



The Harrier

March
2005

The newsletter of the Canterbury Harriers

Prelude to summer pub runs

We have our first spring pub run for this year on Friday, 18 March at Herne Bay Rowing Club – meeting at 7pm for a coastal run, organised by **Marco**. Some of the rowers will be coming with us and we will have the luxury of using their showers and changing rooms afterwards. A buffet will be put on (paid for by the club) afterwards.

* The next social event is on Thursday, 21 April at the King's School Recreation Centre – at about 8.30pm, after training. We will have a mini presentation for the Cross Country season – to the people who have won T-shirts. Food will be provided in the bar. Family members are welcome.

XC country – ladies pipped

The ladies team missed out by one point on coming third. Despite some low turnouts on some occasions, we had a very respectable showing in both teams – coming 6th out of 17 in the combined male and female teams, and combined 4th for the ladies on their own. Many thanks to all who helped in our Blean Woods XC on February 20 which was described as being 'superb' and in a league of its own by the officials from the South East Athletics Association who came to supervise. Several names are probably missed out here for which we do apologise – but thanks to the following: **Roy Gooderson** and **John Hartley**, the main race organisers, **Steve Clark**, **John Minshull** (entries desk and money), **Alastair Telford** (results), **Francis Maude** and **Steph Lam** (results compilers at the finish, and hall sweeper), **Dave Parnell** (traffic control), **Wendy Osmond** (race preparations), **Joe Hicks** (race-marking), **Bob Davison** (race-marking), **Sue Reilly** (changing rooms), **Dennis Hayes** (marshalling co-ordinator), **Marco Keir** (finish supremo), **Jenny Clark** (Harrier results), **Steve Reynolds**, **Joe Epsom's friend June**, **Mick Holmans**, **David Felton**, **Dave Lightburn**, John Collins and **Neasa MacErlean** (break lady). See page 2 for XC report.

London Marathon

Good luck to our 16 or so Harriers in the London Marathon on April 17. **Gerry** is

organising a minibus to take us there, and will be in contact nearer the time.

Neasa is organising breakfast at her house in Canterbury for anyone who wants to watch it together on the TV. Ring her (781709) or email (neasa@neasa.co.uk) if you would like to come.

Whitstable 10k

We need about 30 marshals for our main race (and money-earner) of the year, the Whitstable 10k on the May Day bank holiday, Monday, 2 May. Please volunteer to marshal-in-chief **Steve Clark** or to other committee members. Harriers are very welcome to run in the race – but it would be appreciated if they could provide a friend or someone else to act as a marshal in their place.

Lovely trainers for sale

Nearly new trainers for sale - size 8 Asics 2100. Only run 2 Wincheap speed sessions. If you are interested please contact **Lisa Lawton** on 07919 342 809 or at a club night. £?? - any offers considered.

Saxon Shore and North Downs Way

The Saxon Shore relay is being held on Saturday, 11 June this year, and the North Downs Way relay is on 18 June.

Results.....Results....

Roy Palmer (1.16.48) was the first V40 and 4th overall in the Dover Mercury Half. **Brian Fennelly** (1.43.53) got a PB in the same race, and **Mary-Anne Johnstone** and **Sue Adam-Reynolds** made their Half debuts. **Steve Clark** set a V50 club record when he ran the Gloucester 20 in 2.11.18. **Jonathon Holmans** was 2nd out of 511 in the Greenwich Meridian 10k. **Neasa MacErlean** was first lady in the Crab & Winkle 6k Challenge.

FORTHCOMING RACES			
Mar 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

Kent Fitness League – a team manager’s view

by Steve Clark

First match of the season at **Knole Park** on **17th October** was a mediocre start for the Harriers team. Despite a fine run by **Jonathon Holmans** who finished fourth, we only managed 11th in the combined league and 9th in the females. But last season (one of our best, 6th combined and the females were runners up) was always going to be a hard act to follow! Still, we had a reasonable turnout of 16 runners.

Next meeting at **Swanley** on **7th November** saw the girls pick up and gain 4th on the day with **Fran Wood** turning out to bolster our strongest female runners **Jenni Van Deelen** and **Sarah Maguire**. While in the combined with Jonathon missing we still languished at 12th and only just scraped out a male team (of 7) after **Bob Davison**, who was only coming along as team manager for the day as unfit, ‘volunteered’ to turn out (long way back to Canterbury without a lift!).

Next match at **Meopham** saw a reversal of fortunes with the female team slipping back to 9th while the combined team crept up to 9th. And a much better turnout with 19 Harriers out on this roughy, toughy course! **Jonathon Holmans** was 4th again and **Russell Williams** on his second outing was 2nd Vet60 home. We were now 12th in the combined and 7th in the female league.

2nd January at **Avery Hill** for match four, and despite the time of year, 16 Harriers turned out. A great result for the girls, who gained 3rd position on the day with **Jenni Van Deelen** and **Sarah Maguire** 12th and 13th. While the combined team was 9th and **Russell Williams** was the first Vet60 home.

The 5th match at a cold **Minnis Bay** on **23rd January** saw much improved fortunes for the Harriers team, 4th in the combined and the

females were 2nd. A great turnout for the club with no less than 27 competitors. **Jonathon** once again leading the way for the men in 6th and **Fran Wood** for the females also in 6th with **Sarah Maguire** 8th and **Sue Denton** on her first outing was 3rd scorer. This helped us to climb to 10th & 4th in the league tables the females being only 3 points adrift of 2nd place. But the combined team was still in the lower half of the table.

Despite a good result of 7th in the combined team in the penultimate match at **Oxleas Wood** on the **6th February**, the girls slipped back to 8th, only turning out the minimum three needed to avoid the equivalent of penalty points - with **Jenni** leading home in 14th position ably supported by **Wendy Smith** and **Carol Reid**. **Russell Williams** was again first Vet60 home, getting the better of Eddie Broad of Invicta this outing, on this the toughest? of the 7 courses. Certainly the hilliest and longest! Sixteen members turned out in all.

The **20th February** saw the last match of the season, our own at **Blean Woods** and despite the heavy demands on the Club as hosts with marshalling and other non running duties, the club members really did us proud, both in terms of the race organisation, helping out and the result. The club is blest with several adept organisers (unfortunately there isn’t room to mention them all) led on this occasion by **Roy Gooderson** and **John Hartley** down to those who turned out to marshal on this bitterly cold day. All helped to make it a success with good feedback and report on the event. It was our best performance on the field as well with **Jonathon** in second place leading the 18 Harriers who took part home to make the combined team 3rd on the day and the girls again achieving runners up position. We jumped up from 10th to finish the season in 6th place in the combined league. Unfortunately the point’s gap in the female league was just too much and they remained 4th, one point from 3rd place!

Congratulations to the following who all achieved the 5 appearances required to enter

the personal standing league table. **Sarah Maguire, Jenni Van Deelen, Wendy Osmond, Jackie Macdonald, Steve Clark, Neil Vaughan, Joe Hicks, Russell Williams, Steve Reynolds, Roy Gooderson, Kevin Baker, Bob Pullen and John Hartley.**

Special congratulations to Russell who will get runner up award in the Male Vet60 category. Commiserations to Jonathon who completely forgot about the Oxleas Wood meeting which he needed to do to get his 5 appearances and who would almost certainly have got 3rd place award in the Male Seniors category and possibly even 2nd!

Finally a big thanks to **Alastair Telford** for his work in setting up and maintaining the magnificent KFL website where you can find almost all the details you could possibly want to know in almost any format! This is accessible from the home page of our website which is the envy of many a running club!

What made us decide to do the FLM

By Jac, Vikki and Sue AR

Jac: Because of my enthusiasm for running, a friend remarked 'You'll do a marathon one day'. 'No' 'No' 'Not I'. 'Never' 'Not in a million years!' Common sense told me it was too far and I couldn't possibly manage something like that. But the seed had been planted.

When I got to work, I looked at the FLM site and thought, why not, plenty of time to train, except it was past the sell by date for applications. I breathed a sigh of relief.

However, a friend of a friend had some Golden Bond places going and I was delighted when asking members of the running club at work (ran by Vikki) if anybody would like to do the marathon as well. Sue AR and Vikki didn't hesitate. Having signed on the dotted line and agreed to collect sponsorship, there was no going back.

The slower runners FLM strategy

In the new year, we got together, diaries in hand, over a packed lunch, to formulate a plan. The idea was to attend Harriers each Tuesday and Thursday for sprint and pacy runs and then do a long run at the weekends, increasing by two miles each weekend to build up to 20 miles. Once we reached the 20 M mark we planned to do 3 x about 20 miles to keep in practice. The first 20 miles would be achieved at the Thanet 20 event 6 March weekend. We also planned additional runs to boost the total mileage and cross training, me to swim, Sue the gym and yoga, Vikki horse riding, yoga & gyrokinetics (don't ask!). In theory it looked so good and do-able.....

The slower runners FLM in reality

Illness, holiday, more illness, more holidays and the bad weather have prevented the plans from being followed to the letter.

On the weekend of the 16 M long run Sue and Vikki opted for the Dover half (20th Feb). Because I was helping with the marshalling at the Blean xCountry on the day of the Dover Half, I did my long run on Saturday going from home (in Whitstable) along the Crab and Winkle railway line to Canterbury, into Blean woods, round the red route and home. Husband dutifully following on his bike with the water supplies. Felt quite professional! It was a bitterly cold weekend.

On the weekend (28th Feb), we managed a 17.5 mile run from Reculver to Whitstable (window shopping therapy as requested by Vikki) and then back to Reculver. Again another very cold weekend. We started in rain but the sun did come out although the temperature didn't go above 2 degrees! Family turned out at various points along the way to water us.

With the Thanet 20 postponed, the trio decided to meet at Vikki's for a 20 miler just the same, at 7am (yes folks, that's 7 in the morning in sub zero temperatures!). We finally made tracks at 7.45 and ran to Walmer to Vikki's relatives, via more of Vikki's relatives for a wet and a wee at the 5 mile point. I had to give up when we got to Walmer (10 miles) but Vikki and Sue successfully made the run. I did another 10 miles on the Sunday to make up for lost distance.

The slower runners training with Canterbury Harriers

Sue AR: Once I got over the shock of standing among a group of fellow CH's feeling like the one who obviously was not a runner! I began to be able to appreciate the friendly faces. The first ever session was over to Wincheap for a mix of 800s and 400s and I don't think I slept all that night as my brain and legs exchanged messages like 'what happened to the car for anything over 5.5mph?' and 'have you gone completely mad?'. However, we hung onto the friendly words of a fellow CH that evening as we were 'jogging!?' back to base who ran up beside me and said – 'first few weeks it will hurt like hell, but come anyway'. So we did and we are improving. This week, a fellow CH said we looked more like runners now... I think she meant that our arms and legs were now moving in a reasonably logical formation!. Seriously, the people in the club are great and **Gerry's** sessions have helped us build our strength and scope. We don't train with his Marathon group (for obvious reasons like we can't keep up with them!) but we do Tuesday as our speed training session and Thursday's as a tempo run. Thanks to all from the ones at the back!

Jac: Just to be cheeky and opportunistic, if you would like to sponsor us, Golden Bond places are expensive you know....our webpages are: <http://www.justgiving.com/JackieMacDonald> <http://www.justgiving.com/sponsorSueA-R> <http://www.justgiving.com/VikkiLiepins>
If you have an aversion to on line, just give us your name and we can add you to our paper copies. Many many thanks.

See you in London with Paula at the start line...
...!!!
Don't go home without us!
Jac, Vikki and SueAR

The Ras Cors Caron, February 13th 2004

By Jenni Van Deelen

It's **Valentine's weekend**. It's cold outside, blowing a gale, hailing and even snowing. The children are with their grandparents and you have the chance to relax together in a cosy hotel in the Welsh countryside. Of course this is the **perfect opportunity to unwind together**, right?

Wrong!

When we get the chance to run together we certainly do it in style. Having spotted this race, run around Tregaron (near Aberystwyth) in Ceredigion, David and I thought it would be near enough to make into a reasonable half, given our new-found childless status. We decided to drive over on Saturday, stay overnight and arrive fresh and ready for a promising race, run through Welsh villages, over Welsh mountains and across a nature reserve known as the Cors Caron. What we hadn't banked on was the **Welsh weather**: it was freezing!

The journey over took us through some spectacular scenery, including the Devil's Bridge. The **hail, snow and driving wind** added to the general feeling of wildness but our pre-race joking turned to **hysteria** as we realised we would be running into the wind for at least the first half of the race.

The field, not surprisingly, was small, and after the start we spread out fairly quickly. I saw David disappearing ahead of me but I was lucky enough to tuck in behind another runner. It was rather frustrating because it felt like he was going much too slowly; but every time I tried to overtake, and headed into the wind, I decided it was too much effort and took advantage of the wind shelter.

The course soon headed into the Welsh hills, each one more testing than the last. Certainly nothing around Canterbury compares! I soon found myself quite alone, and with marshals being located only at the major junctions it became quite relaxing. I knew that at around 8 miles we would head onto the **nature reserve** -which turned out to be a **bog** - and run along the disused railway line for around 3 miles. This part of the course proved equally challenging as the path was very wet, muddy and in places boggy. I tried to take my mind of the sludginess of it by looking out for the red kites for which Tregaron is famous. Still, at least this section was flat with the wind just starting to nudge us along and I soon hit a good rhythm.

At 11 miles we headed back onto the road, finally with the wind behind us as it started to snow really quite hard. It was quite a relief to see the finish, where David was waiting having finished some 5 minutes before. After a warm shower we were able to collect our 'cowl', which turned out to be a **very welcome soup**; along with the very nice T-shirt this made the £10/day entry very reasonable. We were further cheered on meeting the race organiser who turned out to be closely linked to Canterbury, with David even knowing his best man's father!

If you are ever in this part of Wales this half and the 10K in May are definitely worth a try. The organisers and competitors were incredibly friendly and the race itself faultlessly organised. Every single marshal gave a cheer as I passed in spite of the freezing wet weather and the water stations were well-manned and operated. And I could eat all those lovely Valentine's chocolates without a worry about my waistline!

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