



# The Harrier

The newsletter of the Canterbury Harriers



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**AUTUMN WELCOME**

Greetings to the Autumn 2014 'The Harrier' with a particularly warm welcome to all new club members. We are delighted that you have chosen to join our running community. Hopefully you have received an enthusiastic welcome and introduction to training. At the latest count 'our' club has 170 members (including 10 social and 3 honorary members).

**THE WEATHER**

No edition of The Harrier is ever complete without reference to the weather. Early indications are that it is a rather mixed summer weather wise with equal measure of sun and cooler days. The September weather has however been excellent, if of little use to gardeners amongst you. One of the weather spells was the humid and stormy weather in late July. One such evening coincided with our pub run at The Chapter Arms, Chartham Hatch. Following a very pleasant and leisurely run through orchards and woods we settled



down for food and liquid refreshment in the pub's outdoor, but under cover, seating area. The sky firstly turned a very dark shade of grey, followed by very ominous deep black clouds sweeping into view. An eyrie silence was the precursor to a strong wind that whipped gravel from the car park into our faces and

over our food. A defeating crash announced the first appearance of lightning that filled the darkness with vivid flashes.

Thunder rolls and heavy rain completed the atmospheric scene. An announcement that a tree had fallen, and was blocking Howfield Lane was all that was needed to confirm the potential dangerous road conditions for travel home. Your Editor, having cycled to the pub, was very grateful to accept Gary Hovery's offer to take him, and bike, home. Later that evening as if

to confirm the power of the storm a bungalow in Whitstable was struck by lightning with an unfortunate result.



### **WHITSTABLE 10K**

The final accounts for the race have now been prepared with a surplus showing of £6800. This is of great credit to all members supporting the club with all pre-race and on the day tasks. Outline plans are already taking shape for the 2015 race to be held on Bank Holiday Monday 4th May. Although a long way off we shall once again be asking members to be available to assist with our annual premiere event. Thankyou all.

### **RACE RESULTS**

Racing is at the heart of our sport. Harriers upto date race results are collated by Yiannis and can be viewed through the website. The arrangements for notifying Yiannis of race results is repeated inside the Newsletter so that he can include as many results as possible.

The previous 3 months road race results are reproduced in the Newsletter to show 'at a glance' how members have fared and who has done what! The number of members taking part in races is hugely impressive with some 61 different members taking part in a wide range of events, not counting the summer relay series or park runs. Nathan Bradley competed in 8 different events over the period. Well done to all running in these events and 'flying' the Harriers flag. Full credit to everyone achieving a PB, making their debut or achieving a placing in the race. Particular mention then to:

5K - Tom Millard, Nathan Bradley, Peter Hogben, Joe Thomsett, Simon Jones (all PB's); Jacob Hussey (Debut).

10K - Shirley Pullen, Andy Phillips, James Taplin, David Taplin, Nathan Bradley, Lea Burnett, Alex Horsley, Alex Davis, Tom Purnell, Bethany Burnett, Fiona Craig, Oliver Brown, Barry Hopkins (all PB's); Fiona Tester (1st Female), Bethany Burnett (3rd Female); Fiona Craig, Lea Burnett, Oliver Brown, James Scanlon, Francesca Paton-Smith, Jon Vann (all Debuts).

Half Marathon - James Hussey, Nathan Bradley, Jonathan Thirlwell, Adam Stokes (all PBs); Tom Purnell, James Taplin, Alex Horsley (all PBs); Fiona Tester - 3rd Female V35.

20 miles - Tom Millard (Debut)

Marathon - Thom Fentem (Debut); Adam Cowper-Smith - Bronze Medal Kent Champs

**CLUB AMBITIONS**

The club social scene during the summer was relatively quiet with only two pub runs held - for information of new members we usually manage five or six. However, the club is entirely in members hands on what social events are held and offers to arrange pub runs (next year now) or an evening club meal are always very much welcomed. Forthcoming social events are the presentation XMAS dinner on 6th December and post KFL race refreshments at The Elephant, Faversham. Further details to follow on both. Again, for new members, the annual presentation dinner is held at Boughton Golf Club and tickets are usually snapped up very quickly. The post race refreshments (food paid for by the Club) following the KFL x-country league races are held in The Elephant as the most convenient spot on returning from north Kent venues. They also don't mind muddy and smelly runners!

**KIT**

Jo Norrington has resumed as Kit Manager with thanks to Jenny Benson for covering in the interim. We encourage all club members to wear club colours when racing, indeed for certain events such as the KFL club vests are a necessity as part of race recording. It's also good for team morale to see a good turnout of Harriers vests at events. The practical side is that a range of different sized vests, t-shirts and hoodies are available from Jo on training evenings. In her absence other committee members can also supply kit from our stock. Payment can now be made online, or by the usual cheque or cash. The kit page within the newsletter gives full purchase details.

**CLUB COMMUNICATIONS**

Gemma Hiorns is our Harriers Facebook page supremo. Do sign up if you haven't already done so.

Joe Thomsett does the same with our our Harriers website. Please support Gemma and Joe by contributing to both media outlets!

Mel Georgiades makes a great contribution as our press officer with reports most weeks.

When you have raced do make sure that your result gets to Yiannis and that photos are sent to Mel. Don't be shy to see your photo in the press!

Peter continues as your newsletter editor but is quite happy for a new editor to step forward, bringing their own ideas to the role. The usual salary and perks apply!

**YOUR COMMITTEE**

Your committee has so far met on 8 occasions this club year (usually the 2nd Tuesday in the month) to consider issues ranging from membership, club finances, coaching & training, x-country, the Whitstable 10K, club communications, Harriers ambitions, social activities, kit, Birley's and lots more. Comments and suggestions on all matters concerning club matters is always welcome.

Remember it is 'Your' club. A word with a committee member at a training evening is often the best way of sharing your views or raising a matter. Your committee members are shown inside the newsletter.

**BIRLEY'S**

We have been advised by King's that the annual rental charge for Birley's will increase by 3% for our use effective from September 14. The intention is to hold this increase within the current club level of club fees and members will be asked to agree the Committee's recommendation at our AGM. We have also been advised that England Athletics will increase their registration fee from the current £10 to £12 from April 2015 (for those that choose to register). As a reminder club fees will be due from 1st November and a separate notification will be sent to all members following our AGM on the 13th November.

## PHYSIOLOGICAL TESTING

A small number of club members have recently undertaken a series of physiological tests with Christ Church University sports development department. Tests have involved VO<sub>2</sub> max levels, lactate threshold, Body mass and Oxygen carrying capacity. All are useful for determining maximum performance and training thresholds. Tom Millard writes inside about his experience of the tests and how he intends using the results. The tests are done by Phil Anthony who is an international standard marathon runner (2 hrs 16 mins in the 2012 London Marathon) at the Christ Church University Sports Development centre on the campus site off North Holmes Road.

If any member wants to take any of the tests then arrangements can be made with Christ Church for group bookings at reduced rates. The costs are met by individual members. As an example, one test would normally cost £100, but if three athletes were tested on the same visit their results would be provided in one report and this would be offered for £200.

The web page for fuller details of the tests is:

<http://www.canterbury.ac.uk/social-applied-sciences/sport-science-tourism-and-leisure/SportsLab/Performance-testing/Home.aspx>

## AGM - Thursday 13th November

Our AGM is the opportunity for members to take stock of the past year and discuss matters of future interest. Your committee is the guardian of your interests and are accountable to you at the AGM. A formal notification of business will be e-mailed to all members in October. Please do your very best to attend the meeting to be held at Rough Common Village Hall.

## DISCOUNTS

When purchasing running shoes don't forget to mention that you are a member of Harriers as this may attract a discount. Club membership cards are now available through Andy Farrant and so use this as proof of membership if asked. This will often attract a discount and in any case there is nothing to lose. A running related discount of 10% is available for treatments from Team Buckley Physiotherapy based at 2 Broad Oak Road, Canterbury, CT2 7PW (01227 458430). When booking mention that you are a Harriers member [www.teambuckleyphysio.co.uk](http://www.teambuckleyphysio.co.uk)

If you know of any other running related discounts then please advise Editor, Peter.

## FOUNDER MEMBERS

It's always good to see our three Founder members Bob, Roy and Joe, still as active members, competing as they all were at Le Touquet this year. Fortunately, they don't look a day older than when our Club was founded in 1993.....



**EVENTS, DIARY DATES AND THANKS**

Thank you to Sean and Gerry for organising the pub run from The Chapter Arms, Chartham Hatch.

Dear diary - Don't forget:

Club AGM ON Thursday 13th November - there will be no club training that evening.

Following training on club evenings a small group of Harriers is often seen taking refreshment in the The New Gate Inn - a Wetherspoon pub - and all are welcome to pop in for ale, coffee, a meal and social chat.

**STAY VISIBLE**

With the dark evenings now with us please wear a high viz jacket, arm bands, etc to remain visible to motorists and remain safe.

**WHAT'S INSIDE**

For your enjoyment and pleasure the usual range of informative and high quality items are included(!). Read further about Race Results, separate Spotlights on Fiona Tester and Nathan Bradley, X-Country Fixtures, Harriers photos, the latest parkrun news, Surfing USA, 'It Can't Be True!', Smart Running, Saxon Shore Relay, 'Dad's Army', Winter training routes, Ultra Mud Fest, Kit Orders and Harriers Trotters. Many thanks to all contributors.....Yours in running. Ed.

**HARRIERS COMMITTEE 2013/14**

Harriers Committee 2013/14	
Peter Yarlett	Chair
Bob Moreton	Treasurer
Roy Gooderson	Administration Officer
Tina Jones	Secretary & Coach
Gerry Reilly	Head Coach
Steve Clark	Coach
Andy Farrant	Membership Secretary
Sean Reilly	Web Master
Mark Wenman	Runners Rep
Vacant	Deputy Chair
Yiannis Christodoulou	Runners Rep & Coach
Jenny Benson	Runners Rep & Coach
Joe Thomsett	Co-opted Runners Rep & Website Content

## Spotlight on.....Nathan Bradley

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

A. Back in November 2010 I was diagnosed with Fibromyalgia – a condition which is characterized by widespread, chronic pain and a heightened and painful response to pressure. By January 2011 my condition had worsened to the point where the combination of the pain and fatigue it caused led to me being bed-bound and being told by my doctors that it would take another 18 months to be able to walk more than 100 yards at a time and that I'd probably never be active again.

I look back at it now and realize that was one of the best things that ever happened to me. I know that sounds odd but I'm pretty stubborn and if someone tells me I can't do something, I want to prove them wrong. So slowly I built up how far I could walk. Then started throwing in low-impact exercise. Then more intense exercise before joining the gym back in December 2012.

I used to hate the idea of running for most of my life – at school I had a terrible PE teacher who pretty much ruined my enjoyment of athletics so, while I was okay at High Jump and hurdles, I never did anything with it. So when I joined the gym, having to walk/run on treadmill as a warm-up was a task I always tried to avoid if the bike or cross-trainer was free.



One day I noticed my warm-ups were getting longer and my running was getting quicker so I thought I'd try doing it on the roads and join a club to ensure I actually went along to do it. My first evening at the Harriers was a wet Wincheap speed-session in March and everyone made me feel welcome despite being very slow and a passion for running was born!

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

A. Like most boys I played football and cricket at school age and while at university I played American Football but my PE/coach's report always read: "what Nathan lacks in talent, he makes up for in enthusiasm". When I first started running I was fencing and enjoyed it but time commitments meant that, sadly, I had to give it up.

I guess the closest thing to another sport that I do is pool. Wednesday nights I play in a local Canterbury pool league and, although I'm very average - I have a 50% win ratio - it's the social side that I enjoy more. Much like with running!

A. What is your favourite training session?

A. It's no secret to anyone who's spoken to me that I enjoy hills - living at the top of one effectively forces you to - so I'd say our occasional jaunts around Chaucer Fields are up there as it gets the legs turning and builds up that power you need at the end of a race. I'm also a big fan of any Thursday route which goes up a big hill for similar reasons!

Yet my overall favourite is the Blean Woods sessions. I was really disappointed to miss out on the last cross country season due to a double achilles strain and, while I used to hate mud and rain and wind, I now see off-road running as a bit of a treat after regularly pounding the tarmac for 2+ hours!



A. What other sports are you interested in watching?

A. I'm a Spurs fan so not football - even when we win you know we'll be terrible soon enough. The feeling of perpetual disappointment is something you get used to! I also like ice hockey but it's very hard to see games so I'm somewhat out of touch now.

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

A. Usually by running to and from the train station to get to work. It's tough some days but it means you don't have to get up quite so early and you can get home sooner! The only problems are Thursday nights as I have to run to the station, get changed on the train and run from the station to Birley's. It's not ideal but you just make things work when you want to.

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

A. At the minute it's a bit manic as I'm meant to be doing ~50 miles per week because of marathon training but a typical week usually consists of:

- o Monday: Rest (unless I have the day off work)
- o Tuesday: 3-5k easy run to work, Birleys session in the evening followed by a 3-5k easy run home
- o Wednesday: 5k easy run to work
- o Thursday: 3-5k easy run to work, club run in the evening followed by a 3-5k easy run home
- o Friday: Rest (unless I have the day off work)
- o Saturday: Any one of the following:
  - o 3k warm up, 6x6 mins at threshold pace with active recovery, 80 minutes at easy pace, 6x6 mins at threshold pace with active recovery, 3k warm-down
  - o 3k warm up, 2 hour run at perceived marathon effort, 3k warm down
  - o 2.5 hours easy run
  - o A race followed by an easy run. The easy run length depends on the distance and perceived effort of the race.



On my random day off during the week I'll usually do a 'fun' run where I'll just go out and enjoy the run and not worry about distance or pace just to keep the enjoyment there. It's also why I do a lot of races as I often find I'm more likely to enjoy a longer run after an intense effort – partly because I'm already out the door which is the hardest part, but also partly because the blood's pumping and the endorphins are going so you feel invincible!

Q. What are your favourite races and distances?

A. I have a soft-spot for the Sittingbourne Invicta 10k. It's the first ever race I have done outside of school sports days and it's got some nice hills in it to enjoy. Yet the race and distance I enjoyed most was the Kent Roadrunner Marathon. Yes, it's 17 laps of the Gravesend Cyclopark. Yes, it's advertised as flat when there's a ruddy great hill at the end of every laps. And yes, I did it on the hottest day of the year and got sun burnt through sunscreen. Yet the feeling of achievement and the support and camaraderie from everyone there – especially the Harriers around me – meant that it was one of the best running experiences of my life to date.



A. What are your future goals and ambitions?

A. First of all, I've got the Berlin Marathon at the end of September where I was hoping to go sub-3:50 but my training's not been ideal so I'm just going to go enjoy it. After that, I want to give back a fraction of what the club has given me and find more ways to get involved where I can – especially if it means being able to help someone like me a year ago reach their potential while enjoying their running.

Long-term plans? Well, I'm not fast but I can plod at a set pace for quite a distance so ultramarathons have been something I've been eyeing for a while now and I'll be doing my first one in January with John Cooper. While the Country to Capital that we're doing is 45 miles, it dwarfs in comparison to John's main challenge for 2015 which is the 145 mile Grand Union Canal race in May which is definitely on my bucket list.

Before that, though, the plan is to have a full cross-country season, complete the Country to Capital and then find a 50 mile race for later in the year. The year after that I hope to move up to 100 milers and then, eventually complete the Centurion Grand Slam – 4 100 mile races – Thames Path 100, South Downs Way 100, North Downs Way 100 & the Winter 100 – in a single calendar year. If I can do it in the year I turn 30, even better but, as with anything, will need to see how the training and everything else goes first

Q. How do you keep motivated to run?

A. I think it's a dirty secret amongst most runners but I honestly think most of us find it very hard to get out the door. Also, once we get started we worry about a target time, our pace, a niggle or even something non-running related. So now I focus on enjoying the run – telling myself I can stop whenever I like switches my brain off and leads to a faster, longer run.

A good mantra or song is pretty good too – especially up hills. My hill mantra is "There's no shame in walking but more pride in running." If I say it repeatedly, my feet get synched in and I don't end up slowing down. I also like singing 'Living on a Prayer' when I get to the half-way point of a longer race but anything silly that can lift your mood when you've been on your feet for some time is always good.

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

A. Never let anyone – not even yourself – tell you what you can and can't do. A year ago I was in the improvers group and struggling to run 10ks in around 55 minutes and was getting slower. This year I've got somewhere around 11 club-recognised PBs and a 10k time of around 45 minutes. Two years ago I'd have to take a whole day of rest after doing any strenuous activity. So far this season I've completed 21 races, from 800m to the marathon, covering 194 miles. Four years ago I was unable to move. Now I'm running marathons.

You can do it. The secret is you've got to find your way of making it fun first.

**Spotlight on. ....Fiona Tester**

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

I wanted to be a gymnast and up to the age of about 13, I used to compete for a club and managed to get through to doing competitions in East Grinstead, however, I was not brilliant at it so took up athletics at school instead. I used to run the 800m and 200m in the athletics meetings fairly successfully and went to represent the under 15's in the county championships and that's about it, until a couple of years ago when I moved to my current house and watched the Faversham 10k run past and thought I'd quite like to give it a go. So after two years of entering the same race and not really doing a lot of practice, it was unsurprising that I couldn't run below 53mins. So one night back in March I joined the Harriers and have enjoyed every session, also managing a pb of 44.11 in July.



After mentioning to my Dad that I'd joined a running club, his response was "Oh, I used to run for a club - Blackheath Harriers, I used to run marathons."

"Really - why haven't you told us this before?"

"It was a long time ago, I usually came 3<sup>rd</sup> or 4<sup>th</sup> but I won one once, it was at Knole Park, I've got the medals in the loft!" (I don't know about you, but if I'd won a marathon I'd want everyone to know and probably fashion some sort of door knocker out of my medal so visitors to my house would know too!) I have since found out he used to successfully represent the county in many races and also cycling. He often asks what we do at our training sessions, he says that when they were marathon training they'd run to Brighton in the night when there was less traffic, arrive for breakfast, then catch the train back home to London. (Don't get any ideas Gerry).

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

I used to work in West Hampstead so the only exercise I could fit in was going to the gym after work. When I finished in London I tried out various different sports: I'm a reasonable swimmer - probably due to the years spent as a child practically living at Faversham pool, however swimming up and down the length

of the pool I find quite boring – I usually lose interest after the fifth length and prefer to spend time messing about diving. Pilates is another exercise I've tried out but can't really see the point of. I've given Zumba a go. I was lured into going after a night out in Canterbury (my cousin is a DJ so we all went to see him in action at one of the clubs). That was fun, but watching ladies of a certain age "shimmy" in their best Latin stylee is not for me! I can only liken it to being at some sort of Psychadelic Morris Dancing convention. Older ladies prancing around wearing bells and bright skirts to Ricky Martin and his friends. Hmm. If you wanted, you could even get weights to hold (I think these are supposed to control bingo wings), that have shaky things in, a bit like heavy maracas – or rather Morris Men's sticks. I'm sure if they wore clogs rather than trainers you'd be hard pushed to tell the difference.



I enjoyed going to the boxing club but that was losing its premises so I joined a Boot Camp at Faversham Rec instead. I was there for about 6 months before joining the Harriers .

The only other sport I do alongside running is sailing. We race our boat very successfully in regattas on the East Coast. Over the years we have had many different boats, we used to have a Thames Barge, then Smacks and now we race a 6 metre. She was built by Herreschoff in Rhode Island as America's entry for the first America's Cup back in the early 1900's, so quite a provenance. However, our sailing season has been cut short this year as she was raced in West Mersea in Essex for a weeks series racing (during Hurricane Bertha), and managed to rip the spinnaker on the first day and broke the mast on the last. So she is now in our yard waiting to be repaired.

A. What is your favourite training session?

I quite like the hill sessions. I am rubbish at hills and avoid them, so being forced to do them is probably the only way to get better.

A. What other sports are you interested in watching?

A. I'll often watch gymnastics, but only if it's the floor. Sailing, obviously – it was fantastic to see the America's cup televised. I'll watch Formula 1, although I'm not as bonkers as my sister in law who has been known to go to bed early

so she can get up at 3am to watch it. I really like watching boxing, however, it's usually on so late I don't see it often. Also, I love watching Red Bull Cliff Diving. A completely insane past time that I'd love to have a go at.

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

I run the office side of our mooring company from home, so managing to fit running in around it is fairly easy.



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

I run with a friend on Monday mornings, we only do about 6k slowly, so I don't really class this as a training session – more like a social chit-chat. Tuesday and Thursdays I'm normally at the club. On Wednesday I like to go for a long run, anything between 10 and 14 miles, then on Friday about 8 miles. If I haven't got anything planned on Saturday I'll pop along to Park Run. Sunday's I usually leave free for an impromptu 10k race.

Q. What are your favourite races and distances?

A. My favourite race this year was Aylesham. I only entered a couple of days before as it was described as hilly – as I have said earlier I don't enjoy hills, so I took it as more of a challenge to get round rather than to do it with a decent time.

B. What are your future goals and ambitions?

A. As I write this I have the Thanet Half Marathon looming next weekend. I entered it on a whim just to see whether I could do it. I'm very nervous and have not been able to think about much else since, except how many runs I can squeeze in before race day. So my future goal is to complete a half marathon. My ambition is to do it in less than two hours.

Q. How do you keep motivated to run?

A. I struggle to go out on long runs on my own, usually boredom kicks after about 9 miles so I try to think positively, realising that I need to clock up the miles if I'm going to manage to complete the race comfortably.

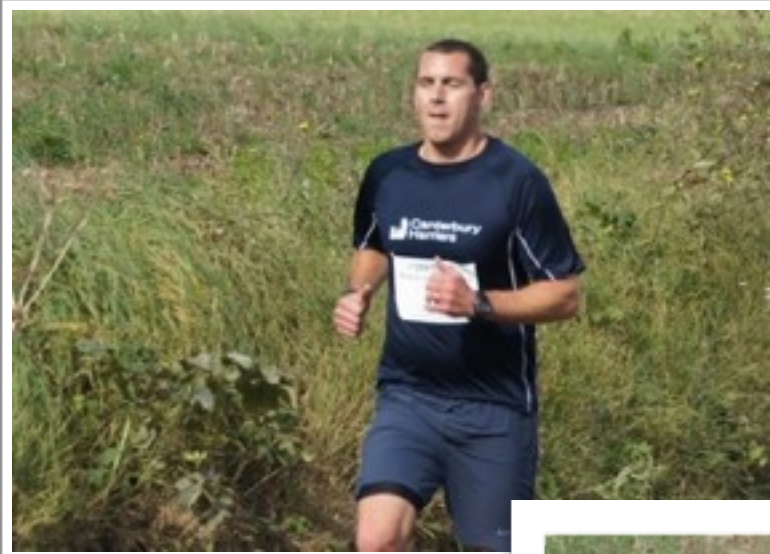
A. Do you have any tips or advice to offer other Harriers?

12 Not really!

## CROSS COUNTRY SEASON 2014/15 KENT, SEAA &amp; NATIONAL FIXTURES LIST

Date	Day	Fixture	Time	Venue
<b>2014</b>				
11th Oct	Sat	Kent County League-Fixture 1	14:00/14:3	Swanley Park, Swanley
18th Oct	Sat	SEAA Relay Championships <i>Entry closing date 3rd Oct (online available)</i>	14:10/14:4	L. Christie Stad., Wormwood
19th Oct	Sun	<b>Kent Fitness League-Fixture 1</b>	11:00	Knole Park, Sevenoaks
25th Oct	Sat	Kent County League-Fixture 2	14:00/14:3	Somerhill School, Tonbridge
08th Nov	Sat	Kent County League-Fixture 3	14:00	Sparrows Den, Hayes
09th Nov	Sun	<b>Kent Fitness League-Fixture 2</b>	11:00	Swanley Park, Swanley
23th Nov	Sun	<b>Kent Fitness League-Fixture 3</b>	11:00	Oxleas Wood, Plumstead
29th Nov	Sat	Kent County League-Fixture 3 (Men's)	14:00	Danson Park, Bexleyheath
30th Nov		<b>Kent Fitness League-Fixture 4</b>	11:00	Fowlmead, Deal
06th Dec	Sat	Kent Veterans Championships <i>Entries closing date 22nd? Nov</i>	from 11:00	Sparrows Den, Hayes
13th Dec	Sat	SEAA Masters(vets) Championships <i>Entry closing date 28th Nov (online available)</i>	from 11:00	Horspath Sports Grd, Oxford OX4 2RR
20th Dec	Sat	South of Thames XC Championships	14:00	Farthing Downs, Coulsdon
28th Dec	Sun	<b>Kent Fitness League Fixture 5</b>	11:00	Meopham
<b>2015</b>				
03rd Jan	Sat	Kent Championships <i>Entries closing date 9th? Dec 2014</i>	13:20/14:2	Brockhill School, Hythe
18th Jan	Sun	<b>Kent Fitness League-Fixture 6</b>	11:00	Minnis Bay, Thanet
24th Jan	Sat	SEAA Championships <i>Entry closing date 12th Dec (online available)</i>	14:05/14:5	Stanmer Park, Brighton
07th Feb	Sat	Kent County League-Fixture 4	12:00/12:3	Parkwood School, Swanley
08th Feb	Sun	<b>Kent Fitness League-Fixture 7</b>	11:00	Blean Woods, Canterbury
22nd Feb	Sun	<b>Kent Fitness League - Relays ??</b>	11:00	tbc venue and date
21st Feb	Sat	National XC Championships <i>Entries closing date ?th Jan</i>	14:20/15:0	Parliament Hill, Hampstead Heath
For further information please speak to Steve Clark				

# Harriers Photos that you may have missed.....or to enjoy again!

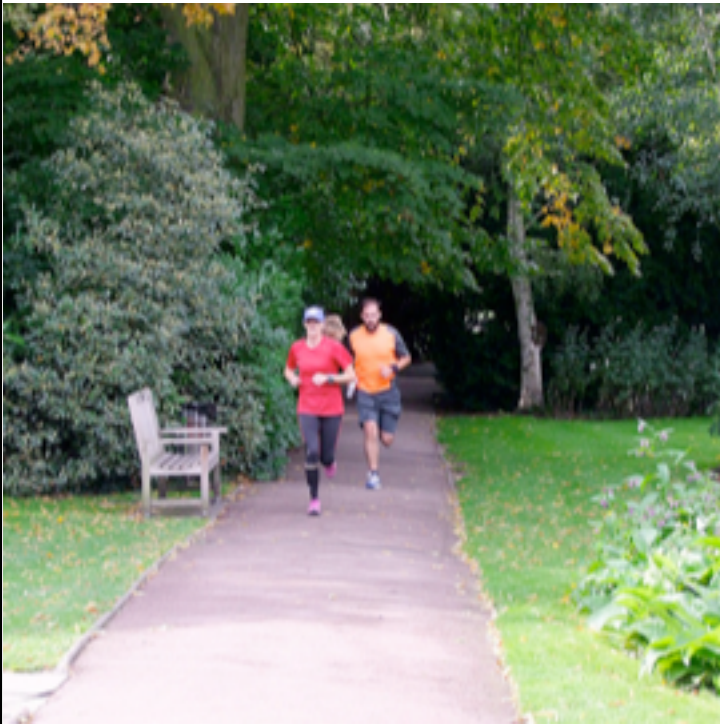




**THEN THERE WERE TWELVE! - KENT parkruns.....Jacky MacDonald**

Since writing the last article in May, two more parkruns have been born and are flourishing very nicely.

**Dartford** had their inaugural on 26<sup>th</sup> July, with Richey Estcourt, Steven Stockwell and Tessa Hampton running the shows. It was a beautiful day with more than 230 parkrunners taking part. Over two hundred were tourists who came to see, run, test and comment on the parkrun. It was not found wanting at all. Every inch of the park was utilised to fit in the 2 lap 5km run including the lane leading to the Sir Mick Jagger statue. There were bridges over the Darent River, some trail paths, open fields, a medieval bridge and flower gardens to delight the eye on the journey as well as bypassing the bandstand. After the first flush of tourists, the parkrun is still attracting more than 100 runners a week.



Dartford, Central Park

**Folkestone** parkrun had their inaugural on 16<sup>th</sup> August, with Maggi Rose, Rob Huish and Emilie Moffat. This flourishing seaside holiday town had the remembrance arch opened by Prince Harry only days before and is one of the attractions of the run. This utilises the whole of the upper Leas and the main part of the run is on a tarmac footpath which is wider than the road. This run consists of 3 loops. The first loop takes you westward for just over a km and then turns back down a winding pathway which runs parallel and takes you through the Binary Vinery (the name given to the viewing pagoda built into the cliff, with vines growing all round), back to the bandstand and the start. The next loop takes you to the remembrance arch and back to the start. Having completed these two loops the first one is repeated again.



There were 77 runners on their first week with 50 tourists, who were staggered by the views from the high advantage point overlooking the sea, Folkestone harbour and France in the background.



### **Seaside parkruns**

The seaside parkruns are **Whitstable, Margate, Pegwell Bay and Folkestone**. And these are particularly lovely when the sun shines and the wind is kind.



Margate, Palm Bay

### **Lakeside parkruns**

The lakeside parkruns are truly beautiful. Dunorlan park in **Royal Tunbridge Wells** which had its inaugural on 26<sup>th</sup> April and attracts over 100 runners each week. Then there is **Tonbridge** which takes you through woodland and around Barden Lake, where you can see swans. Tonbridge is a popular run with over 200 taking part each week.



Dunorlan Park, Royal Tunbridge Wells

### **Riverside parkrun**

**Maidstone** is the most popular of the Kent parkruns with more than 300 on occasions. Their run takes you along the edge of the River Medway past Allington Lock, canal boats, up and over the river on a ‘moving’ bridge and into Whatmore Park.



Maidstone, Museum of Life

### **Park parkruns**

**Ashford** parkrun is in the beautiful green space of Victoria Park which is a 2 lap tree lined course with lovely wide tarmac paths and a copse loop. There is also a huge fountain which is twice lapped.

The parkrun in the heart of Medway takes place in Gillingham at the **Great Lines** Heritage Park. This is a two lap course circumnavigating the WW2 Naval Memorial. Great Lines is the largest green space in the Medway and links Gillingham, Chatham and Brompton, with plenty to do after your parkrun in this military area.



Great Lines Heritage Park

**Shorne Woods** is in a completely wooded area consisting of two and a bit laps. This tree shaded run is on well established trial paths and is completely flat.

**Canterbury's** parkrun is in the heart of Kent University. This is a two lap course which takes you out onto the Crab and Winkle Way, the disused first railway line in Britain with a turn around point at the very old and quaint St. Cosmus and St Damien Church. You also get to run around some of the University tree lined fields. The University is on the outskirts of the cathedral city with beautiful views.

And **Dartford**, as described above.

### **Future parkruns**

In the pipeline are several junior parkruns. These are designed for 4-14 year olds, take place on a Sunday morning and are of 2km distance. The children may run with their parents but filter off before the finish funnel. Whitstable junior parkrun starts 12<sup>th</sup> October with Gravesend, Maidstone and Goudhurst following.

### **Finally**

There is something for everybody...why not become a parkrun tourist and try them all! They are free on production of a free barcode ([www.parkrun.com/register](http://www.parkrun.com/register)), fully inclusive and great fun. If you would like to come along to one to see what its all about and to volunteer to help you can email the event office (for example [maidstoneoffice@parkrun.com](mailto:maidstoneoffice@parkrun.com)).

Hope to see you at one soon.

**Ed's Note:** Well done to Jacky for all of her excellent work with parkrun. At the first parkrun in each month we are encouraging members to wear club vests to - 'show our colours'. This is to emphasis the close association that we have with parkrun and also to promote Harriers to potential new members.

## Surfing (running) USA.....Roy Gooderson

The Beach Boys song mentions Redondo Beach California, I am lucky enough to have relatives that live in this Los Angeles beach resort. On my visits over the years I have visited a small shop (that's a novelty in L.A.) that specialises in running gear. The Village Runner now has 3 stores including one in Las Vegas, which must be a tough place to run at times. On this trip I visited The Mojave Desert and the temperature was 111F (44C). The Shop have previously given me a free t shirt. To repay the favour I took a Red Lion 10K t shirt as I am sure they do not see many fourteen century pubs!

On Tuesday Nights many local runners meet at the shop for a run, on this visit they had 2 trade stands on the pavement outside. One was giving out free isotonic gel (salty water melon flavour I believe) the other was loaning out Hoka One One shoes.



In 2010, a French adventure racer named Nicolas Mermoud approached [Karl Meltzer](#), the accomplished American ultra runner, and asked him to try out a pair of running shoes he'd designed. They looked strange, like moon boots, and were wider, thicker, and softer than typical running shoes—two and a half times beefier and 30 percent cushier. Meltzer, who had been training with conventional running shoes, was sceptical, but he laced them up and cruised around his Utah, neighbourhood. He was shocked by how forgiving they were. halfway through the run, he was sold. This was seen as something of a backlash to the 2010 trend of minimalist shoes which were seeing numerous injuries associated with them.

As somebody who has now suffered chronic heel pain for over 6 years I was interested, I asked several local runners about them. One runner had

returned to marathon running after suffering Plantar Fasciitis for the last year using Hoka's.

So that evening wearing a loaned pair, I headed off on a 7 mile run along the coast with this friendly group, some opting to the harder direction up to the hilly Palos Verdes peninsula. This is a rocky coastal area where you can look down into remote coves and see Seals, Sea Lions, and if you are lucky Whales can be seen offshore. The picturesque lighthouse is seen in many films including Pearl Harbour with Kate Beckinsale. My route was the easier flat promenade route past the pier and various beach life, volley ball, cycling, swimming, surfing, (nobody warns you on Baywatch how cold the Pacific is!) I was amazed how well my cushioned run felt. After training, some of The Village runners cross the road to The Redondo Beach Brewery Bar with over 60 beers on draught! (sure beats Wetherspoons).



A few days after my road test in Hoka's I went back and bought a pair, last year 38 old Ultra star Darcy Africa won the Hardrock 100 race in them.

I have no such ambitions, but anything that might help me run further than my self imposed maximum of 8 miles through extra cushioning would be great!

Once again Village Runner gave me a t-shirt and I have promised to send them a photo of me wearing it somewhere interesting, outside Canterbury Cathedral perhaps?

### Smart Running by Tom Millard

Back in June I was invited as a sub 18 minute 5k runner to join a study led by Phil Anthony at Canterbury Christchurch. Phil is undertaking a doctorate in Sports Science and the programme involved four sessions at different intensity, measuring sports indicators such as Vo2 max and running economy.



I was chuffed to be involved in a programme like this. Phil comes from a strong running background having won most of the local races and last year finished the London Marathon in 2 hours 16 minutes. Phil clearly knows what he is talking about and backs his conclusions up with a stack of research.

The first session began with a series of intervals, starting at 12kph for four minutes and rising to 18kph (at which point I couldn't continue). Each four minutes Phil would stop me, take a blood sample and then push the treadmill up a kph faster. All the while this was taking place I had a pack on my back and a breathing mask, giving Phil detailed data on my oxygen intake. It was hard work and I wasn't used to training on a treadmill. I think that will change as a result of this programme.

The industrial fan came in handy.....



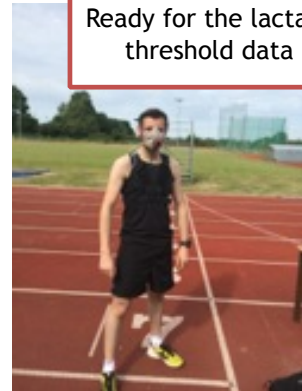
The second session repeated the first and for the third session I ran for 10 minutes at 16kph. On the fourth session we went to the track at Canterbury High alongside Tom Purnell and completed another 10 minute 16kph run. The sessions turned out to be good training and I used every chance I had to gain any pearls of wisdom I could from Phil's running mind.

A month down the line a number of Harriers met at Christchurch to chew over the results as Phil mapped out his data and explained what these jargon terms really meant.

Now time for some jargon busting. **Vo2 max** is the point of peak oxygen uptake. This was able to be taken as I moved up the speed on the treadmill until I stopped. This is one way of judging the potential of an endurance athlete. This level of aerobic metabolism is the rate at which the body converts oxygen into working muscles to create energy. My results from this showed I was in an average category with a result of  $55\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ . An elite, well trained runner would perform here as high as between 75-90.

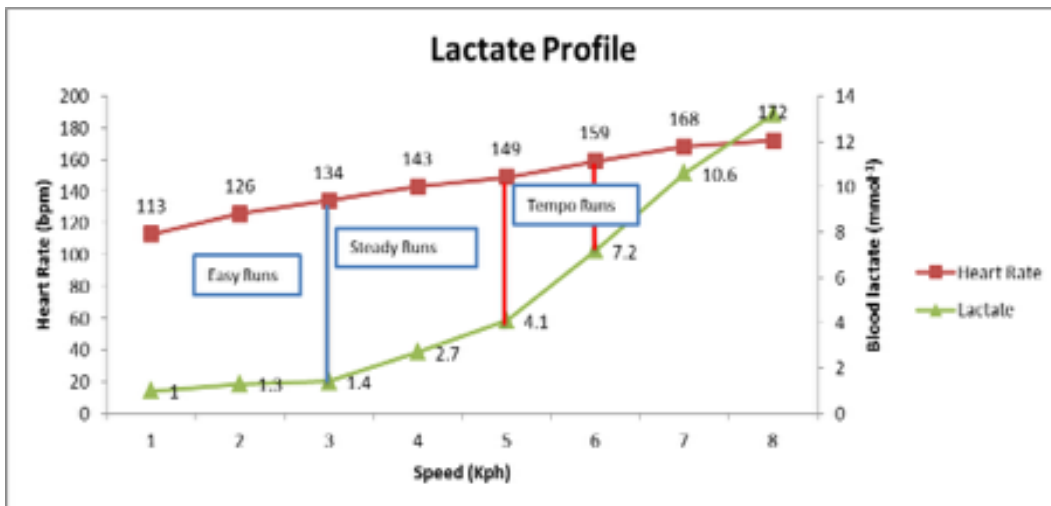
**Running economy** is measured by how much oxygen I am able to consume at 16kph. I often struggle for breath early in a race so this suited my style better, enabling me to get into a rhythm. My result was  $50\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$  which placed me in a very good category. Matched up with Vo2 max I could now begin to see what I needed to work on. It seemed to be speed over stamina - but what type of speed? Did I need to start doing 100m sprints? Again Phil was on hand to advise and offer deeper analysis. Below is a full spread of the results:

Ready for the lactate threshold data



	VO2 max	max ml.kg	Speed	HR	Lactate		FER	FE	FE
	3951.167	55.2	11	113	1	2619.167	0.81	36.58	199.5
			12	126	1.3	2909.333	0.93	40.63	203.2
			13	134	1.4	3094.167	0.98	43.21	199.5
88		45.9	14	143	2.7	3285.833	0.98	45.89	196.7
88		48.6	15	149	4.1	3478.5	1.05	48.58	194.3
92	3630.167	50.7	16	159	7.2	3630.167	1.08	50.70	190.1
100		55.2	17	168	10.6	3951.167		55.18	194.8
			18	172	13.2	3837.167		53.59	2min stage

Lactate threshold and lactate turn points showed detailed information of where I need to target my steady and tempo runs. From the talk I understood this being the point at which you work too hard (as we do in a race) and begin to create lactate acid and consequently injury. I reach a lactate turn point for a 60 minute run at 15kph. Therefore on an hour tempo run I should be looking to run around 1:04hr with a steady run more like 1:10hr. Here is a chart courtesy of Phil once again:



My results showed that I need to improve my Vo2 max and Phil cross referenced this with other data to suggest intervals in my speed work of between 1km and 1.5km reps with perhaps 3 minute recovery on each. This means my quality session from the Harriers training programme will be the Tuesday night park run at St Stephens.

I am currently in marathon training (Bournemouth Marathon 5<sup>th</sup> October) so I have not wanted to rock the boat too much on what has worked for me to get down to 35 minute 10k's but as a result of this programme I have a much better idea of what to target in my training and more importantly the danger areas of over training. This has been a benefit to many club members with the likes of Pete Hogbin, Simon Jones and Tom Purnell all running smarter and faster. Please come and speak to me on training nights if you want to know more about the programme. Let's hope we see the results in some improved performances over the KFL XC league this winter



Phil monitors Tom Purnell's results in the lab

## It can't be true - or can it!!

### NEW WORLD CLASS TRAINING 'SO NEARLY' BASED IN CANTERBURY

British athletes were set to benefit from a new Virgin London Marathon-funded world-class running base to be opened in the historic city of Canterbury. The synthetic track & facilities, to be opened by Kenyan born, four-time world champion Lornah Kiplagat was to be a first-class training altitude base.

It would have been a considerable improvement on the facilities that British athletes have had to make do with in recent years. The base, known as 'Birley's', was to have been the British Athletics London Marathon 'Altitude' Programme winter endurance camp.

Iten in Kenya's Rift Valley has long been the training destination for Britain's distance athletes, including Mo Farah, Hannah England and Helen Clitheroe, who regularly visit Kenya as part of their training. However, the inspirational choice of Canterbury as an international training base was applauded, not only by British athletes, but by top runners from all round the world.

The funding of the track was to form part of the London Marathon's ongoing commitment to help fulfil one of its founding objectives, to improve the overall standard and status of British distance running.

"The London Marathon was delighted to have helped fund the new tartan track and facilities in Canterbury, 'Home of Champions', where Mo Farah and many of British endurance squads were to have based their winter training," said London Marathon race director Hugh Brasher.

"The combination of running at altitude and wonderful facilities would have made Canterbury the Mecca for distance runners. I am sure the advent of this new track and facilities would have helped our distance runners achieve their goals in future championships and improve their standards."

When asked to explain the location of the new altitude training base in Canterbury which has an average altitude of 19 metres compared to the 1900 metres altitude at Iten the British Athletics spokesperson appeared somewhat flustered. "I'm sure that the Canterbury altitude of 1900 metres is correct as we have been professionally advised throughout by the local Harriers running club. We have athletes arriving from all round the world to enjoy these new training facilities - what can possibly go wrong!"

**Eds Note:** further enquiries revealed that a basic clerical error in the specification, prepared by UK athletics, gave the actual Canterbury altitude of 19.00 metres as 1900 metres. At the time of writing the athletics track is being dug up and the group of international athletes have returned to Iten!



**Saxon Shore Relay.....John Wilkins**

We're standing in our FATs (fly -attracting hi viz yellow t-shirts) at the start of the Saxon Shore way relays. It is as if we are at the start of a very dull television documentary with the opening shot from a cliff overlooking the entrance to the channel tunnel. But we aren't -Adam is only making a short video with his Ipad mini before we begin.



He has produced a fully-fledged team guide for each of us with maps, runners information and advice for driver (me). The sat nav has been programmed to direct me from stage to stage. James is ready to fly down the road of the first stage, Alex is remembering what happened last year, Adam is negotiating an early start as we arrived in such good time. I am wondering if I can drive without going the wrong way.

Now I look down from my relaxing comfortable armchair , there is a message from Russell about what a beautiful day it was as he awaits another thunderstorm while he chills out at home. I think about what a day it was you wouldn't believe.....

There was the early stage - Adam grittily running through the soaking rainstorm while we hurtle along a dual carriageway duelling with an intercontinental truck and the splashback. We have been on the road less than an hour - I think it is a good idea I have forgotten exactly how many (22) stages and how many miles there are to drive (47+). Already I worry if Adam has caught at least pneumonia dashing through the downpour...

Russell is ready to roll and we all learnt the true value of our FATs. Waiting for our team member to appear on the horizon and approach the handover; Watching from

the route for sight of the team at the handover point as you run through the gears, in Alex's case with apparent ease.

Another stage and we wind down the windows as we pass a runner going the wrong way and yell out to direct him back on track for the next handover. It won't be funny not knowing where you are going. It's not funny finding out you are going the wrong way. It's not like a normal race , it's not like a normal day.

The temperature is rising, the sun dazzled across the sea now as we park underneath a cliff after a vertiginous drop down a twisting road to the carpark - How did everybody else get there already -are we in front or behind? Is it going to get hotter (yes it is 31 degrees centigrade when we arrive at the last leg).

Later we sit in Whitstable Rugby Club, most of us contained in a swathe of blue t shirts emblazoned with the Saxon shore logo and the Race Director mentions what else was going on during the day. One runner ran a stage cleared off to the wedding to play the organ in the church and then returned to run the last leg. Another gave her daughter her mid day feed of expressed breastmilk. An old taxi (The Minnis Bay Massive) bought on ebay transported its team completing the route without a hitch. All of us had travelled by running shoe and transport, wheel by wheel toe by toe across and round over and down the twisting winding and challenging roads, tracks, private estates, golf clubs and clifftops, without a hitch.

The bottles of water were vital to keep everyone going - even me and I was only driving . But there was a minute when I saw a mirage - the entire cast of Baywatch complete with surfboards on their vehicle appeared at the roadside of the next handover point. Sometimes things are just not what they seem....



Each time a stage was completed there was a sense of time but nothing connected to real time- hours went by unnoticed -we just ran through the day and enjoyed it. As we passed the stage where disaster struck the parkrun team last year, a sense

of optimism began to pervade, as I finally learned that this was not real time it was the Saxon Shore way.

There is so much we have explored and I am sorry when the final handover point is reached. James floats around Long rock I exchange the water bottle for the baton with him. I begin to jog with the runners along the last leg. We are in sight of the yacht club when Russell says whoever has the baton should just go for it now. He looks at me and encourages me on, he always does, and my adrenalin overcomes the knee issue for a few strides.

I carry on until Adam cruises up along side. The baton is passed as he ghosts ahead through the heat haze to the Hotel continental finish line. Jacky on her bike beside him rings her bell to warn passers-by strolling in the sun that Adam is not an apparition.

Then we are all leaning back against the seawall as Jacky takes the team photo , the cheering on from James' parents, Shirley Nancy and Tina still in our ears.

As I sit back in my armchair wondering what else I might remember for this report I know it is a day that will stay in my memory and hope that there will be another day like it with everyone next year.



## WHO DO YOU THINK YOU'RE KIDDING 'MR HITLER?'.....Tim Richardson-Perks

Yes for those of you who are old enough to remember (probably most of you!) that is the opening line of the theme tune to Dad's Army. If you really are too young to remember well Google it or whatever you do these days. So why Dad's Army? Well every year the Harriers Platoon of Dad's Army turn out for the North Downs Relay and bravely compete against teams of often less than half our age. For example in my leg I was up against a 23year old and a 16-17year old. Their combined age of 40 barely touches my 54 and although I ran like Private Godfrey I was not the oldest runner to turn out on the day. Our only concession to modern Britain (have to be careful here it is still two days before the Scottish Referendum as I write) is that we proudly include ladies in our platoon.

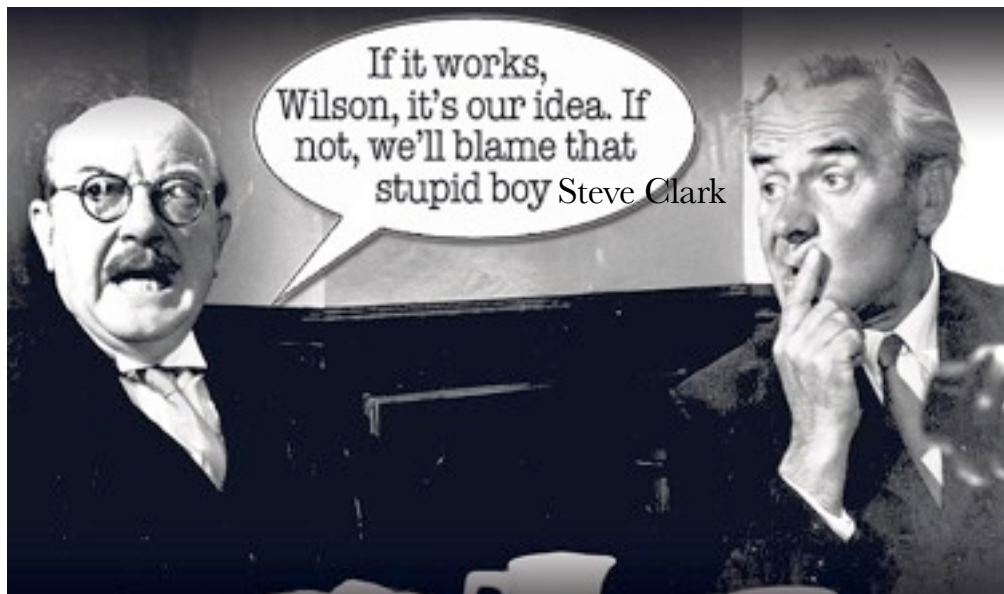


For the record here is the team with ages on race day alongside. We had 14 runners for a 16 leg race so well done Jacob and Phil who doubled up (after they had finished!!)

Jo Norrington	30	
Colin Kent	49	winner
Andy Farrant	58	winner
Dan Clark	30s	
Tony Savage	59	
Jacob Hussey	48	winner
Tim Perks	54	
Phil Wyard	51	
Neil Godden	50s	winner
Craig Thomas	53	
Steve Clark	62	
Mark Cooper	53	
Mark Wenman	60	
Barbara Wenman	56	



As you can see we are all getting on a bit and struggle to read maps due to needing reading glasses (map reading is a vital part of NDR, Canterbury Harriers folklore has many stories of runners who have been leading and then have got lost on the NDR - me included!) but still in many cases put in good performances, we had four winners as denoted above. But for Queen, Club and Country we all gave it our best. So where are our younger members? Jo is our only 30s runner, Dan is dragged into the team every year by Captain Mainwaring (Steve is his father) and contrives to get lost despite running the same leg each year - you stupid boy! We have two vacant slots plus a number who would like to retreat well behind the front lines so please next year if Steve asks you step up to the plate - we even do a Pub Run style buffet at the Vigo Inn (you only pay for your drinks) for those who make it to the end. And despite being a tough race the NDR is fun.



Finally a we must offer our congrats to Captain Mainwaring (Steve Clark AONB SSSI) himself for not only organising it all for the platoon but for this year achieving his 16 - yes at sometime over the past 16+ years Steve has actually ran each leg of the NDR - doesn't stop him getting lost though!

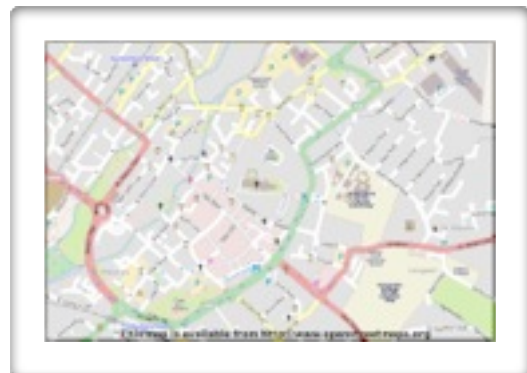
They don't like it up them!!

**REMINDER of Winter Thursday Evening Training Routes....Gerry Reilly, Head Coach**

For information the revised winter Thursday evening training routes A-D have now been added to the "Training" section on the Club Website. You may care to familiarise yourself with the details by referring to a city street plan. Any optional "short cuts" to reduce the length / time of the runs will be explained if needed by the appropriate coach/group leader on the evening of the run.

**Route A**

Birleys - St Stephens Road - St Stephens Court - Footpath to St.Stephens Footpath - Footpath across Beverly Meadow - St.Stephens Road - Beaconsfield Road - Forty Acres Road - Whitstable Road - London Road - Underpass to Rheims Way - Rheims Way - Underpass to Castle Street - Castle Row - City Wall - Pin Hill Footbridge to Canterbury East Station - Footpath to Lansdown Road - Nunnery Fields - South Canterbury Road - Hospital - Nackington Road - Junction with Old Dover Road - Up to top of Old Dover Road - New Dover Road - St Augustines Road - Footpath alongside Canterbury College - Spring Lane - Longport - Burgate (Optional start last mile fast) - Cathedral - St Radigunds - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (A = 7.35m approx)

**Route B**

Birleys - St.Stephens Road - Broad Oak Road - Vauxhall Road - Sturry Road - Reed Avenue - Dickens Avenue - Shelley Avenue - Forrester Close - Brymore Road - Military Road - Council Offices - Chaucer Road - Law Courts - St Martins Road - North Holmes Road - Littlebourne Road - Spring Lane - Footpath alongside Canterbury College - St Augustine Road - New Dover Road - St Lawrence Road - Up Old Dover Road - Nackington Road - Back of Cricket ground - Through Hospital - South Canterbury Road

- Nunnery Road - Oxford Road- Guildford Road Footpath to Hollowmede - Hollow Lane - Wincheap - Cow Lane - Simmonds Road - Wincheap - Underpass to Castle Street - Rosemary Lane - Stour Street (start optional last mile fast)- St Peters Street - St Peters Lane - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (B = 7.5m approx)



### Route C

Birleys - St.Stephens Road - Pedestrian crossing - Footpath behind Kingsmead Pool = Cross Sainsburys Car Park - NorthGate - Footpath to Ring Road - Military Road - Chaucer Road - Law Courts - St Martins Road - North Holmes Road - Littlebourne Road - Spring Lane - Pilgrims Rd - Pilgrims Way - Mount Road - New Dover Road - To top New Dover Rd - Down Old Dover Road - Nackington Road - Hospital - South Canterbury Road - Nunnery Fields - Lansdown Road - Footpath to East Station - Pin Hill footbridge - City Wall - Castle Row (optional start last mile fast) - Castle Street - St Margarets Street - Cathedral - St Radigunds - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (C = 6.5 miles approx)



### Route D

Birleys - St Stephens Road to St.Stephens Church - Footpath alongside Birleys Field - Farleigh Road - Tenterden Drive - The Terrace -Manwood Avenue - St.Stephens Hill - Footpath to University Campus - Darwin Road - Giles Lane - Parkwood Road to University Sports Fields Pavilion - Loop Round Parkwood Estate - Footpath to University Sports Centre - Giles Lane - Whitstable Road - Clifton Gardens - Harcourt Drive - Westgate Court Avenue - Whitgift Court - Path Leading to Victoria Hotel/End of London Road -Cross to path to Queens Avenue (Start option last mile fast) - Whitehall Railway Bridge - Whitehall Gardens - St.Dunstans - Kirby Lane - Station Road East - Under Railway Bridge - Footpath to St. Stephens Court - St. Stephens Road -Birleys (D = 6.5 miles approx)

# More Harriers Photos that you may have missed..or to enjoy again!







## Enduring Endure 24 ... again.....Karen Bennet

Last year I entered Endure 24, a 24-hour running event, partly to get my midlife crisis out of the way and partly to raise money for a Ugandan school. After clocking up 75 miles, injuring my knee and raising £600, I vowed I'd never put myself through anything like it again. A month later I entered 2014's event.

In their wisdom the organisers scheduled it for the same weekend as Glastonbury. The weather forecast inevitably predicted rain; a lot of rain. At the last minute I packed a second waterproof jacket and as many pairs of trainer socks as I could find.

I'd persuaded my mother to come along with me as my support crew. We set off Basingstoke on the Friday after work to pitch our tents ready for a noon start on the Saturday. Nerves meant I'd had a restless couple of night's sleep, so after filling up on pasta I crawled into my tent early. Fortunately the camping area for solo runners was right next to the course. Unfortunately that meant it was also next to the trade stands. Generators whirred away through the night, vibrating the ground beneath me.

It took a couple of cups of coffee to liven me up in the morning. After filling up on porridge and banana I pinned my race number to my vest and waited for noon. Predictably a storm rolled in with one hour to go. Thunder rumbled overhead while rain bounced off the course. I hid in my tent until the last possible minute, reassuring myself that the rain wouldn't last.

At noon the starters gun fired and we headed off on the undulating 5-mile loop through Wasing Park Estate. With most of the course off-road if it kept raining it was quickly going to become a mudfest; it kept raining for the next four hours. By lap three parts of the course were already ankle deep in mud. By lap four the waterproof jacket that had never let me down had given in to the elements and a 'water feature' had formed across part of the course, too wide to jump. I was soaked to the skin, squelching in my trainers and definitely not having fun.



Life is simple when all you have to do for 24 hours is go round in circles. Making decisions about what to eat, when to eat it and whether to change socks after the next loop occupy your mind. With only two pairs of trail shoes, after just four hours I didn't dare change them (some of the serious ultrarunners had rows lined up in the entrance of their tents). A fresh pair of socks and one of mum's banana muffins cheered me up though.

As the race went on the course deteriorated. With team relay runners going faster than those of us going solo, we were forced onto the path edges, where we struggled to find grip. The miles slid by slowly.

As midnight approached the rain looked as though it was finally moving on. Wet and cold, I stopped to change trainers and put on dry clothes. Obviously the rain started again as soon as I set off. I could have cried. Why was I doing this? I could stop, have a shower and climb into my sleeping bag. But, as Nelson Mandella once said "it



always seems impossible until it's done". With that in mind I forced myself back out, chuckling to myself at the ridiculousness of it.

It's strange how exhaustion affects you. By the early hours putting one foot in front of another had become a routine. No matter how tired I felt giving up was no longer an option. I thought I was coping pretty well with the fatigue until another solo runner I'd been jogging alongside for a while commented that some of the other runners he'd talked to were struggling. "We're good though," I said. "Sure we are" he replied, "we could recite the times tables backwards if we wanted to"; only we couldn't. Never mind backwards, we couldn't do them

forwards. We started off with  $6 \times 1 = 6$ ,  $6 \times 2 = \dots$  erm.  $6 \times 2 = \dots$  we counted on our fingers and came to the conclusion that maybe we were more tired than we'd realised. At the end of that lap I stopped to grab some food, scraped the mud off my legs and lay down for an hour. So far I'd slid my way to 50 miles.

As the sun rose it wasn't exactly a cloud free day that greeted us, but at least it was dry. The course was still thick with mud, though, in places now mid-calf deep if you got your line wrong. As noon approached I got a second wind and set my mind on clocking up 75 miles again. An experienced ultrarunner I'd hooked up with said, "seriously, are you really going to be happy with that? Surely you can squeeze in one more lap". And so I did.

I crossed the finish line for the final time full of emotion, proud that I'd achieved something I'd thought was beyond me and utterly exhausted. Then I found out that eighty miles put me in the top 10 for solo women, the first time I've finished in the top half of a race, never mind the top quarter. Filled with adrenaline and beaming I congratulated other runners crossing the finish line. The adrenaline wore off quickly, though, and was replaced by waves of nausea. I spent the next few hours forcing down food and vomiting it back up.

It's surprising how quickly the brain erases unpleasant details. A couple of days later I'd forgotten the pain and the misery of mud sliding in the rain. Would I enter again? The logical part of my brain screams 'no', but who knows!!



**Race results from around the world and Kent.....****(parkrun results can be seen via the club website 'results' section)****The Podplus Ashford Summer 5K Series - 4th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
13	Nathan Bradley	SM26	22:19	58.13	<b>PB</b>
38	Alex Davis	VF39	33:45	44.41	

**15th Bewl 15 - 6th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
217	Thomas Hooley	VM58	2:01:13	<b>Debut</b>	
360	John Cooper	VM55	2:13:33		
424	Russell Evans	VM50	2:19:11		

**Rye Summer Classic Series 10K - 11th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
19	Mark Cooper	VM53	41:19	74.51	

**Dartford Half Marathon - 13th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
88	Nathan Bradley	SM26	1:48:42	54.88	

**The Les Golding Memorial 10K - 13th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
12	Alex Horsley	SM37	38:52	70.21	<b>PB</b>
38	Fiona Tester	VF38	44:11	69.52	<b>PB</b>
66	Andy Phillips	VM51	47:18	64.02	<b>PB</b>
94	Bob Pullen	VM52	50:19	60.68	
147	Shirley Pullen	VF50	58:06	58.56	<b>PB</b>

**Dinosaur 10K - 27th July**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
7	Thomas Millard	SM29	36:40	73.56	
11	Thomas Purnell	SM27	37:10	72.57	<b>Debut</b>
18	Adam Stokes	SM30	37:54	71.17	<b>Debut</b>
46	Jacob Hussey	VM48	40:30	73.00	
52	Mark Baker	VM42	41:02	68.90	
90	James Taplin	SM24	44:22	60.80	<b>PB</b>
105	Nathan Bradley	SM26	45:02	59.90	<b>PB</b>
123	Oliver Brown	JM19	46:15	58.79	<b>Debut</b>
144	Fiona Tester	VF38	47:31	64.64	
160	David Taplin	VM52	48:25	63.07	<b>PB</b>
200	Andy Phillips	VM51	50:42	59.72	

**The Sapphire Hoe 5K Summer Series - 30th July**

Pos	Name	Cat	Time	Rtg	Notes
1	Simon Jones	SM39	17:15	77.61	

**Track Athletics Canterbury 5000m - 30th July**

Pos	Name	Cat	Time	Rtg	Notes
1	Thomas Millard	SM29	16:57	76.54	<b>PB</b>

**Rye Summer Classic Series 10K - 8th August**

Pos	Name	Cat	Time	Rtg	Notes
3	Simon Jones	SM39	35:11	78.64	
7	Joe Thomsett	SM26	38:29	70.09	
9	Barry Hopkins	SM35	40:28	66.66	
113	Alex Davis	VF39	1:13:51	41.92	<b>PB</b>

**Mid Kent 5 Miler - 10th August**

Pos	Name	Cat	Time	Rtg	Notes
18	Philip Wyard	VM52	33:15	71.97	
51	John Cooper	VM55	37:08	67.16	

**Road Athletics Aylesham & East Kent 10K - 10th August**

Pos	Name	Cat	Time	Rtg	Notes
2	Thomas Purnell	SM27	36:49	73.26	<b>PB</b>
7	Neil Armitage	VM42	44:25	63.64	
8	Nathan Bradley	SM26	45:54	58.77	
10	Fiona Tester	VF38	46:50	65.58	<b>1st Lady</b>
14	Bethany Burnett	SF20	49:00	61.05	<b>3rd Lady; Club Debut</b>

**The Podplus Ashford Summer 5K Series - 15th August**

Pos	Name	Cat	Time	Rtg	Notes
41	Alex Davis	VF39	30:07	49.78	
					<b>continued</b>

<b>Le Touquet 10K - 16th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
222	Colin Kent	VM49	45:14	65.90	
263	Bob Davison	VM60	46:38	70.24	
276	John Cooper	VM55	46:54	66.74	
289	Andy Farrant	VM58	47:13	68.11	
360	Gerry Reilly	VM66	48:51	71.26	
476	Roy Gooderson	VM57	51:14	62.20	
530	Joseph Standing	SM36	52:26	51.69	
606	Simon Keeler	VM42	54:06	52.26	
884	Fiona Craig	VF40	59:41	52.30	<b>Debut</b>
894	Joe Hicks	VM61	59:59	55.14	
1045	Lea Burnett	VF44	1:03:56	50.48	<b>Debut</b>
<b>Mount Ephraim 10K - 17th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Peter Hogben	SM22	36:15	74.41	
12	Jacob Hussey	VM48	40:24	73.20	
18	Philip Wyard	VM52	42:36	71.67	
20	Adam Cowper-Smith	VM55	42:59	72.84	
24	Craig Thomas	VM53	43:32	70.70	
25	James Scanlon	JM17	43:35	63.29	<b>Debut</b>
26	Francesca Paton-Smith	VF36	43:44	69.12	<b>Debut</b>
32	Jason Furminger	VM48	44:46	66.06	
57	Martin Henry	VM51	48:33	62.37	
68	Andy Phillips	VM51	49:49	60.80	
133	Jennifer Lucas	VF57	57:45	63.09	
<b>Track Athletics Canterbury - 20th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Peter Hogben	SM22	16:44	77.53	<b>PB</b>
5	Joe Thomsett	SM26	17:39	73.50	<b>PB</b>
9	Jacob Hussey	VM48	18:50	75.94	<b>Debut</b>
					<b>continued</b>

<b>Mel Batty 10K - 24th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
10	Barry Hopkins	SM35	39:23	68.49	<b>PB</b>
<b>Canterbury Half Marathon - 25th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
3	Simon Jones	SM39	1:17:54	77.97	
5	Thomas Purnell	SM27	1:19:28	75.06	<b>Debut</b>
51	Jacob Hussey	VM48	1:31:31	70.91	<b>PB</b>
61	Sarah Maguire	VF45	1:33:32	75.95	
56	Mark Baker	VM42	1:33:44	66.20	
74	Faye Roberts	SF32	1:35:40	68.78	
85	James Scanlon	JM17	1:36:57	63.10	
91	James Taplin	SM24	1:38:12	60.74	<b>Debut</b>
153	Nathan Bradley	SM27	1:44:13	57.24	<b>PB</b>
152	Jonathan Thirlwell	SM38	1:44:19	57.83	<b>PB</b>
158	Sasha Shaker	SM34	1:45:01	56.80	
<b>The Samphire Hoe 5K Summer Series - 27th August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1	Simon Jones	SM39	17:12	77.84	
<b>Rye Summer Classic Series 5K - 5th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Simon Jones	SM39	16:54	79.19	<b>PB</b>
16	Bob Davison	VM60	20:53	75.79	
57	Alex Davis	VF40	29:11	51.78	
<b>Charing 10K - 6th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
28	James Taplin	SM24	47:47		
35	Bethany Burnett	SF20	48:51		<b>PB</b>
55	Jon Vann	VM58	54:07		<b>Debut</b>
66	Fiona Craig	VF40	56:50		<b>PB</b>
81	Lea Burnett	VF44	1:02:11		<b>PB</b>
					<b>Continued</b>

<b>Fosters Law Kent Coastal Marathon - 7th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
19	Adam Cowper-Smith	VM55	3:24:22	70.82	<b>Bronze Medal Kent Champs Vet 50; PB</b>
39	Craig Thomas	VM53	3:42:36	63.95	
61	Thom Fentem	SM30	3:51:44	54.73	<b>Debut</b>
86	John Cooper	VM55	4:13:35	57.08	
127	Sally Silver	VF40	4:35:40	51.69	
157	Russell Evans	VM50	4:55:29	47.01	
158	Gary Hovery	SM39	4:55:37	43.32	
<b>Fosterslaw Kent Coastal Half Marathon - 7th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
24	Colin Kent	VM49	1:38:37	66.31	
28	Alex Horsley	SM37	1:39:37	60.14	<b>Debut</b>
43	Fiona Tester	VF38	1:45:32	63.53	<b>3rd Lady Vet 35; Club Debut</b>
68	Andy Farrant	VM58	1:50:23	63.90	
<b>South Cheshire 20 Mile - 7th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
10	Thomas Millard	SM29	2:09:00	73.11	<b>Debut</b>
87	Mark Cooper	VM53	2:43:26	63.92	
<b>Great North Run - 7th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
694	Adam Stokes	SM30	1:18:31	75.97	<b>PB</b>
1097	Faye Roberts	SF32	1:32:41	70.99	
3613	Nathan Bradley	SM27	1:43:10	57.82	<b>PB</b>
7156	Anna Fisk	SF33	1:51:40	58.93	
19188	Jennifer Lucas	VF57	2:12:45	59.87	
<b>Track Athletics Canterbury 5000m - 10th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Thomas Purnell	SM27	16:26	78.95	<b>PB</b>
3	Simon Jones	SM39	16:32	81.00	<b>PB</b>
5	Thomas Millard	SM29	16:58	76.46	
					<b>Continued</b>



<b>Wingham 10K - 14th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
3	Thomas Millard	SM29	37:21	72.22	<b>2nd Male</b>
13	Mark Baker	VM42	41:25	68.26	
19	Sarah Maguire	VF45	42:48	76.03	<b>2nd Lady</b>
32	Abigail Mackinnon-Austin	SF22	45:11	66.21	<b>3rd Lady; Club Debut</b>
33	Francis Maude	VM48	45:15	65.36	
39	Fiona Tester	VF38	46:31	66.02	
43	Nathan Bradley	SM27	47:20	56.99	
47	Jennie Gardner	SF34	47:34	62.89	
59	Penny Birchall	VF57	48:35	75.01	<b>1st Lady Vet 50</b>
91	Rupert Williamson	VM52	53:18	57.29	
108	Joanna Brazier	SF29	55:39	53.76	<b>PB</b>
161	Claire Booher	SF24	1:05:59	45.34	
186	Joe Epsom	VM63	1:22:30	40.90	
<b>Wingham 5K - 14th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
6	Yiannis Christodoulou	SM31	23:23		
15	Roy Gooderson	VM57	28:21		
<b>The Final Les Witton Dartford 10m - 21st September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
8	Thomas Purnell	SM27	1:00:20	74.03	
<b>Faversham 10K - 21st September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
28	Oliver Brown	JM19	43:36	62.37	<b>PB</b>
46	Nathan Bradley	SM27	44:51	60.14	<b>PB</b>
61	Martin Henry	VM51	45:47	66.14	
103	Andy Phillips	VM51	47:33	63.69	
162	Jon Vann	VM58	51:45	62.15	<b>Debut</b>
172	Roy Gooderson	VM57	52:20	60.89	
247	Bob Pullen	VM52	56:33	53.98	
302	Shirley Pullen	VF50	1:00:34	56.18	
384	Jacky MacDonald	VF66	1:15:19	53.61	

## Reporting Your Race Results

For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate by a qualified Association of UK Course Measurers Measurer). If it is certified as accurate then Yiannis ticks the "certified accurate" box for the event when entering the results and these results are then automatically transferred on to the website league tables and count in terms of club awards and points tables. The same applies to the principal international road races which club members take part in including the Reims and Le Touquet events and other major international city distance road races and marathons all of which are assumed to have been certified as accurate under their own national measuring systems and rules.



With regards to parkrun 5K results Steve Clark monitors the Whitstable Park Run website and records the weekly results on the website separately – the results from the Whitstable Park Run when the race is run on the standard two lap route are recorded as “certified accurate” and are automatically transferred to the league tables as this course has been officially certified as accurate by AUKCM. If the race is run over the “lollipop” route or the normal route is shortened on the day for whatever reason then the “certified accurate” box will not be ticked and these results will not be transferred to the league tables. These results and any other results where the course is not certified as accurate will show on the results table in green italics.

If you wish to check before entering whether a race is certified as accurate you should visit the UK Course Measurers website at <http://aukcm.org.uk/> The association measurements apply to the standard road race distances of 5K , 5 Mile , 10K , 10 Mile , Half Marathon , 20 Mile and Full Marathon and these are the only race distances which qualify for our road race league tables and road race club awards.

Please note that statements on UK road race websites or entry forms that a course has been “accurately measured” are meaningless unless the course has been officially measured and certified as accurate by AUKCM. Races which have been given AUKCM certification will usually show the AUKCM triangle/wheel symbol on their entry forms, information sheets or websites. The AUKCM certificate is valid for a ten year period after which it is subject to a renewal process on expiry or if there is a change in course routing in the intervening years.

If you wish to notify a race result for logging on the website **PLEASE NOTIFY DETAILS DIRECTLY TO YIANNIS CHRISTODOULOU** at [yiannis\\_christodoulou@hotmail.co.uk](mailto:yiannis_christodoulou@hotmail.co.uk) Similarly if you have any queries or corrections with regard to results already entered please contact Yiannis. (Please note the underscore between the first name and surname ).

## Harriers on Facebook.....

One of the club aims is to upgrade the various ways that we communicate with each other. Most of us are familiar with Facebook and it seems a sensible way of informally communicating club/member messages and information. Like most social media it needs to be used in a way that we can all enjoy.



Facebook can be used to tell each other about weekend training sessions, club results, upcoming fixtures and sharing lifts to races etc. Indeed Facebook use is as wide as members wish to make it for club matters. If you are not already signed up to Harriers Facebook then it really is a must to help you keep in touch. Gemma Hiorns is our Facebook Administrator.

1) If you do not already have your own Facebook account you need to set one up. This simply requires your email address and a personal password to set up. It's then up to you how much further information you choose to include. You are then ready to use the Harriers Facebook pages.

2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also be found by typing in [www.facebook.com/CanterburyHarriers](http://www.facebook.com/CanterburyHarriers) in your address bar. You can also find Harriers Facebook by clicking on the Facebook logo on the front of the Harriers website (top right). To see the posts from Harriers in your personal Facebook news feed click on the 'Like' button found just under the main photo.

3) If you want to post on the page there is on the left hand side of the page a box that says 'post' above it. You can then write your message and then press Enter - this will not be public and others won't see your message unless they look for it on the page. If you want something posted (eg. any events you are participating in, details of PB`s or if you want to organise a training run) you need to. Private message the page which you can do by clicking on the 'message' button on the right hand side of the page. Your message will come through to Gemma Hiorns (Harriers Facebook Administrator) who will then post your entry so that all members can view it. This method also needs to be used if you have any photos you would like to post. Alternatively photos can be e-mailed to Gemma at [facebook@canterburyharriers.org](mailto:facebook@canterburyharriers.org) who will then post them to Gemma site.

4) To see what others are posting on the Harriers page click the label.Recent Posts by Others and you will see everybody else's posts, allowing you to also comment and 'like' on these

5) Because Facebook is so instant simple messages can quickly be relayed within the club. As Administrator Gemma is keen to develop use of the site and for members to get involved with the posts, to like and comment on them. Brief news stories and photos are also very welcome so that these can be shared.

6) And finally if anyone has a problem in accessing the Facebook page please e-mail Gemma at [facebook@canterburyharriers.org](mailto:facebook@canterburyharriers.org) to help sort things out.

The new range of Club Kit - all orders to Jenny Benson: [jennybenson1@gmail.com](mailto:jennybenson1@gmail.com)



Ronhill Running Vest £15.00



Navy Hoodie £17.00



Long Sleeve T-Shirt £10.00



Short Sleeve Technical T-Shirt £13.50



### **rgelectronics**

All radio equipment including Roberts digital radios.  
Audio equipment, connectors, leads, metal detectors etc.  
Telephone and broadband installation and fault finding

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

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

**Faye Wyard**, daughter of the Harrier's member Phil Wyard, 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.'

### **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...**

Sports massage and indian head massage, £10 per session for members. Fully qualified, insured and member of The Sports Massage Association. Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

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

All house and garden maintenance

01227 361112 or 07951754926

**And Finally.....**

**Hope you have enjoyed reading the Autumn 2014 Harrier. Very best wishes to you all for future running or multi-event; or for getting over an injury that never seems to clear up. Good luck with winter training and commiserations to those not making the start line with a current injury. You'll be back soon.....**



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 see Peter at Birley's.

**The end**  
**THE END**