



# The Harrier

The newsletter of the Canterbury Harriers



Winter 2010

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And so dear Harrier another running year comes to its finale. Can you say if it was a year where you fulfilled your running goals or are there unfinished peaks yet to scale? Only each of us individually can answer that one. The passage of time however is an excellent opportunity to review the highs and lows of our running year and what we would like to achieve in 2011. Of course running isn't everything and we must always view running triumphs and any disappointments in the right context. A number of us have had the misfortune of long term injuries during the year but even so however frustrating, at the end of the day, they are only injuries (at least that what Roy and me keep telling ourselves - Ed!).

Looking at race results over the past 12 months Harriers have collectively competed in a wide range of different events and distances - many of these have been overseas and so giving an international flavour to our endeavours. The results show a large number of us having made debuts and achieved personal best performances. Resting behind these results are impressive training schedules made possible by excellent coaching. Thanks then to our Coaches who have provided the consistent input that we have all benefitted from. An interesting trend has been the growing participation in multi terrain (often mud and worse!) and tri events, with the occasional long distance walking tour thrown in for good measure.

Talking of the new year if you are looking for a fresh running challenge or resolution in the year ahead why not try something different that you haven't yet got round to? Tackling a

x-country race if you haven't yet tried one, doing a track race, entering a bi or tri, how about a Fell race (might have to travel a bit for this one), running a leg on the North Downs Way, taking a coaching qualification, leading a club run, organising a summer pub run, arranging a club trip, or doing one of the new styled races from hell. Go on, get stuck in. Amongst the forthcoming events in 2011 where your attendance is a must include:

**Quiz Nite – Friday 4th March**

**X-country presentation - Thursday 21st April**

**Whitstable 10K – Monday 2<sup>nd</sup> May**

Of course being part of a running club isn't solely about running as Marco describes in his comprehensive round up of the Club's activities in 2010. Also your Committee has worked diligently behind the scenes throughout the year to administer the club's affairs and hopefully have met your expectations!

Good luck to all members with marathon ambitions this Spring and particularly well done to Trevor Brown, Tim Richardson Perks and Wendy Osmomd who were the winners of the three guaranteed club club places in the London Marathon.

Of course many of us rely on family, spouse and partners for support throughout the year allowing us to indulge our running interest. Year's end is a good time to show appreciation to one and all for their encouragement to us and also for rallying to join in and support the club's social and running events.

From Ed's angle thanks to everyone who has contributed a newsletter article over the past year and this issue is no exception. So cheers to Marco (a roundup of the past year), Adrian (a 'virgin's' guide to x-country), Rob (spotlight on Rob), John and Bob (the Autumn Reims trip or 'what happens abroad stays abroad'), Jacky (introducing the new parkrun event), and Steve (the Reilly tour of Mt Blanc) for all putting their keyboards to splendid use in giving us another bumper issue. Other items this time are recent results, stretching 'on the side', club award winners, and the usual Trotters and club kit.

A very happy new year and enjoy your read.

Yours in running Ed.

PS: The weather has been so bad to even mention this time....

### **Parkrun.....an event for everyone inspired by Jacky Macdonald**

And so the germ of an idea that Jacky Macdonald had nurtured for many months finally came to fruition on Tankerton Slopes, Whitstable at 9.00am on Saturday 6<sup>th</sup> November. Jacky's ambition for a local Parkrun had been fuelled following her initial run at the Bromley hosted event. But with a 5 hour round trip involved a regular Saturday morning hike to Bromley was not really practical. So, if Jacky couldn't get to Bromley what better way than to bring a Parkrun to Whitstable!

And so the dream was born for the first Kent based Parkrun to be set up in Whitstable.

If you haven't yet come across Parkrun it is a national community organised series of weekly runs open to all standards of runner, and is particularly aimed at those new to running and who are keen to improve their fitness levels. Regular Saturday runs are now held all over the country and what's more taking part is free.

In a Q&A with Jacky she gives in her own words the inspiration that led to the Whitstable Parkrun.....

Q. Where did you first come across Parkrun?

A. *It was first mentioned to me at an event in Fowlmead. So I looked it up on the web and found a whole new world of running. Like you do, when you find a new site, I registered, and was surprised that within five minutes I had my very own barcode entry to any parkrun in the country.*



Q. What did you like about the event?

A. *Apart from being free, I didn't have to worry about obtaining a number or queue for a chip. I went to Bromley when it was in its infancy and there were about 40 runners. We just went to the start line and after a short brief we were off. No fuss, no hassle.*

consider a local event?

A. *I thought it would be an easy thing to arrange! I did a parkrun when there was nothing on the agenda nearer home. I liked the concept of parkrun and felt it would benefit people for whom 5km would be a challenge, especially those getting back to health or wanting to lose weight.*

Q. How did you set about organising the local Parkrun?

A. *I was guided by parkrun and first had to go and find a 2 lap 5km course. I scouted around and spent many happy hours considering sites, including Clowes Wood, Victory Park, Radfall Park, Church Street but none fitted the criteria. We would need toilets close by, on a bus route, which wouldn't involve road closures, central for the populace and some parking. Having found what I thought the perfect course along the prom and Tankerton Slopes, Peter, Tina, myself and with the help of the Harriers surveyors wheel, at 7am one morning, checked it out. It wasn't as perfect as I thought. That then took a further five trips out with the surveyors wheel to get it right.*

*Then there was the paperwork for the Council, which got lost! In the end they were extremely helpful and I finally submitted a folder with all the relevant information for their consideration. It passed muster at their monthly events meeting involving highways and emergency services with the proviso that it would be reviewed once the numbers reached 150. Once we had Council approval I felt we had passed a milestone.*

Q. What were the highs and lows of getting the run started?

A. *It was a high to meet Anita one of the organisers from parkrun. She came and checked the course, made some suggestions and I really thought we were on our way. Then came the bombshell! You need to raise £2,500 towards the setup fees. Lucozade, Sweatshop, Nike and London Marathon will put up the other £2,500. In the end Tina and I breathed a sigh of relief when she said that if we acquired a minimum of £1000 we could go ahead. This being, because we were a new area and a bit 'out in the sticks'. Then I experienced a real low as after spending fortune on ink, printing letters and posters and delivering them to all the shops and businesses in Whitstable and then Tina and I spent many, many hours visiting each to see if they would part with some cash. We had only raised £525 when we were given*

*the opportunity at the Canterbury Harriers AGM to plead a case for some funding. The members and Committee decided to consider parkrun and I am very pleased to say that they have made a sizeable donation which along with one other from the Whitstable Medical Practice (thank you Sally!) has taken us nearly to the required amount. That was a huge relief and a big high!*

*We had 70 runners at our very first parkrun which was a nerve racking but uplifting experience.*

*I can't run so often now as OA has set in in my knees after a skiing accident but I get a huge high seeing others getting to the finishing line with a smile on their faces.*

Q. Now that it is firmly launched what further help is needed?

A. *We need a bank of volunteers so that marshals can be rotated. If people run on a regular basis we like to think that for every 3 events they run they would marshal for one. We have 15 already but another 20-25 would be good then we could have a four-weekly rotation.*

The great thing about Parkrun is that it is:

- A non-commercial, free, feel-good, community event
- Runners sign up on the website once in their life... then just turn up and run at any event in their country
- Results are emailed the same day and posted on the website with historical results



and stats including age group records and age-graded performances (for those getting older!)

- There are clubs and prizes to encourage participation with a 50 Club for runners who've reached 50 runs, a 100 Club, and a Junior under-19. Club runners who reach these milestones receive a free Nike running t-shirt with one runner per event receives the Sweatshop Monthly Prize – a free pair of trainers

- There's an annual points prize at each event to encourage attendance

- runners are emailed a weekly newsletter and the website contains a wealth of information at [www.parkrun.com](http://www.parkrun.com)

In summary the benefits to the Club being associated with Parkrun are:

- Contributing to the local community through sport for all and a raised Club profile
- The possibility of new members who 'graduate' through the Parkrun introduction to become Club runners
- An opportunity for our own members to have a friendly run at no cost on days when they are not competing or supporting the Club

Thanks to the Harriers Committee for making a donation to help start parkrun.

## Harrier Spotlight on Rob Dowling.....

### What got you into running?

Well it's rather of a long story really... I'll try and keep it concise. About 12 years ago myself and a couple of friends saw a poster advertising for entrants into Sevenoaks Sprint Triathlon. We thought 'let's do it!' With 0% fitness and 6 months to train for it, I was determined to beat my so called friends! Sadly, I didn't.

Fast forward 8 years, I moved to Canterbury to study and was looking for a triathlon club to join. Whilst surfing the net, I found a tri club in Canterbury! I checked out all the info, sent the coach an e-mail about joining, looked at the club photos, hmmm....it looks very sunny in all of their team photos I thought.... DOH! I didn't know there was a Canterbury in New Zealand! So as a last resort I joined the Canterbury Harriers!

### Did you do any sports before taking up running?

Not really, I played a lot of Nintendo as a child, does that count?

### Favourite training sessions?

In the winter it has to be Elliot Hills, (feel the burn)! Summer, any field session as long as the sun is shining.

### Other sports participating in or interested in?

I have in the past few weeks signed up to compete an Iron Man in Germany, August 2011. This consists of a 3.8k swim, 180k bike and a 41k run (marathon distance). This has been an ambition of mine for quite some time now and I feel I need to do it soonish before I retire from keeping fit and become a professional spectator like Steve Clark.



### How do you manage to run with work commitments?

Work commitments???

### Favourite races and distances?

My Favourite race has to be the Saxon Shore Relay. There is a real sense of team spirit throughout the day with everyone doing their bit to get us all to the end. A truly fantastic day enjoyed by all.

Favourite distance would be anything between 10k and half marathon.



### **Future goals and ambitions?**

I'm not looking any further than the Iron Man at the moment. I would one day love to finish a marathon in under 3 hours, but for now all my efforts and thoughts are on Germany 2011.

### **How you keep motivated to run?**

It's in my blood really. If I don't exercise regularly I get a bit agitated. Come rain, wind, sun or typhoon, I'm out there hitting the pavement.

### **Any tips or advice to others?**

Banish all those negative thoughts from your head, put your trainers on and get out there. It's too easy to make an excuse up on why you don't want to train. 98% of the population sit and watch TV for a hobby, be the other 2% I say.

Oh one more thing, never listen to Clark, the lights are on upstairs but no one is in!

(Perhaps a bit harsh on Steve - the light is on, its just hard to find the switch sometimes! Ed)

## A bit of stretching on the side....

Have you ever been observed doing it in public? What shame and embarrassment it brings to be caught in the act. Of course it is essentially a solo activity but does leave scope for occasional joint (excuse the pun) participation with another consenting adult! By 'it' of course I refer to be seen stretching in public. We all know that we should stretch frequently but overall it must be one of the most boring routines known to man or woman. So why not fit in that extra stretching during parts of the day when you are on 'down-time' with another daily activity? For example look for stretching opportunities when you are:

- Waiting for a bus, train or plane (can make the time pass quicker especially at a snow bound airport)
- Waiting in a supermarket queue (I was once asked by a rather elderly lady if I was feeling alright and 'did I need to sit down?')
- Cleaning your teeth (stretching is easier when using an electric toothbrush)
- Speaking on the telephone (best not stretch whilst on a video conference call or you might be misunderstood)
- Waiting for a Harrier to offer to buy a drink at the Kings bar (could be rather a long stretch)
- Watching tv (don't try changing channels in the middle of attempting the splits)
- Reading, sitting or listening to music (a good time to relax and stretch)
- Waiting for the kettle to boil (should give about 2 minutes stretching time)

Ok, so you do need to choose the right stretch that can be done safely without elaborate preparation or sports clothing. But there are loads of stretches to choose from that can be done at any time of day including, a calf stretch whilst pushing against a wall, anything to do with the back, neck or shoulders, achilles tendon, quads and knee, or hamstrings.

For more elaborate stretching use the black mat at King's when you are warmed up to



more fully benefit from being loose and flexible. And remember never to 'over-stretch' or bounce up and down when stretching as this will strain the muscle.

For fuller advice see Bob Anderson's comprehensive book on 'Stretching' (Pelham books).

## THE ALTERNATIVE AGM...

Shock and horror... You've read the book and seen the film. Now read the real highlights of the AGM for those of you that missed the real thing...

Date: 14<sup>th</sup> October 2010 Time: 7.00pm Place: Rough Common Village Hall

37 Harriers 'skipped' training to attend and afterwards socialised in the Dog:

- Marco kept everyone in order once again with his usual tact and humour
- Thanks to all contributors to another successful club year – especially to Marco, Roy, Tim, Gerry, Tina and Steve – all in multiple capacities; Sean – for new Website; Gerry, Steve, Tina, Wendy, Wendy, Kate – all coaching input and support for the improvers group.
- Currently 122 club members
- Successful races held at Blean x-country; Whitstable 10k (first use of chip timing); Mt Ephraim (first use of on line entry boosted entries to 278)
- Raised £900 for Dave Lee holidays and £240 for Demelza House
- Success in KFL 2009/10 (remember the snow and cold!!) – Women were runners up; Tony McParland, Steve Clark and Barbara Wenman all age group winners
- 20 ran London Marathon and many ran marathons in overseas exotic locations

At this point Steve spotted a spider quietly making its way across the floor, Steve squealed and chaos reigned. What's new Steve....



### ENTER MR SPIDER....

- More popularity for Grizzly, Grim, Hells and other tortuous extreme events (are people certified to do these?)
- Saxon Shore defended women's title and we regained the men's titles (thanks to Bob for again arranging)
- North Downs way – least said the better, but still good fun!



- Le Touquet – another great trip and Roy's nineteenth!
- Summer relays – well attended if somewhat chilly evenings
- Man on the run supported by the Club
- Reims twinning – 34 French friends hosted at Mt Ephraim event (Champagne was excellent!)
- Social events included – pub runs, quiz evening, XMAS presentation, post x-country race drinks in the Elephant
- New web site launched
- Purchased new race equipment
- Healthy bank balance and reserves (thanks Tim)
- Francis Maud to join Committee (welcome Francis – it's a life sentence!)
- Suggestions discussed for the club to sponsor running related activities – an open invitation given to all members to propose ideas
- And finally.....Marco to stand down next year after 5 years of being Chairman (more of Marco's 'reign' and full appreciation to follow)

That's it folks.....

### **Running.....Amanda Rae Klohmann**

My breath is hampered, my face is bright red.  
 My legs are becoming weak and useless,  
 And now my hair is matted to my head,  
 From all my gross sweating I look a mess.  
 The hills seem to grow with each step of mine,  
 The wind whips my legs, as the cold grows worse.  
 I concentrate on the sidewalks cracked lines.  
 Blood pumps through my veins, my heart is the source.  
 When I run my world quickly whizzes by.  
 Running lets me contemplate my troubles,  
 My options seem to extend to the sky.  
 Running down the hill my slow pace doubles.  
 I start to head home, looking for my street,  
 Cleansing mind and body, running is a retreat

## Canterbury Harriers Awards 2009 - 2010

Well done to everyone who gained a club award from the wide range of distances and age groups available....if you didn't win an award this year then set your sights in 2010/11 to get your name on the awards board...

<b>Distance Awards</b>		
Jennifer Benson:	Senior Female	10K, 10M
Amy Hicks:	Senior Female	Half Marathon
Faye Roberts:	Senior Female	20M, Marathon
Jenni Van Deelen	V35 Female	5M
Sarah Maguire	V35 Female	10K, 10M, Half Marathon, 20M, Marathon
Barbara Wenman	V45 Female	5K, 5M, 10K, 10M, Half Marathon, 20M, Marathon
Jacky MacDonald:	V55 Female	5K
Tina Jones	V55 female	5M, 10K, 10M, Half Marathon, 20M, Marathon
Mark Ford	Senior Male	5K
Mark Taylor	Senior Male	5M
Rob Dowling	Senior Male	10K
Mark Baker	Senior Male	10M, Half Marathon, 20M, Marathon
Tony McParland	V40 Male	5K, 5M, 10k
Phil Wyard:	V40 Male	10M
Mark Cooper	V40 Male	Half Marathon
Dave Bowden	V40 Male	20m, Marathon
Mark Wenman	V50 Male	5k, Marathon
Steve Clark	V50 Male	5M, 10K
Dave Felton	V50 Male	10M, Half Marathon, 20M
Dave Smith	V60 Male	5K, 5M, 10K, 10M, Half Marathon
<b>Special Awards</b>		
Barbara Wenman		Most Improved Female
Sally Silver		Most Outstanding Performance
Phil Wyard		Most Improved Male
Barbara Hutton		Mud, Sweat and Tears Award Female
John Hartley		Mud, Sweat and Tears Award Male
<b>Overall Champions</b>		
Sarah Maguire		Canterbury Harriers Female Champion
Barbara Wenman		Canterbury Harriers Female Championship Runner-up
Mark Baker		Canterbury Harriers Male Champion
Mark Wenman		Canterbury Harriers Male Championship Runner-up

## **Cross Country Running – a new member’s outlook.....Adrian Fox**

Well I must admit prior to joining the Canterbury Harriers the last cross country running that I did was at school which was more years than I can remember! In those days it was a goal to see who could hide behind a tree or take a short cut – if you were caught you were given a pair a scissors by the PE teacher and told to cut the grass!

With these thoughts in the back of mind I decided to break myself in gently and volunteer to be a marshal on the first cross country race of the season in Blean Woods. I, therefore, found myself walking up to Blean on a cold but bright Sunday morning. I was in safe hands as myself, Paul and Joe were given a prime spot in the middle of the woods. In addition to our marshaling duties Joe provided us with an excellent historical account of this ancient woodland!

My introduction to actually running a cross county race took place on a rather damp and fresh winters day in Swanley. For those of you that took part in this race you would have noticed my brand new brightly coloured vivid cross country trainers! It turns out that I was not alone as Neil and Alan had also made similar brightly coloured purchases the preceding day! Peter was on hand to capture a photo of our virgin running shoes before the event. Apart from failing to have ABS fitted to my



new trainers, to stop me running into the queue that formed at the finish line, I am pleased to say that my new trainers did an excellent job and saved me from falling over on several occasions around the muddy course! I am lead to believe by Andy and Colin that there is a photo on the website taken by Peter of me checking out an attractive female runner which I have no comment to make!

The second cross country race at Fowlmead Country Park in Deal had a more winter wonderland theme! We arrived at 10:00am and by the time the race started you could have been confused that we had been transported to ski resort! Confusion surrounded where the race was due to start with numerous people running in circles asking where the start line was as the snow by this time had completely covered the course! The tactics for running this race ranged from running like Tarzan (Mark) who

apparently just went for it and held onto any tree branch or structure to secure an excellent position, to myself who thought that crampons and rope would have been beneficial! Maybe it's me but seeing our Supreme Marshall (Steve Clarke) in just a running vest and shorts in the snow was a bit extreme!

My next cross country race is at Knowle Park (since cancelled sadly - Ed) and the key question is what will the weather do this time? It also amazes me what people like myself will do secure a free item of Harrier kit! – surely it would be easier to purchase this but there is something rewarding about laying on the sofa in the afternoon after a cold race so I will be back for more!

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

**WHEN YOU NEXT EXPERIENCE RUNNERS NIPPLE OR OTHER CHAFFING OF THE DELICATE PARTS DON'T DESPAIR. YOU MAY NOT HAVE REGULAR PLASTERS TO HAND AND SO DO CONSIDER USING THE SKIN FROM THE TOP OF A RICE PUDDING AS A TEMPORARY AID.**

**FOR REASONS OF DECENCY THERE ARE NO PICTURES TO SHOW HOW THE RICE PUDDING SKIN IS APPLIED TO THE CHAFFED AREA BUT NEVERTHELESS THANKS TO ALL HARRIERS WHO OFFERED THEMSELVES AS MODELS.....**



**RUNNERS WORLD RECOMMENDATION – A BOWL OF RICE PUDDING WITH SKIN COVERING BEFORE APPLICATION TO CHAFFED AREA**

## **Entente Cordiale at the Reims Weekend – 16<sup>th</sup>-17<sup>th</sup> October 2010.....John Hartley & Bob Pullen**

In typical Canterbury Harriers fashion, the Club carried out one of its many roles for the city (and country?), by acting as ambassadors at the Reims weekend of running events held in October 2010. The diplomatic team consisted of: Debbie, Wendy, Barbara H, Barbara W, Phil, Andy, Wim, Ray, Trevor, Bob, Mark, Tony and John. We had been briefed by that well-known diplomat – chief coach Monsieur Reilly and his errant side-kick, Monseigneur Clark – so we promptly avoided their guidance, such as 'the date and location of the event', and 'how to accost a Frenchman carrying champagne at the port', in order to further the entente cordiale with our running partners from the city.

It was an early start on Saturday, 16<sup>th</sup>, and a different venue for the minibus pick-up. Bob, Andy, and Phil had sorted out a number of last minute tasks such as: roadside cover, bus collection, tunnel bookings, medical certification, so we were able to meet at 6.30am at the Council offices car park at Military Road. We were soon on our way, catching the 7.50am shuttle to Calais and motoring along the A26 towards Reims. Most of us could not resist a cooked breakfast – French style – at a motorway service station, and we needed a 'wee' stop just before we arrived in Reims a little after 1pm. On this last stop, we shall gloss over the slight drop in our diplomatic standards when some of the lads used the bushes rather than the French loo!

We made a few detours in finding our way to the Parc des Expositions in the city. This 'roundabout' way of seeing Reims and the surrounding country-side was a feature of the trip, even when our hosts were guiding us! However, I think Mark was appreciative of the practice for his three-point turns and try-out of the brakes.

At the Expo Parc we met up with Patrice and Andre. Here we picked up running numbers and goody bags, including the high quality technical shirt, as a souvenir of the event. We were thankful for the work done by Sally for the medical certification letter, but particularly for Andy in obtaining copies for each named runner. Patrice emphasised how necessary this now is for French races; *'In France, you must always have a document.'*

After sampling the ambience of the Expo centre, which was building up for the races on Sunday, we headed to a small local champagne producer (Bergeronneau) at Ville-Dommange, to the south west of the city. This was another interesting journey, in terms of U-turns, cul-de-sacs (these French terms are rolling now) and tete-a-tetes with the locals! We finally made it, and met up with Therese and the owners of the company. As you know, we are a drinking club with a running problem. Well, befitting our role as ambassadors, our tippie just got classier! We had a tour of a facility producing high quality champagne which was being exported to exclusive restaurants all around the world. The beauty of this was that we were able to see the production from vine to the finished product. After the tour (see Tony ensuring that even the drips are not wasted), we visited the 'clos' or walled vineyard where the grapes for the 'premier cru' are grown. Some of the vines were 70 years old, and some of the old cronies on the trip were close to that! The 'clos' was on the edge of the 'ville' affording a spectacular view down the valley and over to Reims in the distance, with the Notre Dame cathedral clearly visible. Each row of vines had a red rose bush growing at its head; apparently, if the rose is doing well, then so is the vine. (I must try that with my tomatoes!)



We naturally tasted the wares of all this industry. As you can see we had a number of toasts, usually to absent friends, but we didn't bother after the first few! This was the first experience, for most of us, to taste champagne from a magnum bottle. Encour!



In due course, it became an example of the success of direct selling as most of us came away with a bottle (or 3!) which was carefully loaded in the back of the minibus. As some wag in the party remarked: 'that almost doubled the value of the vehicle!'



Our next destination was the social club of the l'Union, regional newspaper for the Marne region, on the edge of Reims where many of our French partners work, or have worked. Think of the Kent Messenger Group, but bigger (and better – who said that?). Our hosts were very generous with their hospitality, as we had a range of home-made canapés, and of course, the ever-present champagne. The evening meal was in a restaurant in the local village of Betheny. By that stage, those of us who were staying with French families had met their hosts, whilst a few were accommodated in a hotel in Reims.

Sunday, 17<sup>th</sup> was another early start, and it proved to be a very cold one, as forecast. Six members of our group had opted for the half-marathon, whilst the remaining seven had entered the 10K event. In our own idiosyncratic ways we prepared ourselves for the run, once we had arrived at the Expo Parc. The Centre was buzzing with competitors and their friends and families. Large television screens transmitted the progress of each of the races, and some participants were interviewed in front of cameras. There were numerous sponsors and their hospitality areas, and vending stalls for the populace. This is certainly a big event in the French sporting calendar, and seems to be well supported by the authorities and the community at large. Reims a Toute Jambes (Reims all legs) encompasses a Marathon, Half (Semi) Marathon, 10k and numerous children's races over varying distances.

All the Harriers performed well in their respective races. There were three pbs. Rumour has it that Barbara H should have had one for eluding a persistent Frenchman who wanted to snog her! The overall trip was commemorated through the gift of a specific plaque, which Phil displayed as a trophy for the group (and the cameras!)



Subsequently, we were treated by our hosts to a lunch at the restaurant at the Expo Parc. In addition, Therese, as the representative of the twinning association, gave us all an attractive key-ring as a memento of the trip. This was a very memorable trip for all the club members, and we were all impressed by the generosity and hospitality of our French partners.

The trip was also noteworthy for the further comments collected during our return trip to Canterbury. Such as: the Frenchman who had explained to some of our runners that he was a 70% man. Apparently, he didn't like to go too flat out (in training and in races), as he needed 30% for his wife! So when Gerry says: 'I want you to go at 70% of your 10K pace', we will know what you are saving yourself for!

It was generally agreed that the runners who had stayed with French families had been very much better off than the hotel users. Apparently, Mark had bequeathed his towel to their 'down at heel' hotel!

We had hoped for a quick transfer through the customs, until someone commented: 'that Gerry was on!'

## REIMS CAPTION COMPETITION



***What was Phil thinking when staring intently at the Reims map?***

***Entries please to Ed at [peter.yarlett@tiscali.co.uk](mailto:peter.yarlett@tiscali.co.uk).....for a small new year prize***

### **Your Committee**

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



## **The runners mid life crisis.....what crisis?**

Time was when the mid life crisis for runners came at 45 onwards, when the thought of making PB's was a distant memory and the legs really would look better in Ron Hill's than lycra. Mid life used to mean retiring from running to organise races, hold the stop watch for others and look after club paperwork. Strange then that you can now be classed as a Vet at 35!!

But now that life in general has extended the idea of mid life so that reaching sixty is the new forty the same can be said of running. Crisis what crisis - just carry on running and ignore the biological years. Studies have shown (Stanford University 2008) that running not only appeared to slow the rate of heart and artery related deaths, but was also associated with fewer early deaths from cancer, neurological disease, infections and other causes. Running may also increase aerobic capacity - the ability to generate energy using oxygen - boost the immune system and improve thinking, learning and memory functions (it didn't say anything about sex drive but you can't win them all!)

So how do we extend those running years beyond middle years to keep our interest and extend enjoyment.....you might consider the following the tips.....

Training intensity still counts.....as they grow older, most runners try to maintain training volume at the expense of training intensity. This is a mistake. Research has shown that by slightly increasing, or at least maintaining, "quality" training the veteran runner can limit the age-induced loss in aerobic capacity to 4 or 5 percent per decade rather than the "normal" 10 percent. Quality training refers to running which is carried out at faster than lactate-threshold speed. This term refers to the point at which the body is no longer able to cope with the dispersal of the lactic acid that accumulates in the working muscles during exercise and is about 15 seconds per mile slower than one's current 10km race pace.

Maintain a personal PB for each of 5 year age band to maintain motivation so that future personal goals can be set and beat

Reduce the risk of injury - The point is when you train hard your muscles are pushed very hard, very quickly. If you do not warm up beforehand, muscles will be pulled. Take the time to do proper warm ups and warm downs...

To reduce the risk of injury it is essential to incorporate regular stretching sessions into your warm-up and cool-down. A good book on stretching is by Bob Anderson, although Yoga can be just as effective. You may wish to incorporate cycling one day instead of running. The advantage of this is that your body will recover quicker from a non-running activity, thus decreasing the risk of overtraining and all the problems that causes.

So stretch and stretch again to keep those muscles flexed

Vary the training regime to exercise different muscles - John Hartley is an excellent advocate of swimming and cycling To conclude, as you get older - the specific age only you know - you should reduce the number of days you train and introduce other activities to cross train. You could try swimming, cycling or a day at the gym. This will give your body the time to recover.



Do some light weight work to keep muscles strong

Share your experience with others, especially new runners to maintain your own enthusiasm

Vary your training regime to give variety to routes and sessions

Use speed work as a regular part of training so that stride length doesn't lessen

Try different races over a mixture of terrain and distances

Use age related tables to compare times with a 100% time in your age group

Limit the cumulative effect of alcohol, saturated fat, caffeine, late nights, sugar, and general hard-living takes on your liver, heart, brain and the rest of your body. Ok it doesn't mean becoming a nun or monk!

Your own combination of genetic inheritance, lifestyle sins and virtues, miles in the bank and injury history determine whether you are a young or old runner compared to your chronological age.

And Remember.....This philosophy is not new. Many years ago, runners were not training every day - many only trained four days a week. Peter Coe and Roger Bannister have both said "it is not how much training you do, but the quality of the training". That's why, as a mid life runner or veteran, you can cut down on the quantity but still keep the quality training, and your times may not slow down for some time and enthusiasm will be maintained. Keep on running....

## The Reilly Tour of Mont Blanc....Steve Clark

**Sunday 25<sup>th</sup> July.** I awake with a start from deep sleep, alarm going. Where am I? Ah yes, at Gerry's. Gerry Reilly, his son Sean and myself, the Three Amigos going on 'the adventure of a lifetime' as Gerry sold it to me. It was considered a good idea to sleep together (same house that is!) as it was such an early start. At Dover for the 6am Norfolk Line ferry. Grey and murky on the channel but a full English breakfast soon has us feeling content with life! 9am French time and we are docking at Dunkirk and soon off on our 550mile trip to Les Houches near Chamonix in the French Alps. Gerry drives on the wrong side of the road, that's the right side of the road because on the continent, to get it right, the right side of the road is the right side of the road, right? Left to do the navigation is moi, as this requires considerable intelligence (so I'm told). The miles of motorway driving takes its toll (60 bloody Euros worth to be exact!) but finally about 18:00 we pull into the campsite under the Mont Blanc Massif tired and weary but happy to arrive on a bright evening although Mt. Blanc itself is swathed in cloud. We pitch tents, Sean the Chef rustles up a haute cuisine meal (well pasta anyway) then a quick drink in town (pretty dead) then back and hit the sack, eager for an early start tomorrow, a tough day with lots of ascent!



**Monday 26<sup>th</sup> July.** It's a fine morning, Mont Blanc is clear. Sean the Chef makes us a sumptuous breakfast (porridge). 09:25, off at last except that 5 minutes later Gerry realizes he's left his walking pole back at the campsite and we await his return! It's getting warm, the guidebook warned us it was a 600m relentless slog to the Col de Voza (11:20) and they weren't joking! But once there and past the ski lifts the views were stunning. We cross the Tramway du Mt. Blanc onto a magnificent terrace route (roped in places) passing the snout of the Bionassay Glacier and onto an Indiana Jones type bridge over the melt waters before another final tough climb to the Col de Tricot (2,120m) break for food, rest & recuperation! Refreshed, Sean and I decided we would do the short climb to the top of Mt. Verassay that would take us to 2,300m. Upon

inviting him to join us, Gerry said he had no interest whatsoever (or words to that effect) in any unnecessary ascent and continued with his cat nap until we returned, only to find him in ill humour as it had clouded over now and he had got chilled waiting for us! We continue on the way, steep, steady descent to a beautiful upland pasture below and the Refuge de Miage. A last steep but fairly short climb followed before a long steady descent down the forested hillside to Les Contamines-Montjoie and civilisation. Tired and weary, we need to shop for supplies (mainly beer & wine!). Sean graciously volunteered to sit on the wall and look after the rucksacks while Gerry and I went in the mini-market. A few minutes later I looked out to see a heavy shower



taking place but it wasn't deterring Sean with his hood up from his repose one iota! I rushed out to get the rucksacks under cover and nudging Sean he also reluctantly left the wall and got under cover! Final walk by the river (a beautiful colour due to the minerals brought down from the mountains), to the campsite. Gerry went to the office to book us in which took about 20 minutes due to the one person in front of him having some mega problem of some sort! At last about 19:00 we pitched our tents and Sean the Chef cooked us a gastronomic delight (pasta), which went down a treat although another shower forced us to retreat to our tents to eat! I wanted to walk back to Les Contamines and party the night away until 3 am (yeah right!) but this didn't go down well so we staggered across to a communal marquee where several people were chilling out with beer and wine and we did the same until hitting the sack about 23:00. What a day, over 10 miles and 1200m of ascent with a full camping pack! Things can only get easier (they don't!). Early start tomorrow!

And that's pretty much the routine for the next 6 days, up & down, up & down! When it's time to camp, Sean does the cooking, I do the washing up and Gerry uses his management skills to organise us! We spend 4 nights on campsites, 1 night wild camp and 2 nights in refuges. So I won't bore you by going on & on & on & on & on & on & on.....& on! I will just mention some highlights! But before I do, a big thanks to Sean whose (harebrained!) idea it was in the first place and who did most of the pre-planning (even if he did try to kill us all by cramming a 10 day trip into 7!). And to Gerry for organising the transport and doing the lions share of the driving which included a good 2 hours in torrential rain on the way back!

**Tuesday 27<sup>th</sup> July.** Toughest day! Up 06:00. Off 08:45. Dodgy start, wet & misty from overnight rain but soon turns into a pretty nice day. Les Contamines is at about 1100m. Steady climb up through spectacular gorge to Chalet La Balme, pass the tree line on up to Col Bonholme. Catch up one group here using pack mules! Wimps! ['Excuse me sir, we wish to purchase one of your finest mules!']. On through some snow now to Col des Fours at 2665m the highest point of the TdMB. Short detour to the summit Tete Nord des Fours at 2756m the highest we'll get (chilly up here!) then down, down (see marmots) to Ville des Glaciers at 1800m then up past Refuge des Mottets (stopped for a cup of tea, big mistake! Took 2 years to order, 2 years to arrive, cost 9 euros and was one tea bag in a huge soup bowl, I kid you not!). On up 7 up to the Col de la Siegne (2516m) and the Italian border, now 20:00! Bitingly cold wind up here, down the Vallon de la Lee Blanche to the beautifully situated Refugio Elisabetta (Ibex on the skyline) at 2000m. Now 21:10 and getting dark! Luckily accomm. available so didn't have to camp. Evening meal finished but got bread and soup! Rushed for quick shower before, stripped off, into shower but hot water needs a euro! No time or change so cold, ouch! To bed totally knackered. Mixed dorm about 10 beds in a row and 3 tiers. We are on the top tier about 10" from the ceiling. Gerry sits up in the night forgetting where he is, ouch! Language!



**Wednesday 28<sup>th</sup> July.** Beautiful clear morning so before breakfast took short walk up hill behind refuge for stunning views down the valley and up to Mt Blanc without cloud! Left about 09:00, warm, lovely walk down valley past the impressive moraine of the Glacier du Miage before tough climb up the hillside with the Mt Blanc massif opposite in all its glory. Then along to Refugio Maison Vieille, not so nice, ski lifts coming in from all directions! Getting hot now! After cold drink we head down on very steep descent through woods to the town of Cormayeur. After lunch (15:30!) and stock up on supplies, it's a long sticky climb up the Val Sapin to an even steeper climb up to the Refugio Bertone, phew! We freshen up and get water then find a spot a little after to wild camp

(not allowed but no one usually comes up to 2000m to fine you!). Now about 18:30 and as often happens on hot, sticky days the clouds build up and was that thunder? We get a spot of rain but nothing to serious. Sean does his cooking magic (spag balls of course as we're in Italy), washed down with some wine and we crash out about 22:00.

**Thursday 29<sup>th</sup> July.** Rain in the night, damp and gloomy but ok for breakfast then it starts raining, so decamp a bit of a nightmare! On our way 09:00 and of course 5 minutes later it stops! Mixed day of sunshine and showers, Gerry gets outvoted and we take the high route and are rewarded with a good spell of weather and views of Mt blanc as we reach the high point Tete de la Tranche (11:00) at 2584m. Down through the mountains and on to Refugio Bonatti for break before steep descent through forest to Val Ferret, on up to the head of the valley on road until last steep climb up to the Refugio Elena, arrive 17:00. Weather nasty, wind and rain squalls. Nowhere sheltered to camp so we headed for the refuge! Wise decision as the weather turns even nastier. Great refuge, nice dorms, large comfy bunk beds, big hall to dry our kit in. The evening meal was something else! Main course followed a starter, when they came round to get rid of some spare main courses we 'volunteered' to help out. Big mistake, this was followed by another meat course, then a sweet, then cheese and biscuits! Took ½ hour before I could get up from the



table and seriously affected my ability to have a beer or two! Staggered of to bed about 22:15.

**Friday 30<sup>th</sup> July.** Woke 06:00, packed our now dry kit! Breakfast then off 08:00 in rainy squall (soon stops and we're left in mist) on the tough 500m climb to the Grand col Ferret (2531m) and cross into Switzerland. Down the other side we walk a while with Margaret a lass from Sweden who has got the biggest backpack that I see the whole trip, god knows what she's got in there! The day slowly brightens and after a picnic lunch at La Fouly we have a lovely afternoon walking through classic Swiss upland valley pastures and villages surrounded by rocky mountain tops although the really high massifs are hidden from view. A final climb up through woods to a campsite at Champex a pretty lakeside resort. Pitch tents about 18:30. Sean cooks meal, I wash up, Gerry smokes his pipe! A few well earned beers in the camp bar (pun intended!) watching athletics championships. Stagger back to tents about 23:00 fine clear cool evening.

**Saturday 31<sup>st</sup> July.** Up 05:50, glorious morning. Decamp to camp dining area, dry our dewy tents best we can, brioche and coffee for breakfast. Sean had been struggling with a knee problem for the past couple of days and it was decided he and Gerry would continue via an easier route and they were happy for me to continue as planned and we would meet up again at the campsite in Les Frasserands, I mean, what could possibly go wrong! Set off 08:00 steep climb through woods to classic alpine meadow where gradient eases before climbing again up past tree line, tough bit across boulder field and final steep scrambly ascent to the narrow col Fenetre d'Arpette at 2665m. Then you are rewarded with stunning views across the Trient Valley opposite, with its glacier and the moon still up to boot! Stayed ½ hour (drying out!). Off again 10:40 on steepest descent yet, parallel with the glacier below, until ahead of it and can cross the valley for another steep climb up the hillside to the Refuge Le Grand. Bit of excitement here! Got a beer a sat outside having lunch when air ambulance came up valley and landed just behind refuge then off again with paramedic dangling below, across the valley to the path I



was on down from the col, obviously someone has taken a tumble. Eventually heads back down the valley. Refuge owner said that was the third time in two months! Off again about 14:00 round the hillside to Col de Balme at the head of the Chamonix valley and cross back into France. Along a ridge and final steep descent to valley floor. Find the campsite, just finished pitching tent when Gerry & Sean arrive. Beer in the bar to celebrate! Then we cook our evening meal, decide to have bottle of wine with it, big mistake, cost 16 euros and that's in France, almost lost my appetite (almost)! Brilliant starry evening. Campsite not that busy. Hit the sack about 23:00.

**Sunday 1<sup>st</sup> August.** Up 06:00, nice day again. Sean has a cunning plan; we leave our tents pitched here, at the finish we jump in the car and drive back, thus taking most of the weight off our backs for the last day! I make a BIG mistake here by querying whether this is right in principal on a backpacking walk. Within a nano second they both reply that actually we need so little that it's not worth taking 3 rucksacks, we can stick it all in mine and do me a favour by saving my backpacking principals at the same time! Doh! Long hard climb out of the valley 700m on the Montagne de la Flegere, having to negotiate several metal ladders up some of the

sheerer rock faces, reaching the cairn at Tete Aux Vents where a Chamois Antelope is staring quizzically at us before reluctantly wandering off! A few of them thar marmot critters scurrying about as well. Stunning views across the valley to the Mont Blanc Massif and the glaciers! Up another 200m to Lac Blanc's milky white waters, caused by minerals. It's warm & humid, so can't resist a quick dip, the water wasn't warm! We move on through two grotty touristy areas La Flegere (but great for ice cream!) and Plan Praz. Hot and sweaty now so we make soup for lunch of course! Then we're off again, a final hard 450m climb with some ladders again to the high point of the day Le Brevent, another popular tourist spot at the head of a cable car station but you can see why with stunning views all round especially from a viewing terrace straight down into the valley below where the cable car goes, definitely not for vertigo sufferers! There are some rock climbers coming up the hard way as well! We leave 17:15 a long descent crossing steep gullies before entering the forest line with a last glimpse of an angry black sky getting closer in the distance and you can cut the air with a knife! Some time later and it goes almost black as night in the forest, a wall of wind rips through and we just have time to tog up a bit before one of the worst thunderstorms I've ever been in hits us! We are pelted with falling cones and debris, the lightening is fierce and



soon the forest track is a raging river! It could have been worse, we could have been up at those gullies when it hit, that would have been seriously bad news! Luckily it eases off after a while and we enter Les Houches wet and bedraggled. The town looks pretty deserted, they've obviously been having a festival, which got washed out! Two drenched guys stripped down to just shorts and flip flops were dismantling a giant cooking cauldron still part full of some local speciality, we could help ourselves, we only had our hands, it was delicious but still very hot! Then at last (20:30) we are back at the start campsite, job done, with a day to spare! After some celebratory back slapping, more grief as it takes some time to track down the owner to get Gerry's documents back before we can finally squelch into the car and drive back to our campsite at Frasserands arriving 21:30 only to find everybody and his brother has arrived during the day and our tents are lost in a sea of others! The communal cooking/drying area is chock a block as well and we are squeezed into a corner and manage to find somewhere to hang out our wet gear before Chef Sean does a great job on the



meal front again, I go and have, oops sorry, I mean get some beers to have with the meal and Gerry is his usual masterly self in directing operations! The joys of camping! Get to bed something like 23:30, knackered!

**Monday 2<sup>nd</sup> August.** Up 06:30 to decamp and head for home. Gerry does most of the driving including a nightmare stint in heavy rain for about 2 hours not long into the journey. So it would be uncharitable of me to mention the fact that when we stopped for lunch we found he had left our food bag etc. back at the campsite. So I won't! We had the obligatory bit of a delay at the ferry but eventually arrived home weary but contented with our achievements!

**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 races .....full results of all races (and the x-country leagues) are on the Club web pages.....

<b>Wingham 10K Ladies – 12<sup>th</sup> September</b>					
<b>3</b>	Sarah Maguire	VF41	41:53	75.14	<b>1st V35</b>
<b>4</b>	Barbara Wenman	VF52	42:45	81.11	<b>1st V45</b>
<b>5</b>	Jennifer Benson	SF32	43:12	69.25	
<b>16</b>	Tina Jones	VF63	52:12	74.57	<b>1<sup>st</sup> V55</b>
<b>23</b>	Fidelma Atkinson	VF44	54:26	59.28	
<b>32</b>	Priscilla Walkington	SF33	56:29	52.97	
<b>51</b>	Helen Knuth	VF41	1:00:40	51.88	<b>Debut</b>
<b>60</b>	Jane Elder	VF45	1:03:33	51.21	
<b>77</b>	Gillian McLaren	VF64	1:08:18	57.68	

**Faversham 10K – 19<sup>th</sup> September**

<b>8</b>	Tony McParland	VM41	39:09	71.71	
<b>19</b>	Peter McQuire	SM38	40:12	68.34	<b>PB</b>
<b>23</b>	Philip Wyard	VM48	41:11	71.80	<b>PB</b>
<b>26</b>	Mark Wenman	VM56	41:36	75.91	<b>2<sup>nd</sup> V50</b>
<b>28</b>	Jennifer Benson	SF32	42:21	70.64	<b>PB</b>
<b>33</b>	Barbara Wenman	VF52	42:34	81.48	<b>1<sup>st</sup> V45</b>
<b>38</b>	Steve Clark	VM57	43:06	73.93	
<b>48</b>	Bob Davison	VM56	43:55	71.93	
<b>57</b>	Mark Cooper	VM49	44:46	66.57	
<b>61</b>	Andy Farrant	VM54	44:55	69.10	
<b>92</b>	Barbara Hutton	VF44	46:37	69.22	<b>PB 1<sup>st</sup> V35</b>
<b>99</b>	Adrian Fox	VM42	46:59	60.19	<b>Debut</b>
<b>102</b>	Marco Keir	VM48	47:15	62.58	
<b>133</b>	Trevor Brown	VM46	48:30	60.05	
<b>135</b>	Tony Savage	VM56	48:33	65.05	
<b>139</b>	Bob Pullen	VM48	48:56	60.43	
<b>257</b>	Stephen Neil	VM47	55:32	52.84	
<b>376</b>	Wendy Osmond	VF44	1:03:31	50.81	
<b>389</b>	Debbie Clifford	VF43	1:04:53	49.3	
<b>409</b>	Gillian McLaren	VF64	1:06:16	59.44	
<b>417</b>	Jacky MacDonald	VF62	1:08:33	56.13	

**Brooks, Serpentine Last Friday of the Month 5K – 24<sup>th</sup> September**

<b>78</b>	Wim Van Vuuren	VM40	20:34	65.52	<b>PB</b>
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**Quicksand 15 – 26<sup>th</sup> September**

<b>11</b>	Sarah Maguire	VF41	1:58:08	<b>3<sup>rd</sup> Female</b>
<b>18</b>	Steve Clark	VM57	2:01:49	

**Folkestone Rotary Half-Marathon – 26<sup>th</sup> September**

<b>15</b>	Mark Baker	SM38	1:23:29	72.26
<b>73</b>	Tim Richardson-Perks	VM51	1:37:30	68.15
<b>215</b>	Trevor Brown	VM46	1:51:33	57.29
<b>329</b>	Sally Silver	VF36	2:00:36	54.73

**Chas Ryman Memorial 10 Mile Race – 3<sup>rd</sup> October**

<b>13</b>	Philip Wyard	VM48	1:08:21	71.31	<b>PB</b>
<b>17</b>	Mark Wenman	VM56	1:10:31	73.83	<b>2nd V50</b>
<b>23</b>	Barbara Wenman	VF52	1:11:45	79.35	<b>1st V45</b>
<b>27</b>	Mark Cooper	VM49	1:12:59	67.32	
<b>38</b>	Bob Davison	VM56	1:15:47	68.70	
<b>61</b>	Barbara Hutton	VF44	1:22:36	64.18	
<b>67</b>	Bob Pullen	VM48	1:24:05	57.97	
<b>83</b>	Tina Jones	VF63	1:28:34	72.13	<b>1st V55</b>
<b>86</b>	Yu Zhu	VM41	1:29:01	51.99	

**Givaudan 10K Road Race and Children's Fun Runs – 10<sup>th</sup> October**

<b>14</b>	Mark Ford	SM21	36:54	73.10	<b>PB</b>
<b>27</b>	Mark Baker	SM38	37:57	72.41	
<b>32</b>	Peter Hogben	JM18	38:46	70.58	<b>PB</b>
<b>51</b>	Peter McQuire	SM38	40:17	68.20	
<b>52</b>	Philip Wyard	VM48	40:29	73.03	<b>PB</b>
<b>67</b>	Mark Wenman	VM56	41:34	75.98	
<b>82</b>	Barbara Wenman	VF52	42:07	82.34	<b>1st V45</b>
<b>85</b>	David Cox	SM31	42:13	63.89	<b>Debut</b>
<b>92</b>	Mark Cooper	VM49	42:35	69.97	
<b>109</b>	Paul Lucas	VM40	43:08	64.61	<b>Debut</b>
<b>123</b>	David Felton	VM53	43:42	70.46	
<b>145</b>	David Waite	VM42	45:06	62.68	
<b>164</b>	Adrian Fox	VM42	45:56	61.56	<b>PB</b>
<b>241</b>	Tony Savage	VM56	48:54	64.58	
<b>292</b>	Dianne August	VF55	50:36	70.56	<b>2nd V55</b>
<b>464</b>	Wendy De Boick	VF58	55:32	66.31	
<b>490</b>	Sally Silver	VF36	56:22	53.63	
<b>568</b>	Wendy Osmond	VF44	59:31	54.21	
<b>572</b>	Jane Elder	VF45	59:34	54.64	<b>PB</b>
<b>718</b>	Jacky MacDonald	VF62	1:08:30	56.18	

**25th Maidstone Half-Marathon – 17<sup>th</sup> October**

<b>141</b>	David Cox	SM31	1:36:13	62.00	<b>PB</b>
<b>154</b>	Colin Kent	VM45	1:37:28	65.08	
<b>408</b>	Yu Zhu	VM41	1:52:18	54.87	<b>PB</b>
<b>511</b>	Kate Marsh	SF31	1:56:42	56.38	<b>PB</b>

<b>Reims 10K – 17<sup>th</sup> October</b>				
<b>177</b>	Philip Wyard	VM48	40:36	72.84
<b>382</b>	Andy Farrant	VM54	44:10	70.27 <b>PB</b>
<b>439</b>	Wim Van Vuuren	VM41	44:47	62.68 <b>PB</b>
<b>545</b>	Ray Cameron	SM35	45:34	59.20
<b>814</b>	Trevor Brown	VM46	47:55	60.77
<b>1096</b>	Bob Pullen	VM48	49:35	59.63
<b>2365</b>	John Hartley	VM64	56:50	59.96
<b>Reims Half Marathon – 17<sup>th</sup> October</b>				
<b>275</b>	Mark Wenman	VM56	1:28:28	78.32 <b>PB</b>
<b>425</b>	Barbara Wenman	VF52	1:32:41	81.62 <b>2nd FV45</b>
<b>918</b>	Barbara Hutton	VF44	1:40:52	69.83 <b>PB</b>
<b>1442</b>	Tony Savage	VM56	1:48:39	63.77
<b>2589</b>	Wendy Osmond	VF45	2:13:44	53.11
<b>2653</b>	Debbie Clifford	VF43	2:21:18	49.43
<b>Venice Marathon – 24<sup>th</sup> October</b>				
<b>3329</b>	Kevin Post	VM46	4:18:31	52.11 <b>Debut</b>
<b>3448</b>	Rupert Williamson	VM48	4:22:59	52.01
<b>Dublin Marathon – 25<sup>th</sup> October</b>				
<b>7566</b>	Sally Silver	VF36	4:32:42	50.92

<b>Deal 5 – 7<sup>th</sup> November</b>					
<b>8</b>	Mark Ford	SM21	29:11	73.49	<b>Debut</b>
<b>11</b>	Tony McParland	VM41	29:47	74.56	
<b>14</b>	Peter Hogben	JM18	30:03	72.37	<b>Debut</b>
<b>16</b>	Mark Baker	SM38	30:21	72.13	
<b>30</b>	Philip Wyard	VM48	32:38	70.51	<b>PB</b>
<b>35</b>	David Bowden	VM47	33:06	69.52	<b>Debut</b>
<b>41</b>	Mark Cooper	VM49	33:33	70.74	
<b>46</b>	Steve Clark	VM57	33:50	73.70	
<b>49</b>	Barbara Wenman	VF52	34:07	79.54	
<b>60</b>	Gerry Reilly	VM62	34:38	75.34	
<b>67</b>	Wim Van Vuuren	VM41	34:55	63.61	<b>PB</b>
<b>78</b>	Ray Cameron	SM35	35:56	59.69	
<b>93</b>	Trevor Brown	VM46	37:26	61.51	<b>Debut</b>
<b>110</b>	Dianne August	VF56	38:55	73.14	
<b>154</b>	John Marshall	VM65	42:42	64.21	
<b>180</b>	Wendy De Boick	VF58	44:38	63.71	
<b>239</b>	Gillian McLaren	VF64	51:34	58.13	
<b>Siggiewi 5K, Malta – 14<sup>th</sup> November</b>					
<b>11</b>	Barbara Wenman	VF52	20:52	80.49	
<b>Bexhill Seafront Poppy Half-Marathon – 14<sup>th</sup> November</b>					
<b>9</b>	Mark Baker	SM38	1:25:09	70.84	
<b>666 Challock – 21<sup>st</sup> November</b>					
<b>48</b>	Joanne Gambrill	SF27	1:05:27		
<b>51</b>	Dianne August	VF56	1:06:28		
<b>Brighton 10K – 21<sup>st</sup> November</b>					
<b>325</b>	Colin Kent	VM45	41:43	69.28	
<b>343</b>	Bob Davison	VM56	42:04	75.10	
<b>385</b>	Andy Farrant	VM54	42:44	72.64	<b>PB</b>
<b>499</b>	Adrian Fox	VM42	43:50	64.50	<b>PB</b>
<b>532</b>	Ray Cameron	SM35	44:48	60.21	
<b>609</b>	Tony Savage	VM56	45:44	69.07	<b>PB</b>
<b>Whitstable Parkrun 5K – 27<sup>th</sup> November</b>					
<b>3</b>	Peter McQuire	SM39	20:39	64.81	
<b>25</b>	Peter Luetchford	VM56	28:35	53.42	<b>Debut</b>
<b>33</b>	Simon Dunn	VM47	31:05	45.65	<b>Debut</b>
<b>38</b>	Jacky MacDonald	VF62	33:52	55.08	
<b>44</b>	Philip Wyard	VM48	38:16	37.37	

## **2010 – 'We Salute You'.....Marco 'Chairman' Keir**

Boxing Day. Phew, Christmas cheer is nearly over. All I have to do now is clear up the debris from the Christmas celebrations, load it into the back of the car and make the annual trip to the tip. Somehow, every year, we forget which day the bin men arrive over the festive period. Tip done, I can finally log on to the computer, find some sale bargains and take time to look back on 2010.

The year started promisingly. My New Year's resolution to focus more on the running got off to a good start. I was focused on completing the remaining cross countries and it paid off with me receiving the coveted KFL certificate and a Canterbury Harriers' kit bag at the annual cross country presentation evening. The evening was enjoyed by a good few members and we were able to celebrate the achievements of many including our recently returned London Marathoners. We had an excellent turn out with 20 Harriers completing the race. The Kings Recreation staff looked after us well during the course of the evening as they did earlier in the year when they hosted the Harrier's Quiz Night. Steve was our MC and the sell out event proved as competitive as ever. To this day I am still not entirely sure what the bog brushes were doing on the tables!

From the beginning of January the committee was working hard behind the scenes in preparation for the May Day Whitstable 10K. 2010 saw the introduction of chip timing – we had finally made it into the 21<sup>st</sup> Century! What a difference it made. No



***Marco in action  
at Swanley  
in November***

more queues in the funnel and results were available within minutes. We also had the biggest field ever with 556 finishers and we were able to contribute £800 to Dave Lee's Happy Holidays fund. Well done to all those members who marshalled on the day and to Tim Richardson-Perks who directed another successful race. Just when we thought it was all over I received an email from our friends in Reims reminding us that they were looking to bring a coach load of French runners to the Mount Ephraim 10K.

July was a particularly busy time for us on the committee. Not only had we to organise the race itself but also host 40+ very enthusiastic runners and families for a whole Weekend. It very nearly came unstuck when a very irate wedding party threatened to bring down the marquee (our race HQ) minutes before the start of the race – but that is another story. Thankfully the marquee remained standing and the weekend turned out to be a great success. We had the largest field ever for the race (274) and made many new friends who were keen to see us at their event in Reims in October.

Saxon Shore and the North Downs Relay conjure up very different images. The former brings to mind the successes achieved by our top women's and men's teams. The latter reminds me of personal nightmares and a sense of complete loss – that is, our runners getting completely lost. However, they are both unmissable and entertaining events in the Harrier's diary and this year proved no exception.

The Man On The Run Cancer Research charity run was well supported by Gerry Reilly and the club. We have much to be proud of. It's not just the financial contributions we make to Happy Holidays and Demelza House but also the support we provide other charity races such as the Stelling Minnis 10K.

The rest of the summer was enjoyed with regular pub runs and a few new additions including the wonderfully named Cat and Custard. The highlight of the summer was the relaunch of our club website. An extraordinary amount of work went into its development. The stars were Sean Reilly and Alastair Telford. Without their commitment and long hours the site would just not have happened.

The summer concluded with another successful day trip to Le Touquet. Roy Gooderson will be celebrating his 20<sup>th</sup> Le Touquet run in 2011. Perhaps it's time we take care of the organisation and let him enjoy the run. Somehow I can't see him take a back seat but we will work on it.

In September we received another email from our French friends, this time inviting us to their excellent running festival in October. Fifteen Harriers enjoyed their wonderful hospitality with much Champaign quaffed along the way.

In November we were given the honour of staging the first of the season's KFL cross country races. Again the club delivered an excellent event at Blean Woods. No one then could have foreseen how bad the weather would turn within a few weeks. Fowlmead did indeed prove to be foul. Conditions were treacherous in the snow and ice but I counted all our runners out and counted them all back.

I salute you all for your efforts throughout the year whether it be running, coaching, organising or assisting at events. A final word of thanks must go to our Editor. The Harrier has gone from strength to strength. The body of work not only reflects the hard work that Peter puts into the publication but the content you submit also reflects a very dynamic and enjoyable club. Thank you to all of you who make it what it is. May 2011 be as enjoyable as 2010. Happy New Year!

Marco



### **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](http://www.stuartsphotography.co.uk)

E-mail: [dealstuart@yahoo.co.uk](mailto: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

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Kent

CT51DG

01227 262319

[www.rgelectronics.co.uk](http://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](http://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

If you would like to add your business details to the Trotters pages just ping an e-mail to Ed at [peter.yarlett@tiscali.co.uk](mailto:peter.yarlett@tiscali.co.uk)

## Canterbury Harriers Kit Korner



<b>MENS</b>	<b>£</b>	<b>SIZES</b>
Jacket	32.50	Unisex S(38), M(40), L(42), XL(44), XXL(46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M(38/40), 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
<b>WOMENS</b>		
Jacket	32.50	Unisex S(38), M(40)
Jacket (child's)	26.00	11/12 (30"), 13/14(32"/34")
Hoodie (full zip)	16.50	Unisex S(35/36), M(38/40), L(41/43), XL(44/46), XXL(47/49)
Hoodie (child's full zip)	11.50	9/11 (30"), 12/13 (34"), 14/15 (36")
NB 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:	
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QUANTITY	SIZE	ITEM	PRICE £	TOTAL £
			<b>TOTAL £</b>	

Please hand the completed order to Mark or Barbara Wenman or e-mail the order to [markwenman@hotmail.com](mailto: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](mailto: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.

