



The Harrier

The newsletter of the Canterbury Harriers

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The Harrier is back!

Apologies to all our members who have been eagerly awaiting their latest copy of The Harrier. We are glad to say that it is back in print and online.

Due to a number of technical issues we were temporarily unable to bring you all the latest news and member contributions. But we are glad to report that normal service has been resumed.

In this edition we have included important news about the Club's future affiliation to UK Athletics and how that may impact you as a club member. All of this will be discussed in this year's AGM. See below for details.

It's your Club. It's your AGM. Don't miss it!

This year's AGM will be held at 7 pm on Tuesday 6th November at Rough Common Village Hall.

You will have an opportunity to hear the Chairman's review, the Club's financial report and proposals regarding the club's future affiliation to UK Athletics. It's also your chance to ask questions or raise any issues that you feel are important to you and the club.

We will also have a kit sale at the hall followed by a buffet at the Dog & Bear with a firework finale! So make sure it's in your diary!

Affiliation and what it means to you

In a nutshell one the benefits of being a Harrier is that you belong to a club which is affiliated to UK Athletics so you can tick the "attached" box on every race entry form and so pay £2 less per race for the privilege of running compared to the unattached runner, and this applies to every race from the London Marathon to a local 5 or 10k. Consequently if you, like I, enter 8 or more races a year then you more than cover your membership fee of £15.

This has been possible because up to now Canterbury Harriers has paid you affiliation fee for you from the annual subscription you pay in October. For a club of our size (approx 120

members) this fee has been £180 in recent years, in other words your annual affiliation fee has been about £1.50 each.

However there are changes happening in the world of running. In 2005 UK Athletics commissioned what is known as the Foster Report and its recommendations began to be implemented in 2006. The outcome of this is that a new body, England Athletics Limited, is taking over the role of the three UK Athletics regions (South, Midlands and North) that used to administer our sport. Like the three regions England Athletics is not only for road running and X-country but also for track and field clubs/events. However the new fee structure which came into force in April is significantly different to the old system of paying a fixed fee according to which fee bracket the membership numbers fall into, (a bit like council tax, if you live in a band B house then you pay less than band D).

The new system is that every club pays a fixed fee of £50 regardless of size but then has to pay an additional £3 per member for this year rising to £5 in April 2008. The way England Athletics explain their fee structure is in terms of the clubs passing affiliation fees onto members as an addition to club membership subscriptions. This has incensed a significant number of running clubs to the point that a new "breakaway" body The Association of Running Clubs (ARC) has recently been formed. The ARC is aimed at road running clubs such as ours who have low overhead costs unlike the track and field clubs who have considerable monies invested in their track facilities and equipment.

So now we come to the crux of the matter. Do we stay affiliated to England Athletics and bear the new fee structure or do we join a number of clubs who have broken away? I've listed below the advantages of staying with UK Athletics and of joining ARC. As yet we as a committee are undecided on which way to go but have opted for staying with UK Athletics until we have consulted you the club membership. Certainly we will not make such a major decision without consulting you, fellow Canterbury Harriers. Please let us have your opinion.

So this year up until April 2008 we have registered with UK Athletics and have been able to meet the additional fees from club funds. However there is more to it than just cash. England Athletics are asking for your personal details such as name address, email etc so that they can contact you

October 2007

directly. We as a club cannot pass on these details without your say so (it's called data protection as well as good manners) and so we will be asking your permission when you renew your membership in October.

You can get more information from the following websites. They are worth visiting as they give much more detail than can be fitted into a single edition of "The Harrier."

www.ukathletics.org.uk

www.runningclubs.org.uk (The ARC website)

www.sandhurstjoggers.org.uk This is the website of a club twice our size (211 members), which has already faced this issue and has published a series of email correspondence between England Athletics and itself regarding the implementation of the fees.

The Advantages of Staying With UK Athletics

You will not have to pay the unattached levy, currently £2 per race.

There will be club places available in the London Marathon so your chances of entry will be greater. The club will continue to be eligible to enter the present series of X-country events where we've enjoyed considerable success this year. Your coaching team will be able to train for internationally accredited awards.

The Advantages of Joining ARC

The club membership fee will not rise as much as it would have to (if at all in 2007) in order to accommodate the new UK Athletics fees.

You will be able to run in races held by sister ARC affiliated clubs without paying the unattached fee. (e.g. if Thanet Roadrunners became ARC members then you could enter the Thanet 10 as an attached member).

Your personal details will not have to be registered with ARC, (a condition of UK Athletics membership is that we pass on these details.).

The costs of administering races such as the Whitstable 10k will be less and we as a club get to keep more of the entry fees and so can subsidise X-country entries as we currently do.

The ARC Public Liability Insurance is more appropriate to our sport and the excesses are less (we need confirmation of how much). This will affect how much we (or possibly you!) need to pay in the unlikely event of a member of the public successfully suing the club.

Your thoughts and comments are most welcome

Tim Richardson – Perks

Christmas Dinner & Presentation Evening

We are fast approaching Christmas and diaries will soon fill up so be sure to put the Canterbury Harrier's top social event on the calendar. This year the event will be held on **Saturday 1st December at Boughton Golf Club. Please contact Sue Coombes for further information and tickets on 275221.**

The Cross Country Season is with us – Full Details Below



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HARE AND HOUNDS
HARPER'S WEEKLY

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(Above Steve Clark – fourth runner in picture – in one of his earlier races)

Remember the club will pay your entry fee for any of these events and anyone doing 6 or more of any of the events will be eligible for our club sweatshirt at the end of the season. For further information please speak to Steve Clark our Cross Country Team Manager.

CROSS COUNTRY SEASON 2007/8 KENT & SEAA FIXTURES LIST

Date	Day	Fixture	Venue
6th Oct	Sat	Kent County League-Fixture 1	Sparrows Den, Hayes
6th Oct	Sat	Southern XC Vets Relays	Oxford
14th Oct	Sun	Kent Fitness League-Fixture 1	Blean Wood, Canterbury
27th Oct	Sat	Kent County league-Fixture 2	Capstone Park, Chatham
11th Nov	Sun	Kent Fitness League-Fixture 2	New Barn Park, Swanley
17th Nov	Sat	Kent County League-Fixture 3 (Women)	Danson Park, Bexleyheath
25th Nov	Sun	Kent Fitness League-Fixture 3	Knole Park, Sevenoaks
8th Dec	Sat	<i>Kent Vets & Clubmans Champs</i>	Sparrows Den, Hayes
15th Dec	Sat	Kent County League-Fixture 3 (Men)	Somerhill School, Tonbridge
16th Dec	Sun	Kent Fitness League-Fixture 4	Knurstead Court, Meopham
30th Dec	Sun	Kent Fitness League-Fixture 5	Avery Hill Park, New Eltham
5th Jan	Sat	<i>Kent Championships</i>	To Be Announced
13th Jan	Sun	Kent Fitness League-Fixture 6	Minnis Bay, Thanet
26th Jan	Sat	<i>SEAA Championships</i>	Parliament Hill, London
2nd Feb	Sat	<i>SEAA Veterans Championships</i>	Mad Bess Woods, Ruislip
3rd Feb	Sun	Kent Fitness League-Fixture 7	Oxleas Meadow, Eltham
16th Feb	Sat	Kent County League-Fixture 4	Nurstead Court, Meopham
17th Feb	Sun	<i>KFL - Presentation Relay</i>	To be announced
23rd Feb	Sat	National XC Championships	Alton Towers
6th Apr	Sun	Southern 12 Stage Relays	Milton Keynes

A Cross Country Gem

If you are into tradition and history in your cross country running then an event not to be missed is the Southern Cross Country Championships at Parliament Hill , Hampstead Heath on Saturday 26th January. The Heath has been a focal point for running for well over a hundred years and the Southern XC has been held here off and on for over fifty years. The courses (there is a full range of junior male and female races before the senior events) start with a run up the hill itself which at 441 ft at the top is the highest natural point in London and gives spectacular views of the city (on your one lap warm down) The origin of the name is uncertain – some believe it is the spot where Guy Fawkes and Co planned to admire the after effects of their handiwork - others believe that it was a defensive stronghold for the Parliamentarians during the civil war. Once you have negotiated the hill the course is undulating through the Heath - for the ladies that is a standard 6 miles of undulation, for the gents at 9 miles there are a few extra undulations. The good news is that all races have a fast downhill finish. Trust me – a gem !

Gerry

Speed In The UK - Endurance In Italy

'IF my father was able to come back from Russia in the winter of 1943, on foot, in shoes not adapted for such a journey, dressed in rags, without food, sometimes in snow and sometimes braving temperatures of - 30 degrees, I decided that I could run 100k in running shoes and with water and food stations.'

My friend Peppe (Giuseppe/Joseph) explains to me the most fundamental reasons why he runs. His father achieved a mighty feat in coming back alive to his home in the Valtellina Valley, one of the northernmost areas of Italy. Peppe is one of the best runners in this area - and has achieved outstanding times (8 hours for 100k, for instance). Peppe's story explains to me some of the differences between the running traditions, as I see them, of the UK and Italy.

In the UK, we concentrate on speed and on winning. In Italy, the emphasis is much more on endurance ('la resistenza') and competing. I think these differences stem from national characteristics and ways of life. To succeed in England, you need to be able to deal well with change and it helps if you can be first (think Sir Richard Branson, Lastminute.com, music, the City of London, just for a start). To survive in Italy, you were probably better off taking the long

view - and during times of war (of which there have been plenty) you were best advised to have the outlook of a strategic marathon runner than someone who was going to make a quick and spectacular dash anywhere.

Enough of the armchair psychology. Let me tell you a few other things about running in Sondrio, in the Italian Alps (where I have lived for 18 months) and how it compares to running in Canterbury: Italian doctors go running - not least because they think it is good for their health. In a group the same size as Canterbury Harriers (where, I think, Laurence is our only doc), I know six who are medics.

After an Italian race, you normally have a fantastic, sit-down lunch (pasta, vino, salame, apples.at least). If there is no hall for the occasion, they will knock up tents - and the last time we were served by the Red Cross. The prize-giving ceremony can often last as long as the race (even if you are talking of a marathon) because there are often lots of prizes and people like to make speeches. There are often several prizes which are nothing to do with speed. (In fact, I have one of these - being presented with a huge black bag for being the last woman finisher on one occasion.) There are sometimes prizes for the club with the most entrants at a race - underlining that message that competing is just as important as winning.

The marathon seems to be the undisputed king of races - in a country where there are hardly any 10k races. Stefano Baldini, the reigning Olympic marathon champion, is a role model - but cult of personality is much smaller in the Bel Paese than in the UK. (I have seen Baldini dashing by a couple of times - in the Milan Half Marathon at the start of April, for instance. He must be one of the best two or three European runners - but when Africans are in the picture he slips down to top 20 or 30 level.) Nevertheless, Baldini - just turning 36 - must be on his way to retirement and he will leave a gap when he goes. Italy has a great history of running - but there are no other great Italian runners in sight just now.

Running is both more relaxed in Italy and more serious. Our pre-race warm up is often an espresso - and on the starting line we will be chatting as if we have just been reunited with our cousins after 15 years apart. On the other hand, the dreaded Italian bureaucracy means that most race entrants have an annual medical check (costing £40 or more), they belong to clubs and, as a result, they can be very dedicated and pretty darn fast (for all that I have said about resistenza v speed).

Races can be stunningly gorgeous . I think I lost a minute in our local 11k race here, trying not to gawp at the snow-capped mountains, beautiful church nestling on the mountain side, valley views etc etc. Mamma mia! Che bellezza! As we say in these parts. My club - 2002 Marathon Club - is similar in size to Canterbury Harriers (with about 150 members).

We hope to come over to visit you - and we hope you will visit us. We go on fantastic training runs up and down mountains, by Lake Como, other lakes, through woods (where mushrooms can also be picked if you pick your time right) and then we often end up with a bottle of the local red wine (made 1k from my house) and a plate of polenta, pizzoccheri or the other dishes which are made in this valley. E' una vita dura - but someone has to do it. If a group of you fancy coming out, get in touch.

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Neasa Mcerlean

Calling All Budding Writers

If you would like to contribute an article to The Harrier please contact Gerry Reilly. We are always looking for race reports, stories and running trivia.

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