



The Harrier

The newsletter of the Canterbury Harriers



Contents

Welcome.....	Pages 1 - 6
Race Results Reporting....	Pages 7 - 8
Harriers Committee.....	Page 8
Road Race Results.....	Pages 9 - 12
Harriers Awards 2012/13.....Pages 13 - 14
Harriers on Facebook.....	Page 15
Harriers Ambitions 2014.....Pages 16 - 18
Sports Massage.....	Page 19
Christmas Run Photos.....	Page 20
Sally Silver - Marathon Runner Extraordinaire.....	Pages 21 - 22
Parkrun Update.....	Pages 23 - 25
Spotlight on Penny Birchall.....Pages 26 - 27
X-Country Update.....	Pages 28 - 30
Kit Orders.....	Page 31
Harriers Trotters.....	Page 32
And Finally.....	Page 33

WELCOME

Greetings to the Winter issue of The Harrier with a particularly warm welcome to all new club members. We are delighted that you have chosen to join our running community. Turning up at Birley's for the first time on a cold winter's evening can be a bit daunting but hopefully you received an enthusiastic welcome and introduction to training. What you probably weren't told is that you would very soon be invited to run in cold, wet and muddy cross county races. This is one thing not included on the application form!



Our 20th club anniversary in 2013 perhaps passed without too many fireworks, but damp squid it was not! Looking back it was a busy year, what with our move to Birley's and significant changes in Committee roles.



The occasion was marked at the XMAS presentation by a toast to ourselves 'Canterbury Harriers'. Long may we prosper. We are fortunate in having a number of past Chairmen still active with the club, namely Marco Keir, John Hartley and Joe Hicks; and founder members in Joe Hicks, Roy Gooderson

and Bob Davison respectively. Well done to them for their loyalty to and longevity with the Harriers.

WHITSTABLE 10K

Most members will already know that our own Whitstable 10K provides a prestigious, flat and fast racing opportunity. Led by Race Director John Hartley a club working group is already planning the 2014 race, to be held on Monday Bank Holiday 5th May. The race provides a healthy surplus to club funds, that in turn is able to subsidise many of our activities throughout the year. Once again we are delighted in having Baileys Nissan, through Brian Smith, as race sponsor.

To gain a race licence, the requirements, as with all well run races, are complex and involve collaboration with agencies such as the City Council, the County Council, St John Ambulance, UK Athletics and the Police. A multitude of behind the scenes tasks need to be completed by race day and this is where John and the team are already at work. One of the outcomes from the review of the 2013 race was that the club should have extra (course) marshals around the course. Our estimate shows that in excess of 100 helpers, who need to be fully briefed prior to the event, are likely to be needed on race day; an increase of 30 or so from previous years. For example, on race day the promenade from Hampton Pier to the finish is very busy with pedestrians. This means that we now need an increased presence along the promenade to ensure runners and pedestrians are safely kept apart, and in any emergency, that marshals have been given guidance on the appropriate action to take. Additional marshals are also needed in the finish and funnel areas to manage the movement of runners.

An early question for the race organisation group, therefore, was 'how could additional experienced club helpers be best be provided for the race?' With the agreement of your club committee - and after a full discussion involving Club officers and runners representatives - it has therefore been agreed..... ***that the simplest way of enabling all members to play their part on race day is for no club member to run the race this year.*** This is a change from previous years and is designed to give all members the opportunity to help on race day - on what is after all the biggest day of the year for the club. Relatives and friends are still needed and their help is always gratefully appreciated. Sorry if you were hoping to run the race but this is really the one occasion where 'your club needs you'. Please leave the 5th May free to do your bit for your club.

XMAS PRESENTATION

Our well attended presentation in December at Boughton Golf Course was the occasion to leave trainers and sweaty gear at home for once. An elegant group of Harriers and guests were once again admirably attended to by the Boughton catering team. Following an excellent dinner, where the courses just kept coming, a string of club awards were received by members including best performances, most improved runner and the descriptive 'blood, sweat and tears'. The full list of award winners is shown within the newsletter. Congratulations to you all.

Tony McParland was thanked for his 8 years service to Harriers, representing the club in all manner of road and cross country events. As a very consistent attendee at club training evenings Tony remains a very popular member of our running

community. We wish Tony and Ann all the very best for their return to Scotland and their new 'civvie' life.

Tony in resplendent regalia receives his award from Peter



Our own 'in-house' band Mostly Brian (Brian, Brian and Mandy) kept the dance floor crowded with a string of hits and Harriers showed their best, if somewhat remarkable moves, all night long!



Barbara and Jenny with their awards...

PERSONAL BESTS NEW YEAR GOALS

Of course as we start another new year it is also an opportunity for members to renew and revitalise running ambitions. This might include targeting specific races, more regular training or simply a change in training programme. For some it might include new racing distances, a triathlon or a quest for a PB. Sticking with PB's as a means of motivation and measuring progress there is a whole variety that might be adopted. As well as absolute PB's there are also age related and % of race finish PB times to consider. The latter being particularly useful in KFL races as well as race and age relevant position. Specific course PB's can also be included at less frequently run distances such as 1 or 5 miles. Of course track running in the summer at an open meeting opens up further possibilities. Over to you all to set your personal goals for 2014.....

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! X-country and parkrun results are viewable through the club website.

A large number of PB's, debuts and placings have been achieved by members over the past 3 months and congratulations to everyone taking part. These include at Marathon distance PBs for Craig Thomas, Sally Silver, Penny Birchall (& 1st female 55) and a 1st FV35 for Joyce Shamedji.

At 10 Miles PB's were achieved by Simon Jones, Wendy Osmond, Sally Silver, Penny Birchall (& 1st V55) and a 2nd place V60 for Steve Clark.

Over 10k PB's were achieved by Peter Hogben, Simon Jones, Shirley Pullen and debuts over the distance by Nick Holden, Lisa Dixon, Siobhan Wilkinson, Barry Hopkins and Paul Keen.

5 mile PB's were gained by Peter Hogben, Gillian McLaren and Wendy Osmond with debuts over the distance by Lisa Dixon, Siobhan Wilkinson, Lorna Roy, Shirley Pullen, Adam Stokes, Jenny Benson, John Cooper, Nathan Bradley, susan Rogers, Lea Burnett and Yiannis Christodolou.

At half marathon Craig Thomas was first Vet 50 (Ashford).

We are fortunate in having a coaching team, led by Gerry, providing set training sessions throughout the year. Yiannis has recently joined the coaching team following his gaining of the Leadership in Running Fitness award. New members have commented on how helpful it is to have regular training sessions with such a large attendance of members for added motivation.

LONDON MARATHON

Many members will be contemplating their training programme for either the London or other Spring marathon. If any motivation were needed a past Harriers result shows what can be achieved with hard work and dedication.

The Harriers Women's Team for the 1996 London Marathon, which was also the (then) BAF and AAA Championships was:

	Age.	P.B.
Debbie Percival	33	2:52:48
Alice Osborne	29	2:53:10
Bonny Appleby	43	2:54:09
Joanne Jenkins	37	3:10:36

Not surprisingly Harriers won the Women's Team Race. Brilliant. The draw for club LM places took place at the XMAS presentation. With the above inspiration in mind the 'lucky' places winners are Jenny Benson, Anna Fisk and Gary Hovey. Good luck to them and all other spring marathon runners tackling their training programme's. Hopefully cold and flu, poor weather and injuries will all be avoided.

CLUB FEES AND MEMBERSHIP

The response by members to the payment of club fees has been excellent. Paying for the use of Birley's meant that the club needed to recoup club funds as soon as possible after October. Our latest membership is 153 made up 141 members, 3 honorary members and 9 non-running social members. Our club gender mix is 2/3 male and 1/3 female.

An average of 40 - 50 members attend training each night (slightly lower over the xmas break) and your committee continues to keep membership numbers under review in relation to the 'ceiling' of 200 agreed at the 2012 AGM. At present we are able to welcome new members.

CLUB AMBITIONS 2014

Your Committee has been considering the priorities that the club might focus on during 2014. Put another way, if anyone contemplating joining the club asked 'what sort of club are you' what answer would they get? To move this forward your committee has prepared some 'ambitions' based on our aim of encouraging all members athletic aspirations and to promote competition, social events and club identity. The ambitions, inside the Newsletter are offered as a starter for 10 for discussion and refinement to help shape the sort of club we all want it to be. All members are asked to say whether these are the right priorities, how they should be met and, importantly, how you as members would like to contribute to our running community. All comments are welcome via peter.yarlett@gmail.com or chat to any committee member at training.

CLUB COMMUNICATIONS

One of the ambitions already being tackled is in improving club communications - both to and between members. Gemma Hiorns has made a great job in expanding the use of Harriers Facebook and, if you haven't already signed up for the site, then details of how to do this are contained within the Newsletter.

Joe Thomsett has also kindly agreed to take on the role of keeping our Harriers website up to date. Please support Gemma and Joe by contributing to both media outlets!

The club is seeking a replacement for Peter as Newsletter Editor, who as you will know, has assumed the Club Chairman role.....

WANTED - NEWSLETTER EDITOR

TO CO-ORDINATE PRODUCTION OF HIGH QUALITY CLUB JOURNAL

FULL TRAINING GIVEN

NO PREVIOUS EXPERIENCE NEEDED

USUAL PAY RATES APPLY!

CONTACT PETER FOR INITIAL DISCUSSION WITHOUT COMMITMENT or

any arm twisting!

PARKRUN

How the last 3 years have flown since Harriers member Jacky MacDonald started the first parkrun in Kent at Tankerton Slopes, Whitstable. There are now 8 Kent parkruns with others on the drawing board. Parkrun is now an established part of many Harriers weekend running with that magic 5K distance always available at 9.00am each Saturday. Parkrun has also supplied a number of Harriers members who, as a result of parkrun, have wanted to extend their running capabilities with us. These include Shirley Pullen, Paul Keen, Andy Phillips, Karen Hoult, Adam Cowper-Smith, John Wilkins. Keep up the excellent work Jacky, Mac and all volunteers.

**YOUR COMMITTEE**

Since September's AGM your committee has met on 3 occasions (on the 2nd Tuesday in the month) to consider issues as broad as 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

Our base at Birley's is proving popular what with the secure parking, close access to the City and changing and gathering facilities. We now have a dedicated locker installed to store club items. Regular contact is maintained with King's management to discuss any issues arising. For those of us driving to and from Birley's we have been reminded for safety reasons to keep our speed to the 10mph limit.

EVENTS, DIARY DATES AND THANKS

Thank you to Tina for organising ticketing and menus, and Gerry, Steve and Roy for the Awards arrangements at our XMAS presentation; the coaching team as ever for leading our training programme; Roy and Sarah for lending us their garden for the pre-XMAS run with mince pies and punch; and Bill Kemp, King's staff member at Birley's, for his constant support to us on training nights.

Dear diary: Don't forget our own KFL on Sunday 2nd February, the x-country presentation evening on Thursday 24th April and our own Whitstable 10K on Monday 5th May. Your support and involvement with these events is a must please.

WHAT'S INSIDE

Regular readers will recognise the usual mix of club news, race results and features. Articles this time include Harriers Ambitions 2014, Club Awards 2012/13, Harriers on Facebook, Update on parkrun, Spotlight on Penny Birchall, Sally Silver Marathon Runner Extraordinaire, Sports Massage - Jo Norrington, as well as an Update on the X-Country Season so far courtesy of Steve Clark.

STOP PRESS

We are delighted to congratulate Jo and Mark Norrington on the birth of their baby daughter, Zara, on New Years day.

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.

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

Road Race Results from Around the World and even Kent..... (X-country results are available via the club website)

Bournemouth Marathon - 6th October					
Position	Name	Category	Time	Rating	Notes
94	Joyce Shamedje	VF39	3:15:10	72.42	1st FV35
Mablethorpe Marathon - 6th October					
Position	Name	Category	Time	Rating	Notes
40	Craig Thomas	VM52	3:29:03	67.54	PB
Mablethorpe Half Marathon - 6th October					
Position	Name	Category	Time	Rating	Notes
30	Philip Wyard	VM51	1:32:30	71.84	
Sittingbourne Striders Chas Ryman Memorial 10 Mile Race Incorporating the 2013 Kent Grand Prix - 6th October					
Position	Name	Category	Time	Rating	Notes
4	Simon Jones	SM38	1:00:18	75.13	PB
54	Steve Clark	VM60	1:12:48	74.14	2ndMV60
77	Bob Davison	VM59	1:16:09	70.23	
80	Penny Birchall	VF56	1:16:23	77.52	1stFV55; PB
136	Tony Savage	VM59	1:22:47	64.61	
152	Wendy Osmond	VF47	1:25:18	63.78	PB
158	Sally Silver	VF39	1:26:11	59.02	PB
201	Jennifer Lucas	VF56	1:34:36	62.59	
Givaudan Ashford 10K - 13th October					
Position	Name	Category	Time	Rating	Notes
3	Peter Hogben	SM21	34:14	78.79	PB
8	Simon Jones	SM38	35:21	77.73	PB
44	Mark Baker	VM41	38:59	71.99	
61	Gareth Coult	SM33	39:37	68.09	
118	Mark Cooper	VM52	43:02	70.95	
207	Nick Holden	SM28	46:22	58.17	Debut
288	Trevor Brown	VM49	49:20	60.41	
347	Gemma Hiorns	SF32	51:33	58.03	
403	Lisa Dixon	VF47	53:43	61.66	Debut
418	Siobhan Wilkinson	VF43	54:09	59.08	Debut
577	Shirley Pullen	VF49	59:54	56.29	PB
612	Bob Pullen	VM51	1:01:25	49.31	

Rheims Semi-Marathon - 20th October					
Position	Name	Category	Time	Rating	Notes
403	Craig Thomas	VM52	1:34:14	71.10	
Rheims 10K - 20th October					
Position	Name	Category	Time	Rating	Notes
254	Philip Wyard	VM51	42:04	71.99	
2171	Bob Pullen	VM51	51:44	58.53	
4531	Shirley Pullen	VF49	1:01:33	54.79	
Amsterdam Marathon - 20th October					
Position	Name	Category	Time	Rating	Notes
2132	Penny Birchall	VF57	3:30:26	78.86	1st female Vet 55; PB
Newcastle Town Moor Marathon - 27th October					
Position	Name	Category	Time	Rating	Notes
99	Steve Clark	VM60	4:37:39	54.51	
The Big Deal 10K - 27th October					
Position	Name	Category	Time	Rating	Notes
4	Barry Hopkins	SM34	41:40	64.74	Debut
19	Paul Keen	SM35	49:27	54.55	Debut
34	John Wilkins	VM59	55:04	58.94	
Deal Castle 5 Mile Run - 3rd November					
Position	Name	Category	Time	Rating	Notes
2	Peter Hogben	SM21	27:27	78.13	PB
3	Adam Stokes	SM29	27:46	77.24	Debut
27	Yiannis Christodoulou	SM30	32:39	65.69	Debut
34	Jennifer Benson	VF35	33:28	71.42	Debut 2nd Lady
38	Steve Clark	VM60	34:09	76.37	1st Vet 60
41	John Cooper	VM54	34:56	68.45	Debut
62	Nathan Bradley	SM26	37:23	57.37	Debut
70	Trevor Brown	VM49	38:39	61.42	
76	Wendy Osmond	VF48	39:14	66.07	PB
84	Roy Gooderson	VM56	40:23	61.78	
86	Bob Pullen	VM51	40:31	59.08	

Deal Castle 5 Mile Run - 3rd November - Continued					
Position	Name	Category	Time	Rating	Notes
100	Lisa Dixon	VF47	42:29	61.04	Debut
108	Siobhan Wilkinson	VF43	43:04	57.76	Debut
119	Lorna Roy	VF46	44:36	58.18	Debut
123	Jane Elder	VF57	45:20	62.76	PB
124	Wendy De Boick	VF61	45:29	66.01	
129	Shirley Pullen	VF49	45:59	58.47	Debut
145	Gillian McLaren	VF67	48:57	64.93	PB
A20 Path 'n' Downs Marathon - 17th November					
Position	Name	Category	Time	Rating	Notes
12	Sarah Maguire	VF44	3:19:57	2nd Lady	
Capital Runners Bushy Park 10K - 17th November					
Position	Name	Category	Time	Rating	Notes
86	Anna Fisk	SF33	48:04	62.24	
666 (6.66km) - 17th November					
Position	Name	Category	Time	Rating	Notes
63	Wendy Smith	VF55	1:07:14		
Brighton 10K - 17th November					
Position	Name	Category	Time	Rating	Notes
738	Gerry Reilly	VM65	46:23	74.24	
Valencia Marathon - 17th November					
Position	Name	Category	Time	Rating	Notes
217	Adam Stokes	Senior	2:49:10		
7528	Sally Silver	VF39	4:08:41	57.00	PB
Kingston 10K - 1st December					
Position	Name	Category	Time	Rating	Notes
178	Anna Fisk	SF33	49:25	60.54	
Thanet Roadrunners Ac Alan Green Memorial 10 Mile Race - 1st December					
Position	Name	Category	Time	Rating	Notes
19	Mark Baker	VM41	1:05:11	70.99	
74	Russell Evans	VM49	1:15:18	65.24	
136	Tony Savage	VM59	1:22:42	64.67	
215	Jennifer Lucas	VF56	1:33:38	63.23	

Brett Ashford Half Marathon - 1st December					
Position	Name	Category	Time	Rating	Notes
30	Craig Thomas	VM52	1:38:10	1st Vet 50	
98	Rebecca Watts	SF27	1:53:16		
140	Gary Hovery	SM38	1:58:13		
202	Jayne Bennie	SF29	2:03:31		
258	Rosalie Maltby	SF24	2:10:14		
Milton Keynes Winter Half Marathon - 15th December					
Position	Name	Category	Time	Rating	Notes
122	Thomas Hooley	VM57	1:38:55	Debut	
The Southend 5 Mile Rudolph Run - 15th December					
Position	Name	Category	Time	Rating	Notes
116	Susan Rogers	VF49	43:38	61.60	Debut
229	Lea Burnett	VF44	50:08	49.59	Debut
Kent Christmas Cracker 5miles - 22nd December					
Position	Name	Category	Time	Rating	Notes
6	Thomas Millard	SM28	31:00		
36	Alastair Telford	VM46	37:02		
38	Anna Fisk	SF33	37:07		
88	Karen Bennett	VF40	44:36		

Good luck to all Harriers for a successful year's racing in 2014

Canterbury Harriers Awards 2012-2013

Distance Awards

Faye Roberts:	Senior Female – 5K, 5M, 10M, Half M, 20M, Marathon
Victoria Kenny:	Senior Female – 10K
Jenny Benson:	V35 Female – 5K
Sarah Maguire:	V35 Female – 5M, 10K, 10M
Nicola Kirby:	V35 Female – Half M
Sally Silver:	V35 Female – 20M
Joyce Shamedje:	V35 Female – Marathon
Wendy Osmond:	V45 Female – 5K, 10K, 20M, Marathon
Barbara Wenman:	V45 Female – 5M, 10M, Half M
Penny Birchall:	V55 Female – 5K, 10M, Marathon
Jennifer Lucas:	V55 Female – 5M
Barbara Wenman:	V55 Female – 10K Half M, 20M
Mark Ford:	Senior Male – 5K
Simon Jones:	Senior Male – 5M, Half M
Peter Hogben:	Senior Male – 10K, 10M
Gareth Coult:	Senior Male – 20M, Marathon
Tony McParland:	V40 Male – 5K, 5M, 10K, 10M, Half M
Jacob Hussey:	V40 Male – 20M
Dave Bowden:	V40 Male – Marathon
Phil Wyard:	V50 Male – 5K, 10K
Mark Wenman:	V50 Male – 5M, Half M, 20M, Marathon
Mark Cooper:	V50 Male – 10M
Steve Clark:	V60 Male – 5K, 5M, 10K, 10M, Half M, 20M
Gerry Reilly:	V60 Male – Marathon

Achievement Awards	
Most Improved Female	Jennifer Lucas
Most Improved Male	Tom Millard
Most Outstanding Performance:	Penny Birchall (For her Amsterdam Marathon PB, 1st V55, rating 79%)
Mud, Sweat and Tears Award Female:	Anna Fisk (For her Chilham Castle Duathlon-20/10/13)
Mud, Sweat and Tears Award Male:	Colin Kent (For his South Downs Trail Marathon-8/6/13).
Overall Champions	
Canterbury Harriers 2012-2013 Female Champion	Faye Roberts
Canterbury Harriers 2012-2013 Female Championship Runner-up:	Barbara Wenman
Canterbury Harriers 2012-2013 Male Champion:	Simon Jones
Canterbury Harriers 2012-2013 Male Championship Runner-up:	Peter Hogben

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.

If you 'Like' this item please click.....

AMBITIONS

Canterbury Harriers Ambitions - 2014

Those who attended September's AGM heard Peter, as incoming Chairman, describe the possibility of developing a series of Canterbury Harriers 'ambitions' as 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' .

Your Committee has now prepared a first attempt in describing the various ways that the club's ethos is being fulfilled. 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. A follow up to your responses will be made in the next newsletter.

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 the entry fees cost).

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

(How - advertise the local road race programme 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).

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 - Jenny will be attending the next level of the England Athletics coaching development programme; and Yiannis has recently attended a preliminary level coaching course Leadership in Running Fitness to join the coaching team).

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 has kindly volunteered to keep the website updated with regular items and information).

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

(How - to continue sending more 'formal' club communications by this method e.g. fees, AGM, Birley's updates).

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

(How - good progress has already been made by Gemma in expanding the number of Harriers Facebook users - 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 - seek a volunteer from amongst the membership to offer to supply regular race updates to the local supplying results/copy to the local press - Are there any volunteers out there?).

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 club 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 provides leadership through his 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's 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 anyone's fitness level and/or ability.

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

Comments Please:

All comments are welcome via peter.yarlett@gmail.com or chat to any committee member at training. A follow up to your responses will be made in our next newsletter.

Sports massage.....Jo Norrington

Stiff, achy, injured....or all three! Here club member Jo sets out the benefits of sports massage as a means of avoiding injury, recovering from training and dealing with an injury.

Sports Massage is a deceiving term. It can also be known as Soft Tissue therapy, meaning the management, manipulation and rehabilitation of soft tissues of the body including muscles, tendons and ligaments. It is applicable not just to sports people but to anybody wishing to guard against or recover from a soft tissue injury. But why wait for a massage until you are injured? The idea of massage also is to help maintain and improve performance. How can you do this, I hear you cry? Well, sports massage has a number of benefits to the body and can be broken down into 3 types:

Regular Maintenance Massage is designed to help the athlete reach peak performance and provides a vital part of the training routine, helping to decrease recovery time between training sessions and detect areas which may lead to problems. Massage improves range of motion and flexibility and enables the athlete to train harder and with less risk of injury.

Rehabilitation Massage aids in the management of both acute and chronic injuries, alleviates pain and speeds return to functional fitness. It incorporates many techniques including soft tissue work, muscle energy and neuro-muscular facilitation, trigger point therapy and tissue release.

Event Massage takes place either before or after exercise. It warms the muscles, increasing the circulation and helps to reduce the risk of injury. It increases flexibility and helps to improve range of motion. Afterwards it aids the reduction of muscle spasms, cramps and metabolic build up that occur after intensive exercise and helps to normalise the body's tissue.

These benefits are valuable not only for athletes, but for anyone who works out on a regular basis or suffers the stresses and strains of everyday life! It is also suitable for people without conditions but who enjoy and benefit from a deep tissue massage.

A sports massage practitioner assesses each individual and provide the appropriate massage techniques, and advise on alternative action if required. That is why each session may be slightly different as the practitioner responds to the body and applies different techniques accordingly.



I am a fully qualified and insured Sports Massage Practitioner. I decided to fulfil this interest when I started running. My interest grew further when I moved jobs and started working with physiotherapists (I am an occupational therapist by trade). I first did an evening course in holistic massage, practised that for about a year and then decided that I had enough experience to carry out the Sports Massage certificate. Studying for this in addition to a full time job certainly didn't leave much room for anything else in my life!

I still work as an OT but have decided to do sports massage as a hobby job. Hence why I only charge Canterbury Harriers a nominal cost per session, as I believe sports should be affordable, including the prevention and management of injury.

Eds Note: for those who don't know - Jo is a club stalwart currently on maternity leave from running. She is itching to get back to running as soon as possible. Her contact details of the service she provides is in the Harriers Trotters section of this newsletter.

Harriers in Roy's garden before setting out for a MUDDY Christmas run.....



Sally Silver - marathon runner extraordinaire

Eds note: Sally tells us here of her first steps into marathon running and her ambition to run even more....

I started running at school. My best achievement was to finish in the top third of the cross country IAPS (independent and public schools national championships) where I represented London and the south east. I also competed at the athletics IAPS twice running short distances. When I left school I headed off to London to go to University and did join the running club but as I started to work in the hospital I was no longer was able to attend the sessions and running became a distant memory.

10 years and 2 children later I decided to go for a run, and wheezed my way along Whitstable seafront. I enjoyed it and began to slowly increase the mileage. A year later I applied for a place in the 2008 London Marathon having run two 10K's. I was lucky enough to get a place and decided to join the Harriers to help me prepare.



I enjoyed everything about running the marathon. The training as well as the race itself. Having run one marathon I was desperate to run another so ran London the next year. I decided I could run more than one marathon a year and so signed up for several more the next year and have continued to do so. I have now completed 30 marathons and hope to do many more. I have been lucky enough to run races in Europe and America.



I have run many off road marathons which I now prefer to the big city races. I have run twice in fancy dress. I have met lots of similar mile obsessed individuals and made some good friends along the way both in the Harriers and amongst the marathon running community.



Latest parkrun Update - courtesy of RunEngland, Kent

Running is booming in Kent and a recent surge in the number of parkruns with seven new events set up in the last seven months, means that there are more opportunities than ever to run in Kent, whatever your ability.

In 2010, Kent's first parkrun was set up in Whitstable by Event Director Jacky MacDonald and her team of volunteers. The free weekly timed 5K run taking place every Saturday at 9am along the promenade soon became a popular event with well over 100 runners regularly taking part. Many of these runners were local but an ever increasing number travelled across Kent to join Whitstable's merry band of parkrunners. The demand for more parkruns in Kent was clear!

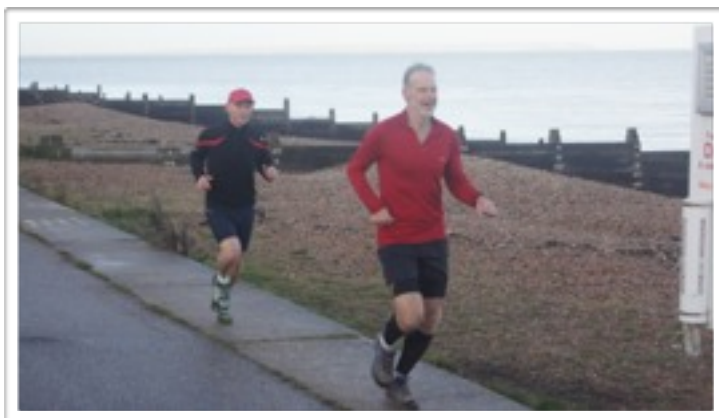


Harriers parkrunners include Jacky....

It took two more years before the next parkrun started in Kent, but thanks to the support of many local Councils, the Run Kent Project, Kent County Council and the ever-growing teams of volunteers, parkrun, and running, is booming in Kent.

All the events take place in the beautiful Kent countryside - like coastal promenades in Margate, nature reserves in Pegwell Bay, country parks like Shorne Woods in Gravesend and Haysden in Tonbridge, river banks in Maidstone, Great Lines Heritage Park in Gillingham and Victoria Park in Ashford.

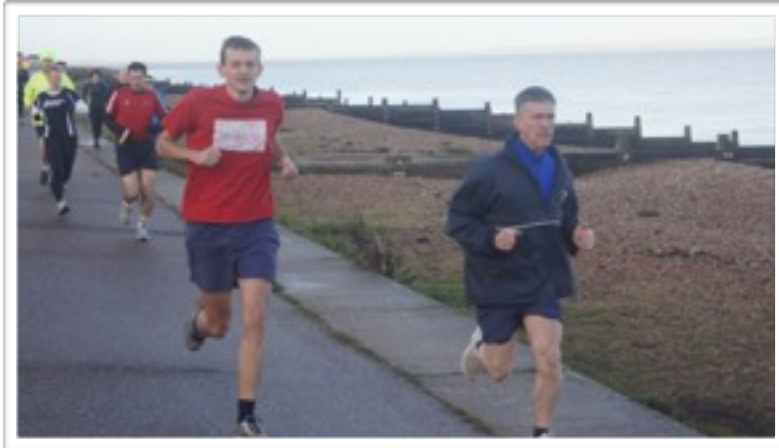
Craig....



Each of the 5K routes may differ in scenery and location, but they all welcome walkers, beginner joggers, all the way to elite runners, and they're all about fun, friendly, sociable running which means everyone from the old to the young can have a go!

Lucy Tomlinson, Run Kent Activator, said: “Seven parkruns in seven months is an incredible achievement. Huge thanks must go to all the teams of volunteers who make these events happen every Saturday. Their commitment is truly inspirational!”

A whopping 6,000 people have taken part in parkruns in Kent and the highest recorded weekly attendance across the eight events was 943 on 9 November.



Joe and Martin...

With the help of the Run Kent Project and the many volunteers, Jacky MacDonald, Kent's very own parkrun ambassador and Event Director for Whitstable parkrun, has played a key role in the expansion of parkrun in Kent. Jacky offers her full support to any new event, from discussing the initial idea with the local council or landowner, to accurately measuring the route, submitting final details of the new event to parkrun HQ and then training each core team of volunteers so they are fully prepared for their first run!

Wendy, Bob and Nathan...

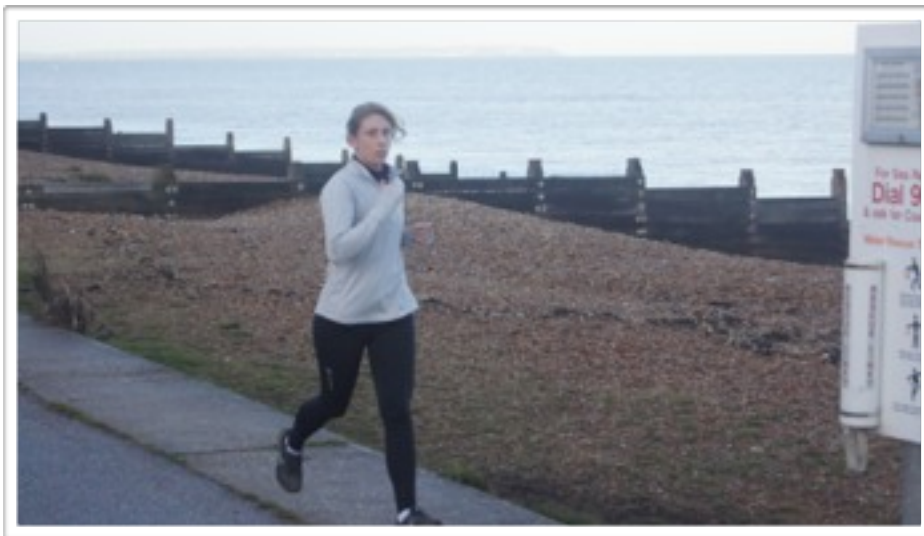


Jacky says: “I think parkrun's success comes down to its community spirit. It's a free event organised and managed by the community. It's a way for families to get together and the making of friendships. It is a fully inclusive event meaning that there are no bars to anybody taking part either running, jogging or walking, nor age restraints (although under 11's must be accompanied by an adult at all times). Time is not of the essence and therefore there is a relaxed, laid back feel about parkrun which is encouraging to everyone - from the most hardened athlete and the most reserved!”



Rosie....

Thanks to programmes like parkrun and the Run Kent Project, in partnership with Run England, running is booming in Kent. The great thing is, anyone can be part of Kent's running community, whatever your age, fitness level, aspiration or background.



Priscilla...

Eds note: 103 Harriers have run Whitstable parkrun since it started in November 2010 covering a total of some 1817 individual runs.

For more information about parkrun & to register visit www.parkrun.org.uk.

Spotlight on Penny Birchall.....

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

A. I have always done some running but in the past it was low key, my way of keeping fit for other outdoor activities. I have become passionate about running since joining the Canterbury Harriers about a year and a half ago. Cross country was a new dimension and I am loving that as well as all the road races.



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

A. Yes and yes, too many to number but here is a brief resume!

I played hockey and lacrosse and was a very keen horse rider, competing in dressage and eventing then I moved on to tennis, windsurfing and hiking in the mountains. In New Zealand, skiing and water sports took over, we were lucky enough to be able to ski at weekends through the winter and sail all summer.

Our greatest sporting event though, was sailing our 40ft boat from New Zealand back to the UK with our children over the best part of 5 years.

Major knee surgery three years ago slowed me down a bit but lots of mountain biking really helped with the rehabilitation. Now I am making up for lost time and just have to fit in as much running as I possibly can!

Q. What is your favourite training session?

A. Tuesday nights on Elliot Hills!

Q. What other sports are you interested in watching?

A. I love watching the All Blacks win the rugby, but I have to say my favourite is Wimbledon

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

A. It's tough, I work late and have unpredictable hours being a veterinary surgeon, and sometimes getting to training is very tight, but I do my best to make it work. Having a very understanding husband helps a lot! All the children have left home and that makes it easier too.....

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

A. It is very haphazard due to working hours but I try to do Parkrun as often as I can on a Saturday, I do both of the two evening training sessions and have a long run on a Sunday or Wednesday.

Q. What are your favourite races and distances?

A. I do get a real buzz from completing a marathon well and I love all the cross country and other off road. However I would have to say my all time favourite was the Saxon Shore Relay, a gem of a race, just the best day out.

Q. What are your future goals and ambitions?

A. To still be running, sailing and skiing when I am in my seventies. I have a hard act to follow; my Mum at 85 is the oldest member of the golf club and still playing 18 holes and my Dad was still playing tennis at 75!



Q. How do you keep motivated to run?

My main motivation is to catch that person in front of me, I am always working on it, (watch out Sarah and Barbara!!). I think I still have a few more PB's in me and that's a great driving force.

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

A. It's a great club, I love the friendliness and enthusiastic support, keep it up!

2013/14 XC SEASON so far!.....Steve Clark

Last season, after doing the 'Double' in the Kent Fitness League, was always going to be a hard act to follow, and so it is proving!

Our squad is, in depth, I think as strong as last season but we have had much stronger opposition this season and need to field our strongest team each time. We started off well at the first fixture at Sevenoaks back in October where we were runner up on the day to a very strong Sevenoaks side. But since then we have slipped a little and after another three matches we are currently lying in 4th position. After Sevenoaks initial victory on their home patch, Dartford Harriers have come storming through winning the last three matches and are now top of the table on 54 points pushing Sevenoaks in to 2nd place on 52. Two good results for New Eltham, the last on their home patch at Avery Hill has pushed them into 3rd place with 48 points just ahead of us on 46.

Going back to the second fixture at Swanley in early November we had an excellent turnout in numbers to play our part in the highest turnout for a KFL fixture so far with a total of 537 finishers. We also had quite a strong squad despite the absence of Mark Ford and Adam Stokes, both big contributors to our good result at Sevenoaks. Unfortunately injuries on the day forced both Simon Jones and Joe Thomsett to drop out and we slipped back to 6th place on the day and 3rd in the league standings. Sadly for Simon and us it seems likely that his injury will keep him out for the rest of the season. Very disappointing after coming back strongly over the last several months from previous injury with some great performances both in road races and cross-country. But things went better in the Ladies league as strengthened by the return of Victoria Kenny the girls were runners up on the day and moved into second place in their league.

We had another good turnout for the next match at Oxleas later in November and despite not having Simon Jones and Peter Hogben (illness) we came in a very respectable 4th on the day just missing out by a few points for 3rd place to Sevenoaks. Sadly this was the last race in our colours for Tony McParland who has moved back to Scotland. He has been with the club for many years, joining soon after his regiment, the Argyll's moved to Canterbury in 2005 and has been an enthusiastic and strong member of our XC squad having made 41 appearances for us in the KFL and scoring for the team in 40 of them! He will be sorely missed (especially as he owes me a drink!). In the Ladies league we had a great result despite the absence of Victoria Kenny, Jenny Benson was able to lead us to a victory with strong support from Barbara Wenman and Penny Birchall both of whom are vet 50's! This put them in 2nd place but level on points in their league.

The last match at Avery Hill just after Christmas saw a good but slightly lower turnout from our club, especially from the senior males! And so we ended up 5th on the day but again it was a great result for our girls who were again victors on the day and are now leading the Ladies league.

So into 2014 and with three matches left in the KFL we are still in with a good chance of some silverware! The girls are leading the Ladies league and in the main Combined league we are still within striking distance of the top two clubs and the next two fixtures are on 'home' ground, being at Minnis Bay just down the road and then our hosted fixture at Blean Woods in early February.

So don't forget your club needs you! Please turn out if you possibly can!

A big thanks to all those who turned out to represent the club in the Kent Veterans competition at Danson Park on 7th December. Although we didn't have anybody turn out in the MV40 category, we had no less than 8 competitors in the MV50's and our chairman Peter Yarlett was on his own for us in the MV60's as our hopes of fielding a team (3) were dashed by injuries. But we had success with the Ladies again as Wendy Smith, Penny Birchall and Barbara Wenman won the FV55's trophy, well done!

The XC Season Stats sheet, on the following page 30, shows who has done what, when and where for the club so far this season (if you see any errors please let me know!). Congratulations to the Wenman partnership! Both leading the table in appearances, the only two on 5! But there are many who have 3 or 4 appearances to their credit. As well as all those I have mentioned above I should also mention Tom Purnell, Colin Kent, Dave Bowden, Barry Hopkins, Adam Cowper-Smith and Sarah Maguire who have all made a strong contribution to the clubs success so far. And finally, a big thanks to all who have turned out for the club so far this season.

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

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

There are so many benefits:

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

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

Steve Clark - SUPREME XC Team Manager - AONB etc.

Eds Note: At the recent Minnis Bay race there was the chance to run on sand, shingle, mud, grass and swim across dykes - all for free.....showering optional....

Remember, you need 6 appearances (or 5 plus marshal @ KFL6) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team Kit (yet to be decided) for 2013/14!
You need to do 5 or more of the 7 KFL matches to count in their individual's league table and be certified!
You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.

- a) KCAA Sat league fixture 1 Swanlev Park. Swanlev 05/10/13
- b) KCAA Sat league fixture 2 Somerhill School. Tonbridge 26/10/13
- c) (Women) KCAA Sat league fixture 3(W) Nonninton 09/11/13
- c) (Men) KCAA Sat league fixture 3(M) Sparrows Den. Haves 30/11/13
- d) Kent Vets Chamos Danson Park. Bexlevheath 07/12/13
- e) SEAA Vets Chamos Biggleswade. Beds. 14/12/13
- f) Kent Championships Brockhill School. Hvtthe 04/01/14
- g) SEAA Championships Parliament Hill. Hemstead Heath 25/01/14
- h) KCAA Sat league fixture 4 Parkwood School. Swanlev 08/02/14
- i) KFL Presentation Relay Location TBA 16/03/14

		's' in columns 1 to 7 (KFL) denotes scored for team							Other-As above											KFL	KFL	KFL	KFL	KFL							
Runner		KFL CAT	Kent Fitness league							Other-As above											total app.	marsh KFL 6	Kit award	cert (5+)	CAT PQS	CAT trophy	Comb. Chamos medal	Ladies Chamos medal			
			1	2	3	4	5	6	7	a	b	c	d	e	f	g	h	i													
1	Barbara Wenman	F55	s	x	s	s							x						5												
2	Penny Birchall	F55		x	s	x							x						4												
3	Wendy Smith	F55	x		x	x							x						4												
4	Jenny Benson	F35	s	s	s														3												
5	Julia Bradford	F35		x	x	x													3												
6	Gemma Hiorns	F		x	x	x													3												
7	Sarah Maguire	F40	s	s		s													3												
8	Sophie Broughton	F		x		x													2												
9	Wendy De Boick	F60		x	x														2												
10	Jane Eldar	F55	x	x															2												
11	Victoria Kenny	F		s		s													2												
12	Katy Williams	F	x	x															2												
13	Jan Williams	F50	x	x															2												
14	Hazel Dobson	F35	x																1												
15	Anna Fisk	F		x															1												
16	Jennie Gardner	F		x															1												
																			40	Total female appearances											
1	Mark Wenman	M55	x	x	x	x							x						5												
2	Adam Cowper-Smith	M50		s	x	s							x						4												
3	Bob Davison	M55		x	x	x							x						4												
4	Andy Farrant	M55	x		x	x							x						4												
5	Jason Furminger	M45	x	x	x	x													4												
6	Neil Godden	M55		x	x	x							x						4												
7	Roy Gooderson	M55	x	x	x	x													4												
8	Barrv Hopkins	M	x	s	x	s													4												
9	Colin Kent	M45	s	s	s	s													4												
10	Tom Purnell	M	s	s	s	s													4												
11	Gerry Reilly	M65	x	x	x	x													4												
12	Peter Yarlott	M50		x	x	x							x						4												
13	Dave Bowden	M50		s	s	s													3												
14	Steven Clark	M60		x	x	x													3												
15	Mark Cooper	M50	x	x									x						3												
16	John Cooper	M50	x	x	x														3												
17	John Hartley	M65		x	x	x													3												
18	Paul Lucas	M40	x	x	x														3												
19	Bob Pullen	M50		x	x	x													3												
20	Steven Reynolds	M50	x	x	x														3												
21	Rob Sargeant	M50		x	x	s													3												
22	Craig Thomas	M50		x	x								x						3												
23	Dave Waite	M45	x	x	x														3												
24	Yiannis Christodoulou	M		x	x														2												
25	Mark Ford	M	s		s														2												
26	Peter Hooben	M	s	s															2												
27	Tony McParland	M40		s	s														2												
28	Christopher Sardo	M55	s	x															2												
29	Tony Savage	M55		x		x													2												
30	Adam Stokes	M	s		s														2												
31	Joe Thomsett	M	x		s														2												
32	Phil Wyard	M50				x							x						2												
33	Neil Benson	M40			x														1												
34	Simon Jones	M	s																1												
35	Marco Keir	M50			x														1												
36	Tom Millard	M				s													1												
37	Joe Standing	M		x															1												
																			105	Total male appearances											
																			145	Grand total appearances											

Any omissions/errors noticed (although this is impossible) please let Steve Clark know.

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



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

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.

Steve's Reynolds Maintenance

All house and garden maintenance

01227 361112 or 07951754926

And Finally.....

Hope you have enjoyed reading the Winter 2014 Harrier. Very best wishes to you all for future running, multi-event or for getting over an injury that never seems to clear up. Oh, and don't forget to stretch!

Do make sure that you put Sunday 2nd February in your diary as this is the Harriers home fixture for the KFL.....and very finally a running song, courtesy of the Eagles....

"The Long Run"

I used to hurry a lot, I used to worry a lot
 I used to stay out till the break of day
 Oh, that didn't get it,
 It was high time I quit it
 I just couldn't carry on that way
 Oh, I did some damage, I know it's true
 Didn't know I was so lonely , till I found you
 You can go the distance
 We'll find out in the long run
 (in the long run)
 We can handle some resistance
 If our love is a strong one (is a strong one)
 People talkin' about is
 they got nothin' else to do
 When it all comes down we will
 still come through
 In the long run
 Ooh, I want to tell you, it's a long run
 You know I don't understand why you don't
 treat yourself better
 do the crazy things that you do
 'Cause all the debutantes in Houston, baby,
 couldn't hold a candle to you
 Did you do it for love?
 Did you do it for money?
 Did you do it for spite?
 Did you think you had to, honey?
 Who is gonna make it?
 We'll find out in the long run
 (in the long run)
 I know we can take it
 if our love is a strong one
 (is a strong one)
 Well, we're scared, but we ain't shakin'
 Kinda bent, but we ain't breakin'
 in the long run
 Ooh, I want to tell you, it's a long run
 in the long run
 in the long run

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

The end