



The Harrier



The newsletter of the Canterbury Harriers

Autumn 2010

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Within the athletic community we generally applaud sporting achievement in terms of the time taken and distance covered. In the case of Barbara Hutton's recent Ironman achievement it was jaw dropping in terms of her time in completing the ultimate triathlon distance and the sheer tenacity and fitness level involved. Barbara's time of 11:07:33 in doing a 2.4 mile swim, an 112 mile bike ride and finished off with a full marathon is simply awesome and we congratulate her for this mighty performance. Barbara's 'Ironman Switzerland' is rightly given centre place in this edition of the Club Newsletter.

With the evenings now shortening our thoughts inevitably turn to the x-country season, the crisp cold air of winter and the glorious texture of muddy ground under our feet. More later. However before we completely jettison the summer months it is very pleasing to note another very successful Mt Ephraim race organised by the club that not only turned in a moderately sized profit but was warmly acknowledged by runners as being an ideal 'Kent countryside' course (another way of saying that it is 'quite' hilly). The race was also selected for inclusion as part of the Kent grand prix series giving a further element of prestige. We also successfully again hosted our running friends from Reims who, without exception, enormously enjoyed the run and hospitality that we and the twinning association were able to provide. Further into the Newsletter is a French translation (thanks Gerry) of how the race was reported in the Reims sporting press and an article by Therese Delesalle (Reims twinning contact) on the twinning relationship between the cities of Reims and Canterbury. The next issue of the Newsletter will contain a report of the Club's visit to Reims over the weekend of 16th/17th October.

Of courses races don't just happen by chance.

Enormous thanks are due to Tim (as Race Director) and also to the huge number of committee and other members who dealt with the organisation beforehand and to the many members and family and friends who provided sterling support on the day. Without you all and your efforts our race portfolio, such as Mt Ephraim, would not be possible. Tim reports inside on the race.

And so what else of summer? Many do you continued with your racing programme and a selection of results, including PB's and debutants, are included in the Newsletter. Full results can, of course, be found on the new website (do take a look at our excellent web site if you haven't yet got round to it). The summer relay series wound its way (mainly) along the coast and we were rewarded with excellent turnouts at most events. Another highly enjoyable trip, led by Roy, was undertaken to Le Touquet with the supermarket challenge getting ever more frantic. A report of the trip can be found inside. The Saxon Shore and North Downs relays were as ever well supported and enjoyed by all. The Friday night pub runs again proved very popular with the friendly pace allowing conversation and yet still leaving a thirst to be quenched.

Finally two important dates for diaries. The first is our AGM to be held at 7.00pm (sharp please) on Thursday 14th October at Rough Common Village Hall (and afterwards at The Dog for light refreshments). The AGM is the main occasion for your committee to report back on what has been done in your name over the past year; and importantly it is your opportunity to raise issues that will improve the way that the club is run and will benefit us all. Please do attend.

The second date is on Sunday 24th October when we host our annual race as part of the KFL. Our first priority is hold a safe and successful event and so members are asked to commit to be free on the morning to assist with the multitude of tasks that need attention. Friends and family are very welcome to help with marshaling, car park duties and course marking.

And very finally with winter in mind - dress to be seen at night and wear a reflective bib. We want all members to remain safe, fit and healthy.....

Yours in running.

Ironman Switzerland – July 25th 2010 - Barbara Hutton **2.4 mile swim, 112 mile bike, marathon run**

Ironman Switzerland was my 'big' event of the year. Since February 2010 I had been coached by Dr Garry Palmer. I first met Gary last year when I booked him for some physiological testing (VO₂ max, heart rate zones etc.). The testing threw up some interesting results. I had a poor aerobic base on the bike but a brilliant one for the run! I thought it was the other way around! After deciding to sign up for coaching, Gary set my weekly training schedule, and no surprise it was heavily bike skewed. So for months it was bike, bike and more bike training, the theory being that if I was strong in this leg then I would be relatively 'fresh' for the marathon run. In triathlon in the end it always comes down to the run. This year was also the first time that I trained with a heart rate monitor, which was a revelation. The heart rate monitor showed me that my long marathon runs had previously been done too slowly. So if you've hit a wall with your training, I thoroughly recommend getting tested, then applying the science to take you up to the next level.

I was very relaxed on race day, all the training and preparation had been done and I was at my race weight and ready to rock. The swim in Lake Zurich turned out to be a steady effort as due to the volume of swimmers (2500) it got quite crowded in places making it difficult to really stretch out, so I had to sit in the bunch a lot of the time and go with the flow. T1 was also quite leisurely as I was waving and laughing at my better half Keith who was behind

some fencing watching me try to get out of my wet suit. Once onto the bike it was magic as the Swiss roads were immaculate, freshly tarmaced with no potholes anywhere. I spun out and enjoyed the ride; it was 2 loops with a few hills but nothing really testing. 'Heartbreak hill' back in Zurich was supposed to be a killer, but it was only a short/sharp little thing, even so it was great fun as spectators lined the road Tour de France style.



T2 was quite quick then onto the run. I thought that I was going to run well, but didn't really know how well, I was hoping to do between 4 and 4:30 for the marathon. Turned out I did 3:51 so I was over the moon with that; this was in spite of wasting time to queue for the portaloos several times. If you stick a load of sweet energy drinks, bars and gels into your body then shake it all up on a marathon run your body is going to rebel – well you get the picture! With 10K to go on the run, Keith yelled at me that Gary had been monitoring my splits on line, I had been 10th in my age group off the bike and at the half way point of the run had moved up to 5th, so I needed to get a move on as a Hawaii Ironman World Championship slot was now in sight if I could get to third. I picked up the pace on the last of the 4 laps, and with 1K to go I heard someone say it was only 11 hours into the Ironman, I couldn't believe it, I was hoping for just under 12 hours not 11 at the start of the day! I came in at 11 hrs and 7 minutes, a PB for me by 1hr 39 minutes. I really gave a hoop for joy as I crossed the line, shortly to be followed by deep despair as I was told that I had missed third place and the Hawaii slot by 28 seconds. The lady in 3rd had just pipped me to the spot. I was pretty upset for a while at missing out on my dream, though to be fair at the start of the day I didn't think I was in with any chance of a Hawaii slot. If only I had raced a bit harder earlier on....

Result: Swim 1:13, Bike 5:55, Run 3:51.

PS A big thank you must go to all my mates at Canterbury Harriers who supported me and sent me good wishes both before and after the event.

10 km sur les routes du Kent Trois clubs rémois dans la course

Publié le jeudi 15 juillet 2010 à 11H00

Sous la houlette du Comité de jumelage Reims-Canterbury, les échanges entre le club des Canterbury Harriers et plusieurs clubs rémois connaissent un succès grandissant : le dimanche 11 juillet, trente-quatre coureurs (Efsra, journal l'union, club Errance et jumelage) ont participé à la Mount Ephraim 10 km race, une course à pied sur les pittoresques routes du Kent, le bien nommé « jardin de l'Angleterre ».

Yann Desert, de l'Ersfa, est arrivé 7e (1er des Rémois) et notre équipe s'est particulièrement distinguée : tous ont terminé bien classés dans cette épreuve avant tout amicale, mais pas si facile sous un soleil de plomb...

Agrémenté la veille d'une découverte de Canterbury, d'une soirée barbecue organisée par la « Canterbury-Reims twinning association », d'une halte à la station balnéaire de Broadstairs au retour, le week-end a semblé trop court aux sportifs et aux vingt-cinq supporters qui les accompagnaient.

Les Canterbury Harriers sont des fidèles de Reims à toutes jambes et depuis l'an dernier, suite à ces échanges, ils sont reçus dans les familles des coureurs rémois.

Rendez-vous est donc pris pour Octobre prochain.

UNDER THE ORGANISATION OF THE REIMS-CANTERBURY TWINNING ASSOCIATION THE EXCHANGES BETWEEN CANTERBURY HARRIERS AND A NUMBER OF REIMS CLUBS ARE EXPERIENCING A GROWING SUCCESS. ON SUNDAY 11TH JULY 24 RUNNERS (FROM ERSFA, THE ERRANCE CLUB AND TWIN ASSOCIATION INDIVIDUALS) TOOK PART IN THE MOUNT EPHRAIM 10K EVENT, A ROAD RACE OVER THE PICTURESQUE LANES OF KENT , APTLY NAMED THE GARDEN OF ENGLAND

YANN DESERT FROM ERSFA FINISHED IN 7TH PLACE AND OUR TEAM PERFORMED PARTICULARLY WELL : ALL FINISHED WELL UP IN THEIR CATEGORIES IN A RACE WHICH WAS ENJOYABLE BUT CHALLENGING UNDER A HOT SUN

ENLIVENED THE PREVIOUS EVENING BY AN EXPLORATION OF CANTERBURY FOLLOWED BY A BARBECUE ORGANISED BY THE CANTERBURY-REIMS TWINNING ASSOCIATION AND PRIOR TO THE RETURN JOURNEY BY A VISIT TO THE BATHING RESORT OF BROADSTAIRS THE WEEKEND SEEMED TOO SHORT FOR THE RUNNERS AND THE TWENTY FIVE SUPPORTERS WHO ACCOMPANIED THEM.

CANTERBURY HARRIERS ARE KEEN PARTICIPANTS IN THE REIMS A TOUTES JAMBES RACES AND LAST YEAR AS A RESULT OF THE EXCHANGES THEY WERE ACCOMMODATED IN THE HOMES OF REIMS RUNNERS. ALL IS NOW SET FOR OUR GET TOGETHER THIS COMING OCTOBER.

All about the twinning... Therese Delesalle

Reims and Canterbury have much in common : both cities are of Roman origin and they are both proud of their prestigious Cathedrals which played a prominent part in the history of the two nations.

The twinning between Reims and Canterbury was signed on May 13th 1962 with the intention of establishing lasting relations between the two cities.

On both sides there exists a twinning committee defined as an association committed to promoting and facilitating exchanges between the residents of Reims and Canterbury. Furthermore, there is a board of administrators who examine all applications for financial help, accompanied by well-detailed project plans, concerning exchanges between schools and universities as well as sporting and community events.

Locally, the Reims twinning committee has a well-scheduled programme offering lectures, trips to England and other events allowing members to become better acquainted with the United Kingdom of the past and of the present day.

The Reims committee works in close contact with their Canterbury counterparts as regards information and enquiries.

What do we offer ?

Lectures :__« Les mardis de Reims-Canterbury » lectures draw in a significant audience every year from October to June. Speakers with professional experience discuss varied subjects always relating to England (history, literature, arts...) Entrance is free and open to all, members and non-members.

Concerts : We regularly welcome English musical ensembles , choirs or instrumental groups, for concerts or informal evenings .

Sporting Events : We promote and facilitate exchanges for a variety of events either in Reims or Canterbury. The best example would be the close collaboration between the Canterbury Harriers and their Reims counterparts.

Education : In spite of some difficulties on the English side we do our best to develop more and more exchanges between schools.

Travel : The three or four-day Whitsun trip takes us every year to London with a visit to Kent and even further afield. Gardens, Cathedrals, University cities and stately homes are given priority.

Shorter trips may also be offered according to demand : art exhibitions and plays at the theatre at taken into account.

Events in Reims : Groups from Canterbury or Kent are regularly invited to participate at events organised by the Reims Town Council : the « fête de l'Europe », the « Joan of Arc festival », the Marathon (now called « Reims à toutes jambes ») and « Destination Noel » . We have just been informed that invitations will also be sent to Canterbury residents to invite them to take part in the festivities scheduled for 2011 to celebrate the 800th anniversary of the Reims Cathedral.

Furthermore, in 2012 Reims and Canterbury will celebrate 50 years of friendship !

We should add good relationships between Parkinson associations on both sides and also between Reims and Bridge chest clubs

"Reims à toutes jambes", (RATJ) is the name for our Marathon, half-marathon and 10 km which will take place on Sunday October 17th. Visit www.ratj.fr and we look forward to welcoming members of Canterbury Harriers.

Regards

Therese

Our Reims guests enjoying the Mt Ephraim experience in July.....



Mount Ephraim 2010 - Tim Richardson-Perks, Race Director.....

Hi as Race Director I'd like to congratulate all the competitors who ran on 11th July and to thank our sponsors – Bailey's Nissan and Mount Ephraim Gardens. I must thank the team of marshals without whom running an event like this would be impossible; Steve Clark - Supreme Chief Marshal - was here this year – I'll let you judge if he made a difference! I must also thank our French visitors including 34 runners for their enthusiasm in supporting this race and making Mount Ephraim a truly international event.

The race itself took place on a hot day with forecasts of record breaking temperatures and weather warnings – not ideal conditions for running a very undulating if not hilly course! Last minute emergency planning of an additional water station at approx 8km was successful and this station will become a permanent fixture in the race. As it turned out there was some cloud cover which meant the full



Tim handing out winners prizes

blazing sun could not do its worse and all runners – a record entry of 274 - completed the course without problems on the hydration/heat front. In fact St John Ambulance our first aid cover was not needed for any incident – not even a wasp sting! The second last minute emergency was resolved by the course marking team

Our French running guests complete the race...



who realised that 4 comes in between 3 and 5 when they reached the 9th kilometre! Now you know why we organise 10k races and not marathons, re-positioning from 41 kilometres doesn't bear thinking about. Well if the pay is peanuts ...!

Our final emergency occurred well before the start with the marquee. The flies were already well into breakfast so thank you early risers who helped bin the leftovers. Then the parents of the bride turned up after the previous evening's wedding. Obviously their pre race evening consisted of much alcohol and they got pi***d off easily at the thought of our using the marquee. Thankfully Marco was on hand to be firm but diplomatic – I was ready to nut them and I'm unable to print Tina's opinions without consulting our solicitors first – and we got full use of the marquee. We'll need to plan carefully next year because we are not guaranteed that a wedding will take place on the Saturday and so your ideas will be welcome – we'll need somewhere preferably in Mount Ephraim to host a post race buffet for our French guests.



Brian, our main race sponsor, driving one of his Bailey's Nissan cars

The record entry was due in part to online entry through Runner's World, another feature we will keep for 2011. We also intend to keep Mount Ephraim as a Kent Grand Prix event but will need to confirm this later in the year and if we do we must market the race even more effectively as Grand Prix status attracts the serious runners from other Kent Clubs. Remember Mount Ephraim (unlike Whitstable 10k) competes against Race for Life and other official races so every entry is a small victory. To achieve that extra market penetration I need your help. So if you are entered into or are intending to enter any race between January and June 2011 please take with you a number of race entry forms to plaster on everyone's car windscreens. This is an excellent warm up routine, ask the coaches! Next year we hope to again be at Mount Ephraim on the second Sunday in July, we should be confirming the date on the ME10k website soon.

The results service went well and we were able to present prizes in good time –before the slightest of showers. Then we hosted an excellent buffet for our French visitors before the final clear up of race equipment. Again thank you to those Canterbury Harriers who were able to stay and help with this – I guess the "free" drink and champagne from our French guests helped here!

All the above effort meant we raised almost £1000 towards club funds so thank you again, this means we can continue to keep membership fees low and subsidise pub runs, the quiz, KFL entry etc.

THIS IS WHERE YOU CAN HELP AGAIN. PLEASE LET ME HAVE ANY SUGGESTIONS FOR IMPROVEMENTS FOR NEXT YEARS RACE.

Finally I must thank all entrants as £1 from each UK entry was donated to Demelza House raising £240 for their excellent charity work.

Regards

Tim

VIZ or Ed's practical running advice.....

WHEN YOU ARE CONSIDERING YOUR NEXT TATTOO THINK ABOUT HAVING A NUMBER TATTOOED ONTO YOUR FOREHEAD SO THAT YOU CAN KEEP THE SAME RACE NUMBER FOR EVERY RACE THAT YOU ENTER. ALSO THE NUMBER WON'T FALL OFF IN BAD WEATHER.....SIMPLE BUT USEFUL ADVICE, ESPECIALLY WITH THE X-COUNTRY SEASON COMING UP....



Steve kindly leading the way

A reduced account of the annual Le Touquet Trip - 21st August 2010

THE START.....cool and cloudy morning morning.... just right for running.....drive to Love Lane, Faversham.....nobody stirring in the cemetery.....small group already gathered.....will car be found on bricks at end of day!.....exchange of muffled greetings.....Bob last to arrive - shortest distance to come.....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.....Steve starts monologue but quickly rebuked.....Roy reminds us again that its his 19th trip to Le Touquet.....briefing for day....time zone, passports, timekeeping, shopping trolley race.....race time brought forward by an hour.....what's that in French time.....race start and finish place las o changed from last year.....lots more to remember.....head spinning.....quiz to complete.....arrive at Dover for 9.00am ferry.....lots of chatter now..... starting to wake up.....quickly lost in vastness of ferry.....was it Blue level 3 or Red level 5.....just follow the next person and look knowing.....slight pause whilst in breakfast queue and then lap up seven piece english breakfast at exorbitant price.....on deck for sun and breeze.....time to embark and en route for Le Touquet.....full flow of conversation..... stop at Auchen for hypermarket shop.....strange that everyone seems to sprint to wine and beer shelves..... checkout fever with trolley's madly rattling.....coach heaves as shopping loaded.....someone one step ahead in providing ice for beer stock.....closing in on Le Touquet.....park up at stadium.....about a hour to go.....Gerry and Roy head off on bikes to collect numbers.....stretch routines, toilet and final preparations.....weather humid but not as hot as usual.....walk/jog to start.....this might be tough so start steadily on new route..... start delayed.....general mêlée at start.....straight down road for first short lap.....drink station coming up, not before time.....now into tree lined roads offering shady retreat.....long straight road a bit boring but must concentrate hard.....last stretch into finish area.....200 metres to go.....tongue parched and can't wait for end.....drink, drink, drink.....reminisce race.....Andy wanted to continue the full 20K as he took the wrong line at the finish.....a shower would be nice.....lots of cake and fruit supplied to restock energy levels.....well done in particular to Tina and Barbara for age related wins.....2k walk back to the coach.....iced beer..... bread and cheese and cakes.....relax and recover.....stop at Wimereux for further refreshment (lots of beers) and frites.....quiz answers given.....raffle drawn.....ferry delayed so filled in time with more beers.....boarded ferry.....majority in lounge bar.....further rehydration with amber liquid.....everyone relaxed and going with flow.....back in coach.....onwards to Bat and Ball.....drop Roy and bike en route to Rough Common..... make sure purchased beer has not been removed by Steve.....onwards to Faversham.....car still where left (only joking earlier!).....glad not tidying coach.....last farewells.....fabulous day out.....many thanks Roy again.....onwards to his 20th next year.

THE END

If you haven't yet made the Le Touquet trip then make next year the year to go.....it's a great club day out with a race thrown in as well...

The website gallery has photos of the trip.....

Spotlight on Emma Greatrix

What got you into running?

I started running to improve health and fitness; also my mum and uncle were into running at the time and doing well in races and so I thought...I'd have a bit of that!!!

Did you do any sports before taking up running?

I grew up with and around horses and spent many a weekend competing; must admit it's a lot easier getting the horse to do the running than running myself!



Emma in strict training

Favourite training sessions?

Have to admit I think the track is my favourite...it beats running round Wincheap in the wind,rain and snow! It's also quite exciting when Jerry takes along his whistle!!

Other sports participating in or interested in?



Emma in the KFL

I would quite like to try a triathlon but I'm too lazy,

How do you manage to run with work commitments?

I'm really lucky actually, I have no family commitments so I can also run to work. We have a shower there - in fact half my kitchen cupboard and clothes are at work! The girls all laugh at me! The only downside is the slightly red face I have for the first hour!

Favourite races and distances?

The London marathon - due to the support and the sense of achievement; and any flatish 10k.

Future goals and ambitions?

To improve time for marathon

How you keep motivated to run?

I focus on end goal - I can enjoy food and drink

Any tips or advice to others?

Enjoy it and don't let it become a chore

Note: Emma has since managed to break her arm in two places and so we wish her well in recovery and to see her back running soon

Bobs Books by Bob Pullen.....

I recently chanced across a couple of books on running while clearing out my garage. Having re-read them and thoroughly enjoyed them, I thought other Harriers might be interested too.

The first is *Running is Easy* by Bruce Tulloh (Collins Willow – ISBN 0-00-218731-0 – 1996). This book is a mine of information for the fun runner to the serious athlete. It is packed with great tips and you feel yourself nodding in agreement with all the sage-like advice that the author provides. The book covers some very technical issues, including nutrition and fuel systems, but it is all written in laymen's terms and very easy to understand. There are training plans for all of the main competition distances from beginners to elite athletes which are clearly laid out. Who knows, one of these days I might even follow one!

The second is *What I talk about when I talk about running* by Haruki Murakami (Vintage – ISBN 978-0-099-52615-5 – 2008). This book is a distinct departure from the majority of books covering the subject of running in that it isn't a training manual. Instead, the author describes his journey leading up to the 2005 New York Marathon. It is extremely well written (unlike this article) and describes the philosophy of long distance running. Here is a quote: *Some day, if I have a gravestone and I'm able to pick out what's carved on it, I'd like it to say this: Haruki Murakami 1949-20** Writer (and runner) "At Least He Never Walked".*

iTunes Running Podcasts

As a keen Apple fan I have iPhone, iMac and iPod (maybe iPad next!!) and have discovered a wide variety of running podcast (Ed)

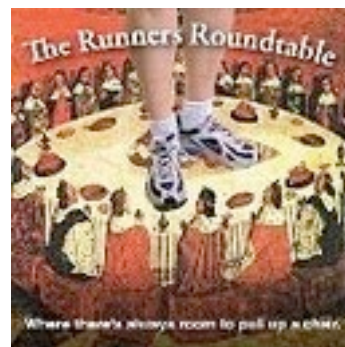
TRI TALK

The Extra Mile

Running Stupid



4 Feet running



Running Times

**Running
Stupid**

Splish, Splosh, Splash.....it must be X-country

X-Country season and local race dates to cut out and keep.....book a date in your Blackberry/Diary especially for the Kent Fitness League races (all races start at 11:00am). We also need You and as many family/friend helpers as possible for our own race on 24th October at Blean.

All start times to be confirmed....

PROVISIONAL RACE DATES - 2010/11

Sat	2nd Oct	
Sun	3rd Oct	Sittingbourne 10m
Sat	9th Oct	Kent League XC - Sparrows den, West Wickham
Sun	10th Oct	Quest 10k
Sat	16th Oct	
Sun	17th Oct	Maidstone Half Marathon
Sat	23rd Oct	Kent League XC - Somerhill School, Tonbridge
Sun	24th Oct	KFL - Rough Common, Canterbury
Sat	30th Oct	
Sun	31st Oct	Wilmington 10k
Sat	6th Nov	
Sun	7th Nov	Deal 5
Sat	13th Nov	Kent League XC women only- Danson Park, Bexleyheath
Sun	14th Nov	KFL - Swanley Park, Swanley
Sat	20th Nov	
Sun	21st Nov	
Sat	27th Nov	
Sun	28th Nov	KFL - Fowlmead, Deal
Sat	4th Dec	Kent League XC men only - New Barn Park, Swanley Park
Sun	5th Dec	Thanet 10m
Sat	11th Dec	Kent Vets and Clubman - venue tbc
Sun	12th Dec	Ditton Turkey Run (Maidstone) & Swanley Caper
Sat	18th Dec	
Sun	19th Dec	KFL - Knowle Park, Sevenoaks
Sat	25th Dec	
Sun	26th Dec	
Sat	1st Jan	
Sun	2nd Jan	
BH	3rd Jan	
Sat	8th Jan	Kent Championship XC - Showground, Detling
Sun	9th Jan	KFL - Minnis Bay, Birchington
Sat	15th Jan	
Sun	16th Jan	KFL - Nurstead Court, Meopham
Sat	22nd Jan	
Sun	23rd Jan	Dartford 10
Sat	29th Jan	South East England XC Championships
Sun	30th Jan	Canterbury 10
Sat	5th Feb	
Sun	6th Feb	Ashford and District 10k
Sat	12th Feb	Kent League XC - New barn Park, Swanley Park
Sun	13th Feb	Dover Half Marathon

Sat	19th Feb	
Sun	20th Feb	KFL - Oxleas Wood, Eltham
Sat	26th Feb	
Sun	27th Feb	Tunbridge Wells Half Marathon
Sat	5th March	
Sun	6th March	
Sat	12th March	
Sun	13th March	Mother's Day !!
Sat	19th March	
Sun	20th March	KFL - Relay and presentation - venue tbc
Sat	26th March	
Sun	27th March	

News from Your Committee

Management Committee: Contact your Management Committee to raise any issue. Committee meetings are held on the 2nd 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	262931	Wendy Osmond	Runners Rep	266940
Gerry Reilly	Head Coach	477148	Peter Yarlett	Runners Rep	263346
Steve Clark	Coach	711272			

<u>2010 Diary dates</u>	
AGM	6.30pm for 7.00pm start - Thursday 14 th October, Rough Common Village Hall
Reims Trip	Weekend of 16 th /17 th October
Blean x-country	Sunday 24 th October
XMAS Presentation	Saturday 4 th December
<u>Messages</u>	
Club Kit	Mark advises that kit is available - 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 the Newsletter. Payment is by cheque (only) with orders please.

Middlesex Athletic club open 10k race – Victoria Park - Phil Wyard Sep 5 2010

The start-gun sounded like a rifle shot. The quick ones went off like they meant business. A winning time of just over 31 minutes testifies to a fast race.

Victoria Park is flat and green and first surprise has a clubhouse for the local running club, with showers and changing rooms. The race itself is fairly bland; three laps of straight, wide park roads. However you don't come here for the surroundings. The prize is the time you get. This is the Ryanair of races. Strictly no frills. No T-shirt, no medal, just a banana at the end.

The runners practically all represented London clubs, Serpentine Runners being the most evident, clashing badly with the grass in their red and white hoops.

A picture on the wall of the changing room of Dave Mackay roughing up a Bremner puts any Spurs fan in a good frame of mind before a race. He was the hardest man to ever play football, according to George Best.



There's not much to say about the race itself, except that it is flat, with plenty of space to run, on tarmac all the way. Somehow the training I'd done meant that I was able to keep close to 4 minute kilometres all the way round and do a 3:55 on the final one. Taking 41 seconds off my P.B just shows what a really flat course can do for you.

So, the race comes thoroughly recommended for anybody chasing the speed dragon, as well as a chance for a trip down Memory Lane for any ex-Londoners.

Results that have caught the Ed's eye since the last Newsletter.....

Well done to all Harriers, especially to debutants and those achieving PB's, who have competed in a wide variety of road racesfull results of all races are on the Club web pages.....

Event	Harrier	Time	Position
Eltham Park - 5 13th June	Philip Wyard VM46	33:33	26
North Downs 30K - 20th June	Mark Wenman VM56	2:29:09	66
	Barbara Wenman VF52	2:29:10	67
	John Richards SM29	2:31:10	77
	Colin Kent VM44	2:31:48	78
	Ray Cameron SM34	2:59:34	264
	Tony Savage VM55	3:09:17	313
	Helen Knuth VF41	3:58:06	450
Fowlmead Friday 5K - 25th June	Mark Baker SM38	17:50	3
	Simon Jones SM35	18:04	4
	Wim Van Vuuren VM40	20:54 PB	10
Weald of Kent 10 - 27th June	Dave Smith VM61	1:20:05	79
Bromley Parkrun 5K - 10th July	Philip Wyard VM 46	19:41 Debut	13
	Jacky MacDonald VF 62	32:13	91
Baileys Nissan Mount Ephraim 10K - 11th July	Joe Hicks VM57	48:39	95
	Joe Epsom VM59	1:03:21	205

Dinosaur 10K - 25th July	Peter McQuire SM38	40:44	32
	Mark Wenman VM56	41:54	40
	Barbara Wenman VF52 1 st V45	42:24	44
	Mark Cooper VM49	43:54	61
	Wendy De Boick PB	54:07	248
	John Marshall VM65	57:12	306
	Jacky MacDonald VF62	1:07:59	416
Fowlmead Friday 5K Race	Mark Ford SM20 Debut	17:14	4
	Mark Baker SM38	17:51	5
	Simon Jones SM35	17:56	7
	Bob Davison VM56	20:21	19
	Wim Van Vuuren VM40 PB	20:41	21
	Joe Hicks VM57	20:46	22
	Jacky MacDonald VF62	31:22	49
Faversham Marathon - 31st July	Sally Silver VF35	4:39:40	38
Rye Summer Classic Series 5K - 13th August	Mark Ford SM20 PB	16:54	12
	Simon Jones SM35	18:18	25
	Mark Wenman VM56 1 st MV55	19:21	33
	Barbara Wenman VF52 1st V50	20:17	50
Isle of Wight Half Marathon - 15th August	Peter Hogben JM18 Debut	1:29:38	17
Le Touquet 10K - 21st August	Phil Wyard VM46 PB	41:18	55

	John Richards SM29 PB	42:01	67
	Barbara Wenman VF52 1 st in age group	42:28	73
	Tim Richardson-Perks VM50 PB	43:08	80
	Barbara Hutton VF44 PB	47:09	159
	Tina Jones VF63 1 st in age group	53:59	309
Kent Coastal marathon - 5th Sept	Sarah Maguire VF41	3:17:55	20
	Gary Salmon VM47 Debut	3:22:27	25
Nottingham Marathon -12th Sept	Tim Richardson-Perks VM50	3:43:22	361



and Canterbury Harriers

Stuart Deal Photography...

My name is Stuart Deal, I have been a keen Photographer for over 20 years. I have been photographing weddings for the last 5 years. I have qualified as a Licentiate member of the British Institute of Professional Photographers. I am based in Canterbury and offer competitive wedding photography in Kent and throughout the South East of England.

Contact details:

www.stuartsphotography.co.uk

E-mail: dealstuart@yahoo.co.uk Tel: 01227 780049 Mob: 07932268256

Dave Emm Recording Studio...

I have a recording studio in my home in Blean, ideal for singers, duo's, bands, etc., who want to produce finished recordings. I do a fair amount of recording for Roy Palmer (ex Harrier) and will be playing with his band (Five Miler) at the 'Lounge on the Farm' gig in July.

" produce a professional demo CD of yourself, your duo or band"

Contact details:

Dave (V60) Smith
01227 768329
12, Bourne Lodge Close
Blean, Canterbury, Kent
CT2 9HD

rgelectronics ...

All radio equipment including Roberts digital radios.
Audio equipment, connectors, leads, metal detectors etc.
Installation of telephone sockets and systems

Contact details:

66 Oxford St
Whitstable
Kent
CT51DG
01227 262319

www.rgelectronics.co.uk

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

Jo Gambrill - holistic massage therapist...

Affiliated with the Complementary Therapists' Association and fully insured. Mobile service offered. Special price for Harrier members at £10 per half hour!!! Full consultation and treatment plan at no extra cost.

Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

Steve's Reynolds Maintenance

All house and garden maintenance
01227 361112 or 07951754926

Wanted

Garmin forerunner 110 wanted - with heart rate strap. Or alternative watch with heart rate monitor at reasonable price.

Philip Wyard philipwyard@hotmail.com

Kit Bags

In response to several requests from Harriers we are putting together an order for kit bags as per attached photo. They are 50 x 30 x 30cm with a pocket at each end, a shoulder strap and sized to fit in most lockers and will be printed with 'Canterbury Harriers' and the logo. The cost is £19.50 and we are hoping to get them in time for the cross country season. Order confirmation will be on receipt of your cheque payable to Canterbury Harriers (please write kit bag on the back) and drop it in to 78 London Road, Canterbury CT2 8LS or give it to me at training. Your order cheques are required by 28 September at the latest.

Thanks

Mark



Canterbury Harriers Kit Korner



MENS	£	SIZES
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), L41/43 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
WOMENS		
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 Children;s hoodies are generously sized and would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS - XXL

CANTERBURY HARRIERS KIT ORDER

NAME:				
TEL NO:				
E-MAIL ADDRESS:				
QUANTIT Y	SIZE	ITEM	PRICE £	TOTAL £
			TOTAL £	

Please hand the completed order to Mark or Barbara Wenman or e-mail the order to markwenman@hotmail.com

Payment is required on receipt of Kit. Please make cheques payable to "Canterbury Harriers" (market 'Kit' on reverse). Many thanks

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

Members will be notified when Kit has been delivered if it is not available from stock. Kit can be collected from any Committee Member at Kings on a Tuesday or Thursday evening. Payment is by cheque made payable to "Canterbury Harriers" (write 'Kit' on back) on collect.

