



# The Harrier

The newsletter of the Canterbury Harriers



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Welcome to the Winter edition of the Harrier newsletter. If you are a new member reading your first newsletter then a warm welcome to the Club. Other members already know of the treasure trove that awaits them, including the usual quirky view of the past 3 months weather - a bit like a weather forecast in reverse. Astute readers might also notice a modest change to the masthead and layout. But basically what you read is what you get!

Harrier readers know of Ed's obsession with the weather and so as not to disappoint a poem introduces the topic once more:

Weather  
Weather is hot,  
Weather is cold,  
Weather is changing  
As the weeks unfold.

Skies are cloudy,  
Skies are fair,  
Skies are changing  
In the air.

It is raining,  
It is snowing,  
It is windy  
With breezes blowing.

Days are foggy,  
Days are clear,  
Weather is changing  
Throughout the year!

The first glimpse of this years snow in early December was preceded by the wettest autumn on record (although weather records seem destined to be broken every year!) leading to country wide floods. As runners we are largely attuned to the vagaries of our east Kent micro climate but the sudden shift to cold weather and muddy ground conditions can test event the most hardened runner. One of the biggest challenges is coping with running in winter darkness when every kerb and pothole can be a potential tripping hazard waiting to happen. Of course we can do our bit in dark conditions by being visible to motorists resplendent in our high viz gear and reflective materials. Be seen and visible is the watchword.

So very well done to all Harriers who have made a successful transition to x-country running largely reflected through high attendances in the Kent Fitness League where Harriers performances and our numbers taking part has been really impressive. Keep up the good work and keep el Supremo Steve happy. Talking of Steve, he provides a bang up to date account of our x-country performances from the seasons start until now with more news to follow from the new year onwards.

The AGM, held on 25th October, was well attended with over 50 members keen to discuss club affairs and some may say controversial matters! The major talking point and voting resolution was whether, or not, to introduce a maximum membership number of 200 to the Harriers. In many ways the club has become a victim of our own success in that with ever more runners seeking to join an increasing strain is placed on our resources. The arguments in favour of a restriction are that increasing numbers places a strain on the Kings facilities and with it our good working relationship with the Kings management team. For the large part Kings welcome us to meet at the centre offering a meeting point to us come rain or shine.

What they require of us is that Harriers do not abuse the parking, shower or changing facilities by us not paying the centre for their use - this can be done by making a payment either per session or, more economically, taking an annual membership at special rate to Harriers members. This special membership gives use of showers, changing rooms and car park.

The second stretch on club resources is our ability to safely organise upwards of 60 runners at each training evening ensuring that instructions are firstly understood and secondly that the session is conducted safely. Taking these issues together your Committee, after much deliberation, recommended to the AGM a limit of 200 members. The discussion that followed centred not so much on the principle but on the mechanics of how a maximum limit as proposed would be maintained. Your committee will keep you all updated on how this new system works and of course there will be the opportunity to revise once we see how it works in practice.

The second voting decision was a Committee recommendation to increase club fees to £25 with the usual reductions for family membership. The intention in proposing an increase was to protect our reserves and also to channel further benefits back to members. The decision was largely taken out of our hands when in the run up to the AGM England Athletics chose to advise us that the individual EA registration fee would be doubled and in doing so wiping out at a stroke the proposed increase! In agreeing the increase in fees, and as part of the implementation of the 200 membership limit, late payers of membership fees would by default be considered as no longer wishing to retain their Harrier membership.

Since the AGM Gerry Reilly has attended an England Athletics meeting called to 'consult' on the proposed EA membership fee increase and Gerry's feedback from the meeting is contained within this Newsletter. The latest news is that EA is continuing with its plan to increase the individual membership fee from £5 to £10 which will be levied on all athletes irrespective of their discipline. If the increase goes through it will mean that 40% of the Harriers membership goes straight to EA coffers. Rest assured that your Committee will be considering all options to get the best result for members.

And so where does the club currently stand? It was reported at the December committee meeting that there are currently 173 paid up members so there is still headroom at this time for new members.

The rest of the AGM items were no less important and can be reviewed thanks to Tina's excellent minutes included within the Newsletter. At the AGM we also welcomed to the Committee Jenny Benson (runners representative) and Andy Farrant (membership). Both are highly respected members who will certainly add their experience and wisdom to club business. No one has yet told them that it is a life sentence.....

With 2012 now behind us (and what a fabulous year of athletics it has been) our thoughts turn to our own Whitstable 10k bringing with it a busy period of race organisation led by Tim as Race Director and his team of co-ordinators. You as members have asked how you could be further involved in helping with the race organisation in addition to the very important tasks carried out by members, family and friends on race day? This shows the excellent spirit of shared enterprise that the club fosters.

And so the solution is that each of the co-ordinators for the specific elements of race organisation has been invited to have a 'shadow' co-ordinator from amongst members who have offered their help. A list of co-ordinators along with their shadows is shown within the newsletter. Remember, it is never too late to offer your support to the club whether it is at the Whitstable 10k or in the multitude of other activities that makes Harriers membership so valued. For example, Jo Norrington has kindly offered, and been accepted, to take over from Mark and Barbara the sale of club kit. Thank you Jo.

Speaking of club activities the XMAS presentation dinner held in early December at Boughton golf club was a bigger sell out than a Rolling Stones concert and a hundred times better value! Tina's excellent organisation both in ticket sales and in reminding us of our meals on the evening provided the opportunity to concentrate on alcoholic consumption. Roy and Gerry led the awards presentation in showcasing Harriers achievements over the past 12 months. And what achievements they are. A full list of award winners is shown inside the newsletter.

During the evening the London Marathon places were drawn with the four lucky(!) runners being Gerry Reilly, Barbara Buczek, Andy Farrant and Fidelma Atkinson. Good luck to everyone starting spring marathon training after the Christmas and new year excesses. Is it really 2013 already? Gerry has e-mailed to members the Spring marathon training schedule so if you haven't seen it yet check your in-box of the 21<sup>st</sup> December.

In addition to excellent cross country performances Harriers have also been competing on the road and results since September are included inside this issue. Special mention must be made of Emma Sherwood continuing her distance running bonanza in the Berlin marathon; and marathon PBs by Faye Roberts and Phil Wyard. PBs were achieved over the half marathon by Pete McQuire, Jacob Hussey, Faye Roberts, Gareth Coult,, Jenny Lucas, Craig Thomas and Wendy Osmond.

Tony Mardon, Nicola Kirby, Jacob Hussey, Faye Roberts and Jenny Lucas all achieved PBs over 10 miles. Further PBs over the 10K distance were achieved by Peter Hogben, Joe Thomsett, Jacob Hussey, Roddy McLachlan, Phil Wyard, Faye Roberts, David Waite, Craig Thomas, Sally Silver and Marian Nicholls.

Judging by the number of PBs and excellent times we are in serious danger of becoming a proper running club! Many debuts were also made over a variety of distances and all Harriers are to be congratulated on their achievements. 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.

For our own Whitstable 10K do put Monday Bank Holiday 6<sup>th</sup> 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 activities throughout the year.

Other items in this issue include a profile of stalwart member Bob Pullen, 'Why I Love Running - Peter Yarlett', 'Funny Shoes' - Adrian Fox, 'Jacky MacDonald - Park Run Inspiration', Harriers Award Winners 2011 - 12, 'Training by Heart Monitor - Phil Wyard', 'Tim's Non-Running Year', Kit Korner, Harriers Trotters





## Spotlight on Bob Pullen

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

A. I was working for the Civil Service in London about 12 years ago when a few people in the office, who all did a range of different sports, decided it would be a good idea to go jogging one lunchtime a week. We were based in Victoria so we could easily get to St James's Park or along the river to Battersea Park. Someone spotted a flyer for the Civil Service 10k championships which were being held in Battersea Park that year, and at the ripe old age of 38, that was my first road race (48:36). At the time I was living in Croydon. One thing led to another and I finally plucked up the courage to go out on a training run with Striders of Croydon AC, apprehensive about whether I would be able to keep up with them. I wonder how many tens of thousands of seasoned runners across the country have shared that experience! As a result, I got my 10k PB down to under 45 minutes within two years. I have logged all of the races and events I have taken part in since that time and am approaching 300.

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

A. I was never really into sports at school. I took part, but didn't show any aptitude for anything in particular. I started joining in a kick around in a local park after work in London back in the 1980s. From humble beginnings, a football team developed which is still going strong now. They play 'friendlies' every Thursday night at Battersea Park on the astroturf pitches all year round. I finally 'hung up my boots' in 2002 after a fairly undistinguished career as centre and then right back. Every team member had a pseudonym and mine was Nobby Stiles. I can still do his 1966 World Cup dance (for a small fee).



I started commuting to work by bike in the early 1990s. This led to me acquiring better and better bikes as a result of the money I was saving on fares. I didn't fancy getting into cycle racing, but was interested in touring and long distance cycling. I started going out on Sundays with the West Kent Cycling Tourists' Club on all day rides. This quickly got my weekly mileage up! After doing a couple of their reliability trials, I started entering something called Audax randonnees. These are based on a continental system where riders

all set off from a central point and then navigate themselves around a predetermined course out in the countryside passing various check points before finishing back at the start point. It isn't a race and there are no prizes for returning first. It's for all abilities, but you need to arrive at each check point and the finish within an allotted time limit. The distances vary from 200km to 600km. Yes, that's right! The king of the randonees is the Paris-Brest-Paris which is 1,200km. My crowning glory was completing a 300km event in 1992. This started at 3am from Shoreham-by-Sea, followed the coast round to Folkestone, turned inland to Gatwick Airport before going back over the South Downs to finish back in Shoreham at 9pm the same day. I slept rather well that night!

Apart from going out now and again with my family, I have rather given up on cycling as it takes so much time out of the weekend. Hopefully I will get back into it once the kids have grown up. I keep promising to clean the dust off my old road bike and do one of the 'sportifs' some of the Harriers are doing.

Q. What is your favourite training session?

A. The track sessions at Birley Field during the summer.



Q. What other sports are you interested in watching?

A. As a life long West Ham supporter, I naturally prefer to watch cycle racing. I have been following the Tour de France for years on TV and hope to be able to go over to France and watch it in the flesh once I'm done with work. I have seen part of the stages when it visited England a few years ago and back in the 1990s. There really isn't anything like it in the world. When we had some French visitors from Dainville stay with us, we watched a replay of one of the stages on TV and followed the route on map! Eurosport has really good coverage of major cycle 'classics' such as the Paris-Roubaix (the 'Hell of the North') and Liege-Bastogne-Liege.

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

With difficulty. My current job involves attending evening meetings of the council and these often fall on a Tuesday. Thursdays are generally out as a result of my kids sporting and social schedules. I often get an opportunity to run out of a lunchtime and there is some really nice countryside near to Sittingbourne as anyone who has done the Sittingbourne 10 can testify. If I have less time I can go to the gym, or have a dip in

the pool. I tend to swim as a recovery mechanism as my freestyle technique resembles someone in severe distress.

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

A. Monday lunchtime: swim; Tuesday evening: Harriers session; Wednesday lunchtime: gym or 5 mile run; Thursday: rest; Friday: rest; Saturday: Whitstable Parkrun or 'active marshaling' (i.e. Trying to get the younger buggers off the path and onto the grass); Sunday: hopefully some sort of race.

Q. What are your favourite races and distances?

A. 10 miles is my favourite distance. I always try and complete the Folkestone 10 every Easter Friday. On a good day, the sun is shining, the sea is calm and you can see France across the channel. On a bad day.....

I generally enjoy the cross country events – even Minnis Bay. The Kent Fitness League is a great concept. The summer pub runs too – but as they and the French trips enable me to exercise one of my other great enjoyments in life (and no, that's not speaking French), but that probably goes without saying!



Q. What are your future goals and ambitions?

A. I haven't got any major ambitions in respect of achieving better times or longer distances. However, I do want to experience even more events over the channel, perhaps with the Harriers. Eg. La Champenoise de la vallee de la marne: <http://www.lachampenoisedelavalleedelamarne.com/> – a 20k 'run' in fancy dress which weaves its way through the champagne vineyards and villages near Reims. The refreshment stops are stocked with wine and champagne and everyone camps near the finish because they are too sloshed to drive! I also want to continue to develop the twinning possibilities between Harriers and groups over the channel.

Q. How do you keep motivated to run?

A. I don't really have a problem with motivation to run. I could be a lot more disciplined about training, particularly in preparation for the longer events. I seem to have the stamina to get round them, albeit slowly.

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

A. I'd much rather a bottle than in front of me that a frontal lobotomy.

## **Frog feet - a possible alternative to the Marks and Spencers slippers that you received for Christmas?.....Adrian Fox**

I hope that by writing this article I am not stepping on any of Canterbury Harrier's protocols by reviewing a new running product!

I have lost count how much I have paid the physio over the last year or so through my rather annoying reoccurring injury to my Achilles. This is where my article starts: lying on the physio table at 8am on the Monday morning and looking down the hole in the physio table and discovering that my physio was wearing rather strange brightly coloured footwear! For those who have not read the celebrity gossip a new trend has started about running 'barefoot' or in Vibram Fivefingers - see photo below.

My curiosity did get the better of me and I enquired about whether they were comfortable and the potential benefits. My physio spends a lot of her time on feet and could not rave enough



about the potential benefits of wearing them for your posture. According to the Vibram website the 'flexible soles that are contoured to the shape of the foot, allow the biomechanics of the foot to work, whilst stimulating the muscles in your feet and lower legs'. Ultimately, they are meant to improve balance, posture and agility (I could benefit from all of these!). After several more trips to the physio and my bank balance declining rapidly, I was getting fed up and decided that I may as well give it a try so I duly placed a bid on Ebay. Alas my first attempt was completely unsuccessful as I later discovered that it was a fraudulent Chinese

website which failed to deliver my new shoes!

Dispute settled via Paypal I successful bid again with a UK seller. A week later the postman delivered my strange looking shoes for a total price £52. The shoes still had their original labels on them and looked brand new but there was note from the previous owner 'Hope you enjoy wearing your strange shoes as I tried them on once and couldn't get on with them!'. Was this an omen?

Wearing these minimalist shoes for the first time is a unique experience as I have discovered my little toes are convinced that they need to be tightly drawn together! After several months I have noticed that by just wearing them in the evening they are lot easier to put on despite my girlfriend Karen calling them my Frog feet! I must admit I have not braved the outside world wearing them or tried to run in them but I do now find them comfortable and feel that they are very good for my feet and calves especially after a long run. I did, however, answer the door to my next door neighbours the other night and I suddenly noticed that they had stopped talking to me and were looking rather curiously at what I was wearing on my feet!

Is this just a celebrity marketing fad or are you brave to try Frog feet if like me you have suffered from a recovering injury? I will leave it up to you to decide.....



**I love running.....Peter Yarlett**

I do know that if i'm in a grumpy mood I can stick on my trainers and head out the door and my gripes soon reduce. So running must be good for me. I know myself and what works to keep a good life work balance. However for a discipline that's supposed to be good for well-being you never quite know where you are with it. Barely a day goes by without the papers reporting a new study on running that seems to contradict a previous one. Does running put too high a strain on the heart? Will running result in dodgy knees and chronic rheumatism? Will it lead to unhealthy weight loss?

At the end of the day we all get to choose and if we enjoy running and feel it's doing us good – well then, in a way it already is just by virtue of that. It's self-fulfilling.

Here, in no particular order is a range of reasons why I love running, and why I will always try to run no matter what theories or studies say!

I enjoy it and it cheers me up to feel free to roam and hear the rhythm of my breathing (except on hills) and the patter of my feet on the ground.

It makes me feel healthier. I've been a runner for 40 plus years, and at 60 I think I'm in better shape than many contemporaries. My heart, hopefully, is healthier, muscles stronger and more flexible (when I have time to stretch properly!).

Running gives me headspace to get off the treadmill of work and smart phones to do my best thinking, solving problems, make lists, hatch plans and day dream about nothing in particular.

It's free and anyone can do it. Running is as cheap or expensive as you want to make it. You can invest in a £150 pair of trainers or get a £40 pair from Direct Sport. GPS tracking is a nice watch but not essential. What better value is the than £25 per year for Harriers membership?

It brings people together. The Harriers are a fine community to be a part of where the successes and disappointments of running are shared together on Tuesday and Thursday evenings and on race days. Many lifelong friendships are forged and newcomers can always find a warm welcome.

You get out what you put in. There is always room for some kind of goal to be chased whether it is a personal or team achievement. With running, you can give it your all and train hard for a particular race if you wish, or you can just go for a slow plod with no real target in mind. It's your call.

Running is a blessing and I feel lucky to be a part of it.....



**Harriers showing Christmas spirit**

# CANTERBURY HARRIERS AGM MINUTES

25<sup>th</sup> October 2012 (to be confirmed at the next AGM)

## Present:

Tim Richardson-Perks	Chairman
Gerry Reilly	Chief Coach
Steve Clarke	Coach
Peter Yarlett	Deputy Chairman
Roy Gooderson	Admin. Officer
Phil Wyard	Treasurer
Mark Wenman	Runners Rep
Tina Jones	Club Secretary

There were approximately 50 other members present.

## 1. Welcome

Tim 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.

## 2. Apologies:

Francis Maude, Sean Riley, Sue Riley, Rupert Williamson, Kevin Post, Brian Davis, Nicola Kirby

## 3. Chairman's Report

Tim said it had been an interesting first year for him as Chairman and a hectic year for the club with good and bad points.

On the up side it had been a good year with members running well turning out for several events including our annual trips to Reims and Le Touquet. Cross country and the KFL league had been well represented by club members and we had enjoyed some good social events the main ones being the quiz nite presentation evening and pub runs.

On the down side there was a growing strain on our relationship with Kings because of our high membership which caused pressure on space both in the car park and changing rooms. With help from the staff at Kings we are working on trying to sort this out.

## 4. Treasurer's Report

Phil had distributed copies of the Club's unaudited income and expenditure accounts for the year to all members present informing them that the accounts were prepared on a payments and receipts basis. All was looking healthy which is largely thanks to the income generated from the Whitstable 10K.

The social activities within the club stems from this profit. The main change in the rise in club funds is the increase in membership which has enabled the club to invest in more coaches. There had not been any expenditure on kit this year but new stock arrived this month.

The reserve account was enjoying a huge 0.5% interest rate!

Dainville had started out as an exploratory trip but had become very successful and so will be included in the club's accounts re. subsidy and expenditure.

As there has not been much of a rise in the cost of things we seem to be a little better off this year

John Minshull asked Phil if there was a current published certified set of accounts. The auditors will soon be issuing their report.

#### 5. Election of Committee

Current committee members agreed to stay on for another year for which Tim thanked them, they were duly re-elected. Jenny Benson had put her name forward to join us as a runners representative, she was voted in unanimously.

#### 6. Membership Fees

Tim told the members that our fees have been stable for three years and there were several pluses for being a member which included reduced race fees and free entry to the KFL. Unfortunately the EAA are doubling their fees this year for running club members from £5 to £10. All is outlined on their website. It might be that we could change over to an alternative organization - Arch, this will be considered next year. So for the time being to accommodate the increased EAA fees Tim suggested to members that membership fees should go up accordingly i.e. from £20 to £25 with family membership costing £40. John Minshull queried that we do have a healthy bank account so maybe the club could subsidise the increase but it was generally felt by members that the fees represented excellent value for money. A vote was taken and carried unanimously.

#### 7. Membership

The club has grown in size quite considerably over the past year. This is great news for us but it is becoming a bit of a problem as far as using Kings facilities is concerned. There is pressure on space in the car park and with lockers in the changing rooms. Therefore it is proposed to cap membership with Canterbury Harriers at 200 (we currently have 195 members). Subs are due now and members will be given until the end of November to pay with just one reminder being e-mailed out this year. After that there will be no more reminders or chasing up, membership will be considered 'lapsed' and names will go to the bottom of the waiting list.

Jo Norrington asked how the waiting list would be managed, Tim replied this would be monitored on a monthly basis.

Marco said that there were two issues with regard to this:

i) lapsed membership

ii) the mechanics of how the lapsed membership is sorted

There was general chat from the floor with regard to this issue, eventually it was decided that members would be notified on the website.

It was suggested that perhaps subs could be paid by direct debit or standing order which would negate the need to remember to send a cheque each year. Phil will look into it for us and the committee will review this idea at their next meeting.

A vote was taken to limit the club membership to 200 and was carried by a majority.

Members will be kept informed by e-mail on how things are going.

#### 8. Race Charities for 2013

Now that Dave Lee's Happy Holidays charity has been wound up due to his untimely death earlier this year we need another charity to support. The proposal from the committee was Demelza House, this is a local, children's charity and Dave wanted any monies left over from his charity to go to Demelza House. A unanimous vote was taken from the floor.

#### 9. New Membership Secretary

Sue Reilly will be standing down after serving on the committee as membership secretary for many years. Happily Andy Farrant put himself forward for this role and was elected unanimously.

#### 10. Race Organisation Team

Tim is race director for the Whitstable 10K and Mount Ephraim.

Roy is race director for our cross country race at Blean.

The life of Mount Ephraim might be short lived as we are considering not holding this event again, but we would be looking for an alternative race to which to invite our French friends but not necessarily one we organize.

Tim said that important roles in our key races need to be shadowed and an e-mail will be sent out to all members asking for volunteers, it would be good to have a team in place by Christmas. Peter has produced an excellent review on the roles together with a mini job description.

#### 11. Kings

Tim and Sue have had a couple of meetings with staff at Kings with regard to an alternative meeting place on club nights to alleviate the pressure on space but could not come up with an alternative. We now meet in the fencing room.

Kings have asked us to make it absolutely clear that it is essential to be fully paid up members at Kings in order to use the facilities, they have asked us to 'crack down' on anyone found using Kings but are not members. They admitted that they were guilty of not policing the situation closely enough but hope to



rectify this in the future. Anyone who is not a member may be able to leave their bags in the fencing room whilst out training but there would be not security for belongings.

## 12. A.O.B.

- i. Parkrun: Jacky thanked members for the donation by the club towards two trophies for the second anniversary of parkrun, they will be for the male and female most improved runners.
- ii. Start Time: The annual niggle about a prompt start on club nights was raised again by Vim. There will be notices at 6.45pm and we will go at 7pm sharp. It was also suggested from the floor that perhaps there could be four groups instead of three as some runners find they are being 'held back' by slower runners in their particular group. Gerry reminded us that the Thursday night run was a social run. Logistically it wouldn't work to have another group as there needs to be quite a bit of pre-planning. It is very difficult to address all abilities, it is up to the coaches to organize the group accordingly.
- iii. Presentation Evening Tickets are now available at £15 for members and £20 for guests.

There being no other business, Tim closed the meeting.

## **IMPORTANT FOLLOW UP TO THE AGM**

Following the AGM the club were invited to attend a regional meeting organised by England Athletics to 'consult' on the proposed EA membership fees increase. Gerry kindly attended on behalf of the club and his note of the meeting is include below. As Gerry commented after this meeting...'watch this space'.

The very latest position at the time of going to 'print' is that EA is continuing with its plan to increase the individual membership fee from £5 to £10 which will be levied on all athletes irrespective of their discipline.

Your committee will, of course, communicate to members as developments occur  
(Ed)

## **England Athletics Consultation on Club Membership Fees.....Gerry Reilly**

**Gerry recently attended an England Athletics consultation meeting on club membership fees. This Gerry's note of the meeting and in his own words WATCH THIS SPACE....**

This was the final one of three consultation events held in the three EA regions as a result of concerns/complaints following the EA's recently announced plans to increase club membership fees.

Various representatives of the current England Athletics board attended and addressed the meeting. There were at least one hundred representatives from clubs in the Southern Region.

### **A brief summary of the proceedings:**

The meeting started with a clear apology from the board representatives that in the process of arriving at the decision to announce the fee increases they had failed to consult clubs properly, failed to communicate with clubs properly and had failed to be transparent in their dealings in the matter at hand. They gave a clear undertaking to rectify these faults in their relationship with clubs in the future irrespective of the outcome of the issue at hand.

Following this there was an explanation/presentation on the funding issues which led to the decision to increase membership fees.

**If I have understood the above correctly** there is an expectation that the level of funding from England Athletics main funding source, which is Sport England (itself funded from National Lottery and Exchequer sources) is expected to drop significantly. The exact level of the drop would be known to EA on Monday 17<sup>th</sup> December. At the moment Sport England provides 80% of EA funding. EA are anticipating that this would drop to 70%. In order to maintain the levels of services which they are currently providing/hope to provide in the future they therefore had to look for alternative sources for funding to make up the expected shortfall, the main one of which is club membership fees. Ergo the decision to increase club members fees from April 2013.

They then invited comments from the forum. There followed a large volume of comments from various club representatives almost all of them highly critical of the handling of the issue together with more general queries on the structure of the sport governing bodies and comments/queries on the actual benefits to individual club members from affiliation fees, and the role of club officials in administering the system for EA. There were also a few ad hoc straw polls called for by a couple of representatives

**The outcome of this consultation exercise, again if I have understood it correctly, is as follows:**

As a result of the consultation events and the feedback from them **EA would not be proceeding with the increases at the levels currently proposed.** It was stated that

the majority of club representatives at the other two meetings had indicated that an across the board increase of £5-00 for all club members would be acceptable – this would mean that irrespective of the type of activity membership fees for all club members would be set at a maximum of £10. It should be pointed out however that there appeared to be a large majority of representatives in this Southern region forum who were against any form of increase.

The EA representatives indicated that following the clarification on Sport England funding and having taken into account feedback from the three consultation events they would be communicating their revised proposals to clubs as a matter of urgency.

It was made clear throughout by the EA representatives that any future shortfall in funding would inevitably lead to a fall in the levels of services which EA provide, specifically in the areas of athlete development, coach and officials training and development and event organisation and support.

**END**

## NEW RACE SERIES.....

### **5k and 10k races at Cyclopark, Gravesend – Russell Williams**

Nice Work are organising a series of 5k and 10k races at the new Cyclopark facility, just off the A2 near Gravesend (on the A227 turnoff south of the town). Races are held on the second Wednesday each month from October through to April. I took part in the November 5k; excellent traffic free roadway, wide, twisting and undulating. The central part of the course was floodlit, but then pitch black at either end (I am not sure if the lack of lighting was a one off, but it did make it a little more difficult). They start the 5k at 7 pm and the 10k at 7.45, the longer race being the more popular at the November event. Facilities on the site are very good with lots of parking, changing/showers and a good restaurant/café. So these events might be worth a try, particularly when it warms and lightens up a bit in the spring.

The website is [www.nice-work.org.uk](http://www.nice-work.org.uk) The entry fee for affiliated athletes is £7, plus £2 if you enter on the day. There is also an entry fee for a block of three and six races (it explains all this on the entry form on their website). Nice Work seem to be organising a lot of the road races now; for example they did the recent Ashford 10k. They accept postal and internet entries.

## **Jacky MacDonald - Parkrun Inspiration.....Peter Yarlett**

Harriers will know that just over 2 years ago Jacky MacDonald had the drive and determination to set up from scratch the Whitstable Parkrun. It is still the only Parkrun in Kent from amongst 170 Parkruns countrywide.

In recognition of her efforts, and the impact that Parkrun has had on so many people, Jacky was nominated for the recent Canterbury and District sports awards in the 'Community' category. Shortlisted prior to the formal presentation with 2 other extremely strong entrants Jacky's citation was worded as follows:

"Jacky had the idea, determination and organisational skills to set up Whitstable Parkrun just under 2 years ago. The 2nd anniversary will be in November. The concept is that runners/joggers/novices/children of all abilities can take part in a weekly timed run of 5K along Tankerton slopes and the sea path starting at 9.00am each Saturday morning.

Jacky led the fundraising effort to raise funds to purchase the timing equipment within the auspices of the national Parkrun organisation. From humble beginnings over 700 runners are now registered with Whitstable parkrun with an average of 130 running each week. Many runners have joined the run having had little or nil background in sport and entirely due to the community ethos of the event they have progressed to being able to run/jog the whole 5k. We now see an increasing number of families (even babies being pushed in buggies and dogs) taking part and the whole event is experienced as a fitness and social event. As well having established Parkrun Jacky is the weekly co-ordinator of volunteers and takes responsibility for the collation, publishing of results and her lively personality ensures that all are made welcome to the Whitstable Parkrun experience. Jacky also takes part in the run whenever she can".



**Jacky - centre stage -  
collecting her award**

The judging panel, clearly aware of Parkrun's impact on the community, awarded Jacky first place for her fine and continued efforts. Jacky modestly collected her award and was kind enough to acknowledge the help of many others in shaping Parkrun for the whole community of runners that now take part.

Well done Jacky.....



## **An Introduction to Running with a Heart Rate Monitor.....Phil Wyard (Club Coach)**

After a year or two of running races and regular training, the improvement in race-times will start to reduce and runners will look for techniques to take another 5% off their Personal Best.

There are quite a few ways to do this, e.g.

More mileage, i.e. regular longer runs

Having a training schedule specific to the race you're entering

Having two clear rest days before a race

Then there are other methods that will improve your race preparation less significantly

Better diet

General stretching and upper body exercises.

However, something that is more difficult to manage, but still interesting and successful is the use of a heart rate monitor and chest strap. This basically uses your heart as a guide to how much your own particular body can sensibly exercise, instead of using a generic program based on average capabilities, from a book or a magazine.

So that's the key to it. You just need to do a bit of research to get going.



**It doesn't have to be a Garmin.....**

Firstly, the runner will need to take their resting and maximum heart rate.

The maximum heart rate is the important one and can cause difficulties as each individual has their own unique maximum heart rate. The best way to do this is to record your rate during a few 5k races when you have given it everything. Perhaps at a Park run. You may possibly experience a freak or outlying result but they are best ignored, as it will make your resulting training schedule harder /easier than it should be.

Forget about taking 220 less half your age, because there is no need to estimate, when you've got the equipment to find out accurately the correct result.

The Resting Heart rate is easy. Just put on the strap and monitor first thing in the morning, while waiting for your partner to bring the breakfast in!

The resting heart rate should be between 40 and 50 for an athlete, (this means you!), and the maximum should be anywhere between 170 and 200.

My rates are 43 and 184.

The easiest way to go for from here is to train/race at a set percentage of your max heart rate.

The required rates are all in available texts. An especially good one is 'Heart Monitor Training for the Complete Idiot' by J L Parker. ISBN no. 0-915297-25-6.

Tempo runs – 80%

Recovery Runs – 65–70%

5K – 90–95%

10k – 85%

Half Marathon – 80%

Marathon – 70–75%

The equipment is important as it all depends on the signal. If you can remember trying to listen to Radio Luxembourg on the medium wave radio, it gives you an idea of the difficulties your monitor will have in getting the correct data if your equipment isn't set up correctly. You need to maximise the chance of the signal getting from your heart to the monitor. The use of electrode gel is a must. It's also nicer than spit and better than water. Also a monitor with a backlight helps – so much training is done in the dark.

So that's the basics of using the heart rate monitor. The next step is to combine that with a structured training programme. There are a few rules which apply to all running training programmes, which should be followed for best effect.



**Phil relaxing his heart rate....**

**1. HARD-EASY-HARD-EASY**

Or Tempo run/speed session /interval training/long run followed by a recovery run.

A runner can do fewer miles and train better if you stick to this simple rule.

2. The Recovery Runs should be done at 65%–70% of your maximum. I haven't been too specific about the percentage as you will need to experiment to find what suits you best. This may seem slow at first, but it is the right way to do recovery runs.

What you'll find over time is that your 65–70% gets faster as your heart adjusts to the new training schedule.

3. Tempo runs should be done at 80%, which conversely may take you out of your comfort zone slightly. The weekend long run, as long as it is over say 12 miles should count as 'hard' even though it is done at a slow pace.
4. Be specific about the target races, so that you train specifically for a certain distance race. Training programmes with sessions that recommend running at a certain heart rate for any distance up to marathon are downloadable from Runners world website, and can be put on your heart monitor, Garmin or otherwise.

#### The Proof:

One race where I used just a heart rate as a guide was the Lydd half marathon a couple of years ago. Not only did I drop below my target of 90 minutes for the first time, but came in with a time of 1:27:20, by sticking exactly to 80% of max heart rate for the whole race.

If you have a look at the testimonies in the book 'Heart Monitor training for the complete idiot', they are fairly convincing and seem to be honest accounts of improvements people have made when they stuck to a programme based on heart monitor training.

I don't want to be evangelistic about this, as it is really up to individuals to try it out if they feel improvements in race times are important enough to them, as there is a bit more to do than just popping out for a run. Other people will find they improve well without the aid of a heart monitor. You'll probably find these people are quite in tune with their body's capacity already and have a good structured training schedule.

Please note that you may find it hard to get a new copy of the book, but second hand versions are available on Amazon. See Runners world reviews for their comments, and recommendations of other useful books.

**NOTE:** In sharing his experience Harriers will see elsewhere in the results section that Phil is still beating his PB for a range of distances so his ideas on heart rate training are clearly working.....(Ed)

PS: Phil is also Club Treasurer so he might soon be able to afford that Garmin!!

## Road Race Results from around the World and across Kent.....

<b>Berlin Marathon - 30<sup>th</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
6403	Emma Sherwood	SF31	4:59:16	46.40	
<b>7th Folkestone Rotary Half Marathon 2012</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
15	Peter McQuire	VM40	1:25:24	71.64	<b>PB</b>
22	Jacob Hussey	VM46	1:29:23	71.51	<b>PB</b>
26	Philip Wyard	VM50	1:31:21	72.16	
42	Faye Roberts	SF30	1:33:33	70.34	<b>PB</b>
52	Gareth Coult	SM32	1:34:34	63.08	<b>PB</b>
54	Mark Cooper	VM51	1:34:41	70.18	
222	Margaret Connolly	VF54	1:55:41	66.67	<b>Debut</b>
261	Sally Silver	VF38	1:59:07	56.30	
373	Jennifer Lucas	VF55	2:16:36	57.00	<b>PB</b>
<b>Royal Parks Foundation Half Marathon - 7<sup>th</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
3593	Wendy Smith	VF54	1:52:35	68.49	
7158	Jane Elder	VF56	2:08:44	61.11	<b>Debut</b>
<b>Sittingbourne Striders Chas Ryman Memorial 10 - 7th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
16	Tony Mardon	VM40	1:07:31	68.05	<b>Debut</b>
22	Mark Cooper	VM51	1:08:54	72.45	
39	Nicola Kirby	VF38	1:13:41	68.49	<b>Debut</b>
53	Bob Davison	VM58	1:16:15	69.52	
78	Tony Savage	VM58	1:21:05	65.37	
123	Bob Pullen	VM50	1:31:51	53.91	
<b>27th Maidstone Half Marathon Incorporating Kent Grand Prix and Kent Championship - 14<sup>th</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
290	Mikko Jay	SM26	1:48:26	55.01	



<b>Givaudan Ashford 10K - 14<sup>th</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
18	Peter Hogben	SM20	35:17	76.45	<b>PB</b>
44	Joe Thomsett	SM24	37:22	72.19	<b>PB</b>
65	Mark Baker	VM40	38:16	72.84	
72	Jacob Hussey	VM46	38:26	75.77	<b>PB</b>
76	Roderick McLachlan	SM34	38:38	69.82	<b>PB</b>
74	Tony Mardon	VM40	38:42	72.02	<b>Debut</b>
82	Philip Wyard	VM50	39:16	76.48	<b>PB</b>
118	Faye Roberts	SF30	40:46	73.39	<b>PB</b>
126	David Waite	VM44	41:07	69.76	<b>PB</b>
157	Mark Wenman	VM58	42:08	76.34	
167	James Steggles	SM34	42:29	63.49	<b>Debut</b>
190	Barbara Wenman	VF54	43:07	82.00	
203	Craig Thomas	VM51	43:36	69.46	<b>PB</b>
255	Martin Henry	VM49	45:04	66.14	
257	Russell Williams	VM68	45:27	78.33	
281	Tony Savage	VM58	46:17	69.49	
497	Margaret Connolly	VF54	51:42	68.38	<b>Debut</b>
507	Sally Silver	VF38	52:05	58.97	<b>PB</b>
574	Julia Kelsall	VF38	53:42	57.18	<b>Debut</b>
668	Peter Luetchford	VM58	56:35	56.83	
673	Wendy De Boick	VF60	57:01	65.97	
741	Marion Nichols	VF49	59:16	56.89	<b>PB</b>
795	Dawn Sahathevan	VF47	1:01:29	53.87	
881	Jacky MacDonald	VF64	1:11:08	55.38	

<b>Reims 10K - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
882	Roy Gooderson	VM55	49:08	63.72	
3595	Jane Elder	VF56	1:01:54	58.26	
3916	Alix Cox	VF35	1:03:42	47.09	
<b>Reims Semi Marathon - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
588	Colin Kent	VM47	1:38:29	65.39	
590	Craig Thomas	VM51	1:38:32	67.44	<b>PB</b>
945	Andy Farrant	VM56	1:44:24	66.36	
1022	Tony Savage	VM58	1:45:40	66.76	
1064	Neil Godden	VM58	1:46:09	66.45	
1749	Barbara Hutton	VF46	1:54:35	62.54	
1750	Wendy Osmond	VF47	1:54:35	63.09	<b>PB</b>
1902	Bob Pullen	VM50	1:57:23	56.15	
2517	Carl Treleaven	SM39	2:05:45	48.31	<b>Debut</b>
<b>Amsterdam Half Marathon - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
514	Mark Cooper	VM51	1:30:47	73.19	
11438	Jennifer Lucas	VF55	2:18:27	56.25	
<b>Amsterdam Marathon - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
848	Philip Wyard	VM50	3:11:09	72.68	<b>PB</b>
1547	Faye Roberts	SF30	3:21:09	69.03	<b>PB</b>
<b>Abingdon Marathon - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
100	Peter McQuire	VM40	3:01:27	71.07	<b>Debut</b>
<b>Chilham Castle 10Km - 21<sup>st</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
5	Richard Austin	SM33	47:27	56.85	
12	Thomas Millard	SM27	58:53	45.81	
<b>Nike Run to the Beat - 28<sup>th</sup> October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
668	Ben Sanders	SM29	1:35:57	62.17	<b>Debut</b>

<b>Deal 5 Miler - 4<sup>th</sup> November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
7	Tony McParland	VM43	31:50	69.71	
18	Jacob Hussey	VM46	31:52	72.25	
29	Ray Cameron	SM37	33:16	65.35	
32	Gareth Coult	SM32	33:30	64.02	<b>Debut</b>
34	Faye Roberts	SF30	33:38	70.75	<b>Debut</b>
47	Mark Wenman	VM58	35:17	70.63	
77	Barbara Wenman	VF54	37:12	72.88	
84	Sarah Maguire	VF43	38:00	65.46	
164	Joanna Brazier	SF27	47:09	50.47	<b>Debut</b>
168	Jennifer Lucas	VF55	47:52	59.47	
170	Jane Elder	VF56	48:10	59.12	<b>Debut</b>
194	Marion Nichols	VF49	51:26	52.26	<b>Debut</b>
204	Gillian McLaren	VF66	53:49	59.10	
<b>The A20 Path 'n Downs Marathon and Half Marathon - 18<sup>th</sup> November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
19	Sarah Maguire	VF43	3:32:19	68.78	<b>1st female</b>
33	Colin Kent	VM47	3:40:17	61.62	
115	Sally Silver	VF38	4:37:09	50.60	
<b>Gosport Half Marathon - 18<sup>th</sup> November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
231	Mark Cooper	VM51	1:29:17	74.42	<b>PB</b>
<b>Saxon Shore Marathon - 2<sup>nd</sup> December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
5	Colin Kent	VM47	3:35:20	63.04	
22	Sally Silver	VF38	4:29:24	52.06	

<b>Thanet Roadrunners AC Alan Green Memorial 10 Mile Race - 2<sup>nd</sup> December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
11	Jacob Hussey	VM46	1:05:15	73.57	<b>PB</b>
24	Faye Roberts	SF30	1:08:36	71.99	<b>3rd lady; PB</b>
29	Mark Cooper	VM51	1:09:51	71.47	
54	Sarah Maguire	VF43	1:12:58	72.04	
99	Tony Savage	VM58	1:20:13	66.07	
121	Nick Holden	SM27	1:24:00	53.17	<b>Debut</b>
124	Barbara Hutton	VF47	1:24:12	64.61	
173	Dianne August	VF58	1:31:19	66.20	
193	Jennifer Lucas	VF55	1:33:28	62.71	<b>PB</b>
195	Leisa Terry	VF42	1:33:32	55.74	<b>Debut</b>
250	Marion Nichols	VF49	1:46:48	51.86	<b>Debut</b>

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 & support week in and week out to make improved times possible.



## Canterbury Harriers Awards 2011-2012



<b>Female Awards</b>	
Jenny Benson	Senior Female - 5K
Faye Roberts	Senior Female - 10K, 20M, Marathon
Emma Burgess	Senior Female - 10M, Half M
Sally Silver	V35 Female - 5K, 5M
Nicola Kirby	V35 Female - 10K
Joyce Shamedje	V35 Female - 10M, Marathon
Sarah Maguire	V35 Female - Half M, 20M
Wendy Osmond	V45 Female - 5K
Barbara Wenman	V45 Female - 5M, 10K, 10M, Half M, 20M, Marathon
Penny Birchall	V55 Female - 5K
Tina Jones	V55 Female - 5M, 10K, 10M, Half M, 20M, Marathon
<b>Male Awards</b>	
Mark Ford	Senior Male - 5K
Simon Jones	Senior Male - 5M, 10M
Peter Hogben	Senior Male - 10K
Rick Austen	Senior Male - Half M, Marathon
Ray Cameron	Senior Male - 20M
Tony McParland	V40 Male - 5K, 10K
Jacob Hussey	V40 Male - 5M
Mark Baker	V40 Male - 10M, Half M, 20M
Peter McQuire	V40 Male - Marathon
Mark Cooper	V50 Male - 5K, 10M
Mark Wenman	V50 Male - 5M, Half M, 20M
Phil Wyard	V50 Male - 10K, Marathon
Brian Davis	V60 Male - 5K, 5M, 10M
Dave Smith	V60 Male - 10K, Half M
Joe Epsom	V60 Male - Marathon



<b>Other Awards</b>	
Wendy Osmond	Most Improved Female
John Wilkins	Most Improved Male
Barbara Wenman	Most Outstanding Performance: (For her Paris Marathon PB, 3 <sup>rd</sup> V50, rating 83%)
Emma Sherwood	Mud, Sweat and Tears Award Female (For her Ultra distance Arc2Arch)
Dave Bowden	Mud, Sweat and Tears Award Male: (For his ½ Ironman – Exmoor in June & London Olympic Tri in September)
<b>Overall Champions</b>	
Barbara Wenman	Canterbury Harriers 2011–2012 Female Champion
Faye Roberts	Canterbury Harriers 2011–2012 Female Championship Runner-up
Simon Jones	Canterbury Harriers 2011–2012 Male Champion
Peter McQuire	Canterbury Harriers 2011–2012 Male Championship Runner-up

**And a few photographs of some of the Award winners at the presentation evening receiving their awards from Chairman Tim.....**



**Barbara - overall Champion and V45 5M, 10K, 10M, Half M, 20m and Marathon**

**Joe Epsom - V60 Marathon**



**Wendy Osmond - Most improved female runner and V45 5K**



**Dave Bowden - Mud, Sweat and Tears award**

**Faye Roberts - Senior Womens 10K, 20 Miles & Marathon**



**Phil Wyard - V50 10K & Marathon**

## Your Club Committee.....

Contact any Committee member to raise an issue at Kings on a Tuesday or Thursday or telephone direct.

Committee meetings are held on the 2nd Tuesday of each month...



Your Committee 2012/13					
Tim Richardson-Perks	Chair	07766 347466	Andy Farrant	Membership Secretary	077985 54846
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	Jenny Benson	Runners Rep	733883

Future X-Country Fixtures				
06th Jan	Sun	Kent Fitness League-Fixture 6	11:00	Minnis Bay, Thanet
26th Jan	Sat	SEAA Championships (closing date for entries tbc)	14:05/14:50	Parliament Hill, Hampstead Heath
09th Feb	Sat	Kent County League-Fixture 4	12:00/12:30	Parkwood School, Swanley
17th Feb	Sun	Kent Fitness League-Fixture 7	11:00	Blean Woods, Canterbury
23rd Feb	Sat	National XC Championships - W, 8k; M -12k (closing date for entries tbc_	14:20/15:00	TBC
17th Mar	Sun	KFL-Presentation Relay (TBC)	11:00	TBC



## Harriers in Pictures.....



**Harriers in Roy's garden having enjoyed the Christmas run....**



**Large cake signals the 2<sup>nd</sup> anniversary of Whitstable Parkrun in November**

## Fanfare announces the Whitstable 10K Organisation Team....

Yes bursting to get the race on the road (so to speak!) is the leadership team for the 2013 Whitstable 10K to be held on **May Bank Holiday 6<sup>th</sup> May**. As mentioned in Eds introduction to the Newsletter there is a new role of “shadow” Co-ordinators to support some of the key roles. These roles will also widen the base of Harriers willing and able to contribute to club affairs.....so well done all for stepping forward.



For the record the motley crew is:

Role	Lead	Shadow
Race Director	Tim Richardson-Perks	Admin role vacant - see below
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! In particular Tim is on the lookout for someone to support him with **pre-race administration**. It is not a shadow role of Course Director (as this might be a bit daunting) but is designed to take some of the race prep administration away from him. Some of the tasks are to apply for road closures to Canterbury City Council, apply for the Race Licence from England Athletics, prepare the Residents Letter, Race Day Instructions and other papers as required. So if you want lots of fun, the opportunity to work with Tim and all for no pay then speak to Tim at training or e-mail him at [timbo2604@hotmail.co.uk](mailto:timbo2604@hotmail.co.uk)

**Please put the 6<sup>th</sup> 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. ...

## My non-running year ☹️ Bah humbug! - Tim Richardson-Perks (Chairman Tim)

My 2012 was not the success we saw at the Olympics and Para-Olympics. In fact for the first time in many years I probably ran fewer than half the days in the year! The reason was a mix of bad luck and injury. But there is a lesson in here so aside from my woes and groans here is hoping you will learn from my experience.

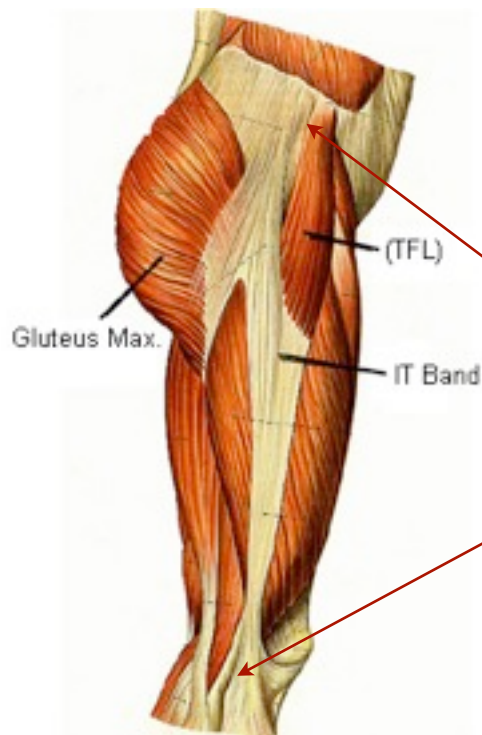
Well the year started badly in 2011 when I missed the ballot for London Marathon - not even a reject entry to chuck into the hat at Christmas 2011. But no worries there are other marathons so I entered Shakespeare Marathon which I have run before. It is the week after London so I followed the Gerry Marathon Training profile as much as possible. Training went well although I would have liked a few more long runs. But after a drought and hosepipe bans in early Spring the heavens opened in April and on race day the full marathon was cancelled due to a flood warning on the River Avon. This is a two lap course and to avoid a flood on the finish area (on the banks of the Avon) the race was limited to one lap. So we ran 13.1 miles in driving wind and ran with 3-4inch puddles to keep our feet wet. I did ok in appalling the conditions but caught a cold as a result so early Summer training took a nose dive. More importantly, in my long term goal of joining the 100 Marathon Club, marathon 66 (one of the three targeted for 2012) bit the dust.

So I set Fairlands Valley Marathon as my next target. Enter Steve Clark! I value our annual outing in the North Downs Relay so had agreed with Steve earlier that I would act as an organiser alongside John Hartley. The NDR date came in as the day before FVM. Bugger! So I did NDR and took on my first injury of the year which turned out to be a precursor for my later injury as I slipped on mud and pulled a muscle in my left thigh. I ended up walking part of my second NDR leg.

So FVM was missed but I entered the Greenland Way Marathon which is a trail marathon like FVM in London in September. Holidays and the NDR injury interrupted the training but I finished in 4h40 so #66 completed. The injury was still twinging though. But I decided to go ahead with my entry into the Round Rotherham Run (50 mile Ultra) in October. This would count as marathon #67. Big mistake! Alas the same problem as in NDR. I slipped on mud again and this time I really damaged the already weakened left leg. I had to withdraw at mile 25 so I did not have an official finish! After a hospital visit I was told no running for 6 weeks and a revisit for keyhole surgery if the knee swelling did not go down.

The problem - I had strained, possibly ruptured the tendons on the IT band muscle in my left leg. This muscle runs from you hip to just below your knee down the outside

of your leg and enables you to move your leg sideways and outwards (it comes into play in a big way when doing breaststroke to give you an idea of what it is used for).



I pulled tendons here and here

I'm back training now but still have days when I can feel the pressure in my leg particularly below the knee. I did St Stephens at club a couple of Tuesdays back and I hobbled. However I have now run a couple of 12milers with no problem. But I need to take things steadily.

Ok what is the lesson? Well there are several.

1. Listen to your body and if it is sore give it a rest. Rest day means rest day for those following the marathon training programme.
2. Seek medical help early if you are still sore two days after a long run or race. You can expect to ache but any soreness needs to be checked.
3. If you are getting older V40 or more then you will take longer to recover from injury. The Ultra was a mile or more too far.
4. Do not rush the recovery/comeback.
5. Swimming although useful cross training is boring compared to running.
6. By resting for a few days you might not aggravate an injury which could later cost you six weeks.

Here's hoping for a great 2013. I've targeted three marathons towards my 100 marathon target, maybe a fourth but I will listen to what the muscles are saying.

Happy New Year.....Tim



## Whitstable Parkrun 2 Years on.....Jacky MacDonald

We commenced our second year with permission from Canterbury Council for an alternative route which was granted on production of a new map and risk assessment. Its called 'The Lollipop' because we run along the promenade from the beach huts , round the big loop at Swalecliffe and then back along the promenade

again, finishing on an uphill at the Cafe/ Kiosk/Toilets on Tankerton Slopes.



**Parkrunners shortly after the start...**

The downside for the Harriers is that it is not UKA measured and therefore the time cannot be counted towards the league tables. The Lollipop has been a Godsend.

On two occasions the top of the slopes were in use by a fairground and Classic Cars where our finish line was the wall of the Kiosk because we were squashed on both sides by merry-go-rounds and good looking cars. Also with so much rain the slopes are saturated and the grass was getting churned up so badly by runners looking like they'd been in a scrum that the alternative has been a good idea. With a little bit of planning we can switch between the two depending on conditions.

From April 2012 the numbers rose to 3 figures and have stayed constantly over 100 except for a Saturday in July and a couple of weeks leading up to Christmas, the highest number being 157 achieved in September.



**Marco putting best paws forward...**

We were very fortunate in having 3 short wave radios donated to us in October which means we can be advised of not only hazards on the course, or accidents but angry cyclists and grumpy dog owners on the warpath well before they get to reception to



complain! Forewarned is forearmed! Luckily these incidents are few and far between.



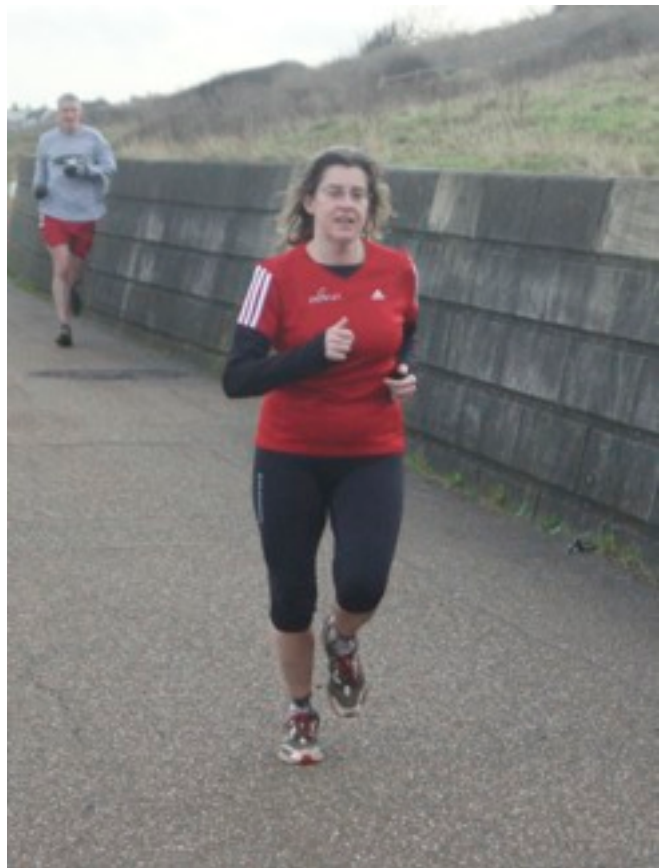
**Jenny camera shy for once...**

We celebrated our 2<sup>nd</sup> Anniversary in the first week of November. There was a cake and donation day in October where we raised nearly £300 towards the event. We were able to buy many prizes and we had a star engraved medal for all the juniors. We had a huge cake made by the Whitstable Cake Company and celebrated in 'The Lounge' with coffee and sausage/bacon baguettes after the run. The highlight, of course, has to be the two trophies donated by the Harriers for the best improved male and female. We were asked if we would like a donation by Harriers Committee but felt that a trophy would be more appropriate and a lasting legacy. However your committee kindly agreed that we could have two trophies. A lovely surprise and a great big 'thank you' to you all.

Canterbury Harriers continue to be the top club supporter with 83 participants so far completing 878 runs between them. Andrew Hall (68), Jenny Lucas (60), Gill McLauren (53) and Wendy Osmond (53) each completing over 50 runs each. We have yet to have a sub 17 male or a sub 20 min female from the club, so come on all you guys, show us what you can do.

Happy New Year to all club members and a huge thank you to Peter Yarlett and Tina Jones who (with Marilyn and Brian) marshal each week.

**Eds note: Not forgetting Mac who supports Jacky week in and week out. Also, see the earlier article in this issue highlighting Jacky's recent well deserved community award.**



**Wendy cutting a good pace along the prom.....**

**More Parkrun photos.....**



**Bethany collects an award donated by Harriers.....**

**Steve thinks its summer.....**



**Tina making a splash....**

## **2012/13 XC SEASON that's progress!.....Steve Clarke**

As usual the heart of the season is based around the Kent Fitness Sunday League and what a momentous season it looks set to be! With five of the seven fixtures already completed in 2012 and Canterbury Harriers having won all fixtures so far the club looks set to win the Combined League for the first time this century!

Since last season, the championship has been decided by a clubs best six results out of the seven, i.e. you are allowed to drop your worst result! So one last good result at Minnis Bay on 6<sup>th</sup> January will see us confirmed champions before the seasons end!

Who knows, by the time you are reading this we will probably be champions!

And our female runners will have played a strong part. Although we have done reasonably well in the Combined Championship where we have been placed third in two seasons and rarely finished out of the top six, the girls have historically done better in the Ladies League having won in 2006/7, 2007/8 and 2008/9 and then runners up for the next two seasons! A tremendous record but with their performance slipping a little last season finishing 5<sup>th</sup>. Now they have come back strong again this season and are currently leading the ladies league by four points with every chance of taking the title.

Is this the season we do the 'double'!

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 at Tunbridge Wells the other week 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.

So lets hope we can keep the momentum going into the New Year!

Following this report you will find the clubs cross-country stats for the season so far. Showing who has done what, when, where, why and how! And showing what you have left to do if you want to qualify for any of the awards! 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 this 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!
- 5) You will often get horribly muddy, wet and cold!
- 6) It has been siontificatley 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.

**Female runners.....**

<b>Remember, you need 6 appearances (or 5 plus marshal @ KFL7) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team Kit (yet to be decided) for 2012/13!</b>																										
<b>You need to do 5 or more of the 7 KFL matches to count in their individual's league table and be</b>																										
<b>You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.</b>																										
	a)	KCAA Sat league fixture 1 Swanley Park, Swanley 06/10/12																								
	b)	KCAA Sat league fixture 2 Somerhill School, Tonbridge 27/10/12																								
	c) (Wome	KCAA Sat league fixture 3(W) Nonnington 102/11/12																								
	c) (Men)	KCAA Sat league fixture 3(M) Danson Park, Bexley 01/12/12																								
	d)	SEAA Vets Champs Claybury Park, Woodford, Essex 08/12/12																								
	e)	Kent Vets Champs Rose Hill School, Tonbridge Wells 15/12/12																								
	f)	Kent Championships County Showground, Detling 05/01/13																								
	g)	SEAA Championships Parliament Hill, Hempstead Heath 26/01/13																								
	h)	KCAA Sat league fixture 4 Parkwood School, Swanley 09/02/13																								
	i)	KFL Presentation Relay Nursted Court, Meopham 17/03/13																								
's' in columns 1 to 7 (KFL) denotes scored for team																										
		<b>KFI Kent Fitness league</b>							<b>Other-As above</b>					<b>total</b>	<b>marsh</b>	<b>Kit</b>	<b>cert</b>	<b>KFL</b>	<b>KFL</b>	<b>KFL</b>						
	<b>Runner</b>	<b>CA</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>	<b>e</b>	<b>f</b>	<b>g</b>	<b>h</b>	<b>i</b>	<b>app</b>	<b>KFL</b>	<b>award</b>	<b>(5+)</b>	<b>POS</b>	<b>CAT</b>	<b>CAT</b>	<b>trophy</b>
1	Wendy Smith	F5C	x	x	x	x	x							x					6		x		x			
2	Barbara Wenman	F5C	s	s	x	x								x					5							
3	Dianne August	F6C	x	x	x	x													4							
4	Jenny Benson	F	s		x	x	x												4							
5	Tina Jones	F6		x		x	x							x					4							
6	Sarah Maguire	F4C	s	x		x	s												4							
7	Faye Roberts	F		s	s	s	s												4							
8	Penny Birchall	F5		x			x							x					3							
9	Tracy Furminger	F40		x	x	x													3							
10	Victoria Kenny	F			s	s	s												3							
11	Jackie MacDonald	F6C	x		x		x												3							
12	Joanne Nonnington	F		s		x	x												3							
13	Sue Reilly	F6C	x	x		x													3							
14	Julia Bradford	F3			x		x												2							
15	Wendy De Boick	F6C		x		x													2							
16	Barbara Hutton	F4		x										x					2							
17	Nicola Kirby	F3			s	s													2							
18	Laura Cobb	F			x														1							
19	Jennifer Lucas	F5C		x															1							
20	Rosie Maltby	F			x														1							
21	Emma Sherwood	F			x														1							
22	Rebecca Watts	F		x															1							
																			<b>62</b>	<b>Total female appearances</b>						

**Men and oldies.....**

's' in columns 1 to 7 (KFL) denotes scored for team											KFLKFLKFL												
KF Kent Fitness league											cerCATCAT												
Runner	CA	1	2	3	4	5	6	7	Other-As above				total	ars Kit	(5+	roph							
									a	b	c	d	e	f	g	h	i	app	FL ward				
1	Steve Clark	M5	x		x	x	x				x	x	x					7	x				
2	Bob Davison	M5	x	x	x	x	x					x						6	x	x			
1	Mark Ford	M	s	s	s	s	s		x									6	x	x			
2	Neil Godde	M55		x	x	x	x				x		x					6	x				
1	Andy Farran	M5			x	x	x				x		x					5					
2	John Hartley	M6	x		x	x	x						x					5					
1	Bob Pullen	M4		x	x	x	x						x					5					
2	Craig Thomas	M5		x	x	x				x		x						5					
1	Mark Wenman	M5	s	x	s	s							x					5					
2	Robe Dowling	M	s	s	s		s											4					
1	Roy Goode	M50		x	x	x	x											4					
2	Paul Lucas	M40		x	x	x	x											4					
1	Tony McPart	M4	s	s	s	s												4					
2	Gerry Reilly	M6	x	x			x						x					4					
1	Steve Reynol	M5	x	x			x						x					4					
2	Tony Savage	M55		x	x	x	x											4					
1	Dave Waite	M4		x	x	x	x											4					
2	Phil Wyard	M4		s		s	s			x								4					
1	Rik Austin	M	s	s		s												3					
2	Neil Bensor	M4	x			x	x											3					
1	Gare Coult	M		x	x		s											3					
2	Jason Furmin	M4		x	x	x												3					
1	Marti Henry	M4			x	x	x											3					
2	Joe Hicks	M5		x	x	x												3					
1	Peter Hogbe	M		s	s		s											3					
2	Simo Jones	M		s	s		s											3					
1	Colin Kent	M45		x		s	s											3					
2	Wim Van Vu	M4	x	x	x													3					
1	Marc Keir	M4	x				x											2					
2	Rodd McLac	M			s	s												2					
1	Robe Spaug	M60					x						x					2					
2	Dave Bowde	M4			x													1					
1	Ray Camer	M								x								1					
1	Andy Goods	M			x													1					
2	Tony Mardor	M4	s															1					
1	Tom Millard	M			x													1					
2	Ciara O'Malle	M			x													1					
3	Alast Telford	M40			x													1					
1	Joe Thoms	M	s															1					
2	John Wilkins	M55					x											1					
																		13	Total male appear				
Any omissions/errors noticed (although this is impossible) please let Steve Clark																			Grand total appear				



## Canterbury Harriers Kit Kroner



<b>MENS</b>	<b>£</b>	<b>SIZES</b>
Jacket	32.50	Unisex S(38), M(40), L(42), XL(44), XXL(46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M(38/40), L41/43 XL(44/46), XXL(47/49)
T shirt	10.00	S(35/36), M(37/39), L(40/42), XL(43/46), XXL(46/48)
Vest	11.50	XS - XXL
<b>WOMENS</b>		
Jacket	32.50	Unisex S(38), M(40)
Jacket (child's)	26.00	11/12 (30"), 13/14(32"/34")
Hoodie (full zip)	16.50	Unisex S(35/36), M(38/40), L(41/43), XL(44/46), XXL(47/49)
Hoodie (child's full zip)	11.50	9/11 (30"), 12/13 (34"), 14/15 (36")
NB Children;s hoodies are generously sized and would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS - XXL





### **Stuart Deal Photography**

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

Contact details:

[www.stuartsphotography.co.uk](http://www.stuartsphotography.co.uk)

E-mail: [dealstuart@yahoo.co.uk](mailto:dealstuart@yahoo.co.uk) Tel: 01227 780049 Mob: 07932268256

### **Dave Emm Recording Studio**

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

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

Contact details:

Dave (V60) Smith

01227 768329

12, Bourne Lodge Close

Blean, Canterbury, Kent

CT2 9HD

### **rgelectronics**

All radio equipment including Roberts digital radios.

Audio equipment, connectors, leads, metal detectors etc.

Contact details:

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

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

### **Holiday Retreat - special rates for members...**

Barbara and Mark Wenman would like to offer Canterbury Harriers members a discount on the usual rental rates for their holiday home in France. They offer a 20% throughout the year apart from July, August and September. It is an old stone farmhouse in the Gers (formerly Gascony) in South West France, set in beautiful rolling countryside ideal as a training base. [www.farguet.co.uk](http://www.farguet.co.uk)

### **Jo Norrington - 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.

### **Steve's Reynolds Maintenance**

All house and garden maintenance  
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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](mailto:info@fidelmafitness.co.uk)  
[www.fidelmafitness.co.uk](http://www.fidelmafitness.co.uk).

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.'

***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](mailto:peter.yarlett@gmail.com)***



**And Finally.....**

**Hope you have enjoyed read the Winter 2012 Harrier...**

**Do make sure that you put Monday 6<sup>th</sup> may in your diary as your support for the club at the Whitstable 10K is a must.....**

never buy shoelaces  
by the foot and think  
you are getting a  
good deal because  
you will not need  
that much to  
tie your shoes



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](mailto:peter.yarlett@gmail.com) or catch Peter at Kings.

**THE END**