a 10k PB of 38.48. (Her 20 mile PB, not dating from that time, is 2.20.) Not surprisingly, she was the Giffnock club champion that year.

The Red Lion 10k

After some time in Aberdeen, she came to Deal (her home before Canterbury) in 1999. The first race she ran in Kent was the Red Lion 10k. 'Afterwards I thought "never again". It was a very hot summer, and a very hot day. I wasn't very fit, and it was very hilly.' But she got talking to **Fayne Brenner** and **Helen Payne** afterwards who encouraged her to come along for training. Anyway, she joined up – one of a small number of women runners at that stage. She has participated in many different ways – in club teams and relays (three times in the Saxon Shore – 'It's a great way to spend a Saturday in June'), formerly as Secretary, now as Treasurer (giving up a lot of her Saturday mornings to bank cheques), as a marshall in our races and, of course, as Club Champion for two years. Club coach **Gerry Reilly** introduced her to the Canterbury Golf Club where she became a member – and they played a round to mark the occasion. It was a hot August day and the course was swarming with ants. At one stage, when she looked down to take a shot, she found that she had a colony of ants on her t-shirt. 'Gerry tried to convince me that this happened only one day a year. I didn't believe him but, fortunately, it turned out to be true.'

Golf does interfere with her running. They are both sports which take up a lot of time if you want to be good. 'I like my handicap [24] to come down. My personality is such that I like to be good at everything I do.'

Back in the running world, she would like to do more races (particularly Half Marathons), possibly drop Marathons (although she would quite like to do New York), work on her speed and get some really good times again. She says: 'When I joined, there were two other women there. Now it's brilliant that there are some women coming through and doing really well. Maybe that'll spur me into action. I don't want to be left too far behind.'

'No fast twitch muscles'

As far as her approach to running goes, she knows exactly what kind of runner she is: 'I'm not a sprinter. I haven't got any fast twitch muscles in my body. I'm the tortoise: I start slowly and can keep running forever.'

So how does she do it? Over a glass of grapefruit juice and soda water, she did reveal the following:

- Mileage. 45 to 50 miles per week, spread over six days and increasing to 65/70 during marathon training. 'High mileage works for me.'
- Long warm-ups. 'It takes me a mile or two to get into my running. I've never gone out fast.'
- Speed sessions. 'If you are ever going to get any faster, you need speed sessions.' Her favourite is 4 x 1 mile reps, with a 90-120 second recovery between each rep.
- Stretching. I'm usually very bad at stretching but I do go through periods where I'll stretch every night for a few weeks. And it does make a difference. She also does a weekly pilates class.
- Water. She says she doesn't drink as much as she should.
- Diet – 'I try to stick to a very healthy, vegetarian, low fat, high carbohydrate diet'.

- Pre-race coffee. 'Years ago, I'd have toast and a cup of instance coffee before a race. Now it has to be cappuccino for that kick-start. I'd usually head into Canterbury to find somewhere that is open. But I have a cappuccino-maker at home now, specially for early morning coffees.'

- Focus. 'I'm quite focused in races and I don't really like to talk to people. If I'm running well, I'll focus on my split times – otherwise I try to pass as many women as I can.'

- Shoes – 'I've always been quite good at buying shoes, change them regularly, have at least two pairs on the go'. She recently bought three new pairs including some pale blue racer trainers.

The hardest person she probably has to contend with is herself. Life is not always easy when you set yourself tough goals. But she clearly gets a lot out of other Canterbury Harriers and other people she meets in this line: 'I've had a lot of fun running over the years, and met a lot of nice people through it...**Roy** has inspired me. We started running at the same time, are the same age and he's still getting PBs. It's made me think, if I could get my act together, I could maybe do some half decent times.'

North Downs Way

Saturday 21 June. Herewith notes from the log of the relay by **Steve Clark**, Harriers team organiser:

03.45: Get up and try to wake up!

04.15: Off to Dover, Shakespeare Cliff for start. Forgot the mobile so now not contactable!

04.45: Arrive Shakespeare Cliff. All teams there – except our! Stress! **Mark Wilbourn/Steve Reynolds** arrive 04.50, relax!

05.00: Race starts. We see **Mark** off on first leg. Sun is now up. Fine morning.

05.55: Castle Hill. Can see **Mark** coming to finish over Castle Hill but Steve has to start his leg just after first runner arrives. **Mark** was 6 mins faster than last year, good start.

06.55: Off to Tiger Inn, Stowtins to see **Joe Hicks** off but he's not there! Arrives 10 mins before start. (Just contemplating running this leg myself & hope to find someone else for my leg 9!) **Steve** doesn't get lost this year and knocks 3.5 mins off his time. Off to Wye, **Jen** drives our car. I drive **Joe's** car, **Mark Wilbourn** drives

another team's runner's car for him!! Convoy!!!

07.45: Wye. **Roy Gooderson** sets off with super duper map! What could possibly go wrong?! **Joe** does faster time this year as well. Pipped for first place by 20 secs? I drive **Roy's** van. Others say good-bye.

08.30: Charing Hill. Good. Next batch of runners are here. **John Hartley** with **Nic Pirot** and **Dave Parnell**. We see him off & wait for **Roy G** (he is the first runner who hasn't done his leg previous year) who goes wrong! But arrives eventually! So much for his map! This doesn't bode well. I'm a bit worried about **Nic's** leg. It's not straightforward and I've got a feeling that orienteering isn't his strong point. No car to drive for a change.

09.25: Hollingbourne. See **Nic Pirot** off. He will stick with other runners so won't get lost. What could poss go wrong? **Dave** turns up – still inside cut-off time.

10.50: Blue Bell Hill. (Had stopped at Detling Hill to see **Nic Pirot**. He was last by 2 mins and a bit unsure about where to go. Oh dear!) I've got a bad feeling. Hope

we see him again! **John** sets off for Rochester with a female escort. Lot of females on this leg – lucky boy! First runner arrives on previous leg. 1.20.00. Good time. Then we wait & wait. All arrived except **Nic**! I need to move on as my leg is one after next. All way round to Vigo Inn off M25. Have to leave **Dave Parnell** with **John**'s car & my East Kent A-Z for directions to **JH**'s finish – to wait for **Nic** than pick up John.

11.30: Arrive over Medway Bridge off onto A225 where **Gerry**'s leg starts. Missed start by 5 mins. Time marshal just about to leave. Ask him best way to Vigo Inn. Misdirected, can't get off M20 where he says. Have to go all way up to M25 to get off, then back down A20. Things are starting to unravel badly!

12.25: Arrive with 10 mins to spare somehow. **Sue Reilly** is there waiting for **Gerry**. Worried about his dodgy knee. I have to get off before any runners arrive. (Apparently **Gerry** arrives after cut-off time. Got lost.) My leg is hot & sweaty. Leader can be occasionally seen couple 100 metres ahead after a few miles. I'm staying with another runner. We seem to be doing OK. Course straightforward. But lose NDW [North Downs Way] somehow in woods @ Kemsing after long downhill stretch! Any thoughts of doing a good time go out the window and it's just a matter of getting unlost!! After several false routes & long arduous climb back up hill, we find NDW again, thank God. Tired now. Hard to get going again. But manage to get home before cut-off time!

13.30: Rose & Crown, Dunton Green. Fall over line to be handed some keys to **Dave Lightburn**'s car (he's long gone) by a time marshal with instructions to get in through the boot!! Starting to lose my grip on reality!! No-one else from our team about. **Jenny** must have taken **Alastair T** (who came with **Dave L**) onto Betsomhill ready for start of his leg. After recovering & finally managing to get into **Dave**'s car/oven! About to set off when **Jenny** arrives?! She got lost! So I've run here quicker than she got here by car! And who took **Alastair**? Where is **Alastair**!? We rush round to Betsomhill.

14.20: Betsomhill. **Alastair** is there, thank goodness. **Dave L** was one of the few who gave himself plenty of time plus missed his turn off motorway so took **Alastair** to here than drove back to his start @ Dunton Green. Just as well! **Dave L** is our hero of the day. Got through his leg despite having

had a bad asthma attack previous evening & having to go to hospital to get it controlled so he wouldn't let the side down today!

15.10: Caterham by-pass. Arrive to find **Neil Vaughen** in place and raring to go! Sets off on time. We wait for **Alastair** who arrives eventually, having got lost and having to take the cut-off time! Join the club! Say bye bye to **Alastair** & **Dave**. More driving – I take **NV**'s care now.

16.00: Reigate Hill. **Fayne/Simon** there with little **Saffra**. See **Fayne** off. **Neil Vaughen** arrives eventually. Got lost (becoming an epidemic!) but still got inside cut-off time.

16.50: Stepping Stones (A24). **Simon** sets off & we babysit **Saffra** (who's a good girl!) until **Fayne** gets home. Just outside cut-off time by 8 secs. (Marshalls feel cut-off time is too early for this leg.)

17.55: Newland Corner. Jenny's brother, **Ray Attrill**, is there with friend Anna Saville – doing the last two legs for us. Anna sets off on this leg. Simon Kendall arrives shortly after. Winning his leg (our only leg winner this year). Well done! Say goodbye to Si/Fayne and head off to last leg.

18.45: Puttenham. **Ray** sets off & I go with him to carry out 'escort' duties as I've done this leg before & hopefully can stop him getting lost! We take lead but go wrong & are overtaken! Retake lead just before end. Tiring badly now so **Ray** spurts ahead when I think last 'dodgy' bit is passed. But forgot about a last bend. Ray misses turning & second guy takes the lead before he can retrace his steps! Pipped at finish by 10 yards!! Sums up the day. So we have to settle for last this year. 2 dozen of us back to pub at Puttenham for drink and presentations of trophy to winners. Hear from marshals that they took **JH** back to Blue Bell Hill to his car & **D Parnell** still waiting for **Nic** who finally turned up 3 hours after his start. Just about to send out search parties!

Canterbury Harriers Committee

John Hartley Chair - 459997
Gerry Reilly Head coach - 477148
Carol Reid Treasurer - 379055
Stephanie Lam Secretary - 832213
Roy Gooderson Admin Officer - 454449

Runners Representatives:
Fayne Brenner - 732058
Steve Clark - 711272
Joe Hicks - 750797
Simon Kendall - 732058
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