



The Harrier

September
2003

The newsletter of the Canterbury Harriers

Red Lion 10k – UK's hottest race

With the temperature hitting a record 101 degrees in Kent on the hottest day ever recorded in the UK, we believe that Canterbury Harriers holds the UK record for the hottest road race ever. According to Runners World's listings, the Red Lion was the only road race in Kent that day – and Kent was the only place where the 101 degrees was recorded. Thanks to all 30 Harriers and friends who were involved behind the scenes on 10 August at Hernhill. See page 2.

Pub runs

The last pub run of the summer takes place at 6.45pm (slightly earlier than usual) at the Chapter Arms, Chartham Hatch on Friday, 12 September – hosted by **Fayne Brenner**. Many thanks to everyone involved in organising this very popular series of events - including **Gerry Reilly, John Hartley, Pauline Hartley** and horse **Russett**,

Steve Clark, Roy Gooderson, Joe Hicks and **Bob Davison**. Apologies if anyone has been missed out here.

Diary Dates

The cross countries are due to start in October. It looks fairly likely that we will be hosting the November 30 event. The Rheims Half Marathon is due to take place on 26 October. We are hoping that we will be invited to participate again as a club. Details nearer the time. And the Presentation Evening is booked for Saturday, 7 December.

£5 off at Hargreaves

Hargreaves, suppliers of kit to the Harriers, are running a promotion until the end of September. All Harriers can claim a £5 discount voucher on purchases over £40 by contacting them at canterbury@hargreaves-sports.co.uk or on 01227 765920.

Forthcoming races

Date	Race	Location	Contact details www/tel
Sept 7	Thanet 10k	Palm Bay, Margate	thanetroadrunners.freeserve.co.uk
7	Thanet Marathon	"	thanetroadrunners.freeserve.co.uk
14	Wingham 10k	Wingham	
14	Larkfield 10k	Larkfield Leisure Centre	larkfieldleisure.co.uk
21	Maidstone 10k	Westboro' Sports Centre	maidstoneharriers.co.uk
21	Quicksand 15	Margate Marine Sands	thanetroadrunners.freeserve.co.uk
21	Faversham 10k	Abbey Sch, London Rd	cffundraisers.info
28	Boughton 10k	Boughton Village Hall	01227751858
Oct 4	Cancer Research 10k	Leeds Castle	runnersworld.co.uk
19	Hastings 10.66 (miles/yds)	Horntye Park	1066roadrace.co.uk
25	Beachy Head Marathon	Beachy Head	
Nov 2	Deal 5	Deal seafront, nr castle	dealtri.ndo.co.uk
Dec 7	Thanet 10	Westgate Bay	thanetroadrunners.freeserve.co.uk

View from the Red Lion 10k

One theme dominated the Red Lion 10k on Sunday, 10 August – the heat. Even the fastest runners dropped 3 or 4 minutes on the hottest day ever recorded in the UK – when Kent temperatures rose to 101 degrees F.

One (unattached) runner was taken to hospital – but, apart from that, people coped. The decision to put up a second water station was applauded by the medics who had expected to be kept busier. 'I was expecting shedfuls,' said a spokeswoman. 'I thought we were going to be coming back 4 or 5 times.' A local resident also provided a hose at the first water station – which also helped.

The runners

Despite the heat, 43 people entered on the day. There were 272 finishers (and another 64 who did not run at all, and only 2 who started but did not finish). Many runners were up to 10 minutes behind the time they said they expected to do on their entry form. 'It was quite tough,' said winner Theo Bately of Deal Tri (who ran a time of 35.59 – nearly 3 minutes slower than last year's winner). 'The heat was oppressive.' Theo was second until about 8k when he overtook Lee McMeekin. Theo continued: 'He was losing pace on the hills. I just thought about keeping at the same pace.' Theo was spurred on by the fact that his wife and one of his children were there ('whenever they come, I am usually 2nd or 3rd'). He likes the undulating Red Lion course but cannot do it most years (as he works shifts on two out of three Sundays).

Despite the difficulties, many runners simply like the rolling scenic course. 'I prefer hills,' says Julie Wing, the marathon specialist from Maidstone Harriers. (She has clocked up 89 marathons so far – including 9 this year – and plans to reach 100 at the 2004 Thanet marathon.) Our own **Erica Morrell** came down from Swindon to run the 'very scenic' course: 'I quite like hills. It is much more interesting.' But people focusing on time found the day tough. Aziz Ait-Braham – who came 17th with a time of 42 minutes (compared to a 38 minute PB) – said: 'It was the hottest I've ever run in. I wouldn't chose to run on a day like this – especially given the difficulty of the course.'

Overall people seemed to enjoy the event. Race director **John Hartley** gave spot prizes to about 20 runners and got quite positive comments back: 'People were appreciative of how attractive the course is and how the arrangements had gone. The event went well.'

The supporters

With the handy location of the Red Lion pub itself, many supporters seemed to have a good time. 'We liked it, the location is nice, the pub is nice,' said Adalgisa who was supporting Aziz and her partner Bill.

The lead vehicles

Bob Davison – who laid out the course with **Joe Hicks** and **Gerry Reilly** – travelled in the lead car with the police who wanted someone with them who knew the route. This sparked some unfounded rumours among the marshals and a common refrain of 'They've caught up with him at last.'

John Marshall always enjoys being lead cyclist but faced a common problem this time: 'You can see people in cars do daft things but you usually can't do anything about it.' In the last kilometre of the race, a car drove into the race route – despite John waving and shouting at it.

The parking marshals

Most people are co-operative about parking where they are asked to. But **Dave** and **Luke Lightburn** had a couple of awkward customers. And Dave says: 'We need better, preprinted, large signs.'

The medics

We are extremely grateful to St John's Ambulance and Paul the paramedic – particularly for helping the one runner who was taken to hospital. He insisted on finishing, was carried over the line, was treated by Paul for heat exhaustion and dehydration and taken to hospital where he was talking easily within an hour. He was not a member of a running club – a significant fact, according to the medics who felt that most entrants were experienced club runners who paced themselves in the heat.

The finish marshals

A new system – involving tear-off tabs and spikes, rather than noting down race numbers – worked well on its first outing though some changes need to be made. The two foot long spikes were a bit vicious (as **Alastair Telford** discovered in his thumb). **Stephanie Lam** – tearer-off of the tabs from runners' numbers – said: 'It went like clockwork – apart from people thinking I was going to shake their hands or hug them.' One Harrier with a gift for words commented: 'A good yank and a stiff spike works wonders.'

John Minshull also thought the spike system worked well and added: 'This is the best funnel system we've had – partly assisted by the field being more strung out because of the heat.' Luke Lightburn carried the spikes to Alastair who was inputting results in his Red Lion bar HQ. Luke said: 'I had so much time that I managed to have a drink.'

The memento-giver

After leaving the funnel, runners staggered and dripped towards **Shirley Lawes** who was handing out commemorative mugs and selling T-shirts. 'The mugs were popular and people were happy to buy a T-shirt for £2,' she said.

The results compiler

Despite his injured thumb, Alastair had compiled all the results by 12.50. There was, inevitably, the odd technical hitch. Results could not go

immediately onto www.redlion10k.org.uk since the GPRS connection by mobile was made impossible by the hills. The odd runner also made the odd error: one who thought he might get a good veteran's result had managed to register himself as just six days old. Some aspects of the spike system need to be adapted, says Alastair, but 'in principle it's better'.

The Harriers

In total, about 30 Harriers and friends were involved behind the scenes for the race. Apart from those already mentioned, there were: **Dennis Hayes**, chief marshal; **Roy Gooderson**, in charge of the PA system; **Carol Reid** (holder of the spike at the finish); **Mark Walsh** and his partner; **Rosie McDermott** outside the Dove; **Iain Smith** and family running the Plum Pudding Lane water station; **Wendy Smith** and husband

Glyn running the second water station; **Emma Greatorex**; **Dave Parnell**; **Derek Parnell**; **Mick Maume**; **Emma Hall**; **Simon Kendall**; **Neil Vaughan**; **Sue Reilly** (running the changing rooms); **Roy Palmer**; **Mark Wilbourn**; **Joe Epsom**; **Fayne Brenner**; **Rafi Stone**; and **Neasa MacElean** giving out mementos. Many apologies to anyone who has been missed out.

The newly-weds

The Red Lion 10k was not the only show in Hernhill that day. With impeccable timing, the runners crawled back home and the marshals finished clearing up and/or retreated to the Red Lion just as a bride and her groom arrived for their wedding breakfast upstairs in the pub.

View from the Oostende 10

By John Marshall

Fancy a good time? Then head for Belgium.

The Oostende to Brugge ten mile race, yes 10 miles, rather than the metric distance you would expect on the Continent, is a good opportunity for a PB*. Run over a well surfaced canal side path of good width, the race starts on the outskirts of Ostend and heads in an easterly direction finishing in the outskirts of Brugge. It is perfectly flat with a good chance that the prevailing westerly winds will propel you along the poplar tree lined canal bank to, if not a PB, then a decent time. The hundred meters or so of cobbles - it wouldn't be Belgium without cobbles - shouldn't detract from this task.

JM had been running around 72 minutes in local races, managed 70.16 for a position of 378th out of 991 finishers. Daughter **Heather** who ran 86 minutes in the Canterbury 10 mile managed 83.17 for a position of 759th on a far from perfect early March day. There was no wind, however, there were vertical stair rods of rain throughout making for not only very wet conditions but also for a teeth chattering cold experience. The winner, Christian Nemeth ran 48.55 - the first seven runners broke 50 minutes. First female, the Dutch girl Annelieke Vandersluijs achieved 56.29 for 61st overall. With event records of 47.15 for men and 52.33 for women, this course has potential!

The logistics of entering and getting to the start line are somewhat complicated. We entered on-line a week or so before the race with the organiser e-mailing to say that we were accepted and that we could pick up our numbers and pay the 10 euro entrance fee at the race HQ the evening before or even on the day of the race. It wasn't easy to find the race headquarters, but after much tramping through

the suburbs of Brugge we eventually obtained our numbers and returned to central Brugge for an evening meal and an overnight stay in a pleasant hotel picked at random earlier that afternoon. Brugge never fails to please for a short stay, perhaps the visit to a brewery along with a couple of samples - only a couple mind you - perhaps this heightened the experience.

Race day saw the thousand or so runners assemble at the finish ready to be packed very tightly into buses for the 20 minute journey to the start outside a less than picturesque chemical plant near Ostend. A lorry was provided to take our warm clothing back to Brugge where it was deposited in a marquee ready for collection at the finish on production of our running numbers.

So if you fancy a slightly different race, one with an international flavour with only the occasional English voice in the press of runners at the start, then why not pencil in the Oostende to Brugge for early March, or thereabouts, 2004. Details along with photographs of earlier events are available on <http://members.lycos.nl/abav/> If you don't fancy making your own arrangements, Leisure Pursuits at <http://www.leisurepursuits.com/> have organised tours in previous years.

The race starting fairly early on the Sunday morning allows for a leisurely motorway drive back to Calais. Showers can be taken in a service station just outside Brugge while lunch and a well earned beer could be had in the pleasant square of Veurne close to the French boarder.

The flat course, the likelihood of a tail wind along with three cups of strong Belgian coffee at breakfast could do wonders for your position in the Harriers' league table!

* The writer of this piece no longer does PBs due to his increasing age, however, every opportunity is sought to stop the decline in race times!

What they say about...personal training

Personal fitness trainer Gill Phelps spoke to The Harrier about the benefits that runners can get by going to the gym (or simply doing exercises at home).

Unlike weightlifters or shot-putters, long-distance runners are likely to achieve a good level of overall fitness just by practising their sport. 'The abdominal muscles tend to become quite strong when you are running as they are a stabilising influence,' says Gill.

But there are still some areas of potential weakness - and some skills which can particularly help with running. For instance, a bit of work on the upper body will give you a balanced physique and will give you a bit more power for those sprint finishes. 'If there is nothing else you are going to

do, do press-ups,' says Gill. (Read up a bit on technique first, of course, to make sure you won't do yourself a mischief.)

But there is one skill which is forgotten by most people. While most of us are aware of the values of building endurance, strength, flexibility and the right mental approach, how many of us think of balance? When she was recently working with a Marathon runner, Gill worked balance exercises into the regime: 'My concern with a Marathon is that when a runner gets tired, everything starts to go. When they are really tired, they can slip off a pavement or slip on a pothole. But if you have got good stability, you are more likely to maintain control.'

Even the simplest exercises work to improve balance rapidly - such as dropping something on the floor and then bending down on one leg to lift it up. Anything

where you are standing on one leg for a short period improves your balance. There are a lot of simple exercises that can be done stepping onto and off a step board - or even a high step in your house. If you have trouble keeping your balance when doing the usual pre-and post-run thigh stretch (where you stand, holding your ankle with your hand behind you), then you might want to do a bit more on balance.

Doing flexibility stretches regularly - preferably daily - will also help runners. Gill recommends doing a range of stretches for a maximum of 30 seconds each. But you need to warm up first - to reduce the chances of pulling a muscle. Stretching the hamstrings is particularly important for runners.

Gill Phelps 01227 721833

Noticeboard

Roy's 40th birthday. As some of you may know, Roy is about to become a V40. To mark the day, he is having a party. His friends at the Harriers are very welcome to come along. Saturday, 13 September - 7pm until midnight at Canterbury Prison Officers Social Club, St Martin's Hill. (Tel for Roy and Jenny: 01227 713805)

Swapshop

A pair of size 6½ Nike Air trainers available. Only worn once (by Fayne) and found to be a ½ size too big. Original price £54.99. Anyone who wants to make an offer or suggest a swap can contact **Fayne** on 01227 732058.

Gazebo for sale

Anyone wanting to buy the old Harriers gazebo (which takes a bit too long to put up before races) should contact **Roy Gooderson** or **John Hartley**.

Kit

Ladies vests are available for £13. Drinks bottles also in stock - £2.50 each. See **Roy Gooderson** or **Bob Davison**.

Races

Congratulations to our ladies team - **Rosie McDermott**, **Heather Marshall** and **Carol Reid** - for getting the first place prize in the Deal Dinosaur. Rosie was the second lady back - and Carol was the 3rd vet. Harriers have taken places in many different events in recent weeks - but few went as far as **Erica Morrell** who took part in the Calgary Half Marathon and who, mostly enjoyed the experience and lakeside

route (despite being knocked over by an irascible cyclist).

Good luck

Good luck to **Emma Wilson** and **Sarah Maguire** who are taking part in the Thanet Marathon on 7 September.

And best wishes to **Roy Palmer** who becomes a Vet40 on September 13 (and who is due to become a father about two weeks later). Best wishes also to **Wendy Smith** who becomes a Vet45 in late September.

AGM

We are hoping to hold the AGM on 21 or 23 October. To be confirmed. It would be good to see as many Harriers there as possible.

The Harrier

If you have something you want to say - a review of a race you have run or a Swapshop item, for instance - we would like to hear from you. Email news@canterburyharriers.org or ring Neasa on 01227 781709.

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:

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