



The Harrier



The newsletter of the Canterbury Harriers

Summer 2011

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Weather conditions are reported with fanatical interest by Ed in each newsletter. This time is no exception. Having experienced one of the severest winters for many years Kent is now faced with near drought conditions. In these somewhat unique circumstances England Athletics (EA) has asked runners to do their bit to save water by 'sharing a bath with a friend and reducing our beer consumption'. EA propose that by making these sacrifices now the 'Saharan' conditions will be kept at bay for a while longer. Jokes aside things are looking quite serious for our farming countryside in this part of the South East. The continued warm weather means that good hydration for runners is paramount.

While we contemplate the meaning of rain (or at least the lack of it) Forrest Gump explained that 'One day it started raining, and it didn't quit for four months. We been through every kind of rain there is. Little bitty stingin' rain... and big ol' fat rain. Rain that flew in sideways. And sometimes rain even seemed to come straight up from underneath'. Forrest had it about spot on as we look forward to a few more downpours.

As others have commented we only have weather in the UK and not a climate. "Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." Anyway that's enough weather forecasting for now....

In the last newsletter it was reported that a line from an Alfred Tennyson poem had been chosen to inspire athletes taking part in the London 2012 Olympic and Paralympic Games. "To strive, to seek, to find, and not to yield",

from Ulysses, will be engraved as a permanent installation in the centre of the Olympic Village. Little did we know at the time that this line could equally apply to applying for olympic tickets! Seb Coe has had a hard time to justify the final ticket allocations with most people not getting a sniff of a ticket. Two weeks stuck in front of the tv next July will do little for our appreciation of the Olympic experience. Step forward with your thoughts on how the club should celebrate the Games.....

Our Whitstable 10k run in May was generally accepted as one of the best ever in terms of the numbers running, the quality of the organisation and the amount raised for the Dave Lee children's holidays charity. A lot of hard work goes into the event and most of it unseen before race day. So well done to Tim and the core team that started planning the event early in January and leading through to the windy (sorry that's weather again) event on May bank holiday. On the day numerous Harriers, our families and friends excelled in delivering an excellent event. The good feel factor around the event is greatly added to when we are able to contribute to such a deserving cause as Dave Lee's charity (reported inside). The Harriers own bank balance is also swelled by the surplus achieved on the Whitstable and, as said many times, this helps subsidise numerous of our activities during the rest of the year.

Speaking of which the very popular Friday summer pub runs are well under way and thanks to Iain (Hop Pocket), Bob (The Elephant) and Jo (Queens Head), Jo (Cat & Custard) for excellent runs and with more to follow during July and August. The Saxon Shore is as popular as ever with Harriers proving that fancy dress and running do mix well - even in the midst of several downpours. A word of mention as well to the drivers who are the unsung heroes of the event. Adrian gives an upbeat version of events with some rather interesting photos included....

So what else is in the newsletter this time.....Although well behind us the x-country awards are reported and congratulations to all winners and for those who represented the Club in more than six events. The main Spring marathon season is also behind us (unless like Sally it is an all year fest) with a review of marathon results and some marathon stories from Brian, Dave and Mikko included.

Bob continues his continental travels with coverage of the trip that he led to Danville (and has since returned with his son's junior football team). Jacky gives an update on the Whitstable parkrun within a behind the scenes glimpse of the organisation that goes into this weekly event.

Phil provides a review of the Larkfield 10K that he ran very shortly after the London marathon (and congratulations to Phil for recently breaking 40 mins for 10K at Battersea) and Brian talks about his participation in the recent European masters event held in Thionville/Yutz. Roy is featured through his work with Red Sands radio broadcasting on 87.7 fm during July. Tim provides a very amusing write up of the recent North Downs Way and, in his role of Race Director, a round up of this years Whitstable 10K.

Advice is provided to anyone turning up for the first time at Kings (and we can all probably recall that slightly nervous time, or similar) looking for information on training, joining the Harriers, kit and other basic questions that immediately help people feel at home in the usual Harriers way.

Having thanked everyone for their efforts in the Whitstable 10K efforts now turn to the Mount Ephraim 10k on the 10th July when once again a good turn out of helpers is requested and it is never too late to offer support.

Many congratulations to Jo and Mark who recently tied the knot and are featured in the 'get to know you' feature in this newsletter. We send them both our very best wishes.

Enjoy your read.....

Foulées Dainvilloises – 3 Avril 2011 – Bob Pullen

5 Harriers ventured across to Dainville on the weekend of 2 and 3 April to take part in the 25th edition of the Foulées Dainvilloises - <http://www.foulees-dainville.fr/> - running event on the Sunday. Dainville is a suburb of the historic city of Arras in the Nord pas de Calais region of France, about halfway down the A26 towards Rheims. Dainville is one of Whitstable's many twin towns.

The Foulées Dainvilloises is an important community event in the Dainville calendar and comprises a multitude of different running races and walks for distances from 100 metres to 21 kilometres and for all ages from 5 years to veterans born before 1941. The 5 Harriers all fell somewhere towards the older end of the spectrum! All in all, 862 *courers* (runners) took part. We all opted to do the 10k event which was the last event of the day.

After a stop off at a very sunny and busy Wimereaux for lunch on the Saturday, we were quickly on the A26 and consulting detailed maps of how to circumnavigate Arras to get to Dainville. We found the Office de Mairie (Mayor's Office) without any problem. We were greeted by the Mayor of Dainville, Françoise Rossignol and shown around the town hall. The first think to strike us was the preponderance of ducks, matched only by the 'quacking' ringtone on Françoise's mobile phone! The link for this all became clear the following day when we went for a warm-up jog around the park and saw the lake, complete with ducks. Françoise was not only the Mayor of Dainville, but had earlier that week been elected onto the Nord pas de Calais Regional Council – a very prestigious position.



Françoise introduced us to the families who were hosting us and after quickly dropping off our bags we were off for a visit to Arras. We managed to get into the Hotel de Ville (Town Hall) before it closed and saw the giant-sized husband, wife and son – the latter resplendent with his giant lollipop! We had a pleasant glass of Leffe sat outside one of the bars while the sun slowly disappeared over the *Grand Place*. Françoise then showed us around the centre of town before we headed back to Dainville, dropping the Harriers off at their host families as we went. It transpired that all of the hosts, bar Françoise, were teachers, although Françoise used to be a teacher!

The host family Tony and myself stayed with, Phillipe and Caroline and their three boys, laid on a sumptuous evening meal. An education for us was that people in the north of France have a taste for whiskey, and beer in these parts is as important as wine. Phillipe even had a contraption in his kitchen which dispensed draft Leffe! A fantastic evening and great hospitality, even if I was a bit off my food after over-indulging in a *welsh complat* earlier in Wimereaux. The others said the cheese was to die for.

We all met up at the Leisure Centre on Sunday morning just as the 21k race was starting. We all enjoyed the 10k event which was over a two lap course around the edge of town and off road onto some trails. There was great support from the people of the town who were out in force despite it being rather overcast and cool – ideal conditions for us runners though! Our finishing positions and times were as follows. There were 261 finishers in the 10k event.

Name	Time	Position
Tony McParland	38:14	11 th
Phil Wyard	41:09	30 th
Colin Kent	42:51	44 th
Marco Keir	47:56	106 th
Bob Pullen	50:06	142 nd

After the race, we all got called up onto the stage to receive a trophy from Françoise for our participation and this takes pride of place in the Harriers trophy cabinet. After the presentations, we adjourned to a nearby building which was hosting a drinks and sumptuous buffet reception for all of the people who had helped organise the event and we were made most welcome. It really gave us the opportunity to practice our varying abilities of French, with Phil in his element and learning about the local Ch'it Picardy dialect and even capturing some of this on my mobile phone voice recorder!



Marco made a short speech (in French don't you know!) thanking everyone for their kind hospitality and inviting them to take part in the Mount Ephraim 10k. We also had the chance to meet and thank Daniel Capel, the President of the Foulées Dainvilloises organising Committee.

We thanked all our hosts, Philippe, Caroline and family, Alain and Monique, Bruno and Sylvie, and of course Françoise, for all of their kind hospitality and for giving us such a great introduction to Dainville and Arras. It wasn't 'good-bye', just 'bonjour' as Del Trotter would say.

I also had the opportunity to meet and thank a young lady from Mayor's office who I had been corresponding with to make all the necessary arrangements for our visit. Poor Virginie had to put up with reams of e-mails from me in appalling French. It was good to learn that her young daughter had run one of the children's races.

All of the Harriers were of the opinion that this weekend was the start of a long and fruitful relationship between runners in Dainville/Arras and Whitstable/Canterbury. As well as the Mount Ephraim 10k, we are already hatching plans to all take part in an event near Calais in September. I have also got to make a special delivery of whisky to a few people on behalf of Tony when I go out to Dainville again later this summer for a youth football tournament which my son's team is playing in.



Running Quote....

'Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed. ~Charles Schulz, Peanuts

Cross Country Presentation for season 2010/2011

With winter a distant memory the exploits in the mud and cold of the last cross country season were celebrated in style at the club's presentation evening held on 21st April. Awards were made by chairman Marco to the most improved male and female runners, for age related performances in the Kent Fitness League, and for members completing a minimum of 6 races overall during the season. The womens team finished league runners up in the Kent Fitness League with 10 of our ladies scoring at different times. Also in the KFL four of our runners gained age related awards for their season long efforts:

Female V50 Champion Barbara Wenman

Male V55 Champion Steve Clark

Male V40 Champion Tony McParland

Male 3RD place overall Mark Ford

For their efforts across the whole season the most improved club female runner was Jo Gambrell and amongst the men Phil Wyard. The overall xc champion female was deservedly made to Sarah Maguire and the overall xc champion male award was made to Mark Ford.

If you haven't yet tried the 'blood, sweat and tears' of cross country then next season is definitely the time to start. The season kicks off in October (usually with our home fixture at Blean) and runs right through til March. With the added challenge of a range of varying courses a full season is excellent preparation for competing in spring road races.

AWARDS

KFL XC LEAGUE Honours	Female League Runners Up team medals
Karlene Kurtz	1 appearance, scored once for team
Jenny Benson	3 appearances, scored three times for team
Faye Roberts	3 appearances, scored three times for team
Barbara Wenman	4 appearances, scored four times for team
Wendy De Boick	4 appearances
Emma Greatrix	4 appearances
Joanne Gambrell	5 appearances
Sally Silver	5 appearances
Sarah Maguire	5 appearances, scored five times for team
Barbara Hutton	6 appearances, scored twice for team

Individual League Certificates - male	Qualification is 4+ appearances
John Hartley	V60 Category 11 th
Tony Savage	V55 Category 10 th
Andy Farrant	V50 Category 19 th
Steve Reynolds	V50 Category 29 th
Phil Wyard	V45 Category 5 th
Dave Bowden	V45 Category 6 th
Colin Kent	V45 Category 7 th
Rob Sargeant	V45 Category 9 th
Mark Cooper	V45 Category 14 th
Marco Keir	V45 Category 21 st
Bob Pullen	V45 Category 29 th
Adrian Fox	V40 Category 16 th
Wim Van Vuuren	V40 Category 17 th
Paul Lucas	V40 Category 18 th
Neil Benson	V40 Category 20 th
Rob Dowling	SEN Category 6 th

XC General - Club Kit Awards for 6 plus xc's
Wendy De Boick, Barbara Hutton - 7 appearances
Joanne Gambrill, Sally Silver - 6 appearances
Steve Clark - 12 appearances
Tony McParland - 9 appearances
Phil Wyard - 8 appearances
Andy Farrant, Mark Ford - 7 appearances
Bob Davison, John Hartley, Neil Benson, Dave Bowden, Mark Cooper, Colin Kent, Bob Pullen, Steve Reynolds, Wim Van Vuuren - 6 appearances

Congratulations to all those who've done Marathons since April 2010.

9th June 2010 A fine PB in the **Cork City** marathon by Sally in pretty foul weather conditions and in her third marathon of 2010 in 4:17:41

31st July 2010 Sally continued her impressive series of marathons with a mind boggling 40 lap race round the recreation park in **Faversham** in 4:39:40

4th Sept 2010 Sally continued her series of marathons this year following Faversham with a run round the mountainous terrain of **Dingle** in Ireland in 5:05:38 !

5th Sept 2010 Excellent runs by Sarah Maggiore 3:17:55 and Gary Salmon 3:22:27 over the challenging **Kent Coastal Marathon** Thanet course with Sarah picking up the 3rd lady prize

12th Sept 2010 A steady run from Tim Richardson-perks over a tough course in the **Robin Hood Marathon** in 3:42:35

24th Oct 2010 Solid runs by Kevin Post 4:18:31 and Rupert Williamson 4:22:59 in a famous **Venice Marathon** setting - unfortunately the race had to be re-routed at short notice due to high water !! As a result they missed out on running through the historic St.Mark`s Sq.

25th Oct 2010 Sally continued her very impressive series of marathons in 2010 with a solid run in **Dublin`s** fair city in 4:32:42.

6th March 2011 Sally kicked off her 2011 marathon campaign in fine style in Spain in the **Barcelona Marathon** in 4:22:49

10th April 2011 An excellent days running in sunny East Sussex in the **Brighton** marathon with Rob leading the Harriers home in an impressive return to marathon form and PB`s for Charlie, Dave, Phil, John, Kate (by 28 mins!) and Sarah on her debut marathon for the club. Sally continued her 2011 marathon series with a follow up to her Barcelona run in March.

Pos	Name	Time
113	Rob Sargeant	3:10:50
152	David Bowden	3:13:49
175	Philip Wyard	3:15:16
345	John Richards	3:24:30
1177	Colin Kent	3:49:51
1615	Charlie White	3:54:00
2157	Sarah Young	4:01:20
2565	Kate Marsh	4:08:07
3471	Sally Silver	4:25:46
4622	Tony Savage	4:46:00

17th April 2011 A solid run by Mark Cooper round an historic course accompanied by the strains of Beethoven and Strauss in the **Vienna Marathon** in 3:50:12

17th April 2011 Congratulations to all our members and especially those making their debut who completed this years **London Marathon** in very warm conditions (one of the hottest London's on record!) Well done to Barbara, a well deserved PB and 7th women home over 50, fantastic result. Charlie followed his all time PB of 3hrs 54 in the Brighton Marathon the previous Sunday with a best ever time in the London race. Hannah Thomas ran her debut in aid of 'Save the Rhinos' achieving over and above her sponsorship target.

Pos	Name	Time	
2362	Mark Wenman	3:16:00	
2550	Barbara Wenman	3:18:04	7th FV50
3477	Sarah Maguire	3:26:45	
5437	Tim Richardson-Perks	3:40:40	
7091	Faye Roberts	3:50:19	
8901	Hannah Thomas	3:58:20	Debut
9230	Charlie White	3:59:36	
9289	Iain Smith	3:59:48	
11128	Dianne August	4:08:45	
11507	Andy Farrant	4:10:27	
12432	Julia walker	4:14:33	Debut
12705	Rupert Williamson	4:15:34	
16136	Wendy Smith	4:29:13	
17461	Jacob McCulloch-Smith	4:34:25	Debut
20135	Wendy Osmond	4:45:28	
20818	Trevor Brown	4:48:21	
22043	Sean Reilly	4:53:34	Debut
24954	John Somers	5:07:34	Debut
29381	John Hartley	5:35:42	Debut
30046	Peter Luetchford	5:41:49	Debut



May 2011 Good times over a challenging course by John Richards 103rd in 3:37:40 and Ryan Bullows 155th in 3:47:16 with John perhaps using the race as a proper warm down from his Brighton efforts...

28th May 2011 Sally continued her series of marathons with an impressive time in **Stockholm** in 4:24:06 in warm and sunny conditions.

Hannah (on the right) with Karlene

Paris Marathon 2011 - Mikko Jay

On a scorching 25°C sunny day in the heart of Paris, my first marathon had begun. I instantly made the novice mistake of going off a little too hard, weaving in and out of people, egged on by my counterpart who had his own agenda. Adrenaline hit me early as a motorist decided to try and cross the road almost hitting someone up ahead. I came up behind him and smacked the back of his helmet hard, to signify the displeasure that everyone was feeling. After about 8 miles I let my friend go and succumbed myself to the loneliness of my own thoughts. The heat was hitting me hard by half way and I had decided to start taking as much water as I could in my hands. One to soak myself the other to sweat out instantly.

As some of you may be aware at about 16miles there is a painfully long and lifeless tunnel (well that's what it felt like). The air was thin and although it gave a rest from the sun it brought a different factor to contend with, that being immense humidity. I slowed down to a walk for about 20 seconds just to try and gather the incentive to attack once again. I managed to maintain a reasonable pace up to the 30km mark where the silent crowds disappeared. Looking back at my splits I was still on for 4 hours which is what I wanted to achieve.

The last 12km felt like 12 years of my life draining away, I'd not felt this drained in training, why now? Probably the heat, possibly my eagerness at the start either way I was wounded mentally and I wasn't the only one. Runners were dropping out like flies and collapsing on the side in exhaustion, I refused to quit and let myself be a failure. I'd travelled all this way and paid out for this, no way was I going to be defeated in such an leeching manner. I found the strength to carry on after a few stop starts and finished the last km strong, pouring over finish line at the bottom of the arc de triumph in 4:28. Not what I wanted, but I finished my first marathon and I was satisfied with that achievement.



Marathon Memory from the 1980s – Brian Davis

When reading in April about the sad death of the great Norwegian marathon runner Grete Waitz, I recalled how I had a share in her limelight during the 1983 London Marathon.

I was running in my 6th marathon and 2nd London, having run a PB of 2:26:01 in the 1982 race, and was hoping to run sub 2:25. I knew that Grete was looking for a similar time to set a new women's world best time. However, I did not see her at all in the race, until...

...as I turned off the Embankment onto Northumberland Ave (in those days you ran up to Trafalgar Square, down the Mall and finished on Westminster Bridge), the crowd suddenly went wild with excitement. Still alert enough to realise that this was not the sight of me in my Royal Navy vest and Union Jack shorts (handsome though I was), I took a quick look behind me and spotted a large group of runners about 50 yards behind me with Grete in the vanguard.

This gave me the determination to press on to ensure that I stayed in front of her, which I did, finally beating her by five seconds and running a new PB of 2:25:24. What I did not realise until later was that I had been on the live BBC coverage almost continuously for that last section of the race as the cameras tracked Grete which meant that my family and friends had good viewing. There is currently a video clip of the last part of this (where you can see me with a rolling gait on the bridge a couple of places ahead of the great lady) on the BBC website at: <http://news.bbc.co.uk/sport1/hi/athletics/13127429.stm>

I never officially broke the 2:25 barrier, although I ran my lifetime best of 2:25:09 in the 1985 London, when we did not have chip timing, so I probably just squeezed under in real terms.

Grete Waitz



Lt Cdr Brian Davis

Thanet Marathon 1981 - Dave Smith

It's 1981, I've just turned 32 and I'm having a bit of a confidence crisis after a messy divorce. We're between 'sets' and the band is relaxing in a smoky dressing room in Ashford, Kent. Talk gets on to physical fitness and our keyboard player boasts that in three months time he's going to run a 'road race' in Thanet. On inquiring about his training regime, he cagily admits that he hasn't actually started yet, but next week will mark the beginning of an intensive fitness campaign.

I was one of the few who actually enjoyed cross country running at school and I'm sure that anything the keyboard player can do, I can do equally well. I tell him this, to his great amusement. I think the blood level of my alcohol stream may have something to do with my irrational confidence.



I receive my race application form for the Thanet Marathon and notice with horror that the distance is **26.2 miles**, but I can't lose face now. I've got to wipe that smug look of the keyboard player's face at any cost, so I begin 'training' immediately, starting with a one mile jog and gradually increase the distance. Two and a half months later I run my first race, the 'Roding Half Marathon' in Essex in just over an hour and a half.

Two weeks later, marathon day has arrived. The furthest I've run so far is 14 miles. I'm standing at the back of two thousand runners of all shapes and sizes. There's plenty of nervous chat and laughter but I'm sure, by the look of some of these guys from the local football team that not everybody is going to make it. There are even a few people wearing fancy dress. Am I at the right event?

The keyboard player is nowhere to be seen. I feel a little sick and wonder where Nick, a work colleague of mine who is also running, is. He's promised to give me "a good whipping", though not literally. He probably will. I'm so far back that I don't hear the starting gun, I'm just aware that we're all starting to shuffle forwards and eventually break into a modest run along Margate sea front. My first impression is the sound of many trainers hypnotically hitting the tarmac.

After about 5 miles spectators are shouting out "come on Don". I later discover that this is Don Thompson the Olympic gold medallist - for walking! I feel comfortable as the miles pass and I'm briefly joined by a runner who has a bunch of keys tucked into his shorts, thus creating a rhythmic, but extremely irritating jangle all the time. Thankfully he slows down and fades out.

At the 17 mile mark we begin running downhill beside the picturesque Ramsgate harbour. I feel a tug on the back of my vest, I look round but there's no-one there. I just can't seem to make any headway, my legs feel like lead and I'm a fairly confused. We hit a steep hill and I'm not sure if I'm moving forward, or running on the spot.

I notice the 20 mile sign and a well meaning bystander shouts "not far to go now mate". After some advanced mathematical calculations I realise that there are still more than 6 miles to the finish. I nearly cry. A pink fairy with a moustache and New Balance shoes overtakes me.

The next few miles become a seemingly endless blur of tarmac and other lost souls on the road to oblivion. I take on water at a 'drink station' but daren't stop in case I can't start again. Someone points at me and laughs to a friend, "look at this one". I've lost all sense of time and distance and everything seems dreamlike.

In the distance I hear a strange sound and as I stumble forward it reminds me of fights in the school playground. I notice that several people are looking at me and clapping, then a few more join in. I look up and can hardly believe my eyes. Hundreds of cheering people are lining the road and right at the end is a banner with the word 'FINISH' on it.

A friend of mine and his wife shout out their congratulations and I manage to wave and even raise a smile. Everyone is cheering and clapping and I even speed up very slightly. I cross the line in just over three and a half hours and am almost overwhelmed with a variety of feelings from elation to exhaustion. A friend takes a picture of me, that encapsulates the moment, but all I can think is '*I've done it, I've bloody done it*'.

The keyboard player never materialises and at least owes me a pint of 'best' and my work colleague fails to give me the promised "whipping"! At this moment in time I feel so good, despite what my physical body is telling me, that I never want it to end. I can't wipe this inane grin from my face and I'm talking utter nonsense to complete strangers. I really feel that I've achieved something that no-one can take away from me. My self confidence is restored and from now on there's no looking back. Those twenty six point two miles have made a lasting impact on my life.

Larkfield AC 10k on 16th May – Phil Wyard

I was the only Harrier to do this race. So here are my impressions if anyone is interested in incorporating it in their programme for future years.

Distance from Canterbury: 40 minutes by car. Start right next to East Malling train station.

Route: 2 laps of a route on well made quiet roads in East Malling.

No chip timing, but only less than 400 runners and easy going atmosphere. Nice clean facilities and pleasant reception area in leisure centre. Well organised. Humid but dry and sunny.

First Male – Tom Collins – Medway 33:55

First Female – Maria Heslop – Paddock Wood 36:55 (N.B for X Country season!)

Potential P.B course – 7 or 8 out of 10. Total ascent /descent – 100 Metres. It was comparable with the Ashford race that ends in Julie Rose stadium.

For me this was a pointer to see where my training was at after the Marathon. Surprise, surprise it pointed to more mileage and training.

Whitstable parkrun 6 Months On - Jacky MacDonald

It's amazing where time goes when you are enjoying yourself! Such a well known cliché but so true.

We have been told that our Parkruns are very professionally run but how can it be otherwise when we have been doing it every Saturday morning since November 2010 and we have such a strong band of regular volunteers. We have now organised some 35 events.

At 0830 on a Saturday morning the Belingo carrying all the kit arrives and out of the back come the poles, tape, table, chairs, signs, record book, first aid kit, volunteer list, yellow bibs, timer, scanner, and not forgetting the jar of sweets. Oh I forgot to mention that Mac plays an important part as well. It's all hands of deck to get the finish funnel up with the lovely bright yellow 'Finish' sign, that Tony Savage made for us, put poles and tape round the bench seat and bright tape around the bollards (which are considered hazards) that runners pass on the first lap before descending the slope to start the second lap.

The first volunteer marshal who appears gets loaded into the Belingo with the driver (that's Mac) and gets transported to the far end of the course along with hazard cones and additional sign post. These two then place the cones on a raised



manhole and by a brick wall near the cafe. They wait patiently for the start and guide the runners up the slope and onto the grass. They also have to look out for the final runner on the 2nd lap, and when passed, Mac collects the gear and the other volunteer walks/runs back telling other marshals along the route that the race has finished.

Meanwhile back at the meet, newbies are gathered up and are shown the route, (easily seen from the top of the slope), the marshals go to their allocated places and if we are lucky Peter Burton, who takes a boxercise class on the beach, will come along at 0850 and give the runners a five minute stretching session. The scanner and timer are cleared of data from the previous week and primed ready for use. The race director then walks with the runners to the start which is on the prom and there is a quick briefing where new runners are welcomed and everyone wished good luck and then they are off. That then gives us regular volunteers 8 minutes or so to walk back up the slope to the meet/finish area for a chat before the front runners appear on their first lap.

When the last person has been through registration, all the equipment is loaded into the back of the Belingo and stored until next week. We flop and drink a well earned coffee in the cafe before setting off for the weekends of our choice.



But thats not the end of it! Results have to be loaded into computer and sent to parkrun, the race report is compiled and added to the web, photos which have been taken, likewise, place numbers sorted and put back in order, barcodes to be laminated, sweet jar filled, volunteer list compiled for the next week and emails to be answered.

So, when you turn up at the parkrun ten minutes before the start, you now know what goes on behind the scenes! The Whitstable parkrun race directors and regular volunteers are Jacky and Rob MacDonald, Tina Jones, Brian Forbes Turner, Peter and Marilyn Yarlett, Dan and Mel Mulvihill, Barbara Hutton (in between Ironman training) and Tony Savage. Nearly all Canterbury Harriers!



Out of the 700 plus registered runners 30 Canterbury Harriers have barcodes for parkrun and between them have completed 140 runs.

The first Saturday in June saw the first family parkrun (supported by Lucozade) with over 100 runners dressed in a variety of orange gear and enjoying a social gathering afterwards.

The runners, of course, make it such a pleasure for us regular volunteers that we all look forward to the next week.....and the week after.....and the week after. Do come along and join the Saturday run...

Get to know Jo and Mark with Harriers own Q & A.....

Q. What got you into running?

Jo: When I was a teenager, my big sister Karen took up running. She explained to me how she enjoyed the freedom of running. So one day I decided to go with her and experience it for myself. From then on I would go on jogs along the sea front. It was only about 3 years ago when I decided to take it more seriously I joined Karen and the rest of the Harries in a training session...St. Stevens...I nearly had a heart attack but felt the appeal of the pleasure/pain thing...

Mark: I have been running for years off and on, I cant actually remember when I started running. These days however its more 'off' then 'on'!

Q. Did you do any other sports before taking up running?

Jo: When I was a teenager I enjoyed aerobics and circuit training. During university I did circuits and water polo.

Mark: er, working.

Q. Your favourite training sessions?



Jo: summer relays!

Mark: having the dog tow me on the bike

Q. Do you train together?

A typical training session together would involve: Jo running, Mark on the bike alongside and Basha the husky with attitude is pulling Mark on the bike...he says 'bunnies' and bring on the fartlek session!

Q. Other sports participating in or interested in?

Jo: I have grown up by the sea and learnt to dinghy sail as a child. I sail regularly and am also a qualified instructor and teach at my local sailing club. I am very lucky to be able to sail most weekends.



Many congratulations to Jo and Mark on their recent marriage - Jo looking quite excited about things at a recent event....

Mark: I enjoy sitting in front of the beach hut with a long drink in my hand while Jo sails...

Q. How do you manage to run with work commitments?

Jo: I work long days and also have a long car commute so training also forms my leisure time! I go to the Harriers and/or the Kings School Gym on my way home from work.

Mark: Being self employed work is pretty erratic so I don't really run much now.

Q. Your Favourite races and distances?

Jo: The best race this year was Reading Half Marathon and I think my favourite distance is half marathon. But I don't think anything can beat the Saxon Shore Relay!

Mark: The best race was the New Forest Half marathon – the scenery was just magic.

Q. Future goals and ambitions?

Jo: My aim is to do 10K in under 45 mins, half marathon in under 1hr 45 mins. My aim for 2011 was to do a triathlon – inspired by the famous Barbara Hutton so my first one is on 3rd July at Canterbury. If I enjoy my triathlon experience it may lead me to new directions...watch this space!

Mark: spectate and do the pub runs!

Q. How you keep motivated to run?

Jo: I never see running as a chore, so If I feel like not running, I don't go. Future races and bad days at work are good enough! I love being outdoors, that helps...

Mark: I'm not motivated to run, but I think I help motivate Jo to run as we both like being outdoors

Q. Any tips or advice to others?

Jo: never compare your running ability to anyone else; we are just too different.

Mark: Don't eat yellow snow

Dave Lee Charity Thankyou - Roy Gooderson

A big thanks to all for the hard work in staging the Whitstable 10K where we were recently able to pass on a cheque for £1000 to Dave Lee for his children's charity which has now raised over £2million to send sick and under privileged children on holiday.



European Veterans Non-Stadia Championships in Thionville/Yutz (13 - 15 May 2011) - Brian Davis

Further to Russell Williams' article in the last edition on regional and national events for Veterans/Master athletes, there are also biennial international championships held at both European and World level. These are divided into Stadia (Track & Field, plus Marathon) and Non-Stadia (10K and Half Marathon on the road plus several Walks). In 2011, there are World Stadia Championships in California in July as well as the above event. All championships are for five-year age groups, Men and Women, from age 35.



During the winter, as I entered my 46th year of competitive running and with my 60th birthday approaching in March 2011, I felt that I needed to have a target to aim for this year, as an incentive to get off my backside and do some decent training, having been a bit lazy for the last two years. Having previously taken part in two World Veterans' Marathons (in 1991 and 1999), I looked at the fixture list and discovered that this year's European championships were "just" over the Channel in North-East France, and decided to enter.

Although it would mean two races in three days, I entered both the 10K (on the Friday) and the Half Marathon (Sunday) - "in for a penny, in for a pound"! My winter/spring training went quite well and I was buoyed up by a 1:37 half at Lydd just after my birthday and a 42:35 clocking at windy Whitstable in May.

Thus my wife (as chief chauffeur and supporter) and I set off on 12th May to ferry/drive to the twin towns of Thionville and Yutz on the Moselle river, not far from both the Luxembourg and German borders. On checking into our hotel, it was clear that there were a lot of wrinkly runners about both in our hotel and the others nearby. There were expected to be about 400 competitors from over 30 countries, although at registration it was obvious that there must have been more French and German athletes as they each had their own collection point and the rest were registered at the third one! I think there were a total of about 50 athletes representing Great Britain, ranging from 35 to over 80.

After an evening meal at a restaurant where our waitress was struggling to keep pace with all the different languages, we rose on the Friday morning to hot and sunny day, but I failed to beat the Germans to breakfast! For the 10K, held in Yutz, we were split into separate races, with mine being for the more senior men in the M55-59 age group and above. However, the leaders did not hang about at the start, and it required a lot of willpower not to go off too fast. I was very relaxed throughout with a 5K split of 21:17,

but the old legs did not want to pick it up in the second lap, so I faded a bit to 43:29 at the finish (this is my chip time; the official time was slower as they only use the chip timing at the finish for a championship). I was 34th overall out of 60 runners in M60-64 age group and 6th GB, being part of the GB B Team that was 8th team overall. Interestingly, there were more runners in my age group than any other.

I decided to give the informal cross-country relay on the Saturday a miss, and we had a day trip to Trier in Germany for relaxation. Sunday dawned a bit cooler and fresher, with the threat of showers, conditions with which I was much happier. The Half Marathon championships were held within an Open race so there were about 1500 runners lining up in Thionville for the start. You knew who your "rivals" were, though, as all the Vets had special number bibs which included your age group and country.



Not knowing how good my recovery was going to be after Friday, I started conservatively, using my HRM very successively to keep my pace steady during the first half on a lovely flat, mainly rural, route that followed the Moselle for 10K, which I reached very comfortably in 45:37. I was then able to pick up the pace as we headed inland and did a negative split for the second 10K (45:16), stopping the clock at 1:35:50, a time with which I was very pleased. This time, I was 22nd overall out of 41 runners in my age group and 3rd GB, being the last scorer of the GB A Team that won the Team Bronze medal by 2 seconds from Russia - good job I sprinted at the end! (Embarrassingly, my fellow team members ran 1:20 and 1:27). I am still to receive my medal as the admin was a bit chaotic and the organisers failed to order enough medals.

The full results of the championships are available at: <http://evacns2011.athle.com/asp.net/espaces.html/html.aspx?id=20733> and there are some fantastic performances at the front, including a 80 year old Italian running 46:19 for 10K, a man I remember passing me in Turku, Finland in 1991 on his way to a 2:38 marathon at 60.

Overall, it was a very enjoyable trip, and I am glad I made the effort - and I did represent GB! If you are interested in finding out more about these Masters events, look at the BMAF website www.bmaf.org.uk. The honest truth is that there are no entry standards and if you are prepared to pay for your own entry fees, travel and accommodation, and buy the GB kit, you too can be a GB Masters athlete. Although at the top the standard is phenomenal, there is a wide spread of ability, so nobody should be put off.

Roy Gooderson on the airwaves with Red Sands radio.....the local Radio Station with a Worldwide Audience.

As well as being the fastest moving runner in the club (that's another story) Roy is also a top 'disc spinner' and one of 3 people running Red Sands Radio from Whitstable Harbour during July. Now in its 5th year, **Red Sands Radio** takes its name from the sandbank and WWII Army Sea Forts off the coast of Whitstable in the Thames Estuary. This is from where the station first broadcast in the wake of the last 'Pirate' (Offshore Radio) stations that ceased transmissions 40 years earlier when outlawed by British legislation. During July 2010 the station had 14,879 visitors, 132,054 page views & 591,847 hits from 49 countries.



The original home of Red Sands radio

With a sharp focus on the coastal towns community, **Red Sands Radio** came ashore for the first time in 2009 operating from Whitstable Harbour which is where it broadcast from again in 2010. Programmes contain a high level of topical information, interspersed with local travel, 'what's on', unsigned, local music & guests. With a strap line 'From the Coast to the City'. Red Sands Radio plays the 'Best of Yesterday & Today' and is back on the air in July and is rebroadcast on stations in the UK, Europe and on-line at www.redsandsradio.co.uk or tune in at 87.7FM in Whitstable and Herne Bay.

Roy, one of the team behind the station said, "It's been a tough job securing sponsorship and advertising, and we're grateful to a whole raft of local businesses that recognise the value of the station and have invested in Red Sands Radio. This year the station is giving away four £160 Roberts Revival Radios in the weekly quiz. We're looking forward to providing the Coastal Towns Red Sands Radio with what these days is the only proper local radio option"

Roy is arranging a number of running related topics with an interview with Jacky MacDonald founder of the Whitstable Park Run, plugging our Mount Ephraim race and possibly race reports on the day!

Saxon Shore relay race – the Harrier Stealthjets – Adrian Fox

It's the day after the Saxon Shore relay race and I think that I can speak for the whole of the team that we are all probably still in shell shock about winning the relay race in 5hrs 35 minutes! Paul Lucas (Team Captain) summed it up 'It's like Denmark winning the world cup!'

The race started for us just before 10'0'clock with our very own Chief Marshall, Steve Clarke, setting an outstanding pace on the first leg. This was closely followed by a smooth hand over to Simon on leg two who also set a very fast pace up a steep hill leading out of Folkestone. Both myself, Paul and Dave suddenly looked at each other and said 'blimey these guys are taking it seriously!' I was running leg four and I was met at the change over point at the bridge on the A28 Dover with comments 'you looked like you were going a fair pace down the hill!' I must admit it did feel like a runaway train!

An amusing part of the race was when we were waiting for Dave to arrive in Dover – I was waiting where some of the other runners were waiting to take a photo of Dave and luckily Steve was waiting in the correct place for the handover as 'Kenyan Dave' (this is his new nickname) sprinted out of the public footpath! We only just managed to drive to the next change point at Langdown Cliffs before Steve came up the hill. Luckily for us Simon was



standing in the pouring rain waiting for him. As the next stop was St.Margaret's Bay Steve decided that the weather was perfect weather for a swim! The rest of team were waiting in the warmth of the BMW! After meeting up with some familiar faces in Kingsdown (Joe and Sally) Paul looked totally at ease handing over the baton for my next leg which was nice and flat and I managed to overtake several runners along Walmer seafront before handing over to Kenyan Dave. Simon had done a lot of preparation for his next leg having downloaded the route onto to his Garmin and printed off coloured Aerial photos which he has stitched together onto a sheet of A4! That is what I call preparation!

Being a Pfizer person Paul was happy with the next leg as it took him through Sandwich which involved handing over to me at Richbrough Road. I must admit I had been concerned about this particular leg as it had said on the instructions 'not for the navigable challenged'. Not wishing to let the team down I had walked this route the previous Monday evening in my wellington boots and suit which got some amusing looks from dog walkers and a local farmer! This preparation paid off as I knew where I

could overtake runners, which were the muddy bits and this combined with my cross country trainers meant that I managed to pass Deal Trial – yes! My good fortune was short lived as the heavens opened! By the time I reached the middle of a particularly open field with no shelter, the wind and rain were coming at me horizontally and I wished that I had brought along my swimming goggles! I was totally drenched by the time I handed over to Kenyan Dave who had also undertaken his own preparation and run his leg the previous week.

By the time of my next leg the rain had eventually stopped but the wind on the seafront leading into Herne Bay was ridiculously strong as by this stage I was running directly into it. My team mates said it looked like I was running zig zagged! After handing over the baton to Kenyan Dave my next challenge was to climb up the hundred steps from the foreshore to the car! This nearly finished me off

Alas the weather at the next hand over point took a terrible turn for the worse! By the time Kenyan Dave handed over to Steve at Hampton Pier the rain was bouncing off the sea and car park! Despite this Steve pulled out an amazing leg and handed over to Simon who also braved the weather whilst we all stayed in the warmth of the BMW until the very last minute to cheer him on!



The finish line

We arrived at the finish line and were amazed that there were no other teams waiting at the finish line... Had they all completed the race and gone to the pub? Simon sprinted over the finish line and we were soon informed that we were the first one's home but at this stage we had no idea that we were destined to win the relay race! Steve took it all in his stride and decided it was time for yet another swim!

Overall, the preparation that Paul and Kenyan Dave had put into the race paid off (Paul laminating the runner's route descriptions which paid off in the rain, running various legs prior to the race and for driving us in a comfortable BMW!). Simon for working out how to download the Saxon Shore route onto his Garmin and having coloured Aerial photos of his legs – excellent preparation! Steve for bringing along his 1970s East Kent route map which really paid off for finding the change over points and for setting a fast pace on all his legs which inspired us all. As for me, it

was my first Saxon Shore relay race and it was totally enjoyable. I was pleased that I brought along my cross country trainers for my first three legs and it felt so good to put on another pair of dry running socks and trainers for my last leg! As for our Team Captain, apparently all he has ever won before is a Easter Egg so well done Paul! The whole team (Steve, Dave, Simon and myself) salute you!

Finally, congratulations to Harrier Jettetts for great costumes and for being the first ladies team home!



PS can we please book better weather for next year!!!

PPS Please note I have avoided making any reference to what happened to the Canterbury Harrier 'A' team throughout this article!



Beginners Guide to the Canterbury Harriers.....

We often have new runners at Kings looking to join in with the club run on a Tuesday or Thursday evening. Some are already experienced runners and quickly get into the groove....others need a bit more advice and encouragement on what to do. This guide is pitched at the 'beginners' level and covers all of those questions that begin 'I was too scared to ask....'

So here we go.....

The club meets on Tuesday and Thursday evenings at Kings Recreation Centre. Aim to arrive by about 6.50pm and gather with the other runners outside of the main entrance (not blocking the door) in readiness for the briefing about that evening's run.

If you wish to shower/park at the centre then you must make arrangements with Kings to take out a centre membership as this is separate from membership of Canterbury Harriers. Do however ask Kings for details of the specially discounted membership for Harriers members.

Training evenings follow a general pattern. Tuesday's are for faster paced tempo running (but still within each persons ability) either on a nearby grass track in the summer or on mainly traffic free paths in the winter. Thursday evenings are for a road or country run normally of between 5 to 8 miles. Groups are arranged in ability levels so that, for example, newer runners are not expected to run with the quicker paced group. We call the slower of our groups the 'Improvers Group' so this might be the best group to initially be with. Also, each group will 'turn back' at frequent intervals so that anyone that has tailed off can regroup with the other runners.

All sessions are led by qualified coaches (our Head Coach is Gerry Reilly) and before each session the content of the session will be explained. Never run outside of your comfort zone until you are experienced enough to know how far you can stress your body. Indeed if you have any doubts about your general health then you should have this checked out by your GP. We believe that running will contribute to healthiness – but never take risks by always listening to your body. Never try to run through a heavy cold or a muscle strain. Better to rest up for a short while rather than risk needing a longer recovery.

Our general view is that running is a great form of aerobic exercise with many health benefits. It boosts fitness and stamina, and strengthens muscles and heart. However if you do have a medical condition might impact on your running (asthma etc) then do mention to the Coach.

You don't need much equipment to run – other than a pair of good fitting running shoes as advised by a well stocked running shop. Look for one that has a running treadmill where you can be assessed for the right type of shoe for your running tread ('pronation' is a word that you might hear and a little bit of research on what type of tread you have could be handy before stepping inside the shop). Other than shoes the

clothing that you need can be quite basic – until you are ready to consider what sort of gear you feel most comfortable wearing. The only real advice is to wear sufficient warm clothing in winter (better to be too warm than cold) and when running in the dark to have some form of reflective patch on your clothing to be seen by motorists.

If you are visiting the club for the first time then we don't expect you to take a membership straightaway and there are no fees for joining in the sessions whilst you are deciding. Take a couple of weeks to chat to other people and join in with the training sessions to find out if the club is likely to suit what you are looking for from your running. We value the social side of running as much as we enjoy excellence in performance - and we are certainly not elitist in the way that we welcome new members. When, and if, you are ready to join complete a membership form and pass to one of the committee members (just ask one of the other members to direct you) with your cheque. Fees are very modest and we think great value for money.

Also take time to ask about social activities, including summer pub runs, presentation evenings, socialising in the Kings bar, overseas trips and our ever expanding member interest in cycling, swimming and other challenging events.

Training

Tuesday Night - Speed Session

Tuesday night sessions, which commence at 7pm sharp at the King's School Recreation Centre, mainly comprise speed work or hill work. These sessions are actually very good for people relatively new to running since they can rapidly improve strength, aerobic efficiency and endurance. Furthermore, the number of repetitions attempted can be built up over time.

In the **winter** (between October and March), the venues used include the following:

- Wincheap Industrial Estate (400m and 800m repetitions)
- St Stephens Park (1000m repetitions)
- Eliot College footpath (hill sessions)

In the **summer**, the venues used include the following:

- King's School Sports Field (various short distance repetition training mainly on grass track)
- University fields (hill circuits)

Thursday Night Runs

Thursday night sessions, which start at 7pm from the King's School Recreation Centre, normally consist of steady runs of between 5 and 8 miles (8 and 13km). People will run in groups according to their pace. In the **summer** (between April and September) the routes can vary, going westwards along the Stour Valley walk or up on the North Downs Way or north and east to Tyler Hill, Broad Oak, Sturry and Fordwich.

In the **winter** the routes are around the city.

Do visit the excellent club website <http://www.canterburyharriers.org/> for more information about the club and for downloading an application form.

And finally, we offer a warm welcome to all new members...

Recent Race Results

Victoria Park Open - 26th March					
Pos	Name	Cat	Time	Rtg	Notes
107	Brian Davis	VM60	34:57	74.64	
Brooks 22nd Paddock Wood Ac Half Marathon - 27th March					
Pos	Name	Cat	Time	Rtg	Notes
73	Mark Baker	SM39	1:23:08	73.07	
118	Tony McParland	VM41	1:26:36	71.14	
394	Andy Farrant	VM54	1:37:56	69.55	
656	Fidelma Atkinson	VF45	1:44:44	67.82	PB
679	Wim Van Vuuren	VM41	1:46:13	58.01	Debut
865	Dave Smith	VM62	1:49:35	66.85	
Worthing 20 - 27th March					
Pos	Name	Cat	Time	Rtg	Notes
69	Tim Richardson- Perks	VM51	2:26:31	71.42	
78	Mark Cooper	VM50	2:27:56	70.11	PB
207	Iain Smith	VM47	2:51:30	58.52	
222	Dianne August	VF56	2:52:14	71.35	Debut
Foulees Dainvilloises - 3rd April					
Pos	Name	Cat	Time	Rtg	Notes
11	Tony McParland	VM42	38:14	73.93	
30	Philip Wyard	VM48	41:09	71.87	
44	Colin Kent	VM45	42:51	67.43	
106	Marco Keir	VM49	47:56	62.17	
142	Bob Pullen	VM49	50:06	59.48	

Newham Classic 10K - 10th April					
Pos	Name	Cat	Time	Rtg	Notes
	Dianne August	VF56	48:31	74.33	
Folkestone 10 - 22nd April					
Pos	Name	Cat	Time	Rtg	Notes
27	Mark Baker	SM39	1:03:28	71.89	
33	Mark Ford	SM21	1:03:57	69.85	
34	Tony McParland	VM42	1:04:48	71.93	
44	Simon Jones	SM36	1:06:31	67.18	Debut
99	Mark Cooper	VM50	1:11:45	69.00	
141	Bob Davison	VM56	1:14:58	69.45	
160	Brian Davis	VM60	1:16:10	70.86	
205	Simon Cox	VM52	1:19:40	63.18	Debut
208	Tony Savage	VM56	1:19:56	65.13	
221	Marco Keir	VM49	1:20:46	60.83	
228	Dave Smith	VM62	1:21:13	67.78	
300	Barbara Hutton	VF45	1:26:31	61.79	
348	Bob Pullen	VM49	1:30:56	54.02	
Bailey's Nissan Whitstable 10K - 2nd May					
Pos	Name	Cat	Time	Rtg	Notes
9	Tony McParland	VM42	36:33	77.36	
11	Mark Ford	SM21	36:54	73.10	
19	Peter McQuire	SM39	38:27	71.96	
45	David Bowden	VM47	40:44	72.02	
71	Bob Davison	VM56	42:07	75.00	
77	Brian Davis	VM60	42:35	76.92	
166	Dave Smith	VM62	46:37	71.64	
238	Joanne Gambrill	SF27	49:31	60.42	
486	Jane Elder	VF46	57:57	56.66	

European Vets Road Champs - 13th/15th May					
Pos	Name	Cat	Time	Rtg	Notes
34	Brian Davis	VM60	43:29	75.31	
22	Brian Davis	VM60	1:35:50	74.95	
Runner's World Trailblazer Bedgebury 10K - 14th May					
Pos	Name	Cat	Time	Rtg	Notes
128	Tony Savage	VM56	48:49	64.71	
255	Carl Treleaven	SM38	53:22	51.49	Debut
633	Alix Cox	SF34	1:06:34	44.94	Debut
Stelling Minnis 10K - 15th May					
Pos	Name	Cat	Time	Rtg	Notes
3	Mark Ford	SM21	36:47	73.33	3rd Overall
6	Mark Baker	SM39	39:03	70.86	
14	Jacob Hussey	VM44	41:52	68.52	Debut
15	Mark Wenman	VM57	42:01	75.84	
16	Francis Maude	VM44	42:14	67.91	PB
20	Barbara Wenman	VF53	43:10	81.11	1st Lady
29	Adrian Fox	VM43	44:40	63.77	
31	Gerry Reilly	VM62	45:00	74.24	
36	Karlene Kurtz	VF35	45:42	65.63	Debut/3rd Lady
41	Simon Cox	VM52	46:19	65.92	
56	Dave Smith	VM62	48:10	69.34	
57	Fidelma Atkinson	VF45	48:22	67.28	PB
83	Bob Pullen	VM49	52:18	56.99	
89	John Marshall	VM65	53:06	64.84	
143	Sue Reilly	VF60	1:03:00	59.69	

Sittingbourne Invicta 10K - 22nd May					
Pos	Name	Cat	Time		Notes
18	Philip Wyard	VM48	40:50		
27	Mark Wenman	VM57	42:22		
31	Barbara Wenman	VF53	43:30		1st v45
129	Sally Silver	VF36	54:40		
144	Wendy Osmond	VF45	56:42		
Battersea Self Transcendence 10K - 11th June					
Pos	Name	Cat	Time	Rtg	Notes
35	Philip Wyard	VM48	39:44	74.41	PB
Southend Half Marathon - 12th June					
Pos	Name	Cat	Time	Rtg	Notes
894	Sally Silver	VF36	1:57:51	56.01	
1085	Emma Sherwood	SF29	2:05:09	52.58	Debut
South Downs Trails Marathon - 13th June					
Pos	Name	Cat	Time	Notes	
73	Ryan Bullows	SM36	3:38:16		
Kent Vets 10000m Track Championships - 15th June					
Pos	Name	Cat	Time	Rtg	Notes
1	Brian Davis	VM60	43:12	75.80	

Picnic Marathon 18 th June					
Pos	Name	Cat	Time		Notes
84	Richard Cook	SM36	5:48:38		

Your Club 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	Francis Maud	Runners Rep	721868



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.

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.

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Canterbury Harriers Kit Kroner



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

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			TOTAL £	

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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 collection.

North Downs Relay – Tim Richardson-Perks

Well I've just re-read my account of this race from two years ago and I wonder how I was persuaded to act as Assistant Race Manager (and with no Supreme in the job title!). Anyway on a grey Saturday morning I was up at 4 am to be met by Steve at 4.40 in order to make the start by 5.15 for 5.30. Yes we made it in time for the start and the heavens opened so luckily for Steve & I Simon Jones was our first leg man. Simon comfortably won his leg - two other teams were competing - GO (Guildford Orienteers) and SLO (South London Orienteers). The fact that both these teams have the word Orienteers in their titles came into play later in the day! As ARM I moved Simon's car onto the finish of his leg. Steve acted as timekeeper for the first five legs hence the need to have an ARM as we travelled separately for most of the day.

Phil Wyard ran leg two and came in a close second so maintaining our overall lead and Tony Savage took over for leg three. Phil ran back over leg 2 and I moved Tony's car on to the leg 3/4 handover at Wye Station. Tony also came second and we and SLO were vying for the lead at Wye station. Steve Reynolds ran leg 4, finished first so giving us the lead at the start of leg 5. I moved Steve's car forward from Wye to Charing.

Gerry (by far the oldest entrant on the day) took over from Steve R for leg 5. Steve R gave me a lift to the start of leg 6. Gerry was running under duress and nearly had to withdraw from his leg due to a cold but he bravely turned out and came in third but not too far behind the GO runner.

Now to make sure we finish in daylight all runners start their leg together at the handover of the first runner from the previous leg. In addition there are three fixed time starts during the race. Leg 6 start is the first of the fixed time starts as it is the longest leg. Our man for leg 6 was Dan Clark (son of Steve). I missed seeing this start but moved Dan's car on to the end of the leg.

THIS IS WHERE IT ALL STARTED GOING PEAR SHAPED AND STEVE AND I MUST GROVEL APOLOGIES FOR WASTING THE EFFORTS OF THE REST OF THE TEAM>

This where the word orienteer first came into play - Dan got lost on his leg and finished outside of the cut off time!

Emma started leg 6 when the SLO runner (who actually was surprisingly quick) came in and she went on to win an all girls leg by just about a minute so making up a little time. I moved a GO lady's car to the end of leg 7.

Karlene took over for the infamous Vigo Inn leg 8 (infamous for Harriers getting lost although it must be said over the years a Harrier has got lost somewhere along each leg of the route!). Grace (Karlene's friend and flatmate) and I got into Karlene's car (me driving again!) to support her on this route. Grace and Karlene had both separately confided in me that Karlene is "directionally challenged"! The Vigo Inn route is not the best baptism for such a runner but Grace & I were able to support Karlene at two points

along the route, the last of which was two miles from the leg finish. We met up with Steve at Vigo Inn arriving simultaneously and just two minutes before the GO runner (or was it SLO I'm getting confused now). Waited 10 min for Karlene who was now lost!

Then Steve & I realised that the Vigo start was a fixed time start and that the runners would already be well on their way to the Rose & Crown (leg 10) my first leg - bugger we'll miss the start!! Well for Top Gear fans the identity of the latest STIG is Steve Clark. We raced over to Dunton getting to the Rose & Crown just as the lead runner was coming into sight and I needed to change my shoes. I missed the start by 45 seconds but set off after the other two. I caught the first guy GO after one mile and was making ground on the other runner but it was obvious that the other runners had reck'd the route earlier in the week because they were not stopping to check maps and I had the occasional pause. Result front man pulled away and was out of sight and the guy I had overtaken kept to within 2 minutes of me - I could see him in the middle distance when the route turned on itself. Then with just over half mile to go I turned into the wrong field and lost 4minutes of time and my second place. Shit.

In the meantime Tim Hicks (not a combination of Joe and myself!) ran leg 9 for us. I did not get to meet him and as far as I'm aware neither did Steve. Tim runs for Hayward's Heath who usually field a team for this event and volunteered for us as HH could not get enough support this year. I believe Tim may have run as a Harrier without a word of acknowledge or thanks - oops!

I moved Steve's car from 10/11 to 11/12.

Steve took over from me as his first leg was leg 11 which he hadn't run before. Like me he was in second place but got lost and ended up 10 min behind the second place man at the 11/12 changeover near Godstone. Like me in the leg before his language at the finish line is not printable.

Our man for legs 12 and 13 was Mark Sykes, another HH man. Now Mark is a good orienteer (he can read maps and probably reck'd route beforehand.) but he is not particularly fast so we incurred a time penalty (the time between the leg 12 winner and when Mark finished the leg) over legs 12 and 13. However having run two legs back to back two years ago I don't blame him for conserving energy.

Now comes the second organisation faux pas. Leg 14 is a fixed time start. Steve was doing leg 14. Sod it! The time Steve lost coupled with the route to the Stepping Stones (start point of 14) meant despite our efforts Steve missed the start by almost 20 min! He was still knackered from leg 11 so could not make up much if any time. Back in Steve's car I raced to the end of leg 14 as I was down to run leg 15.

The changeover completed I was running with tired legs against two fresh runners (both looked younger than me) on the Newlands Corner to Puttenham route that I had

done in reverse last year. No problem you would think but where three paths converged last year they diverged this. The route was signposted but some oik had altered the sign and I ended up running into Guilford and adding about two - three miles onto my journey (about 30min by the time I had stopped to work out how to get back on track). I kept going but to add insult to injury as I crossed the finishing line the timekeeper announced I had missed the cut off by 55seconds! Bugger!

However Hannah Thomas won leg 16 for us (she had stayed at her Gran's in Fareham and reck'd the route during the week) saving our total blushes.

We came third after a promising start but even without the navigational errors we would have probably still come third as Steve & I incurred time penalties of ten min each by running in two legs each plus a further 10 mins added by only having 3 females in the team instead of 4.

Still the beer and chips were good in the pub afterwards.

Well done to all who took part.

Club competition

Work out how many different cars Tim drove during the day and you get a free entry into next year's race.

WHITSTABLE 10K 2011 - Tim Richardson-Perks

Well as Race Director the first thing I must say is "Thank you" to all of you who helped in the race preparation and most importantly for marshalling on race day. Your contribution, no matter what task(s) you did, is appreciated and helps towards the smooth running of the day. In fact this year was so smooth that I was able to enjoy a bacon sandwich and cup of tea in the Waterfront Club during the build up to the race! I've usually been far too pressured. The fact that I mentioned this to the committee in our post race briefing the following week did not win me many friends. However as I agreed to continue in the Race Director role for 2012 they are still talking to me. Talking of 2012 if anyone can come up with an idea to add an Olympic theme to the day - must be simple to set up - please let me know.

The second thank you must go to our Main Sponsors - BAILEY'S NISSAN. Their support over the years has been vital in making our flagship race financially very successful; this year after all payments etc have been made we should clear in the region of £5600 - an increase of about £100 over last year. This was made possible by 50 extra entrants and we are still oversubscribed; a good position to be in as entries for Mount Ephraim are down on 2010. We incurred higher costs

this year and maintained the 2010 entry fees so this increase is all the more satisfying. Wearing my treasurer's hat I'm optimistic that we will be able to keep club membership fees at £20 mainly as a result of the financial success of Whitstable 10k.

The third thank you must go to the Waterfront Club for being the Race HQ and this year for letting us take over the top floor for Chip distribution and prize giving.

The next thank you is to the committee who are all involved in the pre race build up which starts in December and intensifies as time goes on. This is where my annual job advert/plea comes in. As a committee we all have our roles in race prep for both Whitstable 10k and Mount Ephraim 10k. However I'm very aware that a number of the roles would collapse if someone became ill for example or had to move away. Therefore I will be encouraging the committee (and yourselves as members) to find shadows for next year's race. This will not involve much work other than perhaps a dozen of you becoming more familiar with the role of an individual committee member so you can pick up (some of) the reins if for example someone is ill. It does happen – I had to phone Roy three days prior to Blean 2009 to say I had caught swine flu (I've heard all the Pinky & Perky jokes so don't waste your time texting me etc!!). This involved Roy in a major headache in re-distributing my tasks for the day.

Marshalling Duties

Once again thank you for your support on the day and thank you in anticipation for your support at Mount Ephraim on 10th July. If you are reading this and feeling left out as you could not make Whitstable this year please note we cannot have too many marshals! The advent of chip timing has created more jobs on the day and we could do with more people around both Whit & ME10k routes to keep pedestrians and motorists away from runners.

We need these races to keep our club running as it does at present – other clubs charge members for each KFL X-C race they enter for example and they cannot afford pub runs. Above all we develop a great sense of camaraderie and have fun on the day.

PS as ever if it snows at Mount Ephraim I'll buy all Marshals a beer?

Hope you enjoyed reading the Summer Harrier. If you would like to contribute an article, memoir (!), anecdote, race review, running funny or indeed anything running related (or tri-related for those branching out) please send to peter.yarlett@tiscali.co.uk or speak direct when at Kings.