



The Harrier

April
2006

The newsletter of the Canterbury Harriers

Whitstable 10k – 1 May

We need over 30 Harriers, friends, relatives and hangers-on to marshal at the Whitstable 10k – our top fund-raising event of the year – on the Spring Bank Holiday on 1 May. Please volunteer to committee members.

XC Celebrations: 4 May

The XC celebration event of the year takes place at KSRC after training on Thursday, 4 May. Prizes, T-shirts, buffet, good company. Everyone is welcome. We will also be celebrating the efforts of our runners who took part in the London Marathon.

June 25: Man on the Run

We have put down a provisional date for Run for Your Life, the men-only race which **Steph Lam** directed last year with marshalling and much other support from

the Harriers. The race, a charity race in aid of raising awareness of male cancers, is being renamed Man on the Run. Please put the date in your diary if you think you can help out. See revamped website at manontherun.canterburyharriers.org.

Le Touquet – 1 July

The Le Touquet 10k (a flat PB course) takes place on 1 July. Speak to **Roy Gooderson** if you want to go. Cost is £19 for return coach trip and about £6 for race fee. Coach leaves 7am-ish (time to be confirmed).

Inter Club Relays

This year's season of 5 relays starts on 16 May. We did very well last year – taking 1st place in VF45 and 2nd in VF35 – and we could do well again this time if we get enough runners out. We meet 6ish at KSCR to arrange lifts – and leave by 6.15.

FORTHCOMING RACES

Apr 23		London Marathon	Blackheath
May 1		Whitstable 10k	
14		Stelling Minnis 10k	
16	7.15pm	Relay1: Deal	Paddling Pool area
21		Larkfield 10k	
28		Canterbury Half	
30	7.30pm	Relay2: Thanet	
June 3		Harvel 5	
13	7.30pm	Relay3: Ashford	
25		Man on the Run	
27	7.30pm	Relay4: Folkestone	
July 1		Le Touquet 10k	
July 11	7.30pm	Relay5: Canterbury	
15		Rhino 10k	Port Lympne
23		Dartford Half	
23		Dinosaur 10k	Deal
August		Red Lion 10k	
Sept 3		Kent Coastal Marathon and Half	Margate
10		Miles & Barr 5k	
17		Faversham 10k	
Nov 5		Deal Castle 5	

INTER CLUB RELAYS **2006**

IT'S SPRING AGAIN AND THE INTERCLUB RELAYS ARE FAST APPROACHING. For those who have not had the pleasure, this is a friendly competition between 9 East Kent clubs held over 5 meetings once a fortnight on the Tuesday evenings from mid May (see dates below). Please be aware that the normal Tuesday night club sessions will be suspended on these dates as a large contingent of club members will be attending the meetings but there is nearly always a few club members who will turn up at the normal time at Kings just to do a run (or because they forget!).

Anyway all are welcome and encouraged to come. It is a team event with each individual doing an approximately 2 to 2 1/4 mile leg. We can enter as many teams as we like with the 'A' team scoring for the club and there are several category's male, female, seniors, vets etc. etc.

As a club we make the teams up on the night by who turns up, we put the fastest runners into the 'A' teams then make up 'B', 'C' teams etc. So all standards and ages are catered for, so please do come along! Rarely does anyone turn up and not get a run as runners can run more than one leg (except a runner can only run once in a 'A' team leg) so odd numbers of people attending are not a problem.

As you can imagine organising the teams this way can be a bit hectic! So please ensure you are there at least 30 minutes before the start. People can make their own way there or meet at Kings Centre for lifts (see departure times below).

So please do come along if you can, it's friendly, good fun!? and makes a change from the normal Tuesday

session. If you are pushed for time but want to take part, obviously only the first leg goes at K.O. time, so if you let **Steve Clark** or **Bob Davison** know you are definitely coming we can pencil you in for a later leg.

***** PLEASE WEAR CLUB VESTS. *****

16th May DEAL (seafront, Walmer end)
K.O. 19:15 Depart Kings 17:50

30th May THANET (Minnis Bay)
K.O. 19:30 Depart Kings 18:30

13th June ASHFORD (Victoria Pk)
K.O. 19:30 Depart Kings 18:20

27th June FOLKESTONE (tba)
K.O. 19:30 Depart Kings 18:15

11th July CANTERBURY (Invicta's @ Cant. High) K.O. 19:30 Make your own way.

Steve Clark

Saxon Shore Relay – 17 June

OK, so what does a runner from Kent do to celebrate mid-summer? Well, the Saxon Shore or North Downs Relay, of course. Tell **Steve Clark** asap if you want to enter.

Ask **Wendy Osmond**, **Emma Hall** and the others in their prize-winning team last year about the Saxon Shore Relay.....Organiser Dave Ovenden explains: 'The Saxon Shore Relay - a well organised serious running event?.... a race to the death between finely honed athletes? a chance to test your individual mettle and fortitude across the byways of East Kent? Well.....not as such..... it's actually the tedious bit in between acquiring your exclusive highly sought after collectors item of a running vest at Folkestone (coz that's where my folks live and they give them

out) and you stuffing your faces with a most excellent hot and cold buffet at Whitstable Rugby Club.

The best way of achieving your objective - Tee-shirts to beer/food in the shortest possible time – is by following the Saxon Shore Way running from Folkestone around the 'coast' of Kent (omitting Thanet – and why not?), and finishing on the sea front at Whitstable. It's very amateur and remains a low profile event but has still raised over £11,000 for the less well known charities on the way, often with personal associations. It is not and has never been a professional runners race; none of us really take life that seriously!

The format of the relay is to start with a team of four or five runners the first of which sets off carrying a mascot to race a 'leg' of approximately 2 miles to the first handover. This is where the runner's team members will meet him or her in their car, enabling the runner to handover the mascot to the next runner who will carry on to the next station. This means that four of the team drive to the first handover and wait, pick up the first knackered runner and go on to the second handover, drop off another runner pick one up and so on until the last leg. All in all the route is 46 miles so each runner will cover about 9 miles in approximately 2 mile sections. Each leg run will be separated by about an hours rest whilst team mates do their bit so there is plenty of recovery time between runs although you will be amazed at how quickly this time goes.'

North Downs Relay – June 24

Again: let **Steve Clark** know asap if you want to be part of the prestigious Harriers team this year. This is how the organisers describe the race: 'The North Downs Relay Run follows the 123 mile (198km) course of the way-marked North Downs National Trail from

Dover to Farnham. It is a test of both running & map reading skills, taking place on a midsummer Saturday to make the most of the summer daylight. The first leg sets off from Dover at 5am & normally it's all over when the last runners reach Farnham by 7:30pm! It is usually then followed by some relaxation & a meal in a local pub where the fastest club is presented with the David Earle Trophy.

The route is divided into 16 unequal legs that range from 8km to 17km in length. Each leg is run as a separate race with a mass start at a fixed time.'

Harrier Exclusive !

As a result of overwhelming demand from members, the club recently commissioned a sessions distance measurement study. Using the very latest revolutionary technology the expert commissioned by the club, who incidentally provided his services for free, has confirmed measurements as follows:

Eliot College hill(bike path up) = 422 metres

Rheims Way(pathway down) = 256 metres

Rheims Way (roadway up) = 265 metres

St.Stephens circuit (old) = 1030 metres
St.Stephen`s circuit(new) = 1000 metres

Wincheap short repetition = 377 metres

Wincheap full circuit = 752 metres

The Club Head Coach is said to be particularly pleased that the results are broadly in line with his own visual based assessments as advised to club members on a number of occasions.

End of exclusive

RESULTS...RESULTS...

Wendy De Boick carried home the silver after the **Larkfield Aquathon**, taking the first V50 position in this ladies only race of a 5k run and 500 m swim. **Jenni Van Deelen** was 5th overall.

In the Thanet 20, our ladies team of **Carol Read** (3rd V35), **Jenni Van Deelen** (4th V35) and **Sarah Maguire** (6th V35) took the ladies team prize. The same three carried away the 2nd place team prize in the Dover Half. **Pearl Pierce**, making a very strong return from injury, was the 1st VF55.

In the Folkestone 10, **Tony McParland** led the Harriers home, coming 19th out of a field of 439, in his debut run at this distance, with a time of 1.02.59. **Jenni Van Deelen** was the 2nd V35 (1.10.10) and **Barbara Wenman** made one of a strong of marvellous performances this summer, taking the 1st V45 slot (1.12.44). At the Darent Valley 10k, **Barbara Wenman** took the 2nd V45 prize (43.54) and **Pete Greenwood** (59.25), our marathon specialist, dipped under the hour as he continues to improve after his hip operation.

At the Paddock Wood Half, **Mark Barker** was the first Harrier home (141 in a field of 1,367) in a time of 1.28.46. **Dave Smith** was not far behind (203rd in 1.31.47). **Keith Barker** (1.36.31) and **Brian Fennelly** (1.38.41) both came out with PBs.

Italian Report: No overtaking in the kitchens

Brendan Foster ran it and concluded that it was one of the strangest races he had ever been in. So when I moved out to Italy I had to make a date with the Cinque Mulini (Five Mills).

It's a fantastic race (or set of races – as there are about six separate ones, between 4 and 10k, for men and women, seniors and vets). The organisers – **the Malerba family** who have been organising it for 74 years with no interruption for World War 2 – would meet us at Malpensa airport (near Milan) and organise hotels for us next March if a group of Canterbury Harriers wanted to come out.

Obviously, the first thing I had to do on arriving the night before was to check out the two remaining mills on the course and see if you really had to run through the kitchens in them. And you do. But on my recce, I was chased away from the mills (doing a sort of 40 meter PB) from the dogs that usually live there. I was in good company – as, I think, Dorcus Inzokuru, world ladies steeplechase champion, and Ezekiel Kemboi, Olympic steeplechase champ, who were also taking part, were also chased away unceremoniously.

About 200 people took part in the races overall – including numerous professional, **international athletes**. Just about everyone I met had done a 10k PB in 28 minutes at Crystal Palace or was flying in from training in Austria. I didn't share with them my PB times – but I let it be known that I had relocated to the Alps for altitude training.

There were 21 of us in my 4k race. I was the only non-Italian. We had two laps of the course which goes round farmland and through the two (working) mills. (Dogs were away on a short holiday while the race went on.) Terrains varied from mud to **fields of corn** (beaten down to be almost horizontal) to parts where you had to leap over 4 streams in 100 yards to the mills (enter courtyard, sharp left, follow green carpet, rush up steps, across another courtyard, down step, through kitchen, nothing cooking, up and out), over bridges, along by **giant haystacks** and make finish on impromptu stadium in front of 400 people sitting in grand stand.

I managed to hold onto 10th place, one second ahead of a woman 15 years my senior – mainly because of the kitchens. In a strategic blunder, I think, she planned to overtake me here – but could not squeeze in between me and the **sideboards**.

Anyway, it was a great – albeit bizarre – race. I'll be doing it in March 2007 and I'll keep you posted via The Harrier.

Canterbury Harriers Committee

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Stephanie Lam Secretary – 832213

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