



The Harrier

May
2004

The newsletter of the Canterbury Harriers

Whitstable 10k

Many thanks to all the Harriers who helped organise the biggest race we have held so far – when 574 runners completed the Whitstable 10k. It is our major fund-raising event of the year (and so pays for subsidies on the Saxon Shore entry and many other races, newsletter, pub runs etc etc).

Le Touquet – 3 July

Let **Roy Gooderson** know as soon as possible if you want to enter the Le Touquet 10k this year (cost about £6). As usual, we are organising a coach. Cost is £16 per Harrier, £20 per non-Harrier and £10 for children.

Dublin Half Marathon

Would you like to go to Dublin for the weekend of 18 September – to take part in the Half Marathon? If so, speak to **Des Mullaney, John Hartley** or other members of the committee who are trying to gauge interest.

Saxon Shore

This year's Saxon Shore Relay is held on Saturday, 12 June. If you want to enter, let **Steve Clark** know as soon as possible (711272 or stevepclarkuk@yahoo.com). This increasingly popular race starts early morning on the cliff tops above the channel tunnel

terminus at Cheriton, goes along 45 miles of the old Saxon Shore Way and ends at about 5.30 pm in Whitstable where teams go to the rugby club for the presentation and buffet. There are five runners per team - with each runner doing about 11 miles over four or five legs. The club will pay £8 of each person's £12 entry fee, leaving the cost to Harriers at £4 each.

North Downs Way

Tell **Marco Keir** asap if you want to participate in this 19 June test of running and cross-country navigation. Don't jest: half our runners got lost or slightly lost last year.

Relays

We are now in the relay season – with a relay competition each fortnight from 18 May. We meet at the usual place at 6ish (sometimes earlier) to arrange lifts (apart from the Canterbury one where we meet there!). See 'Forthcoming events' page 2.

Pub runs

Next pub run is on Friday, 28 May – at 7pm at the Mermaid, Bekesbourne (organised by **Steph**). We are hoping to continue with a pub run every two weeks. Check the website or ask on club nights for the next ones.

London marathon results

Roy Palmer (PB)	2.34.17	Brian Davis	3.30.59
John Collins	3.13.30	Michael Maume	3.38.07
Adrian Lewis (PB)	3.18.06	Mandy Poulter (PB)	3.38.35
David Felton	3.20.30	Iain Smith	3.42.21
Sarah Maguire (PB)	3.21.21	Joe Epsom	4.11.08
Carol Reid	3.29.20	Des Mullaney	5.29.59

FORTHCOMING RACES

May	22	11.00	Miles & Barr 5k charity fun run	Palm Bay, Margate
June	12		Saxon Shore relay	
	19		North Downs Way relay	
July	3	16.00	Le Touquet 10k	Le Touquet
	10	14.00	Thanet 10k	Cliftonville, Margate
1	1	11.00	Orpington 10k	Darrick Wood School
August	8	11.00	Red Lion 10k	Hernhill
Sept	12	10.30	Challock Goose Fair 10m	King's Wood, Challock
	26		Boughton 10k	
October	24	9.30	Maidstone Half	Valley Park School

'Excellent,' said chief marshal **Steve Clark**. 'We had a 100 per cent success rate with the marshals.'

Everyone turned up.'

Heather Keir enjoyed marshaling more than she might have expected in her first outing as a marshal. 'Nobody complained,' she said. 'It was quite good fun.' **Roy Gooderson**, doing the microphone commentary at the end, had a good vantage point on the crowds. 'The support was very good,' he said. 'They are very responsive to fairies. Having a fairy taking part probably gives a bridge between straightforward members of the public and runners. When the public sees someone in fancy dress, it adds a softer touch to the race.'

Coach and course-layer **Gerry Reilly** 'always knew that the course record was vulnerable'. He added: 'It is a fast course - particularly when there are calm conditions. The biggest attraction of the event is that the second half is completely on the promenade. So it is fast, flat and with sea airs and sea views. It's unusual for a race to be so flat for the second half.'

Whitstable 10k

NO-ONE breaks the course record for a year and then three people come along and break it at once. This is what happened in the 2004 Whitstable 10k when winner Mike Coleman (31.48), Neil Renault (32.35) and Ryan Prout (32.53) all broke Charlotte Dale's 2002 record of 33.04.

Behind the scenes on a rather windy May 3, there were about 50 Canterbury Harriers, family and friends. We needed each and every one - as the race, with 574 finishers, was the largest we have ever had. We were also lucky that the threatened rain held off until the afternoon. The wind was more of a problem for the runners - but did not particularly affect the organisers. 'The Harrier' spoke to runners and organisers to find out what they thought of the day.

Harrier runners

There were 12 Harriers in the race. **Jonathan Holmans** (38.36) was the first one back, in 31st place. **Bob Davison** (41.30) had a shadow for much of the course. 'Joe Hicks was shadowing me most of the way,' he said. 'Then he beat me in a sprint finish - or rather a plod finish.' **Julie Collins-Ballands** (46.00) said: 'I enjoyed it. It's nice being by the sea.'

Pete Greenwood (1.14.41), our marathon specialist who is awaiting a hip replacement operation in July, said: 'It's not as enjoyable as doing the London but this will do.'

Lucy Judge (1.25.54), one of our newest members, was running in her first race - collecting for the Cystic Fibrosis Trust, dressed as a pink fairy. 'I want to say a big thank-you to all those people who supported me,' she said. She raised £700 before the race in promised sponsorship - and collected another £80 at the finish. She is taking part in a 150-mile walk in Mexico in November - also for Cystic Fibrosis. In the meantime, she is organising a masquerade ball for Cystic Fibrosis on June 12 at Godmersham Park Hall. Tickets £40 each; information available from her on 07850 265178.

Harrier organisers

'It's gone well,' said race director **John Hartley** at the end. 'It went very well indeed,' said finish organiser **John Minshull**. 'It is the largest number of runners we've had - and we coped with them very well.'

Harrier organisers - list in full

The following Harriers, family and friends were involved in the organisation. Many thanks to all of them (and many apologies to anyone who may have been left off the list).

John Hartley (race director); **Gerry Reilly**, **Steve Reynolds** and **Bob Davison** (race marking); **Sue Reilly** (race HQ and changing rooms); **Roy Gooderson** (PA system and set-up); **John Minshull** (start and finish co-ordinator); **Dave Lightburn** (start gun and finish times); **Steph Lam** and **Carol Reid** (marshalling then bib number pull-off and spiking); **James Keir** (results running); **Steve Clark** (chief marshal); **Wendy Smith**, **Glyn Smith**, **Iain Smith** and family (water station on the course); **Marco Keir** (lead car and finish); **John Marshall** and **Dave Parnell** (lead cyclists); **Des Mullaney** and **Stephanie Maume** (water station at the finish); **Jenny Hicks**, **Max Laurence** and **Jim Stewart** (giving out T-shirts to competitors); **Alastair Telford** (results); **Jenny Clark**, **John Watson**, **Dianne August**, **John Collins**, **Mark Wilbourn**, **Mark Cooper**, **Julie Cooper**, **Mick Maume**, **Emma Wilson**, **Sarah McGuire**, **Neasa MacErlean**, **Lisa Rayner**, **June Haunch**, **Roy Palmer**, **Jenny and Ben**, **Adrian Lewis**, **Mick Holmans**, **Bob Moreton**, **Hazel Moreton**, **Heather and Lucy Keir** (and their two English pointer dogs) and **Brian Fennelly**.

Early feedback

Jon, runner 261, sent us an email when he got home: 'Just got back from Whitstable, felt I had to email you about yesterdays 10K, Fantastic! Big thank you to all the marshals, there were plenty of them and they all did a great job in making this one of the best organised events I've been in. Excellent course with loads of friendly support PLUS A quality T-shirt to finish - Well done - see ya next year.'

London Marathon

Sunday, 18 April. Drizzly rain. 12 Harriers running.

Roy Palmer got a PB of 70 seconds by finishing in 2.34.17. 'My dream was 2.30,' he says. 'I really went for it. At half-way I was 1.15.20. But I knew that really I needed to be half-way in 1.14. And then it started to slip away. The second half was so gruelling. In the first half, there are more people and you can shelter from the wind. But in the second half, I was running on my own.'

Mick Maume (3.38.07) – ran the last six difficult miles or so with **Mandy Poulter** (3.38.35). His aim had been to get under 4 hours. He was helped by the crowd support: 'The crowds do lift you along. If I do it again, I must remember to write my name on the front.'

Mandy had found the start 'quite crowded and slow...It ended up grinding to a halt at one stage.' Mandy had seen Mick at the beginning, and they met up again at the 20 mile mark. 'It was really nice, it really helped keep me going.' So did they speak to each other at all? Hardly. 'I felt like saying 'How are you feeling?' but I didn't want him to say 'How are you feeling?' because I was feeling awful.' From 21 miles onwards, she 'really struggled' - and would have one bad mile, then maybe a slightly better mile, then a tough one..Not everyone manages to notice anything around them - but Mandy, who had not noticed anything last year, saw Canary Wharf and Big Ben this time around. Regarding her training, she had done all of the training regime and 'wouldn't do anything differently.'

John Collins (3.13.30) was 'all right until about 21 miles' He passed the half-way mark in about 1.32. But at 21 miles: 'My legs got really sore and I slowed right down.' He will probably do another marathon - but might leave it a couple of years until his one-year old is three.

David Felton (3.21) had 'a really good start' - reaching the 8 mile mark in 56 minutes (7 minute mile pace). But at that stage, his pace dropped to 8 minutes per mile. He had been aiming for a time of 3.15 but felt he went off too fast: 'I don't think I had the energy for the second half of the course.' From 16 miles, he started breaking off for regular walks of about 100 yards. He thinks he did about ten of these. The last part was very challenging 'with one or two twists and turns'. And knowing that his wife Jenni Van Deelen had just run 3.21 in Paris, he says: 'I had to sprint the final 400 yards to get inside Jenni's time.' He is 'very pleased with my time' and knows how he will approach the next marathon (where he will hope to break 3.15): 'I'll pace myself more sensibly and go for 7 and a half minute miles.'

Carol Reid (3.29.20) had been worried about a toe injury - but her toe caused her no problems after a bit of concern in the first couple of miles. She said 'The rain didn't really bother me. In fact, the conditions were perfect for me.' 'At 24 miles 'it started to hurt a bit. I felt my quads were tightening a bit.' The crowds helped a lot: 'In the last few miles, the supporters were really brilliant.' She had aimed to do under 3.30 - and as she got near the end, she could hear a 20-second

countdown start. She did 'as much of a sprint as was possible at that stage'

Sarah Maguire (3.21.21) was doing her second London, after a really gruelling experience on the course a year ago. A year ago, she had done very little in the way of a taper down - but this time she tapered down properly. She feels that contributed to the fact that she had a relatively relaxed and enjoyable run this time. 'I really enjoyed it...except for from the 21/22 mile mark. I enjoyed the crowds and listening to the bands.' She had her name written on her T-shirt, and was twice mentioned and encouraged over the microphones. 'The support was fantastic,' she says.

Des Mullaney (5.29.59) was 'tired at the start'. He 'wasn't really going well' and 'started to suffer between 13 and 18 miles. At 18 miles, my legs really went and I felt I had nothing left. I walked quite a bit...I met another guy from Dublin and chatted to him for a couple of miles.' He was slightly revived by a drop of Guinness at 18 miles, and helped on by the crowds. 'The best part was Canary Wharf where the noise was like Wembley Stadium.'

Email from Basrah

Just thought I would send you a short e-mail from over here just to thank you for sending me the club's monthly newsletter. All my mail gets forwarded on to me from the barracks. It's great to read that the club is doing so well and I look forward to some hard training when I get back from this place. The training over here is very limited as am sure you can imagine, though I do make a point of going for a run whenever I can. We are restricted to where we can run - only within in the camp compound. The camp that I am in is an old disused hotel. It takes around 10mins per lap of the perimeter wall. In my previous camp it took 3 mins per lap! I normally manage about a 40min run before I get bored and then dizzy! A few months ago I took part in a half marathon charity run at Basrah international airport. This event was sponsored by the Sun newspaper with around 500 soldiers running in it. The run was around the airport perimeter fence, a secure location heavily guarded for obvious reasons! This was the longest 13 miles of my life! The first 9 miles was into a head wind with a sand storm thrown in for good measures! During the run the temperature was almost up in the 30s. I've never been so happy to finish a run in my life and to cap it all off I stumbled at the finishing post and gave myself a good bang on the side of my head and so I have never seen my finishing time!

Derek Armstrong

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