



The Harrier

The newsletter of the Canterbury Harriers



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SUMMER WELCOME

Greetings to the Summer 2015 'The Harrier' with a particularly warm welcome to all new club members who have joined since our last edition in April. There are many reasons for joining a running club - including being new to running, a work or house move to the area, a general motivation to improve times or perhaps as a 'graduate' from the parkrun experience. Whatever your reason we hope that you enjoy a long membership with Harriers. As a new member please take every opportunity to chat to other members to find out more about the club; and do take part in our various activities - whether training, racing or social. You will receive regular e-mails telling you what's going on and news at the start of training runs. It's also a good idea to link up on Facebook as there is plenty of information to share during each week.

Your Chairman reports that he has been idling the summer days with John Hartley on a cycling trip around the Welsh coastline. Peter reports that cycle paths are more numerous throughout Wales than in our own area. However some of the road surfaces are equally poor to terrible. The trip also got Peter thinking about the range of different outdoor activities, in addition to running, that other Harriers undertake - similar cycling trips, triathlons, tough mudder events, long distance walking and hiking and others. The club is a broad 'church' welcoming all sorts of non-running activities.

Top level athletics has taken a hammering over recent months with allegations of further drug misuse. Let's hope that athletics is not smeared by any report findings. At least at club level we can be confident that we are relying on natural ability alone. Hang on a minute who's that ringing the door bell!

YOUR CLUB MEMBERSHIP BENEFITS

These include:

x-country entry fees paid

Subsidised annual presentation dinner, quiz night and pub runs

Reduced entry fee to 10k club championship and mile time trial

Club registration with England Athletics and Kent Athletics

Coaching at twice weekly club sessions

Club kit at supplier prices

Club awards

MEMBERSHIP RENEWALS

At the last count 'our' club has 155 members (including 6 social and 5 honorary members). Your committee has agreed on your behalf that there will be no recommendation to increase fees for the club next year 2015/16. This is because the surplus from the Whitstable 10K enables us to top up the income from your fees. However, who know what the position will be the following year.....

Membership renewals are due from 1st October at the current level. Andy Farrant ('Treasurer') will circulate the renewal details nearer the time. We appreciate payment as soon as possible so that Andy isn't left with too many members to chase. Many thanks.

THE WEATHER

So far so good with the weather approaching a reasonable summer. Indeed in our parts a drop more rain would no doubt be kind to the gardeners amongst us. The end of July saw this happen with 2 days of torrential rain. Just in time for the school holidays. We were however blessed with fine evening weather at each of the summer relay events, a well received change to the normal chilly evenings that pretend to be summer! Also, we had a great turnout at each run, culminating in our own fixture in Canterbury, followed by a sumptuous buffet. The men V60 and women V55 both won their respective categories; and the SM and V50 men were notable runners up. Well done to everyone turning out for these enjoyable mid-week runs. And a special thanks to our marshals at our own Canterbury race.

SPRING MARATHONS

A special mention to everyone who ran a spring marathon and hopefully your ambitions were met. Whether it was just to get round, crack a PB or, like Adam Stokes, to set a new club record in the London.

WHITSTABLE 10K



A club cheque for £1000 was presented at the end of July to David Holmes to Demelza Hospice for Children from our Whitstable 10K race proceeds. Brian Smith, Bailey's Nissan, our race sponsor was also present for this good cause presentation. We can all feel proud of our community links to such a deserving cause.

Planning for next year's race has already started with decisions being firmed up on the type of race timing to be used, the level of race fee, entry method and prizes. Although

a long way off - next year's race is Bank Holiday Monday 2nd May.

SAFE RUNNING EVERYONE

Your committee has discussed member safety and well being whilst training and racing. Although ultimate responsibility rests with each of us for our well-being & safety a brief reminder of 'safety/first aid' is shown inside (P31) to highlight key safety points. Please take time out to read these practical suggestions on remaining safe.

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. Please bear in mind that we always like to see accurate distances confirmed as times count towards club awards and ranking lists. Parkrun and x-country results can be viewed through the club website.

The previous 3 months road race results are reproduced inside the Newsletter to show 'at a glance' how members have fared. Particular mention to:

5M - Yiannis Christodoulou, Barry Hopkins, Tom Millard (PB); Ian Stokes (1st V55)

10K - Stephen Hobbs (PB and 1st V40); Andy Phillips (PB and 1st V50); Fiona Tester (3rd lady); Bethany Burnett, Melanie Christodoulou, Fiona Craig, Karen Hault, Ian Stokes, Dave Bowden, Rosalie Maltby, Simon Jones, Yiannis Christodoulou, Gemma Jeffrey, Tom Millard, Jon Vann, Richard Hudson, Phil Hadler, Steve Hobbs, Alex Horsley (PB); Theresa Johns, Richard Hudson, Chifon Stevens, Ellen Rowe, Matthew Pearce (debut); Sarah Maguire (2nd lady); Adam Cowper-Smith (3rd V50); Jo Norrington (1st lady); Fiona Craig (1st lady V50);



**Jo and Ellen 1 and 2 in recent
Ramsgate Alfie Gough memorial 10k**

10M - Adam Stokes, Alex Horsley (debut); Faye Roberts (3rd lady and PB); Paul O'Keefe, Wim Van Vuuren (PB); Wendy Smith (1st lady V55);

Half marathon - Bethany Burnett, Briony Care, Lea Burnett (debut); Shirley Pullen (PB);

15M - Peter Yarlett, Russell Evans, Jenny Lucas (debuts)

Marathon - Stephen Hobbs (and 2nd MV40), Matthew Pearce, Emily Hardy, Jenny Lucas, Ellen Rowe, Andy Phillip, Ryan Holmes, Mike Denson (debut); Colin Kent, Thomas Hooley, Adam Stokes, Matthew Pearce, Faye Roberts, Wendy Osmond, (PB);

CLUB 10K CLUB CHAMPIONSHIP

The club will be holding our inaugural 10K club championship for all age ranges within this year's Ashford 10K road to be held on 10th October. Harriers will be awarding our own club championship awards within the overall race results. The thinking behind this is that 10K is a good distance enabling all members to compete and where 'best on the day' in the various recognised age groups will receive club awards. See inside the newsletter for full entry details. Your club will be subsidising each member's entry by £5 to encourage entries. Let's make this a MASSIVE Harriers entry. Awards will be made at the club's AGM on Thursday 26th November.

KIT

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit, including cross country socks (as modeled by Yiannis below!).



We encourage all club members to wear club colours when racing, indeed for certain events such as the KFL club vests are a necessity as part of race recording. It's also good for team morale to see a good turnout of Harriers in full kit. The practical side is that a range of different sized vests, t-shirts and hoodies are available from Jo on training evenings. Now new are cross-country socks, base layers and jogging bottoms. In her absence other committee members can also supply kit from our stock. Payment can now be made online, or by the usual cheque or cash:

Vests £15

Hoodies £17

Zip hoodies £20

long sleeve tech t shirts £13

short sleeve tech t shirt £13.50

cross country socks £6 a pair *new*

We do not have a stock of these but we have available to order:

fleece jackets £18

High visibility technical short sleeve and long sleeve t shirts and gilets - prices vary contact Jo if interested.

We are experimenting with some exciting new winter clothing to include:

- Karimor Running tights £14 (Your chairman is keen to try these!)
- track pants estimated £18, price TBC
- long sleeve compression tops/base layer £16.50 price TBC
- soft shell jacket price TBC
- waterproof jacket price TBC

(note jackets are not suitable for running in but useful for warm-ups and looking good, marshalling etc)

Samples are available in the kit cupboard - come and see Jo on training nights to have a look or ask a member of the committee.

After looking extensively for waterproof running jackets, so far these cannot be sourced at a reasonable cost....if anyone finds anything please let Jo know....

If anyone would like anything specific please let Jo know and she will try to source it for you. If you would like any clothing to be branded she can also arrange this for £3 per item.

All kit does of course comes branded with our Canterbury Harriers logo.....

The kit cupboard is located at Burley's. If Jo is not there on training nights, either contact her by email or a committee member will be able to access the cupboard.

CLUB COMMUNICATIONS

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

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

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

Led by Alastair Telford a thorough overhaul of our website is now underway. Over coming weeks Alastair has plans to improve several areas of the site including race results, club records, the gallery and kit section. The more that we all use the site the greater the incentive for further updates to be made.

NEWSLETTER CHANGES

**** Stop Press - Editorial reshuffle at top newsletter ****

Peter has been your newsletter editor for the last 6 years but like good wine his stint in the role has matured and it is time to announce a change. So welcome Tom Millard and Mel Christodoulou who have stepped forward to become joint editors. Following a recent member survey a number of changes to the newsletter are planned, including more news of races that members have done, insights on training, kit reviews from members own experience.

Please do give Mel and Tom every support to this important club communication.

WEDDINGS

We are delighted that the club has marriages to celebrate.

Mel Georiades & Yiannis Christodoulou made their vows at the end of June and earlier in May Gemma Hiorns & Scott Jeffrey did the same. Emily Hardy & Henry Thomson at the beginning of August, and Anna Fisk & Dean Beaver are marrying later in the year. As are Dean Bradshaw & Jessica Lonzanska On behalf of club members we wish all couples our very best wishes. Love is in the air.....

HIP, HIP HOORAY

Great news that two of our members, Joe Hicks (past chairman) and Steve Clark (sometime coach) have had successful hip operations and we will, no doubt, soon be chasing their shadows.....

BIRLEY'S OPENING TIME

Bill, the Kings School staff member who looks after us on our training evenings, has asked us mention to members that he aims to get Birleys by 1825 hrs on our training evenings. If members arrive before that time and the gate is locked they should wait until then and he will be along in due course. If you arriving by car, and the gate is locked, then you should park up and wait in the area to the side on the approach to the gate. Many thanks

YOUR COMMITTEE

Your committee met on seven occasions since the November AGM. Meetings are usually held on the 2nd Tuesday in the month. The August meeting, for example, had a particularly full agenda to consider membership, club finances, coaching & training, Club championship 10k, our next AGM and lots more. Comments and suggestions on all matters concerning club matters are always welcome.

Further club meetings have also taken place in the last 3 months of both the Coaching Team and the Whitstable 10k organising Team. We really are fortunate in having members who willingly give their spare time in helping make the club work for all our benefits.

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 listed inside.

DISCOUNTS

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

If you know of any other running related discounts then please advise Editors Tom or Mel.

EVENTS, DIARY DATES AND THANKS

Thanks to Andy Farrant for coordinating the summer Friday night pub runs and to Joe Hicks, Jo Norrington and Colin Kent for arrangements on the night for our first three pub runs.

Thanks to Jenny Benson for arranging the evening talk in July by Andy Buckley and Phil Anthony.

Thanks to Tina, Yiannis, Steve, Bob and Jenny for sorting out team selections for the summer relays.

Thanks also to Jenny for arranging the buffet following the final summer relay.

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

Further pub runs will be held on 7th August -The Neptune, Whitstable; 28th August - The Elephant, Faversham; and 18th September - venue tbc (probably a pub!)

The club championship 10k is on Sunday 10th October (see inside for entry details)

This year's AGM will be held on Thursday 26th November.

WHAT'S INSIDE

For your enjoyment and pleasure the usual range of informative and high quality items are included (!). Read further about race results, kit & ordering, photo gallery, spotlight on John Matthews, cross country award winners 2014/15 with photos, physiological testing, Harriers Trotters, latest parkrun news, race reports, Adam Stokes at the London marathon, running safely with the club/first aid, Adidas Ultra boost shoe review, John Cooper's Ultra and lots more.

Have a great summer's running ready for the x-country season.....(it's not too far away) - Ed. (signing off and best wishes to Mel and Tom as the next co-Editors)

Harriers Committee 2014/15	
Peter Yarlett	Chair
Bob Moreton	Treasurer
Roy Gooderson	Administration Officer
Tina Jones	Secretary & Coach
Gerry Reilly	Head Coach
Steve Clark	Coach
Andy Farrant	Membership Secretary
Mel Christodolou	Press Secretary & Runners Rep
Mark Wenman	Runners Rep
Vacant	Deputy Chair
Yiannis Christodoulou	Runners Rep, Results & Coach
Jenny Benson	Runners Rep & Coach
Joe Thomsett	Runners Rep

On The Record - London Marathon 2015.....Adam Stokes

0630. An alarm starts ringing somewhere in a London hotel room. Eyes open. Blinking to adjust to the daylight breaking in through a gap in the curtains.

'Morning. Did you sleep alright?'

This is how Sunday 26th April began for my girlfriend, Ellie, who for the past 13 weeks has shared with me the highs and lows of marathon training. I'd made some pretty bold claims early on, most notably about having a crack at Roy Palmers club record, so the pressure was on to 'put up or shut up'. Today is race day, and my response of 'yeah, good thanks', is a bare faced lie. I have in fact been up and down almost hourly since first attempting to get my head down the evening before, making sure I was suitably hydrated, going over and over my race/pace plan, going to the toilet because I'd drank too much water...Fortunately, I'd been getting my Zs banked throughout the rest of week, I now do a pretty good impression of a certain TV cat, so lack of sleep wasn't going to be an excuse.

After a final kit check (the 3rd or 4th one) we head downstairs to breakfast. We're met in reception by Dad, who has got up earlier than the event security, hopped the fences and enjoyed his own run down The Mall. We briefly outline a plan for meeting up after the

race before Ellie and I head through to the dining room. I look on enviously as our waiter proudly shows off the hotel's exquisite breakfast buffet and hands us separate breakfast menus of what the kitchen can offer up. I already know what I'm having, I have done for weeks in fact- porridge, jazzed up with a bit of honey and a sprinkling of chopped almonds, and a couple of cups of black coffee. I finish and leave Ellie tucking into a blueberry cr me brulee (yes, apparently dessert for breakfast is a real thing). After a final final kit check I leave the hotel and make my way across town to Blackheath to take my place alongside 40,000 others on the start line of the Virgin Money London Marathon.



It's an overcast, damp and chilly morning up on Shooters Hill and the vast majority of the athletes on the UKA Championship start are huddled together in the two changing tents as an increasingly frustrated steward strides around outside shouting at us all to get our kit on the baggage trucks. He's given a good stiff ignoring by the majority, it's really not shorts and vest weather out there, certainly not if

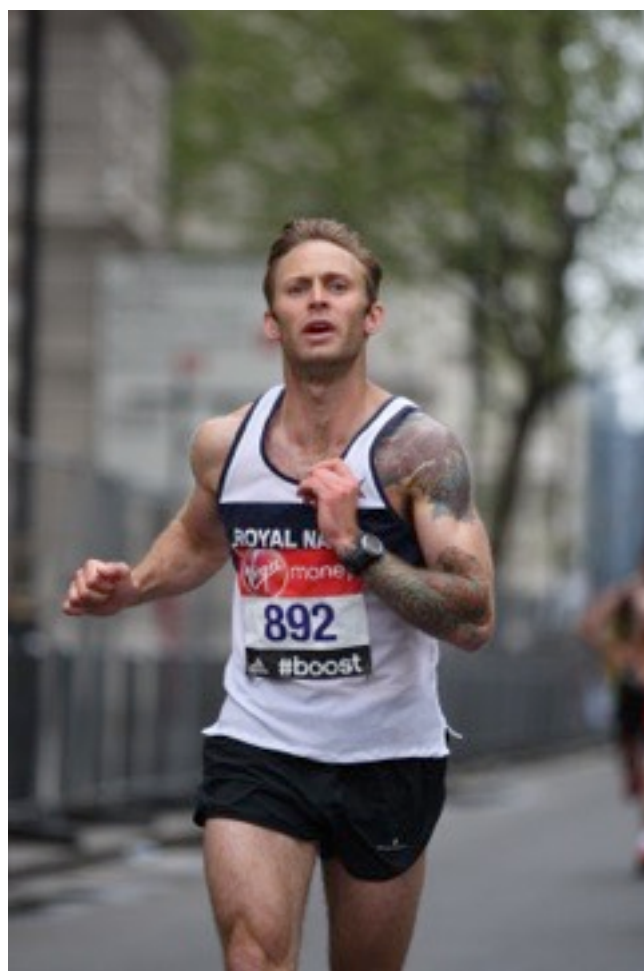
you're just standing around, and what's me his cries of 'Come on, the trucks are leaving in 45 minutes!' are doing nothing to instill a sense of urgency in any of us. Instead I spent my time talking tactics with my Royal Navy team mates, scanning the crowd for any familiar faces (there are quite a few), and making those all important nervous dashes to the portaloos.

'Five minutes and the trucks are going!' shouts Angry Bloke. That sounds like my cue, I strip (steady now) down to race kit, throw my bag on onboard and join the masses already jogging in a big loop up and down the fenced off section behind the Blue start (another bonus of the Champs start). Before long we're called forward to take our positions just behind the elites. The crowd erupts as the legend, Paula Radcliffe is announced. 'Paula! Paula! Paula!' we all chant on the line.

And then hush. This is it. The culmination of all those weeks of early mornings, dieting, hard miles and pain. I take a couple of deep breaths, trying to keep my racing heart under control.

'Start steady. Stick to the plan.' I tell myself, the klaxon sounds and we're off, racing away down Shooters Hill Road. The first mile is always frantic, jostling for position, weaving in and out of the slower runners, resisting the urge to chase after the faster/more enthusiastic runners flying by. I'd lost all of the Navy lads moving up to the start and now I take a moment to look around to see if anyone's around. No one. I look down to check my Garmin- 5.49 (minutes per mile), I'm on target but it looks like I'm going it alone.

We turn left through Charlton Park towards Woolwich. It's this stretch of road last year where a contender for the World's fastest toilet came past me. This year it was the turn of Spiderman, to make matters worse he was giving a running commentary into his handycam as he passed. Last year I chased down the toilet and ultimately paid the price for upping the tempo so early on, that wasn't going to happen this year. Besides, I'd done my homework and knew Spidey's secret identity- this was Paul 'Marders' Marteletti on his way to setting the world record for the fastest superhero. Marders has been in imperious form this year, winning practically every race he'd entered after the New Year, including the Manchester Marathon in 2.17 just the week before. With a shout of encouragement I watch him disappear into the pack ahead, I'm still on time and feeling fine!



At the Royal Artillery Barracks in Woolwich the course drops downhill as you turn West along the river towards Cutty Sark. My splits reflect this, dropping to around 5.30m/m, no cause for alarm, I'd been expecting this and if anything it's a few seconds in the bag for later on when I might need them. I seem to have fallen in step with a guy from Skegness Coasters and another from Kent AC. Maybe we can work together for a bit? I ask them what their aiming for. It turns out Skeggie is 'Just seeing how it goes', Kent responds by repeatedly surging ahead and then coming back over the next few miles. Still on my own then, but more importantly I'm still on schedule.

As I round Cutty Sark the frequent shouts from the spectators are 'Paula's just ahead!' She's obviously 'just ahead' enough not to be in sight for now, who I can see is Graham Green a couple of hundred metres up the road. Graham is built in a similar way to myself, we've raced one another a few times over the past year or so and always been close, and I also happen to know that he's after a similar time to me today. If I can bridge this gap then I'd finally have an ally on the road!

Mile 9 now, as I turn a corner into Surrey Quays I'm hit by a boyband-concert-esque wall of noise and there just in front, leading a sizable group of passengers is Paula Radcliffe. I briefly consider joining her entourage and being dragged round to what I'm sure would still be a PB, but then the thought's gone. 'You've got your own plan- stick to it'. Sorry Paula, but today I'm quicker. I add my own voice to the cacophony of cheers as I run straight by the world record holder.

I've dropped Skegness and Kent AC long ago and have new company, it's an older chap with an unusual running action from Cosmos AC, Nigel Rackman. As we reach the 11 mile marker a lad wearing a Scotland vest comes flying by like he's missed the start and disappears up the road. We briefly look at each other with a 'what was that about?' expression on our faces. A mile and a half later and sure enough there's Scotty, jogging now as we overtake again- obviously out for a fartlek session then!

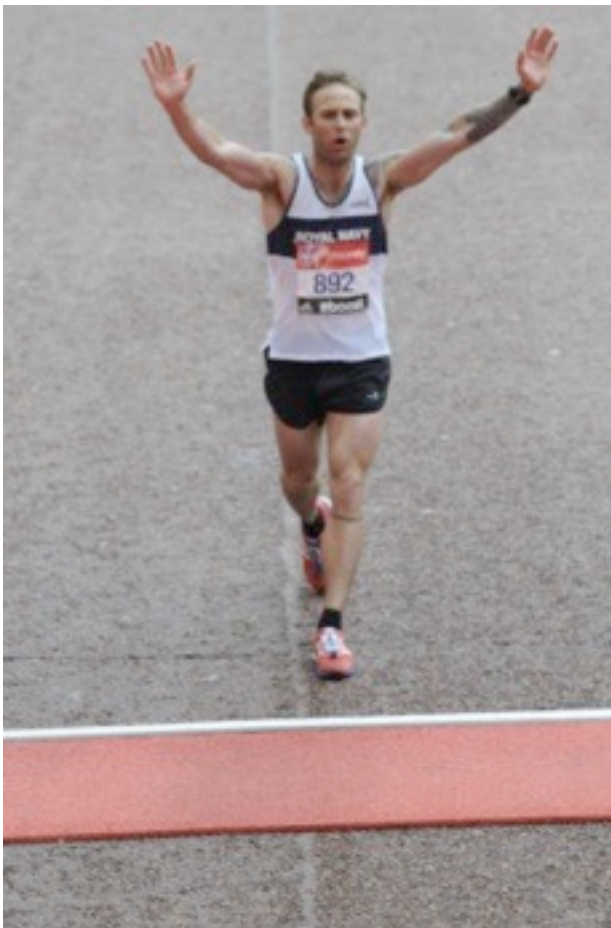
I turn right towards Tower Bridge and hear my first personal cheer, 'Go on Stokesy' someone shouts, I don't get a chance to see who it is but it's much appreciated (thank you mystery cheerer) and comes just in time. For the first time in the race I'm aware that I'm working hard, the slight incline up onto the bridge feels like a mountain, the breeze is a gale. The crowds here are especially amazing though and keep me pushing on, I console myself with the knowledge that everyone is suffering here too.

The bridge behind me it's right turn again towards Shadwell and the halfway point. I know this is where Ellie and the rest of the family are going to be watching and I'm determined to look good as I pass. The guy in the Army vest running up ahead makes for a nice target, something to focus on to take my mind off the effort. I reel him in over the next mile and press on into the Isle of Dogs. For me this section of the marathon is mentally the toughest. The support is more sporadic, there's naff all to look at, and it's twists and turns seem to drag on forever! As I enter the tunnel at 15 miles the sound of a steel band echoes all around me, it's accompanied by the beeping of my watch telling me that it's lost the GPS signal. This mile I'm going to have to run by feel, just like they used to do in the olden days! Emerging back into daylight I spy a familiar back of head...Stuart Hall, a guy I often race against/get beaten by in the South West. At his best Stu was a 2.16 marathoner and represented Great Britain over the distance in the 2002 Commonwealth Games, I feel a massive surge of confidence and belief as I catch and pass him. As I reach the next aid station there's yet another familiar face, one a few Harriers might recognise too from the local running scene. Niall Stewart, fresh from his own sub 2.45 at Manchester, is stood there handing out water, I gladly take a bottle, I'm feeling great again- just don't get carried away now...5.29...b*ll@cks, I think I might have put my foot down a bit too much there! I have a quiet word with myself and settle back down for the next couple of miles.

Leaving the Docklands you take in an out and back stretch of highway, I normally despise these in a race but it's actually a good opportunity to take stock of where you are and who's around you. No sign of any of the Navy lads still, there's Nigel from Cosmos hot on my heels, and just ahead is Graham Green. 20 miles down, it's time to

light this up and put in a proper effort to close that gap. I hear the cheers from the family as I fly by again at Shadwell, I'm passing other runners left and right as I go, and then, just before the Tower Of London I get there. Nigel's gone with the move and for the next mile and a half we all work together, driving the pace hard, we're really moving now. It's starting to burn now, 'Just two and a bit miles left, hang in there, it's just a bit of pain, stay with it, suffer.'

I eagerly snatch at a Lucozade as we head into the final tunnel along the Embankment. I take a couple of swigs and offer the bottle over to my companions, they politely refuse and as I discard it to the side of the road I'm hit by an invisible truck. My legs, which until very recently had felt so strong are now suddenly completely empty, dead weights ineffectually flapping about beneath me. I watch helplessly as Graham and Nigel race off together in front, athletes I'd passed over the last few miles are coming by again,



I feel crap, like my mojo went with my legs, 'that's it, the record's gone now', I feel like I'm practically walking here!

'Get a grip of yourself Stokes! It's still going to be a huge PB whatever happens unless you stop. Focus. Keep moving forward.'

I scan the skyline for landmarks, there's the London Eye, there's Westminster Bridge, 'it's a mile from Westminster' I tell myself. 'Beep', 6.10 says the Garmin. 'No way' I think, I still feel like I'm barely moving at all. My mouth is now hanging wide open as I try to gulp in as much oxygen as I possibly can, my form's completely gone, I can barely lift my legs, this is shuffling not running. And another thing, how isn't that bloody bridge any closer! Despite my own doubts a glance up at the clock on the 25 mile barrier reassures me, I've still got around 10 minutes to get in and I'll have the record.

There are guys on the road ahead who are clearly suffering even more than I am, unbeknownst to them I've fixed an imaginary bullseye to the back of each of their heads. It's all I can do to keep going is slowly reel them back in one by one. I must have one of those targets on the back of my own head as I'm being overtaken in turn. I've got nothing to offer in response, it's now just me against the clock, the road and my failing legs.

800 metres to go, every hundred metres or so my shuffling gait turns into a dramatic hobble for a few steps.

'Looking good!'

'Nearly there!'

Liars shout at me from the crowd. If I had the time or the energy..! This is agony, I feel terrible, I must look even worse!

Right turn, 'running' across the front of Buckingham Palace now, 385 yards to go exclaims the banner overhead. Right again, now I'm on The Mall, Union flags are fluttering away on either side of the street, the crowd are going mental, screaming all the runners onwards to the line. I take in none of it. All I can see is the finish line looming up ahead, the clock above it comes into focus. 2.32.41...2.32.42...43...44...Another group of runners passes by, I dig in and try to go with it, it's not pretty, or really that effective but it's as much of a sprint finish as I can muster. I've emptied myself, I throw my hands in the air like I just don't care as I cross the line in elation and relief, I look down- 2.33.17 says my watch. I'd done it, and by a minute too, this is massive, I feel like I'd enjoy this moment a lot more if I wasn't in quite so much pain! I stagger on through the finishing area, collecting my post race goodies, posing for photos and swapping 'war' stories with the other runners. My Navy team mates are starting to come in by now, it's PBs all round, and we've just narrowly been pipped to the Inter-Services trophy by the Army who had their first finisher come in at 2.21!

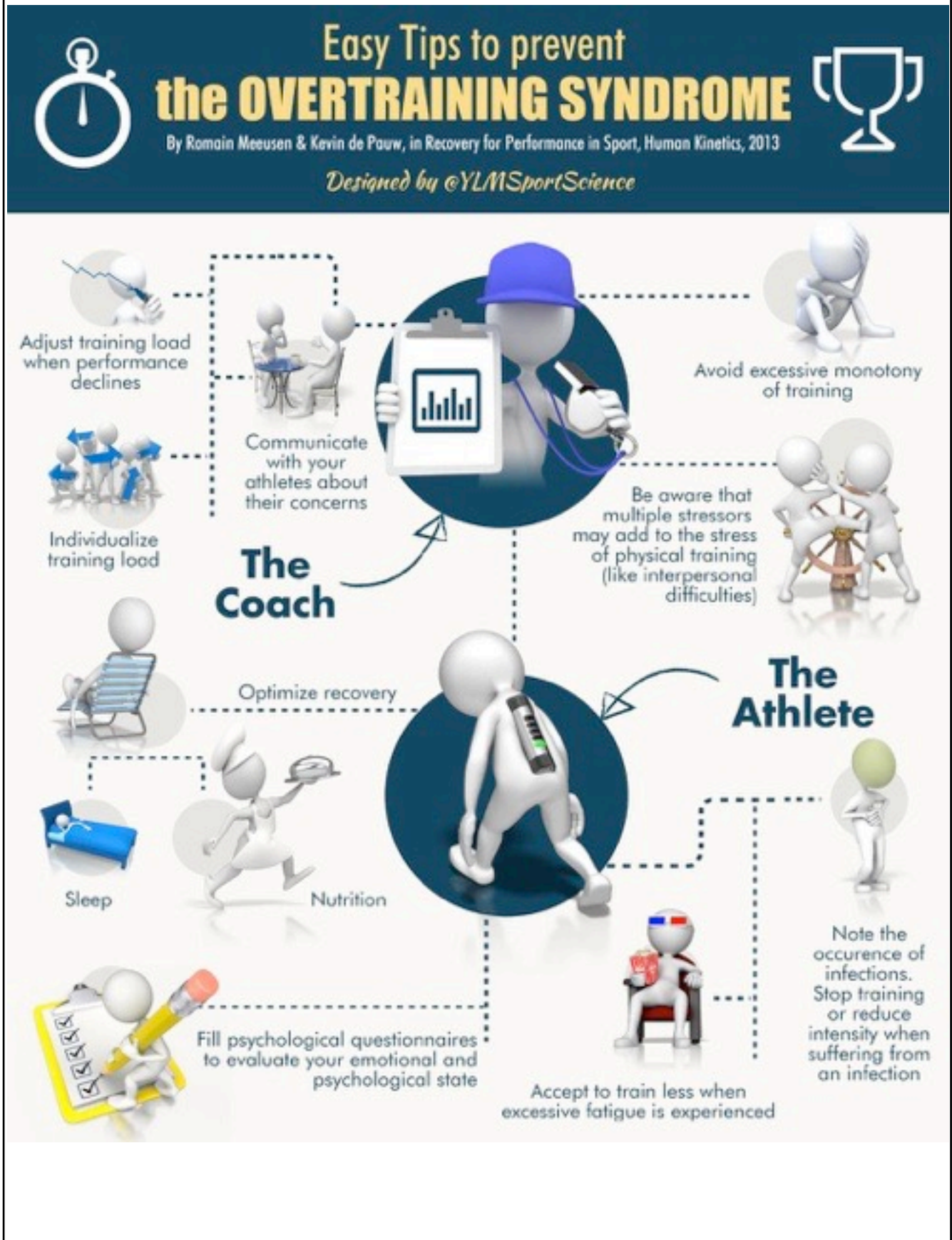
When I'm finally reunited with my kit bag I pull out my phone and give Ellie a ring. The night before I'd surprised her by bestowing on her the dubious honour of chief support crew organiser. I'd also decided to put her to the test by changing our pre-arranged and recce'd post race rendezvous to somewhere different that morning as I was sat on the train to Blackheath. As she answers the call I immediately hear the excitement and pride in her voice. As it turns out she'd done an incredible job of keeping everyone informed out in their various positions around the route, sending progress reports when the tracking app decided to fail and getting everyone to the new RV in time for my impending arrival. Although I didn't have a drink waiting for me when I got there (minus 1 point).

'I'm limping there as quickly as I can' I tell her before I hang up. As I do I can't help but think there was something else there in her voice, beneath the pride, the excitement and the congratulations...it might just have been relief, she's not the only one. All those early morning's in the gym, the counting every calorie, the tiredness all the time, it was all finally over, mission accomplished.

Until next year anyway.....

Eds Note: A fantastic write-up by Adam of his London run and just to confirm that Adam ran a club record and PB of 2:33:23. Very well done Adam and well deserved for all the hard work. Plus beating dad's time as well!!

Tips for Runners.....the start of a regular series of articles giving us choices about smarter ways of running, beginning with (1) overtraining and (2) the use of physiological testing....



More Smart Running by Tom Millard

Last year I took part in some initial laboratory sports testing with Phil Anthony at the Christchurch Sports Lab on North Holmes Road in Canterbury. I was basically a human Guinea pig, set to work on a treadmill but given fascinating data on my current abilities and targets to focus on in my training. Following this testing I ran my first marathon at Bournemouth (2:51:50).



This year I was invited back into the lab for more intense testing based on Phil's PHD research into running economy. I was told I was an ideal candidate as I was training for a spring marathon and could almost meet the 6 hour weekly running target. I describe in the past newsletter what a basic test is like. I had three of these again but also two time trials at 5k and three long runs on the treadmill (with a TV screen in front watching the World Cross Country Championships from China!). Phil kindly gave members a great presentation on the work his research has uncovered but I wanted to give readers a personal impact of this process.

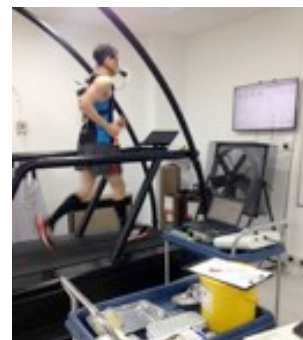


Back in the lab for a 6am ten mile 75% effort run

The biggest change was running more often with a heart rate monitor. Phil used my Vo2 max test to work out my maximum heart rate (175bpm) and then worked out a target heart rate for me based on 75% effort (140bpm). So this meant I would go out for a run at around 7 minute miles, checking the watch that I was not going over my target. If I did regularly I was risking injury and Phil worked out a programme to fit in the speed session on the Tuesdays and one or two key races. Following twelve weeks of this I ran my second marathon at Manchester and chipped off over 11 minutes off my PB (2:40:40).

What have I learned from this which made a difference to my improvement? In my opinion the biggest change was not running my hardest on the Thursdays with the Harriers which enabled me to have strength for the weekend long run or even a race. Replacing this with 75% effort runs peppered across the week left me fresh but above all the niggles I often felt seemed to melt away. I feel much more in control of my running now. This was because I was improving my running economy. Interestingly Matt Fitzgerald's book *80/20 Running* touches on a theme similar to this but based on vastly different research.

Beware this is not a one size fits all method, 75% was suitable for my marathon targets but others may need to work at different zones. Phil continues to carry out his PHD research and I have attached some details below. If you do not fit into this criteria then there is the other option of paying for a session where Phil will give you the detailed analysis based on a ramp test which should



Yiannis putting in a great effort before his latest race PB

take about an hour all in. I believe the cost is £100 and if you can group together then this price comes down. This is cracking value if you feel your running has plateaued out, informing you exactly what your body needs to focus on. I've been lucky enough to be involved but the club has also had Yiannis Christodoulou and Dave Bowden take part. I'm sure any of us would be happy to answer any questions about the programme on club nights if you have them.



Interested in more details or would like to get involved?

*Ultra-marathon runner and PhD Researcher, **Phil Anthony** who is based at Canterbury Christ Church University is carrying out exciting and ground-breaking **research into the area of Running Economy** and how any changes affect real world performance. He is calling for male runners to take part in his training intervention study. All participants will be given access to free cutting edge laboratory testing which is normally only available to the runners of the caliber of Mo Farah.*

If you are male and currently run for at least six hours per week you could qualify to participate in this six-week training intervention. *The intervention involves increasing the time of two runs per week, possibly with the inclusion of a split training day. Detailed analysis will document your physiological changes and show you how any changes in your running economy affect your running performance. All pre and post intervention testing will take place in Canterbury Christ Church University*

All the participants will receive free testing throughout the intervention period, including nutritional analysis, body composition measurements, hematocrit testing, a 12-week training plan and coaching support throughout the intervention.

If you would like more information regarding this study then please contact Phil Anthony at phil.anthony@canterbury.ac.uk (Twitter - @Philanthony4)



Spotlight on... John Matthews

John has been a member for almost a year now and made a great impact in his debut season as a second claim for the club in the KFL cross country season. As a parkrun tourist and all round good bloke for a chat we wanted to catch up more with one of our newer members.....



What is your story about how you go into running?

13 years ago I discovered I was heavier than a very pregnant colleague. Realising I weighed more than the two of them, and was less fit than my dad, got me started. Dad had always run so it seemed a normal thing to do at least, though he only ever raced once, at the first London marathon, which is quite different to how I've turned out. In 2004 I did my first 10k in 49 minutes, proudly announced that to dad only to be told 'I think I could still do that'. My competitive spark was fired. Eventually I beat his marathon time (3:38) in Edinburgh, 2007, with a 3:22. I didn't join a club for a long time. When I got round to thinking it was a good idea, the nearest was Enfield Harriers and two things put me off; they were a premier league athletics club, and my dad was the president. I'm not sure whether he or I would have been more embarrassed by my efforts, but I never did find out. Joining a club in Surrey at the end of 2007 made a big difference, though, and also led me to parkrun.

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

Nothing for years. At school we were supposed to do some sport every day, but it was self-policed, relying on us writing what we'd done in a grid on the wall. I filled in the word 'run' enough times as a lie that it probably took me a couple of years of actual running to make up for it. I cycle a bit now, but see it more as a way to get places than something that I put much effort into.

What is your favourite training session?

I think I get the quickest gains out of a decent tempo session with a group.

What other sports are you interested in watching?

Almost any, though I don't get on with horse racing. I had a year off work in 2013-14 and watched athletics in Russia, baseball in South Korea, cricket in New Zealand and tennis in Australia. There was also some cricket in Australia around then. I forget what happened.

How do you manage to run with work commitments?

Moving to Kent (Sept 14) has helped a lot, as my journey to work is just under 6 miles, so that's a decent-but-not-deadly distance to do regularly, or to add to when I'm in the mood to explore. When I was commuting longer distances into London I did a variety of things - run back from work, run in to get to the tube network or run back out to a station and get the train from there.

What is a typical week's training for you?

Tuesday intervals, Thursday tempo, Saturday parkrun and Sunday a longer one or a race, then whatever I can manage in between, preferably with a few more miles on

Wednesday than most days. I'm finding the Thursday harder to recover from than it used to be, though, and wonder if I ought to cut down on volume to try to run Tuesdays and Thursdays with a bit more intensity.

What are your favourite races and distances?

I like a 10 mile road race, anything cross country and parkrun, obviously.

What are your future goals and ambitions?

I have time targets at every distance, though any time I get a PB now I think "if that's as good as it ever gets, I'll take it". Oldies can't be choosers.

How do you keep motivated to run?

It has become just something I do. Whenever I've been totally unmotivated then parkrun has kept me going - once I started travelling to different parkruns, it was easy to decide that I ought to get out of bed to fit in another new one. Big swathes of my training diary are empty apart from parkrun on a Saturday.



From Minnippi (UK) to Melbourne (Aus.) John has taken part in over 250 Parkruns! His PB is 17:25 at St Albans. Here he is being chased down by a four year old.....

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

Joining the club is the best step you can make, second perhaps to coming along regularly.

John at a recent Track Athletics event in Canterbury on route to another sub 18 minute 5k



Harriers Photo Gallery - the final summer relay in Canterbury



More summer relay photos.....



Kent Fitness league awards 2014/2015	Individual League Category Awards, (qualification is 5+ appearances)
Barbara Wenman (7 th year!)	Female V55 Champion
Peter Hogben	Male 4 th overall man
Tom Purnell	Male 5th Overall man
Yiannis Christodoulou	Most Improved man
Individual League Certificates, (qualification is 5+ appearances).	
Penny Birchall	Females: V55 Category 2 nd
Jennie Gardner	SEN Category 9 th
Jo Norrington	SEN Category 10 th
Gemma Hiorns	SEN Category 15 th
Melanie Georgiades	SEN Category 17 th
John Hartley	Males: V65 Category 8 th
Mark Wenman	V60 Category 3 rd
Bob Davison	V60 Category 5 th
Peter Yarlett	V60 Category 7 th
Steve Clark	V60 Category 8 th
Tony Savage	V60 Category 9 th
Adam Cowper-Smith	V55 Category 8 th
Steve Reynolds	V55 Category 11 th
John Cooper	V55 Category 19 th
Ian Stokes	V50 Category 7 th
Bob Pullen	V50 Category 24 th
John Matthews	V40 Category 3 rd
Steve Hobbs	V40 Category 4 th
Tom Millard	SEN Category 10 th
Barry Hopkins	SEN Category 31 st

Stuart Melville	SEN Category 40 th
XC General	
Club Kit Awards for 6 plus xc's (marshal @ Blean counts as 1)	
Female	
(7) Penny Birchall, Barbara Wenman	
(6) Jennie Gardner, Jo Norrington	
(5+) Gemma Hiorns	
Male	
(8) Steve Clark, Tom Millard, Tom Purnell	
(7) Yiannis Christodoulou, Bob Davison, Steve Hobbs, Peter Hogben, Barry Hopkins, Steve Reynolds, Mark Wenman, Peter Yarlett	
(6) John Cooper, Adam Cowper-Smith, Andy Farrant, John Hartley, John Matthews, Tony Savage, Ian Stokes	
Overall Champions	
Club most improved x-c runner female - Gemma Hiorns	
Club most improved x-c runner male - Yiannis Christodoulou	
Club overall xc champion female - Barbara Wenman	
Club overall xc champion male - Peter Hogben	

X-Country Awards Gallery

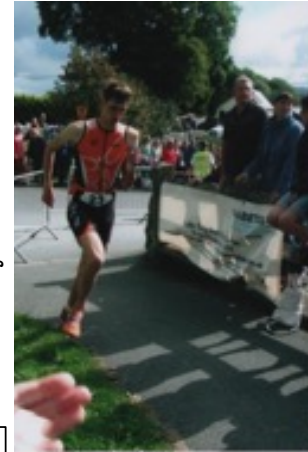


X-Country Awards Gallery



Run reports come in all disciplines and sizes and here we catch up with Pete Hogben, one of our elite runners who represents Great Britain and Deal Tri in triathlon races. Pete recently won the Canterbury Tri and here updates readers on his European campaign which started in Geneva...

I first of all got into running when I was 17 and did a few local road races as an unattached club runner. I unfortunately got a knee patellar injury in 2011; during that time I got myself into swimming and cycling to help me keep fit. When I was able to run pain free I decided to have a go at some triathlons. My first triathlon was the Dartford bridge triathlon over the standard distance in 2012 and enjoyed the whole event. Since then I have kept with the sport and gradually got into bigger races, last year I did the Bala triathlon in Wales which was a European age group qualifier for Geneva 2015, where I qualified 2nd in my 20-24 age group.



Pictures from Bala triathlon

At the beginning of July my parents and I went to Geneva for four days for the weekend of the event. The event was spread over three days, on the Friday there was the age group sprint distance (750m swim, 20km bike and 5km run), Saturday was elite men and elite women over the standard distance 1.5km swim, 40km bike

and 10km run. On the Sunday was the age group standard distance which I was participating in.

On the Sunday the different age groups for male and female were split into separate wave starts. The first wave I was participating in included the following male age groups 18-19, 20-24 and 25-29. In my 20-24 age group there were 40 participants from across Europe, 16 of these were from Great Britain. The swim took place in Lake Geneva; this was a one lap 1500 meter swim. The bike included two laps of 20kms, the first 5kms of the lap included a steep hill which climbed out of Geneva, and we then headed back down into Geneva and around part of the lake as shown in the picture. The 10km run was made up of three laps around the park of Geneva next to the lake.

The swim is my weakest discipline which went well; it was very chaotic with everyone trying to take the tightest line towards the first Boyd.



I came 22nd out of the water, on the bike I made quite a few positions up with setting the 6th fastest bike time, this then lead me onto the run where I set the 5th fastest run time to finish 9th in my age group, and 32nd overall amongst all the age group categories. Results are shown in the link below

http://www.triathlon.org/results/result/2015_geneva_etu_triathlon_european_championships/271609

The whole event was a great experience and I was satisfied with the result. I am going to try and qualify for next year's European age group championships at Bala again later this year on the 6th of September, the championships will be held in Portugal Lisbon 2016.

My other big race later this year is Hever Castle, Half Ironman which includes a 1.9km swim, 90km bike and a half marathon run on the 28th of September. This will be my first middle distance race and I am highly looking forward to it as the bike and run are more of a factor compared to the swim which suits my bike and run strength better.



Hever castle standard distance 2014

Eds Note: Peter, perhaps better known by us for his road and x-country racing, very modestly reports on his success in Geneva. This is a real achievement for Harriers to have an internationally placed competitor and we wish Peter all the very best for future races.

Photo Gallery - Pub run.....



Whitstable Twinning Association.....by Bob Pullen

Canterbury Harriers are associate members of the Whitstable Twinning Association (WTA). In recent years, some members have enjoyed visits to Whitstable's French Twin Town of Dainville, which is close to Arras (Nord Pas de Calais) to take part in the town's annual running festival, and some of us have played host to visitors from Dainville who have taken part in the Mount Ephraim 10k.

WTA encourages reciprocal hosting, which allows people from the various countries to stay with families, sharing their way of life, interests and recreations. This has resulted in many long-lasting friendships, with members not only visiting on official Twinning occasions but privately. There is a strong link with the Community College Whitstable, encouraging students to take part in trips abroad, usually staying with families. There are also links with firemen, artists, schools, sports clubs, musicians, Scouts and Guides, all of whom have formed friendships with their equivalent groups abroad, usually staying with families.



Whitstable is twinned with **Albertslund** (Denmark), **Borken** (Germany), **Dainville** (France), **Möln dal** (Sweden), **Říčany** (Czech Republic) and **Grabow** (Germany). It also has links with **L'Viv** (Ukraine), **East Renfrewshire** (Scotland), **Bolkow** (Poland) and **Sisimiut** (Greenland).

Do have a look at the WTA's website and newsletters to see what events are taking place both in Whitstable and overseas with our international partners. It's a lot of fun!

WTA website: <http://www.whitstabletwinningassociation.eu/index.html>

WTA newsletters: <http://www.whitstabletwinningassociation.eu/content/newsletter.html>

One persons way of entering the Whitstable 10K.....

A number of people enter into correspondence with us about their race entry for our Whitstable 10K. This entrant contacted us on a number of occasions.....and brought a smile to our faces.....

'I posted our forms and cheque again the woman at the post office put them where you have to sign for them I didn't ask her too so I thought I would let you know sorry if its inconvenient but please don't let it stop our entry into the run I am looking forward to this. It will be my first race as I haven't been running for long'.

'Please please say we still have our places my husband thinks I can't do anything right and it will be all my fault if we don't get in you said you would reserve our spots for us'.

'We have been looking on the list of people that have places in the race I have sent two lots of forms off but we are still not on the list I was told our places would be reserved I am quite upset as this was to be my first ever 10k'.

'Sorry that I have been such a pain in the neck about this race. I do have another issue now we have received our race pack but unfortunately my husband has fractured his elbow in two places and is unable to do the race, I will still be using my place but wondered what to do about my husbands'.

Eds Note: next year we are aiming to move to on-line entry so hopefully this will make it easier for race entrants.

THE HARRIERS EQUIPMENT LOW DOWN

In a new feature to the Harrier we interview **Fiona Tester** to find out more about the popular Adidas Ultra Boost which was launched earlier this year and if the hype is really justified for the big price tag. Steve Hobbs and Colin Kent among others currently also sport these new trainers.....

Adidas Ultra Boost Review by Fiona Tester

Price: £116.99 (with the Harriers discount)

Date bought: February 2015



I love buying new shoes so when my old trainers had finally given up I wasted no time and went to The Running Outlet in Canterbury, fully intending to buy the same brand as I have always worn. I have made many mistakes buying new trainers – usually blinded by fancy colours or swish laces, finding out the hard way and giving me grief when I run.

When I arrived, I took up the offer of the free gait test which showed I have a neutral gait so obviously, the first pair I tried on were the same style Asics: comfortable, reliable and durable. As they came in a variety of colours I tried them all on! Almost convinced and ready to part with my cash, the man then bought out a pair of Adidas Ultra Boost. He explained they were a brand new pair of shoes recently designed and they'd only just got them in. At first glance they are nothing special: Made of jersey material, plain black with a little stripe of blue along the heel. The soles are made of what appears to be a squishy sort of polystyrene with a lacing of neoprene for a tread. They have no tongues, so less chance of rubbing, and they are light. So I tried them on.



Kayne West agreed with Fiona and went out and got his own pair

Now, imagine slipping your feet into the loveliest, softest things you can. Think sheep fluff, bunny rabbit ears, purring pussy cats rolling around on your toes, well this is how it feels when you put these on for the first time. Without hesitation I bought them. I didn't even blink when he told me the price, it didn't matter – I had to have them. If I'd have had time I would have gone straight home for a run that afternoon, but I had to wait.

My first time out in them was the dreaded Elliot Hills. It was dark and raining. Irrational thoughts of the shoes getting waterlogged, slipping off (they 'do-up' much further down my foot than my previous trainers), skidding, or just not being right were soon quashed. They were brilliant. When you run in them it feels like the road is made from foam, it's as if you are floating on air. I didn't mind the hills that night, even opting for the longer run home.

It's been five months since I first got these shoes and I wear them for every run I do, on average 100 miles per month. Obviously I didn't wear them for the long off-roading in

Blean Woods during those cold soggy winter mornings. They still fit like a dream although their time is coming to an end.

The black tread on the soles is fast deteriorating, parts of it have worn away completely leaving a smooth finish, just right for skidding. The white underlayer of the sole is also breaking down at the edges. The main body of the shoe still looks pristine, the jersey material means they dry out very quickly when you wear them in the rain and they don't have that nasty damp smell like many trainers have once they have been in the wet. I may have got slightly faster in my running but I can't say this is definitely down to the shoes as I have also altered my training programme.

Although they haven't last quite as long as my old faithful Asics, they are still the most comfortable shoes I have ever had and I will not look back. These are the perfect pair of running shoes for me and I will soon be buying another pair. Hopefully Adidas will take this design and make a pair of trail shoes with the same glove type fit. If this does happen, I'll be the first in the queue for these.

It's hard to recommend a pair of trainers as everybody has a different running gait, but if you do find yourself in the shoe shop, pondering over different brands, just try these, they might be the ones for you.

Direct from the shop floor:

"The Adidas ultra boost has proved to be a popular shoe since its launch in February. A very high cushioned shoe with a unique upper, Adidas claim this to be the greatest shoe ever, we at the running outlet do agree!" - Dom, The Running Outlet

Harriers receive a 10% discount at the Running Outlet if they show their membership card.

If you are looking for a comfortable shoe to take in those long runs these seem to be the way forward. A number of other members also have the adios boost, a lighter but less cushioned shoe more adept to races and speedwork.

Thank you to Fiona for taking the time to review this product. If any members would like to review any other equipment for our autumn edition then please get in touch with Mel or Tom. Reviewing the latest range of GPS running watches may be our focus for the next edition but we are open to suggestions!



Canterbury Harriers - Guidance on Training Safely and First Aid Treatment

The Committee has recently reviewed the club's first aid/emergency procedures to ensure that we all keep well and safe during training and competition. The following is offered as club advice for adoption by all members as best practice. We are solely concerned with maintaining members safety and welfare. We believe the following advice will help keep members safe and able to respond should an accident occur:

1. Members are asked to listen carefully to all explanations given both at the beginning and during club training sessions. This is particularly the case for instructions and advice on health and safety matters.

2. Do not run if you are feeling unwell. It is better to miss a session and get medical advice rather than incurring a long term injury or condition. All members are responsible for their own health and well being and we would ask that you seek medical advice if a condition is affecting your running.

3. When training with the club we consider the following as sound advice for first aid matters:

- Coaches will carry a mobile phone in case any incident or injury requires an emergency 999 response. We would ask that as many members as possible also carry a mobile phone for similar purposes.
- If you incur a strain or sprain whilst training and are unable to continue then please ask another member to accompany you back to Birleys. A club first aid box is kept on top of the club's storage cupboard for emergency use should the injury require this. However do not go beyond your level of competence. It may be better to summon emergency assistance or attend the local A&E at Canterbury Hospital.
- You will need to ask that evenings coach for the entry access number to Birleys should the security gate need to be opened.
- A number of Club coaches have first aid training but obviously cannot be at every training session or be available for all possible eventualities. We would therefore ask that club members who might also have an up to date first aid qualification take appropriate action to assist a member. Obviously, do not move the person if there has been a major accident.
- Please report any incident during a club training session at the earliest opportunity to a coach or committee member.

4. In case of an accident whilst training members might find it helpful to carry on their running clothing a tag having information that would be helpful should an accident occur, including contact details 'ICE' in case of an incident, allergy advice etc.

5. When entering/attending races please read the risk and safety assessment material provided by the race organiser. During the race always follow the advice given by marshals.

6. We recommend to all members the website 'Runners Medical Resource' as providing sensible and appropriate advice when training and racing. It's well worth a read. <http://www.runnersmedicalresource.com>

Finally, happy and safe running everyone.

Your Harriers Committee

From our own race correspondents.....

Mel Christodoulou at the Redondo Beach, LA - 5K on 4th July

Its 5am on the 4th of July and it's time to wake up and drive to Redondo beach in Los Angeles for the 4th of July Village Runner 5K race, which wasn't far from our hotel; despite this, Yiannis was panicking we wouldn't get a parking space near the race. After arriving there at 6am, the race organisers were just setting-up ready for the 8am start.

By the time we looked around the stalls, the huge crowds of runners packed the area. With just an apple each for breakfast, we weren't sure how we would get through the 5K in the heat. The time came to start and we both pushed our way to the front of the nearly 2,500 runners taking part. It was apparat when we got to the front that this race was something different, as there were national runners competing.



The race director arrived for a wave of the USA flag as well as a sing-along of the national anthem. That was an experience in itself.

The start of the race included a mile incline of hills and then turned around back onto the promenade; it certainly was a quick course. Yiannis managed a PB of 18:15 and was 4th in his Age Group and I managed 25:54, 19th in my Age Group.

Bewl 15 - 5th July - Peter Yarlett

Where was the race and how much did it cost to enter?

The Bewl 15 is a one lap course of Bewl reservoir. The entry fee is £18

Race Facilities

Plenty of parking and toilets at the school race HQ about 1/2 mile from race start.

What was the course like?

Following overnight rain the clay based course was very muddy and luckily I had taken studs. With 800 entries the narrow course soon got churned over making for lots of sideways movement. The course is essentially in three parts. After the mass start a downhill stretch of 3/4 miles, 11 miles around the reservoir and finally a tough finish on hilly roads including the same 3/4 mile finishing stretch. The course is safe throughout. The race has lots of enthusiastic marshals with water/oranges/sweets about every 3 miles.

What did you get at the finish line? (Goodie bag, medal, prize etc)

Was immediately given a medal on crossing the finish line but didn't bother queuing for the goodie bag as was a bit cold and it was raining.

Was the race good value for money and would you recommend it to fellow Harriers?

Would recommend the run and do it again myself providing you've got the miles under your belt.

Race Report: 2015 Grand Union Canal Run by John Cooper



Runners are provided with a map of the route (broken down onto 6 sections) with Course Instructions on for them to follow in order to navigate the route from Gas Street Basin Birmingham to Little Venice London.

On Friday 22nd May 2015 I travelled by train from Broadstairs to Birmingham in order to register for the 21st Running of the Grand Union Canal Race. The race was due to start from Birmingham's Gas Street Basin at 6am on Saturday 23rd May 2015. Despite there being 150 runners accepted for the race back in October 2013, withdrawals due to illnesses and injuries had seen the field reduced to the maximum 110 starters that the British Waterways agree to participate. Having made my way to the Central Travelodge on Broad Street, Birmingham, I checked in and collected my hoodie and race pack. My race number was 543. Friday evening was a final check of kit in my bags ensuring that the things I would need throughout the race was all in the same bag. The second bag was for items that I would not need until the finish of the race and therefore would not be accessible throughout the weekend. Once everything was sorted I went to O'NEILLS pub next to the hotel where I met up with several other runners some of whom were with their support crews. I stayed in the pub long enough to have a meal and a drink before going back to the hotel around 8:30pm only to be invited to a pre race party with the Race Director Dick Kearns and several loyal marshals who I have got to know over the last 2 years of being Dicks runner throughout the entire event. I eventually made my excuses and went to bed around 10pm as I had an early start on Saturday morning. I hardly slept on Friday night waking up every 60 to 90 minutes as I was subconsciously worried about oversleeping and missing the start of the race.

At 4:30 am on Saturday 23rd May I got up and made my breakfast of porridge, a banana and a croissant. I left my hotel room at 5:15 am for the 15 minute walk to Gas Street with my bags. On arrival the baggage vans were already in full swing checking in the Runners bags for transportation to London. There were a few late registrations taking place and more importantly there was Dick's granddaughter Sophie and her friend Emily making tea or coffee

for the runners and a variety of Jill's homemade cookies on the table for those who wanted them. At 555am Dick announced to all the runners on the street that it was time to go through the hole in the wall. The hole in the wall was in fact a brick archway that gave access from the street down a cobbled slope onto the canal side adjacent to Gas Street Basin. The runners assembled and Dick gave his pre race briefing together with the sad news that this was his last directorship of the Grand Union Canal Race after 21 years.



The start on the canal side at Gas Street Basin, Birmingham.

6am and the race got underway in almost perfect conditions with the runners heading for London hopefully to arrive within the 45 hour time limit (3am on Monday 22⁵th May 2015). Throughout the race the runners would be required to check into a number of check points. The race would follow the Grand Union Canal path and would require runners to follow brief instructions on a map especially in the few places that the route is forced to leave the canal due to tunnels with no foot

access. I started the race slowly negotiated the low bridges along the canal bank out of Birmingham and arrived at check point one at Catherine De Barnes (10.7miles) at 0755am well inside the cut off at that stage. I grabbed a drink and headed straight out stopping for about 2 mins of the allowed 40 minute stop allowed at each check point.

Check Point 1 Catherine De Barnes

I continued making steady progress along the canal path reaching check point two at Hatton Locks at (22.4 miles)



Check point 2 Hatton Locks

and onto check point three at (36miles)



Checkpoint 3 Birdingbury Bridge



The race continued along the canal path and on reaching Braunston Tunnel you left the canal side for the first time making your way up hill a long rutted farm track until rejoining the canal approx 2 miles further down on route to check point 4 at 53 miles in the Heart of England. The check point at Heart of England was in a small unmade car park adjacent to a narrow pathway alongside the canal. On reaching the 53 mile mark at 6pm (12 hours) i was reasonably happy with the progress i had made albeit about 30 minutes slower than i had hoped

to be. After rearranging my back pack ensuring that I had sufficient water and food for the next 17 miles, together with my headlight as I knew it would be getting dark before we stopped again. I stopped for about 15 minutes and then made my way back onto the canal path and headed towards Navigation Bridge and check point 5 at 70.4miles. As time went by the temperature started to drop and i went through a mentally difficult part of the race. I was aware that the pace had slowed and i was falling behind the pace i wanted to run. I started the run alongside Fiona a friend of mine who was attempting it for the first time. I had agreed to run the first 70 miles with Fiona who was going to be supported in the second half of the race by some of her training partners and coach. Fiona at this stage was finding the pace too fast and said that we had reached the 53 mile mark 2 hours quicker than she had planned. I explained to her that we need to keep going because whatever time we could get in hand by check point 5 would be crucial in the later stages should we start to struggle. It was my intention to get to Navigation Bridge b y 1015pm (16.25hours) however the place slowed and we were over an hour later getting there not arriving until 1125hours. This was a major feed station so i took the maximum 40 minutes stop allowed so as to change into warmer clothing for the run through the night. It was also from this point on that i would now be running alone as Fiona would have her support team taking it in turns as her buddy runners for the second half of the race.

On leaving Navigation Bridge at around midnight i headed back down onto the canal path and onto towards the next check point at 84.5 miles at Water Eaton and the Milton Keynes area. From past experience i knew that this next section would be hard as the canal seemed to go on forever around Milton Keynes. I was now out alone and ahead of my earlier running partner who i was aware had stopped for a short sleep between checkpoints as her support crew had a vehicle parked adjacent to the route in which she could rest. I short stop of 15 minutes at check point 6 and i was on my way again towards the Marsworth Junction and check point 7 at the Grand Junction Arms Public House at 99.8 miles. I had hoped to reach this point in 25 hours 30 mins (730am), but realised that i was now too far behind the clock. The legs still felt good but i was understandably starting to feel tired. On route i had to negotiate two tow path diversions which added approx half a mile to the distance. I eventually reached the Grand Junction Arms at about 915am and again took the maximum stop, to change back into cooler clothing for the day time and to have some much needed food. The egg and bacon rolls was much welcomed making a pleasant change from SIS Gels and biscuits. Having refilled my water bottles and supplies I then continued on my way with only 45 miles to the end. This next section was the longest section (21 miles) of the race without a check point. The canal path kept winding along on uneven towpaths from Tring to

Springwell Lock at 120.3 miles. The weather during the Sunday was Sunny with a couple of short but light showers with the temperature going from hot to cool in a short space of time. It was on this section that i felt the first signs of blisters under the balls of both feet. Despite slight discomfort i continued m moving forward albeit at a slow pace. I finally reached Springwell Lock around 325 pm on Sunday afternoon, a lot later than my target time of 2pm. Despite my feet now feeling sore I knew that things were going wrong and i was losing time so had to take a shorter break than i wanted to. At this stage i had thoughts of retiring from the race but forced myself to stay mentally strong after all i only had a marathon left to go. I headed on towards the Bulls Bridge and a left turn down the Paddington Arm to the last check point at the Hamborough Tavern (133 miles) where I took a short stop to refill my water bottles and then onto the final stage of the race. I was struggling at this stage to run with the pain in both feet becoming much more severe. I was still managing to walk at just over 3 miles an hour. I was determined that having travelled so far that I was not going to drop out of the race. I endured the pain and made my way towards the finish keeping the canal too my left. The last 12 miles never seemed to come to an end and my feet felt as if they were on fire. This was frustrating as my legs felt fine but the pain in my feet had reduced my progress to little more than a shuffle. I finally reached the finish at Little Venice, Paddington, London at 0058 am with mixed feelings. I was really pleased to have finished the run in what was Dicks last year as race director but disappointed that if had taken me almost 2 hours longer than last time I completed it in 2011.



Little Venice

I was then presented with my medal only to have it taken away again as Dick explained that he had left one of the boxes at home and had not got enough medals with him, so he would send my medal on in due course. I sat down to recover and put on some warmer clothing. I then had some refreshments and watched the other runners come in. My friend Fiona finished the race 2 places and about 20 minutes behind me.

It was sometime after finishing that I was aware that I had actually taken part in what was a historic race with the record books being re written. The previous course records

was totally shattered by the first two runners home. One has to feel sorry for the Mark Perkins the runner up who took almost 3 hours off the course record with his time of 22 hours 42 minutes only to be beaten by Dan Lawson in a fantastic time of 22 hours 16 minutes. It is not often you will beat a course record by 3 hours and get beaten.

My feet were so sore that I left my trainers on until i got home as I knew if I took them off I would not be able to get them back on again. I eventually got a taxi to St Pancras Station where I sat in Starbucks drinking coffee until my train home at just after 7am on Monday morning It was only on arriving home and finally taking my shoes off that I realised the severity of the damage to my feet.

As for my feet they swelled up and were so painful that I was unable to stand up. I went to the A & E at QEQM Hospital on Monday evening where I was given pain killers, antibiotics as there was a sign of an infection going up my left leg. I had to have local anaesthetic in two toes where I had to have toe nails removed and the blisters cut off from the toes right back to just before the heels of both feet and around the sides of the heels. I left the hospital on crutches and told that it would be at least two weeks before the skin on the soles of my feet would start to grow back as they were currently red raw and had no skin left on them.



Looking back at the race it was a fantastic achievement to have finished this fantastic and well organised event. I have finished the GUCR twice and no that there are many better runners than me that have tried and failed to finish the event. You can't run 145 miles without it hurting but having completed this race twice now i will not be running it again however hope to stay involved by marshalling the event in some capacity, I will have too convince my wife that I am fit enough to do another Ultra as she is adamant that I shouldn't. Rose was however very supportive in my preparations for this GUCR adventure and sympathetic and caring during my recovery.

Harriers race results from around the world and Kent.....**Folkestone 10 Miler - 3rd April**

Pos	Name	Cat	Time	Rtg	Notes
9	Adam Stokes	SM31	57:00	78.36	Debut
54	David Bowden	VM51	1:05:12	76.57	
66	Alex Horsley	SM38	1:06:03	68.59	Debut
74	Faye Roberts	SF33	1:06:47	73.95	3rd Lady; PB
116	Sarah Maguire	VF45	1:10:13	76.13	
194	Bob Davison	VM60	1:15:17	71.70	
201	Paul O'Keefe	VM44	1:15:56	62.28	PB
203	Wim Van Vuuren	VM45	1:16:03	62.65	PB
327	Rupert Williamson	VM52	1:23:23	60.36	
471	Karen Bennett	VF42	1:33:46	55.60	

Official Canterbury 10K - 5th April

Pos	Name	Cat	Time	Rtg	Notes
1	Peter Hogben	SM22	34:20	78.56	
2	Stephen Hobbs	VM40	37:02	75.24	PB, 1st Vet 40
4	Jacob Hussey	VM48	38:48	76.23	
9	Andy Phillips	VM52	41:01	74.44	PB, 1st Vet 50
21	Philip Wyard	VM52	43:42	69.88	
30	Fiona Tester	VF39	45:05	68.67	3rd Lady
32	Bethany Burnett	SF21	46:21	64.55	PB
33	Theresa Johns	VF50	46:22	73.39	Debut
37	Emily Hardy	SF25	47:39	62.78	
39	Chris Isherwood	SM28	47:46	56.47	
70	Roy Gooderson	VM57	52:02	61.26	
94	Melanie Georgiades	SF24	54:30	54.89	PB
110	Bob Pullen	VM53	56:55	54.09	
113	Fiona Craig	VF54	57:14	61.77	PB
118	Karen Hoult	VF50	57:35	59.08	PB
135	Shirley Pullen	VF50	59:50	56.88	

The Gravesend Floodlit 10K Series - 9th April					
Pos	Name	Cat	Time	Rtg	Notes
12	Ian Stokes	VM55	39:59	78.30	PB
30	Bethany Burnett	SF21	45:22	65.94	PB
42	Anna Fisk	SF34	52:17	57.22	
The Gravesend Floodlit 5K Series - 9th April					
Pos	Name	Cat	Time	Rtg	Notes
38	Lea Burnett	VF45	29:32	53.38	Debut
Bm 10K - 12th April					
Pos	Name	Cat	Time	Rtg	Notes
	Adam Stokes	SM31	34:06	79.10	
Brighton Marathon - 12th April					
Pos	Name	Cat	Time	Rtg	Notes
	Stephen Hobbs	VM40	2:55:59	73.28	Debut
	Matthew Pearce	SM28	2:57:52	71.31	Debut
	David Bowden	VM51	3:04:08	76.05	
	Colin Kent	VM49	3:14:08	71.01	PB
	Thomas Hooley	VM59	3:42:50	67.30	PB
	Emily Hardy	SF25	4:27:40	51.87	Debut
	Sally Silver	VF40	4:28:45	53.02	
Rotterdam Marathon - 12th April					
Pos	Name	Cat	Time	Rtg	Notes
3199	Penny Birchall	VF58	3:37:24	77.12	
Goudhurst 10K - 12th April					
Pos	Name	Cat	Time	Rtg	Notes
61	Wendy Smith	VF56	50:15	71.77	1st Lady Vet 55
Darent Valley 10K - 19th April					
Pos	Name	Cat	Time	Rtg	Notes
28	Yiannis Christodoulou	SM31	39:01	69.13	
Ashford & District Half Marathon - 19th April					
Pos	Name	Cat	Time	Rtg	Notes
31	Bethany Burnett	SF21	1:43:52	63.35	Debut
86	Briony Care	VF38	2:00:31	55.64	Debut
Jersey Easter Marathon - 19th April					

Asics Greater Manchester Marathon - 19th April

Pos	Name	Cat	Time	Rtg	Notes
39	Thomas Millard	SM29	2:40:40	78.94	PB
45	Thomas Purnell	SM27	2:41:08	78.71	Debut
886	David Waite	VM47	3:11:20	70.95	PB
2967	Thom Fentem	SM31	3:43:41	56.70	PB

Virgin Money London Marathon - 26th April

Pos	Name	Cat	Time	Rtg	Notes
100	Adam Stokes	SM31	2:33:23	82.69	PB
1324	Matthew Pearce	SM28	2:56:38	71.81	PB
1325	Stephen Hobbs	VM40	2:56:38	73.01	
3541	Sarah Maguire	VF45	3:14:08	76.49	
3566	Faye Roberts	SF33	3:14:16	71.47	PB
5284	Jason Paton-Smith	VM44	3:25:44	64.51	
6030	Jennie Gardner	SF34	3:29:08	66.39	
7309	Francis Maude	VM48	3:35:54	63.36	
17761	Wendy Osmond	VF49	4:15:10	60.26	PB
18689	Sally Silver	VF40	4:18:40	55.08	
20058	Karen Bennett	VF42	4:23:50	54.89	
23823	Anna Fisk	SF34	4:38:11	49.91	
28076	Jennifer Lucas	VF57	4:56:56	55.89	Debut
33256	Nathan Bradley	SM27	5:33:20	38.05	
36115	Ellen Rowe	VF42	6:17:31	38.36	Debut

Southampton Half Marathon - 26th April

Pos	Name	Cat	Time	Rtg	Notes
3499	Shirley Pullen	VF50	2:16:55	54.23	PB
Pos	Name	Cat	Time	Rtg	Notes

10Km Race Series Queen Elizabeth Olympic Park - 2nd May

Pos	Name	Cat	Time	Rtg	Notes
1	Thomas Millard	SM29	35:06	76.85	

Oxon 40 Ultra- 2nd May

Pos	Name	Cat	Time	Rtg	Notes
	John Cooper	VM55	8:44:00		

Milton Keynes Marathon - 4th May

Pos	Name	Cat	Time	Rtg	Notes
167	Andy Phillips	VM52	3:25:18	68.77	Debut

Bowl Water Marathon - 9th May

Pos	Name	Cat	Time	Rtg	Notes
7	Matthew Pearce	SM28	3:39:08		
48	Ryan Holmes	JM19	4:10:44	Debut	
76	Paul Keen	SM37	4:54:49		

London Spring 10K - 9th May

Pos	Name	Cat	Time	Rtg	Notes
11	Barry Hopkins	SM36	41:58	64.58	

Larkfield Ac 10K 2015 - 10th May

Pos	Name	Cat	Time	Rtg	Notes
87	Mark Cooper	VM54	41:53	74.14	

10th Anniversary Hastings Runners 5 Mile - 10th May

Pos	Name	Cat	Time	Rtg	Notes
41	David Bowden	VM51	31:57	74.95	

The Podplus Ashford Summer 10K - 15th May

Pos	Name	Cat	Time	Rtg	Notes
3	David Bowden	VM51	39:51	75.98	PB

Sittingbourne Invicta 10K - 17th May

Pos	Name	Cat	Time	Rtg	Notes
75	Fiona Tester	VF39	45:32	67.99	
113	Jennie Gardner	VF35	49:11	60.99	
125	Wendy Smith	VF56	49:42	72.55	
169	Gary Hovery	VM40	52:18	53.29	

Stelling Minnis 10K - 17th May

Pos	Name	Cat	Time	Rtg	Notes
4	Alex Horsley	SM38	39:40	69.28	
14	Sarah Maguire	VF45	44:47	72.67	2nd Lady
15	Adam Cowper-Smith	VM56	44:52	70.40	3rd Vet 50
58	Richard Hudson	VM58	52:46	60.93	Debut
68	Rosalie Maltby	SF26	54:24	54.99	PB
124	Joe Epsom	VM64	1:17:44	43.85	

Riga Half Marathon - 17th May

Pos	Name	Cat	Time	Rtg	Notes
	Philip Wyard	VM52	1:36:00	69.78	
	Mark Cooper	VM54	1:37:00	70.22	
	Tony Savage	VM60	1:46:00	67.77	

The Spring Flitch Way Challenge Marathon - 17th May

Pos	Name	Cat	Time	Rtg	Notes
36	Sally Silver	VF40	4:59:07		

Chester Half Marathon - 17th May

Pos	Name	Cat	Time	Rtg	Notes
	Bob Davison	VM60	1:45:11	68.29	

Littlestone Lifeboat 10K Promenade Dash - 22nd May

Pos	Name	Cat	Time	Rtg	Notes
16	Joanne Norrington	SF31	42:17	1st Lady	

Harbour Wallbanger 2015 - 23rd May

Pos	Name	Cat	Time	Rtg	Notes
1	Thomas Millard	SM29	28:17		
77	Anna Fisk	SF34	42:11		

Alpine Half 2015 - 23rd May

Pos	Name	Cat	Time	Rtg	Notes
1	Simon Jones	VM40	1:17:17	79.15	PB

YMCA Canberra Half Marathon - 24th May

Pos	Name	Cat	Time	Rtg	Notes
6	Adam Stokes	SM31	1:15:22	79.15	

Copenhagen Marathon - 24th May

Pos	Name	Cat	Time	Rtg	Notes
	David Waite	VM47	3:14:23	69.84	
	Paul Lucas	VM44	3:19:31	66.53	

BUPA London 10000 - 25th May

Pos	Name	Cat	Time	Rtg	Notes
429	Yiannis Christodoulou	SM31	38:31	70.03	PB
539	Andy Phillips	VM52	39:25	77.47	PB
1868	Chris Isherwood	SM29	46:48	57.64	

The Dunkirk 75 Challenge - 27th May

Pos	Name	Cat	Time	Rtg	Notes
	Sally Silver	VF40	4:56:44		

The Maidstone River Run - 31st May

Pos	Name	Cat	Time	Rtg	Notes
27	Paul Keen	SM37	39:33		

Folkestone Coastal 10K - 31st May

Pos	Name	Cat	Time	Rtg	Notes
17	Andy Phillips	VM52	39:28	77.36	
154	Gemma Jeffrey	SF34	49:10	60.85	PB
174	Chifuno Stevens	SF24	50:23	59.38	Debut
221	Jon Vann	VM59	52:50	61.42	
273	Tina Jones	VF68	54:29	76.06	
267	Bob Pullen	VM53	54:35	56.41	
388	Shirley Pullen	VF50	1:00:06	56.62	

20Km De Bruxelles - 31st May

Pos	Name	Cat	Time	Rtg	Notes
8521	Pascal Hoberg	VM45	1:41:26		
28946	Wim Van Vuuren	VM45	2:19:16		

The Maidstone River Run - 31st May

Pos	Name	Cat	Time	Rtg	Notes
27	Paul Keen	SM37	39:33		

Edinburgh Half Marathon - 31st May

Pos	Name	Cat	Time	Rtg	Notes
5235	Fiona Craig	VF54	2:08:12	60.16	
6184	Lea Burnett	VF45	2:14:35	52.78	Debut

Viking Coastal Summer Marathon - 6th June

Pos	Name	Cat	Time	Rtg	Notes
	Sally Silver	VF40	4:33:44		
	Ryan Holmes	JM19	4:44:24		

Harvel 5 - 6th June

Pos	Name	Cat	Time	Rtg	Notes
14	Yiannis Christodoulou	SM31	31:05	69.00	PB
37	Barry Hopkins	SM36	32:54	65.62	PB
112	Fiona Tester	VF39	36:27	67.70	Debut

Viking Coastal Summer Marathon - 7th June

Pos	Name	Cat	Time	Rtg	Notes
	Stephen Hobbs	VM40	3:09:32	1st	
	Ryan Holmes	JM19	4:08:00		

Charing 10K - 12th June

Pos	Name	Cat	Time	Rtg	Notes
43	Richard Hudson	VM58	51:56		
56	Bob Pullen	VM53	53:50		
81	Fiona Craig	VF54	1:00:33	1st Vet 50 Lady	
82	Shirley Pullen	VF50	1:01:14		
93	Lea Burnett	VF45	1:03:43		

Southend Half Marathon - 14th June

Pos	Name	Cat	Time	Rtg	Notes
572	Paul O'Keefe	VM44	1:49:29	57.51	
726	Tony Savage	VM60	1:53:37	63.22	

Orpington High Elms 10K - 14th June

Pos	Name	Cat	Time	Rtg	Notes
14	Andy Phillips	VM52	43:26	70.30	
251	Karen Hoult	VF50	1:06:19	51.32	

Staplehurst 10K - 14th June

Pos	Name	Cat	Time	Rtg	Notes
2	Thomas Millard	SM30	34:07	79.06	PB
87	Fiona Tester	VF39	44:58	68.85	
96	Bob Davison	VM60	45:52	71.39	
143	Wendy Smith	VF56	49:14	73.27	

The Sandwich 10K - 21st June

Pos	Name	Cat	Time	Rtg	Notes
13	Barry Hopkins	SM36	41:46	64.89	

Bewl Water Ultra 50 Miles - 27th June

Pos	Name	Cat	Time	Rtg	Notes
1	Stephen Hobbs	VM40	8:28:08		

Bewl Water Ultra 37.5 Miles - 27th June

Pos	Name	Cat	Time	Rtg	Notes
10	Paul Keen	SM37	8:41:55		

North Downs Run - 28th June

Pos	Name	Cat	Time	Rtg	Notes
17	Thomas Purnell	SM28	2:13:44		
105	Faye Roberts	SF33	2:43:21		
414	Russell Evans	VM51	3:33:18		

Village Runner 4th of July 5K, LA, USA - 5th July

Pos	Name	Cat	Time	Rtg	Notes
50	Yiannis Christodoulou	SM31	18:15	71.09	PB, 4th in Age Cat
526	Melanie Georgiades	SF24	25:54	55.58	

Dartford Midnight Marathon - 4th July

Pos	Name	Cat	Time	Rtg	Notes
9	Stephen Hobbs	VM40	3:14:07	66.43	2nd MV40; Club Debut
53	Ryan Holmes	JM19	3:57:48	53.91	Debut

Potteries Marathon - 5th July

Pos	Name	Cat	Time	Rtg	Notes
249	Mike Denson	VM43	4:02:14	54.40	Debut

16th Bewl 15 - 5th July

Pos	Name	Cat	Time	Rtg	Notes
394	Russell Evans	VM51	2:23:28	54.82	Debut
506	Peter Yarlett	VM62	2:35:02	55.64	Debut
635	Jennifer Lucas	VF58	3:01:34	51.04	Debut

Ranscombe Challenge - 12th July

Pos	Name	Cat	Time	Rtg	Notes
	Sally Silver	VF40	5:33:13		

The Herne Bay Les Golding Memorial 10K - 12th July

Pos	Name	Cat	Time	Rtg	Notes
2	Thomas Millard	SM30	34:40	77.81	
39	Paul O'Keefe	VM44	45:19	63.32	
44	Ellen Rowe	VF42	45:49	69.25	Debut
49	Bob Davison	VM61	46:18	71.42	
75	Emily Hardy	SF25	47:54	62.46	
87	Tony Savage	VM60	48:19	67.77	
116	Jon Vann	VM59	51:22	63.17	PB
127	Richard Hudson	VM58	51:51	62.01	PB
200	Karen Houlton	VF50	57:42	58.97	
207	Deborah Parris	VF47	58:30	56.62	
213	Jennifer Lucas	VF58	59:17	62.11	
267	Philip Hadler	VM69	1:05:41	54.84	PB

Notfast 10K - 12th July

Pos	Name	Cat	Time	Rtg	Notes
16	Andy Phillips	VM52	39:18	77.70	1st Vet50; PB

Romney Marsh 10K - 19th July

Pos	Name	Cat	Time	Rtg	Notes
39	Wim Van Vuuren	VM45	43:44	66.08	

The Deal Dinosaur 10K - 26th July

Pos	Name	Cat	Time	Rtg	Notes
3	Thomas Millard	SM30	34:10	78.95	
10	Stephen Hobbs	VM41	36:54	76.05	PB
12	Matthew Pearce	SM29	37:35	71.77	Debut
18	Alex Horsley	SM38	38:25	71.52	PB
166	Jon Vann	VM59	53:12	61.00	

The Alfie Gough Memorial Ramsgate 10K - 29th July

Pos	Name	Cat	Time	Rtg	Notes
10	Joanne Norrington	SF31	43:27	1st Lady	
22	Ellen Rowe	VF42	46:17	2nd Lady	

Mid Kent 5 Miler - 2nd August

Pos	Name	Cat	Time	Rtg	Notes
2	Thomas Millard	SM30	27:01	79.38	PB
6	Adam Stokes	SM31	29:25	72.91	
9	Yiannis Christodoulou	SM31	30:09	71.13	PB
21	Ian Stokes	VM55	33:09	75.21	Debut, 1st Vet 55
79	Tony Savage	VM60	39:19	66.33	

CANTERBURY HARRIERS AT PARKRUN.....Jacky MacDonald

When we wanted to start a parkrun at Whitstable some 5 years ago we were tasked with obtaining the required £2,500 (as it was then) for the start up fees. We had great difficulty with this and after about 6 weeks of knocking on the doors of local businessmen at the start of the recession we were well short of the money required. However, the Harriers came to help and paid a substantial sum towards what we had already collected.

Since then the Harriers have had a place in the heart of parkrun especially as Peter Yarlett (and Marilyn) and Tina Jones (and Brian) have been such staunch supporters.

On the first Saturday of the month Canterbury Harriers are asked to wear their club vests/t-shirts, however, some wear them at all runs and can easily be picked out. 117 Canterbury Harriers have taken part in the Whitstable parkrun.....I bet you didn't think you had that number of members, well, yes you do and between them have completed 3,386 runs.

The Club also donated two superb trophies which we award each year on our anniversary on the 1st Saturday in November, to the most improved female and male runners, but in the scheme of things we award points for volunteering as well before making our decision.

At one of our recent events Harriers took on the overall and successful running of a parkrun with Russell Evans overseeing the proceedings. We had more pacers than usual that day and just about every minute from 20mins to 30mins was covered.

Further, parkrunners have also helped out as marshals for the last few years at our own Whitstable 10k

Over the last four and a half years we have seen many Harriers at parkrun and now we see lots of parkrunners joining the Club.

The links between Harriers and parkrun are rewarding to all and long may we continue to support each other.....

More harriers gallery photos.....







DIARY NOTE - Canterbury Harriers 10K Club Championship will be held in conjunction with the Ashford 10k on Sunday 11th October, 2015

Club awards (shields and certificates) will be made for the overall senior champions and various age groups:

Male and Female

Senior

30-39

Vet 40-49

Vet 50-59

Vet 60+

Awards will be awarded to the following;

1st, 2nd & 3rd male and female overall

(Please note, those coming 1st, 2nd or 3rd overall do not qualify for a prize in their age category.)

To be eligible for a club award please enter the Ashford 10K and you will automatically be included in the Harriers club championship

The thinking behind this is that 10K is a good distance enabling all members to compete at a recognised achievable distance and where 'best on the day' in the various recognised age groups will receive club awards.

Race details are at: <http://www.ashford10k.co.uk>

The race entry is £15 and to encourage loads of you to run the club will be subsidising this by £5 - so the cost to members is £10 if affiliated. Also, to make entry easier we have agreed a block entry arrangement with the race organiser. If you would like to run in the event please let Andy Farrant or Yiannis Christodoulou have the following details and also your £10, or £12 if unaffiliated:

Full name

E-mail address

Date of Birth

Emergency Contact Name

Emergency Contact Number

Other normal race entry requirements apply about fitness to take part etc

The championship awards will be presented at the club AGM on Thursday 26th November at Rough Common Village Hall.

We look forward to seeing you all at this inaugural club event

Your Harriers Committee

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).

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 Jeffrey 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 Jeffrey (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.

Club Kit Corner.....Jo Norrington



Full zip hoodie



Hoodie rear



Hoodie



Ladies tech T-shirt



Long sleeve cotton



Long sleeve technical



Mens vest

Kit prices are as follows:

- Hoody (unisex) £17
- Fleece jackets (on request) Non Branded £18/Branded £23
- Full zip hoody (unisex) £20
- long sleeve tech t shirt £13
- long sleeve cotton t shirt £10
- vest £15
- short sleeve tech t shirt £13.50

There are male and female options for all kit apart from the hoodies which are unisex.

The gender options are S,M,L, XL in each.

To order contact Jo Norrington either at training or to norrington.joanne@gmail.com



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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, £15 per 30 mins 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 2015 Harrier. Very best wishes to all members racing during the summer - may the weather be with you; or for getting over an injury that never seems to clear up.



If you would like to contribute an article, memoir, anecdote, race review, running funny or anything running related please send to Tom or Mel tomillard161@yahoo.co.uk or melaniegeorg@hotmail.com or see either at Birley's on a training evening.

The end
THE END