



The Harrier

December
2002

The newsletter of the Canterbury Harriers

London Marathon

The club's allocation of two places for the London Marathon on April 13 will be given out to two members through a draw on Thursday evening, 12 December – at about 8pm, just after the running session finishes. If you want to put your name in, ring **John Hartley** on 01227 459997 before 6pm that day or come in person to the session that evening. (Training starts 1 January. See Gerry's Gems – page 3.)

Presentation Evening

Over 60 Harriers and friends had a marvellous evening (thanks **Fayne Brenner** for all the organisation – and thanks

Dave Smith for printing the tickets) at the Abbot's Barton Hotel. Numerous prizes were presented (see below) – with commentary from head coach **Gerry Reilly** including the following memorable sentences about progress in 2002: 'The winge factor has declined rapidly. People are locking onto the fact that in order to improve they have to suffer.'

Harriers Xmas Run

We are having our own Christmas fun run on Sunday, 15 December – meeting at 9.30am outside Roy Gooderson's house (35 Ross Gardens) near the Dog & Bear, Rough Common, for a run through Blean Woods. It could be

wet and muddy – so you might want spikes.

Boxing Day

Whitstable Christmas Cracker - a bracing run but fun if you like sea breezes. Last year, top runner Charlotte Dale was blown into the sea wall. See page 2 for details.

Season's greetings..

...and goodwill to all Canterbury Harriers. Next issue: Joe Hicks on running the Beachy Head Marathon (which, with gale conditions and its contours, makes other marathons look easy). Contributions welcome (before 31 December copy deadline) to Neasa (781709) or news@canterburyharriers.org.uk.

Canterbury Harrier Awards 2001- 2002	
Male Champion - Roy Palmer (5m,10k,10m,20m, Full and Half Marathon)	Female Champion – Carol Reid (5m, 10k, 10m, 20m, Marathon – Vet 35)
Most improved male runner - Joe Epsom	Most improved female runner – Wendy Smith
Male cross country champion – Simon Kendall	Female cross country champion – Fayne Brenner
Vet 40: 5m, 10m – Steve Clarke	Most promising newcomer – Sarah McGuire
Vet 40: 10k – Steve Reynolds	10k, 20m – Angela Howe
Vet 40 : Half Marathon – Dave Lightburn	Most outstanding performance – Anna Reutersward
Vet 40: Marathon – Tim Perks	Marathon – Anna Reutersward (Debut – 3h.40m)
Vet 50: 5m, 10k – Gerry Reilly	10m – Emma Greatrix
Vet 50: 10m – Dave Smith	Vet 35: Half Marathon – Julie Ballands
Vet 50: Full & Half Marathon – Pete Worsley	Vet 45: 10m, H&F Marathon – Wendy De Boick
Vet 50: 20 m – Joe Epsom	Vet 55: 10m – Erica Morrell
Vet 60: 5m,10k, 10m, 20m,F&HM – Mike Conway	

FORTHCOMING RACES			
Time	Date	Race	Location
9.30	15 Dec	Swanley Christmas Caper 4.2	Swanley Town Centre
11.00	26 Dec (Thurs)	Xmas Cracker 5 miles	Waterfront Club, Whitstable
11.00	29 Dec	Kent County XC	New Eltham
11.00	12 Jan	Kent Fitness XC	Minnis Bay, Birchington
9.30	19 Jan	Dartford Les Witton 10	Princess Golf & Leisure Club
11.00	26 Jan	Barretts Canterbury 10	Canterbury College
11.00	2 Feb	Kent Fitness XC	Oxleas Wood, Shooter's Hill
11.00	9 Feb	Kent Fitness XC	Venue to be confirmed
10.00	16 Feb	Dover Mercury Half Marathon	Duke of York Military School
10.00	23 Feb	Tunbridge Wells Half Marathon	TW Sports & Indoor Tennis Centre
	13 April	Marathon	London

View From... The Web Bloke

Who is the Web Bloke?

Alastair Telford, 35, who has been a member of the Harriers for six years.

What do you do for the club?

I maintain the club's website at <http://www.canterburyharriers.org/> and also serve as a runners' representative on the committee.

Ugh, the web! That's only for computer geeks and pretentious "New Media" types! Why does the club need a website anyway?

Well, it gives the potential of up-to-date information being relayed to the members of the club and also, to the wider public. It advertises both our road races through subsites at www.whitstable10k.org.uk and www.redlion10k.org.uk and has been responsible for bringing some new members to the club. And, hey, everybody's on the web now, even Invicta (sort of)!

So when did the site start?

It started in the summer of 1999 as part of the Geocities free website system at the (not particularly memorable) <http://www.geocities.com/colosseum/slope/5809/>

Hmm, as you say, not very memorable, how did things improve?

Geocities improved the names possible so it became

<http://www.geocities.com/canterburyh/> and in early 2001 we took the plunge and decided to purchase some proper domain names, www.canterburyharriers.org.uk plus our two race domains.

So how did we end up with www.canterburyharriers.org?

We decided that we were rapidly outgrowing our Geocities base and, also, they were making charges for services that were previously free. So, for the princely sum of \$55 dollars per year we moved the site to a new hosting company, www.hostcolor.com, in June 2002 and picked up the extra domain in the process.

What do we get for our money?

Aside from being free from Geocities' pop-up ads, we now can use some programming tools such as PHP (www.php.net), and a database, MySQL (www.mysql.com).

Hmm, just sounds like geekery again – what does that actually mean?

It means that we can automate the processes of creating web pages from results and that our league tables can also be automatically generated too – a great saving in terms of time and effort.

Anything else that we get?

There are automated email lists that allow easy broadcasting of messages amongst members. If you would like to join the main

list, send an email to majordomo@canterburyharriers.org with the following

command in the body (not the subject) of your email message:

subscribe all

So far almost all of the messages have been from me to the list but, of course, anybody on the list can send a message and are very welcome to do so if they have any news.

Tell us about the mini-sites for our races, the Whitstable & Red Lion 10Ks

These only became distinct sites, with their own styling, this year, thus making proper use of the domains we had purchased in 2001. The Red Lion 10K site is more developed as it utilises some of the facilities at our new host. You can get information on past results and all aspects of the event. Results have been uploaded on the afternoon of both races for the past two years, thanks to a bit of forward preparation which meant that the data from our race software, RaceMaster98, could be rapidly integrated into the pages. The ambition for both races is to automate the process further and so allow the results pages to be produced more rapidly whilst allowing a greater range of sorting options. We shall also, hopefully, be enabling online payment and registration for our races.

Gerry's Gems

Each month our head coach Gerry Reilly gives his tips to improve performance. This month: Getting ready for Marathon training

Those of you who intend to run the London Marathon in April 2003 must be looking forward(??) to the stimulating training schedule I will be lovingly preparing for the 16 odd weeks before the big day.

The usual routine is to carry on with the usual routine up to the festive week, festivate big time and then grit your teeth and get on with the marathon programme.

Why not kick the trend and try something different - no I don't mean a couple of 100 mile weeks in the run up to Christmas, just a few minor

So what are the plans for the website?

The site is currently in transition between the old static pages and the bright, shiny, dynamically produced and database-driven new ones. I aim to try and make the pages adhere to the current web standards (see www.w3c.org) although this might make the pages "break" on older browsers. The two major projects coming up are a revamp of the Whitstable 10K mini-site and a content management system that will allow members of the committee to enter data and so keep the site up to date. Any other suggestions for the site are very welcome, particularly from anybody with graphic design or computing skills who would like to help out. I would also like to know if the pages of the site look okay on a Mac (since I only look at them in either Windows or Linux on a PC) or, indeed, on other platforms.

What are the best (apart from ours, of course!) and worst running websites in your opinion?

The sites associated with the large American marathons, such as www.nyrrc.org, still put our London Marathon to shame. Probably the best British club site is www.serpentine.org.uk. The worst? Well, the club's not far away and they took 10 days to put the results of their most recent 10 miler on the web!

and painless adjustments to your December regime and assumptions:

1) Find out who else in the club is doing the London or possibly an alternative spring marathon.

2) Form a group - it's already too late if you are desperately seeking training partners in the first week in January

3) Arrange a few long weekend EASY off road runs of about 90 mins duration on December Weekends - yes and even one on Christmas day before you sit down for the feast.

4) On club night runs tag on an extra 10 - 15 mins EASY at the end of the run.

This little bit of pre marathon training preparation will pay big dividends - the most important one - especially for first time marathon runners - is that it will ease you gently into the high mileage regime you will be undertaking from January to April.

Remember EASY = EASY

Blean Woods XC

18 Harriers were among the 257 who completed the Blean Woods Cross Country course on November 24, the Harrier-hosted race in the Kent Fitness league. Adapted by Race Director **Roy Gooderson** for the first time in its six-year history, the course now runs along 'The Radfall', an ancient route going back to Roman times. It was also more than usually muddy – with puddles up to a foot deep. First back for us was **Martin Skeet**, coming 23rd, and **Sarah McGuire**, the 8th lady home. Many thanks to Roy, **John Minshull** and **John**

Hartley for their organisation – and to **Steve Clarke** for organising our XC teams. At this half-way stage in the League, CH is now 8th in a field of 16 clubs – and the Ladies team is 6th.

Kit

Harriers wanting to start the New Year with the new logo on their kit can now buy men's vests and shorts for £13 each. These bits of kit are the first to carry the new logo.

Ladies' clothes and other bits of kit are in the process of being ordered and will be on sale

(through **Bob Davidson**) within the next few weeks.

The new batch of kit is coming from supplier Ron Hill who will supply us until summer when our likely main supplier, Hargreaves, is able to take over. 'The Hargreaves kit won't be radically different,' says CH administration officer Roy Gooderson.

The club colours - blue with a white stripe - will stay the same. And most of the styles will be very similar between Ron Hill and Hargreaves.

Comments on kit should be made to Roy or Bob.

About Canterbury Harriers

We meet each Tuesday and Thursday evening at 6.45 pm to go running from the King's School Recreation Centre at 1, St Stephen's Road, Canterbury, Kent, CT2 7HU. Tuesday is usually a specific training session and Thursday is a run of about 6 miles.

Who we are

The club has over 100 members, about two-thirds men and one-third women, covering all age ranges from 20s to 60s. We were founded in 1993 to promote running for all standards. Our members regularly compete in races ranging from relays to 3k runs to marathons.

Training

Training is supervised by our qualified coaches, headed by Gerry Reilly. Tuesday training sessions include a range of activities from speed to hard hill. The club is currently also hiring the all-weather track at Canterbury High School, Rheims Place, at 6.45 for 7 pm on Wednesday evenings.

Races and social events

On the May Bank Holiday, we host the popular Whitstable 10k race. We also organise the Red Lion 10k in August.

After Tuesday training sessions, snack meals are available in the bar of the King's School Recreation Centre for any runners who are free to come along. We also organise about ten Friday night pub runs (mainly in the summer) where a 7pm run is followed by a visit to the pub (food refreshments funded by the club).

New members

People considering joining the club are very welcome to come out with us for a few sessions first to see what we do. Membership costs £10 a year.

Team events and trips abroad

Members from the club compete in many different road, track and cross-country events both in Kent and abroad, including the London marathon and annual

trips by the club to Le Touquet and Rheims in France and Holland. On the road, we enter teams for various road relay events including the East Kent Road Relay Series, and we also compete in the Kent Division of the *Running Fitness* Multi-Terrain League. Details of and application forms for forthcoming races are available in the races folder pinned to our noticeboard at the King's School Recreation Centre (located just by the entrance doors) or on our main website (see below).

www.Canterburyharriers.org

The best place to keep up to date with our activities is through the website or through the regular round robin email sent out to members by Alastair Telford (AlastairTelford@yahoo.com). However, the newsletter will be out regularly – every month or two.

Discounts

Numerous discounts are available to members of Canterbury Harriers (usually on production of your membership card). These include £1 off most race entry fees, substantial discounts of up to 5 per cent from some sports shops and a 20 per cent discount on membership of the King's School Recreation Centre. (Most of our members have the Silver membership for £38 a year which gives free use of the changing rooms and discounts of up to 50% on use of the pool, gym and other facilities.) We also have our own running kits – which we like members to wear when running in races. Prices start at £13 for the full range of sweat shirts, shorts and tee shirts. Kit can be bought through committee members.

Committee members

John Hartley – Chair
Gerry Reilly – Head coach
Carol Reid – Treasurer
Stephanie Lam – Secretary
Roy Gooderson – Administration Officer

Runners' representatives:

Fayne Brenner, Steven Clark, Joe Hicks, Simon Kendall, Sue Reilly and Alastair Telford