



The Harrier

The newsletter of the Canterbury Harriers



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Welcome to the Spring edition of the Harrier newsletter. With the healthy increase in Harriers membership there is a good chance that some of you will be new readers. If you are a new member then a warm welcome to the Club. In our last issue there was plenty to write about given the number of issues debated at the AGM - our membership fee, capping club numbers, the UK athletics fee and the strain on Kings facilities. So perhaps the Spring issue would be a little lighter? But no, far from it! The pace of club affairs (quicker than Eds running!) declined to slacken during the last 3 months.

There is a development on our use of Kings with our move to Birley's on the 2nd April already having taken place by the time this Harrier issue is read. The e-mail note sent to members in March is reproduced inside for anyone catching up with the news. The move is at no-cost to Harriers until October when Kings will be expecting payment for our use of the changing facilities. We are grateful to Kings for providing us with this venue and an opportunity over the next few months to get to know the venue. Your Committee will be proposing an earlier than usual AGM (probably early in October) to discuss how well Birley's meets our needs and, of course, to consider the increase in club fees that will be required to enable us to 'pay our way'. For the benefit of newer members we have largely enjoyed the use of Kings over the years at no cost and so now have to face up to a commercial reality...

Club numbers have 'steadied' at approximately 186 (up from 173) and close to the cap of 200 agreed at the AGM. Importantly, as a running club, we have demonstrated strength in depth by whacking all opposition in the Kent Fitness League when winning both the combined and female points competitions. This shows both consistency in team depth over the seven events and plenty of talent through our high placers in most age groups. Steve 'el supremo' Clark reports inside on the ups and ups of the cross country season. So very well done to all Harriers who have made a successful contribution to x-country running where performances and our numbers taking part has been really impressive. The club is also taking a 'hit' on the large numbers achieving a minimum of six races and so qualifying for a well deserved free piece of kit to be presented at the Presentation Evening on **Thursday 25th April**. Thanks to Steve who despite old age (Steve's 60th was in March) was still able to organise/cajole us all into turning out on those cold Saturday afternoons and Sunday mornings.

As part of the KFL we also put on our own Blean x-country race and, once again, impressed with our organisation and meticulous planning based on 'it'll be alright on the night'. Only joking as Steve (although on holiday on the day), John, Roy and Gerry had all angles covered - and impressively supported in the marshals department by literally dozens of Harriers (and family members). On the morning we were faced with heavy mist that only just cleared in time for the junior race and drifted in and out for the seniors race. The mud in the corner exit/return to and from the field and woods was a joy to behold - for non-runners anyway. A number of runners (including some Harriers) chose to dive bomb the mud and attempt to swim across. Unfortunately this novel approach didn't work so well but it was good for the complexion. At least we couldn't be accused of putting on a flat track parkland course.

Running (sic) alongside the x-country season has been an impressive range of road running results with more PB's (it must be the extra horse meat we're all enjoying!) and prize winners. Special mention must be made of Jennie Lucas with 3 PB's at 10K, 10M and half marathon; Jo Norrington with 2 PB's at 10M and 10K; Dave Bowden with 2 PB's at 10M and half marathon; Gareth Coult with PB's at 10K and half marathon; Faye Roberts with 2 PB's at 10K and half marathon. Also, a total of 36 'debut's were made at various distances. Thanks also to Francis Maude who does a sterling job in keeping the results up to date on the club website from his long distance working place.

With winter now behind us (we hope) our thoughts turn to our own **Whitstable 10K on the 6th May** bringing with it a busy period of race organisation led by Tim as Race Director and his team of co-ordinators. Since January Tim and co-ordinators have been busy dusting off the race project plan and meeting all formal requirements that putting on a major race now involves. Behind the scenes and starting from January onwards Barbara and Mark have done the usual fabulous job dealing with all race entries and queries. Do put **Monday Bank Holiday 6th May** in your diaries to be free to help with marshaling and the countless other tasks needed on the day. Remember that the race surplus helps keep the Harriers membership fee low and subsidies all of

our other activities throughout the year.

Jo Norrington is now in charge of kit sales (Kit Manager) and details of the kit ordering arrangements are inside this issue. Do please remember to wear a club vest on every occasion that you represent the club - 'wear with pride' etc.

Many of you will have been in hard training for the upcoming series of Spring marathons and we wish everyone well after the slog of putting in the miles during the coldest months. We wish everyone well for their 26.2 personal journey and look forward to good times and the feel of personal satisfaction by all.

Further diary dates are the **Quiz Nite to be held on Friday, 12th April** at Whitstable Waterfront, Beach Walk, Whitstable; and the always popular **Saxon Shore Relay on the 15th June**. **Spring Relay dates** are also included inside on Page 36. The **Le Touquet 10k is on the 17th August** (see page 20 further further info.).

Regular readers may have noticed that Eds normal commentary on the weather was not front page news this time. Certainly the weather hasn't been ignored. Russ Williams has kindly sent Ed a piece from 'The Book of Roger' - Roger II (Norman King of Sicily) sent the Arab geographer Mohammed al - Idrisi to make a census of the known World in 1138. His task was to find out about each land he visited and how the people lived. The document was produced in 1154, and here is what he said about Britain :- " is set in the Sea of Darkness. It is a considerable island, whose shape is that of the head of an ostrich, and where there are flourishing towns, high mountains, great rivers and plains. This country is most fertile; its inhabitants are brave, active and enterprising, but all is in the grip of perpetual winter." In that final sentence Eds worst fears are confirmed.



***Whitstable Parkrun
Cancelled on the
23rd March!***

Other items in this issue include a Spotlight on Faye Roberts, Ella's 'Magic 13' Challenge, Race Results, a reminder of Birleys meeting arrangements, It can't be True...Or Can It!, Six of the Best Running Films, Parkrun Expansion Update, Running in the Big Apple, Harriers Trotters and X-Country Review.

Enjoy your read....

Ella's 'Magic 13' Challenge for Pilgrims Hospices - Ella Brocklebank

Any runner who has undertaken the gruelling task of running a marathon knows the long hours of preparation that goes into completing this event and how it uncontrollably takes over life in the interim. In contrast many non-runners have no idea and having personally completed 2 marathons in recent years I knew if I wanted to fundraise through running I had to raise my game to ensure people would continue to dig deep and support me through donations.

So, why 13 events? Well, its 2013 and I am hoping that after a difficult 2012, 2013 will hopefully prove to be a brighter year! My real motivation behind the 13 events is to raise funds and awareness for local charity Pilgrims Hospices in memory of my beloved Dad who passed away at their Canterbury Hospice just 3 weeks after being diagnosed with terminal cancer in April 2012.



The compassion shown to my Dad and all my family was immeasurable, nothing was too much trouble and our every wish was catered for. Pilgrims Hospice cannot turn back the clock or make people better but they can allow people to live out their final days as comfortably as possible, with dignity and surrounded by their loved ones. Their end-of-life palliative care is first class and in raising money for their charity who need to find £9.5 million every year to remain operational, I am doing my bit to help ensure this service is available to others in the future during their time of need.

Completing the challenges in memory of my Dad led to the name Ella's '**Magic 13**' because 'magic' was something my Dad would always say to me when I had achieved something and during those proud Father/Daughter moments throughout my life. My year of challenges is the least I can do in return for the support given to me and my family by Pilgrims Hospices, for which we will always be grateful.

Full details of my year of events (all of which take place on 2 feet or 2 wheels!) are listed on my fundraising page www.justgiving.com/ellas-magic-thirteen. These include the London (April) and Edinburgh (May) Marathons with a 75 mile cycle challenge sandwiched in between. I hope to culminate the year with a 75 mile route between the 3 Pilgrims Hospices in Ashford, Margate and Canterbury completed with an even split of running and cycling over 2 days.

I am extremely fortunate to have the financial backing of both my employer's, Quantity Surveyors The Woodley Coles LLP as well as the Kent Construction Focus Group, of which I am part of their Chair Group and the first female to hold this role in the groups 10 year existence. I have asked that both of their very generous contributions be paid directly to the charity and I am covering the costs of all event entry fees and travel expenses personally to maximise the amount that goes directly to the charity and I hope to raise in excess of £3000. With a full time job and a five year old daughter it is difficult to fit in all the training but I am very lucky to have a hugely supportive network of people around me including my mum and my husband Ben Trott, who also runs with the Canterbury Harriers and who will be joining me for the Edinburgh Marathon in May and a number of the other events.

If you would like to show your support through a donation to local charity Pilgrims Hospices please visit my fundraising page, as listed previously, or from your mobile phone text 'ELLA75 £5' to 70070.

IMPORTANT NOTICE FOR ALL MEMBERS - NEW CLUB TRAINING BASE

With effect from Tuesday 2nd April Canterbury Harriers will be moving its training base from the King`s School Recreation Centre to the King`s School Birley`s Pavilion which is just off St Stephen`s Road , approximately 600 metres from the KSRC. The vehicle and pedestrian access road is immediately after the level crossing on the right hand side as you head towards the Olde Beverlie Inn. A map of the new location is at <http://maps.google.co.uk/maps/ms?vps=1&hl=en&ie=UTF8&oe=UTF8&msa=0&msid=203295254553171518173.0004d7e0d81a396ac4595>

The move has been requested by KSRC in response to the growth in the size of club membership in the last couple of years and the consequent pressure on parking and changing facilities at the centre, as well as disruption to other users. The new location will have ample parking space for Harriers vehicles as well as bike racks. There will also be two dedicated changing rooms in the pavilion, each with showers and toilets (NB but no lockers).



KSRC have kindly offered to cover for free the costs of staffing at Birleys for us on Tuesday and Thursday evenings until the end of our current membership year in October. Following then the club itself will have to pay for these costs. This will inevitably mean a significant rise in the cost of annual membership fees. The club committee will be reviewing the cost implications in the next few months with a view to making specific recommendations to the next club AGM which we plan to hold slightly earlier than in previous years.

All existing paid up Harrier members will be able to use the parking and changing facilities at Birleys for free from 2nd April. This will apply whether or not you have paid up membership of KSRC. It has been agreed with KSRC that Harriers who have taken out membership of KSRC in order simply to use the KSRC parking and changing facilities will be entitled to apply for a refund on any balance left of their KSRC membership year from 2nd April onwards. Those Harriers who use KSRC for swimming ,gym ,squash etc will continue to be eligible for the club corporate discount membership rates providing that they are fully paid up members of the club.

There will be access to Birleys from 1830 hours onwards on club training evenings and training times will remain the same (1845 hrs for a 1900 hrs start) . The pavilion and parking areas will be closed at 2100 hrs . Members should note that they may have to allow more time to travel to the new location because of the level crossing on St Stephens Road.

We are in ongoing discussions with Kings with regards to the possibility of re-siting of the club noticeboard and the provision of a dedicated club kit locker to be paid for by the club.

Details on the club website will be altered to specify the new location and a notice and map advising the new location will be placed on the club noticeboard from 15th March onwards.

Based on our discussions with KSRC management representatives it is clear that the Kings School is keen to maintain its association with Canterbury Harriers and having inspected the new facilities we are confident that this will be a positive move for our club. Obviously the coming months will effectively be a trial period for the new location and we will have to adapt and change our pre session briefing , training routines and training routes to take into account the structure and logistics of Birley's. We will be grateful for the co-operation and understanding of club members during this period.

There are a small number of requests that we would ask members to observe:

- Remove muddy shoes before entering the building whether before or after training
- Only use the allocated changing rooms - Rooms 1 & 2
- Access to the changing rooms will be through the main entrance of the building facing the car park area.
- Pre run briefings will be held outside under the main entrance canopy
- Access to the changing rooms after training will be through the rear entrance facing the field

Tim Richardson Perks

Chairman

Six of the best running movies.....Peter Yarlett

Not all sports translate well to the silver screen. But running, the simple art of human motion, can provide an effective backcloth for the expression of all manner of human *emotions*. Done poorly and running scenes can look crass and artificial. Done well and a running scene will show raw energy and an unexaggerated running style. With the addition of sweat, tears, fears and excitement a movie can move from dnf (drab, naff and false) to claim a podium place.

See what you think of how well these six movies capture the essence of running - there are lots more that aren't on this particular start line.....

1. The Loneliness of the long distance runner

Opening with the sound of Tom Courtenay's feet thudding against a bleak rural lane, Tony Richardson and Alan Sillitoe's 1962 classic is one of the most poetic running films in cinematic history. As Colin Smith, a petty delinquent, Courtenay gives a compelling performance in this class-conscious commentary on late-50s British society. After being sent to a reformatory for his part in a bakery robbery, Smith turns to long-distance running to escape the drudgery of his confinement. His talent is spotted by the governor who offers the promise of early release if he runs for the reformatory in a race against a public school. In the final, stunning conclusion, Smith's freedom and independence are resolved by his race performance in the most unpredictable way.

Tom Courtenay in The Loneliness of the Long Distance Runner



2. Marathon Man

"Is it safe to have dental work?" Probably not when you have a Nazi war criminal drilling holes in your teeth. Dustin Hoffman plays Columbia graduate (see the Graduate link) student and running obsessive Thomas "Babe" Levy, who is hounded by Laurence Olivier's sinister Dr Christian Szell over a briefcase of missing diamonds. An early scene shows Hoffmann pushing himself around Central Park. All that training and his ability to recall the feats of Ethiopian Olympic legend Abebe Bikila winning in Rome and Tokyo give him the

endurance to escape his tormentors. Director John Schlesinger intercuts footage of a petrified, bloody Hoffman with the placid Bikila from the Tokyo Olympiad official film to striking effect.



In New York City, the brother of an infamous Nazi war criminal is killed in a head on collision car accident. Shortly thereafter, members of a covert US government group called "The Division" begin to be murdered one by one. When the brother to one Division member sees his brother knifed to death, it is revealed that former SS dentist Szell, "the White Angel" of Auschwitz, is wrapping up loose ends to smuggle priceless diamonds from the United States.

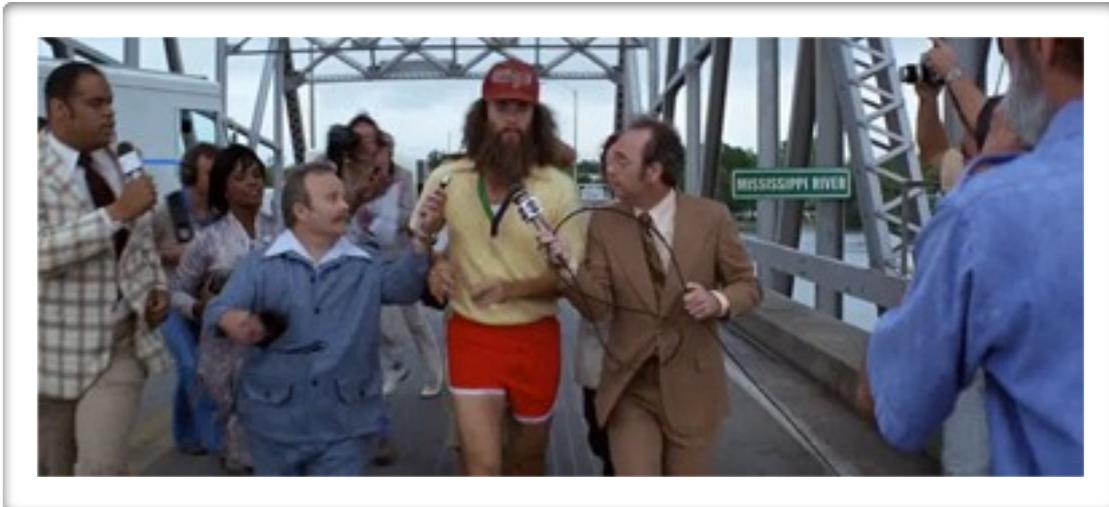
A graduate student and obsessive runner, Hoffman' in New York is drawn into a mysterious plot involving his globe-trotting brother, his European girlfriend and a Nazi war criminal in hiding. Includes one of the most agonising torture scenes ever portrayed. You'll never quite see your dentist the same way again.

3. Forrest Gump

After childhood sweetheart Jenny Curran (Robin Wright) leaves Tom Hanks's sweet Forrest Gump halfway through Robert Zemeckis's Oscar-laden drama, he sets off on an epic run lasting three years, two months, 14 days, and 16 hours. More than your average Sunday morning black route run then!



Forrest finally stops running when, after covering 15,248 miles, he has managed to "put his past behind him". The sequence manages to be beautiful and amusing in its exploration of the catharsis of running. Anyone who fancies emulating Forrest can do so with the help of the fastidious people at the Centives economics blog who have created the ultimate cross America MapMyRun style analysis of Forrest's exact running route.



4. Run Fatboy Run

In perhaps the funniest (or painful) take on the agony of long-distance running, David Schwimmer casts boyish British Everyman Simon Pegg as an affable loser who decides to run a marathon in an attempt to prove his worth to his ex-fiancée, Thandie Newton. Some of the biggest laughs come from the very familiar experiences of blisters and hitting the wall.



Dennis is a clueless and slightly overweight guy, who left his pregnant fiancée five years earlier. Every day, Dennis tries to persuade the woman he loves to accept him back into his life, but everyday he fails. When he discovers that Libby has found a partner in the form of American Whit, frustration grows, and Dennis vows, that for once in his life, he will finish something.

With his friends Gordon and Mr. Ghoshdashtidar by his side, Dennis begins training for the marathon he must finish. Hearing Whit is training for another marathon, Dennis hopes to prove himself worthy. Getting fit would fail utterly, hadn't his dodgy mate Gordon wagered on him against his dangerous gambling debts, while Dennis's Indian-roots landlord Ghoshadi Das volunteers as 'assistant coach', armed with a motivational ladle. It's a miracle they even get Dennis registered, too late, needing a sponsor. That done, the race proves eventful, and reveals Whit isn't as perfect as he looked naked in a gym locker-room as well as an engagement party.

5. Chariots of Fire

One of the most revered running films ever made it charts the lives of British Olympians Eric Liddell and Harold Abrahams in the lead up to their triumph at the 1924 Paris Olympics. Perhaps excessive slow motion and the Vangelis score are too triumphal for some tastes. Colin Welland's script about the Olympic spirit, religion and the class system is a reminder of another age.

Film Buffs comment on the inaccuracies and continuity errors, many of them to do with flags — which is odd in a film that is itself a flag-waver!

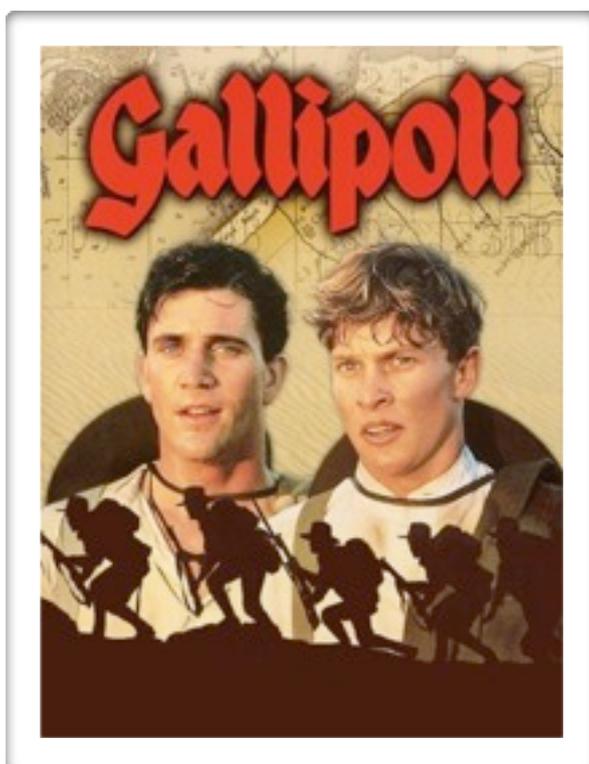


Both Charleson, playing a Scot with fervent Protestant ideals, and Ben Cross, playing an Harold Abrahams who's very aware of anti-Semitism feeling, use running as a way to assert their dignity. Nigel Havers also makes an impact as a decent, self-sacrificing

representative of the English aristocracy. The running sequences, helped the Oscar-winning score, achieve a kind of poetry in motion.

6. Gallipoli

Although it's not a movie that focuses solely on running, *Gallipoli* nonetheless covers the story of a young Australian running star Archy (Mel Gibson) whose track career is interrupted by Australia's entrance into World War I.



There are plenty of running scenes in the movie, including one near the beginning that is accompanied by Jean Michel Jarre's great soundtrack. During the course of the Gallipoli campaign, the movie depicts Archy having to run messages through the trenches – where how fast he runs becomes a matter of life and death. This movie is inspiring in that it shows what people can do in the face of adversity – although be prepared for the sad ending.

An excellent portrait of not one, but three historical settings: Western Australia in the 1910s, First World War army training camps in Egypt and trench warfare at the battle of the Nek. Moreover, this film debunks what was fast becoming the curse of Mel Gibson historical performances. Gallipoli, on the other hand, is his exception.

It couldn't possibly be true.....or could it?

.....as told to Ed



Part One...

The Campaign for the Recycling of Animal Poo (CRAP) has endorsed the government's proposals to match the dna in unwanted dog poo with that of the miscreant dogs concerned. This is in an attempt to tackle the problem of owners not cleaning up after their pets. A problem well known to runners. The plan is to test poo samples against a centrally held data base traced back to owners.

Excited by this news England Athletics is now proposing to require all athletes to register their dna to be eligible to enter competitive running races. The plan is that each athlete will pay a £200 annual registration fee to have their dna matched against the saliva on their race entry envelope. Whilst admitting that the final details had yet to be worked out an England Athletics spokesperson said 'it was important to introduce yet another bureaucratic system and that in any case the extra money would come in handy'.

The Independent Competitive Running Association of Perambulators (I-CRAP) were unavailable for comment.

Part Two...

Bakers are working on a system that operates when a piece of buttered toast is falling so that it spins around and always lands buttered side up (as in 'sods law'). The solution is to insert heavier weighted dough on one face of the bread allowing a sensor to detect when the bread is falling.

A top running shoe manufacturer is said to be keen to adopt the same technology in running footwear. The idea, admittedly yet to be fully tested, is that during cross country races runners shoes will be weighted so that runners would automatically be discharged into the muddiest parts of the course.

The idea came to the manufacturer when studying a YouTube video of an amateur running race held in Canterbury, Kent (known as the Kent Fitness League). The manufacturer realised that a small number of athletes had somehow managed to *evade* falling into the long stretch of smelly mud adjoining the playing field and woods.

The new technology code-named – the Alignment of Cushioned Running footwear for the Avoidance of Pronation (All-CRAP) – is currently still on the drawing board and awaiting an investment decision. England Athletics, ever at the forefront of innovative thinking, are thought to be an interested party given their recent dna money spinning initiative.

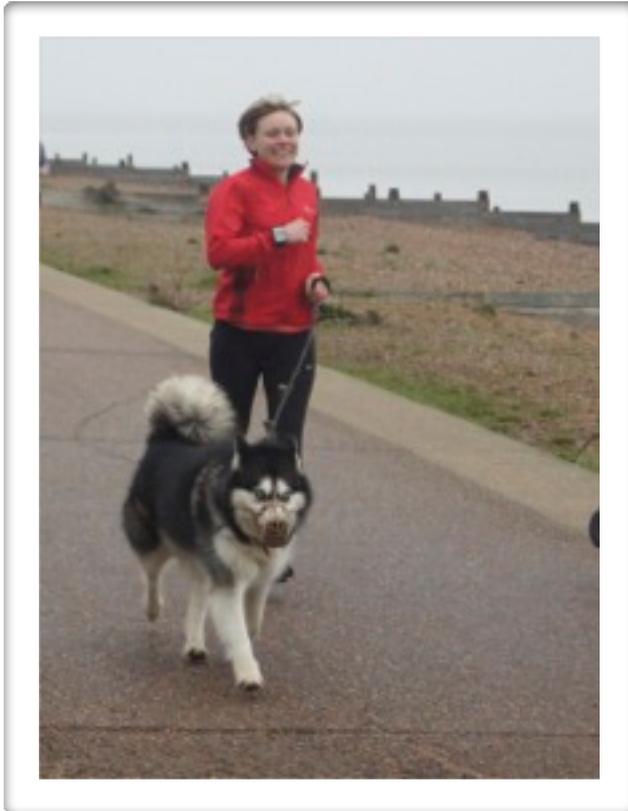


Happy Birthday Steve



Canterbury Harriers has some new kit for 2013!.....Jo Norrington

Jo has recently take on the club role of *Kit Manager*. Jo is at training nights on most Tuesdays and Thursdays and is keen to ensure that we are all smartly turned out in club kit. Orders can be placed with her by e-mail or text (Ed).



Jo's Kit Update:

Unfortunately prices have increased a little owing to the prices of the garments. I am currently in the process of ordering kit now so the prices are TBC but will probably not change. We have:

Team Ronhill Running vests: - made especially for Canterbury harriers! They are made from a lightweight aquaduct, a super moisture transfer fabric that comes in mens and ladies specific sizes, priced at £15 per vest. To look at the product:

Sizes are:

Mens: <http://www.ronhill.com/pursuit-vest-28>

Small (35-37')

medium (38-40')

Large (41-43')

Extra Large (44-46')

ladies: <http://www.ronhill.com/women-s-pursuit-vest-24>

Small (29-31')

Medium (32-34')

Large (35-37')

Extra large (38-40')

There are still some existing vests in stock priced at £11.50

Canterbury Harriers technical t-shirt:

Made by Tombo in mens and ladies specific sizes, priced at £13.50. They have mesh panels at the side, under arm and upper back for superb ventilation, moisture management wicking fabric and a raglan sleeve cut for greater range of movement. These t-shirts are also great for all our support crew, friends and family.

Mens: <http://www.tomboclothing.co.uk/product-detail.asp?cat=Polos%20and%20Tops&subcat=&pc=TL541>

XS: 34-36'

Small 36-38'

Medium 38-40'

Large 42'

Extra Large 44-46'

Ladies: <http://www.tomboclothing.co.uk/product-detail.asp?cat=polos and tops&subcat=&pc=TL542>

10 (small): 32-34'

12 (medium) 34-36'

14 (large) 36-38'

16 (extra large) 38-40'

Existing stock:

There is still some existing stock priced at £10 per t/shirt, please ask for sizes.

Hoody - polycotton mix to maintain shape and reduce risk of shrinkage in the wash! unisex sizes £15 per hoody, sizes from 30' chest to 46' chest. Great for warm-ups and supporting from the start and finish lines!

Some zip-up hoodies left in stock, £16.50, please ask for sizes.

Also available **Team Ronhill jackets** available in Canterbury Harriers navy and white or high visibility priced at £33, unisex sizes. Lightweight, breathable wind resistant and water repellent treated material. Great for those long runs and for winter running. Be safe, be seen and look great all at the same time! <http://www.ronhill.com/pursuit-run-jacket-20>

For all orders e-mail Jo at norrington.joanne@gmail.com or text 07708545021 to place your order! Payment by cheque made payable to 'Canterbury Harriers' - sorry no cards.

Parkrun expansion.....Jacky MacDonald

It had to happen one day. Parkrun has become a phenomena! A cult almost. When Whitstable started in Nov 2010 we were number 61, now there are over 180 events countrywide! Its a nice little number. Just little enough for the athletes to check their training, just big enough for first timers to try their hand. It's at 9am on a Saturday morning, early enough to complete and still have the rest of the weekend to do what you like to do best. The fact that its free and timed is a big draw. Last weekend saw five new Parkrun's startup around the world.



With more than 150 runners at Whitstable each week we were victims of our own success and it was time to expand in this area. Several options were available but narrowed down to Minnis Bay or Palm Bay. What is the criteria? Cafe, toilets, parking, bus/train/cycle route, reasonably close to habitation, shelter for registration and a 2.5/5km interesting course. Establishing the course is not as easy as you think. Often there are several choices but it must be (fairly) hazard free, away from the road and not upset neighbours, dog walkers and others who will use the same route. A comparison of Minnis and Palm Bays were made and Palm Bay won the toss. Initially the course was going to include going down a cutting from the cliff, along the promenade and up the cutting a further 500m along and back onto the original path. However when this route was tested by some Parkrunners it was found that going down the hill at speed meant you couldn't turn quickly enough onto the prom and would ended up falling of the ramp (and into the sea!). It seemed so perfect on paper!! Various routes were tested in what seems to have been the coldest, wettest, windiest days of the year and finally it was sorted.

Thanet District Council were approached in November 2012 with the response that it would be £50 to per event (despite not using any facilities) and there was no funding or grant to cover the £3000 set up fee. However, we talked Thanet out

of the weekly fee, but there was still the problem of the set up fee. The Council agreed to meet us in the New Year and a meeting was arranged for the end of January. At the same time Clare Bell from Ramsgate wanted to set one up at Pegwell Bay Park and we met with a very enthusiastic Council who not only had fees for one Parkrun but two!

Early in March Paul and Joanne Sinton-Hewitt (the initiators of Parkrun....the boss!) visited to check out the Parkruns in what must have been the worst day weatherwise ever. It poured, it was foggy, very cold and we got wet through and fed up pretty quickly checking the route with a surveyors wheel. However Maidstone and Palm Bay were given 'excellent' ratings with Pegwell Bay having a few observations to sort out. Paul and Joanne stayed overnight with Tina and Brian and ran Whitstable Parkrun on the Saturday. Paul said it was a 'brilliant' Parkrun. So we are feeling mighty fluffed up!! These are the new Parkruns in Kent starting up shortly.

- Shorne Woods, Gravesend 30th March - Emily, Event Director
- Maidstone, 13th April - Donna and Tim Carr, Event Directors
- Palm Bay 27th April - Dennis Brandrick, Event Director
- Pegwell Bay 11th May - Clare Bell, Event Director

A Parkrun is not a Parkrun without its volunteers. A huge thanks to all those who stand out in all weathers, whether it is every week or just once. We love you!

Prize Winner

A pair of trainers are donated by Sweatshop each month to the person of our choice and Andrew Hall was the Sweatshop winner for January. Andrew had completed 77 runs and had improved by more than 9 minutes (mostly since he joined Canterbury Harriers).



Running in the Big Apple.....Adrian Fox

I have decided that I may well have an addiction to running in other parts of the world as it seems only natural to pack my running gear into my suitcase whenever I am fortunate enough to travel overseas...

After a spur of the moment decision I find myself in the New York otherwise known as the Big Apple. Our hotel is a stones throw away from Times Square in New York which is where my run starts. For those of you that have not been fortunate to visit Times Square it is characterised by various people dressed up as the Cookie Monster, Buzz Light Year, Woody and numerous other cartoon characters all wanting money from the tourists to have their photos with them.



My run starts by having to negotiate my way pass the Cookie Monster and the flock of tourists before heading north pass the Rockefeller Centre where people are ice skating on this crisp February afternoon. Upon entering Central Park it is the case of trying to avoid the horse drawn carriages that take people on a leisurely tour of Central Park. Once I am inside the Park, I am very impressed with separate “lanes” that the Park has for walkers, cyclist and runners. Yes a dedicated lane for runners! Whilst it is only just above freezing the sun is shining I am taken with the number of runners in the Park.

Passing me are people in horse drawn carriages who up wrapped up with blankets sipping hot drinks who give me and the other runners strange looks. After following the running lane for a good distance I decide that it is now time to head back towards my

hotel passing someone who is dressed up as the Statue of Liberty who gives me a friendly wave and pass the steaming vents that remind me of the Batman movie! Overall, I found my run to be very enjoyable and I would highly recommend anyone visiting the Big Apple to take their running shoes and experience the delights of running in a dedicated running lane in Central Park!



The trip for me was made even more special as I proposed to girlfriend Karen at the top of the Empire State Building. The question that springs to my mind is can I smuggle my running gear into my suitcase when we go away on our honeymoon.....

Very many Congratulations to Adrian and Karen - Ed

Le Touquet 10k Trip - Now Booking

The Club is running the annual day trip to the Le Touquet 10k on Saturday 17th August, aiming for a 7.35am ferry, including a hypermarket stop for the now famous 'supermarket trolley race'!

Places on the coach will go fast so confirm your interest with Roy Gooderson at: roy@rgelectronics.co.uk

A £10 deposit to Roy (cheques payable to Canterbury Harriers) will then secure your place. The balance, including race entry fee, will then be payable nearer the time when the exact costings are known. It's a good day out and a flat, fast course to run on.

The Whitstable 10K Organisation Team....

The leadership team for the 2013 Whitstable 10K to be held on **May Bank Holiday 6th May**.

For the record the motley crew is:

Role	Lead	Shadow
Race Director	Tim Richardson-Perks	Administration - Gemma Hiorns
Race Entry Secretary	Barbara and Mark Wenman	Bob Pullen
Race Administration Co-ordinator	Roy Gooderson	
Race Treasurer	Phil Wyard	
Course Co-ordinator	Gerry Reilly	Colin Kent
Supreme Marshal Co-ordinator	Steve Clark	
Drinks station Co-ordinator	Iain Smith	Jacky and Mac MacDonald
Joint Finish Co-ordinators	Peter Yarlett and Brian Forbes-Turner	
Joint Race HQ and Results Co-ordinators	John Hartley and Sean Reilly	
Presentation Co-ordinator	Roy Gooderson	

There is still plenty of room for you to step forward to offer your services where you think you can help!

The big task now is to have loads of marshals available on the day to be present at each of the road junctions and road passing points. Approximately 60 marshals are now needed to make ours a safe and enjoyable race for all runners. If you haven't yet offered or been asked to help then speak with Steve 'supreme marshal' Clark or any of the above.

Please put the 6th May in your diary to be free to give your support to all race day activities. Also get your family and friends involved as we will need their help with marshaling our key race of the year. ...

Spotlight on Faye Roberts

Q. What is your story about how you go into running?

A. I started running at school. I was the only girl in my class who actually enjoyed cross country and sports day. My dad's friend trained regularly so I ran with him every morning before school. I went to school with Liz and Charlotte Dale who trained with Invicta. I decided to join and managed to get into the Kent team.

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

A. I enjoy all sports but running has always been my passion. I enjoy gym work and play squash occasionally

Q. What is your favorite training session?

My favorite session has got to be Elliot hills....(only joking!). I really enjoy long runs along the sea front with my weimeraner .. Alfie



Q. What other sports are you interested in watching?

A. I love watching triathlons, tennis, equestrian events

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

I'm quite lucky really, even though I work long and unsociable hours, I'm quite flexible so I can sneak out for a run. Also I haven't got any children and so when I'm not working, I'm usually running

Q. What is a typical week's training for you?

I'm training for the Brighton Marathon at the minute, so I'm training 5/6 days a week up to 60 miles... trying to stay injury free. I try to do at least 1 speed session, 1 hill session and a long run at the weekend with a few steady runs in the week

Q. What are your favorite races and distances?

A. I've really enjoyed the marathons over the last couple of years. My favourite marathons last year were Edinburgh and Amsterdam.... But, that might have something to do with getting personal bests. I really enjoy the cross country's... even tho there sooo cold!

Q. What are your future goals and ambitions?

A. Umm this is a hard one...obviously want to get faster! I would love to get the elite time for the marathon



Q. How do you keep motivated to run?

A. Ha ha I love my food! I've always enjoyed running from a young age, to be honest I can't imagine not running. The winters seem so cold and long... running keeps me sane.

Q. Do you have any tips or advice to offer other Harriers?

Yes.... If you want to improve then train with someone who's faster than you. I've been training with Gareth Coult for about the last year and all my times have improved dramatically.....Thank you Gareth!

Faye is far too modest to tell us that she has recently run a whole string of PB's and had a very successful x-country season - Ed

2012/13 XC SEASON - A CHAMPION YEAR!.....Steve Clark

As usual the heart of the season was based around the Kent Fitness Sunday League and what a season it was! For the first time this century we have won the Combined league and did it in style, winning the first six matches, and only slipping a little in the last match at 'home' at

Blean Woods, finishing third with a slightly weakened squad.

Not only that but we did the 'double' as after a (relatively) poor season last year (5th) our girls bounced back to win the Ladies league yet again, having won in 2006/7, 2007/8 and 2008/9 and then runners up for the next two seasons, a tremendous record!

In other competitions, we have had some patchy representation in the Kent Saturday League and we got the clubs name on the results for the SEAA Vets Championships in Essex by getting a team of three out in the Vet50 category!

We had a much better turnout for the Kent Vets Championships again held at Rose Hill School, Tunbridge Wells on 15th December with teams in the men's vet50 & 60 categories and the women's vet45.

Individually, congratulations to Penny Birchall who won the women's vet55 category and Tina Jones who won the vet65.

Into the New Year and things died a little. The Kent Championships at Detling was unfortunately held on Saturday 5th January the day before the KFL match at Minnis Bay!

So we only had two hardy representatives for the club turn out, Gareth Coult for the mens race and Faye Roberts for the womens. But this didn't stop Faye from turning out the following day at Minnis Bay with yet another quality performance!

We were expecting to put out a strong representation in the SEAA XC Championships back again at Parliament Hill this year. Originally scheduled for late January it was cancelled due to the continuing cold and snowy weather we were experiencing this season, and rescheduled for 16th February the day before our own Blean Woods XC! So we had to give up on that one this year!

After that the season closed with the KFL Presentation & Relay competition back at Nursted Court again this year and despite clashing with the rearranged Dartford 10 there was a good turnout with 30 teams entered in total and Canterbury Harriers put out 5 teams. Congratulations to our 'A' Team of Barb Wenman, Mark Ford, Tony McParland, Roddy McLachlan and Simon Jones who took the runners up prize. After that we had a buffet and the formal presentation of the awards where Canterbury Harriers received the medals and trophy as Champions of the Combined League and then the girls went up to be crowned Champions of the Ladies League! There was still more silverware to come as the awards in the individual categories followed with some great achievements. Congratulations to Mark Ford who took the 3rd place prize in the mens league, Faye Roberts who took 3rd place in the Ladies league. And in the Veteran categories, Dianne August won the FV55-59 and last but certainly not least, Barbara Wenman who won the

FV50-54 category for the last time (she will have to move up a category next year!). This is a remarkable achievement as she has attained a clean sweep, having won the category every year since entering at (would you believe) 50!

Overall it has been a great year and despite the loss of Parliament Hill xc the number of appearances that club members put in was up again this year. Congratulations to all those who managed to turn out six or more times for the club and gain their exclusive 2012-13 season kit award.

Don't forget that we will be having our own XC season awards buffet and presentation up at the bar at the Kings Recreation centre after our **Thursday run on April 25th** when we will be celebrating our own awards to our individual club cross country champions as well as all those mentioned above, and hearing about the exploits of our clubs runners in the London marathon the previous Sunday. So please do come along if you can possibly make it, it will be a sumptuous banquet! if not running beforehand turn up about 20:00.

Following this report you will find the clubs cross-country stats for the season showing who has done what, when, where, why and how! If you see any errors please let me know!

If you are new (or old!) to the club and are thinking of doing some cross country next season you will be warmly welcomed, whatever your standard, it's the taking part that counts! And lifts are usually available to these events; you don't have to get to them on your own!

There are so many benefits:

- 1) The Club will pay all your entry fees to the events listed; you can recoup your club membership on this alone!
- 2) Free lifts usually available to the league events and if we have enough support for the one off, bigger events we can often arrange for a mini bus!
- 3) Club kit (sweatshirt or kitbag etc.) with exclusive season logo will be given to all members who do six or more of any of the events listed.
- 4) You will be held in high esteem by the Club XC Management Team!
- 6) You will often get horribly muddy, wet and cold!
- 7) It has been scientifically proven that people who do lots of cross country events every season will live (on average) 50 years longer than those who don't!

So, what are you waiting for! Contact me and be committed today! I can advise you on what kit you will need.

Steve Clark – SUPREME XC Team Manager – AONB etc.

Many thanks to 'I'll buy you a drink' Steve for his continued efforts in making us proper runners - Ed

The Final X-Country and Presentation at Nursted Course in Pictures













Race Results from Kent and Around the World.....

Velocity End of '12 Run 14K - 30th December					
Pos	Name	Cat	Time	Rtg	Notes
9	Gareth Coult	SM32	57:26	67.07	Debut
Barretts Canterbury 10 - 27th January					
Pos	Name	Cat	Time	Rtg	Notes
13	Peter Hogben	SM20	59:51	74.63	Debut
49	Roderick McLachlan	SM34	1:05:05	68.63	Debut
68	Jacob Hussey	VM46	1:06:45	71.93	
79	Gareth Coult	SM32	1:07:21	66.32	Debut
81	David Bowden	VM49	1:07:33	72.73	PB
107	Faye Roberts	SF31	1:09:17	71.28	5th SenF
111	David Waite	VM44	1:09:45	67.81	PB
114	Tony Mardon	VM40	1:10:01	65.62	
128	Sarah Maguire	VF43	1:10:25	74.65	
141	Mark Wenman	VM58	1:10:53	74.78	
163	Craig Thomas	VM52	1:11:44	70.16	
164	Barbara Wenman	VF54	1:11:44	80.91	
165	James Steggles	SM34	1:11:44	62.27	Debut
179	Mark Cooper	VM52	1:12:16	69.65	
199	Paul Lucas	VM42	1:13:20	63.55	PB
249	Mike Laycock	SM39	1:16:24	59.71	Debut
253	Sasha Shaker	SM33	1:16:42	58.24	Debut
288	Michael Flockhart	SM32	1:18:20	57.02	Debut
297	Joanne Norrington	SF29	1:18:52	62.62	PB
376	Penny Birchall	VF56	1:22:35	71.69	Debut
380	David Hobson	SM31	1:22:41	54.02	Debut
390	Ryan Keenan	SM29	1:22:49	53.93	Debut
385	Grainne Brennan	SF22	1:22:52	59.59	Debut
432	David Taplin	VM50	1:24:41	58.46	
443	Robert Spaghton	VM61	1:24:56	64.18	Debut
445	Rupert Williamson	VM50	1:25:00	58.25	
480	Ella Trott	SF31	1:26:29	57.10	Debut

Barretts Canterbury 10 - 27th January continued					
Pos	Name	Cat	Time	Rtg	Notes
498	Kevin Post	VM48	1:27:14	55.88	
502	Wendy Osmond	VF47	1:27:34	62.13	
520	Thomas Millard	SM27	1:28:42	50.36	Debut
550	Jennifer Lucas	VF55	1:30:54	64.47	PB
559	Dianne August	VF58	1:31:53	65.79	
569	Louise Murphy	VF40	1:32:29	55.45	Debut
593	Karen Bennett	VF40	1:33:42	54.73	
595	Rosalie Maltby	SF24	1:33:43	52.69	Debut
604	Siobhan Wilkinson	VF42	1:34:16	55.30	Debut
605	Maria Marley	VF48	1:34:18	58.20	Debut
643	Lisa Dixon	VF46	1:37:42	55.20	Debut
677	Joanna Brazier	SF27	1:40:31	49.13	Debut
682	Emma Sherwood	SF31	1:40:58	48.91	
715	Lorna Roy	VF46	1:43:55	51.90	Debut
743	Marion Nichols	VF49	1:50:33	50.09	
765	Andrew Goodson	SM31	2:10:12	34.31	Debut
766	Joe Epsom	VM61	2:10:31	41.76	
Ashford & District 10K - 3rd February					
Pos	Name	Cat	Time	Rtg	Notes
14	Peter Hogben	SM20	36:27	74.00	
16	Simon Jones	SM37	36:31	74.72	PB
39	Gareth Coult	SM32	38:50	69.46	PB
42	Jacob Hussey	VM46	38:55	74.82	
49	Joe Thomsett	SM25	39:16	68.69	
54	Victoria Kenny	SF29	39:40	75.42	Debut
59	Faye Roberts	SF31	39:54	74.98	PB
65	Tony Mardon	VM40	40:12	69.31	
119	Bob Davison	VM58	43:53	73.26	
127	Gerry Reilly	VM64	44:15	77.03	
130	Jennifer Benson	SF34	44:21	67.46	
131	Joanne Norrington	SF29	44:22	67.43	PB
187	Mikko Jay	SM26	46:32	57.97	PB
198	Penny Birchall	VF56	47:14	76.35	Debut
218	Tony Savage	VM58	47:17	68.00	

Ashford & District 10K - 3rd February continued					
324	Margaret Connolly	VF54	51:03	69.25	PB
347	Pascal Hoberg	VM42	51:16	55.14	Debut
337	Julie Bradford	VF35	51:39	58.07	Debut
388	Jennifer Lucas	VF55	53:03	67.28	PB
446	Karen Bennett	VF40	53:55	57.88	PB
705	Jacky MacDonald	VF64	1:10:32	55.85	
Deal Half Marathon Sponsored by Adamsons Skoda - 10th February					
Pos	Name	Cat	Time	Rtg	Notes
20	David Bowden	VM49	1:28:55	73.55	
22	Gareth Coult	SM32	1:29:38	66.55	PB
27	Faye Roberts	SF31	1:30:07	73.02	PB
48	Tony Mardon	VM40	1:34:21	64.84	Debut
50	Sarah Maguire	VF43	1:34:29	73.92	Debut
51	Mark Cooper	VM52	1:34:29	70.90	
58	Mark Wenman	VM58	1:35:25	73.93	
73	Barbara Wenman	VF54	1:37:44	78.91	
114	Thomas Millard	SM27	1:42:18	58.31	Debut
241	Dianne August	VF58	1:57:53	68.13	
255	Jennifer Lucas	VF55	2:00:05	64.85	PB
275	Sally Silver	VF38	2:02:35	54.70	
309	Maria Marley	VF48	2:07:35	57.16	Debut
Portsmouth Coastal half Marathon - 10th February					
Pos	Name	Cat	Time	Rtg	Notes
44	Ray Cameron	SM37	1:35:24	62.80	
Spitfire 20 Mile - 3rd March					
Pos	Name	Cat	Time	Rtg	Notes
93	Ray Cameron	SM37	2:28:25	63.57	PB
The Greenwich Meridian 10K Road Race (Incorporating the Paul Lewis Memorial Race) - 3rd March					
Pos	Name	Cat	Time	Rtg	Notes
45	Mark Cooper	VM52	41:43	73.20	
104	Martin Henry	VM50	47:00	63.92	

Essex 20M - 3rd March					
Pos	Name	Cat	Time	Rtg	Notes
69	Jacob Hussey	VM46	2:24:41	69.44	Debut
88	Mark Wenman	VM59	2:29:08	75.09	
89	Barbara Wenman	VF55	2:29:12	81.65	
Lydd Half-Marathon - 10th March					
Pos	Name	Cat	Time	Rtg	Notes
46	David Bowden	VM49	1:26:08	75.92	PB
85	Colin Kent	VM47	1:29:52	71.67	PB
104	Mark Cooper	VM52	1:31:57	72.86	
112	Nicola Kirby	VF39	1:34:12	71.76	Debut
116	Adam Elston	VM41	1:34:28	65.22	Debut
126	Sarah Maguire	VF43	1:36:08	72.65	
172	Penny Birchall	VF56	1:40:12	78.50	Debut
367	Jennifer Lucas	VF55	1:56:20	66.94	PB



The 2013 East Kent Inter Club road relay series kicks off on Tuesday

- 14th May with the first event at Folkestone.
- Other dates and locations for the series are:
- 28th May – Minnis Bay Thanet
 - 11th June – Victoria Park Ashford
 - 25th June – Samphire Hoe , Dover
 - 9th July – Victoria Recreation Ground , Canterbury

Results Continued.....

Folkestone 10m - Essex 20M - 29th March					
Pos	Name	Cat	Time	Rtg	Notes
20	Simon Jones	SM38	1:00:42	74.63	PB
52	Peter McQuire	VM41	1:04:23	71.87	PB
57	David Bowden	VM49	1:04:35	76.07	PB
60	Jacob Hussey	VM46	1:04:44	74.16	PB
71	Gareth Coult	SM33	1:05:44	67.95	PB
84	Colin Kent	VM47	1:06:31	72.73	PB
98	David Waite	VM45	1:07:45	70.32	PB
100	Faye Roberts	SF31	1:07:48	72.84	PB
103	James Steggles	SM35	1:08:01	65.67	PB
132	Mark Cooper	VM52	1:10:45	71.14	
164	Bob Davison	VM58	1:13:02	72.57	
165	Russel Evans	VM48	1:13:06	66.68	Debut
180	Richard Hopkins	VM51	1:14:19	67.17	Debut
188	Sarah Maguire	VF43	1:14:46	70.31	
193	Sasha Shaker	SM33	1:15:00	59.56	PB
279	Marco Keir	VM51	1:20:32	61.98	
309	Ben Trott	SM39	1:22:17	55.44	Debut
310	Ella Trott	SF31	1:22:39	59.75	PB
324	David Taplin	VM51	1:23:07	60.06	
373	Jennifer Lucas	VF55	1:26:28	67.79	PB
442	Rosalie Maltby	SF24	1:32:29	53.40	PB
498	Karen Bennett	VF40	1:38:16	52.18	
521	Marion Nichols	VF50	1:43:07	54.20	PB

Many thanks to Francis Maude who does a splendid job in keeping results up to date on the Harriers website - where incidentally the results of the KFL cross country races and Whitstable Parkrun results are also available.

Thanks also to the coaching team, led by Gerry, who provide training, advice and support week in and week out to make improved times possible.



Stuart Deal Photography

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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

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Faye Wyard, daughter of the Harrier's Treasurer Phil, can offer a reliable **babysitting service** in the Faversham, Canterbury and Whitstable area. If you need a babysitter, then contact Phil on a club night.'



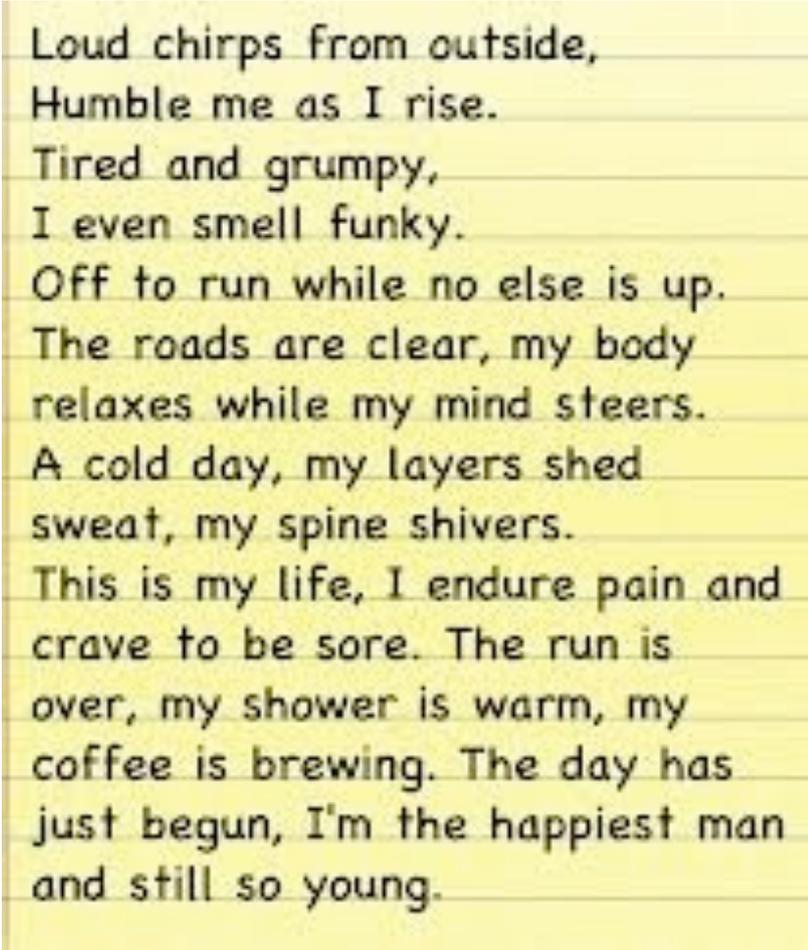
10% discount for any Harriers member in the **Animal** store, Canterbury, opposite HSBC. Just ask for Gemma or inform the member of staff at the till point

If you would like to add your business details to the Trotters pages just ping an e-mail to Ed at peter.yarlett@gmail.com

And Finally.....

Hope you have enjoyed read the Spring 2013 Harrier...

Do make sure that you put Monday 6th May in your diary as your support for the club at the Whitstable 10K is a must.....and very finally a poem....



Loud chirps from outside,
Humble me as I rise.
Tired and grumpy,
I even smell funky.
Off to run while no else is up.
The roads are clear, my body
relaxes while my mind steers.
A cold day, my layers shed
sweat, my spine shivers.
This is my life, I endure pain and
crave to be sore. The run is
over, my shower is warm, my
coffee is brewing. The day has
just begun, I'm the happiest man
and still so young.

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 at Birley's.

THE END