



The Harrier

March
2004

The newsletter of the Canterbury Harriers

Ladies lift XC trophy

Our ladies team will be presented with the first place trophy when the Kent Fitness League awards are presented at the last XC meeting of this series on 29 February.

Alastair Telford, our web guru, gets the award for the most improved runner – a significant achievement from a series of seven races where 300 runners turned up for most events.

Sarah Maguire will get the award for the third-placed senior lady, and **Wendy Smith** gets the same award for the V45s.

In theory, the Harriers ladies came second in the league. But they were beaten by Dartford Road Runners who took the combined male and female prize. Because of the way the rules are designed, Dartford can only win one trophy – so the ladies prize passes to us.

The awards are presented after an informal XC relay at Mote Park on Sunday, 29 February. If you want to run in the relays, please let Steve Clark know by Tuesday, 24 February as we need to arrange teams and do some planning in advance. We will meet as usual at 9.15 am at King's School Recreation Centre to arrange lifts. After the relays, there will be a free buffet and presentation ceremony.

Our combined team came 6th (out of 16).

You've run five races, now get the T-shirt

Seventeen Harriers have won commemorative T- or sweatshirts for running in five or more XC events this season. The shirts are on order and are going to: **Bob Davison, Steve Clark, Stephen Cook, John Collins, John Hartley, Joe Hicks, Marco Keir, Nic Pirot, Steve Reynolds, Alastair Telford, Diane August, Rosie McDermott, Sarah Maguire, Wendy Smith, Emma Wilson** and **Jenni van Deelen**. Many thanks to Assistant Coach **Steve Clark** for his behind-the-scenes administration.

Marathons

At least 20 Harriers are down for spring marathons, at the latest count. As well as those mentioned in the last 'Harrier', we can add: **Dennis Hayes** (who has run 'several' marathons before); **Des Mullaney** (who has run London four times before – last time in 1998); **Mick Maume, Steve Craswell; David Felton** (who

ran the Venice marathon in 2002 in 3.26 and who is hoping for 3.15 in London). David manages to do some training with partner Jenni van Deelen (running the Paris marathon), but – with two children – they usually run at different times. Giving up cigar-smoking was the first step in his training programme.

London marathon coach

We are planning to pay a little bit more in order to travel in style to the London Marathon (18 April) this year. We are ordering a luxury coach with 28 reclining seats, a coffee-maker and – la piece de resistance – a loo. Places on board the Regent's Coach will cost £5 for Harriers and £10 for non-members. Pick-up and departure times will be announced in March.

Marco joins committee

We are very pleased to welcome new committee member, **Marco Keir**, who was co-opted on February 12.

Fayne and Simon

Fayne Brenner and Simon Kendall have decided to leave the committee and the club. We would like to thank them for the work they have done and wish them the best.

Saxon Shore and other dates

The Saxon Shore relay will take place on June 12 this year. The North Downs Way relay follows on 19 June (19 and 20 June for Nic Pirot). We will be arranging pub runs on alternate Friday evenings from May. And we are provisionally booking Howfield Manor for the Presentation Evening for the night of Saturday, 4 December.

Sport those bibs

We strongly recommend to members that they wear reflective bibs when out on runs in the dark or diminishing light. Some members have bought their own or have some form of reflective material on their clothes. We also have a (limited) stock of bibs and arm lights which can be made available to members on loan. Ask a committee member if you want to borrow one.

FORTHCOMING RACES (Kent Grand Prix races marked *)			
February	29	11.00	Inter-club relay XC Mote Park
March	6	14.00	Bethersden 5 Bethersden Sch, Ashf'd
	7	9.30	*Thanet 20 Margate
	14	10.45	Hastings Half Sea Rd, St Leonard's
	28	10.15	*Paddock Wood Half Eldon Way, P Wood
April	4		Paris Marathon Paris
	9		*Folkestone 10
	18		London Marathon
	25		Rome Marathon
May	2		*Hempstead Valley Half
	3		Whitstable 10k Waterfront Club
August	8		Red Lion 10k Hernhill
Other Grand Prix races are: Harvel 5 (5/6); North Downs Run at Gravesend (20/6); Dinosaur 10 at Deal (25/7); Thanet Marathon (5/9); and Boughton 10k (26/9).			

Marathon runners

How long should your longest training run be in the build-up to the marathon?

'I do the distance: I do 26 miles as a peak,' says **Roy Palmer**. 'But 24 miles is enough. You need four or five really long runs of 20 miles plus...I just do 26 miles to make sure I can do it. But it's really time on your feet. If you're doing a four-hour marathon, you should do four hours on your feet...and if you do do 26 miles in the build-up, make sure it's really slow.'

'I wouldn't do 26 miles,' says **Carol Reid**. 'I don't think you need to do 26 miles. It would take you a long time to recover from that. I quite like to do one about 23. Some years I have done one of 24 miles, and some years it's been 22. I like to do one or two runs over 20 miles.'

'The maximum you need to run is 20 to 22 miles,' says **Fraser Wildman**. But the longer runs are the key to successful training, he says. 'If you miss out on a session, try to make sure that you do the longer run.'

John Collins's longest run will be about 20 miles.

'I would really like to do 26 miles,' says **Neasa MacErlean**. 'Last year, I was walking a lot on the day after 18 miles. I remember Fayne saying that you need to

train for the last six miles as well as the first 20.'

Sarah Maguire ran 23 miles as her longest run last year and thinks that this is probably long enough. 'I really wouldn't fancy running 26 miles on my own,' she says. There is a serious danger you could tire yourself out too much. 'It would be a bit of a shame if you ran your training run quicker than you did the Marathon itself!'

Dennis Hayes, however, likes (maybe that is not the right word) to do a run of 30 miles or so about a month before the marathon date.

Iain Smith will be concentrating more on getting a good number of longish, 15 miles plus, runs in this year. And as well as the Thanet 20, he aims to do another 20 mile run as well as one of 22.

But, of course, it is not just the distance – but the speed. Roy Palmer is very keen on tempo runs. He could have got a better time in the Dover Mercury Half – if he had not been running at marathon tempo pace. He also plans tempo runs at 16, 20 and possibly 22 miles. It is all too easy, he says, to slump into the same old pace – and the best way out of that is to get the feel for the right pace in tempo runs.

Roy's first win

IT is getting on for four years since **Roy Palmer** won his first race - but it was a rather **gruesome experience** at times. Having built up a lead of over two minutes on the rest of the field, he suffered such a bad case of **hitting the wall** that he felt sure he was going to be beaten.

It happened in July 2000, just before he went travelling abroad. He was doing long runs at this stage of about 12 miles. When he decided to enter the 15 miles multi-terrain around the **Bewl Water Reservoir** in Sussex, he thought that he would simply regard it as a training run.

He was in the lead group for the first five miles, running along with Daniel Green of Ashford. But Daniel was just back from injury - and Roy started to realise that it might be worth his while taking the race more seriously.

At about five miles he pulled ahead of the other runners. 'I was on my own with the lead cyclist.' The course followed footpaths around the reservoir until the 9-mile mark when it led onto roads. There were 'a couple of really big hills'. Roy wasn't psychologically prepared for the second one - as he had been told that there was just one in that part of the course.

Used only to 12 mile runs, he was getting tired but he was also exhilarated to be out in front and - possibly, if he could keep it going - the person best placed to win. 'It was the **first time I had ever led a race**, and I was thinking "I'm in front, I'm in front,".'

With a couple of miles to go, the course went off-road again and returned to the footpaths by the reservoir. There was another, very muddy hill. 'I **lost my shoe** in the mud. I stopped to retrieve it and pushed the shoe on. But I couldn't get going again. My legs wouldn't move....I was so upset. I thought that the second placed person would come straight past me in a minute with a smile on his face.' He was standing at the top of the hill, with his hands on his knees, not knowing what to do. Feeling **totally exhausted** and having hit the wall, he was somewhat light-headed and not quite able to think clearly. And because it was multi-terrain, he was not able to work out the likely time gap behind him to the second runner by looking at his wristwatch. However, just then he saw some people out walking their dogs nearby. 'I thought I'd better **look the part** and get running again....I managed to get jogging.' He was just coming up to a water station. 'I said to the woman there: "How long is it to go?"

And she said: "This is it. This is the finish." It was such a relief.'

He says he has never had such mixed emotions of disappointment and joy in a race. 'I don't usually get that distressed in a race,' he says. Well, he is normally well prepared to run the distance and does not tend to convert from a training-style run to serious racing half-way through a course. His nearest rival came in a minute behind. It was the dog-walkers who, unwittingly, played a vital role in helping him get the trophy. 'If I hadn't seen those people **walking their dog**, and if I had walked instead of jogging, I could have lost that race.'

Running in Venice

By Neasa MacErlean

Venice may be beautiful for lovers – but (getting to the important stuff) it is not so easy for runners. If your ideal run is to climb up and down the steps over a **small bridge every 100 yards** or so, then Venice is your place. OK, so there is a marathon out there in October (and David Felton has run it) – but that is not so much run in Venice, as in the approach to it.

Four weeks into my marathon training, I found myself in the capital of love for a four-day break with my aunt. Impossible to toss aside the running programme for that time (especially with all that pasta and limoncello).

Appropriately, perhaps, as well as being the city for lovers, it also has a long history of intrigue, suspicion and betrayal. So you do not really want to run along the **narrow alleys** - making people ahead of you fear that you are chasing after them. (One particularly narrow and gloomy passageway is actually called the 'road of the **assassins**'.)

And there would not be space for you to run on these crowded streetways once people are about their business.

So - extraordinarily for me - I got up twice at 7am and promised myself the prospect of seeing **Venice at dawn**. And, actually, that was a sight for sore eyes. Having run 10 minutes on tip toe (so as not to wake or worry the sleeping Venetians), I arrived at the waterside where you can run along (with only a bridge every 300 yards) for a mile or two. Even at that time, the place was alive with boats arriving and departing, and people milling around getting their espressos from the cafes.

And then I was able to run across the **Piazza San Marco** when there was hardly anyone else there.

I had thought that there might be no runners in Venice - until I made my way to the park which is about half a mile away from St Mark's. These gardens appear to be seen more as a peculiarity than as an amenity : the Venetians are far better at painting than growing **grass** (and they don't really seem to see grass like we do). But you have the luxury here of running 500 yards non-stop (if you really put your mind to it). I exchanged friendly waves and 'Buongiornos' with four other runners there. It's hard to believe that serious runners could live in Venice. The bridges, steps and lack of grass don't make it an easy environment for people who go faster than a walk.

Now, if it was swimming you were talking about or gondola-racing, Venice might just be the place to make for.

Lawton ran 52.02; and 12 Harriers competed in total.

In the **Canterbury 10** on January 25, at least 35 Harriers ran the race. Roy Palmer was 9th (56.18). Other edited highlights of the results include the following: **Fraser Wildman** (58.54); **John Collins** (1.05.17); **Mary-Ann Johnstone** (1.21.31); **Des Mullaney** (1.31.58); **Neil McGuinness** (1.33.38); **Michael Hunt** (1.34.05); **Sue Reilly** (1.34.58); **Emma Hall** (1.37.41); **Linda Sanders** (1.39.09).

Coaches' comments

Gerry Reilly is still away with Baghdad Trotters – due back on 29 February. Assistant Coach **Steve Clark** urges Marathon runners to do as much mileage as they can face at the moment: 'You do get very tired but you do get benefit from it. Stick with it if you can and get the mileage into your legs.'

RESULTS....RESULTS....

The ladies team got the runners-up prize in the **Dover Mercury Half Marathon** on 15 February – through the efforts of 4th lady **Sarah Maguire** (1.32.05 – a PB by about a minute), 6th lady **Jenni van Deelen** (1.32.57 – a PB by about 8 minutes) and **Rosie McDermott** (1.35.52). Jenni was also the second Vet 35 back. Roy Palmer was deliberately running slower than Half Marathon pace, doing a tempo race at marathon speed. But he still arrived back in 7th place, the second Vet 40.

In the **Ashford & District AC's 10k** on 8 February, Roy was 8th and the first Vet 40 (in 34.14 – exactly the same time as last year but in worse conditions), **Angela Howe** was the third lady back (38.37) **Jenni van Deelen** (42.00) achieved another PB (this time by about a minute), new member **Lisa**

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