



The Harrier

February
2003

The newsletter of the Canterbury Harriers

Cross-country

Both the Combined and the Ladies teams came ninth out of 16 in the Kent Fitness League 2002/03 season run over seven races. Medway & Maidstone AC topped the Combined league, and New Eltham Joggers won the ladies league. This rather disappointing result was partially offset, however, by the success of some of our runners. **Sarah Maguire** came 5th overall among the women runners, achieving a rating of 91.1. **Wendy Smith** (rating – 59.1) was 20th. **Steve Clark** was our top man, coming 26th overall (rating – 79.4), followed by **Nick Keys** who was 47th (67.6). A (free) Presentation Evening with buffet, drinks and awards takes place at 8pm on 28 February at the Grangemoor Hotel, Maidstone. Details on noticeboard.

See back page for report.

Paris Marathon

At least four Harriers are entering the Paris Marathon on 6 April – and one is running in the Le Touquet marathon on 13 April.

Fayne Brenner, Wendy Smith, Ed Condry and **Iain Smith** have all entered for Paris – and **Nicolas Piro** is down for Le Touquet. Wendy, who ran her first marathon in London last year, and Fayne plan to run together – wearing the purple bibs which, under the French system, mean they are chasing a 3.45 time and following the purple pacemaker who carries a purple balloon. In Paris, pacemakers with different coloured balloons run the course aiming to reach the end at 15 minute intervals.

Fayne has never run a marathon before – and is quite keen to do Paris first where there will still be lots of people in the crowds and field but not as many as in London. 'The hype in London does put me off,' she says. 'It can be so crowded in parts of the London marathon that people will just stop dead in front of you. But I am really looking

forward to Paris – and being able to do a bit of sight-seeing the day before.'

Paris is an easy marathon to enter. Registrations can be done online – and most people who apply should get a place.

- New(ish) members **Lisa Feather** and **Sally Craig** are entering the London marathon – bringing the total number of possible Harrier entrants to at least 16.

Club nights

Meals will continue to be served most evenings at the King's School Recreation Centre (KSRC). Having considered cutting back, KSRC is now expanding – with a refurbishment likely this summer and a re-examination of the menu. Meals are available for about £2 upwards – including salads, baked potatoes, wraps, curries and enchilladas. Centre manager **Clare Reed** says that the response of users, including Canterbury Harriers, was very influential in the decision to continue these services: 'We had a great feedback with the majority of people all for keeping the catering facility open.'

Thanet Biathlon

Good luck to the five or six Harriers due to undertake the Thanet Biathlon on 23 February – **Roy Gooderson, Sarah Maguire, Wendy Smith, Wendy Cameron, Pete Worsley** and **Bob Davidson**.

For your diary...

This year's Presentation Evening is pencilled in for Saturday, 6 December. The Race for Life takes place on 13 July. The first relay is on April 18, Good Friday.

League Special

Many thanks to **Alastair** for the information contained in the enclosed League Special – our Harriers results since October.

FORTHCOMING RACES			
Time	Date	Race	Location
11.00	23 Feb	Thanet Duathlon	Minnis Bay, Birchington
10.00	2 March	Thanet 20	Hartsdown Park Leisure Centre
14.00	8 March	Bethersden 5	Bethersden Primary School
10.30	16 March	Hastings Half	West Marina Gdns, St Leonards on Sea
11.00	23 March	Paddock Wood Half	PW industrial estate
	13 April	Marathon	London
11.00	18 April (Friday)	Folkestone 10	Rotunda Amusement Park, Marine Parade
11.00	5 May (Monday)	Whitstable 10k	Waterfront Club, Whits
11.00	10 August	10k	Red Lion pub, Hernhill

The view from... 22 London Marathons

ON April 13th, Canterbury Harrier **Pete Greenwood** will be running his 23rd London Marathon. He has run all the London marathons since they first started, sponsored by Gillette, in 1981.

As a member of the Ever Present Club – the group of people (all men), now down to 33, who have run every London event – he gets automatic re-entry each year. Turning 61 this April, he is as keen about the marathon as ever and looking forward to maintaining his membership of Ever Present (www.everpresent.fsnet.co.uk) where he ranks 9th in terms of the amalgamated results over the years.

It is a shame that he came to running fairly late – only taking it up at 38 when a work colleague suggested a seven-mile run.

‘Running is like a drug really and I was completely hooked,’ he says. He achieved his best marathon time of 2.37.18 at the age of 42 – the same year that he ran for England at marathon distance in the European Championships in Strasbourg.

Eight to ten Marathons a year

Over the years, he has run 185 marathons – averaging eight to 10 a year. But he dismisses this statistic on the ground that many other people have run more.

Pete came to marathons just as the new London and New York marathons were setting something of a craze around the world for this distance. Shoes were not as good then and training strategies were simpler than they are now. ‘We had it in our minds that it was all about mileage then,’ he says. In the early 80s, he was doing 130 miles a week and his training notes show that he once did 53 miles training in a day.

‘Nowadays the emphasis is more on quality than pure mileage. **Gerry’s** London Marathon plan is good because it has got a mixture of both.’

He cannot quite admit it but almost suggests that maybe he overdid it once or twice. He remembers being bitterly disappointed once with a marathon time of 2.46.30 – but it was his second in two weeks and, he says, you really need three weeks to recover if you do a marathon in under three hours.

Although he enjoys the London crowds now and the jazz bands and the whole atmosphere, he has always been a runner who concentrated hard on what he was doing, often trained alone, and did not need the encouragement of the crowds. The cobbles have never bothered him in London – but he does have a least favourite spot.

‘You come across Tower Bridge and up to the half-way mark, and then I look over to the right and see the top runners who have done 22 miles and are going back. That is one of the worst sections.’ One of the best bits is where the three Red, Green and Blue entry sections merge from their three different starting points about 3.5 miles in. ‘You get lots of catcalls. The camaraderie is good.’

When pressed to give his advice to new Marathon runners, he makes the following points:

- 1) ‘Get a good night’s sleep on Friday as you won’t sleep on Saturday because of the excitement.’
- 2) Think carefully about what you eat in the days before the Marathon. (Pete used to do the Bleed Out diet in the mid-80s, eating protein from a week before, then switching to carbohydrates about 46 hours before the race start.)
- 3) Drink plenty – both the day before and during the race. (Although he rarely needs to drink himself and copes well

- with the heat, he has seen other runners panicked when they have missed a drinks station and feel thirsty.)
- 4) Don't make the classic mistake of novices, setting off too fast. And don't become obsessed by the watch and then distracted from the running or panicked.
 - 5) Know which shoes and shorts you are going to be running in well beforehand.
 - 6) Try to keep off alcohol in the build-up.
- In the build-up to London, Pete (and his partner **June** - for Half Marathons or less) plans to run most of the major races in this part of the world – including the Thanet 20, Paddock Wood Half and the notorious Hastings Half. He laments the fact that there are hardly any marathons anymore in Kent and also that there is a March to October marathon season when it used to last all year round.

Wine and oyster stations

One of his strangest experiences was the Medoc marathon, outside Bordeaux, where the liquid refreshment at all 21 feeding stations was wine. So were runners taking naps in the hedgerows? Not exactly – but: 'After the 15th glass, you get into the spirit of things. We had oysters at the 19th feeding station. I think I did my personal worst there.' Another odd one was the first Moscow Peace Marathon in 1985 where the Western runners were watched to ensure they did not speak to locals and where he could not see any Russians in the field of 2,000 as he ran round. The temperature was 95 degrees, and there were 'more military than runners' in Gorky Park. Of course, a runner like Pete breaks some of the rules. 'I've never, ever stretched or warmed up. I turn up, get changed and run. Marathon running is a very individual thing.'

Coaches Corner

Each month our head coach Gerry Reilly gives his tips to improve performance. This month – Sporty Spice.

Most runners are in training at some time for a specific race and will be following some sort of formal or informal programme. Invariably this will include regular doses of LSD (long slow distance runs with or without hallucinations). Most runners don't mind these as club evening runs or as social runs but they can be a bit tedious if they have to be done on a regular basis as part of a race preparation regime.

One solution to the tedium is a simple 'spicing of the run'. The favoured method is known as 'fartlek'. The term derives from a Swedish word meaning 'speedplay'. The basic philosophy behind

fartlek running is that it replicates what we all did naturally as children for fun – ie run here, there and everywhere with unpredictable bursts of speed for varying periods of time, up and down bumps, slopes and hills. This is nature's way of strengthening and developing muscles and organs through play and it is a training method which is widely used by elite endurance runners as it delivers significant conditioning benefits.

Whilst the principle behind fartlek training is scientific, the application of the principle in training should be the opposite ie non-scientific. It defeats the object if you go out on a run with a set plan to do bursts at specific points and specific times over specific routes – this is a valid form of training but it is not fartlek.

Thus when you set off for your long run in which you intend to incorporate fartlek you should do so with a blank sheet. The only limitation is an obvious health and safety one ie if you are suddenly going to

speed up then the route ahead and traffic (pedestrian, dog or otherwise) should allow this. It is for that reason that it is best done off road.

It can be done in small groups with runners of similar standard taking turns to initiate the efforts and decide on the duration (but you should have confidence in your training partners).

Remember the bursts can be as long or as short as you wish and they can be time or distance related. The speed of the effort is obviously variable. Listen to your body – it will tell you when you are ready to go or when you should slow down and return to normal easy pace.

Two final points: ease into and out of the run and, if you are new to this type of training, start by introducing it in small doses (ed note – back on the LSD theme).

Gerry

Cross Country

Overall the season has been disappointing in as much as the lack of commitment from most of the club's faster male runners left us with a lower position in the league (9th of 16) than we are capable of.

And of the runners who did turn out for the club only seven managed the minimum of 5 of the 7 races required to be placed in the individual championships.

On the bright side, there was a broad spectrum of support from many members of the club (albeit a bit erratic), with 39 of the clubs runners taking the field at some stage with no less than 14 members making a debut. How many will be back next season!!

After a bad start at Sevenoaks when we only picked up 3 points, despite fielding a full team (many runners were in Rheims that weekend), things improved at the next meeting at Swanley when, led by a strong ladies team who came 5th, we moved up to 9th position in the combined teams league - a position we have kept to the end of the season. But a poor turnout at the penultimate meeting at Oxleas Wood - when only 9 turned out and the ladies team were one short - left us just 2 points clear of the two teams below us. However, a good turnout (16) and a full team at the last meeting at Maidstone ensured that we held on to our position.

Hats off to the ladies team - the core of which

were **Sarah Maguire** and **Wendy Smith** (6 events each) ably supported by **Steph Lam** (4) and **Carol Reid** and **Mandy Poulter** (3 each) – which finished in 9th position.

Steve Clark

London Marathon Coach booking – April 13

As in previous years, the club will be subsidising the cost of the coach trip to this year's London Marathon. The trip will be free to fully paid-up members who are running in the race. All other seats will cost £10.

The coach will depart from Canterbury bus station at 0630 hours (early start necessary to avoid traffic congestion on the day). It will park up beside the start area at Blackheath, giving the runners plenty of time to change etc. Shortly before the start the coach will leave for Central London with any supporters who wish to go. The coach will then park up (usually somewhere south of the river) before finally parking up following the race at a pick-up point about a half mile from the finish. Departure from London will be around 1800 hours. The coach has been over-subscribed in the past and we have to make an early decision on whether to book a 33-seater or a 49-seater.

If you wish to book a seat/seats, please do so before Friday, 28 February (NB including runners). The booking can be made by speaking to me or any other committee member. Payment must be made at

the time – cheques payable to 'Canterbury Harriers' and endorses on the reverse 'London marathon coach'. Please provide the full names of all persons travelling if making a group booking.

Gerry

Next issue

Joe Hicks recalls the bitter winds, 3,500 feet ascent and 'a couple of dozen assorted gates, stiles, bridges and cattles grids, and several long flights of steps' that make the Beachy Head marathon so memorable. Contributions welcome to the next issue. Contact Neasa on 781709 (or via neasa@neasa.co.uk) before 28 February.

T-shirts on order

With warmer weather on the way fairly soon (we hope), our kit team **Bob Davidson** and **Roy Gooderson** are placing an order for some Canterbury Harriers T-shirts from our suppliers.

Canterbury Harriers Committee

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

Runners Representatives:

Fayne Brenner
Steve Clark
Joe Hicks
Simon Kendall
Sue Reilly
Alastair Telford