



# The Harrier



The newsletter of the Canterbury Harriers

Spring 2009

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## Marathon Time approaches.....

What a difference the improved weather and lighter evenings make to revive and refresh our motivation to run. Since the last Harrier we have all had to contend with one of the worst periods of weather for several decades - some say since the long winter of 1963, but that's another story. The main topic of conversation on training nights was not the intensity of training or the number of hills (both taken for read as tough) but rather who had faced the highest number of degrees below zero!

This edition of the Harrier takes a look back at the past X-country season and looks forward to the upcoming Spring marathons that many of you will be taking part in. We also have a personal account of *The Grizzly* from Tina.

For many of us a constant thread over past months has been the series of races in the Kent Fitness League. Let's not forget the horrible conditions at our own KFL fixture when freezing sleet and snow created problems for runners, marshals and supporters alike. Despite that it was, as usual, the high quality organised race that the League has come to expect from us.

Even with the shivering cold at every race the club turnout has been excellent with some super individual and team performances. The notion of 'club' gives us all a sense of identify and a social context within which to run and keep fit. The large turnout at each of the Sunday morning KFL races reflects a strong club spirit. Having said that there is always room for members to give it a try if you haven't yet got your feet muddy! One small consolation from the cold weather, but appreciated by many, was the avoidance of the frozen dykes at the Minnis Bay race. I guess that they will still be there next year!

Pride of place must go to the women who won four out of the seven KFL races, finishing top overall. Roll out the red carpet then for our scorers over the seven races - Barbara, Priscilla,

Wendy, Amy, Sarah and Jenni. In addition Barbara and Jenni won their respective age groups and Amy won third place overall. A fantastic achievement by everyone.....and the pressure is now on the men to pull their fingers out next season. Congratulations as well to all other scorers in the combined scoring team and to everyone else for competing. Talking of club spirit, thanks must go to Steve for organising our teams in all X-country events throughout the winter. Steve has also done a review inside taking an in-depth look at the past season. We can all relive each muddy footprint at the X-Country Presentation evening at Kings on Thursday 30<sup>th</sup> April. Look out for the details and do try to come along.



***Steve doing what he does best.....a master of the clipboard and overall organiser supreme***

And so our thought turn to the Spring marathon season – and not just the London as we shall also be represented at the Blackpool, Bungay and Paris marathons amongst others!

For those doing a Spring marathon it's nearly here! Have you done enough training? Or have you overdone it and are now nursing an injury and hoping that you can run? Is this your first one or are you an old hand at this marathon lark? Whichever category you fall into the club wish you every success and that you beat the target that you've set yourself, be it beating the 3 or 3½ hour barrier or just actually finishing the dammed thing! We all hope that the months of training will be worthwhile and that it will be a good experience.

It's a strange unexplainable thing to consider covering 26.2 miles. It grips our interest and sucks us into a mysterious world where we swing back and forth between excitement and anxiety, between calculated training and injury, between certainty and doubt. It's inspiring, abusive, addictive and unforgiving.

Still somehow, we forgive the marathon as it erases our grim memories and seduces many of us to try it again with so many of us coming back to face the challenge and lure of the marathon. We hope that someday, someone will uncork a lasting explanation of what it's about, unlock the formula of how to train for and race it well, and explain why it is we're obsessed by it. In the meantime good luck to everyone.....

## **2008/9 CROSS COUNTRY SEASON by Steve Clark**

It was another great and well-supported cross-country season for the club and its members, with some team and individual awards gained. So all in all, it was a very satisfactory season. As usual the heart of the season was based around the Kent Fitness Sunday League but members made appearances for the club in several other competitions along the way with some success.

### **Kent KCAA Saturday League.**

Representation in the Kent Saturday League this season was our best yet with a total of 17 appearances by 12(4F, 8M) members. Jenni Van Deelen was our star in this league the only member to appear in all four races, she was 5<sup>th</sup> in the Women's League and took the runner up trophy in the Veteran Women's League a magnificent result.

Having said all the above, we only managed to get a female team (3 to score) out for one fixture and a male team (4 to score) for two fixtures. Better than last year but still poor. This is the main Kent (KCAA) league on just 4 Saturday matches through the winter. There are individual junior, senior women and senior men races at each meeting so the fields are smaller and the standards higher than the KFL but many veteran runners still participate and you will get to see some of the fastest men and women athletes in the County. So come on you Harriers let's see if we can get a male and female team out for each fixture next season and get our club's name on the Team League map! There are only 4 matches and don't forget the club will pay your entry, so watch this Newsletter come next September for the dates and make a note of them in your diary and rearrange or cancel all weddings, funerals, christenings, operations, holidays, etc. Your club needs you!

### **Kent Clubman/woman & Veterans Championships-Beckenham Park-13/12/08.**

Considering this was a 'double weekend' with a KFL fixture the following day and being held at the other end of Kent for us, we had a fair turnout of 16 Harriers (3F, 13M) for this annual competition held at Beckenham this year. And we were rewarded with some particularly appalling weather! Cold sleety rain and nowhere to hide! Still think of the poor marshals! We managed to get teams out in the MV50, MV60 and FV35 categories. Unfortunately we were one short for the team of 4 required for the MV40 category. We had some success though as our best supported category (7entries) in the MV50's picked up 3<sup>rd</sup> place team medals.....eventually when we had managed to drag Davison (who lead the V50's home) out of the Clubhouse Bar! It was pleasing to get an MV60 team out as well lead home by Gerry in a very respectable 6<sup>th</sup> position.

### **Main Kent Championships-Showground, Detling-10/01/09**

Held at Detling for the 3<sup>rd</sup> year running in cold and snowy conditions with a healthy layer of snow on certain parts of the course! With a turnout of 13 (4F, 9M) it was better than last year (10) but a bit disappointing as we could not get a '6 to score' female team or '12 to score' male team out again this year and with many of our younger and faster runners missing in this very high standard field it was bound to tell and the men were 11<sup>th</sup> while the women were 12<sup>th</sup> but they can all hold their heads high!

### SEAA Championships-Hillingdon-24/01/09.

The South of England main championship was held on a sunny but chilly and very muddy course at Hillingdon this year. And firstly a big thank you must go to Andy Farrant who again procured and drove us there and back in a mini bus. Buy that man a drink! We had no entries for the Senior Women's event but managed to scrape together a team of 12 to defend the 'Camden Cup' we won last year at Parliament Hill in London for the first Kent team of 12 to cross the line. The team did well, lead home by Garon Heslop but had to relinquish the cup to Kent AC, a small elite Kent club who had their first 8 finishers in the top 150 in a field of 672! But I think all enjoyed the trip and experience as the squad photograph below shows.



***The best that Canterbury has to offer at Hillingdon.....***

### Kent Fitness Sunday League

The 7 fixtures in this league are the backbone of our cross-country season and are well supported by our club members and indeed for several years our club has hosted one of the fixtures with the venue at Blean Woods, Rough Common. It was a very condensed season, starting late with the first fixture on 9<sup>th</sup> November and last on 1<sup>st</sup> February. But it was another great season for the club culminating with the Ladies Team winning their League for the 3<sup>rd</sup> year running! Several individual awards were also achieved.

Swanley - The season started with a stutter though, with our lowest (but still good) turnout of 21 runners for the first fixture at Swanley on the 9<sup>th</sup> November with several of our faster runners missing, especially among the women but those attending on the day did a good job in holding us to 9<sup>th</sup> position in the Combined and 8<sup>th</sup> in the Women's League. An exhausting period was coming up with another 4 fixtures in 5 weeks and 2 Saturday league fixtures as well and culminating in a back to back mid December with the Kent Vets/Clubman's on Saturday and Oxleas Sunday.

Blean - The next meeting was our fixture at Blean Woods on 23<sup>rd</sup> November in terrible conditions with heavy snow showers turning to sleet and slush a short while before the start! But we had a magnificent result finishing 2<sup>nd</sup> on the day in both Leagues to climb to 4<sup>th</sup> in the Combined and 5<sup>th</sup> in the women's (equal points with the two teams above). And this despite all the headaches of hosting in such conditions as well. This result was achieved in no small

part by the magnificent turnout and sacrifice of club members and partners/friends to marshal the event and enable us to field 30 runners (second highest of the season) as well. Big thanks to you all with a special mention for Roy Gooderson who does so much every year on the organising side.

Nursted Court - Seven days later we were at Nursted Court, Meopham in much better conditions. A great turnout of 29 kept us in the hunt, finishing 3<sup>rd</sup> in the combined and 2<sup>nd</sup> in the Women's (the ladies missing out on 1<sup>st</sup> by one point) to push us up to 3<sup>rd</sup> in the Combined and 2<sup>nd</sup> in the Women's League. And don't we all just love the water splash!

Oxleas - Two weeks later, December 14<sup>th</sup> finds us competing at Oxleas (the day after many of us had competed in the Kent Vets/Clubman's at Beckenham). This tough hilly course was made worse by recent rains, making it very muddy and waterlogged! In what was to be the lowest attended fixture of the season (257) we still had a good turnout of 23 members and a great result coming 4<sup>th</sup> in the Combined and 1<sup>st</sup> by a comfortable margin in the Women's league on the day. This kept us in third place in the Combined and placed our ladies on top of the Women's League.

Avery Hill - We now had a 2 week break for Christmas before we were pulling those spikes on again on December 28<sup>th</sup> for the next fixture on an 'easy' course around the edge of playing fields at Avery Hill. A surprisingly high number of almost 300 runners turned out with 22 from our club. Probably all trying to run off the Christmas excess! With many of our faster male runners missing we finished 8<sup>th</sup> on the day and were lucky to hold onto 3<sup>rd</sup> place in the Combined League but the Ladies cruised to another comfortable win to strengthen their grip at the top of the Women's League. And so into 2009 in a strong position with two fixtures to go.

Minnis Bay - The penultimate fixture was a short journey to Minnis Bay for us on January 11<sup>th</sup> but it was after another back to back with the KCAA Championships at Detling the day before. So it was very pleasing to get our biggest turnout of the season with 34 club members turning out. The course was not so 'challenging' this year as the tide was not right for a beach start and the excessive rain of late had made the drainage ditches too deep to be included either. Another great result saw us come in 2<sup>nd</sup> on the day in the Combined to maintain our third position in league, now by 4 clear points. The Ladies gained their 3<sup>rd</sup> consecutive win to go 8 points clear in the Women's league with only one fixture to go.

Knole Park - And so to the last fixture three weeks later on February 1<sup>st</sup> at Knole Park, Sevenoaks. The race was run in cold but dry and bright conditions and we were fortunate as not long after the snow started and we drove home in blizzard conditions! On a day when the field was fairly large (333), our numbers were good but a little down at 24 and crucially as it turned out some of our faster male runners were absent and we finished 8<sup>th</sup> on the day in the Combined and this pushed us back from 3<sup>rd</sup> to 4<sup>th</sup> by one point in the final Combined League standings, which was a little disappointing. The Ladies also struggled a little with some of the faster girls a little out of sorts and indeed Amy Hicks was unable to finish. They dropped back to 6<sup>th</sup> on the day but they had built up too big a lead over the season and still became Champions again for the 3<sup>rd</sup> year running by 4 clear points.

Shorne Woods - Ironically after having such a condensed KFL XC season it was 5 long weeks before the end of season relay competition and presentation buffet on 8<sup>th</sup> March at Shorne Woods near Gravesend and I think many runners' minds had switched off from cross country, especially those cranking up the mileage for a spring marathon. So our turnout for this final



act of the season was a bit low, but a big thanks for those who did turn out and allowed us to enter two teams of 5 and came along to the buffet after where the club and individuals had several awards to pick up!



***The relay squad at Shorne Woods...***

KFL Awards - Firstly, congratulations to the following who picked up awards in the Individual Competition. Amy Hicks had a fantastic first season with us winning 3<sup>rd</sup> Senior Female and Jenni Van Deelen and Barbara Wenman won their vet categories, FV40 & FV50 respectively. Jenni also won the Most Improved Female of the season award.

In the Team Competitions, the above three together with Sarah Maguire, Wendy Osmond, Priscilla Howell and Wendy De Boick, having either scored and/or competed in five or more of the fixtures for the team were awarded Ladies League Champions Medals.



***Amy and Barbara scoop the medals on behalf of the ladies team...***

No awards for the men but a very pleasing season finishing a very respectable 4<sup>th</sup> one point behind 3<sup>rd</sup> placed Sittingbourne. We had a strong squad with many scoring for the team but a special mention must go to Rob Dowling who turned out and scored in six of the fixtures and just missed out on the 5<sup>th</sup> Senior Male award by 0.51% ! And Mark Wenman, our Vet50 man who did all 7 fixtures and scored for the team in all seven!



***Mark waving to his 'many fans' at Shorne Woods.....***

Anything you ever (or never!) wanted to know about the KFL League going back to the 2001-2 season can be found on the magnificent KFL website created and maintained by our very own Alastair Telford who made a welcome return to the XC scene this season, making 7 appearances in all. You can access it via our main website. It is under the 'OUR RACE SITES' banner on the left hand side of the homepage. I would also here, like to say personal thanks and make our club members aware of the huge contribution that Rob Bright makes in managing and running the KFL, one of the most successful XC leagues in the country.

In general, it was another great season for the club with no less than 54 members making 252 appearances in all competitions and 26 members gaining our exclusive

2008-9 XC shirt award for turning out 6 or more times (including marshalling at Blean Woods). Twenty-two members gained KFL Individual Certificates by doing 5 or more of the 7 fixtures (and believe you me, if you do cross country it helps to be certified!). Congratulations also to Jenni Van Deelen and Neil Godden who made the most appearances for the club, both on eleven each! All the information about who did what, when, where and how can be found in the Season Stats that follow and please make a note in your diary to attend the Spring Presentation Buffet after our club night, up in the bar at Kings on Thursday 30<sup>th</sup> April when we will celebrate our success by awarding all the shirts, certificates and medals!





***At least the men can handle the Vaseline.....***

What of next season? The KFL league will definitely be starting in October and we may well be hosting the opening fixture again. Last season will be a tough act to better, so come on you Harriers who have not yet dipped your toe into the mud of cross country (or have but dipped out last season), grid your lions! YOUR CLUB NEEDS YOU NEXT SEASON!

Once more unto the breach dear friends!!!!!!!!!!!!.....

### **Harriers lend support to 'Help for Heroes' charity**

The sponsored run discussed at the last AGM to raise funds for Help for Heroes was held in early January along a 7 mile off road course following the Crab and Winkle cycle route. On a freezing but bright morning a group of thirty or so Harriers toed the start line at the University end of the route. Everyone was delighted to see **Tony MacParland** start the run and he was able to say with a smile that he would soon be back running with the Improvers group.



***Tony MacParland***



With the run over Marco was able to confirm that £500 had been raised for Help for Heroes to provide practical facilities and support for servicemen and women injured on duty in Iraq or Afghanistan.



*Smiles at the start.....*

*Guess who knows the way.....and it's not Steve*



*And afterwards at Roy's for drinks, snacks and a smoke.....*

## **How the modern marathon started – you now know who to blame.....**

It is commonly believed that the modern Marathon commemorates the run of the soldier Pheidippides from a battlefield at the site of the town of Marathon, Greece, to Athens in 490 BC, bringing news of a Greek victory over the Persians. It wasn't poor old Pheidippides day however as legend has it that having delivered the momentous message 'Niki!' ('victory' or 'rejoice we conquer' depending on your choice of translation) he collapsed and died. It is reported that this was despite the best efforts of the St. John's Ambulance volunteers in attendance on the day!



***An early glimpse of a design for Harriers new kit....***

However, the fifth century BC historian Herodotus (how much history was there to know in the fifth century BC!!), while writing about the Battle of Marathon (now renamed the Battle of Snicker) made no mention of Pheidippides and there is no evidence that that the dramatic incident ever took place. In fact the story didn't actually appear in print until the second century AD, over 600 years after it was alleged to have occurred. (does this mean that the whole thing is a pack of lies and we've been hoodwinked into running the distance!!).

Bringing the whole up to date the first 'modern' Olympic Games were held in 1896 in Greece and the legend of Pheidippides was honoured by a 24.85 mile (40,000 metres in new money) run from Marathon Bridge to the Olympic stadium in Athens. The race was won by Spiridon Louis, a Greek postal worker, who won the race in 2 hours 58 minutes and 50 seconds. There were 17 starters, with 8 out of the 9 finishers being Greek. Not many people know that the second placed finisher was one Chanilaos Vasilakos coming in over 7 minutes behind (bear with me - it might just crop up at the quiz night!).

At the 1908 Olympic Games in London the marathon distance was changed to 26.2 miles to cover the distance from Windsor Castle to White City stadium and in order to finish in front of the Royal family (no pulling rank there then!). The memorable sight of Italian, Dorando Pietri, collapsing just before the finish and being helped over the line has proved to be legendary. Unfortunately for Dorando he was disqualified for receiving assistance and had to settle for a special award of a gold cup from Queen Alexandra. So the winner was Johnny Hayes of the United States who is less well known than Dorando.



*If you look closely you can just see Gerry in the crowd.....*

The London distance may have seemed to be accidental but after varying distances at the next three Olympics the 26.2 miles was finally established as 'the' distance at the 1924 Paris Olympics.

So there you have it – a battle is won, a brave soldier collapses, a legend is created, the modern Olympics are born, Royalty decide the marathon distance on a whim – now enjoy your own personal challenge.

### **And after your marathon is over use these tips as a post-marathon recovery guide**

And so it's over. You are still euphoric from completing the distance and meeting your personal goals, and all of the effort and hard work has been worthwhile. However, recovery is just as important as preparation and the tips below will serve you well in getting back to top shape.

**Keep walking and hydrating.** Resist the temptation to sit down or lay down for long after your marathon.

**Re-fuel.** Eat within 30 minutes after you finish to jump start your recovery, even if it doesn't appeal to you. Common finish line food such as bagels, fruit, cookies, and energy bars are generally good choices. Later, when you can select your preference of foods beyond finish line offerings, focus on proteins.

**Walk the walk.** Circulation is another key to recovery, as new blood and oxygen reach the damaged tissue to rebuild the damaged muscle cells. Take 15 to 20 minute walks later on marathon day and for the next three to four days.

**Go with cold not heat.** Relaxing in a hot tub might sound appealing, but it actually interferes with post-race recovery by increasing swelling and allowing blood to pool in the damaged muscle tissue. Instead, soothe your muscles in a tub of cool water or even a brief ice bath to accelerate recovery by reducing inflammation and post-race soreness.

**Don't run.** Ignore the stories of runners who run the next day and resume training mid-week. There's no point to running too soon and it delays recovery. Instead, walk, bike or swim at an easy effort to maximize blood circulation. When you can walk without any soreness and tightness you can resume running low mileage and easy runs. You'll be ahead

of those who resume running too quickly. Short easy swimming or cycling session on days 3-7 after the race (cycling on flat routes) and then a gentle with a graduated return to running from day 8 onward is a good mix.

**Stretch.** Even though you won't be very flexible, a light routine of 20 minutes of leg stretches will help minimize the soreness especially in the first 24 – 48 hours after the race. Emphasize stretching your hamstrings, calf muscles, quadriceps and hips to rehabilitate muscle tissue. If you can afford it have a professional LIGHT massage about 48 hrs after the race this will greatly aid recovery.

**Backwards is best!** After calling upon your hamstrings and quadriceps to perform as gladiators during your marathon, the price you pay is negotiating stairs. Ironically, going down stairs is more difficult than ascending them. The marathoner's secret: go down the stairs backwards – and hold on to the railing!

### **Jordan shows the way.... (courtesy of the Daily Mirror)**



Having committed to running this year's London Jordan is clearly already training hard for her trip round the Capital. Well, she'd done more than a few limbering up runs - oops; we mean runs – spotted going to the capital's Embassy nightclub with Pete her coach before hitting nearby Movida.

Seen in a pvc schoolgirl outfit, at least the 30-year-old looked was taking plenty of fluid on board and, by proving her stamina on the dance floor, maybe she's just innovating a brand new training regime for us all!

### **'THE GRIZZY' Sunday 8<sup>th</sup> March 2009 - by Tina Jones**

On Saturday 7<sup>th</sup> March Wendy O, Barbara H and myself found ourselves travelling to East Devon to take part in Axe Valley Runners annual 'fun run' known as The Grizzly, actually it is a really tough multi terrain 20 mile run. The weather forecast was not looking hopeful – high winds, getting colder with rain and sleet gathering during the middle of the day. With a 10.30am start and a large chunk of the run taking place on top of the cliffs we were probably going to feel the elements quite strongly. A good deal of deliberation at breakfast took place as to what we should wear.



For some reason or other that only other runners will understand this would be my fourth time of running this event. I had assured Wendy and Barbara that it wasn't that bad and they would love the experience, I am not at all sure they believed me and now it is over I'm not sure they will ever trust me again! Cold, windy, wet, muddy, slippery, demanding and strength sapping, are some of the words that could describe The Grizzly. However, for those who competed, The Grizzly will also be remembered for the camaraderie and awesome feeling of triumph as we bounded, and sometimes crawled, along the final section of beach at Seaton. Apparently it is ranked as one of the most popular races in Britain, indeed when entries open in September the race is usually full after about three weeks.



***All smiles at the start....Tina, Wendy and Barbara***

The 20 mile course is almost completely cross country. The race starts on the sea front, after about 100yds of road we were directed onto the pebble beach for about half a mile which was very hard going. Back onto the road, past the start and on up the first hill. As we ran towards Beer we went up another very steep hill and then another going out of Beer and from then on up and up. At last what we thought would be a lovely downhill was almost more difficult than the uphill having to negotiate a very steep drop covered in sharp stones and slippery towards the bottom. Five miles into the run we found ourselves at Branscombe beach where we encountered our first soaking running through the mud, up another of the many steep hills and into the woods. From then on we were running through fields, up more steep hills, along stony and very muddy paths until about 12 miles into the run we came to the 'bog', actually you can hear it before you see it with all the laughter and squeals getting louder and louder the nearer we got. Going through the bog is pretty hilarious, everyone suddenly with jelly legs falling about and generally getting stuck in the knee deep mud - in Barbara and Wendy's case it was more like waist deep, being tall sometimes does have its compensations! Nothing can really prepare you for the experience but at 12 miles it really does bring a smile to your face. Very thoughtfully there was a stream at the bottom of the bog which cleaned our shoes a little.

The next few miles were fairly uneventful apart from the continuous steep hills. At 15 miles we found ourselves back at Branscombe beach running along pebbles again, very hard work and the end was no better as we had a very steep climb ahead of us called "The Stairway to Heaven", by this time your legs ache, your back aches and your gluteus maximus is more like jellyous maximus but still you carry on! The end was finally in sight and when we found ourselves back on top of the cliffs we could see Seaton. We still had three miles to go, thankfully quite a bit of it being downhill, but there was a last sting in the feet when we had to run along pebbles again for a quarter of a mile until at last we found ourselves on the road for the last 200yds to the finish. Barbara had long since finished but Wendy and I ran in together with our hands joined and held high in triumph.



***It's all over and still smiling....***

Of course the best part of the whole run is being hosed down with icy cold water by the local fire brigade!



***Scrubbing down at the end....***

I'm not sure I want to experience The Grizzly again and if anyone in earshot hears me even considering it just say 'hills' to me! But the scenery is amazing and the organization second to none. I think it is the hardest 'Grizzly' I have ever done, goodness knows where they found all those hills.

Axe Valley Runners pull out all the stops to make it a fun weekend as make no mistake the task ahead for runners is a tough one. It was a privilege to experience the friendship and warmth of my fellow club members, thank you Barbara and Wendy. Sadly Debbie was supposed to have been with us but she had to pull out due to a calf injury sustained in the Thanet 20 the previous Sunday, we did miss you Debbie but maybe you had a lucky escape! And of course I have to mention my main man Brian who drove us there and back and tended to our every need along the way, without him running would be no fun at all.

Having started my running days with the Garden City Runners in Hertfordshire I was very sad when I had to leave them after seven years, but in Canterbury Harriers I have found likeminded people, all extremely friendly and totally modest in their achievements and we do have some very good, talented and dedicated runners.

### **How to increase those training miles!!.....**

If you've ever struggled to make your weekly mileage totals you can use the Fictitious Intensive Training (FIT) system where you are guaranteed to meet all your training targets.

FIT works on the basis that only counting actual mileage vastly oversimplifies what is really a complex interaction between the contextual features of your training, including the state of the weather, the type of training terrain, the demands made on you and your physical and mental state! It works every time and you can considerably increase your training with creativity but without too much effort....

So here's how to FIT in those extra miles.....

FIT's factors	FIT's formula	Normal mileage	FIT's mileage
Garmin reads a part mile	So 9.2 miles becomes 10 miles	9.1	10.0
Strong wind	Add 2 miles	5.0	7.0
Hilly route	Add 3 miles	4.0	7.0
Rain	Add 1 mile	5.0	6.0
Heavy rain	Add 2 miles	5.0	7.0
An off-road stretch	Add 1 mile	6.0	7.0
Frosty evening	Add 2 miles	8.0	10.0
Had a skinful the night before	Add 3 miles	5.0	8.0
Had a recent amorous encounter!	Add 5 miles	5.0	10.0
Overtook someone	Add 1 mile	4.0	5.0
Missed a day's training but thought a lot about running	Add 3 miles	0.0	3.0
New motivational track on iPod	Add 2 miles	4.0	6.0
And so on.....			
<b>TOTALS</b>		<b>60.1</b>	<b>83.0</b>

## **Running on a regular basis can slow the effects of ageing, a study by US researchers at Stanford University, California shows....**

A Stanford University study found that elderly joggers were half as likely to die prematurely from conditions like cancer than non-runners, reinforcing the importance that older people should exercise regularly. The study also found that older runners enjoyed a healthier life with fewer disabilities.



### **Survival of the fittest**

The work tracked 500 older runners for more than 20 years, comparing them to a similar group of non-runners. All were in their 50's at the start of the study.

Nineteen years into the study, 34% of the non-runners had serious illnesses compared to only 15% of the runners.

Both groups became more disabled with age, but for the runners the onset of disability started later - an average of 16 years later.

The health gap between the runners and non-runners continued to widen even as the subjects entered their ninth decade of life.

Running not only appeared to slow the rate of heart and artery related deaths, but was also associated with fewer early deaths from cancer, neurological disease, infections and other causes.

And there was no evidence that runners were more likely to suffer osteoarthritis or need total knee replacements than non-runners - something scientists have feared.

At the beginning of the study, the runners ran for about four hours a week on average. After 21 years, their weekly running time had reduced to around 76 minutes, but they were still seeing health benefits from taking regular exercise.

In the UK Age Concern says many older people do not exercise enough and figures show more than 90% of people over 75 fail to meet international guidelines of half-an-hour moderate intensity exercise at least five times a week. Gordon Lishman, director general of Age Concern, said: "This research re-confirms the clear benefits of regular exercise for older people.

So folks, the message is clear, forget the tea-dances, just keep on running.....

**“If you had to pick one thing to make people healthier as they age, it would be aerobic exercise”**

Lead author Professor James Fries

### **Marathon Good Cause**

Barbara and I are running the London Marathon this year and hoping to raise money for Myeloma UK. Barbara's mum, Eunice Walker, has this rare form of cancer. If you would like to sponsor us please visit the website [www.justgiving.co.uk/markwenman](http://www.justgiving.co.uk/markwenman) by clicking the link.

Many thanks

Mark



## **News from YOUR club Committee**

### **Committee Request.....**

The Club receives and banks income from members for a wide range of items during the year, including membership fees, kit, coach hire, socials and trips. The total amount passing through the club bank account is considerable. We are therefore introducing the arrangement from 1<sup>st</sup> April that all items should be paid by cheque unless otherwise stated. It would also be helpful if cheques could be endorsed with the reason for payment e.g. 'kit', 'membership'. This will greatly reduce the administration load and make auditing simpler. And finally, please make your cheques payable to 'Canterbury Harriers'. Many thanks.

### **Coaching News.....**

With spring upon us and summer round the corner we should be turning our thoughts to the ..... TRACK SEASON. YES THE TRACK SEASON ! Throughout the summer there are various open graded meetings at Canterbury , Ashford , Tonbridge and it is to be hoped at the new all weather track which opened in Thanet last year. These are cheap to enter and include a choice of middle and long distance races and because they are graded the standard in each race is .... well fairly standard – so no embarrassment of being lapped. When entering on the evening the entry "secretary" will need to know a current PB for the distance or a current road race PB to use as a guide to assist in the grading process. Great fun and a change from the routine of road and XC races.

The club is forwarded details of the various track OGM`s and we will E- mail details as and when we get them. Go on HAVE A GO !!

Gerry

### **England Athletics Registration.....**

We need to resubmit members details to 'England Athletics' to ensure that all details are up to date as they will be issuing new registration cards during May and June. To ensure that we send accurate information could you please e-mail either Sue Reilly [sue.reilly@yahoo.com](mailto:sue.reilly@yahoo.com) or Tim Richardson-Perks [timbo2604@hotmail.co.uk](mailto:timbo2604@hotmail.co.uk) if:

1. You've joined the Club since November 2008 to remind us to update the list correctly; or
2. Your home address or e-mail has changed since November; or
3. You do not wish your details to be submitted to England Athletics.

Tim

**Management Committee:** Contact your Management Committee to raise any issue. Committee meetings held are on the 2<sup>nd</sup> Tuesday of each month

Marco Keir	Chairman	276029	Sue Reilly	Membership Secretary	477148
Tim Richardson-Perks	Treasurer	07792 833846	Sean Reilly	Web Master	730816
Roy Gooderson	Admin Officer	454449	Mark Wenman	Runners Rep	765336
Carol Reid	Secretary/ Coach	379055	Daniel Rumble	Runners Rep	742738
Gerry Reilly	Head Coach	477148	Wendy Osman	Runners Rep	266940
Steve Clark	Coach	711272	Peter Yarlett	Runners Rep	263346

## **Quiz Nite or 'eat your heart out Gail Trimble'**

Increasingly called 'Wine and Wisdom' evenings Harriers stuck to the more traditional form of the event when hosting the latest opportunity for members to display their wide breadth of knowledge on matters as diverse as Latin meanings, 1980's pop music, geography and sporting minutia.



***Aunt Sally scores point over rival team....***

It was great to see members, families and friends straining each and every grey cell to elicit the extra point that might have put the Rustics in front of Epson salts; or Vim Vams stretch their lead over Aunt Sally.



***Godden forsaken consider their joker.....Andy step forward***

After a highly competitive and close run quiz and very enjoyable evening the winner was – the £130 raised for Comic Relief. Well done to everyone taking part and special thanks to Steve who organised the event, Dave for Quiz mastering and Nicky and Jenny for scoring (following a recount!).

## **Dates for your Diary**

Sunday 29 <sup>th</sup> March	Sandgate 5K
Friday 10 <sup>th</sup> April (Good Friday)	Folkestone 10M
Sunday 26 <sup>th</sup> April	London Marathon
Thursday April 30 <sup>th</sup>	Canterbury Harriers Cross Country Presentation Evening – details to be advised
Monday 4 <sup>th</sup> May (Bank Holiday)	Whitstable 10k - members are asked to be available to support the Club's major promotion and fund raising event – details to be advised by Tim Richardson – Perks
Tuesday 12 <sup>th</sup> May	Folkestone Summer Relay @ 19.15
Sunday 17 <sup>th</sup> May	Stelling Minnis 10K
Sunday 24 <sup>th</sup> May	Canterbury Half Marathon
Tuesday 26 <sup>th</sup> May	Minnis Bay Summer Relay@ 19.30
Tuesday 9 <sup>th</sup> June	Ashford Summer Relay @ 19.30
Sunday 14 <sup>th</sup> June	'Man on the Run' charity event to raise funds for male cancer. The Club provides marshals for this very worthwhile run. Starts @ 11.00am Hampton Pier Avenue, Herne Bay - details to be advised by Gerry Reilly
Saturday 20 <sup>th</sup> June	Saxon Shore Relay – details to be advised
Sunday 21 <sup>st</sup> June	Weald of Kent 10 miles @ 11:00am from Links Farm Biddenden
Tuesday 23 <sup>rd</sup> June	Fowlmead Summer Relay @ 19.30
Sunday 5 <sup>th</sup> July	Bewl 15M
Tuesday 7 <sup>th</sup> July	Canterbury Summer Relay
Sunday July 12 <sup>th</sup> July	Mount Emphrain 10K – Our very own club promotion
Sunday 19 <sup>th</sup> July	Dartford ½ Marathon
Friday 24 <sup>th</sup> July	Rye 10K
Friday 14 <sup>th</sup> August	Rye 5K
Saturday 22 <sup>nd</sup> August	Le Touquet trip – a great day out for all – details to be advised by Roy Gooderson
Sunday 18 <sup>th</sup> October	Reims trip - not to be missed

Note: Friday pub runs to be advised. For the information of new members this is a social Friday evening run from a pub car park followed by refreshments in said pub!

## **Harriers Abroad – an occasional memoir from an overseas location...**

Ok well maybe the title is a little extravagant! – basically, it is an open invitation to give some insight in The Harrier to a trip you have made. We all like to hear about the exotic holidays and journeys that members make so next time you are away you are invited to 'make a memoir'... and sharpen that pencil....

### ***A Postcard from Beruwela, Sri Lanka.....by Peter Yarlett***

We visited Sri Lanka in February, leaving just hours before the heaviest snowfall in the SE for some years (the day following the Knowle Park, KFL). Unfortunately, the picturesque island has been engaged in a grim civil war for the past 20 years with government troops pitched against the Tamil Tigers in the far North East. Tamil's make up about 18% of the population and a small minority of them are fighting for an independent homeland. Buddhism is by far the largest religion practiced within the island.

In recent months the intensity of the fighting has increased. However, Beruwela is about 120 miles south of the capital Colombo and theoretically well clear of the fighting. We were therefore surprised to learn that only 2 days after leaving for home the main Colombo airport was bombed from the air by Tamil's and in early March ten people were killed by a suicide bomber only 30 miles from Beruwela.

Given the troubled background the people are friendly and welcome tourists, especially from the UK, and there is no animosity from Sri Lankians that the island was once part of the British Empire. Given that Beruwela is located on the SE coast our trip was a mixture of beach and self organised trips – leading us to Colombo, Kandy and Galle.

Let the pictures tell the story....



***Leaving Heathrow.....***

***The now abandoned train nr. Galle in which over 1000 people died during the Tsunami on Boxing Day 2004.....***







***Pinnawela Elephant Orphanage where over 60 elephants visit the river every day***

***Snake charming on Beruwela beach***



***61 years of independence celebrated on the 4<sup>th</sup> February at the Neptune Hotel, Beruwela***

***Monkeys enjoying the view having colonised the outside balconies of the Amaya Hills hotel, Kandy***



## CANTERBURY HARRIERS KIT PRICES

	<u>£</u>	<u>Sizes</u>
<b><u>MEN'S</u></b>		
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
<b><u>WOMENS</u></b>		
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

# CANTERBURY HARRIERS KIT ORDER

<p><b>Name</b> .....</p> <p><b>Tel No</b> .....</p> <p><b>E-mail address</b> .....</p>				
Q	Size	Description of item	Price £	Total £
<b>Total</b>				

Please hand the completed order to Mark or Barbara Wenman or e-mail to [markwenman@hotmail.com](mailto:markwenman@hotmail.com) Payment required on receipt of goods, please make cheques payable to Canterbury Harriers on collection (marked 'Kit' on reverse). Many thanks.

### CANTERBURY HARRIERS 2008/9 XC SEASON STATS

**Remember, you needed 6 appearances (or 5 plus marshal @ KFL2) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team Sweatshirt for 2008/9!**

**You needed to do 5 or more of the 7 KFL matches to count in their individuals league table and be certified!**

**You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.**

- a) KCAA Sat league fixture 1 Capstone Park, Chatham 04/10/08
- b) KCAA Sat league fixture 2 Mote Park, Maidstone 25/10/08
- c) KCAA Sat league fixture 3(W) Knole Park, Sevenoaks 16/11/08
- c) KCAA Sat league fixture 3(M) Danson Park, Bexley 06/12/08
- d) Kent Clubman/woman/vets Champs Beckenham Park 13/12/08
- e) Kent Championships Detling Showground 10/01/09
- f) SEAA Championships Hillingdon, London 24/01/09
- g) KCAA Sat league fixture 4 Parkwood School, Swanley 14/02/09
- h) ECCA National Championships Parliament Hill 21/02/09
- i) KFL end of season relays Shorne Park 08/03/09

's' in columns 1 to 7 (KFL) denotes scored for team

Runner	KFL CAT	Kent Fitness league							Other-As above									total app.	marsh KFL 2	Shirt award	KFL cert (5+)	KFL CAT POS	KFL cham meda				
		1	2	3	4	5	6	7	a	b	c	d	e	f	g	h	i										
1 Jenni Van Deelen	F40		s		s	s	s	s	s	x	x	x	x				x	x			11		x	x	1st	ves	
2 Barbara Wenman	F50	s	x	s	x	x	s	s	s												8		x	x	1st	ves	
3 Wendy De Boick	F55	x	x	x	x	x	x	x	x												7		x	x	4th	ves	
4 Sarah Maquire	F35		s	s	s	s	x	x	s	x											7		x	x	5th	ves	
5 Amy Hicks	F		s	s	s	s	s	s													6		x	x	3rd	ves	
6 Jacqueline McFarling	F40			x	x		x	x													6		x				
7 Wendy Osmond	F40	s	x		x	x	x	x					x								6		x	x	9th	ves	
8 Kate Marsh	F			x	x	x	x	x					x								5	ves	x				
9 Priscilla Howell	F	s		x		x	x	x	x												5			x	10th	ves	
1 Tina Jones	F60			x		x	x	x					x								4	ves					
1 Sue Coombes	F50			x			x	x					x								4						
1 Sally Silver	F			x		x		x													2						
1 Debbie Clifford	F40	x																			1	ves					
1 Tracey Furminger	F35												x								1						
1 Emma Greatrix	F35							x													1						
1 Barbara Hutton	F40																	x			1						
1 Carol Reid	F45		x																		1						
1 Wendy Smith	F50			x																	1						
1 Neil Godden	M50	x		x	x	x	x	x	x				x								77	Total female appearances					
2 Steven Clark	M55	s	x	s	s	s	s	x	x			x	x	x							11		x	x	19th		
3 Andy Farrant	M50	x		x	x	s	x					x	x	x							10		x	x	2nd		
4 Mark Cooper	M45	s	x	x	s	s			s				x	x							9		x	x	12th		
5 Bob Davison	M50	s	x	s				s	s												8		x	x	9th		
6 Joe Hicks	M55	x	x		x	s		x				x	x								8		x	x	8th		
7 Steve Reynolds	M45	x	x	x	x	x	x	x					x	x							8		x	x	9th		
8 Mark Wenman	M50	s	s	s	s	s	s	s	s												8		x	x	15th		
9 Peter Yarlott	M55	x	x	x		x	x	x													8		x	x	4th		
1 John Hartley	M60	x		x	x	x	x						x								8		x	x	13th		
1 Martin Coombes	M50	x		x	x	x	x	x	x				x	x							7	ves	x	x	14th		
1 Robert Dowling	M	s	s	s	s	s	s	s	s												7		x	x	13th		
1 Jason Furminger	M40		x	x				x	x				x	x	x						7		x		6th		
1 Colin Kent	M40		x	x	s			s	s					x	x						7		x	x	14th		
1 Alastair Telford	M40		x	s	s																7		x				
1 Wim Van Vuuren	M			x	x	x	x	x	x												6	ves	x	x	38th		
1 Bob Pullen	M45	x	x	x				x	x												6		x	x	22nd		
1 Daniel Rumble	M		x					s	s					x	x						6		x				
1 Garon Heslop	M45		s	s				s					x								5						
2 Ryan Bullows	M	s	s			s	s														4						
2 Rob Hicks	M		s					s	s												4						
2 Rav Cameron	M					x		x	x												3						
2 Gerry Reilly	M60				x			x													3						
2 Marco Keir	M45						x	x	x												2	ves					
2 Joe Epsom	M55		x					x													2						
2 John Marshall	M60		x										x								2						
2 Tim Perks	M45								s												2						
2 Mark Wilbourn	M40		s	s																	2						
2 Roy Gooderson	M50	x																			1	ves					
3 Tony Savage	M50																				1	ves					
3 Mark Baker	M		s																		1						
3 John Collins	M		x																		1						
3 Dave Martin	M55		x																		1						
3 Francis Maude	M40																				1						
3 Kenny Somerville	M	s																			1						
3 Russell Williams	M60		x																		1						
														175	Total male appearances												

Any omissions/errors noticed (although this is impossible) please let Steve Clark know.