



The Harrier

January
2003

The newsletter of the Canterbury Harriers

London Marathon

At least 14 Canterbury Harriers are likely to run the London Marathon on April 13 - Sarah McGuire, Carol Reid, Jenny Van Deelin, Mandy FitzGerald, Julius Christmas, Joe Epsom, Roy Palmer, Rob Sargeant, Peter Greenwood, Natalie Bent, Adrian Lewis, Richard Steer and both Martin and Jan Skeet.

Six are doing it for the first time. The farthest that **Sarah McGuire** has run so far is 15 miles. 'I want to do it for the challenge. I wanted to do the London marathon first because people say the atmosphere will carry you along. Her biggest problem, with two children of four and seven, will be getting out for the longer training runs.

Jenny Van Deelin did not expect to be running the marathon yet. She says: 'Every year I've watched it and thought I'd love to do it. I watched Paula Radcliffe win last year and thought I'd apply.' She had just had her second child in March and did not expect to be successful in the draw first go.

Mandy Fitzgerald was due to run it last year but got a foot fracture so postponed her place for a year. 'I'm looking forward

to doing it,' she says. 'It's the ultimate challenge.'

Mandy's partner **Julius Christmas** is also running his first Marathon this year - and is looking forward to April 13 with 'part excitement and part dread'. A runner for four years now, he says: 'I've got no conception of what it will be like - but it will give my training a bit of focus. I've done a lot of 10miles and 10ks.'

Jan Skeet will be running her first Marathon. Like Sarah and Jenny, she has two children. But she and husband **Martin Skeet** (running his third London Marathon this year) have decided to increase the babysitting bills so they can get their training in.

New club member **Natalie Bent** is in good company for her first Marathon - with father, mother, sister and brother running also.

Apologies if we have missed anyone out. But please get in touch so we can write about you next month.

Marathon training schedules are on the website(www.canterburyharriers.org).

See page 3 for interviews with the experienced London Marathon runners this year.

See page 4 for Coach's Corner.

Other Marathons

Wendy Smith will be running Paris on April 6. **Fayne Brenner** is going for Prague on May 18.

Subs - last call

Have you paid your sub? If you have not, could you get your £10 to John H, Carol or another committee member as soon as you possibly can. For people who do not get their sub paid, an awful fate awaits (ie you will not get 'The Harrier') and few people could bear that. But we do need the cash (from the 30 or so who have not paid) and committee members do not want to spend their time making threats and menaces. A final prompt will come in the form of a standard letter from the chairman.

Kit

Ladies running vests (13 each) are due in stock by the end of January. Mens and ladies gear (and the chic £4 woolly hats - while stocks last) are available from **Bob Davidson** and **Roy Gooderson**.

(Financial plea: would anyone with kit bills outstanding please pay up asap.)

FORTHCOMING RACES			
Time	Date	Race	Location
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	Mote Park, Maidstone
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
10.30	16 March	Hastings Half	West Marina Gdns, St Leonards on Sea
	23 March	Paddock Wood Half	PW industrial estate
	13 April	Marathon	London
11.00	5 May (Monday)	Whitstable 10k	Waterfront Club, Whits
11.00	10 August	10k	Red Lion pub, Hernhill

A view from... the end of a long competitive sporting career

I have always held a firm belief that running is one of the very few sports you can enjoy competitively from your youth through to your later veteran stages. I certainly have done so.

Having won medals and trophies in several sports over the years, my most enduring memories will always be of my years competing on the track, country and road. My first trophy, aged 15, was for the Manchester AC junior 100 yards championship. My last trophy was 50 years later, aged 65, in the Avignon (France) Half Marathon.

One of the strong advantages of running is that it contains a large element of personal time performance. Therefore, as most of us don't finish at the sharp end of the race, we can always compete against our own PBs.

We have all come across the runners, usually in their 30s and 40s, who continually bemoan the fact that their last race was not another lifetime PB. They live their running lives a misery instead of just

doing what they are capable of doing at that time in their running careers.

To continue to enjoy your running years as a vet, one simply needs to become philosophical and learn to accept that *your previous age group PBs are interesting but are now totally irrelevant*. Time takes its toll and nobody is exempt.

My recommendation is that you should continue to enjoy your running, whatever your vet standard, by starting from scratch with your PBs as you move into each new *five year age group*. Forget your old PBs: they are meaningless. Give yourself the joys of achieving new PBs when you are 50, then 55, then 60 and so on. Improving your current PB is a great feeling at any age.

This approach has certainly worked for me so far, and I hope it will continue to do so. Now I've moved into my 70s, I am looking forward to achieving a whole new set of PBs. Whilst I am not planning to run in races, I have several exact distances measured in my local area that I have used over the years for race training. These will do very nicely to set my own 70+ PB.

Keep running. Keep enjoying it. I certainly will.

John Minshull

Christmas Fun Run

The closest I have yet come to SAS training was the Harriers Christmas fun run on Sunday, 15 December – a five-mile rainy trek in Blean Woods, fording streams,

keeping off the beaten path, and regularly seeing my ankles disappear into the mud. At some stages, we were thigh-high in puddle/craters. Organiser **Roy Gooderson** thought it

would be 'too easy' to stick to the RSPB paths. But I don't suppose the SAS get muddled wine, chocolates and a go on the Canterbury Harriers swing at the end of their tabs. **Neasa MacElean**

London Marathon – going back for more

Roy Palmer will be running his fourth London Marathon and trying to beat his great performance last year when he came 112th among the men in a time of 2:36. As a male runner in a time of less than 2.45, he gets an automatic UK Championship place this year and the entitlement to warm up in a special cordoned off area.

Carol Reid – who has run the London Marathon six times – is likely to enter this year but was still thinking about it as The Harrier went to press. Carol has got through because of her time - as sub 3.40 runner. She has twice qualified, as a sub 3.15, to run among the 250 or so elite ladies who set off before all the other runners. 'It was quite good fun warming up with Liz McColgan and the other good runners in the tent before,' she says. 'But it's actually quite lonely – because you are running on your own. And after about 12 miles, the men start to run past you. And you can feel you are going backwards.' She says you cannot underestimate the amount of training you need to do: 'You really have to do a reasonably long run almost every day. It can be quite hard setting out for a three-hour run on a Sunday morning. I always have to break it into sections – so I tell myself that, if I don't feel too good, I could stop after two hours.'

Martin Skeet and **Rob Sargeant** are likely to do a lot of their training together – as they have done in the past. Martin is hoping for a time of about 2:45, and is very much looking forward to the day: 'You get a tremendous sense of achievement.'

Meanwhile, **Joe Epsom** – running to raise money for Victa (Visually Active Children Taking Action) will be running his tenth Marathon. Although having to do without the kick-off event of his usual training (dancing at the Presentation Evening), Joe is looking forward to the rest of the training and the big day. As a landscape gardener, he is too busy with work to concentrate on running during the summer, but admits to enjoying his 5am starts on winter training runs and Gerry's Marathon schedule. 'The race dominates over half the year for me. I knock on each door in Fordwich where I live and literally everyone there supported me...Finishing the race is spectacular: it's

like a dream. And then it can take another three months to get all the money in.'

Joe says that other Harriers who want to run the London Marathon may well be able to get a place through Victa (and would need to raise £750) and should have a word with him.

Pete Greenwood has not missed a London marathon since it started. **Richard Steer** is running this year. **Adrian Lewis** – who recently ran a marathon in Siberia – will be competing in his second London marathon.

Next issue

Contributions welcome (before 31 January copy deadline) to Neasa (781709) or via news@canterburyharriers.org.uk.

Two pairs better than one

Regular runner should have at least two pairs of running shoes at any one time, according to Dr Dave Chapman-Jones, sports medicine specialist at Christchurch College.

'You should try not to wear the same set of shoes twice in a row,' says the Deal Tri runner who completed the 2002 Red Lion 10k in 36.04. Everyone has slight biomechanical abnormalities in the feet, he explains, which are reinforced by always wearing the same set of shoes. 'But if you wear different pairs of shoes, those abnormalities may be dealt with by the different shoes in a different way – so your body doesn't get set in the same pattern all the time.' Using different pairs of shoes and varying your training are two good ways of avoiding injury. Bad habits are reinforced by always running on a completely uniform surface such as a treadmill machine – but running on different terrains in different conditions is more likely to keep the feet supple and adaptable to change.

* Chapman-Jones achieved considerable media coverage last year with his 'microdoctor' machine which was used by David Beckham to speed up the recovery of his foot injury (www.microdoctor.co.uk).

Presentation Evening Survey

Copies of the survey on the Presentation Evening are enclosed herewith for people who have not got them already. Please return to Steve Clark as soon as possible – by 31 January at the latest.

Coaches Corner

Each month our head coach **Gerry Reilly** gives his tips to improve performance.

The London Marathon 2003 programme is now on the club website and I have lots of hard copies available for those who are doing the race for those who want one. To paraphrase myself - in preparing a long programme such as this the author may have felt a little tired so apologies for any errors or misspellings.

Those who are not doing London or an alternative spring marathon should seriously consider joining in as many of the sessions as possible - doing an occasional non club night mileage run. In particular, I would recommend doing the Tuesday marathon programme sessions and the long Sunday runs if you are targeting a spring half such as Paddock Wood. Joining in by doing sessions/runs with individual

marathoners and the marathon group also provides invaluable support - it can be fairly dispiriting doing the miles week in week out on your own or in a small group.

* On a final note: with **Steve Clark** and **Martin Skeet** qualifying as Level 1 coaches this year and with **Fayne & Simon** already qualified as Level 1 and **Sue** holding a Level 2 qualification, the club for its size now has a very healthy coaching base.

A big thank you to Steve for filling in on a lot of sessions this year. I have had universally good feedback on his performance but some expressions of concern over the deteriorating state of his Chariots of Fire running gear. (I would propose starting a small fund if it wasn't for the flagrant recent theft of my sausage egg and chips by the same individual).

A big well done to all you Harriers for your hard training during the year.

It's been a privilege coaching you all.

All the best for 2003.

Gerry

Club nights

Our group discount at King's School Recreation Centre has gone down from 20 to 15 per cent. It may be that some people have forgotten to pay the annual sub to KSCRC for use of the changing rooms - £38 pa on the 20 per cent discount. Please pay up if you have not done so already - and we may be able to get quickly back to the 20 per cent discount again.

Cross Country

All Harriers will be particularly warmly welcomed to the last two Kent Fitness league cross country events on 2 and 9 February. 'The results are sometimes very close,' says our XC supremo and organiser **Steve Clark**. 'The ladies could win one of these events if we got our strongest team out.' See 'Forthcoming races', page 2.

Website

There are two new features on www.canterburyharriers.org - a training page (including Marathon details) and a gallery of photos.

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.

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.

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