



The Harrier

February
2005

XC season ends at Blean Woods

The final placings in the Kent Fitness League will be settled at Blean Woods on February 20 – when we host the the last of the XC meetings.

If you can make it, please volunteer to Roy Gooderson or one of the other committee members to act as a marshal that day. The race starts at 11am. We will afterwards be going to the Dog & Bear in Rough Common – see below.

Steve Clark nears 25,000 miles

When I started training for my first marathon way back in 1992, I started keeping a training log and have been keeping it going ever since (surprise, surprise).

Sometime after logging up 10-12,000 miles (a few years ago now!) I began to wonder if I would ever manage to log up 25,000 miles, which is equivalent to having run once round the earth! (just over).

At last that day has almost arrived and wanting to celebrate that moment in some way, I realised that with some tuning of my mileage over the next few weeks I can arrange for my 25,000 target to coincide with the finish of the last KFL XC race, our very own event at Blean Woods on February 20th (and what could possibly go wrong?).

So I would like to invite anyone who can make it (even Pete Greenwood) to the Dog & Bear afterwards, where I would like to buy you a drink, and I am also arranging for some food to be laid on.

Hope to see you there – from about 13.30.
Steve xxxxx

Tsunami run

We raised £750 on the Tsunami run organised by Roy Gooderson on the Crab & Winkle way on 16 January. Thanks to all the runners who paid £10 each – and particularly to the marshals and others who could not run but still put in.

Particular thanks to teacher **Paul Spackman** of St Nicholas School who raised £210 in sponsorship.

The run was very popular – and we are planning to make it an annual fund-raising event, in the format of a handicap.

London Marathon

Bob Pullen is doing his first marathon in London on April 17. **Paul Curd** is going back again after two years when he was injured. Read about why they are doing it – and what they expect on pages 2 and 3.

Club chairman

As we know, our club chairman **John Hartley** is standing down after six noble years at the AGM this November. **Marco Keir** has been persuaded to put his name forward to take over. Could anyone else who is interested in taking on the post please contact the committee as soon as possible? This is because we feel that an informal hand-over period would greatly benefit the new chair and the committee. We will vote on the position in the usual way at the AGM.

Contributions to The Harrier

You know how much you enjoy reading about other people's training/triumphs/disasters on the road and cross country – so how about writing a piece yourself? The Harrier thrives on these tales – and would like to hear from as many of our members as possible, whether new to the club or experienced. Contact Neasa on neasa@neasa.co.uk (or 781709). A highlight soon to come is **Carol Reid's** story on the New York Marathon (Carol...are you there?).

Results....Results..

Wendy Smith won the prize for first lady Vet 45 in the Thanet Duathlon in January – for the second year running. **Fraser Wildman** was the 22nd man back in the Canterbury 10 (in 1.00.07). **Jenni Van Deelen** was 16th lady in the same race in 1.09.10 – a few seconds outside her PB.

FORTHCOMING RACES			
Feb 20	11.00	XC – Canterbury	Rough Common
27	10.00	Tunbridge Wells Half	St Johns Rd
Mar 6	9.30	Thanet 20 *	Hartsdown Pk, Margate
13	10.30	Hastings Lions Half	Sea Rd, St Leonards
20	14.00	XC Relays	Avery Hill
25	11.00	Folkestone 10	Hythe Green
April 3	11.00	Paddock Wood Half *	Eldon Way, P Wood
3	12.00	Praque Half	Praque
17		London Marathon	London
May 2	11.00	Whitstable 10k	Waterfront Club
May 15		Canterbury Half	To be confirmed
June 12		Les Golding 10k*	Herne Bay
July 17		Dartford Half*	Dartford
Aug 14	11.00	Red Lion 10k*	Hernhill
Sep 4		Thanet Marathon*	Oval, Margate
Oct 2		Sittingbourne 10*	Sittingbourne
Nov 6		Deal 5*	Deal
* indicates Kent Grand Prix events			

London Marathon – why I am running it this year

by Paul Curd

For years I have tried unsuccessfully to get a place in the Flora London Marathon through the ballot system. Three or four years ago, thinking it might be a kind of ‘test’ to ensure that only generous-minded people would get a place, I even ticked the box to donate my fee if I was unsuccessful. As a result, still being unsuccessful, the kind people from FLM sent me a **complimentary fleece**, which is very nice and which I wear with pride every time I go down my local.

In fact, the only time I have run the FLM is through a charity’s ‘Golden Bond’, and it is with considerable horror that I realise that the last time I did so was way back in 2002. It’s with horror because that means I’ve been **injured for each of the last two races**. Not constantly injured, I’m pleased to say. But I do seem to have a nasty habit of breaking down in the last few weeks before the big day. The same thing had happened in 2001, when I discovered I had something called an

iliotibial band (an ITB to the cognoscenti) and that my ITB had its own Syndrome.

My physiotherapist sold me some very expensive orthotics and was I eventually able to run again, although I didn’t manage nearly enough mileage before the 2002 race. As a result I hit the infamous **wall at 19 miles** and limped home a good 30 minutes outside my projected time. I was very disappointed, but for the rest of that year my running got better and better, and nearly all my pbs date from the summer of 2002. I was a member of the Serpentine Running Club in those days and they awarded me a club place for the 2003 FLM. Determined not to make the mistake of the year before I piled on the miles – far too many far too soon, as it turned out. My knee gave out in February.

I carried over my FLM entry to 2004. My build up was slow and gradual. My speed work was sensible and my weekly mileage was manageable. I moved to Kent at this time and joined the Harriers (initially as my second claim club). In March I ran the Thanet 20 in 2:28 and was confident I could break 3:15 for the FLM the following month. But a week later I tore my Achilles tendon in two places and that was that.

Or rather that was the final straw. I **resolved never to run a marathon** ever again. From now on I would stick to short races, nothing over 10k. In fact I have run just one race since March – a reasonable 10k at the Sandwich festival in August – but since then I've had to resort to treating my sore calves with plenty of rest and large quantities of fluid (mainly in the form of **Bass and Young's Special**).

So when I received the entry magazine for the 2005 FLM through the post my initial instinct was to bin it. Then I noticed that the incentive to donate the entry fee this year was a rather tasteful rain jacket, one that would go very nicely with my FLM fleece. I entered the ballot in the full expectation of failure and looked forward to getting my 'free' jacket. Having lazed around all summer, basking in the excuse of my nasty injury, imagine my surprise when the 'Congratulations – you have been accepted!' magazine dropped through my letterbox. For the first time in goodness knows how many attempts, I have been successful in getting a place in the ballot and unsuccessful in getting a nice new rain jacket. I'd better start doing some running....

London Calling

By Bob Pullen

I too have secured a place for the 2005 London Marathon in the main ballot. This will be my **first** (and last!?) **marathon**. The longest distance I have ever completed prior to this was the Bewl Water 15 miler which I have run for 2 years on the trot.

So I'm approaching the London Marathon with some trepidation, particularly as I am going to struggle balancing high midweek mileage with **getting up at 5.45am** every day in order to commute to London.

Nevertheless, I have already gleaned some valuable advice from other Harriers and Gerry's marathon schedule seems very **clear and logical**. I've been busy loading up the MP3 player I got for Christmas - I

wonder how many times I will hear London Calling by the Clash before 17 April?

Prague Marathon

While some of us are running the Paddock Wood Half, others will be in Prague recovering from the Half the day before.

Date of run: 2nd April 2005 Prague, 12pm Charles Bridge start. To register, log on to website www.pim.cz <<http://www.pim.cz>>

The first four-minute mile

'At one and a half laps I was still worrying about the pace. A voice shouting "relax" penetrated to me above the noise of the crowd. Unconsciously I obeyed...I was relaxing so much that my **mind seemed almost detached from my body**. There was no strain.'

And two minutes later Roger Bannister became the first man to run a mile in under 4 minutes.

The great advantage of being relaxed is one of the very practical messages for other runners that comes across in his book "The First Four Minutes", rereleased last year to mark the 50th anniversary of that occasion on 6 May 1954 on the Iffley Road Athletic Ground in Oxford.

Having a coach – a very novel idea in those days – is another tip. The voice shouting "relax" was that of Franz Stampfl who had only recently started helping with Bannister's training. Bannister says: 'We shared a common view of athletics as a means of 're-creation' of each individual, as a result of the liberation and expression of the **latent power** within him. Franz is an artist who can see beauty in human struggle and achievement.' [Gerry, now what about our beauty?]

Finding your best distance is another tip – reading between the lines. Despite his success, Bannister never felt that the mile was the right length for him. "The Olympic distance of 1,500 metres" he says "...suits me better than a mile."

And then the smallest changes can make the most crucial difference. When he broke the four minute mile, Bannister was wearing a pair of track spikes which had been modified to take **four ounces** off their weight, to bring them down to a total of just 8 ounces. "The saving in weight might well

mean the difference between success and failure,” he says before the race. And, of course, he had his psychological tactics to deal with rivals in races. For example, he recalls one particularly difficult cross country course: “Just when I was almost bogged in the ‘Slough of Despond’, I commented with forced cheerfulness to an opponent: ‘I like mud, it makes the course more interesting, doesn’t it?’ Such unexpected heartiness evidently discouraged him, and he fell right back.’

Well, maybe we won’t all be able to vanquish our foes by having lighter trainers – but this is a very good read and useful even to those struggling with the eight minute mile.

The First Four Minutes by Roger Bannister, £7.99, Sutton Publishing

Whitstable 10k

Please keep Monday, 2 May clear in your diaries – so you can help marshal at the Whitstable 10k, our top fund-raising event of the year. We need up to 30 people behind the scenes. Harriers are very welcome to take part in the race – but please could you arrange for a friend to marshal for you instead.

Please also keep clear Sunday, 14 August for our Red Lion 10k – our second most important fund-raising event of the year.

Membership and race marshalling

Last year the club subsidised members’ activities to the following amounts:

London Marathon	£215
Rheims trip	£83
Le Touquet trip	£335
Presentation night	£1010
Team entry fees	£927
Social runs	£623
Dublin Half	£20
Kit subsidy	£111

Total £3,334

In the same period, membership subscriptions were £1,198. So where did the shortfall of £2,136 come from?

It came from the surplus generated by our three club races, Blean Woods XC, Whitstable 10k and Red Lion 10k.

These races require considerable effort to organise, administer and marshal. We have a current membership of 136. Yet, it seems to always be the same comparatively small hardworking group of members who involve themselves in our race organisations. This is in spite of our continuous pleas to members for more help before and on race day.

Let me say to those members who participate in the subsidised activities and do not offer their help on race days: You are members of an extremely well run and generous club, examine your conscience and volunteer to assist. We have only three race days each year. That can’t be asking too much.

John Minshull

Canterbury Half Marathon

The Canterbury Half Marathon is being brought back this year on 15 May. Invicta is finalising details and will publicise soon. See this and other races on page 2.

Carol the coach

Carol Reid has passed her level 1 coaching exam and as soon as she receives her certificate will be another official coach. **Jenni Van Deelen, Joe Hicks** and **Jonathan Holmans** are also about to go for the certificate.

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
Steve Clark Assistant Coach - 711272

Runners Representatives:

Joe Hicks – 750797
Marco Keir – 276029
Neasa MacErlean - 781709
Carol Reid - 379055
Sue Reilly - 477148
Alastair Telford - 786210
Jenni Van Deelen - 767489