



The Harrier

The newsletter of the Canterbury Harriers



Winter 2012

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Welcome all Harriers to the winter Newsletter and of course to Olympic year 2012.....it promises to be another big year for the club as we celebrate a London Olympics for the first time since 1948. In our own modest ways each of us can all strive to go 'further, quicker, faster' in the year ahead in the close community of runners that is the Harriers.

In our part of Kent the prevalence of autumn grey clouds have only occasionally parted to provide a view of blue sky and with it a reminder of the gentle warm glow from a weakened sun. With some relief the sharpness of winter has yet to exert its icy grip leaving our running exertions to continue with only a minimum addition of extra layers. Although the last couple of weeks have been a bit chillier!

The x-country scene is well underway and many of you will have competed in the KFL and perhaps ventured into the even more competitive Saturday Kent League or County and Vets championship. If you have yet to run a x-country this season then its not too late and as Steve would say 'your club needs you'. It's also an excellent way to build extra strength and endurance in readiness for a spring marathon or other road races. Competing in 6 races is the only requirement to qualify for a free end-of-season running related item. Our Chinese supplier (not the local take away) failed to

supply last year's promised running tights and so apologies to all those that had a lengthy wait for the replacement!

Many of us met in November to consider club affairs at our well attended AGM. The meeting saw Marco (below, and not forgetting Heather's role) relinquish the club Chair after 6 highly productive years and hand the reins to Tim to provide continued leadership. A number of important matters were raised at the AGM and your committee



has carefully considered how best to take these requests forward. A detailed response is contained in the Newsletter to show that your views are important and will be acted upon. You are always encouraged to raise ideas and suggestions with committee members so that the Harriers remain as YOUR club.

The club end of year dinner was also well attended with everyone well heeled and scrubbed-up for the occasion. Dave Smith and Dave Smith provided excellent music and vocals for many old and new rockers alike. Many thanks to Tina for coordinating arrangements and Gerry and Roy for being 'masters of ceremony'. The event was an excellent opportunity to celebrate our running achievements over the past year. Many of you were worthy champions and are to be congratulated on reaching such consistent standards as a result of hard training and endeavour. All award winners are duly recorded in the Newsletter. Well done all and hearty thanks to our coaching team, led by Gerry, who guide us through each session with measured precision and no shortage of blood, sweat and tears.

Guest at the dinner was our major sponsor Brian, with wife Gail, of Baileys Nissan, Canterbury to whom we thank for past and future support towards our running costs. Brian has since e-mailed to say that he 'looks forward to 2012 races when we will again be your (our) sponsors.

The dinner also saw the drawing of lots for the much sought after 2012 London Marathon places. Those duly selected for 4 months of tough training were Bob Pullen, Emma Sherwood and Iain Smith. Equally, Good luck to all Harriers who are planning to run Spring marathons.

While the New 'Olympic' Year is only a few days old now is the chance to frame some running resolutions. As a 'starter for ten' Ed offers a few thoughts. More stretching, rest those niggles before they develop into injury, aim to achieve some personal bests, take a glass of red wine for medicinal purposes, work the hills, try a variety of race distances and terrain, clean your x-country shoes after each race, write a Newsletter article, try some track work, do the summer relays, organise a pub run, and finally do offer the usual warm Harriers welcome to new members who stand on the mat for the first time (no not the Canterbury kiss!).

2012 promises to be a big year with the Olympics here at last and suggestions are invited on how we might celebrate this special event. Notwithstanding the Olympics the Harrier competitive and social calendar rolls on and important dates of our own in 2012 for your diaries and not to be missed, or risk not being allowed to do any more hills, are:

Blean KFL X-Country - 19th February
Quiz Nite - 9th March
X-Country presentation - tbc
Whitstable 10k (be there or else....) - 7th May
Mt Ephraim (as above....) - 8th July

Dates will be confirmed by e-mail as the time for each event approaches.

Featured in this edition for your delight and instruction include recent race results that you may have missed, an account of the Reims trip (Francis), Trainers travel to California (Peter), award winners 2010/11, the AGM minutes (Tina) and a report back on your issues raised (Committee), the Birmingham Canal Canter (Tim), a Q&A with Jennie, KitCorner and Race Director role (Tim).

Very best wishes for 2012 and enjoy you read.....

CANTERBURY HARRIERS AGM MINUTES

10th November 2011 - courtesy of Tina

Present:

Marco Keir	Chairman
Gerry Reilly	Chief Coach
Steve Clarke	Coach
Sue Reilly	Membership Secretary
Tim Richardson-Perks	Treasurer
Sean Reilly	Web Master
Mark Wenman	Runners Rep
Peter Yarlett	Runners Rep
Phil Wyard	Co-Opted Member
Francis Maude	Runners Rep
Mark Wenman	Runners Rep
Tina Jones	Club Secretary

There were approximately 50 other members present.

Apologies: Wendy Osmond

Marco welcomed all members to the meeting reminding them that it was their meeting to get an idea of what has been going on during the year. The Chairman's report and financial report had been distributed to all members present.

1. Minutes of Last Meeting

The minutes of the last meeting on 14th October 2010 were accepted.

2. Matters Arising from minutes of last AGM

a. Subsidies

There had been some interesting contributions to this item.

Bob Pullen had taken up the roll of developing our international relations by way of expanding our association with Dainville, he had organised a successful trip to their running festival in April which was subsidised by the club. We continued to enjoy our annual trip to Reims in October.

Parkrun had just celebrated its first anniversary. The club had contributed £300 towards this new venture which has proved very successful. Jacky MacDonald thanked the Harriers for their support.

3. Annual Report

Having distributed copies of his annual report to all members present Marco told members it had been a real privilege being their Chairman since 2005. He particularly thanked a few key members for their valued contribution to the club:

- John Hartley for being a great mentor and continued support.
- Gerry for being a dedicated head coach mentioning the great work he does behind the scenes especially supporting various races for charity. The backbone of the club is the coaching staff. The past year had produced an excellent racing calendar, together with the summer relays and winter cross country races there had been a big turnout for the club.
- Sean for the excellent job he does maintaining our website.
- Peter for the time and effort he puts into producing The Harrier, it gets better and better each issue.

He told members he had taken great pride in communicating with the club and its members.

Social events throughout the year had been very successful namely the quiz night and summer pub runs.

We had been able to give £1,000 to the Dave Lee Happy Holidays thanks to the successful Whitstable 10K. A note has been sent to Dave concerning his ill health at the moment.

At the moment there is a query on the staging of the Mount Ephraim 10K, we need more runners to make it pay hence a big promotion job needs to be done to raise its profile. Our French friends would be very unhappy if it were to be cancelled! It would be good if we could use chip timing for this race as we would be able to increase the entry limit. This year we contributed to the Demelza House charity.

Last but not least he thanked the Treasurer for balancing our accounts and using our funds as responsibly as possible, the club has been taken to a strong financial base.

Last but not least, Marco thanked each Committee members in turn for their commitment to the club over the past year.

4. Financial Report

Copies of the Club's income and expenditure accounts for the year ending 30th September 2010 had been distributed to all members present. It showed our finances were in a healthy position with £13,049 in the bank. Phil went through various salient points which had been listed on a separate sheet for members to read. Marco thanked Phil for his work and commitment to this role.

5. Election of Committee

A few changes this year.

As Marco had indicated last year he has decided to step down as Chairman, Tim had put his name forward for the role and was unanimously elected as the incoming Chairman.

Peter and Phil offered themselves as Deputy Chairman and Treasurer respectively, both were elected unopposed.

The rest of the management committee had agreed to stay on for another year apart from Wendy who had decided to step down after quite a few years loyal service to the club for which Marco thanked her.

After his congratulations to the newly elected Marco handed over to Tim on a handshake. Before retired to the back of the hall to join his wife Heather who had recently joined the meeting, Roy thanked Marco on behalf of all members for his time as Chairman and the excellent work he had contributed bringing the club forward. In recognition of this he had been made a life member, Roy presented him with a sweatshirt with the Life Membership logo on it. Thanks were given to Heather as well.

Tim then took over the meeting thanking all for their support. He got down to business straight away by appealing to members for their help at the Whitstable 10k to be held on 7th May 2012. Also to help promote it by distributing race entry forms if going to other races. Financially this is a vital race for the club, it makes all our social events possible.

6. Use of Club Funds

Track evenings were now going to be increased from once a month to twice a month.

John Hartley asked about new club coaches. Gerry explained that the course has now been re-named Leadership in Running Fitness. Each new Leader will be covered by insurance once they have had a CRB check, whereas the old Level 1 coaching course did not offer cover. Three

members have put their names forward to attend this course which is good news for the club.

7. AOB

- a) John Hartley made the following suggestions for race planning:
- plenty of time be given to race planning securing members who could step into position if the mainstays have to drop out for any reason
 - be active at an earlier stage to get members to undertake tasks
 - much more legwork could be done in advance of a race
 - guide notes be drawn up in plenty of time before a race
 - people need to be approached as generally they won't volunteer
 - appoint a deputy race director
 - more volunteers to help with race results

Jo Gambrell suggested that perhaps the range of club kit could be expanded to incorporate running jackets with the club logo on, she thought other clubs always looked smart at race meeting in their matching jackets.

- b) Jenny (Benson) suggested that mobile phones be carried during summer runs after a couple of incidents this year.
- c) Gerry thanked Francis for taking over the co-ordination of the results, this is a big and time consuming job, please notify Frances with any results you may have with as many details as possible.
- d) Russell mentioned the promotion of the Olympic Torch carrier. Gerry said he had contacted Julian Brazier with a negative response.
- e) Phil asked if our training routes could be put onto the website. Gerry has looked at alternative routes for interval training and hill reps but cannot find anything better
- f) Sue said Kings would like to have details of our members belonging to the Centre on their files, we have asked members permission for this.
- g) Presentation Evening Tickets are now available at £15 for members and £20 for guests.

There being no other business, Tim closed the meeting and we all retired to The Dog for refreshment and ale.

It's your Club.....a report back from your Committee

A number of questions and discussion points were raised at the AGM that your Committee considered in detail at their first meeting of the new Committee held in December. We are very pleased to be able to respond to all of the points raised

You said or asked.....	We did....
Can we clarify the number of coaches and the coaching qualification	Gerry confirms that the Club has qualified Coaches in Gerry (level 4 UK Athletics Coach), Steve (level 2 UK Athletics Coach), Tina, Kate and Emma (all qualified as Leaders in Running Fitness). Francis, Jenny and Phil have all put themselves forward for a Leadership in Running Fitness course in January and (subject to a CRB check) will be qualified to lead sessions. With 8 qualified coaches we are very fortunate in having such a strong team.
A suggestion was made that perhaps the range of club kit could be expanded to incorporate running jackets with the club logo on as other clubs always looked smart at race meeting in their matching jackets	We always encourage members to carry the Harriers logo on hoodies and sweat tops. Mark is always keen to take orders and is very receptive to suggestions about kit. One of the issues to always consider is 'sizing' and avoiding us carrying too much stock. Turboprint are now able to supply us with a low volume range of kit and we will be exploring what these items are and bringing to your notice.
How we can encourage members to take on specific roles to support club activities e.g Race Director?	Volunteers are ALWAYS welcome. Please step forward and don't wait to be asked is probably the best answer. We are pleased that two members have recently come forward to take on roles in the Whitstable 10K. If there are any budding organisers/race Directors out there we are only too welcome to sign you up!
Can we put Thursday club runs onto the website?	The list of routes (with roads) is already on the website so click through to take a look. If anyone wants to offer to download the routes via GPS and so enabling the actual route map to be displayed then please step forward and discuss with Sean , Supreme Webmaster, how this might be done.

<p>Can we prepare a race planning checklist to assist anyone taking on the role of Race Director?</p>	<p>This already exists with timescales and actions and is used to project plan our key races. Anyone stepping forward to assist will be confident to know that a plan exists. Cunning eh!</p>
<p>It has been suggested that mobile phones be carried during summer runs after a couple of incidents this year....</p>	<p>The Committee agrees entirely and two 'pay as you go' phones will be purchased for summer and winter runs. A volunteer in each running group will be needed to carry the phone..</p>
<p>Russell mentioned the promotion of the Olympic Torch carrier. Gerry said he had contacted Julian Brazier with a negative response.</p>	<p>This has possibly been one of the disappointments of the pre-Olympic events in that many local groups nationally (including running clubs) appear to have been missed from engagement with the planning. Despite Gerry writing to Julian Brazier and a number of club members actively trying to influence the planning via their work roles we have so far drawn a blank in being actively involved with the torch. One is tempted to discuss the 'placing' of the torch but Harriers members are far too refined!</p>
<p>Student membership - it might help encourage the students to join, and swell the ranks of younger members if we had a discount for students - possibly £10 or £15.</p>	<p>Your Committee has discussed a reduction for students. The unanimous view is that the current relatively low fee should not be prohibitive even for students and so no reduction is planned. Of course if we are made aware of any hardship circumstances to any member or prospective member then Committee will look flexibly on making an exception.</p>
<p>Mt Ephraim - We thought it might be a good stepping stone to Race director if someone took on organising the fun run at Mt Ephraim, possibly communicating with local primary schools as we have quite a few links amongst the membership.</p>	<p>Yes, 100% agree as per the previous responses on members getting involved in organising parts of events as a means of gaining experience. The children's race at Mt Ephraim would be an excellent way of getting started. Tim's article on the role of Race Director is an excellent introduction to what is involved. Step forward that Harrier.....</p>
<p>Can English trips, rather than a foreign trip, be considered as an alternative, where everyone could communicate with the host club.</p>	<p>Another great idea made and fully supported by Committee. Suggestions and offers for organising are welcomed by Committee. Road maps to the fore.....</p>

Your committee asked for suggestions and requests for contributing club expenditure to running related ideas....	This suggestions was made by Committee to invite proposals to fund running related ideas, trips, equipment that would add value to club membership and involvement. In recent times, for example, the club has provided start-up funding the Whitstable Parkrun, invested in race equipment and continues to subsidies a wide range of trip and socials.
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Your Club Committee

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

Tim Richardson-Perks	Chair	07766 347466	Sue Reilly	Membership Secretary	477148
Phil Wyard	Treasurer		Sean Reilly	Web Master	730816
Roy Gooderson	Admin Officer	454449	Mark Wenman	Runners Rep	765336
Tina Jones	Secretary	262931	Peter Yarlett	Deputy Chair	263346
Gerry Reilly	Head Coach	477148	Francis Maude	Runners Rep	721868
Steve Clark	Coach	711272			

THE LIFE OF A RACE DIRECTOR - Tim Richardson-Perks

Hi as most of you know I have been the Race Director of the Whitstable 10k and Mount Ephraim 10k for the last four years and I'm wearing the hats again in 2012. So for all you aspiring Race Directors here is an insight to what goes on leading up to and on the big day.

Actually as a Race Director you can do get away with doing NOTHING! Yes, as long as you can delegate and you have a good team around you, you can pass on all the tasks and do nothing yourself other than be around for the photo opportunities. However we live in the real world so in practice the Race Director does get his/her (note ladies this is not a gender specific role!)



sleeves rolled up and involves him/herself in the jobs that need to be done prior to race day.

However the main job of the RD is ensuring all the other volunteers complete their tasks and making decisions on anything that might not go quite to plan. In fact on Race Day the RD has no specific tasks allocated so supervising and coordinating is the name of the game. As a result of things going smoothly at Whit 10k this year I was able to relax with a cup of tea and a bacon sandwich in the Waterfront Club during the pre-race build up. When I tactlessly mentioned this at the post race committee meeting I was met with cries of derision and was lucky to get out alive!!

Ok so in detail what needs to be done? Well below is our race prep sheet for Whit 2012. There is a similar sheet for Mount Ephraim. As you can see some stuff has already been done and target dates have been set where possible. I've highlighted the work I do but if you cannot do a particular task then you can as RD delegate to someone else. Likewise if you want to get involved and take some of the load off your committee you can volunteer to do anything on the sheet, just email the person already assigned and copy me in so I know what is going on.

Finally my usual plea for you to put 7th May in your diary so that you are with us on the day as without marshals on the ground on race day we cannot do these races and the club will suffer as a result.

Many thanks and best wishes for 2012 - Tim

REIMS 2011: FIRST IMPRESSIONS OF A CHAMPAGNE RECEPTION - Francis Maude

They say you can have your first impressions only once, and so, as I have not run at Reims before, Bob Pullen has asked me to write up this year's event. I am not sure this was entirely a wise decision on his part, but no doubt he will have edited everything to avoid causing offence by the time you read it.

Meticulous planning is required to ensure the success of the event from every point of view. Choices of distance are 10k, half marathon and full marathon, which last we Harriers are unable to enter due to time constraints for our return journey. We make our choice some weeks in advance by putting our name on a piece of paper at Kings School Recreation Centre, and then leave everything else to Bob, Marco, and the twinning association in Reims. In due course we give a cheque for £20 as a deposit. Never is a weekend city-break abroad taken with less effort or at lower cost than with the Harriers!

I was nearly late for the rendezvous in the Council Offices car park in Canterbury at 0750 on



Saturday morning as I had not allowed for the time needed to scrape the first ice of the autumn off the car, but this did prompt me to pack sufficient cold weather running gear and an additional jumper. Spirited driving to Folkestone and “replanisation” (i.e. delay) of our shuttle gave us time to fill up with coffee, buy newspapers and purchase hostess presents for the families with whom we would be staying if we had not managed this earlier at the Cathedral Shop or elsewhere – I think most of us had successfully planned ahead.

Northern France wins few prizes for its landscape unless you admire sugar beet fields and electricity pylons, but the journey to Reims was enjoyably spent by those near the middle of the van in doing the cryptic crosswords in both the Daily Telegraph (not too demanding) and the Times (harder, and only solved at all by the impressive insights offered by Joe Hicks). Marco made good progress in learning how to understand the



clues. The front of the van listened to Wales lose 8-9 to France in the Rugby, which we all hoped would put our hosts at ease. Others slept, as the van became hotter and hotter in the absence of either opening windows or air conditioning. We broke our journey at a service station offering unmemorable cuisine and an impressive display of school rulers inscribed with dates from French history, chemical symbols, and French irregular verbs: how gratifying to see that the French themselves need help in mastering the subjunctive of the verb “to be”.

We met our reception committee at Reims Exposition Centre, where, after convincing the organisers of our fitness to undertake the races the next day, we were issued with our race numbers. We then went into the city centre, past but not stopping at the very beautiful and most attractive vineyards, winery and mansion associated with the Pommery and Vranken champagne labels, to visit the twinning association headquarters, where we met Therese, their president. She was chairing a conference discussing aspects of Cathedrals in all the cities with which Reims is twinned (Aachen,

Brazzaville (Congo), Canterbury, Florence, Salzburg and probably others too). We left, and were taken on a walking tour past the architectural monuments of the city of Reims, including: several champagne warehouses, which sadly we did not enter; the Place Royale; the remains of the roman forum, where an archery contest was taking place alongside a post-wedding photo-shoot, and we hoped for a misfired arrow (Cupid's bolt) to enliven proceedings; the Musée-hotel le Vergeur, which had some historical association with Joan of Arc; the city hall; more champagne warehouses, Cazenove's, I think this time; a large new covered market building still under construction; the Roman gateway to the city known as the Porte de Mars; a long boulevard with a memorial to the Resistance; the railway station, with new tramway system; then back to the city centre where we were, after several false starts in bars which lacked enough seats for us all, finally allowed to sit down and have a much needed beer.

Tony in particular was cheered by this. Too soon! We were off again and fitted in a quick view of the cathedral, which was fabulous in the setting sun and besides the medieval carvings all over the west front and the hugely tall interior and the remains of the medieval stained glass it also has some wonderful Chagall windows at the East end. No more time. It would have been nice to have seen it for longer.

Supper was held in a brand new restaurant on the edge of town called "the Hangar", themed to represent the golden age of air travel, and with better food and drink than has ever been offered on Ryanair. Here we met our hosts and hostesses who were kindly putting us up for the night, though I didn't meet mine until the very end of the meal. I found myself at the French-speaking end of the table and met Françoise, teacher and former resident of Brighton and a lover of most things English; David, who worked for the French equivalent of the MOD and his partner Crystalle; Vincent, now working as a graphic designer; his sister Elodie, doing sports studies at Lille, and already with an ultramarathon under her belt; and another sister Cécile. A commitment to fitness evidently ran in the veins of the Marechal family.

I suspected they were being excessively modest about their probable times in the races, and decided I needed to emphasise my very serious cold, cough, chest infection, and generally mobilise all possible excuses in advance, to justify a less than spell-binding performance, without coughing over them too much. This stretched my French conversation skills to the utmost, but by talking about myself, I think I may have managed to conceal that I couldn't really understand even half what they were saying. Before getting to that point I was asked whether I was the parent of a 13 year old French boy looking for an exchange partner in England.

At the end of the meal I met Jean and Annie André, with whom I was to stay. They were in training for a 110km trail race with a 4 am start, despite being well past

retirement age, and I was suitably stunned into silence. We all drove back into the centre of town to see the son-et-lumiere show played on the west end of the



cathedral, which was wonderful, and gave a lovely idea of how it should all look if the statues were repainted in their original medieval colours. There must have been several very tightly focussed projectors set out on the buildings opposite to achieve this with such precision and sharpness. There were also dramatic representations of events commemorating the 800th anniversary of the cathedral itself. In all, the show took about 20 minutes and Canterbury should try it too.

Afterwards, we went back to the André's flat to pick up a bottle of champagne, then continued to Jean-Marie's house, where Wim was staying. Elodie, Cecile and their parents Catherine and Pascale were there too, with Bob, who was staying with them. I was given a glass of champagne, which was very nice, and then another one. Halfway through this another bottle was opened.

"Would you like to try this?" said Jean-Marie

"Yes, of course. Thank you very much."

"Then you must finish what you have in your glass. You must not mix different champagnes"

"Ok." I did so, and the glass was refilled. I tasted it.

“This is slightly dryer than the other one. What words do you experts use to describe the different flavours in champagne?”

“I don’t know,” answered Jean-Marie. “I don’t care if someone says it has notes of banana or liquorice or a long finish or a rounded flavour. I only care whether it’s good or whether it’s disgusting. If it’s good, I go on drinking it.”

“I see.” I went on drinking it.

Meanwhile, Catherine explained that she only drank beer the night before a race, and that pretentious discussions about wine were best left to drinkers of claret. Conversation now focussed on exactly what times we were predicting for our race tomorrow, and how far that would be off our personal best times. Obviously, they were a very competitive bunch. I said I was seriously debilitated by my cold. Then we went to bed.

I would have slept exceedingly well on a very comfortable mattress if I had not spent most of the night trying not to cough too much. I was rescued from potential insomnia by the need to get up very early (5.30 am UK time) to have breakfast and get to the start before the traffic built up. French coffee and some delicious baguette were washed down by some super-strength aspirin provided by Annie, who I think may have been getting fed up with the coughing by now. We talked about unemployment, how expensive everything was, their grandchildren, their cats, and their forthcoming ultra-trail, as well as why everyone English speaks French so badly (and vice versa).

I was collected before dawn in Pascale’s car, in which Wim and Bob were already silently seated, yawning, to go to the race HQ, and the sun came up as we arrived. We checked in our bags, and met up with the other 10k Harriers and ambled about until it was time to go to the start. The course was flat and very crowded at the beginning unless you had elbowed your way to the front. I saw Tony a little over half way round, having a good race, and someone I thought couldn’t possibly be Marco ahead of me just at the end. I sprinted to cross the finish line in front just in case it was him, which I know was very unsporting towards our retiring chairman. I hope he will forgive me. I was 99% certain it was somebody else, and I was just racing to the line. Honest.

The half marathon began after the 10k ended, and allowed plenty of time to have a shower and get changed so we could watch the Harriers finish from the staged seating. Actually, I watched alone, as the bar was a more popular attraction. The top finishers were all Kenyans and Ethiopians who make a living on the international running circuit. Kiplagat, for example, came 6th, quite closely followed by Phil Wyard and then the other Harriers who all

made it round inside two hours despite the sore feet and liver damage sustained the evening before.

Lunch followed in the restaurant at the expo centre, which was very jolly, and Tony built up an impressive collection of empty beer beakers. We had to interrupt our meal to receive a glass plaque from the twinning association commemorating our visit, and Marco made a short speech, in French, which was translated for the benefit of the German runners from Aachen, also on stage behind us. Quick work by Bob will, we think, result in an invitation to Aachen for their local race next year.

And then it was time to drive back, stopping only briefly at the Eurotunnel terminal to get some bottles to take home as we'd had no chance to shop in Reims. Andy drove the last stretch with considerable, indeed unnerving verve and aplomb, which did not quite cause the minibus to boil over, though we did have to stop at Gerry's house to check, and we reached Canterbury Council offices some 36 hours after we left. We all had a great time, and I went to bed for the next two days to recover.

Careful readers will notice that I have not said much about the race, and it is a testament to the efficiency of the super-strength aspirin and the other anti-cold medications I took that I have such limited awareness of the event. I shall have to get my first impressions again next year.

Results are on the Harriers Website.

Thanks are due to those who arranged the trip, both here and in Reims: Bob, Marco, Therese, Patrice, as well as those who had us to stay, and I apologise to Alix, Andy, Bob, Carl, Joe, Marco, Phil, Ray, Roy, Tony, Trevor and Wim if any of them caught the dreaded lurgy off me.

Spotlight on Jennie Lucas

What originally got you into running?

I first started "running" about 10 years ago when I joined the Waterfront gym in Whitstable. The treadmill was the dreaded apparatus of my routine alongside the cross trainer. Both which need a certain amount of putting one foot in front of the other. I was pleased with myself when I managed a whole 2 minutes non stop and from then on it didn't really get much better!

When eventually I achieved 20 minutes I assumed I had arrived as a long distance runner (little did I know what lay ahead). I entered the Race for Life and the Whitstable 10k on the strength of my great achievement having still not actually ran outside on the road. The best was yet to come..... I took my new running feet out onto Whitstable seafront to train for my 2 races. (Unfortunately the 10k was first). It was a crisp March morning, I remember it well. For those who know the Whitstable route, which I should imagine most do, I ran from the Waterfront to Valentines ice cream parlour (or the start of the Park



Run). This is where I stopped, unable to breathe, move my legs or generally function as a human being. This running business began to look like an uphill struggle!! Not one to be deterred, I was back out "training" the next week and by the May bank holiday I ran the Whitstable 10k in the very slow time of 1hr 25. Whatever kind sole was doing the timing put it down as 1hr 15 but I know different!!

This didn't put me off running, thank goodness, but I wasn't going to embarrass myself again in a race and come last, so time to get a running buddy, her name is Dizze. She's a black and white sheep dog, who could put Mark Ford to shame. Those 4 legs move like no-ones business and she's never too tired to go for a run. Every morning we were out at 6.00 running along the seafront and typical sheepdog that she is, she runs behind me shepherding me along. Should I start to slow down, the wet nose is gently rubbed on the

back of my ankles and if all else fails, she will leap in front, look at me, and YAWN. So for the past 8 years she has been my running partner, it is only now as she is beginning to get a bit older that I don't like to push her quite as much. (Not that she minds and she is always ready for a 6 mile jog come rain or shine.)

On to the next chapter of my running expedition.so entered the Park Run. On



one of our morning jogs last October, we met a gentlemen who I would see quite often when running, who had run every race there ever was and was always encouraging me. He told me about a new run that was starting in November along the seafront and was free. This appealed to not only my running schedule but my pocket as well. Come November 6th 2010 , I was there. This would be easy, or so I thought having run this route every day for so many years. My first run was completed in 33.30 and I was knackered but inspired!!

By March I had a new PB of 31.49, getting a little faster most times. Now the seconds were beginning to matter. The e-mails were waited for with a certain amount of trepidation and disappointment or elation followed depending on the outcome. By May it was becoming the highlight of the week and I desperately needed to take the running up a step or two. My dear friend Faye, whose ear I battered every Saturday night about my times, suggested a running club to help motivate me, but that sounded scary because they are full of REAL runners so I wasn't too keen. She wasn't to be deterred and hence one Tuesday in May she drove me to my first Harriers speed training sessionand the rest is all history!!!

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

Unfortunately I've never been the sporty type. I was always the geek at school who never got picked for any of the teams. The only thing I was good at was hockey because I was never afraid to yield my stick and "get in there" I used to do a fair amount of swimming at school but just like my running it was incredibly slow mainly because I don't like getting my face wet. I went to Barton Court and during cross country sessions I would spend most of my time out of the sight of the teachers having a cigarette(oh the folly of youth!).

Q. How do you keep motivated?

I find the mental part of running as hard if not harder than the physical. Although I'm only running relatively short distances compared with most Harriers I have to divide each race in mind before I start. With the 10k it's not quite as bad because I've run so many of them now but I ran each race with the thought in mind that I only have to run to the water station, once there I allow myself a quick breather, drink and recollect myself and then set off again. With the first 10 miler it was run to the first water station, around 4 miles, then each mile after that I stopped for water.



This was a very hot race and there was no way I could have got round otherwise. The Thanet 10 miles had the advantage that it was so cold I didn't want to stop just get home in the warm as soon as possible. I still gave myself permission to stop but I didn't need to and kept ongoing. It's that part of my running I'm trying to control at the moment so even when going out by myself I try not to stop but tell myself at half way I can if I wish. Although my maximum race distance is 10 miles I've run 13.5 miles when out by myself although it did take a long time. My main motivation comes from the races. If I've entered a race then I've got to keep the mileage up so that I can complete it. It also helps to let all the Harriers know I'm doing it so that I would look a complete

idiot if I didn't ! Running with the club contributes greatly to the battle of my mind and my legs. I obviously don't want to be left behind so try my best to keep up and the encouragement from everyone is priceless!!

Thank you all so much, no longer am I just Jennie the plodder now I'm Jennie the much improved and faster plodder!!!

What are your favourite races and distances?

Until this year and joining the Harriers I've done very few races. The Whitstable 10k I've completed 4 times mainly because it's close to home. I completed last years in 1hr 1 which is the fastest I've ever ran it in and consequently from this record speed (haha) I wanted to improve. I ran the Wingham, Le Touquet , Faversham and Ashford 10k's steadily knocking off the odd minute or so and now my 10k speed is 57 mins.Its not a lot but every second counts! I've also ran the Sittingbourne 10 and Thanet 10 milers.

I prefer the longer distance because I have to pace myself and the distance is more important then the time (for the moment). Most weeks I do the Parkrun which is 5k and SO much harder. This is my speed session. I've entered the Canterbury 10 and the Deal half so it will be interesting to see if going just a little further is still as much fun! I have a place in the Edinburgh marathon in May 12 which is al ong time off thankfully and I'm going to need to build myself up considerably for that, mentally as much as physically.

How do you manage to run with work commitments

I normally do Tuesday training and Thursday runs with the club, Saturday is Park run and Sunday is either race day or cross country. If I'm not racing on Sunday then I go for a long run around Clowes Wood or the seafront with my daughter who rides her bike alongside. I still run early mornings with the dog but now only once or twice a week.

What is your favourite training session.

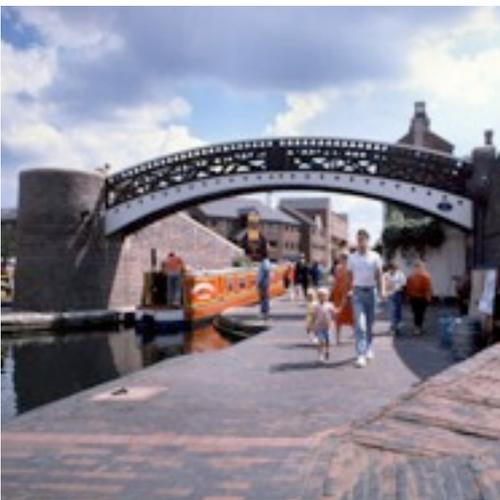
Now this is a hard one. I love Wincheap, especially the 400 reps, mainly because I can keep up and I don't get left behind (or lapped) and also it's well lit so I don't worry quite so much about tripping over, even with my trusty head torch. The other, surprisingly enough, is Elliot Hills, although actually abysmal when attempting to do them, the elation when they are finished is worth all the pain!!

BIRMINGHAM CANAL CANTER September - Tim Richardson-Perks

Hi. If you did not know Birmingham has more miles of canals than Venice. Also if you did not know Birmingham is where I was born and grew up and first got into running. So when I saw the chance of doing a trail marathon around the canals of Birmingham for the princely sum of £9 and a visit to the family thrown in I thought why not.



You can see from the pictures above and below that the once narrow, eroding towpaths have been upgrade by British Waterways and Birmingham City Council into wide (able to walk two or more abreast) pathways and cycle routes. And yes we did have sunny weather!!



The above is the hub of the canal network - Gas Street Basin - still a working boat yard but with bistros, cafes, shops lining the walkways, very different from the industrial history. Even the countryside paths are easily cycled or run along



This race is organised by the LDWA (Long Distance Walkers Association) and is split into walks/runs of varying distance up to a nominal marathon; at least 26.2 miles but the Race Director told us the average Garmin reading was 26.8 to 27.2 miles but ok not too far above official distance and as some map/instruction reading was needed I wasn't aiming for a PB, just number 65 off the list towards the 100 Marathon Club goal I've set myself.

The Race

We gathered at the start and set off for 5 or so mile along the River Cole Valley. This river valley is flat! Some very small uphill in parklands with the odd industrial estate but mainly country trails and very picturesque - if someone would shoot the dogs and their owners it would be perfect! The field was about 200 runners and to my surprise I found myself in the lead (yes I couldn't believe it either!!!) after 2.5 miles and as I used to train along this route I did not need to map check so I was steadily pulling away from the rest. A short hill (roughly the first half of Elliott's for comparison and I was up on the canal towpath.

Now one thing Birmingham has not invented is waterskiing so I expected a flat course for much of the remaining 20 miles although I knew I had to run over the hill at Kings Norton Tunnel (9 miles approx) and there were two flights of locks to descend and one to ascend in second half of the race. So far all the race was in countryside and very pleasant with cakes at the checkpoints.

What I hadn't bargained on was the bridges in the industrial quarter. Quite simply in the industrial revolution every factory was built on the canal side - hence the miles of canals in Brum as loops and side canals connect to the main waterways. Also every

factory had its own private wharf. To cross the side loops and wharf entrances the tow path goes over bridges like the one on the right in the picture below.



These bridges were not designed to run over and were built when if it was tough work then you simply tugged your forelock and got on with it if you wanted to be in employment the next day (hint of the Jeremy Clarksons here!). For runners the bridge gradients are almost like flights of stairs and when you've done twenty or so your back and legs knows it! Similarly the towpath down the sides of the locks is equally as steep. The picture below gives a clue but the Aston flight is much steeper



Consequently I got cramp at 19 miles and had to slow down from a target of 3.30 to a much less impressive sub 4. I was still in front but my place wasn't safe. In the last 2 miles I was overtaken by three runners, bugger! Still I managed to limp home in 4hr 4 min, outside the revised target, sod it! But would I run it again, YES

Canterbury Harriers Awards 2010 - 2011

A big well done to all award winners for achievements during the past year.
We salute you all.....

Jennie Benson	Senior Female – 5K, 10K
Faye Roberts	Senior Female – 10M, Half M, Marathon
Emma Greatrix	V35 Female – 5K
Sarah Maguire	V35 Female - 10K, 10M, Half M, Marathon
Barbara Wenman	V45 Female – 5K, 5M, 10K, 10M, Half M, 20M, Marathon
Tina Jones:	V55 Female – 5K
Dianne August	V55 Female – 5M, 10K, 10M, Half M, 20M, Marathon
Mark Ford	Senior Male – 5K, 5M, 10K
Mark Baker	Senior Male – 10M, Half M
John Richards	Senior Male – Marathon
Tony McParland	V40 Male – 5K, 5M, 10K, 10M, Half M
Dave Bowden	V40 Male – 20M
Rob Sargeant	V40 Male – Marathon
Mark Wenman	V50 Male – 5K, 5M, 10K, 10M, Half M, 20M, Marathon
Brian Davis	V60 Male – 5K, 5M, 10K, 10M, Half M
John Hartley	V60 Male – Marathon

Most Improved Female	Kate Marsh
Most Improved Male	Phil Wyard
Most Outstanding Performance (For his Brighton Marathon time)	Rob Sargeant
Mud, Sweat and Tears Award Female (For her 666 & Parliament Hill XC's)	Joanne Gambrill
Mud, Sweat and Tears Award Male (For his Heptonstall Fell Race)	Francis Maude
Overall Champions:	
Canterbury Harriers 2010-2011 Male Champion	Mark Ford
Canterbury Harriers 2010-2011 Male Championship Runner-up	Tony McParland
Canterbury Harriers 2010-2011 Female Championship	Barbara Wenman
Canterbury Harriers 2010-2011 Female Championship Runner-up	Sarah Maguire

Recent Race Results that you may have missed.....

Results of X-country races and the weekly Whitstable Parkrun are available separately on the Harriers website....

Great North Run - 18th September					
Pos	Name	Cat	Time	Rtg	Notes
8251	Tina Jones	VF64	1:53:10	75.89	
Berlin Marathon - 25th September					
Pos	Name	Cat	Time	Rtg	Notes
2470	Philip Wyard	VM49	3:13:18	71.31	PB
6th Folkestone Rotary Half-Marathon - 25th September					
Pos	Name	Cat	Time	Rtg	Notes
48	Sarah Maguire	VF42	1:36:08	72.06	3rd FW35
78	Bruce Adams	SM28	1:42:02	58.46	Debut
184	Trevor Brown	VM47	1:55:32	55.74	
Welwyn Garden City 10 Mile - 25th September					
Pos	Name	Cat	Time	Rtg	Notes
24	Mark Ford	SM22	1:04:10	69.61	
Sittingbourne Chas Ryman Memorial 10 Mile Race - 2nd October					
Pos	Name	Cat	Time	Rtg	Notes
45	Barbara Wenman	VF53	1:12:25	79.37	2nd FV45
53	Mark Wenman	VM57	1:13:10	71.79	
111	Mark Cooper	VM50	1:21:29	60.77	
159	Tony Savage	VM57	1:29:01	59	
165	Tina Jones	VF64	1:29:52	71.93	2nd FV55
214	Sally Silver	VF37	1:39:50	50.15	
252	Jennifer Lucas	VF54	1:50:19	52.61	Debut
253	Emma Sherwood	SF30	1:50:19	44.77	Debut
Chilham Castle 10K - 2nd October					
Pos	Name	Cat	Time	Rtg	Notes
12	Dave Smith	VM62	59:48		

Givaudan Ashford 10K - 9th October					
Pos	Name	Cat	Time	Rtg	Notes
29	Mark Baker	SM39	38:37	71.67	
70	Jennifer Benson	SF33	41:24	72.26	PB
79	Paul Lucas	VM41	42:09	66.60	PB
86	Jason Furminger	VM45	42:37	67.83	
105	Brian Davis	VM60	43:33	75.20	
240	Dave Smith	VM62	48:13	69.28	
256	Neil Benson	VM43	48:33	58.66	
508	Wendy De Boick	VF59	56:36	65.75	
539	Jennifer Lucas	VF54	57:33	61.43	PB
Royal Parks Half Marathon - 9th October					
Pos	Name	Cat	Time	Rtg	Notes
462	Mark Wenman	VM57	1:34:22	74.08	
483	Barbara Wenman	VF53	1:34:37	80.72	
Reims 10K - 16th October					
Pos	Name	Cat	Time	Rtg	Notes
114	Tony McParland	VM42	37:25	75.56	
507	Francis Maude	VM45	43:49	65.95	
510	Marco Keir	VM50	44:53	66.93	
928	Roy Gooderson	VM54	48:44	63.69	
1537	Bob Pullen	VM49	50:32	58.98	
1776	Carl Treleaven	SM38	52:02	52.80	
2978	Alix Cox	SF34	57:47	51.77	PB
26th Maidstone Half Marathon - 16th October					
Pos	Name	Cat	Time	Rtg	Notes
21	Mark Baker	SM39	1:26:54	69.90	
252	Yu Zhu	VM42	1:50:22	56.23	PB
451	Sally Silver	VF37	2:02:56	54.11	
Brentwood Marathon - 30th October					
Pos	Name	Cat	Time	Rtg	Notes
65	Sally Silver	VF37	4:50:56		

Pos	Name	Cat	Time	Rtg	Notes
8547	Emma Sherwood	SF30	4:42:25	49.16	Debut
Dartford 10K - 16th October					
Pos	Name	Cat	Time	Rtg	Notes
19	Jason Furminger	VM45	41:41	69.34	
Reims Half Marathon - 16th October					
Pos	Name	Cat	Time	Rtg	Notes
438	Philip Wyard	VM49	1:33:53	69.66	
959	Wim Van Vuuren	VM42	1:43:23	60.03	PB
1036	Ray Cameron	SM36	1:44:23	57.15	
1203	Andy Farrant	VM55	1:46:50	64.29	
1336	Joe Hicks	VM58	1:47:34	65.57	
1495	Trevor Brown	VM47	1:51:06	57.97	
Brentwood Marathon - 30th October					
Pos	Name	Cat	Time	Notes	
65	Sally Silver	VF37	4:50:56		
New York Marathon - 6th November					
Pos	Name	Cat	Time	Rtg	Notes
29326	Wendy Osmond	VF46	4:39:21	53.61	
Deal 5 - 6th November					
Pos	Name	Cat	Time	Rtg	Notes
66	Peter McQuire	SM39	32:33	67.73	PB
108	Mark Wenman	VM57	34:32	72.21	
111	Barbara Wenman	VF53	34:42	78.15	3rd FV45
128	Brian Davis	VM60	35:29	73.49	3rd MV60
140	Ray Cameron	SM36	36:00	59.96	
152	Joseph Standing	SM33	36:54	58.12	Debut
159	Dave Smith	VM62	37:20	69.90	
186	Fidelma Atkinson	VF45	38:38	67.16	Debut
206	Wendy Smith	VF53	39:21	68.91	
224	Tina Jones	VF64	40:32	73.94	
271	Wendy De Boick	VF59	44:07	67.25	
284	Jennifer Lucas	VF54	44:57	60.29	Debut
336	Gillian McLaren	VF65	50:00	63.57	

666 - 20th November					
Pos	Name	Cat	Time	Rtg	Notes
18	Jacob Hussey	VM45	52:30		
24	Mark Wenman	VM57	54:29		
27	Barbara Wenman	VF53	55:08		
Thanet Roadrunners AC Alan Green Memorial 10 Mile Race - 4th December					
Pos	Name	Cat	Time	Rtg	Notes
54	John Richards	SM30	1:12:18	61.78	
72	Mark Cooper	VM50	1:13:48	67.10	
77	Ray Cameron	SM36	1:14:46	59.77	
99	Dave Smith	VM62	1:17:10	71.33	
144	Fidelma Atkinson	VF45	1:21:49	65.35	
168	Yu Zhu	VM42	1:24:24	55.22	PB
192	Barbara Hutton	VF46	1:27:26	61.68	
250	Jennifer Lucas	VF54	1:36:29	60.16	PB
Saxon Shore Marathon - 10th December					
Pos	Name	Cat	Time	Notes	
17	Sally Silver	VF37	4:47:55		1 st female
Kent Christmas Cracker 5 - 18th December					
Pos	Name	Cat	Time	Rtg	Notes
8	Simon Jones	SM36	29:53	72.25	PB
9	Jacob Hussey	VM45	30:43	74.95	Debut

Trainers travel to California.....Peter Yarlett

When taking a lengthy vacation the dilemma arises of whether to pack trainers or leave them at home and enjoy a running free trip. But there again would the guilt of not running off the calories through gorging on American milkshakes and waffles prove too irresistible. (Interestingly I discovered that many US foods are now labelled for their calorie content with, for example, a straight black coffee at nil calories whilst a giant cappuccino topped with cream comes out at a massive 420 calories). In the end there was still room in the suitcase for my trainers and the scene was set for how often they might get used.

The trip we made in the autumn 2011 to the US was broadly in three parts - travelling on the Amtrak Zephyr train from Chicago to San Francisco, a week's stay in the city and a further week staying in Joshua Tree and Zion national parks respectively:



Chicago to San Francisco

Chicago is as we know a city of tall buildings and we were not disappointed by the blend of old and new skyscrapers dominating the city skyline.

On arrival in Chicago mid-week I discovered that the Chicago marathon was to be held on the following Sunday, but by then we would have left and so there was just the opportunity to run a short section of the course whilst enjoying marvellous views of the city in the background.

Missing races was to be a feature of the holiday in that I managed to be in the right location for various road races but unfortunately just missing the date by a few days on each occasion (quite a relief really). UK runner Claire Hallissey from Hertfordshire finished 6th in 2:29.27 some 93 seconds inside the Olympic qualifying and so could be a possible prospect for an Olympic place. The men's race was won by Kenyan Moses Mosul in a new course record of 2:05.37 confirming the flat and fast course.



Chicago city centre



The picture of the portaloos is a poignant reminder of the finer details of marathon running!

Resuming our travels the Zephyr train left Union Station, Chicago at 2 pm (as it does each day) for it's 52 hour 2500 miles journey across the mid west passing through Omaha, Denver, Salt Lake City, Reno and Sacramento. Two time zones were crossed during the journey creating some confusion when not quite knowing when meals would be served. Overall slowly passing through the snow line in the Rockies at 8000ft was the highlight and rather like sitting in front of a moving postcard.

Obviously there was no chance to use the trainers whilst on board and hardly room to swing a cat in the sleeping compartment where we spent two 'cosy' nights (don't even go there)!

San Francisco

What can one say about hill training in a city that has no fewer than 44 major hills in it's immediate vicinity and made famous by the car chase in



the film Bullet and with Lombard Street described as the twistiest road in the world.

On arrival the city was alive with the gentle patter of running shoes with the San Francisco Nike womens half and full marathons

being held once gain on a Sunday, starting at the ridiculously early time of 6.30am. On further investigation the entry fee of \$150 and \$130 respectively for the full and half which seemed rather steep, but then the race was in support of the leukaemia and lymphoma society. Interestingly, although the race was advertised as a 'womens' race about 10% of entrants were male. It was obviously of no coincidence that Nike conveniently have a 4 storey Nike store just off the starting point in Union square and so they had the spending power of the captive audience of some 22,000 entrants to tempt with their latest range of athletic apparel. Nike were selling race T-shirts that could be individually branded with a slogan starting with the words 'I run to be....' and completed with such wording as 'sexy', 'proud', or 'connected' etc as selected by the individual runner. Of course all of this came at a price to competitors and perhaps watch out for this money spinner hitting our shores soon! To complete the tale each race finisher received a specially designed Tiffany necklace (not sure what the men got....).

I did manage one or two jogs around the city taking in the sites of Fisherman's Wharf, the Coit Tower, Golden Gate Park and seeing Alcatraz in the bay.

Joshua Tree and Zion national parks

Joshua tree national park is located 140 miles east of Los Angeles and nearby to the resort of Palm Springs favoured by stars and celebrities alike (the clue is observing that many roads are named after famous personalities such as Bob Hope and Frank Sinatra) and close to Indian Wells where one of the ATP major tennis championships is held each year. Joshua tree is bounded by the Colorado and Mojave deserts and so it goes without saying that it was hot with a capital H. The temperature in October for our stay was 100F and reaches 120F in the summer months. I did manage a couple of early morning jogs before the sun rose and surprisingly the air was still cool from the overnight fall in temperature. I also saw the legendary Roadrunner bird and crossed paths with a desert

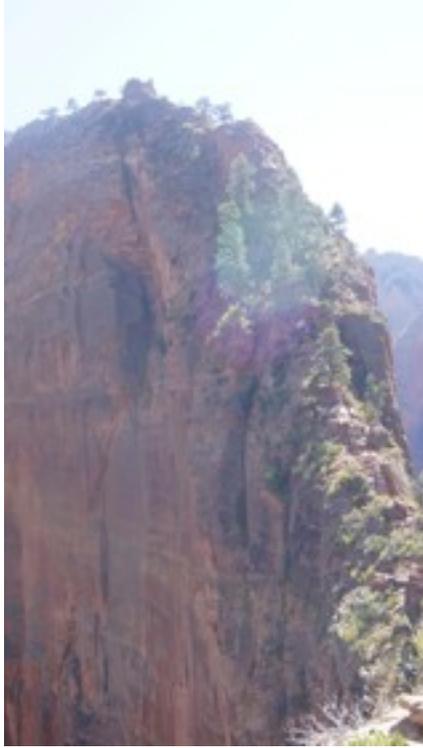


fox whilst jogging. A bobcat paid a visit to our holiday house and was about ten times the size of a normal house cat. Other desert animals such as the tarantula and sidewinder rattle snake were fortunately not in evidence....

Zion national park is Utah's oldest national park located some 120 miles NE of Las Vegas with its principal feature being a 2000 ft deep canyon carved out of sandstone by the Virgin River. And so it was trainers on to hike the 8 miles return trip to climb 3000 ft to reach the 7500 ft Observation Point giving spectacular views of the valley below. The ascent was made in 2.5 hours and surprisingly it still took 2 hours to descend and get back to valley level.

The next day, full of confidence, we (me and son Daniel) set out to tackle the 6000 ft peak of Angels Landing with the last half mile described as having a sheer drop of 1500 ft on either side. Chains were provided to keep a semblance of safety but notices declaring that 'deaths had occurred' added 'gravity' to the climb. On reaching Scouts Landing at 5000ft and surveying the narrow thread on which my life rested I decided that I wasn't cut out for airborne trekking. Leaving Daniel to complete the

climb I rested and watched parents cajole their seven years old and upwards children to make the final stretch. Wisely (to me anyway) I enjoyed the views and practiced my photographic skills.



On making the descent to the valley bottom we spotted our first tarantula that was slowly making it's way across the pathway. Approaching the tarantula cautiously revealed that it had a leg missing and further research afterwards gleaned that male tarantulas are frequently consumed by the female following mating. We wondered if this is how the leg had gone missing and hope that he enjoyed it!

On making the return to San Francisco we motored through the 11,152ft Tioga Pass in crossing Yosemite National Park. We were just in time to cross the Pass since it closes from November to May each year owing to heavy snow. Sadly the trainers remained unused at this great height.

The grand finale with the trainers for our final two days in San Francisco was to wear them for a 30 mile cycle tour of the city including crossing the Golden Gate Bridge and finally to complete a short jog on our final day on those famous hills.



Footnote

Sadly for the trainers they were an old pair and not worth retaining and so to save luggage space on the return journey home they were placed in a recycling bin in the city - perhaps to reappear in a different form in another life.



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.

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Dave (V60) Smith

01227 768329

12, Bourne Lodge Close

Blean, Canterbury, Kent

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Whitstable

Kent

CT51DG

01227 262319

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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 and sport 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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Fidelma Atkinson is a mobile Personal Trainer and Exercise Referral professional working in Canterbury and the surrounding area. I also offer personalised programmes, fitness assessments, strength and conditioning training, core stability and flexibility exercise classes.

I am REPs registered and fully insured.

Let training fit in with your lifestyle and choose to train in your own home, place of work or outdoors.

For a free initial consultation or an informal chat contact Fidelma by phone 07779 821225 or email info@fidelmafitness.co.uk
www.fidelmafitness.co.uk.

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

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

Hope you enjoyed reading the Winter 2012 Harrier. If you would like to contribute an article, memoir, anecdote, race review, running funny or anything running related please send to peter.yarlett@gmail.com or catch Peter when at Kings.

THE END