



The Harrier



The newsletter of the Canterbury Harriers

Autumn 2009

Contents

Pages...1/2 Introduction

Pages...2/5 Saxon Shore

Pages ..5/6 North Downs Way

Pages.... 6/7 Supreme Marshal

Pages ...7-9 Mt Ephraim

Page....10 Pub Runs

Page ...11 The Running Outlet

Pages...12-14 Triathlons

Pages...15/16 Running Web Sites

Pages...16/19 Le Touquet Trip

Page....20 You couldn't make it up – or could you!

Page...21 News from Gerry

Pages...21-23 Warming up and down

Page...24 Committee News

Page.....25 Farewell to Carol

Kit Korner....Pages 26/27

Welcome to the autumn Harrier newsletter.

The embers of summer are still glowing but the sight of longer evening shadows tell us that autumn beckons once more (excuse the prose but you know what I mean). And, with it, our thoughts begin to turn to entering a new phase of the annual running calendar. However, before we turn to the future, memories burn strongly of the past few months with another successful series of club events and activities.

Once again, the good news from our running of the Mount Ephraim race is that not only did we organise a well-managed event but also competitors told us so! The feedback from competitors was very positive – 'good race, nice scenery, excellent location, bit hilly' - enhancing the reputation of Mount Ephraim as a local race of choice. We were also able to reciprocate hospitality with our Reims friends with whom we have many years of association. Francoise Guillot wrote shortly after the race to 'thank you all once again for the wonderful time we had this weekend with you. Everything was so fabulous: your warm welcome, the BBQ, the lodgings at the university, the meal at Mount Ephraim Gardens ... and ... THE RACE. Of course, it was a bit steep and hard.....but doing it I had time to appreciate the superb surroundings ...the lovely cottages, horses in the fields'. Importantly, we were also able to raise £150 for Demelza hospice care for children - a very worthwhile local charity. Further news and photographs from our Mount Ephraim race is included in this issue.

Other summer highlights include the Saxon Shore and North Downs Way events, the summer series of Tuesday night relays, the Le Touquet trip, and an excellent series of Friday night pub runs. Importantly, many members entered individual races and achieved personal and season bests, and over and above all of these the personal satisfaction of competing and representing the club with distinction.

This issue also contains features on injury prevention and treatment, news of the newly opened Running Outlet in Canterbury, a very informative article on triathlon by John Hartley,

and a resume of running websites. In addition, there is a stranger than life tale of a Buzzard attack in Canterbury (you could not make it up – or could you!). Thanks then to all contributors in this issue in the form of Bob Pullen, Tim Richardson-Perks, John Hartley, Marco Keir and George Johnson. Gerry has also written to keep us informed of his temporary work assignment that means he is unable to coach for a short while.

Finally, we are very sorry to be saying farewell to Carol Reid who has contributed a great deal to the club over the past 10 years or so – whether as committee member, a helper and organiser at all of our events, a dedicated trainer and competitor, club coach and devotee of exotic holidays. Carol - we are grateful for all you have done and achieved and we will miss you enormously. Marco has written a tribute to mark Carol's contribution and time with the club.

As one chapter ends, another page turns and we are pleased to welcome Tina Jones as a running representative to serve on the club committee.

And, very finally, we extend a very warm welcome to all new club members who have recently joined. We hope that you have already had a warm welcome from your fellow club members and we wish you many years happy association with the Harriers.

As a *footnote* to the economic difficulties in which the country finds itself, we are delighted in the way that members are finding ways to obtain extra income. The Daily Mail reports that Jamie Oliver got a stunt double to bare his bum in his TV ad to promote his channel 4 'American Road Trip'. Step forward one Steve Clark who stood in for Jamie and bared his buttocks – at least we did not have to see your face Steve!

Enjoy your read....

Saxon Shore Relay – 20 June 2009 - by Bob Pullen

A record five teams from Canterbury Harriers completed this year's Saxon Shore Relay. The teams and their finishing times are as follows.

Team	Runners	Elapsed time (HH:MM)
Harrier Jets	Tony McParland	05:48
	Rob Dowling	
	Rob Hicks	
	Ryan Bullows	
Harrier Jetettes	Emma Greatrix	06:48
	Jenny Benson	
	Carol Reid	
	Tracy Furminger	
Harrier Jetlags	Steve Reynolds	06:48
	Ray Cameron	

	Trevor Brown	
	Neil Benson	
	Tony Savage	
Harrier Jetbetterlatethannevers	Andy Farrant	05:41
	Marco Kier	
	Colin Kent	
	Gerard Power	
	Neil Godden	
Harrier Jetsom	Bob Pullen	07:10
	Debbie Clifford	
	Tina Jones	
	Kate Marsh	
	Daniel Yarlett	

Many congratulations to Emma, Carol, Jenny and Tracy who won the all women team competition and did so with a team of four runners rather than the usual five. A superb achievement! All Harrier teams put in a fantastic showing and I would like to thank all team captains for organising their teams and for putting up with my rather intermittent and erratic instructions in the weeks leading up to the event. I know that the organiser Christine was very pleased to have the Harrier teams on board to support the event. £2,000 was raised for the Royal National Lifeboat Institute and £1,000 for CLIC Sargant, the children's cancer charity. A team from CLIC Sargant prepared the post-event food at Whitstable Rugby Club, the resources for which would have otherwise gone to a catering firm - and there was enough for seconds and even thirds!



Tracy, Jenny, Emma and Carol relaxing after winning the women competition - well done

For those who have not come across this event before, the Saxon Shore is a 47 mile course which is generally ran as a relay by teams of 4 or 5 runners. The event starts at Cheriton, near Folkestone, overlooking the Eurotunnel terminal, and finishes outside the Hotel Continental, Whitstable. The route winds in land at Sandwich and cuts out the Isle of Thanet (This royal throne of kings, this scepter'ed isle, this earth of majesty, this seat of pants, this other Eden, demi-paradise, this fortress built byBovis....., against infection and the hand of Roger Gale, this happy breed of men, this little world, this precious stone set in the silver sea (you're in danger of over doing this - Ed), which serves it in the office of a wall [whatever that means], or as a moat defensive to a house [except that many roads cross the River Wantsum, including the 4 lane motorway-standard Thanet Way whose name sort of gives the game away], against the envy of less happier lands [yeah right!], this blessed plot, this earth, this realm, thispeninsula at the *rs% end of East Kent).

36 teams completed the event this year, plus 2 people who ran the entire length of the course as individuals taking 9 and 9½ hours respectively. Detailed directions are provided for both runners and drivers, including how to avoid Thanet (not completely!). I have not heard of any great mishaps this year although Kate had an altercation with a gorse bush on the white cliffs, Ray had a battle with a gate (not once but twice!) and the Jets had trouble circumnavigating Sandwich, which cost them loads of time. I certainly have sympathy with the Jets as it was at Sandwich last year that things started to unravel for our team resulting in us winning the wooden spoon.

The Jets, Jetettes and Jetlags all started at 11am and the Jetlags kindly kept with the Jetettes around the course to keep them company. Who said the age of chivalry is dead? Our Jetsom's team had the luxury of Tina's husband Brian driving us around the course so none of the runners had to worry about the added stress of driving. So a very big thank you to Brian from all of the Jetsoms.



Jetsom smiling before the start of the Saxon shore – Bob, Tina, Debbie, Brian, Kate and Daniel

The weather was kind this year with sunny intervals, no rain and light breezes along the coast. There were some new sections this year to the course that took the runners off road and across some fields and orchards on the Stour Valley Way. The lanes in these parts are very narrow and we all felt for a horse rider who became marooned in a lay-by as a cavalcade of Saxon Shore cars made their way along the road.

The navigational notes for the new sections were very detailed. However, a couple of runners appeared at the Sandhills Farm changeover point up to their chests in dirty water where they had strayed from the route and fallen into a drainage ditch! I paid particular heed to the

notes for the section between Plucks Gutter and Grove Ferry as taking the wrong bridge across the Stour would have resulted in a choice of retracing the route or a swim across the river! As a result of this race I also discovered yet another family walk with a pub at each end. The Saxon Shore is brilliant for taking you to places you would not normally visit.

It was at this point that we lost ground to a friendly team from Deal Tri and kept bumping into an equally friendly team from Paddock Wood at the remaining changeover points. With the inland stages out of the way, we rejoined the coast at Reculver and finished in Whitstable just before 5pm.

A quick shower and some excellent banter in the changing rooms and it was up to the bar for a well earned pint or two of Guinness plus some tasty and plentiful buffet food. Despite only running about 10-12 miles in total, it is surprising how over 7 hours on the road takes it out of you. However, everyone put the rigors of the day behind them and chilled out at the rugby club. I think we all slept soundly that night! (Ed. not all together)

Ed's Note: Bob modestly forgot to mention that he organised all of the Harriers teams (at least he told me to say that!).

North Downs Way Relay – 20th June 2009 - Tim Richardson-Perks

Well the Canterbury Harriers managed to beg, steal and borrow runners to make up a team for this event. Why when there are over 100 members in our club. Is it because North Downs is notorious for its hills and tough conditions? Is it because stories of lost runners over the years have seeped back in exaggerated proportions and scared people away? No, it is down to the one man whose place in Canterbury Harrier history is notorious. Yes you've guessed it STEVE CLARK!!! This year the staging of Saxon Shore Relay on the same day left many with the perfect excuse to avoid the NDR and the captaincy of Mr Clark. Infact I heard people were begging Bob Pullen for Saxon Shore places. Other old hands with years of experience (Joe Hicks, Bob Davison) quietly entered the Weald of Kent 10 weeks earlier and came up with the time honoured line "If only I'd known sooner.."

Still other Harriers caught colds (Gerry) or had to work on Saturday. Yes, we struggled to get a team out but Clark persevered and managed to cobble something together (perhaps he threatened them with the Pennine Way which I've heard can be quite painful but that's another conversation, ask John Hartley!). But back to NDR why is there this reluctance to run? Perhaps my experience of the day may enlighten you. For some reason I agreed to run both the 2nd and 3rd legs a total of about 15 miles of hilly cross country. In agreeing, I do not remember being drunk, in fact I only had a pint of Guinness but had Steve slipped something into my drink?

However, I turned up at the start of leg 2 at 6am (20 min in front of the advertised start time). Five minutes later the runners for this leg assembled but no Steve Clark and no maps! All 3 fellow competitors were down to run leg 2 only and as two were 6 foot plus and 15-20 years younger than me I knew that keeping up was not on the agenda. At 6.15 I got out my mobile and was informed by one of the guys who had seen his 1st leg man off at 5.30, "Don't bother phoning Steve he's left his mobile at home! Infact Steve only just made it to the start (with Joe Epsom) as apparently he overslept! However I thought he was behind me and he should have been here by now." Oh great! The start time 6.20 came and went, fortunately this is only approximate as the next leg starts when the first runner hands over so breathing space. At 6.25 Steve shows up, car skidding to halt as the lead runner comes into view with

about 600m to go. "What happened?" I asked. Well after the brief explanation about getting up late and watching Joe start Steve was moving Joe's car on and Jenny was waiting midway to cheer on Joe. The problem: Steve had left the maps with Jenny so had to double back! Result I set off without time to familiarise myself with the route map so made two wrong turns in the first 2 miles losing 3 minutes. At least I was third place. Fortunately, I soon got to grips with the map and made it to the midpoint at the end of leg 2. Steve was timing me and offered me a drink of water before I continued. He turned round to my car (driven forward by Steve – am I right to trust this guy?!!) 'Bugger, the drink is with Jenny in the other car!! A fellow competitor came to my rescue passing over some of his drink (he must have felt sorry for us by this time) and on I ran to an encouraging "Get a move on Perks stop hanging around'.

The White Horse at Chilham is a good spot on the NDW to watch proceedings!



I managed the third leg with no real problems other than tripping twice from not looking because of laughing at the pure comedy farce of Steve Clark - and all this before 8.30am. At the end of the leg Jenny was waiting with my car. "We have lost Joe" was her first greeting remark. The farce continued.

This is my story of the NDR. There are 12-13 or more other runners still out there somewhere probably with similar stories. Full marks to Steve for getting us "organised". Thank you to Jenny for supporting the team through the day. I would offer to help Steve next year but I'm not sure I can commit the time and I'm certain I simply cannot match Steve for the pure entertainment value.

Shock as SUPREME Chief Marshal is absent from Mount Ephraim duties...

The atmosphere froze at the Harriers April Committee Meeting when Steve Clark, SUPREME Chief Marshal announced that he was unable to organise marshals for the forthcoming July Mount Ephraim race. For the record Steve, aided and abetted by John Hartley, had selfishly arranged a spot of 'strolling around the countryside' (the Pennine way) that clashed with the race. The Committee was in turmoil and debate raged about cancelling the event, rearranging the date or, heaven forbid, sticking to the planned date and attempting to organise the event without the SUPREME Chief Marshal's experience and inspirational leadership!

After about five second's consideration of the consequences the Committee agreed that Mount Ephraim should go ahead as planned. For once Steve was speechless, in a cold sweat, and anxious that his supreme honed skills and talent might not be required.

How would the gap be filled? Would the race survive the SUPREME Chief Marshal's absence? Who could possibly possess the same meticulous planning and project management skills as the SUPREME Chief Marshal?

Step forward Mark Wenman, better known for kit management and knowing the difference between cotton and lycra. However, would Mark be able to build on his skills in meeting the fashion conscious needs of Harrier members (suits you sir, or madam) and the detailed planning required of the SUPREME Chief Marshal closely modelled on Steve's wartime training when based at SHAEF (Supreme Headquarters Allied Expeditionary Force) in preparation for the Normandy landings.



The Acting Aspiring Perspiring Supreme Commander – Mark Wenman – seen directing events at Mount Ephraim

However, Mark grabbed the reins and rapidly established his role as the Perspiring, Aspiring, Supreme Acting Chief Marshal and organised 30 marshals in key locations to direct the runners safely around the course, avoiding the possible implications of competitors wandering on to the Thanet Way or turning left at the 'Dove' instead of heading up the Dargate Road.

The outcome is, of course, now history. The arrangements worked without a hitch with all runners safely negotiating the twisty roads of the Mount Ephraim course, and with the start line and finishing funnel layouts providing a perfect example of organisational perfection.

And so the argument rages. Will Steve be able to regain his former position as the SUPREME Chief Marshal or will Mark, as the new kid on the block, want to remain as the Perspiring, Aspiring Supreme Acting Chief Marshal for our next event – the X-Country fixture at Rough Common. Rumour has it that the job is to be advertised and that both will apply.....will sparks fly, will pigs fly, will perspiration fly.....watch this space.

A portfolio of pictures from Mount Ephraim



Mark and Daniel discussing the finer points of spike placement with a sledge hammer

Roy and Mark taking great pains to avoid any unnecessary advertising....



Marco tussling with the finish layout....



Joe about to enter the finishing straight in splendid isolation.....





Tony still has time to thumbs up before the finish – (welcome back to racing Tony).....

The race is over and the trailer is stowed away for the next time....



Tim, as race Director, making an award....

Pub Runs Roundup - What to do on a Summer Friday evening.....

The answer is rather simple – go for a hot sticky run, fully perspire, have a quick rub down in a public place, avoid a shower, apply a thick layer of deodorant, and spend the rest of the evening smelling like an old musty sock! For the uninitiated I am, of course, describing the Friday evening pub run phenomena loved and cherished by all. It is a simple formula (I forgot to mention the food and beer that follows) that provides a welcome bridge between the end of the week, a social run and an easy introduction into the weekend. The Friday pub runs provide a good introduction to local pubs and their localities so this year we have run from and socialised at The Elephant in Faversham, The Queens Head in Boughton, The Rose and Crown at Perry Wood, The Three Horseshoes in Hernhill, The Dog and Bear at Rough Common, The Waterfront Club in Whitstable and the Old Coach and Horses at Harbledown. So its thanks all round then to Joe, Bob, Emma, Tina and Mark & Barbara for making this year's Friday pub run arrangements and for giving us all a smelly but very enjoyable experience.....



Pub runners at Hampton Pier on the 31st July – the fittest athlete on the evening being Marco's dog....

The Running Outlet

The Running Outlet is newly opened and is the only shop in Canterbury solely dedicated to running shoes, clothing and equipment. So, it was well worth popping in to meet Dominic and Tyson the owners to see what was on offer.

In Dominic and Tyson's own words 'At The Running Outlet we provide a gait analysis service. For those of you who have not experienced this it is a way of determining your running style and the type of shoe that will provide you with the best support and cushioning. Roughly 80% of runners pronate beyond a neutral stance, which means the foot rolls from the outside through and beyond a level or neutral position pulling the body out of shape. This places extra strain on joints, muscles and ligaments. The good news is that running shoe manufacturers such as Asics, Brooks, Saucony, Mizuno and New Balance have had years to develop technologies to aid runners who overpronate. There is a wide range of stability shoes available that can help realign a runner's stance and will provide a more comfortable running experience.

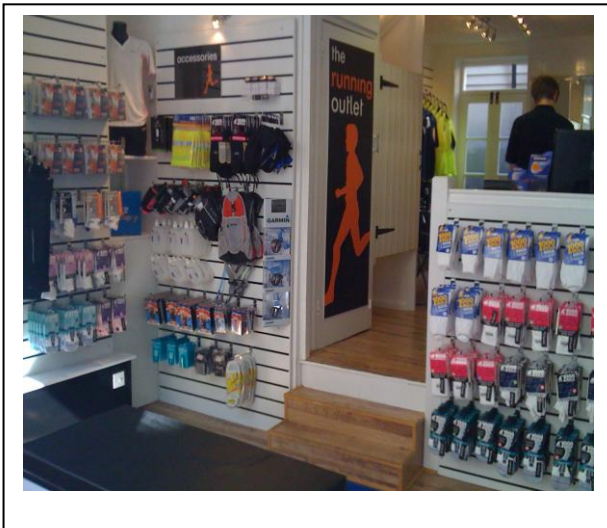
We spend on average at least 15 minutes with our customers to analyse and advise what types of shoes will benefit them. We want the customer to find the right shoe for them and their training regime. As runners ourselves we are happy to talk about all aspects of training, running and competing and have many stories to share of sweat, mud and tears! We aim to support the local running community that we see is well established, diverse and growing. If we can help in any way we will. You will see us at events, club meetings even out running around the streets and countryside. Please come and say hello if you see us'.

As a bonus, The Running Outlet also provides a 10% discount to all Harriers'.

54 Palace Street, Canterbury

Telephone: 01227 379998

www.therunningoutlet.co.uk



Triathalons - Why Not Take the Plunge (then bike and run) - by John Hartley

(Ed says – this is a great article by John who gives his experience and tips for the triathlon).

I completed my fifth Sprint Triathlon earlier this year, and enjoyed the experience yet again – sufficiently so to consider entering other events on a regular basis.

Perhaps you have picked up the interest in triathlons, as a complementary activity to your running. Speaking to other Club members, it seems that a reasonable number of us enjoy a little swimming and cycling, but still see the running as their main sport.

I was discussing this point with the Editor who suggested that I write an article for the Newsletter. So having retrieved my writing arm from behind my back, I should like to tell you a little of my experience.

You are probably aware that you start your triathlon event with the swim, a transition to the bike ride, and a final transition to the run. Each event category has differing distances for each of these stages. To give you an idea, the usual distances for the following categories are:

Sprint: 400m Swim; 20km Bike; 5km Run

Standard: 1500m Swim; 40km Bike; 10km Run(Olympic)

Long Distance: 3.8km Swim; 180km Bike; 42.2km (marathon) Run
(Ironman)

However, you do find that these distances vary a little, depending on the event. For example, the popular, local Sprint Triathlon organised by the Sevenoaks Tri Club, is a 400m swim, followed by the 25km bike ride, and a final 8km run.

To get a further insight into the range of distances, I recommend you look on the following website: www.britishtriathlon.org/events which also sets out the annual events available, and enables you to search for these by name, type (category), and area (location).

So a couple of years ago, I decided to have a go at a Sprint Triathlon. Although I have been a regular swimmer since my early years, I was initially daunted by front crawl for a relatively long distance. As the triathlon is a timed event from the start of your swim to your finish in the run (including transitions), it is generally beneficial if you can swim fast. Most triathletes use the front crawl. However, as I have found in the events I have participated in, there are numerous competitors who use breaststroke (and any other variations, apart from backstroke). Consequently, I opted for the short swim distance – 400m, or 16 lengths of the pool at King's School Recreation Centre. There was another reason why I thought as a beginner, this swim distance was more appropriate. For Sprint events, the swim is usually carried out in a swimming pool separated into swimming lanes. Longer swim distances are conducted in other waters – lakes, docklands or the sea, and require competitors to wear wetsuits. When you are a little unsure of your swimming, and most runners seem to be in this category, there is less anxiety in the pool situation compared to open water.

As for most sporting occasions, you will feel more confident in your performance if you train/practice each of the phases of the triathlon. Before my first event, I spent a good deal of time developing my front crawl such that I was comfortable with the 400m distance. Since I have been swimming on a regular basis, and generally after running or some gym workout, I have found that my overall fitness has improved. It seems I'm less prone to stresses and strains, and various other niggles that we runners get; swimming does help to ease the muscles, so I do like to finish a training session with a swim.

The transition from swimming to cycling is reasonably straightforward, but the transition from cycling to running can cause problems owing to the change in emphasis on muscle sets, and inevitable muscle tiredness on entering the third discipline. Again, training involving transitions can help in your preparation for an event. Most triathletes undertake combined sessions – known as 'bricks', so as to experience the move from swimming to cycling, and particularly, the change from cycling to running.

So you have practiced the individual disciplines, and you have combined them in a number of 'brick' sessions. You are probably ready for the final preparations for that forthcoming event. Do you make lists when you have some tasks to perform? (Editor, please ensure there are no references to my aging years!). I do. Having made a written list, I find that I subsequently tend to remember each of the important items. The events are normally held in the early morning, so if you need to drive to the race headquarters, a minimal of fuss in getting ready is essential. below is my Checklist (*plus notes for explanation*):

A. Wear track suit to race headquarters (*I usually wear my trunks and tri-suit underneath the track suit, so that I am easily changed for the swim*)

B. Equipment stored in plastic box (*All small items required for the event, including transitions, are best stored in a suitable box. See Swim, Bike and Run sections below. It soon becomes apparent who the inexperienced competitors are without a box! So when you have registered at the race headquarters, you can balance the box on the saddle of your bike, and head off for the transition area. You are likely to be given by the event organisers, a slot for racking your bike, and for setting up your transition area. When you are set up, MAKE SURE YOU IDENTIFY WHERE YOUR POSITION IS RELATIVE TO THE VARIOUS ENTRANCES AND EXITS, i.e. the entrance from the pool, the exit and entrance for the bike phase, and the exit for the run. When you are hot, bothered and tired from your exertions, this mental preparation beforehand helps enormously during the event. You are allocated a swim time, prior to the event, so you know when to move from the transition area to the pool in time for your start*)

SWIM

1. Swimming trunks
2. Tri-suit (*this is not essential wear, but you will need suitable, padded shorts for the bike ride, and some form of top. The tri-suit has the advantage of having these features built in. I wear my trunks for improved padding!*)
3. Stop watch (*for timing your overall time; the event organisers will have equipment set up for timing your individual phases, but note that these times include the transition periods*)
4. Swimming goggles
5. Swimming cap (*this is often provided for you; it assists the length counters located at one end of each swimming lane to identify you and check your swim distance*)

6. Flip-flops (*I use these to walk from the transition area to the swimming pool. Depending on the distance, I sometimes use them to spare the soles of my feet after the swim, and getting back to transition for the bike*)
- C. After swim, strip off goggles and cap (*this can be done as you are getting out of the pool and into transition*)

BIKE

1. Bike (*just like the swimming styles, you will see that competitors use a variety of bike to experience a triathlon. It's preferable to have a lightweight road bike; however, do not let this put you off, if you only have access to a mountain or hybrid bike*)
 2. Helmet (*when in the transition area, at your position during the event, I tend to put on my helmet as my first task. It is essential to fasten your helmet. Transition marshals are particularly vocal if you unrack your bike and your helmet is not firmly in place*)
 3. Trainers - with talc powder (*after arriving dripping from the pool, a few shuffles on the towel helps to dry my feet to enable me to slip into my trainers. A splattering of talc in each shoe also helps with this task. Incidentally, elastic laces are a must, so that there is no need to fasten each trainer. Speed is the essence at this first transition. I use a pair of my running trainers for the bike phase. So at the next transition, I do not need a change in footwear. It follows that I use a conventional pedal on my tri-bike, with a toe-clip, rather than cycling shoes/pedals with cleats. When you are more practiced in the sport and cycling, you can opt for cycling shoes, but you have to change again for the run*)
 4. Towel
 5. Drinks bottle on bike
 6. Sun glasses (*you obviously want to look cool whilst on your bike; they also have a practical use of protecting your eyes from insects during the longest phase of the event*)
 7. Energy bar
 8. Race belt - for race number (*this is also a very useful item of equipment. This dispenses with the need for pins and multiple numbers. At the race headquarters, you usually have your number painted on your arm and leg. In addition, you are required to display your number on the clothing you use on the bike, and for the run. You start to see advantages of the tri-suit, as you use this for each phase; hence no changes. The race belt has toggles for your race number; only one number is needed when you use a tri-suit. You can display the number at your front or back, and an easy swivel of the belt reverses this for the bike and run, depending on the event requirements*)
- D. After completing the ride, rack bike in transition, THEN strip off helmet and sunglasses

RUN

1. Take a drink (*you probably need it by now!*)

Just a few final thoughts. DO NOT go to the swimming pool changing rooms after your swim (as a friend of mine did on his first event). This tends to lengthen your transition!

DO take a friend or partner along to your event. It is great to hear the cheers through transition, and particularly at the end.

DO NOT overtake any mega vet from Canterbury (*I need all the encouragement I can get*)

I hope this article has edged you a little nearer to a triathlon event. Take the plunge, and perhaps in due course, your running will benefit from the overall experience.

Running the rule over the web.....check out some running sites

Check out the multitude of web sites that offer running news and advice as an alternative to paying for costly magazines that maybe look good under the wrapper but are less impressive on the inside. You probably already have you favourite site but here is a selection to click onto that may just provide that extra zip or gem of an idea.

Jeff Galloway Marathon training <http://www.jeffgalloway.com/training/marathon.html>

Top 70's marathon runner Jeff Galloway with over 120 marathons under his belt offers wealth of advice to newcomers or experienced runners alike. His 'magic mile' formula for converting best mile times into predictions for longer distances is interesting. For example, a best of 7 minutes and 9 minutes for the mile respectively provides a prediction for running longer distances as follows:

A best time of 7 minutes for the mile equates to times of - 5K (23:24); 10K (49:55); half marathon (1:50:02) and marathon (3:58:25).

A best time of 9 minutes for the miles equates to times of - 5k (29:36); 10K (64:10); half marathon (2:21:29) and marathon (5:06:32)

Site worth a look if only to check out the magic mile.

England Athletics

<http://www.englandathletics.org/>

Ever wondered what you get for the £fiver that each of us pays for our registration with England Athletics? This is the specialist site for the administrative side of athletics rather than the individual athlete. The site contains news from the regions, details of athletic clubs, coaching courses, funding schemes and organising a club. A welcome addition is special information on road running, but again with information aimed at the coach and race organiser rather than the runner. For Race Directors portal access gives information on organising an event and meeting all regulations. Overall, the site is bit dry unless you are into the administration of events (without which we would not have a sport!)

Realbuzz:runbritain

<http://www.realbuzzrunbritain.com/home/>

A site provided by UK Athletics and containing a wide range of information, such as staying safe while training, running in the heat (remember Le Touquet), be safe and be seen, planning your training route, guilty of over training and taking care of your body, dealing with in growing toe nails (ouch) and the perfect warm up) . Other headings include, training, events, injuries, charity, cross training, nutrition advice and hydration.

Well worth a look.

Momentum Sports

<http://www.momentumsports.co.uk/>

As the site says, 'This site is about everything to do with running. From free running training, advice to online coaching from qualified professional coaches set specifically for you. From sprinters to marathon runners, improve your fitness and speed with targeted running sessions, circuits, weights, plyometrics, stretching, nutrition and psychology. We also have running kit, directories and news to give you everything you need to know to help you get fitter and run faster'.

Well not everything is free...the site offers, for example, a personalised on-line coaching service for £125 per year (makes our own membership fee that includes coaching look very good value), including a video running style analysis.

The site is sponsored by advertisements but these are unobtrusively placed and again this site is worth a look.

Runners Web

<http://www.runnersweb.co.uk/>

Website states that it is 'A website dedicated to running in the UK'. Unfortunately, this is where the dedication stops! The marathon diary contains mainly overseas races, the marathon advice is very basic, the sporting good leads straight to Amazon, and the running clubs information lists clubs by County but only six are listed in Kent (and Canterbury Harriers is not one of them).

Give this one a miss unless it is a wet day and you have just watched your last episode of Emmerdale.

Runners World

<http://www.runnersworld.co.uk/>

The daddy of them all. Contains a mixture of free and subscription only for content. Free articles included BMI:Fact or Fiction; The 100 Mile Club; and an Autumn Shoe Guide. Subscription articles included The Effect of Ageing on Experience; Ironman Training Tips and Avoiding Common Injuries. Other features are Training Advice, Health and Forums. Some obvious links to retails sites but not overdone.

Site well worth a look

Running for fun

<http://www.runningforfun.co.uk/>

The name of the site might be open to challenge but some useful if basic information provided on such things as equipment, general running advice, nutrition, running technique, starting running and where to run. Over 70 articles included with frequent updates. A free monthly e-mailed newsletter is available. The site is paid for via advertising links but these are not a distraction and can easily be ignored.

Nothing adventurous but worth a peep.

Choosing the Best Running Equipment and Gadgets

<http://www.momentumsports.co.uk/ShBestRunningEquipment.asp>

If you have a soft spot for gadgets and equipment this is the site for turning running into a kind of technical heaven. Look out for treadmills, stopwatches, GSP, HRM's, iPod/MP3, weight training, cross training, core stability/stretching equipment etc.

A short account of the Le Touquet Trip - 22nd August 2009

THE START.....Bright morning.... cool at first.....drive to Faversham.....small groups already gathered.....will car be found on bricks at end of day!.....exchange of muffled greetings.....Bob arrives straight from Elephant.....Joe last to arrive, nothing new there.....detour around Faversham to make A2.....Bat and Ball for next pick up.....strange group of people by side of road.....recognition kicks in.....all aboard.....decibels increase as Steve starts monologue.....Roy's 18th trip to Le T.....briefing for day....time zone, passports, timekeeping, shopping, race time.....lots more to remember.....head spinning.....quiz to complete.....arrive at Dover for 9.00am ferry.....oh well only an hour to kill.....10.00am will be fine.....lots of chatter now..... starting to wake up.....quickly lost in vastness of ferry.....was it Orange level 3 or Green level 5.....just follow the next person and look knowing.....slight pause

whilst in breakfast queue and then lap up bacon roll.....on deck for sun and breeze.....time to embark and en route for Le Touquet..... piercing whistling from coach dvd player.....full flow of conversation.....stop at Auchan for hypermarket shop.....strange that everyone seems to sprint to wine shelves..... checkout fever with trolleys madly rattling.....coach heaves as shopping loaded.....Colin one step ahead in providing ice for beer stock.....closing in on Le T.....park up at stadium.....about a hour to go.....stretch routines and final preparations.....really warm at 27 degrees.....this might be tough so start steadily.....general mêlée at start.....straight through town.....hot sun and no shade on road.....drink station coming up, not before time.....now into tree lined roads offering shady retreat.....last stretch into stadium.....200 metres to go.....tongue parched and can't wait for end.....drink, drink, shower, drink.....reminisce race.....nice wait on grass for presentations.....well done in particular to Tina, Barbara and Joe.....iced beer..... food.....relax and recover.....stop @ Boulogne old Town for further refreshment (lots of beers) and frites.....quiz answers given.....raffle drawn.....boarded ferry.....majority in lounge bar.....further rehydration with amber liquid.....perfectly relaxed and going with flow.....soon back in coach.....drunken chorus from back of coach of 'Hang out your washing', 'It's a long way to Tipperary' and 'The White Cliffs of Dover'.....shame no one knows words!.....soon back at Bat and Ball.....make sure they don't take our booze.....onwards to Faversham.....car still where left (only joking earlier!).....glad I am not tidying coach.....last farewells.....fabulous day out.....many thanks Roy.....onwards to your 19th next year. THE END



Roy gets into the mood at the Hypermarket

Joe running his usual measured race to claim the over 50 award





Colin wondering what all the fuss is about with the heat

Mark storming through in the heat with 200 metres to go



Jason looking cool as he nears the finish



Steve looking 'stuffed' and Barbara looking 'relaxed' as they both complete the race



Debbie leaving the photographer behind as she races to the finish



***Despite injury and lack of fitness,
Roy completes his 18th Le Touquet!***



***Kate fighting all the way to the
finish***



***Tina, Joe and Barbara with their
respective age group awards***



***Mark in Old Town Boulogne about to
tuck into his evening meal***

Local jogger injured in buzzard attack - You couldn't make it up – or could you!!

A local jogger suffered slash wounds to his head when he was attacked by a buzzard while running beside the River Stour, near Chartham. Adi Daston from Wincheap was attacked by the bird last week. The 36 year old had gone for a morning run when the bird swooped from behind and attacked him with his talons. Mr Daston, a solicitor, was taken to Canterbury Minor Injuries Unit where he was given a precautionary tetanus injection as he had suffered three 6cm gashes on the scalp from the bird's claws.

He said 'I was jogging along a very quiet lane near the river at about 9.00am listening to an old Eagles track on my headset when I suddenly felt something on the back of my head. I thought somebody had thrown some heavy sacking or carpet at me but I could not see anyone. I carried on for a few paces and then saw blood running down my face, and noticed a buzzard flying off into the trees. I have brown hair and rather large ears and I wasn't sure if the buzzard had mistaken me for a big, slow rabbit'.

Despite his injuries, Adi was not dissuaded from jogging and wore a hat for his next run. However, it seems that Mr Daston's prudence paid off as a couple of days later he again spotted the buzzard on a telegraph pole and it swooped down with its talons out. This is not the first time that buzzards – that can weigh up to 2kg and have a 1m wingspan - have attacked people in the Canterbury area.

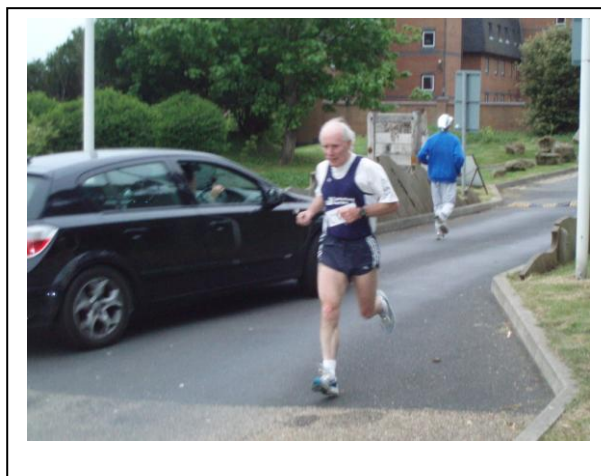
Two years ago Nicke Mahey was left covered in blood after a bird, thought to be a buzzard, sank its talons into her head. The attack happened just outside Bekesbourne



Home beat officer Alf Hitchcock said, 'It is just like a scene from a horror movie and we advise everyone to take the threat from buzzards very seriously until we know more about their intentions. We would advise all joggers to wear protective headgear such as a cycling helmet until the true threat is known'.

News from Chief Coach – Gerry Reilly

“Due to work commitments, I regret that I will be away for at least a couple of months and so will be unavailable to coach . The good news is that the club, at short notice and at great expense, has acquired a renowned (in Sturry anyway) an experienced Level 2 stand in as Chief Coach called Steve Clark who has done an occasional guest session with the Harriers in the recent past. Steve has assured the Harriers committee that the training will continue to be enjoyable and free although he is not averse to offers of the odd beer or packet of peanuts in the bar after training sessions if someone has really appreciated the session and wishes to register this fact in an appropriate manner. With Emma Greatrix and Kate Marsh now joining the team as newly qualified Level I coaches Steve will also be taking the opportunity to shape develop and inspire a new generation of Harriers coaches. I may possibly pop up at the occasional weekend race and of course will be checking the website for news of Harriers exploits. All the best in your training and racing endeavours during my time away.



Gerry on the move....

Cheers, to you all Gerry”

Warming up, training down and stretching by George Johnson, MCSP

I hope my last article referring to acute injuries was of some benefit to you and you found the information useful. This article deals with the very important subject of preparing for training by following a proper warm-up routine; and also the importance of training-down following training or competition. I believe from my own experience, not just of athletics, but of many varied sports, that the process of warming-up and training-down is often overlooked. In fact, this subject is not the minefield many think it is, so I will explain why one should warm-up and stretch by following a simple routine every time you exercise.

Why warm-up?

Warm-up exercises are designed to prepare the body for the ensuing sporting activity. It has two functions: to prevent injury and to enhance performance.

In a body at rest the blood flow to the muscles is relatively low, and most of the small blood vessels supplying them are closed. When activity begins, the blood flow to the muscles increases as the vessels open. Joints also need to be taken through their full range of

movement in an effective warm-up and stretch in order to prepare them for exercise.

A progressive warm-up leads to a marked decrease in the risk of injury and an enhanced performance, while at the same time providing some psychological preparation for the task to come. Warm-up exercises should be completed before recreational running, training and competition.

Type of warm-up

A normal warm-up should take 15-20 minutes to complete. The pace of the exercises should be gradually increased, and a warm up should always end with some functional exercises. This may sound confusing, but it is not. Just follow these simple rules.

- (1) FIRST PULSE RAISER - Gentle Jogging - 3 minutes
- (2) FIRST STRETCH - Light and easy stretches - 2 minutes
- (3) SECOND PULSE RAISER - More strenuous running - 5 minutes
- (4) SECOND STRETCH - More purposeful stretching - 5 minutes
- (5) FUNCTIONAL EXERCISES - Sport specific exercises - 5 minutes

TOTAL 20 MINUTES

In a little more detail, the first pulse raiser, gentle jogging, is exactly that, jogging at just above walking pace, just to start to lift the body temperature. The first stretch should consist of light stretches, not too strong, nor held for too long. Athletes and sportspeople should stretch the muscle groups they feel need to be stretched, so if an individual has tight calf muscles, they should stretch their calves; if another individual has tight hamstring muscles, they should stretch their hamstrings. Everyone is different and it is important to listen to your body.

The second pulse raiser should be more strenuous, consisting of faster running, arm swinging, shoulder rolling, high knee running, heel lifts, and so on. One should be quite breathless after this phase and beginning to sweat. The second stretch should contain more specific stretches that should be held for longer periods and repeated. This routine should be carefully structured.

The final phase, consisting of functional exercises, means carrying out controlled movements related to the sport you are about to take part in, but at a slower pace. Footballers, for example, should start to kick a ball; hurdlers might sprint out of their blocks and jump a couple of hurdles; roller hockey players might skate at various speeds, change direction, hit balls, and so on. This part of the warm-up process need not be fixed in stone, and can be adapted to suit the nature of one's sporting activity and the time you have available.

Training-down

Training-down is just as important as warming-up, but in general there is a much lower awareness of the importance of training-down amongst sportspeople. After a strenuous training session or competition it is highly likely that stiffness will be experienced the

following day if a proper warm-down is not been completed.

Stiffness in muscles was at one point believed to be due to lactic acid building up in the muscles during intense activity. However, recent research in the USA is disputing this by maintaining that lactic acid disperses from muscles within 15 minutes of stopping exercise even if training-down is not undertaken. This alternative perspective claims that muscle stiffness after exercise is due to very small blood vessels, called capillaries, breaking down (in a process known as micro-trauma) and leaking blood into the fibres of the muscle.

One way of minimising this leakage is to have an ice bath after exercise. However, while some top-class athletes and rugby players are happy to do this, I know for a fact that you would not get a pro-footballer anywhere near an ice bath, and I wouldn't advise anyone else to give it a try either. Therefore, training-down is here to stay.

After any strenuous exercise try to train down if you can. It is very important if you are in a race and you have to perform again later in the day or the next day. Training-down, or warming-down as some people call it, is a very simple exercise: it is the opposite of warming up, in that you start quick and fast, progressively get slower until you are back to walking pace, and then finish off by stretching.

I have seen many injuries to sportspeople, both professional and amateur, and I know how important warming-up and training-down is. Please try both these processes. I think you will soon realise how much your performance has improved.

Well that is enough to think about for the moment. In the next issue I will explain stretching, and give you a set of lower-limb stretches and a simple stretching regime that is easy for children to follow, and will hopefully get them into the habit of stretching before exercise.

If you get the chance, visit www.physio-hernebay.co.uk for some more useful information.

Good luck, stay injury free, and enjoy your running!

George Johnson MCSP
22 The Fairway
Herne Bay
CT6 7TW
TEL 01227 366648
www.physio-hernebay.co.uk

You can contact George at any time **and a 20% discount will be offered** to any members of Canterbury Harriers.

Committee news....

Management Committee: Contact <i>your</i> Management Committee to raise any issue. Committee meetings held are on the 2 nd Tuesday of each month					
Marco Keir	Chairman	276029	Sue Reilly	Membership Secretary	477148
Tim Richardson-Perks	Treasurer	07766 347466	Sean Reilly	Web Master	730816
Roy Gooderson	Admin Officer	454449	Mark Wenman	Runners Rep	765336
Tina Jones	Runners Rep		Wendy Osmond	Runners Rep	266940
Gerry Reilly	Head Coach	477148	Peter Yarlett	Runners Rep	263346
Steve Clark	Coach	711272			

The date for the AGM is Thursday 22nd October at 7.00pm at Rough Common Village Hall. Do make this a definite diary date as it is your opportunity to influence the Club's affairs. We look forward to seeing you all. Light refreshments will be available in the Dog and Bear afterwards. Please do make a diary note to attend.

We have agreed to host the KFL on Sunday the 29th November at Blean Woods. Do please be prepared to assist with the courses layout and marshalling as this is a key event in our running calendar and also a good source of club income

Mark advises that if anyone requires kit for the forthcoming cross-country series (hoodies, rain jackets, vets etc.) we have most sizes of kit in stock. The prices are unchanged and an order form is at the end of this newsletter. Payment is by cheque with orders please.

Your Committee has purchased a number of equipment items to ensure that we continue to provide first class race service to competitors, including timing equipment, starting and finishing pennants, marshal bibs, side panels for the gazebo and updating walkie-talkie handsets.

If any member has not yet received an England Athletic registration card then please contact Tim.

We are delighted that Emma and Kate have both achieved a coaching qualification. If any other members would like to achieve an award please contact either Gerry or Steve to discuss the options.

For regular users of the Kings Centre the Committee recommends that members purchase a Kings membership giving entitlement to parking, a shower and use of the bar. Details are available from reception. From time to time the Centre will check that users have a valid membership pass.

Holiday Retreat - special rates for members...

Barbara and Mark Wenman would like to offer Canterbury Harriers members a discount on the usual rental rates for their holiday home in France. They offer a 20% throughout the year apart from July, August and September. It is an old stone farmhouse in the Gers (formerly Gascony) in South West France, set in beautiful rolling countryside ideal as a training base.

www.farguet.co.uk

Farewell to Carol Reid

Some things in life are as reliable and constant as time itself. It seems unthinkable that Carol will not be leading our skipping sessions or taking part in the Club's many other activities. Carol has been a stalwart of the Canterbury Harriers, always relied upon to help in any situation and who has been a constant source of inspiration to many of us runners. However, Carol has decided to leave Pfizer's and move to Roche in Welwyn Garden City.



I was surprised to find out that Carol has been with the Club for over ten years! During that time Carol has

established herself as an accomplished runner not only within the Canterbury Harriers but also across the region and further afield. A founding member of the successful Ladies team Carol has amassed a collection of running awards over the years including winning the overall Female Club Champion three years in a row between 2000 and 2002 and winner of all Female V35 Distance Awards in 2003. Carol has also made valuable contributions to the Club as coach and Committee member.

Although Carol will "officially" leave the Harriers in September she will never truly leave our running community or be far from our thoughts. Her contribution to the club has been significant. When Carol joined all those years ago she was quickly enlisted as Club Secretary, a role she fulfilled admirably for a good many years as testified by the many files which contain many pages of Committee Meeting minutes! Carol also took on the post of Club Treasurer, albeit briefly for a year, until John Minshull took on the role. However, many in the Club know Carol as one of our very able level two coaches, firmly leading a Tuesday running session with a hop and a skip and always smartly attired - unlike some of our other coaches.

As many of you are aware the Club relies heavily on the income generated from our organised races such as the Whitstable 10K. Carol has always helped us successfully stage the events, usually taking on major responsibilities including that of timekeeper. Carol will leave behind many friends some of whom have experienced her taste in exotic holidays - Bolivia, Peru and, more recently, Cuba. There is no doubt that Carol leads a "full" life. I am surprised that there is time for Golf. I put it down to all those cups of strong coffee that Carol enjoys, especially before a Marathon!

It is sad to see Carol prepare to leave Canterbury and the Harriers but at the same time we are excited for her as she starts a new adventure. I am sure we will all have an opportunity to wish Carol all the best as she takes on her new role in Hertfordshire later this month.

Marco

CANTERBURY HARRIERS KIT PRICES

	<u>£</u>	<u>Sizes</u>
<u>MEN'S</u>		
Jacket	32.50	Unisex S (38), M (40), L (42), XL (44), XXL (46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M (38/40), L 41/43 XL (44/46), XXL (47/49)
T shirt	10.00	S (35/36), M (37/39), L (40/42), XL (43/46) XXL (46/48)
Vest	11.50	XS-XXL
<u>WOMENS</u>		
Jacket	32.50	Unisex S (38), M (40)
Jacket (child's)	26.00	11/12 (30'), 13/14 (32/34')
Hoodie (full zip)	16.50	Unisex S (35/36), M (38/40), L (41/43), XL (44/46), XXL (47/49)
Hoodie (child's) (full zip)	11.50	9/11 (30'), 12-13 (34') 14/15 (36')
NB: The children's hoodies are generously sized & would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS-XXL

Kit orders can be made by either email (markwenman@hotmail.com) or by handing an order form to Mark or Barbara Wenman.

Our kit suppliers will not take orders for just a few items and we are hoping to put the next order in at the end of January.

However, we normally hold stock of most sizes of vests and T-shirts.

Members will be notified when Kit has been delivered. Kit can be collected from any Committee Member at Kings on a Tuesday or Thursday evening. Payment is by cheque (write 'kit' on back) on collect

