



The Harrier

**Christmas
2003**

The newsletter of the Canterbury Harriers

Club awards – and Presentation Evening

Sarah Maguire is the new Ladies Champion – and **Roy Palmer** is the Mens Champion. The awards were made at our Presentation Evening on 6 December – a sell-out event at Howfield Manor. A full list of the awards is below. As chairman **John Hartley** said, we have a lot to celebrate this year. Unfortunately, our chief coach had to miss the evening for the first time – as he was on secondment to Baghdad Trotter. The committee thinks the evening was generally a success but would welcome some feedback.

Calling all Marathon runners (who have been rejected)

Any fully paid-up club member who has applied for the London Marathon, and has received their rejections slip, has a chance of gaining a place through the Club draw. As an affiliate running club, we have three places available for club members. If you want to participate, please pass your rejection slip to **Steve Clark** (01227 711272) as soon as possible – and by 22 December at the latest. Give it to him on club nights or post it to him at 38, Chestnut Drive, Sturry, CT2 0NB. We will make the club draw on Tuesday, 23 December – just before training. Please note that eligibility is restricted to club members who have been Canterbury Harriers prior to 1st June 2003.

Christmas Run – 21 December

The annual Harriers Christmas fun run through Blean Woods takes place at 9am on Sunday, 21 December

from **Roy Gooderson's** new house – Arrow House, 14 Lovell Road, Rough Common (opposite the entrance to Blean Woods). Last year we had a feast in the woods and a go on the ancient Harriers swing.

Subs reminder

A polite reminder to members who have been a little shy in paying their subscription for 2003/04. This is now overdue. It's only £10 (and £5 for second/subsequent household membership). Please pass your remittance (and any changes in personal details for the membership database) to any Committee member. Please note that, after the Christmas newsletter, if you have not paid your sub, your name will be taken off the distribution list and the club will assume that you wish to withdraw your membership.

* Users of the King's Recreation Centre are reminded that you can obtain corporate membership of the centre through being a Harrier - with a significant discount to the annual fee.

No post-turkey trot

Sorry to disappoint anyone who wanted to run off their turkeys, mince pies and haggis but there will be no formal club training on Thursday, 25 December or Thursday, 1 January. But training will take place on all other club nights, including the Tuesdays before and after Christmas.

Happy Christmas to all Canterbury Harriers, their families and all readers of The Harrier.

Presentation Evening Awards 2002/03	
Roy Palmer Male Champion, 5, 10k,10,HM,20,M,V40 10k	Sarah Maguire Female Champion, XC champ, 5,10,20, M
Steve Clark XCchamp, V40: 5,10,HM V50: 10k, 10	Sarah May 10k
Tim Perks V40 20	Angela Howe HM
Rob Sargeant V40 M	Carol Reid V35 5,10k, 10, HM, 20, M
Brian Davis V50 5, HM, M	Wendy Smith V45 10k
Peter Worsley V50 20	Dianne August V45 HM, M
Peter Greenwood V60 5, 10k, 10	Erica Morrell V55 10k, HM
John Watson V60 HM	Emma Wilson Most outstanding performance – Thanet M
Fraser Wildman Most improved male	Jenni van Deelen Most improved female

FORTHCOMING RACES				
December	19	12.30	Last Friday of the Month 5k	Hyde Park, London
	26	11.00	Christmas Cracker 5	Waterfront Club, Whitstable
	28	11.00	Kent Fitness League XC - 5	Avery Hill Park, New Eltham
January	3	10.30	Kent XC Championships	Wilderness Sch, Sevenoaks
	11	11.00	Kent Fitness League XC – 6	Minnis Bay
	18	9.30	Dartford 10	Princes Golf & Leisure Club
	24	10.00	South of England XC Championships	Parliament Hill, London
	25	11.00	Barretts Canterbury 10	Canterbury College
February	1	11.00	Kent Fitness League XC – 7	Oxleas Wood, Eltham
	14	15.00	Kent XC League (Senior Men)	Parkwood Sch, Swanley
	29		Inter-club relay XC	Mote Park
April	4		Paris Marathon	Paris
	18		Marathon	London

Return to Beachy Head – by Joe Hicks

Clear blue sky, but no gale force winds this year. No sign of Dennis Hayes or Martin Skeet either! The course was bone-dry, so in many places it felt like running on concrete. Probably bad for the joints, but after over 4 hours of cross-country running my trainers were still spotless!

The only change in my strategy from last year involved the catering. I was **determined not to put on weight** during the marathon this year, so I decided to restrict myself to only one of everything. This was not an easy strategy to implement, but I managed to stick to it except for an **extra Mars bar** that I awarded myself at Birling Gap, when I saw how far it was up to Beachy Head.

The first 16 miles went more quickly than last year, and at Checkpoint 3 I felt pretty good as I tucked into a sausage roll and drank tea. I was around 20 minutes ahead of last year. I wasn't running any faster but my diet was saving so much time at the food stops! But soon after Checkpoint 3 things started to go pear-shaped. As I **hauled myself up the 200+ steps** leading into Westdean Forest there was no sign of Joe the Lone Piper, who had played us up them last year. Then a mile or so later, as I ran down a hillside, I heard the wailing of a

set of **bagpipes in the distance**. I wailed too when I realised there were two sets of **steps**.

As I clambered past the piper I told myself by the flat stretch along the River Cuckmere was just over the hill. But more bad news was coming. The organisers had decided this part of the course, the **only** flat stretch, needed improvement. So they sent us whinging up onto the Downs and then back down to the mouth of the river. That took us to the start of the Seven Sisters, and the last stretch.

I saw a couple of runners retire over the next few miles but I was going fine when I stopped for a blackcurrant drink at an unofficial checkpoint manned by the Coastguard at around 20 miles. Then, as I climbed up the next of the Sisters, I suddenly felt pains and both quads locked up with what I thought was cramp but turned out to be strains.

The rest of the way to Checkpoint 4 at Birling Gap suddenly became very hard going. I was able to walk on the flat stretches on top of the Sisters and then jog downhill, but as soon as I started to climb the **quads seized up again**. And the climb from Birling Gap up to Beachy Head seemed to take forever. But from there it is downhill, so the pain eased and I was able to run the rest of the way, finishing in 4:12, just a few minutes slower than last year.

And 15 minutes in the swimming pool eased most of the aches and pains.

After changing I declined the baked potatoes and beans offered by the organisers – I wasn't hungry despite the diet - and settled for a pint in The Pilot, regarded by many as the real finish of the marathon. Then we set off for home, only stopping to take on a little more fluid at a nice little

country pub that nearly won an award once – the well-named 'Merrie Harriers'.

Why I go running

By **Fayne Brenner**

When people used to ask me what religion I was, I used to proudly announce that I was atheist - 'proudly' because I used to assume that anyone who chose to follow a religion was somehow 'weak'. I didn't need an invisible 'crutch' for emotional support during those darker moments - Naively I believed that I was quite capable of facing all that life had to throw at me, alone. That was of course before I ever stood in the face of adversity!

As time passed I grew to believe in God - as the 'force of nature', that is.

From this, my 'religious belief' has naturally evolved into Running - communicating with nature in a purely physical, spiritual and physiological sense.

When I run, my mind and body synchronise as one - I am functioning in the most basic primal form - I am connected with nature and all its' powerful forces - running for me becomes a **wholly spiritual experience!**

As with other religions, running heals the spirit and keeps us focused during those times when it would be easy to lose direction - **our own natural 'drugs'**, endorphins give us that 'feel good factor'. Running is also that one constant in life, there for you to turn to at any time and in any place.

Devout runners naturally befriend likeminded followers and through running I have made many friends - **communication is at its simplest and purest level** - no

words need be exchanged - bonding occurs as you hear the rhythm of each others breathing and share the sights, sounds and smells of the natural world around us.

Running is my religion - it isn't just something I do - it is an intrinsic part of who I am!

P.S.

Having just read over this, I am now fully convinced that I do actually need some serious therapy or addiction counselling - yes, I am a runner and I have a problem.

My life revolves around running - I sneak out to run and lie about what I have been doing, I write about each training run in a diary (I even describe the weather and how I am feeling) and I resent anything or anyone that gets in the way of a planned run. If injury prevents me from running, I evolve into a two-headed monster with a very bad temper. All my friends are runners and all my conversation is aboutrunning. Runner's World is **my bible** to be read last thing at night.....and God help me when I can no longer run!!

Why do you go running? We'd very much like to hear more about why Harriers are so keen. Email info@canterburyharriers.org with your reasons for running and we will publish your piece in a future issue.

More XC runners wanted

As you are probably aware, the Ladies and Overall teams are doing reasonably well in the Kent Fitness XC League. The Ladies are now in 3rd place (a single point behind Invicta), and the combined team is 7th (with only two points separating us from Invicta in 5th place) – with three races to go. This is despite having relatively low

numbers of runners from the club taking part.

Come on Harriers, we need your support. There are no fees to pay (these are picked up by the club). Transport arrangements are made available for you, if you can get to the King's Centre; and the coach says it's the best form of winter training for you. There is now a further incentive, agreed by the Management Committee. If you complete five of the XC races, the club will give you a 'specially printed' sweatshirt

as a memento for your efforts. Now don't all rush... form an orderly queue.

* Next race is on 28 December at Avery Hill Park, New Eltham. Meet 9am at King's Centre to arrange lifts. A good turn-out could push us up the rankings. Next dates 11 January (Minnis Bay, a favourite course of Alastair's) and 1 February (Oxleas Wood).

Thanet 10, Kent Clubmans and other results

The Ladies team seems used to winning prizes these days – and the men joined them on the afternoon of the Presentation Evening when **Steve Cook, Alastair Telford, Mark Cooper and Mark Wilbourn** took the silver medal in the senior men's race at the Kent Veteran and Clubman Championships at Swanley. Ten Harriers came home with medals that day – golds for the FV45 team (**Wendy Smith, Fayne Brenner and Dianne August**) and bronzes for the FV35s (**Jenni van Deelen, Julie Collins-Balland and Neasa MacErlean**). We also fielded teams in the Male Vet40 and Vet50 categories who also did well.

The ladies came second in the Blean XC Kent Fitness League race on 30 November – when **Rosie McDermott** came 7th, followed by **Sarah Maguire** in 8th place. The ladies also came second at Meopham the week before when **Sarah** came 8th (and, in the men's rankings, **Nic Pirot** put in another fine performance coming 25th).

Despite the 'rigours' of the Presentation Evening the night before, the ladies team took first place in the (very windy) Thanet 10 (**Rosie McDermott** who came 4th, **Jenni van Deelen** who was 1st FV35 and **Sarah Maguire**). **Mandy Poulter** did a PB. In the men's placings, **Roy Palmer** was first V40.

Baghdad Trotters

Our chief coach **Gerry Reilly** was making his way back from Baghdad as The Harrier went to press. We missed him at the Presentation Evening – and he missed us! In Iraq on business, he had to sacrifice his running. 'The only running I am able to do are laps in my hotel bedroom,' he told Roy in an email read out to the Presentation Evening. In the email, he also spoke of the 'terrific performances' during the year, the 'tremendous work' done by the committee and passed his thanks on to **Steve Clark** who has been doing much of the coaching in Gerry's absence.

Girls night out

Thanks to **Fayne** for organising a dinner for the ladies at Zizzi's, attended by ten of our runners on November 21. Contrary to suspicions voiced by some in the male camp, this was not a rowdy event and, in fact, preceeded our success at the Meopham XC where the ladies team came second. (See above.)

Blean XC

The Blean XC – the race we stage in the Kent Fitness League – went off very smoothly, thanks to the efforts of about 30 Harriers who acted as marshals and organisers. Just under 300 people took part on a remarkably warm and rain-free day in November. We were so well organised, in fact, that we were able to stage a children's race - not previously planned but requested by various parents on the day – which started

just after the main race and was completed before the senior runners returned.

Race directors were **Roy Gooderson** – who managed to take part despite being in the process of moving house – and our chairman **John Hartley**. Many apologies if anyone is missed out – but others giving their assistance included: **Bob Davison** and **Steve Clark** (who were involved in marking out the course), **John Minshull** (changing rooms and finish line supremo), **Sue Reilly** (finish and changing rooms), **John Collins, Alastair Telford** (our results maestro and car parking organiser), **Nic Pirot, Bob Moreton, Steve Reynolds** (funnel construction and finish), **Dave Lightburn** (time recorder), **Luke Lightburn, Des Mullaney and Marco Keir** (giving out the raffles tickets to the runners), **Elaine** and **Neasa** (breakladies), **John Marshall** (car parking, before taking part in the race), **Penny Gardham** (course marking), **Joe Epsom** and – in the marshalling locations – **Stephanie Lam, Dave Parnell, Sara May, Mark Cooper, Joe Hicks, Carol Reid, Francis Maude and Mel Carter**. The runners seemd to enjoy the course (as far as one can at the time) – and liked the fact that it was an interesting course through woodland rather than one of those through muddy fields.

Canterbury Harriers Committee

John Hartley Chair - 459997
Gerry Reilly Head coach -477148
Stephanie Lam Secretary - 832213
Roy Gooderson Admin Officer – 454449
John Minshull Treasurer – 01795 532226

Runners Representatives:
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Steve Clark - 711272
Joe Hicks - 750797
Simon Kendall – 732058
Carol Reid - 379055
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