



The Harrier

The newsletter of the Canterbury Harriers



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SUMMER WELCOME

Greetings to the Summer 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 152 full members, 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. Some of our early Tuesday sessions have had to be off-grass as Birley's field was too wet for running use. The last couple of weeks has seen the sun shine and summer seems to have arrived. No drought warnings as yet.....happy running.

WHITSTABLE 10K

Led by Race Director John Hartley and the Race Team our Whitstable 10K race was successfully held in ideal conditions on May Bank holiday. 'Team Canterbury Harriers' rose magnificently to the occasion in fulfilling the wide range of race day tasks. The short notice cancellation of runners parking at Gorrell Bank might have undermined (excuse the pun!) our arrangements. However, some nimble planning allowed use of Westmeads Recreation Ground for runners parking and all was well on the day. Feedback from competitors has been very rewarding and the Race Adjudicator, who incidentally ran the race, also commented very favourably on the race organisation. The race has provided a very healthy surplus approaching £6800 towards club funds as well as allowing the club to make a £1000 contribution to Demelza Children's Charity. The club's cheque to

Demelza was presented on the 20th June with photo below. It is part of our club's mission that we should aim to support an important and very worthy local charity. A letter of thanks to the club from Demelza is on page 40.



Demelza A&E holding an open day on Saturday 27th September with each tour of the facilities taking about an hour. Visit www.demelza.org.uk if you are interested in going along. Demelza are also holding a 10k run at Leeds Castle on Sunday 21st September with entries through the above web address.

John has recently completed a race review in receiving feedback from marshals and the race organisation team. Lessons learned and further ideas for improving the race will all be fed into the 2015 race plan. In giving our thanks to John we are fortunate that he will be continuing as Race Director in 2015. In the spirit of having a club succession plan in place we are looking for someone to shadow John as Race Director in 2015. Further information about the role is included within the newsletter.

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 86 different members taking part in a wide range of events, not counting the summer relay series or park runs. Credit is due 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 - Yiannis Christodoulou (PB)
- Carolyn Duey (Debut)

Track 5K - Tom Millard, Phil Wyard (PBs); Joe Thomsett, Mark Cooper, Craig Thomas (all Debuts).

7K - Wendy Smith (3rd lady & 1st vet in age group)

10K - Neil Armitage, Jennie Gardner, Fiona Tester (twice) , Julie Bradford, Shirley Pullen, Adam Cowper-Smith, Craig Thomas, Nathan Bradley, Tom Millard, Yiannis Christodoulou (all PBs)

Andy Phillips, Karen Hoult, Imani Morris, Fiona Tester, Alex Davis, Alex Horsley, Clare Booher (all Debuts)

Phil Wyard (2nd vet in age group)

Jennie Lucas (1st vet in age group)

10 miles - Peter Hogben, Robbie Higgins, Simon Jones, Tom Millard, Penny Birchall, Nathan Bradley, Shirley Pullen (all PBs)

Adam Cowper-Smith, Lea Burnett (all Debuts)

Half Marathon - Anna Fisk (PB)

Lariza DeOliveira (Debut)

Penny Birchall (2nd vet in the group)

Wendy Smith (3rd vet in age group)

30K - Tom Purnell, Adam Cowper-Smith, Neil Armitage, Mark Cooper (all Debuts).

Marathon - Adam Stokes, Colin Kent, Gary Hovey, Sally Silver, Paul Lucas, David Waite, Mark Cooper, Nathan Bradley, Adam Cowper-Smith (all PBs)

Jennie Gardner, Thomas Hooley, Anna Fisk, Jason Paton-Smith, Francesca Paton-Smith (all Debuts)

Adam Stokes (race winner), Barbara Wenman (2nd veteran in age group)

CLUB AMBITIONS 2014

Your Committee has devised a range of Club Ambitions that have previously been described in the newsletter. Recent developments include improved club communications (see item below) and supporting a local charity (Demelza is the club's chosen charity). A fuller update on Harrier Ambitions is contained within the newsletter.

CLUB COMMUNICATIONS

Gemma Hiorns has led the expansion in the use of Harriers Facebook. Do sign up if you haven't already done so.

Joe Thomsett keeps our Harriers website up to date. Please support Gemma and Joe by contributing to both media outlets!

Mel Georgiades is making a great contribution as our new press officer with weekly press reports. If 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 volunteer and bring their own ideas to the role. The usual salary and perks apply!

YOUR COMMITTEE

Your committee has so far met on 6 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 next year's use renewable from October. The intention is to hold this increase within the current level of club fees. We haven't had any indication that England Athletics will increase their registration fee above the current £10 - but this would be the only increase (for those that choose to register) if EA were to do so. It's a little way off but as a reminder club fees will be due from 1st November.

ITS ONLY A BIKE RIDE!

Following in the steps (or pedals!) of John Hartley, Rob Dowling and Steve Clark two intrepid Harriers will be attempting the Lands End - John O'Groats route this coming August. Tony Savage will be celebrating his 60th birthday during the ride. Tony will be accompanied by Club Chairman, Peter Yarlett, who, in a confused senior moment, agreed to join Tony on the 960 miles trip spread over 14 days. Demelza is the chosen charity for the ride and anyone interested in sponsoring Tony and Peter's LEJOG ride can do so through:



<http://www.justgiving.com/owner-email/pleasesponsor/Peter-Yarlett>

JustGiving sends your donation straight to Demelza Hospice Care for Children so it's a quick and safe way to donate. Many thanks.

DISCOUNTS

When purchasing running gear don't forget to mention that you are a member of Harriers. Club membership cards are now available through Andy Farrant and so use the card 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

EVENTS, DIARY DATES AND THANKS

Thank you to Bob Davison for organising a pub run from The Elephant, Faversham. Volunteers to arrange other pub runs are appreciated!

Dear diary - Don't forget:

The North Downs Relay on 12th July

The Saxon Shore Relay on 19th July

The Le Touquet trip on 16th August

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 or a meal and social chat.

PHYSIOLOGICAL TESTING

A small number of our club members have recently undertaken a series of physiological tests with Christ Church University sports development department. Tests have involved VO₂ max levels, lactate threshold, Body mass and Oxygen carrying capacity. All are useful for determining maximum performance and training thresholds. An opportunity is now available to attend a short presentation at Christ Church covering a description of each test, what each test involves, how tests might be useful to the club runner.

The presentation is free to members. It will be delivered by Phil Anthony who is an international standard marathon runner (2 hrs 16 mins in the 2012 London Marathon) and will be held at the Christ Church University Sports Development centre on the campus site off North Holmes Road on Wednesday 23rd July at 7.00pm. It will last about an hour. There will also be an opportunity to look at the equipment involved.

Should any member subsequently wish to take any of the tests then arrangements can be made with Christ Church for group bookings at reduced rates. The costs would be 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>

There will be free parking on the campus site off North Holmes Road for those attending. Please let Gerry or Peter know asap if you would like to attend the presentation.

WHAT'S INSIDE

For your enjoyment and pleasure the usual range of informative and quality items include(!), Race Results, Why Run?, Spotlight on Adam Cowper-Smith and James Scanlan, X-Country Award Winners, The forthcoming Le Touquet Trip, Club Aspirations, Alan Turing - The Unknown Runner, Running barefoot, Medway 5K, Harriers aspirations, Midsummer Munro, Whitstable 10K roles and Trail Menorca De Cavils.....

Harriers Committee meetings are held on the second Tuesday of each month.

Please raise any matters with a committee member:

Harriers Committee 2013/14	
Peter Yarlett	Chair
Bob Moreton	Treasurer
Roy Gooderson	Administration Officer
Tina Jones	Secretary
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
Jenny Benson	Runners Rep, Kit & Coach
Joe Thomsett	Co-opted Runners Rep & Website Content

Spotlight on.....Adam Cowper-Smith & James Scanlan

Adam.....

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

A. Having spent several years competing in the team sports of Rugby and Grasstrack Sidecar racing I wanted to retire and take up a more relaxing activity and my wife Jan suggested I could take up running for fun. Me being me though, I couldn't do a sport where I don't compete.

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

A. As mentioned above I played Rugby for Whitstable RFC and regularly turned out for the first team. In 1992 I was third team captain. During the spring, summer and early autumn I was a Right-hand Grasstrack Sidecar passenger racing up to 1000cc bikes and in 1984 my driver Charlie Coleman and I were national champions.



Q. What is your favourite training session?

A. I like the longer efforts but actually prefer the Wincheap surface, so 800's round Wincheap are probably my favourite although 1000's on a smoother surface than St Stephen's would be my real favourite.

Q. What other sports are you interested in watching?

A. Anything with an engine in it as long as it is competitive, mainly bikes or cars, as well as rugby.

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

A. That's a tricky one. At the moment I have a fairly stable job where I can work fixed hours and train when I get home. In previous roles unfortunately my running has suffered when work has taken priority, sometimes I have been known to fit a run in between meetings, before or after work if I am staying away.



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

A. What is typical? The longer times/distances are when I am marathon training and have been typical so far this year.

Sunday – long run 1-3.5 hours (8-24 miles)

Monday – rest

Tuesday – Club night, generally what everyone is doing or an adaption of it.

Wednesday – Steady run 40 minutes-1.5 hours (6-11 miles)

Thursday – rest

Friday – Easy run 30 minutes – 1.5 hours (4-11 miles)

Saturday – Whitstable parkrun – raced if I don't have another race, easy if I do, or sometimes I pace the run for an easier run.

Q. What are your favourite races and distances?

A. My favourite distances are 10 mile and Half Marathons, with the occasional Marathon.

I enjoy the London marathon, Folkestone 10 mile on a nice day, Paddock Wood Half Marathon. I love the parkrun atmosphere, even if the distance is a bit short for me.

Q. What are your future goals and ambitions?

A. Having recently run the Kent Roadrunner marathon I am planning to enjoy my running before the cross country season running the North Downs 30k and the Saxon Shore relay, then possibly a couple of half marathons or ten milers.

Long-term goal is to keep running competitively for as long as possible.

Q. How do you keep motivated to run?

A. Sometimes it is just a case of getting out there and running, the first step out of the door is often the hardest. Other times I need no motivation because I am looking forward to running beside the sea or through the woods. Having a race to prepare for is a good motivation for me too.

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

A. Make up your mind. Tell yourself that you are prepared to suffer the pain and discomfort of the hard work of training then do it. Running fast is 80% mental and 20% physical, once you get over the mental barrier, the physical will follow more easily. It is still hard work though but so rewarding.

Never give up, don't let anyone tell you that you can't achieve your dream, you can. If injury visits you put your plan on hold until you can start working again, just don't push too hard until your body is ready.

Listen to your body and it will pay you back tenfold, don't and it will punish you the same.



Adam takes up the story on how he has advised James on running....

I have known James since he went to primary school with my daughter Bethany and although he was around it wasn't until he, along with his parents started running Whitstable parkrun that we acknowledged our shared passion for running.

That was two years ago and although I started giving tips to his Dad Ian, James was listening and taking note.

When James started to regularly beat Ian, I started to give him a few more tips and then he started to get quicker and I realised that I needed to put some work in to stop him beating me, which is about when I first went to a Canterbury Harriers club night.

Around the same time I gave him the challenge that what he needed to do was beat me and mine was to stop him, fortunately for me he has yet to beat me.

At one of the parkruns I suggested to James that he might like to come along to a club night with me and offered him a lift.

The rest as they say is history, after the initial confusion that he is not my son, James has become a member of the club, has been introduced to the joys of efforts sessions, as well as cross country running and not been put off by Steve Clark's jokes.

All that remains is the day that he beats me in a parkrun, which rather than be sorry about I shall take pride in the fact that I have been able to introduce a runner of considerable talent to the sport I love.

Spotlight on James Scanlon.....

When I was 15 years old my parents persuaded me to take part in the Whitstable 5k park run. Reluctantly, I dragged myself out of bed on a Saturday morning in April 2012. The support everyone gave each other to complete the course inspired and uplifted me, enough to finish the course and return the next week, and the next. Before each run I started to talk to Adam, known to me through association with his daughter and a neighbour. Adam gave me practical advice about the importance of warming up and warming down, local areas suitable for running and advice about trainers.



It was Adam that mentioned Canterbury Harriers to me. He believed that I would benefit from their training sessions. Every week Adam gives me a lift to Canterbury Harriers in exchange for a lion bar. I have always been in awe of Adam's speed when completing the park runs. When I started the parkruns I was grateful to complete the course without gasping for breath as I crossed the line in 31 minutes. Adam seemed to whizz, effortlessly past me. As I have trained more I have noticed that the gap between myself and Adam is closing. My goal of being able to complete 5k without stopping has been upgraded to trying to beat that 20 minute mark. The faster I run though, the faster Adam runs too, I am still not able to catch him.

By March I ran my first half marathon completing it in a respectable time of 1 Hours and 33 minutes a goal I could have never achieved if it wasn't for Adam's support and guidance.

Thanks to Canterbury Harriers and Adam's continued support I continue to improve. I look to compete in the Canterbury half marathon. Maybe one day I might be able to beat Adam!

Alan Turing - 'An Enigma' - the unfulfilled marathon ambition of a computer genius.....Peter Yarlett

Which British athlete has made the greatest contribution to society in the course of his life's work? There are some notable candidates who spring to mind: Lord Noel-Baker, Olympic 1500 metres silver-medallist in 1920, later awarded the Nobel Peace Prize; Eric Liddell, the 1924 400 metres champion, and a missionary who died for his beliefs; Lord Burghley, the 400 metres hurdles champion in 1928, who became a leading figure in the Olympic movement. Seb Coe is another in recent times. Who of them, though, has left a legacy of worldwide significance to match that of Alan Turing?

Turing has been described as “the founder of computer science, the originator of the dominant technology of the late 20th Century” and also as “a fine athlete of almost Olympic standard”. Almost 70 years later his best marathon time of 2:46 bears comparison with today's times, particularly considering the benefits we now have of modern kit, training and diet.

Turing was the author of a paper which inspired the creation of the programmable computer, produced the first computer type machine and invented the concept of programming. He also played a major role in the secret wartime work which led to the breaking of Germany's Enigma military code system. Many will have heard of his wartime work at Bletchley Park.



As a long-distance runner, he had a brief and noteworthy career which might have led to greater things but fell just short of the higher levels. His life was tumultuous and ultimately tragic as he committed suicide at the age of 42 after taking a bite of an apple soaked in potassium at his home on 7 June 1954.

Alan Mathison Turing was born in Paddington on 23 June 1912, the younger of two brothers. Turing had shown early signs of precocity – even budding genius – by teaching himself to read in three weeks, and he was studying the works of Albert Einstein at the age of 12, though throughout his school life he was never to come to terms with the discipline of classroom learning and this was reflected in his poor examination results.

What was much more important was that in 1945 Turing emerged with the first detailed design for an electronic computer in the full modern meaning of the term, known as the ACE (automatic computing engine), and from then until 1948 he worked at the National Physical Laboratory at Teddington on development of the ACE. It was while working at Teddington in 1946 that he was invited to join the nearby Walton Athletic Club and so at the age of 34 started his distance-running career.

So far as his athletics career is concerned, the first mention of his name in the monthly magazine, "Athletics" (now "Athletics Weekly"), was in August 1946 when he won the Walton AC's three miles track title in 15:37.8. This hardly compared in any way with the record-breaking time of 13:53.2 which had been set by Sydney Wooderson a month before at the AAA Championships, but the 20th fastest time by a Briton that year was 15:17.0 and so Turing's performance as an unlikely 34-year-old novice was one to be remarked upon. He was actually worth better, as was demonstrated on 31 August, at a meeting at Motspur Park organised by Blackheath Harriers, where he won a three-mile handicap race. With a start of 360 yards, he beat by inches a useful runner named Monty Hillier, of Oxford City AC (off 180 yards), in a time of 14:20.6, which was equivalent to around 15:20 for the full distance.



This was followed by a series of commendable cross-country runs for his club, as follows: 26 October, 3rd v Thames Valley Harriers and Woodford Green AC at Cranford, only six seconds behind Alec Olney (TVH), who was to become an Olympic 5000 metres runner two years later. 2 November, 2nd v Epsom & Ewell Harriers, the Guards Depot and Wigmore Harriers, 24 seconds behind J.J. Andrews (Wigmore Harriers). 9 November, 17th of 209 starters, South of the Thames inter-team race at Nonsuch Park, Cheam, and first scorer for his club, 1min 2sec behind Bill Lucas (Belgrave Harriers), also an Olympic 5000 metres runner in 1948. 21 December, 7th v Surrey AC at Kingston, 30 seconds behind Stan Belton (Southern cross-country champion in 1936) and Geoff Iden (to be an Olympic marathon runner in 1952), both of Surrey AC.

Clearly, Turing was already of some public repute as a result of his computing research because "Athletics" drew attention to the fact that the Walton AC member was the same Dr Turing who was "largely responsible for the so called Electronic Brain Machine". During 1947 he ventured into longer distances. In March he was 69th in a snowbound National cross-country championships at Apsley, in Buckinghamshire. In April he was 4th in a 10 miles road race promoted by his club in a time of 54:43. In May Turing was 3rd in the Kent 20 miles road race at Chislehurst in 2:06:18.

On 12 July 1947 in Rugby at a marathon promoted by the British Thomson Houston electrical engineering company he was a somewhat isolated 4th in 3:01:23 as the future Olympic silver-medallist, Tommy Richards, of South London Harriers, won in 2:43:03 from Manley (2:50:47) and Harry Dennis, of Thames Valley Harriers (2:55:10). Having retained his Walton AC three miles track title on 12 August in 15:51.8, Turing took part in the AAA marathon a fortnight later at Loughborough and improved enormously to a time of 2:46:03 for 5th place.

Turing was 7th in the South of the Thames inter-team cross-country event in November at Dartford and at the year's end he was ranked in 9th place on his competitive record among Britain's marathon runners by the AAA.

In April 1948 Turing finished almost nine minutes down on the winner of the Wigmore 15 miles road race and injury prevented his serious consideration for the British team in the 1948 Olympic Games. In fact, the selection process was simply based on the result of the combined AAA/Polytechnic race on 19 June in which Turing did not run and which was won by Holden in 2:36:44.6 from Richards (2:38:03) and Stan Jones (2:40:49).

A copy of the programme for the 1948 Poly shows that Turing was entered, and so he may well have had some Olympic aspirations at least until his untimely injury. His running action was apparently very strained and cumbersome, and this may have caused his problems.

He continued competing until 1950 when a leg injury finally ended his career.



A rumour that a new sports drink has been producing hallucinatory effects on runners have been dismissed as 'rubbish' by the drink's manufacturer.....

Canterbury Harriers X-Country Honours 2013/14

And so a fond farewell to the last cross country season – ‘blood, sweat, tears & fears’ with a final look at the honours board for 2013/14. But don’t worry the first race for next season is only 4 months away!

KFL Female League Winners team medals

Gemma Hiorns	5 appearances
Penny Birchall	5 appearances, scored once for team
Julia Bradford	6 appearances, scored once for team
Victoria Kenny	4 appearances, scored four times for team
Sarah Maguire	6 appearances, scored four times for team
Jenny Benson	5 appearances, scored five times for team
Barbara Wenman	7 appearances, scored six times for team

KFL Individual League Category Awards (qualification is 5+ appearances).

Female	3 rd Overall	-	Jenny Benson
Female	V55 Champion	-	Barbara Wenman

KFL Individual League Certificates – Male and Female (qualification is 5+ appearances).

Females:	V55 Category	2 nd	Penny Birchall
	V40 Category	3 rd	Sarah Maguire
	V35 Category	6 th	Julia Bradford
	SEN Category	12 th	Gemma Hiorns
Males:	V65 Category	4 th	Gerry Reilly
	V65 Category	8 th	John Hartley
	V60 Category	5 th	Steve Clark
	V60 Category	9 th	Peter Yarlett
	V55 Category	6 th	Mark Wenman
	V55 Category	7 th	Bob Davison
	V55 Category	10 th	Andy Farrant
	V55 Category	19 th	Roy Gooderson
	V50 Category	7 th	Adam Cowper-Smith
	V50 Category	8 th	Dave Bowden
	V50 Category	10 th	Rob Sargeant
	V50 Category	21 st	Steve Reynolds
	V50 Category	25 th	John Cooper
	V50 Category	29 th	Bob Pullen
	V45 Category	9 th	Colin Kent
	V45 Category	19 th	Jason Furminger
	V45 Category	25 th	Dave Waite

SEN Category 7th
 SEN Category 27th
 SEN Category 37th

Tom Purnell
 Barry Hopkins
 Yiannis Christodoulou

Club Kit Awards

Female: (8) Barbara Wenman
 (6) Penny Birchall, Julia Bradford, Sarah Maguire
 (5+) Gemma Hiorns

Male: (8) Gerry Reilly, Mark Wenman
 (1) Adam Cowper-Smith, Andy Farrant, Jason Furminger, Colin Kent,
 Tom Purnell
 (6+) Bob Davison, Roy Gooderson, Peter Yarlett
 (1) Yiannis Christodoulou, Steve Clark, John Cooper, Barry Hopkins,
 Rob Sargeant
 (5+) Dave Bowden, Neil Godden, John Hartley, Bob Pullen



Most Improved X-Country Club Runners 2013/14

Club most improved xc runner female - Sarah Maguire

Club most improved xc runner male - Roy Gooderson

Overall Club Champions 2013/14

Club overall X-Country champion female - Jenny Benson

Club overall X-Country champion male - Tom Purnell

Whitstable 10K Race Director – Do you want to try it?.....John Hartley

In keeping with the Editor's introductory comment to this Newsletter, about successional planning, I want to provide a few more details about the role of Race Director, to give also, an indication of the planning infra-structure the Club has now developed for our race, and finally, to encourage any member who would like to be considered for leading the Race Team to make contact with me in the near future to discuss a shadowing role for the next race, followed by an eventual succession in 2016.

As the title suggests, the Race Director has overall responsibility for all aspects of race organisation and event delivery. In essence, this entails chairing the Race Planning Group meetings (ie, Race Team), reporting to the Club Management Committee, updating and maintaining race documentation, liaising with Race Co-ordinators (ie, members of the Race Team) and with Race Officials (Adjudicator and Referee) on the race day and establishing the follow up, final race results and race review.

During the preparation for the 2014 event, the Race Planning Group prepared a comprehensive Race Manual, with a supplementary file of race documentation.

These documents cover the specific tasks undertaken by the Race Director, and the Co-ordinators, prior to the event and as appropriate, on race day, ie the roles of: Entry Secretary, Administration, Race HQ, Treasurer, Course Marking/Road Closures, Marshalling, Drinks Stations, Finish Zone, Prize Presentation. The Race Manual, and supporting evidence, enabled the Club to be granted a full operating licence/permit by UK Athletics – an essential element in securing appropriate public liability insurance – and obtaining permission from Canterbury City Council for the event to be held in a location for which they have a responsibility. Hence, the Club has now a well-developed organisational structure, and an experienced team, for this important event in the runners' calendar and for the benefit of Canterbury Harriers.

So perhaps you may like to take on the responsibility in due course. Well, depending on experience, skill sets etc, Peter Yarlett and I thought that a shadowing role could be developed to assist you in your preparation. Following and participating in the arrangements, as we work towards the event in May 2015, would be a very useful stage to progress to. Subsequently, there could then be a fuller take up of the Race Director role in the following year. However, that decision we would leave with the individual, until they feel sufficiently confident with the range of responsibilities and consider they can maintain and possibly enhance the event standards. If you would like to chat this prospect through, please contact me on a Club training night, or drop me an email at john.hartley41@talktalk.net I look forward to hearing from you.

John Hartley
Race Director



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 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).

The information you provide to Yiannis (below) should include the following:

1) Name and location of event - please note that the **website results section is designed primarily for conventional road races**. Kent Fitness League results are automatically transferred to the results section and Yiannis will also add results from the Kent and Southern Cross Country Championships - however results/reports of off road performances by individuals such as trail races and also triathlons are more appropriate for The Harrier Magazine or Club Facebook page.

- 2) Distance of event **and whether certified accurate or not**
- 3) Date and time of event
- 4) Total number of runners
- 5) Your official net time (viz chip) and finishing position
- 6) Details of any category award won - if participating with other Harriers also details of any team award achieved.
- 7) Weather conditions during the race.
- 8) Whether the course was flat , undulating or hilly.
- 9)

Also, please also send race photographs to Yiannis so that they can be included with that weeks press release.

Harriers out and about.....



Harriers out and about.....



Harriers out and about.....



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 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 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 to help sort things out.

Running is fun!.....Peter Yarlett

Running at its simplest is feet striking ground, arms pushing forward and breathing in harmony with both. At least that's the general idea on a good day. But as we all know some days are better than others. So what is it about running that continues to engage us even when the weather is poor and an injury just won't clear up?

Honestly, the sheer enjoyment of running on a sunny day - especially surrounded by nature, a nice view and fresh air - is out of this world. But in any weather, you always feel better after a run than before you set out. We each have our favourite spot and in our neck of the woods we are really fortunate in having coast, country and city at close hand. Many of us still get a thrill from finishing an evening training run through the Cathedral grounds.



Running is cheap compared to almost any other sport such tennis, rowing, football, golf - running really does not cost much. A pair of trainers and some kit is all that is needed. There are plenty of gadgets for those who want them, but they aren't essential - running can be done with very little equipment.

Running helps make lasting friendships and is a sociable shared experience. And running together can somehow ease the pain of a hard training session - indeed tackling a session that we might never have done alone.

Running gives brain space as many find that running is their best thinking time. Running somehow clears the mind of distraction allowing things to be seen more clearly and ideas to develop.

Running is the purest, most natural sport that most can try. Just look at the running boom phases to see the numbers now taking part. The growth of parkrun is the latest evidence of complete newcomers making their first start at running. There are no complications. Just an open road, a start and a finish. That open road, and the sense of freedom that comes with choosing where you want to go, can be liberating and exhilarating.



Running helps you maintain a healthy body given that our 21st century modern world has spawned an explosion of lifestyle diseases such as diabetes, cancer and heart disease - many of which are exacerbated by obesity and being overweight. Running, safely, is one of the best forms of exercise for managing weight as it does burn calories.

Running allows the discovery of new places and routes whether through country or urban landscape. On holiday running is a great way of getting to know the locality, usually early in the mornings when things are quiet. You can cover more ground than walking, you see things in a different light and find places you may not see on a typical sight-seeing route.

Running is good for the mind through getting rid of excessive adrenalin and other stress hormones. It can really help with maintaining calmness, relaxation and keeping things in perspective. It can also help provide a harbour from daily worries and problems.



Running teaches us a bundle of lessons that we can draw upon: that hard work pays off; how to set a goal and work towards it; that we can realise our aims if we put our minds to it; committing to something and doing it well.

So when someone says, perhaps critically, that running is a 'drug' I now quite happily agree and can't wait for my next fix.....

Maidstone River Run.....Bob Pullen

As part of our campaign to run 'odd' distance races, and along with some friends from Whitstable parkrun, Shirley and I decided to enter the Maidstone River Run on Sunday 8 June.

The run is held to raise funds for Breast Cancer Research. It takes place on the towpath alongside the River Medway from Wateringbury Marina to Lockmeadow in Maidstone. The route is 8.6k.



As well as the distance, the other peculiarity is that you catch a train to the start! We picked up our entry numbers and had a cup of coffee in the nearby David Lloyd leisure centre and then chatted with a few familiar faces from various parkruns, including the Race Director from Maidstone. At about 10am, the organisers gave a race brief and we all trooped off to Maidstone West station to catch the scheduled train for the 8 minute journey to Wateringbury. In case you are

wondering if we all bunked the fare, the organisers confirmed they had purchased tickets in advance from part of our entry fees. The passengers getting on at Wateringbury looked a little shocked to see about 150 runners all alighting at their station.

We Made our way down to the towpath and at about 10.30am the newly elected Mayor set us off for the run back to Maidstone. The first half of the course was along meadows and there wasn't very much respite from the sun. As we were warned, the winter's flooding had not only damaged a number of bridges, in some cases they had been swept away entirely meaning having to walk across a narrow plank or vaulting a muddy ditch!



And this wasn't the only obstacle. The route encountered a number of 'kissing' gates and for anyone over 6' 2" like me, it was necessary to duck under Barming Road bridge. Fortunately, the latter part of the course was generally under tree cover which provided some shade from the sun and there was great support from the marshals and spectators all along the route.

Shirley finished the 8.6k in 54:36 and I did it in 47:59. There were 150 finishers. The prizes were presented by local MP and Minister for Sport, Helen Grant and we viewed this from the Lockmeadow suspension bridge pictured - and boy does it bounce.....

We would very much recommend this very picturesque and friendly event to anyone considering it next year: <http://runningandriding.co.uk/maidstone-river-run/>

**CANTERBURY HARRIERS
TRIP TO LE-TOUQUET 10K
Saturday 16th. August 2014**

Dear runner,

The coach cost is £40 per person including race entry, £33 for non runners, this trip is suitable for adults only. I will pre-enter runners if you sign up before August. Please note: we do not get to Le Touquet early enough to enter on the day. The times shown below are **local** times and some may also be subject to change on the day.

For further details, go to: <http://touquetopaleathle.fr/les-10-et-20km-du-touquet/10-20km-edition-2012>

Coach collection times: -

Leaving; Faversham, Love Lane Cemetery 5.50am
Canterbury, 6.10am at Bat & Ball (Opposite County Cricket Ground) Old Dover Rd. Dover, 6.20am dock entrance (By petrol station).

Returning: Ferry, Dover/Calais 7.35pm

I would suggest a large breakfast on the ferry, allowing a light lunch/picnic en-route. As usual we will be shopping at the Auchan Hypermarket near Boulogne, apart from the obvious beer/wine supplies this is a good opportunity to get provisions for lunch. We should reach Le Touquet some time mid-afternoon. The coach will be parked close to the Sports stadium (A short walk from shops and seafront for non runners). Showers and Toilets are available, if open. The 10K starts at 16.00.

After the race we will leave Le Touquet, heading back to Calais, with hopefully a drink stop, although this might have to be cut short if road traffic is heavy and time gets short.

Ferry departure at 21.45 **Please do not spoil the day for other people by being late at any of the stops, we will go without you!**

Have a great day and do not forget your PASSPORTS !

For queries contact Roy Gooderson on 07946 600370 Day 454449 Eve.

WE DO NOT COLLECT NAMES JUST CHEQUES. SO PLEASE ENTER EARLY AS WE HAVE SEVERAL CLUBS TAKING SEATS!

All queries/responses direct to the trip organiser Roy Gooderson at roy@rgelectronics.co.uk

Canterbury Harriers Ambitions - 2014

AMBITIONS

Canterbury Harriers 'ambitions' are a means of maintaining and promoting all of the best things about our running club community. Your Committee has since given thought to how the following aim might be met - 'To identify Canterbury Harriers ambitions for 2014 that further the Club's ethos of promoting competition, social events and the development of club spirit and identity'.

Some of the activities are a continuation of what already goes on and hopefully illustrates what the club means to us all.

Importantly 'Harriers' is your club and so please feel free to comment on any of the 'Ambitions' and how they are currently being met. Also do suggest anything that you feel is missing from the list and might be included. All comments are welcome via peter.yarlett@gmail.com or chat to any committee member at training.

Your Harriers Committee

Ambitions

1. Competition:

1.1 X-country - achieve the highest possible placing in the KFL team and individual categories; and encourage members to take part in other x-country races.

(How - Coaching team continue to promote the benefits of x-country to members: entries are advertised to a wide range of county, regional and national races with the club meeting entry fees costs).

1.2 Road racing - highlight local road races that the club will focus on for mass Harriers participation and team entry.

(How - the local road race programme is advertised on the club website/Facebook).

2. Coaching:

2.1 Continue to provide first class training opportunities to all members.

(How - Gerry and the coaching team already provide first class sessions on training evenings; the circulation of the spring marathon programme; and use of Facebook to advertise weekend training runs, swims and bike rides are other examples).

2.2 Coach development and new Coaches - encourage existing Coaches to take part in further coaching development opportunities approach and identify members who are interested in taking on a coaching role.

(How - Yiannis has recently attended a preliminary level coaching course Leadership in Running Fitness to join the coaching team; Phil is attending the second stage coaching level course; the club is exploring how the physiological testing facilities at Christ Church University might be accessed).

3. Club Communications:

3.1 Harriers Website - further develop the club website to provide up to date news, information, features and a photo gallery to members and visitors.

(How - Joe Thomsett keeps the website updated with regular items and information).

3.2 E-mail - continue the use of e-mail for general club communications.

(How - more 'formal' club communications are this method e.g. fees, AGM, Birley's updates, race dates etc).

3.3 Facebook - use Facebook for day-to-day communications on training and social events.

(How - Gemma has expanded the number of Harriers Facebook users and regularly provided updates - detailed joining information is to be found elsewhere in this newsletter).

3.4 Harrier Newsletter - continue to publish the Harrier.

(How - invite a member to take on the newsletter editor role, working in conjunction with the website/Facebook team).

3.5 Press reports - provide regular reports to the local press on Harriers race results.

(How - Mel prepares regular weekly race reports to the local to the local press and in so doing provides excellent publicity for the club).

4. Charity:

4.1 Charity - continue to have the Demelza children's charity as the main club charity.

(How - continue to support the Demelza charity from the entry fee of the Whitstable 10K; support club members where possible with their individual fund raising initiatives).

5. Social Events:

5.1 Provide a range of Harriers social events throughout the year that members value.

(How - continue the current range of club social activities and also encourage members to initiate their own social events).

6. Committee roles:

6.1 Encourage the involvement of members in committee roles and club work in general.

(How - continue to promote and encourage the involvement of members in all aspects of club life).

7. Whitstable 10k:

7.1 Continue to provide a high class regional race that is well received, achieves quality feedback from competitors and returns a surplus for club funds.

(How - John Hartley is Race Director role, supported by a strong organising group. All members are asked to marshal and/or undertake other duties on race day).

8. Training Base:

8.1 Maintain Birley's as the club's training base.

(How - maintain a positive relationship with King' centre and school staff to ensure that Harriers continue to be seen as an asset in their use of Birley's).

9. Membership:

9.1 Create a warm, positive and welcoming club atmosphere to members and new members alike, irrespective of anyones fitness level and ability.

(How - through continuing to welcome new members and encouraging all members in their running and other exercise pursuits)

Barefoot Running - Road to Recovery?.....Tim Richardson-Perks

Hi as some of you may know I injured the ITB in my left leg about two years ago by slipping sideways on some mud whilst running the North Downs Relay*. I then exacerbated the injury by doing exactly the same when 20 mile into the Round Rotherham ultra in October '12 that resulted in six weeks off running and since then my legs have never really been in good shape - the two marathons I have been able to run since then have both hovered around the 5 hour mark, I'm usually sub 4hrs.

However part of road back to fitness has been running barefoot. I'm luck to have an eight mile stretch of beach only 200m from where I live in Dymchurch. So at low tide I can run on soft to firm sand which is very forgiving to strained muscles. The shells and pebbles do hurt though and so I can only really do this in the summer months and at weekends.

So the technique is to warm up by gently jogging to the beach wearing flip-flops so nothing too pacey then hide the flip-flops and tracksuit top (worn on colder days), do a couple of 100m strides and run. I usually do 5 -8 miles although in theory and with the right timing (the English Channel comes all the way in to the sea defences) I could possibly manage 16. I'm finding this a relaxing way to run and although I'm often stiff for an hour or so after I've finished I rarely have problems whilst running unlike when the tide is in and I have to run a mix of road (hard unforgiving surface) and x-country (poor grip if wet and uneven surfaces cause twists which I cannot afford).

I've noticed I run slower when barefoot so did a small comparison with running in shoes as the beach gives telltale footprints. What I noticed is that my barefoot stride is smaller - I do 4 paces barefoot to every 3 in shoes and as my cadence is the same I'm naturally slower. I've also noticed I make less of a heel imprint barefoot which might account for the reduced impact on my left leg. It's also great on hot days to run in the water as the waves roll up the beach.

I've tried barefoot on grass and in parks or even Birley's field and where the grass is well mown it does work. It is a bit too hard on really dry ground. On longer grass it is ok but you cannot see hidden stones or worse! Our local Rec is ok at a push but keep eyes open for broken glass.

So is it really helping? I think it is but I'm still covering the other options - an x-ray on my left knee has shown nothing untoward, I'm now awaiting the results from a hip x-ray and I have a physiotherapy appointment this week. I need these as the calendar of "on the beach" marathons is very limited. But as a way of keeping running fit if you can get access a beach (sorry Whitstable dwellers the stones are about 100,000 years if not more away from becoming sand) then give it a try.

Good running
Tim

*NB 2012 was a very wet summer therefore the North Downs course won't be muddy this year so if Steve begs you please enter!

Trail Menorca Cami De Cavalls.....Russell Evans



The Cami De Cavalls (GR223) is a 185km ancient path that runs around Menorca. Thought to date back to the 14th Century it used to connect coastal watchtowers and fortresses. It virtually disappeared from use but thanks to Government intervention and nearly €1.75m the whole path was restored and is advertised for walkers and mountain bikers.

I discovered the Cami on holiday last year and found out that in May an ultra-run is organised <http://www.trailmenorca.com/> by a company called Elite Chip. It's actually a series of ultra runs over 3 days in May. There are 5 options for the race, 185km over 3 days running the whole island, 94km or 32km running the North part of the Island and 85km or 55km running the South of the Island all run over 1 or 2 days.

In a very mad moment earlier this year I entered the 55km race (working on the theory that I knew a small part of the route), booked a hotel for 4 nights and booked my flights. Now all I had to do was the mileage.



“It’s all about time on your feet” was the best advice I was given so with that in mind I put together a training plan based not just on time but also in miles. I estimated (foolishly I know now) with the expected tough terrain that I could complete the run in under 8 hours. 55km is 34.4 miles so I worked on a theory of upping my mileage from what I knew I could run comfortably then increasing by around 6 miles a month over 4 months. I took in a couple of races, all went to plan and by the end of April I knew that I was capable of running 32 miles on trails (at least around this area).



So the day after my 50th Birthday I made the journey to Ciutadella, the second largest and very pretty town on the West of the Island where the race was headquartered and I would finish. The day before my run I watched the runners take off for two day event and I have to say I was jealous so I was itching to get going

the following morning.

At 6.45am on Saturday 17th May I was at the finish line which was actually the start of my journey. A coach took us to Cala En Porter on the South East of the Island and after the usual euro hype it was simply a case of running back to where I had picked up the coach at the finish.

So a few bits about the run. This is not an easy run but my training paid off. I would estimate that 32 miles is off road and consists of steep rocky tracks, flat volcanic cliffs, fields, woods, stairs and beach, the whole works. Some of it is virtually impossible to run, not only was it steep but very rocky and



the descents were just as tricky but this was mainly in the first half. The second half was predominantly across the top of flat cliffs where for miles the only way that you could actually recognise that the path actually existed was by the permanent wooden marker posts which you find around the whole of the Cami. The run was basically between three resorts where excellently equipped feed and aid stations were waiting for you as well as chip timing mats. There was also an additional smaller but very welcome feed station set on a beach at about 36k. And it was hot, hovering around the 24 to 27 degree mark. The finish was something special. Each finisher no matter what the distance was greeted like a hero; there was a swimming pool, free massage, free beer and a feel good atmosphere.

Overall I loved every second of the whole experience. If you have never taken on such a run I could not honestly say I would recommend it. Training has to be tough and this type of course is something you do not take on lightly (I had a full medical during training). You become absorbed in this sort of run, concentrating on each step and the time flies by. Talking of times, 9 hours 15mins and 20 seconds officially including stops at feed stations. I was a little disappointed but then I found out that I had finished 102nd at my distance out of 182 finishers

with 20 dnfs so I was mighty, mighty proud and proud to sport my Harriers colours as the only Brit on the day. The components for success, listening to advice, decent gear, but above all training which includes many miles, hydrating properly, refuelling on the run and testing gear. And just for the record here is the gear (which incidentally did not cost a fortune) and I must add not a blister or chafe in sight. Roll on 2015 when I will be back to have another crack. 85km could be quite interesting as this would involve night running, hmmm.

Light sleeveless compression top (stops chafing)
 Canterbury Harriers running t-shirt (of course)
 Karrimor Compression Shorts
 Compressport R2 Calf Guards
 Hilly Trail Socks
 Asics Gel Fuji Attack 2 Trail Running Shoes
 H2O Swift 10L Hydration Pack (with 2 litre hydration bladder)
 Two 250mm Asics running bottles
 Inov8 Racepeak 30 Running Hat with Neck Protection



Foules De Dainville 10K - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
61	Philip Wyard	VM51	44:13	68.49	
142	Andy Phillips	VM51	50:17	60.23	Debut
146	Bob Pullen	VM52	50:31	60.43	
170	Simon Keeler	VM42	51:12	55.22	
310	Shirley Pullen	VF49	59:33	56.62	PB
330	Karen Hoult	VF49	1:02:39	53.82	Debut
Foules De Dainville 5K - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
165	Carolyn Duey	VF54	33:56	50.48	Debut
Foules De Dainville Half Marathon - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
22	Craig Thomas	VM53	1:41:12	66.75	
Brighton Marathon - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
	Jennie Gardner	SF33	3:28:09	66.71	Debut
	Thomas Hooley	VM58	3:48:33	65.03	Debut
	Sally Silver	VF39	4:07:15	57.17	PB
	Karen Bennett	VF41	4:54:53	48.71	
Kingston Half Marathon - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
124	Anna Fisk	SF33	1:44:19	63.08	PB
Paris Marathon - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
2595	Paul Lucas	VM43	3:16:34	67.04	PB
4351	David Waite	VM46	3:26:25	65.27	PB
The Gravesend Floodlit 10K Series - 10th April					
Pos	Name	Cat	Time	Rtg	Notes
9	Adam Cowper-Smith	VM55	40:15	77.77	Deb
					Continued

Virgin Money London Marathon - 13th April					
Pos	Name	Cat	Time	Rtg	Notes
346	Adam Stokes	SM30	2:44:37	77.05	PB
2458	Sarah Maguire	VF44	3:11:24	76.93	
3962	Barbara Wenman	VF56	3:23:33	80.70	2nd VET 55-59 Lady
4050	Colin Kent	VM48	3:24:04	67.03	PB
4664	Philip Wyard	VM51	3:28:00	67.33	
8589	Mark Wenman	VM60	3:48:18	66.29	
13951	Gary Hovery	SM39	4:09:36	51.31	PB
14732	Anna Fisk	SF33	4:13:03	54.87	Debut
16274	Sally Silver	VF39	4:19:13	54.53	
13428	Tony Savage	VM59	4:27:05	56.15	
21381	Trevor Brown	VM50	4:40:43	49.49	
Rotterdam Marathon - 13th April					
Pos	Name	Cat	Time	Rtg	Notes
1723	Mark Cooper	VM53	3:26:58	68.78	PB
The 31st Folkestone 10 - 18th April					
Pos	Name	Cat	Time	Rtg	Notes
2	Peter Hogben	SM21	56:07	79.60	PB
4	Robbie Higgins	SM38	58:09	77.91	PB
7	Simon Jones	SM39	59:29	76.70	PB
34	Thomas Millard	SM28	1:04:07	69.66	PB
43	Adam Cowper-Smith	VM55	1:05:43	78.52	Debut
68	Craig Thomas	VM53	1:08:12	74.40	
72	Philip Wyard	VM51	1:08:32	72.85	
73	Mark Cooper	VM53	1:08:37	73.95	
120	Penny Birchall	VF57	1:13:02	81.92	PB
168	Marco Keir	VM52	1:17:32	64.91	
173	Nathan Bradley	SM26	1:17:48	57.41	PB
241	Bob Pullen	VM52	1:23:16	60.44	
391	Shirley Pullen	VF49	1:39:29	55.66	PB
403	Lea Burnett	VF44	1:42:30	51.72	Debut

St Georges Day Marathon - 23rd April					
Pos	Name	Cat	Time	Notes	
8	Anna Fisk	SF33	3:59:53		
17	Sally Silver	VF39	4:22:17		
Madrid Rock 'n' Roll Marathon - 27th April					
Pos	Name	Cat	Time	Rtg	Notes
9394	Sally Silver	VF39	4:24:44	53.39	
The Goudhurst 5K - 27th April					
Pos	Name	Cat	Time	Notes	
3	Yiannis Christodoulou	SM30	22:50		
Skechers Milton Keynes Marathon - 5th May					
Pos	Name	Cat	Time	Rtg	Notes
992	John Cooper	VM54	4:14:59	56.29	
Bewl Water Half Marathon - 10th May					
Pos	Name	Cat	Time	Notes	
55	Penny Birchall	VF57	1:49:47	2nd Vet 55	
91	Wendy Smith	VF55	2:00:51	3rd Vet 55	
Larkfield AC 10K - 11th May					
Pos	Name	Cat	Time	Rtg	Notes
27	Philip Wyard	VM51	40:54	74.03	2nd Vet 50
33	Craig Thomas	VM53	41:39	73.90	PB
39	Iain Morris	SM37	42:07	64.79	Debut
73	Bob Davison	VM59	44:07	73.56	
Halstead & Essex Marathon - 11th May					
Pos	Name	Cat	Time	Rtg	Notes
377	Sally Silver	VF39	4:26:10	53.11	
Sittingbourne Invicta 10K - 18th May					
Pos	Name	Cat	Time	Rtg	Notes
70	Nathan Bradley	SM26	46:53	57.53	PB
87	Fiona Tester	VF38	48:05	63.88	Club Debut
					Continued

Stelling Minnis 10K - 18th May					
Pos	Name	Cat	Time	Rtg	Notes
2	Peter Hogben	SM21	35:56	75.06	
11	Alex Horsley	SM37	40:55	66.68	Debut
13	Yiannis Christodoulou	SM30	41:19	65.28	
26	Jonathan Thirlwell	SM38	45:59	59.76	
41	John Cooper	VM55	48:35	64.43	
75	Bob Pullen	VM52	55:54	54.62	
80	Jennifer Lucas	VF57	56:30	64.50	1st Vet 55 Lady
101	Shirley Pullen	VF49	1:03:29	53.12	
116	Karen Hault	VF49	1:09:22	48.61	
Bucharest Half Marathon - 18th May					
Pos	Name	Cat	Time	Rtg	Notes
103	Philip Wyard	VM51	1:31:23	72.71	
112	Mark Cooper	VM53	1:32:17	73.19	
440	Tony Savage	VM59	1:45:52	67.24	
Littlestone Lifeboat 10K Promenade Dash - 23rd May					
Pos	Name	Cat	Time	Rtg	Notes
45	Jennifer Lucas	VF57	54:03	67.41	1st Vet 55
77	Alex Davis	VF39	1:13:59	41.85	Debut
The Rye 10 - 25th May					
Pos	Name	Cat	Time	Rtg	Notes
27	Philip Wyard	VM51	1:09:34	71.75	
33	Mark Cooper	VM53	1:10:37	71.87	
Folkestone Coastal 10K - 25th May					
Pos	Name	Cat	Time	Rtg	Notes
27	Neil Armitage	VM41	40:47	68.81	Debut
86	Jennie Gardner	SF34	45:50	65.27	PB
94	Fiona Tester	VF38	46:20	66.29	PB
157	Julie Bradford	VF36	49:21	61.26	PB
170	Gemma Hiorns	SF33	50:16	59.52	
185	Bob Pullen	VM52	51:38	59.13	
314	Claire Booher	SF24	57:54	51.67	Debut
321	Shirley Pullen	VF49	58:35	57.55	PB
407	Karen Hault	VF49	1:05:26	51.54	

BUPA 10K Run - 25th May					
Pos	Name	Cat	Time	Rtg	Notes
269	Thomas Millard	SM28	36:36	73.70	PB
533	Yiannis Christodoulou	SM30	39:38	68.06	PB
Edinburgh Marathon - 25th May					
Pos	Name	Cat	Time	Rtg	Notes
1035	Jason Paton-Smith	VM43	3:07:42	70.20	Debut
	Joyce Shamedje	VF40	3:14:04	73.42	
3153	Francesca Paton-Smith	VF35	3:20:26	69.27	Debu
Edinburgh Half Marathon - 25th May					
Pos	Name	Cat	Time	Rtg	Notes
5326	Lariza De Oliveira	SF28	2:05:13	52.55	Debut
The Samphire Hoe 5K Summer Series - 28th May					
Pos	Name	Cat	Time	Rtg	Notes
1	Simon Jones	SM39	17:30	76.46	
9	Yiannis Christodoulou	SM30	18:59	68.34	PB
Track Athletics Canterbury 5000m - 28th May					
Pos	Name	Cat	Time	Rtg	Notes
3	Thomas Millard	SM28	17:16	75.14	Debut
7	Philip Wyard	VM51	19:29	75.14	Debut
Kent Roadrunner Marathon - 31st May					
Pos	Name	Cat	Time	Rtg	Notes
1	Adam Stokes	SM30	2:42:13	78.19	COURSE RECORD; PB
52	Adam Cowper-Smith	VM55	3:31:51	68.32	Debut
156	Nathan Bradley	SM26	4:14:55	49.75	Debut
188	Anna Fisk	SF33	4:29:11	51.58	
257	Sally Silver	VF39	4:51:52	48.43	
					Continued

Harbour Wallbanger 2014 - 31st May					
Pos	Name	Cat	Time	Rtg	Notes
27	Martin Henry	VM51	33:49		
41	Alastair Telford	VM46	35:51		
43	Wendy Smith	VF55	36:33		3rd Lady & 1st Vet Lady 55

The Podplus Ashford Summer 5K Series - 6th June					
Pos	Name	Cat	Time	Rtg	Notes
1	Simon Jones	SM39	17:08	78.15	

Viking Coastal Summer Marathon - 7 June					
Pos	Name	Cat	Time	Rtg	Notes
	Sally Silver	VF39	4:50:42		

Harvel 5 - 7th June					
Pos	Name	Cat	Time	Rtg	Notes
9	Thomas Purnell	SM26	29:38	72.37	Debut
49	Barry Hopkins	SM35	33:27	64.12	Debut
52	Neil Armitage	VM41	33:37	66.06	Debu

Southend Half Marathon 2014 - 8th June					
Pos	Name	Cat	Time	Rtg	Notes
104	Mark Cooper	VM53	1:32:06	73.34	
112	Philip Wyard	VM51	1:32:37	71.74	
136	Craig Thomas	VM53	1:34:12	71.71	

The Maidstone Riverside Run - 8th June					
Pos	Name	Cat	Time	Rtg	Notes
	Bob Pullen	VM52	47:59		
	Shirley Pullen	VF49	54:36		

Ramsgate Rotary Club 10K - 8th June					
Pos	Name	Cat	Time	Rtg	Notes
20	Jonathan Thirlwell	SM38	45:57		

Staplehurst 10K - 15th June					
Pos	Name	Cat	Time	Rtg	Notes
2	Simon Jones	SM39	35:00	79.06	PB
4	Thomas Millard	SM29	35:57	75.03	PB
14	Yiannis Christodoulou	SM30	38:43	69.67	PB
34	Philip Wyard	VM51	40:29	74.79	
40	Mark Cooper	VM53	40:47	75.49	
46	Craig Thomas	VM53	41:15	74.65	PB
87	Nathan Bradley	SM26	46:33	57.94	PB

Track Athletics Canterbury 5000m - 18th June

Pos	Name	Cat	Time	Rtg	Notes
2	Thomas Millard	SM29	16:59	76.39	PB
4	Joe Thomsett	SM26	17:40	73.43	Debut
8	Philip Wyard	VM51	19:17	75.94	PB
9	Mark Cooper	VM53	19:26	76.61	Debut
10	Craig Thomas	VM53	19:42	75.57	Debut

North Downs Run 30K - 22nd June

Pos	Name	Cat	Time	Rtg	Notes
11	Thomas Purnell	SM27	2:14:33	64.85	Debut
94	Adam Cowper-Smith	VM55	2:40:05	62.49	Debut
158	Neil Armitage	VM41	2:51:28	52.35	Debut
170	Mark Cooper	VM53	2:53:53	56.59	Debut

The Sandwich 10K - 22nd June

Pos	Name	Cat	Time	Rtg	Notes
27	Fiona Tester	VF38	46:11	66.51	PB
34	Martin Henry	VM51	48:08	62.92	

Hi Peter I would just like to say a huge thank you for the fantastic cheque for £1000 that you and your club members presented to me last week, could you please pass on our sincere thanks to all your members for their continued support.

Without kind people like yourselves we would not be able to continue to give the care and support to our children and their families. As I mentioned to you we have our Open Day on the 27th September and you all welcome to come our fantastic facilities here at the house, I would love to show you the difference your fundraising makes to everyone here.

Warmest wishes.

David.

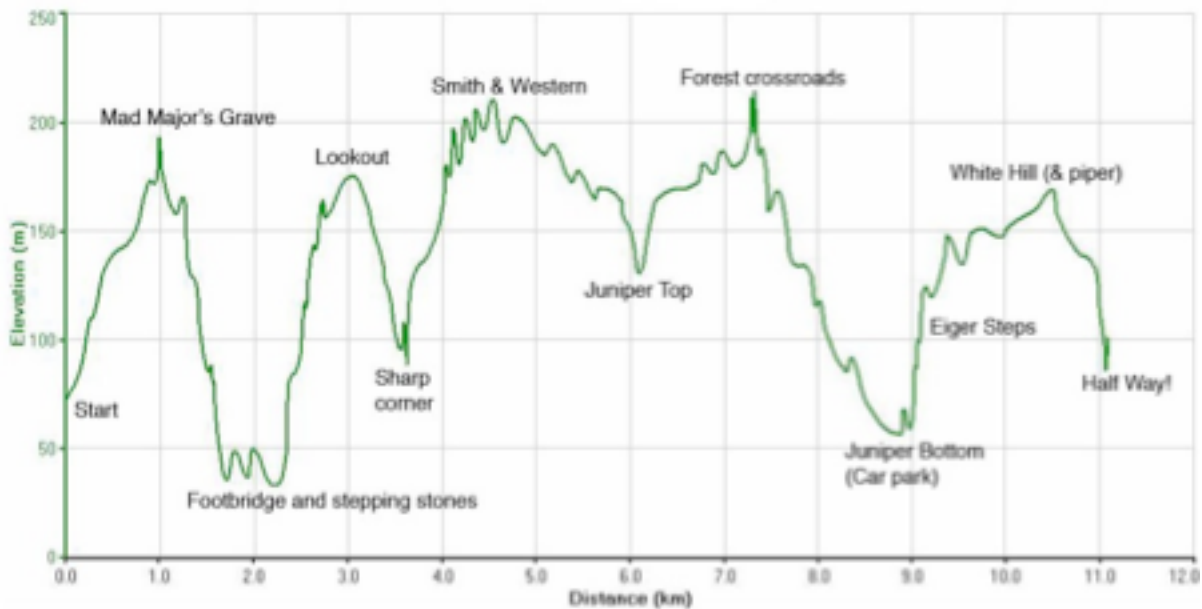
David Holmes
Community Fundraiser - East Kent



Demelza
Hospice Care for Children

The Midsummer Munro 'Hardest Half'TOM MILLARD

The Midsummer Munro Half Marathon takes place each year on Box Hill in Surrey. The idea is to run a half marathon ascent above 3,000ft. This was my second go at the course as I ran round last year (more like walked...) in a time of 2hours 20. I was back this year to smash a new course PB and try not to get hit by cramp again. The race (it is not a race) begins at 4pm at the bottom of the hill, up to Mad Majors Grave following a rendition of the national anthem. Wanting to compete I dashed up into the top three for the first couple of miles and passed the bagpipes but once the stairs kicked in I was resigned to walking mode.



Elevation sections courtesy of <http://www.trionium.com/mm/>

There are 282 Munros in Scotland, including the highest peak in the UK, Ben Nevis. The race has been nominated as the hardest half marathon in Britain on Runners World but paradoxically is also rated as one of the best by competitors! Going up and down these stairs and hills makes you feel every foot of that height. Hill after hill I developed cramp, fatigue and chaffing as the lack of long runs paid its price. The scenery is spectacular on the summit of Box Hill, the support from the marshals was first class and we were provided water and sweets throughout but after over 2 hours of running the hills began to beat you into submission. On top of that were the heat conditions which Harriers must have experienced in other races over the weekend. Even more crazy was that a few hardy souls took on the full picnic marathon on the same day (a winning time of 4 hours 21 minutes).

With the line in sight I found myself in the top five which I was very proud of, especially knocking 15 minutes off last years' time. Would I recommend the race? The positives are the friendly atmosphere created by the marshals and competitors, the first class race directing by Rob the race organiser, a decent goody bag and the stunning scenery. The negatives however is the soreness I still feel four days after the event. If you like a challenge and are prepared to do some hill training - go for it! Below are some photos from the event:

Bagpipes in Surrey? I get to the top of the first hill, unaware of what is in store for me



A great backdrop to the run at the second peak



Blood, sweat and.....



Tom

Coaching in Running Fitness Certificate in Running Fitness.....Phil Wyard

Eds Note: the club relies greatly on our coaching team to coordinate the twice weekly sessions that are geared to all training needs. Here Phil describes his experiences part way through the next level of the coaching qualification ladder.....

UK Athletics have developed this course to help running leaders enhance their skills and become a more knowledgeable person that can be described as a coach.

The course takes you from a basic level of knowledge that can be taught in a day, and is deemed to cover the leaders for insurance purposes, to a higher level where all aspects of running are explored. We cover the science of running, and how to develop and motivate athletes. It is a fairly exhaustive course that looks at all elements of what affects a runner, including pressures from home and work life, as well as the obvious factors such as mileage and injuries.

The course takes place over two weekends initially, where participants learn in a classroom environment, interspersed with practical sessions, where everyone gets a chance to practice their skills on each other. The closest course to me in the Southern England region was in Chelmsford, at the local track, which doubles up as Chelmsford United's football stadium. After the two weekends are finished, those doing the course have to develop a 10 week program, that analyses a particular athlete/runner, looks at their strengths and weaknesses and brings them on to achieve a goal.

After the 10 weeks are done and your diary is complete on-line, you have to go back to the centre at Chelmsford for a day, where you are observed giving two 20 minute sessions that should include warming up, teaching a running skill, and warming down. There's a lot to remember from moving around to ensure you can see all the athletes activity to giving clear instructions and providing decent feedback based on good observation.

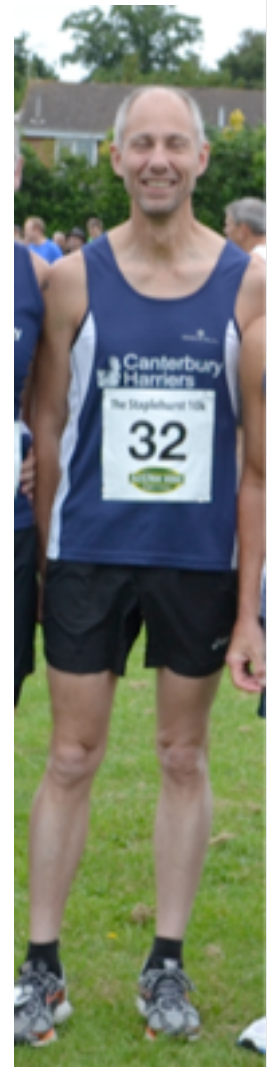
The other aspect is the online diary where you have to fill in detailed session plans, where you write the type of running skills you are concentrating on, the coaching skills you are developing, and breaking it down into small chunks, to show you are thinking about every minute of the session.

There is also a multiple choice test, where you have to know the differences between aerobic and lactic threshold zones for example, as well as all the stages of development of athletes and the elements of endurance and speed training.

At the end of it all, you get a certificate that is somewhere between the old level 2 and level 3 coaching grades. It certainly covers teaching methods and running knowledge to quite an in depth level.

I'm currently at the stage where I've done the two weekends and have developed a plan to analyse my chosen athlete. However it has stalled slightly due to work commitments. There is a two year time window in which the course can be completed, so it will probably be later this year that I go back for my exam and practical assessments.

The course so far was extremely interesting. It doesn't assume everyone starts at a certain level of expertise, so basics of running, such as running style are covered in detail. There is an adage that it



takes 300 repetitions to learn and hard-wire something in a person's brain, and 3,000 repetitions to unlearn something, so you can see that if runners have developed a poor running style, which they often do, it can be a massive hindrance that it is tough to get rid of. We therefore spent a while looking at each other's running style and sure enough, we were practically all making basic errors. Further tests such as running over low hurdles exposed more basic problems with coordination, such as people favouring left over right to an excessive degree for example. Even looking at stretching techniques showed that only a small minority of people were really getting them right.

The make-up of the people on the course was interesting. There was as you'd expect a contingent of volunteers from running clubs like Canterbury Harriers, from places like Witham and Leigh-on-Sea. However, there was also a group of people who were trying to become personal trainers, or who worked in connection with private gyms, and wanted to get an official certificate as some official form of qualification. There were people who concentrated on youth coaching as well as adult coaches. Generally most of us were at a similar level, having an obsessive interest in running, hence a reasonable knowledge base. It was good to meet these people and get a better idea of the kind of people involved in running across the country, or at least across Essex.

Something that I thought would be a fairly straightforward box-ticking exercise, has proved to be a reasonable challenge, and definitely requires a good level of knowledge and methods about running coaching. The course tutors were good. There were two tutors, one younger woman who was extremely thorough and attentive, going through the course material, and a more charismatic man in his early sixties, who was bit of a running legend, and had a lifetime of experience and anecdotes related to club running. They made a good team.

Some of the knowledge learnt I'll filter through on club nights, when the opportunity arises, but if anyone has any particular requests about their running, please feel free to contact me, or indeed the other coaches, and we'll be pleased to give advice.

The new range of Club Kit - all orders to Jenny Benson: 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



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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

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.

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And Finally.....

Hope you have enjoyed reading the Summer 2014 Harrier. Very best wishes to you all for future races or multi-event; or for getting over an injury that never seems to clear up. Keep working on those PB's, whether absolute, age or course related.....



If you would like to contribute an article, memoir, anecdote, race review, running funny or anything running related please send to peter.yarlett@gmail.com or see Peter at Birley's.

The end
THE END