



The Harrier

June
2003

The newsletter of the Canterbury Harriers

Red Lion 10k

Now that the Whitstable 10k has been successfully completed (see page 2), the second major Harriers event of the year is in preparation. We will need about 25 volunteers to help as marshals and other organisers for the race – to be held on Sunday, 10 August at 11am at the Red Lion pub, Hernhill, near Faversham. Please give your names to **John Hartley**.

The limit is 450 places. Last year we gave a (rather attractive) T-shirt to all finishers but we are considering a mug or some other memento this year.

Numerous arrangements have already been put in place. 'Administering an event like this is becoming more rigorous,' said John.

Contact has already been made with the Sittingbourne police, Swale Borough Council, the South East Athletics Association (to get the permit which enables us to buy insurance), Mount Ephraim (the house and garden which has allowed us to park there), the Running Fitness and Runners World magazines, Hernhill Village Hall (for changing facilities) and the Hernhill Parish Council (for use of the green) as well as with the Red Lion pub, of course. The necessary risk assessment has taken place – to identify potential hazards and put in 'control measures' such as signs or a marshal to reduce the risk. And, of course, the special website, www.redlion10k.org.uk is live and running – thanks to **Alastair Telford**.

Help from club members is invaluable for our races. The income from the Red Lion and Whitstable 10ks enables the club to foot many

bills – cross country race fees, relay fees, the food on pub runs, a hefty subsidy on the Presentation Evening, not to mention the newsletter.

Pub runs

The next three pub runs are scheduled for Fridays, 6 and 20 June and 11 July. In each case, we meet at the pub at 7pm, go for a run for an hour or so, come back and have chips, sandwiches and other pub food (paid for by the Harriers) and a drink together.

Chief coach **Gerry Reilly** is organising the first, at the Mermaid in Bishopsbourne. **Pauline Hartley**, in partnership with her horse **Russett**, will be the lead runner at the 20 June pub run at the Granville pub on Nackington Road.

Details to be confirmed of the 11 July run.

Sarah Maguire and family

Our thoughts are with Sarah Maguire, her husband Colin, Emma Wilson and the rest of their family in the tragic loss of Emily.

London marathon

Many apologies to Harriers who had between 5 seconds and 12 minutes added to their actual times in the last issue of The Harrier. This was because the London marathon website put out the wrong times at first – and then went on to correct them, but without owning up. The true results are shown below.

London Marathon Results (restated after London Marathon results changed unannounced twice!)							
Roy Palmer	2.35.27	Richard Steer	3.18.00	Carol Reid	3.34.24	Jenni Van Deelen	4.10.46
Fraser Wildman	2.54.38	Rob Sargeant	3.23.13	Pete Worsley	3.35.43	Natalie Bent	4.19.09
Martin Skeet	3.06.19	Adrian Lewis	3.27.33	Mandy Poulter	3.50.12	Sally Craig	5.04.29
Arthur Barnes	3.07.29	Sarah Maguire	3.32.10	Dianne August	3.59.48	Jan Skeet	5.05.51
Angela Howe*	3.12.47	Jacob Howe*	3.32.29	Joe Epsom	4.01.07	Lloyd Hicks	6.27.50
* running for London Heathside on the day							

FORTHCOMING RACES			
Time	Date	Race	Location
7.30	10 June (Tues)	Road Relay 3	Victoria Park, Ashford
7.30	24 June (Tues)	Road Relay 4	Deal seafront
7.30	8 July (Tues)	Road Relay 5	Canterbury High Sch
10.00	20 July	Darford Half	Central Park, Dartford
11.00	10 August	10k	Red Lion pub, Hernhill
	17 August	Tunbridge Wells 10k	
10	7 December	Thanet Coastal 10	Westgate Bay, Margat

View from the Whitstable 10k

The runners

Both the second- and third-placed runners in the Whitstable 10k are hoping to return next year to pick up the first prize which this year went to Ryan Prout (33.09) of Thrift Green Trotters in a new male record for the course. Neil Renault who came second in 33.29 rates the Whitstable 10k as 'one of my favourite courses', along with Deal. And third-placed Tatsuo Yoshiwara (34.04) also likes the seaside course: 'I like the sea view from Tanketon and I often come running around Whitstable.'

Both Neil and Tatsuo felt that Neil started off a bit too fast. 'I did the first 3k in just over 9 minutes,' said Neil (fellow member of the Kent County team with Roy Palmer). He thinks that the wind also slowed him down. Tatsuo did not particularly mind the wind ('it was quite strong but I don't think it made a difference') but was slightly tired as he had been racing 48 hours before. Tatsuo came fourth last year, and left Whitstable saying 'next year, hopefully.' The figures show that Neil is steadily improving, coming 20th two years ago (in about 36 and a half minutes) and 3^d last year (about 34 minutes).

Ladies runner-up Janice Moorkite (40.32, 22 seconds behind winner Jill Cliff) was not as enthusiastic about the course. 'I have to say that I prefer the old one,' she said. 'I didn't particularly like the terrain today. Right at the end of the course there are an awful lot of potholes.' But she has run Whitstable 'several times' and we also hope to see her next year.

Canterbury Harrier runners

Only a handful of Harriers were among the 482 finishers in the event – mainly because this is one of our main fund-raising events in the year and many Harriers were busy marshaling and doing other jobs behind the scenes. But as the race was a Kent Grand Prix race we felt it vital to field a ladies team – since the ladies have a

Marshals and organisers

John Minshull, assuming a long-held charge of the finishing section, was fairly 1 with the day. 'The finish was much smc this year,' he said. 'We are more experie with this particular course. We manag channel the public off to the left, and le runners go through to the right.'

But it only takes just one spot of confusi throw a large spanner in the works. **Alz Telford**, our website supremo, had the re on the web two hours after the wil completed the course ('That must be some of record.') But he spent many hours ove next three days trying to sort out a couple c results. 'We need to improve a few thing: said. Congratulations and thanks also to \$ **Clark** for overseeing the marshalling at **John Hartley**, race organiser. John saik went very well and we are very pleased wit turnout. I am very pleased that we had su from club members to make it a succ event.'

About 30 Harriers and their partners, famil friends were involved. Apologies to ar whose name is missed out (and please le Harrier know so we can mention you month) – but thank-you to everyone involv organising the race including: race dii **John Hartley**, finish organiser **John Mins** chief marshall and bearer of the clock \$ **Clark**, **Roy Gooderson** and **Gerry Reilly** measured and marked out the course), **Alz Telford** (responsible for receiving all entries, results compilation and the Whit: 10k website), **Wendy Smith** and **Iain Smit** (the water station), **Mick Maume**, \$ **Reynolds**, **Mick Hunt**, **Marie Rowland**, . **Kraimer**, **Julius Christmas**, **Carol Reid** (li: over money and prizes), **Bob Moreton**, . **Marshall** and **Dave Parnell** (cyclists), **Si Kendall** (in the car), **Stephanie Lam**, **Laur Sandum**, **Sue Reilly**, **Roy Palmer**, **Nic Piro**, **Nick Keys**, **Adrian Lewis**, **Holmans**, **Mark Walsh**, **Jenni Van De Luke Lightburn**, **Dave Lightburn** and **N MacElean**

Pauline Hartley (handing out T-shirts), **Stephanie Maume**, Mark's Walsh's partner **Dawn, June** (Joe Epsom's friend), **Jenny Clark** and two members of the Whitstable Waterfront Club, **Brenda Hunter** and **Joe Hunter**.

Sponsors – Hargreaves Sports

Hargreaves Sports, sponsors of the race T-shirt, turned up in style – with their stall and 580 blue race T-shirts. **Tracey Kemp** – who deals regularly with Roy Gooderson and Bob Davison

View from the back of the pack

Maybe it's time to face the facts. With a time of 5.03 in my first Marathon, I am unlikely to make it as a professional runner.

OK, I did come 135th in the Halstead Marathon in Essex but there were only nine people after me. That all said, I did have quite an interesting experience which probably very few other Harriers have since they are mainly faster.

I know I should not speak like an expert as it was my first Marathon but I guess that most people in the 5 hour bracket have not built up the stamina and walk at least 30 minutes. So, the achievement is (obviously) not your time but the fact that you made it back at all and don't have to spend the rest of your life living wild in the hedgerow in rural Essex.

Trouble set in for me at 18 miles – when I started walking a bit. By 20, I felt so sick that I had to run down the middle of the Halstead country lanes as the smell of cow parsley was making me feel ill. The biggest crowd we had all day was that group of four people washing their car at Pebmarsh. At one stage I ran alone without seeing another human being for 30 minutes.

At 20 miles, I realised that hopes of getting a good time (4.30) were long gone: survival was all. When the wind suddenly got up and a particularly vicious cloud started raining, I felt like Jane Eyre must have done when she was tossed out of the coach on the heath, with no food, because her money had run out. Miles away from civilisation, I had no money on me,

on kit orders – had worked on the Whits 10k T-shirt herself. 'They are Fruit of the T-shirts, better quality than last year. I thought the blue colour was appropriate for Whitstable – nice and beachy!' But anyone who wants Canterbury Harrier kit can make their own orders to Tracey and co (via 01353 353513). She says: 'If you want a kit bag, fleeces, T-shirts, anything imaginable, you get it printed up with Canterbury Harrier Baseball hats, for instance, are £5 each.

no door keys, no name tag. My only possessions in life were my water bottle (well Wendy's water bottle) and two jelly babies. Yes, I was, Ness of the D'Urbevilles – abandoned brain nearly gone, elegant running style turned into an old lady's crippled waddle.

But what turned it all around was catching (somehow) with other destitute and desperate people in that 5 hour bracket who were limping along and wondering if they would get back. I felt like one of those wretched knights in tales of old who meet fairies, with other knights and good people on their ramble. There was Despairing Robert who no longer cared if he finished. We kept each other going for a while like two characters from 'They and Their Horses Don't They' until he got his second wind (more like) wind at 25 miles. Then there was Unusual Ivor, chipper, smiling, offering encouragement to all and limping in his marathon in four weeks. And Even Juliet whom I met at the joyous occasion of a banana station - who just kept running uncomplainingly at the same pace while the rest of us groaned at every upward incline.

Anyway, I made it. My friends outside the Harriers don't consider time an issue. So I am they are concerned, Paula Radcliffe and the birds of a feather. And that's OK by me.

Neasa MacErlean

- First sign of instability in a newsletter when I was writing a long article about themselves
- Second sign is interviewing their partner

What they say about....hypnotherapy

Hypnotherapist John Bennett explains why long distance runners are likely to be psychologically well-balanced. He talks exclusively to The Harrier (as he often does since he is Neasa's partner).

At one end of the psychological

'confront the barriers to their own existence'. John says: 'Once you have pushed yourself to the limits of your endurance, you get a very down-to-earth view of your size and importance in this universe. That gives you a broader perspective and makes you a more rounded and mature person. And you respect yourself and other people more.' One extraordinary benefit of running is the high – the altered state – that you can get after a few miles. 'Altered states of

beneficial as opposed to chemically-induced (i.e. altered states which can be extremely adverse.'

Many top athletes use hypnotherapy to improve their mental approach. Using affirmations, unambiguous, simple positive statements which you repeat commonly. A runner might repeat 'I am maintaining a longer stride' or 'I am running well' to lift negative thoughts at bay and enhance the power of

Le Touquet – 5 July

The Le Touquet 10k takes place on Saturday, 5 July at 5pm local time. As usual, we have a coach. Tickets are £18 for members, £20 for non-members and £10 for children. Please give Roy Gooderson your money as soon as possible if you want a place. He can even book your 8 Euro place in the race if you tell him early enough. Pick-up points are Love Lane, Faversham (6.55am), Bat and Ball, Old Dover Road, Canterbury (7.20am) and Dover dock entrance – by petrol station (7.45). Trip includes visit to hypermarket, Wimeraux beach picnic, race and ferry departure at 10.15pm local time. Bring your passports!

Kent Grand Prix

After five of the 10 Kent Grand Prix races, the Harriers men's team is 4th and the ladies is 6th (both out of 24 teams). Team results are judged on running all 10 races. Individual placings are on the best six results. **Roy Palmer** is 7th (but can easily gain ground as he has only run 3 races), **Pete Worsley** (5 races) is 13th and **Brian Davies** is 26th (3 races). **Carol Reid** is 7th (4 races), **Sarah Maguire** is 16th (3 races) and **Emma Wilson** is 29th (3 races) changed. The next two races are the Dartford Half and Tunbridge Wells 10k – and the last will be the Thanet Coastal 10 (see Forthcoming Races, p2). The Thanet Marathon will not, after all, be in the Grand Prix. And we have yet to get details of the other two races.

Results (some of)

with her two sisters. But a large entry field of 11,000 led

to a slow start. The race caters for all levels of ability from the top Kenyan runners (racing in 31 minutes) to people who complete the course in over two hours.

'The race has quite a nice atmosphere,' she says. 'All the husbands and partners are cheering people on. It's probably not as competitive as some other races.'

Steve Clark was the first Harrier home at the Folkestone 10 on a hot and sunny Good Friday in a time of 1.07.28.

Harriers came third in the Ashford & District 10k, run on 11 May, when **Angela Howe** got the female medal for third place (41.22) and **Roy Palmer** (34.15) also came third. (Roy was not eligible for a prize, however, as he had entered on the day.)

Jenni Van Deelen was 14th out of 243 at the Hogsmill 5 (near Epsom) – a women-only, multi-terrain event held on 11 May.

Fayne Brenner, Carol Reid and **Wendy Smith** held off an Invicta team including Liz Batty to come first in the Vet35 relay at Folkestone on 13 May.

Marathon Man Pete

Pete Greenwood – our Marathon specialist – is continuing with his running despite having to pull out of the London Marathon mid-course. His hip problem would have put most other people off from starting the race but Pete – who has participated in all 23 London Marathons since they started – was very reluctant to break his pattern. So he entered and called it a day at the six-mile mark where his partner **June** was watching. 'I was very disappointed – but it wasn't too bad,' he says. 'One advantage was that we were having a beer in

continue as much possible after the operat

SweatShop discou

A Sweat Shop discount is included with newsletter – for 10 discounts at their bar (including the one Maidstone).

Relays

For a relay with a difference try the 123-mile 16-p North Downs Way relay 21 June – a 'test of running and map-reading skills'. Starting at Dover 5am, it finishes at about Farnham where the trip is presented at a meal local pub. Legs are different lengths – ranging from 8 to 17k. Let **Steve Clark** (01227 711272) know by Sunday, 9 June if you want to be in the team (you should include two ladies). The last three friendly club Tuesday night races listed in 'Forthcoming races' on page 2. Anyone who wants to run should be in the car park to meet 6.15/6.30 in the car park to arrange lifts to teams.

Next issue

Contributions most welcome to the issue which will include an interview with **Roy Palmer**. 'I had to stop the first mile,' he says, recalling his first run.

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