



The Harrier

The newsletter of the Canterbury Harriers

CONTENTS

CHAIRMAN'S WINTER WELCOME	2
YOUR EDITORS	8
NEW MEMBER: NICOLA CHARLTON	9
SAXON SHORE RELAY 2016	11
SPOTLIGHT: PHILIP HADLER.....	12
RUNNING WITH A TOM TOM	15
SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS	16
RACE TO THE KING	16
RACE REPORT: THE 2016 HARBOUR WALLBANGER (BROADSTAIRS)	18
TOM MILLARD: MARATHON TRAINING	19
YIANNIS - EUROPEAN AQUATHLON CHAMPIONSHIPS 2016	21
REPORTING YOUR RACE RESULTS.....	23
HARRIERS ON FACEBOOK.....	24
CLUB KIT CORNER - Jo Norrington	25
HARRIERS TRADING PAGE	26

A decorative border of red ladybugs with black spots is arranged in a rectangular frame around the text. There are 15 ladybugs along the top and bottom edges, and 10 along each of the left and right edges.

CHAIRMAN'S WINTER WELCOME

Dear Harriers,

I'm very pleased to be introducing the latest edition of The Harrier. Many thanks to Mel and Tom for their editorial skills and expertise to provide us with this issue.

We currently have 160 members made up of 147 running members, 5 honorary members and 8 social members. I hope that our newer members are enjoying membership with us and are already benefitting from regular training. For newer reader my introduction picks up on key happenings in club activity over the last 3 months or so and gives me the opportunity to give a chairmans flavour to club life - social, running news and events etc - particularly to members who are unable to get to training as regularly as they might wish to where news and views are shared.

As regular readers will know one of my favourite topics is the weather. For those of us attending the 'summer' relay events on consecutive Tuesday June evenings at Minnis Bay and Victoria Park, Ashford there is plenty to write about weather wise. Firstly, at Minnis Bay we were presented with a high tide, strong winds and a roaring gale of waves and spray covering all runners along the promenade. To add to the excitement part of the course runs alongside an open promenade with only a slip between the relative security of hard concrete and the open sea! Your Chairman spent the evening encouraging all runners to take a further step away from the danger area.....

Moving on to Victoria Park the following week we were faced with a sultry and humid evening. Shortly after the start the sound of cannon fire could be heard in the distance and one could almost imagine being part of some royal celebration. But no, the cannon fire was thunder roaring around the darkening skies, followed shortly by jagged flashes of lightening. And so for the remainder of the evening runners braved this noisy back cloth to their racing efforts with the final leg runners and remaining supporters drowned in a fierce hailstorm. Such are the 'summer' relays.....

Our team managers on the evenings - Tina, Brian, Yiannis and Russell - have done a sterling job in getting our teams entered and ensuring that everyone's toes the start line in the correct order. Well done all...

Our overall results from the five race series were impressive with the over 35 ladies teams winning both the A and B league; the over 50 men winning the B league and the over 60 men winning both the A and B league. However, what particularly pleased me was the fantastic Harriers turnout at all five events. Of further special mention is the number of our female runners who turned out in large number. Well done everyone for making the relays such a 'team Harriers' event.

I'm delighted to say that Harriers has two current Internationals in the their age groups. Dave Bowden represented GB over the weekend of 24th July in the ETU European long distance triathlon championships at Poznan. Dave finished 6th and first GB athlete in his age group for

a really great result finishing in 10.03.55. Dave was by far the quickest marathoner running 3:17. What a truly great performance!

Yiannis Christodoulou qualified for the World Championships Aquathon in Mexico for this year in September from the National Aquathon championships in Leeds. As a result of finishing 3rd in France (18th), whilst likewise representing GB, has given him automatic entry for the European race next year. For the record Yiannis did a 1000m swim and a 5k run (which was actually closer to 3 miles he tells me).

Being injured can be a pain - quite literally! When the simple joy of putting one foot in front of the other is taken away then unfortunately part of our daily routine is interrupted. Unfortunately injuries are part and parcel of running but time away from running can still be used positively. It's strange to say but with lots of personal experience of injuries I also feel able to offer advice on how to deal with them. Not from a physio role of course (that will normally be your first port of call) but more generally on how to remain positive and still maintain a degree of fitness. So, here is my top ten ways of dealing with injury:

- Get an early diagnosis so that you are not left wondering where the problem rests. It may cost a few pounds for physio advice but it will pay off in the longer term through having pinpointed the problem and the steps to recovery
- Follow the advice given, including the usual routine of exercises that are inevitably part of the diagnosis and treatment.
- Try other forms of exercise that complement the recovery such as swimming, pilates, yoga, gym work, cycling, press ups, stretching, walking - the list is endless. Indeed it might be worth including these newly found pursuits long after the injury has gone.
- Begin your comeback slowly and enjoy the gradual feeling of fitness returning
- Appreciate the pleasure of returning to running and vow never to again ignore the niggles that frequently can lead to longer term injury.
- Support fellow club runners even when you are not running yourself - attend races to lend encouragement and help out at events (and take some photos!)
- Come to Birley's to keep in touch to socialise before, or after, training sessions with your fellow runners. After x-country races come to 'The Elephant' to enjoy the 'reliving the race' moments even if unable to run your self. In the summer come along to the pub runs - there is often a small group to join who are doing a walk rather than the run.
- Stay positive - there are loads of things worse than being injured (as we all know from what life throws at us a from time to time)
- Discuss your injury and treatment with others to gain ideas on what others have experienced
- And finally, plan your recovery and future race goals and always remain patient during recovery.

I wandered into The Running Outlet on a recent late morning Saturday and lo and behold who was doing a retail shift was none other than Tom Millard. I'd popped into get a gait analysis to determine my next pair of shoes. It was great to see Tom as I jokingly said to him are you doing 'work experience?' My purchase was a pair of 'Hoka's' in an attempt to ease my knee

pain. I would recommend the analysis as you really get to know the way that your feet land and the resulting forces at play. Also, the Outlet gives Harriers a discount on all purchases.

I can't believe that Whitstable parkrun recently celebrated its 300th run. The time has gone in a flash since the 1st parkrun some 6.5 years ago and what an exhilarating experience it has been since that opening number! Numbers have grown steadily, the core team is still in place but lots of other helpers have come on board, friendships have been made and oceans of cake eaten. Congratulations to Jacky and the team for continued dedication to a much appreciated Saturday star event.

Dates to look out for are our summer pub runs organised by Andy Farrant. Andy has circulated [Friday night](#) dates to which all members are invited to join the social run. For new members, these are social [Friday night](#) runs from a local pub followed by food paid for by Harriers.

You will recall that I emailed all members in December and again in March this year concerning opening membership of our club to a limited number of King's School pupils aged under 17. In the event six pupils joined our club (now currently two as the remainder have left school) and a number took part in championship cross country events which was the principal reason for them seeking membership. Having had a year's trial your committee will recommend making it permissible for King's pupils aged under 17 to have membership at our AGM [on Thursday 6th October](#).

The last issue of The Harrier came out shortly after the Whitstable 10k held in early May and so there was no time in that issue to say what a successful race it had been. Competitors said what a well organised event it was and the new breathable t-shirt material was also well received. Some of you may know that the initial front of t-shirt design was drawn by Lara Horsley (young daughter of club member Alex). I was delighted to make a presentation of a race t-shirt to Lara at a recent Whitstable park run event. The new online registration system worked extremely well with all race places being filled by early March. As ever there were areas that we will be reviewing (mostly in the form of feedback received from the race adjudicator) before next year's race including medical provision, toilets, race notices and the baggage area. However, all of these areas are at the fringe of the total race organisation and do not detract from another successful race event. Of course, without the support of the leads for each aspect of race organisation and club members on the day the race would not be possible. So a massive thank you and well done for all concerned.

I've left a special mention to John Hartley, Race Director, until last because without John's dedication to the race organisation all of the many tasks simply wouldn't come together. John has indicated that 2017 will be the final year that he wishes to continue as Race Director and so **even at this early stage I am asking for a volunteer to come forward to step into John's shoes for the 2018 race. 2018 may seem a while off as yet, which indeed it is, but an ideal position would be for the person to shadow John over the life of the 2017 race to get some experience of the how the race is organised. I won't go into too much detail at this stage other than to say that the role is varied and is well supported by full race documentation and a detailed race manual. The race director is also supported by a large number of race 'Leads' who take full responsibility for their respective areas. To get the ball in rolling the easiest thing is if those interested would contact either John or myself to have a**

conversation about what is involved. No pressure on anyone but it would be a very positive offer for a club member to step forward to take on this role, or a version of it, that achieves a healthy surplus of funds each year that enables us to provide so many club benefits.

As a final word on the Whitstable 10k we are extremely grateful to have the continued sponsorship of Bailey's Nissan through Brian Smith and, for the first time, sponsorship support from club member Daren Parris courtesy of his local company 'Crackin Glass'. Thank you both - your support is much appreciated.

I said the final word, but not quite! From the race surplus we are able once again to make a donation to Demelza House of £1000 as a small contribution to our local community.

It is great to see so many Harriers entering local road and off-road events and what is particularly welcoming is the large number of high placings in the various age groups and the team results that follow. A special mention to the following Harriers for their results over the past four months for running a PB, making a debut or winning a race award:

5K - Nicola Charlton (1st lady)

5k track - James Scanlon, Richard Hudson, Wim Van Vuuren (PB's)

5m - Steve Hobbs (1st V40); Ian Stokes (1st V50): Nicola Charlton (1st V40 female): Mel Christodoulou (PB)

10K - Yiannis Christodoulou, Jo Norrington, Paul Elderton, Ian Stokes, Nicola Charlton, Wim Van Vuuren, Gemma Jeffrey, Daren Parris, Rosalie Maltby, Dean Bradshaw, Mike Denson, Daren Parris, Nicola Charlton (PB); Simon Jones (PB & 2nd V40, 3rd male); Ian Stokes (PB, 3rd V50 & 2nd V50); Nicola Charlton (2nd V35); Wim Van Vuuren (PB & 1st V45); Nicola Charlton (1st Female, 2nd Female - twice, 3rd Female); Stephen Tugwell, Dean Bradshaw, Mike Denson, Geoff Burston, Steve Wynn, Adam Elston, Ana Simmons, Paul Knight (Debuts); Tom Hooley (1st V60); Fiona Tester (2nd Female); Mike Mawby (1st M)

10M - Sarah Maguire (1st Female);

1/2M - Fiona Craig (PB); Andy Phillips (2nd V50)

15M - Steve Hobbs (debut)

30K - Tom Millard, Barry Hopkins, Rosalie Maltby (debuts)

50 Miles - Karen Bennett

100Km - Jennie Lucas

I would also mention the club's involvement with the Saxon Shore Relay which we have supported for many years. We had a number of teams running and also Harrier's were part of the Whitstable parkrun squad. Well done for all competing over the 5 team member, 47

miles relay. Special mention goes to the daringly dressed team of 'Brian's Babes' splendidly equipped with pom poms and a special 'Brian's babes' chant. Another all female Harriers team made up the 'Mr Men' who, yes you've guessed, were top to toe in Mr Men outfits. Great ingenuity shown by both teams.
A great day out if you get the chance.....

Please do continue to send Yiannis your race results for inclusion in our excellent race results website. Please ask if this is new to you.....

Following on from the success of our inaugural 10k club championship in October last year within the Ashford 10K (organised by member Barry Hopkins) with over 30 Harriers running your committee has agreed to a repeat later this year. The date for the race this year is Sunday 9th October hopefully we can again get a bumper turnout. Your committee also agreed to again subsidise our entries to the race. Further details to follow soon.....

On the topic of training I should like to thank all of our coaches for their efforts on our behalf in turning out to deliver sessions during the long winter months. With the lighter evenings we are now using Birley's field for Tuesday speed sessions and the open country for our Thursday runs. I'm delighted to welcome both Jo Norrington and Thom Fenten as new club coaches having just completed their level one training. Jo and Thom will shortly be joining our training team and please do give them your support when delivering our sessions.

At the end of June I had the pleasure of making a presentation at a training evening to Bill (caretaker) at Birley's on the occasion of his retirement. Bill has been our point of contact at Birley's since we moved from the recreation centre some 3 years ago. Bill has always been helpful, considerate and courteous in all his dealings with Harriers and on behalf of all us all I was delighted to wish him a very happy retirement.

A significant year for our club arrives in 2018 with the 25th anniversary of our club being founded. Three of the original founder are still active members in the form of Roy Gooderson, Bob Davison and Joe Hicks. Even at this early stage your committee is considering how best we celebrate this occasion and so please let us have your ideas on what we might do to mark this significant date in style. We are aiming to set up a small group of committee and members who are interested in giving shape and plan to the event(s). Please rush forward with ideas and also to be part of the planning group.

Communication between club members and committee are important to us so please do sign up for Facebook if you've yet to do so. Also please look out for club emails in your in-box and if these aren't coming through raise the problem with a committee member.
Do also please support Mel and Tom in producing the newsletter by contributing your account of races you've run, reviews of running gear and equipment, and anything else running related. Speak to either of them if you're unsure about contributing an item.

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit. Club members should be worn when racing, indeed for most events club kit is 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. In her absence other committee members can also supply kit from our stock. Payment can now be made online, by cheque or cash. The kit page on our website has been redesigned to make ordering easier and has a straight link to Jo's email. In this newsletter is a copy of the website page giving details of the kit and cost.

I always like to finish by thanking members who have made a special effort over the latest period. So here goes and apologies if I've missed anyone out.

Our coaches for their unstinting efforts

Tom and Mel for this latest newsletter.

Mel for her weekly newspaper reports.

Yiannis for excellence on Harriers results.

Pub run organiser Bob Davison, Bob Pullen and Joe Hicks and Colin Kent with Andy Farrant bringing all of the dates and co-ordination together.

Jo and Thom for joining our coaching team.

Tina, Russell, Yiannis and Steve for team managing the summer relay teams over the 5 race series.

Gerry, Russell and marshals for organising the fifth & final summer relay and Tina and Brian for the grand buffet.

Events reminder:

[Friday night](#) pub runs (look out for the details soon)

AGM - [Thursday 6th October](#)

Ashford 10k - Sunday 9th October

Yours in running and no injuries please!

Peter

YOUR EDITORS

MELANIE CHRISTODOULOU



Hi everyone! Most of you probably know me by now, and if you don't, I am usually the one at the back complaining that it is cold!

As some of you know, I don't particularly enjoy running, I do it to keep fit and healthy. However, the reason as to why I run with the Harriers is for the social side of it; I love the friends that I have made, as well getting to socialise with so many friendly members at events and races. This just shows how the Harriers are so different from most other clubs, there is a real sense of "family" in the club. Happy reading!

melaniegeorg@hotmail.com

TOM MILLARD



Hello Harriers! In order to free up some time for our esteemed Chairmen for his numerous duties and to help out my friend, Mel and I have offered to come on board the newsletter team. I joined the Harriers three years ago straight from the couch-potato club and have become addicted to running. Not only have I lost three stone of fat I have also run my first marathon and met some really good people through the club. A plea to all members - please do send in articles, points of interest, run reports and photos as this makes our job so much easier instead of chasing around for contributions. It is great to be part of such a vibrant and friendly club!

tomillard161@yahoo.co.uk

A decorative border of red ladybugs with black spots is arranged in a rectangular frame around the page content. There are 18 ladybugs along the top and bottom edges, and 10 along each of the left and right edges.

NEW MEMBER: NICOLA CHARLTON

What is your story about how you got into running?

I ran Bob Geldof's "Race against Time", at school, and a local race, and was first female in both. This inspired me to start running, and as a teenager I ran all the time until GCSE's took over, and I had to give up running altogether.

I now have four children, two of whom have Asperger's Syndrome, a form of Autism, and although I have tried to begin running again in recent years, I haven't been able to sustain it due to the commitment of looking after them. In April last year I was determined to make the time to run, because it makes me feel better, and is a release from everyday life. I managed to run 10K, 4 times a week, and then ran Headcorn 1/2. After my usual 10K distance, I had nothing left to give, and kept thinking "I'm never doing this again". I finished in 1:35:17. After I had recovered, I was thinking when I can do my next one! Four weeks later I did Headcorn 1/2, hoping to complete it in under 1.5 hours. A head wind on the return leg, which I wasn't strong enough to battle, resulted me in getting a time of 1:30:33! Three weeks later I managed to finish Paddock Wood 1/2 in 1:29:23, and now I'm hooked.

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

I haven't done any other sports. I do the odd bit of cycling now, but haven't done any for a couple of months.

What is your favourite training session?

I enjoy doing long runs, as I feel a sense of achievement at the end.

What is the most beautiful spot you have run in and why?

I'm very boring and usually just run around the village, (Stelling Minnis). I did run from Whitstable to Reculver and back on one of the hot days, and the beach huts at Tankerton looked spectacular in the sun.

What shoes do you run in?

I wear Nike, structure 19, because I pronate, and these seem to support my feet the best.



What is your favourite post run snack?

I don't use any scientifically formulated recovery snacks, just a pot of Alpro yoghurt, for the protein to repair muscle fibres, and salted crisps to replace the lost salt.

What other sports are you interested in watching?

I don't like sitting down to watch television, but do sometimes catch the highlights of cycling tours, since I have a cycling family, and we know some of the riders.

What is a typical week's training for you?

I currently do the Harriers interval training on a Tuesday, 1 x10K run, 1 middle distance, and 1 longer distance run, and include a Fartlek session, resulting in between 35-40 miles per week.

What are your favourite races and distances?

I ran the Mid Kent 5 miler on Sunday, which is the first time I have run this distance. I really enjoyed it. It felt like I was going to run 10K, but then could stop before the end!

What are your future goals and ambitions?

I am hoping to use my 1/2 marathon time at Paddock Wood, to get a championship entry to London marathon next year. It will be my first marathon, so that and getting my 10K times down are my goals for the future.

How do you keep motivated to run?

I don't need much extra motivation to keep running. I love running, I know how good it feels to be doing something for me, and I know I will have the sense of achievement at the end, whether it be a training run, or a race.

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

If you do need motivation, arrange to run with someone else so you can't get out of it.

SAXON SHORE RELAY 2016

By Tina Jones

I ran in my first SSR in 2009 and was hooked, since then I have only missed two, one because we had a holiday in the middle of June (thoughtless) and the other because I was still recovering from a broken hip (again, thoughtless!).

The event has to be one of the best occasions of the club year. Not only is it tremendous fun but it is probably one of the best team spirited events I have ever had the privilege to be involved in.



Each year I have been in a different team, more often than not have been mixed teams but the last couple of years it has been 'ladies only'. This year, thanks to the inspiration of the lovely Jane, I was part of a team that ran in fancy dress, it had always appealed to me to do this but I have never been clever enough to come up with an idea. Happily this year Jane did and we went for it. Our theme was 'Brian's Babes'. Let me explain, my fab partner Brian has always been our driver

in whichever team I have been so the theme seemed very appropriate. Us girls dressed as cheerleaders, in different coloured dresses, each with a letter on our back to read BRIAN. He himself wore a black t-shirt with the whole of his name on the back! The dresses were VERY short so we wore modesty black shorts underneath!

When we got to the start point it was pretty chilly and threatening rain but we were brave for the customary photo shoot standing in our tiny, sleeveless dresses smiling happily for the camera. The rest of the day remained gloomy with occasional rain but it didn't dampen our spirits and I think we cheered many a walker up as we whizzed past in our fancy dress.

After a great day with none of the team getting lost we found ourselves running the final lap along Tankerton seafront. There were quite a few people on the beach braving the weather, pretending it was midsummer with various parties going on. As they cheered us along we soon found ourselves running the last 100yards to the finish at the Continental Hotel. A few teams had already finished so there was a great atmosphere. Brian was there waiting for us with a bottle of bubbly to celebrate. Then it was off to the Rugby Club for a sumptuous buffet and team awards. Woooopee, we didn't come last and to make the day completely perfect we won the best fancy dress award, what an end to another brilliant SSR.



Jane, Shirley, Karen and Debbie, thank you for being such lovely babes and Brian, I hope you were proud of us. See you all next year!

SPOTLIGHT: PHILIP HADLER

What is your story about how you got into running?

Soon 71 in November this year. I retired in July 2012. I was managing Director of ICOM UK LTD and sat at a desk a lot of the time. I had never really run before until I did an interview with Jacky McDonald (PRW) whilst I was working on Red Sands Radio during that Summer. Park Run was discussed so I chatted with my wife Jane to see if she would like to try a run. At first she was not so keen. However, after a few short runs she quite liked the idea. We tried PRW and did an ok time. Stopped for a few months before trying WPR again. We trained ourselves ready for a faster time. We did ok and to date I have completed 128 park runs. I kept at it and have done quite a few 10K's before joining the Harriers, this by invitation of Peter Yarlett and Roy G. That's where I started!



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

I used to go to the gym doing mostly upper body routines. It does not show now, but I have dropped a shirt size since running. I enjoyed that and it became addictive like running has now. I tried the treadmill, but alas it does not compete with Road running.

What is your favourite training session?

I really like the winter sessions, out in the cold and wet. Track session are good but I find it hard to increase speed! I try and have found some benefit. Also cross country, but that killed my foot! Our private running is mostly coastal. So good to be near the sea, unless it's really windy.

What is the most beautiful spot you have run in and why?

As for most beautiful spot, there are many and mostly country side. Pub runs are great and changes of terrain make it fun to see.

What shoes do you run in?



As for running shoes, I started with asics GT1000. Later after 600k I moved to New Balance 860 range. My best were the 860 v4. Now I use 860 v6, I missed the v5 as they were known for falling apart. I change each year. My present 860 v6 are ok, but I feel the comfort had gone already and wearing uneven and fast. I fear this is my composition for the least leg problems. I use inserts to help my over pronation. Expensive items from Sweat Shop.

What is your favourite post run snack?

Snack, Well, I love what was called a 'Buppy' - that's a simple bread and butter slice of bread, other than that a nut bar of some kind.

What other sports are you interested in watching?

I like to watch football and some high level gymnastics. Of course, it goes without saying, any running events if I am not attending 'live'

What is a typical week's training for you?

A typical weeks training will be, Monday a bike ride, Tuesday Harrier session, Thursday a longer run with Jane, then bike ride again followed by Parkrun on Saturday. If we have weekend runs planned then this order may well change.

What are your favourite races and distances?

What are your favourite races and distances?

My distances are not great. 10K is the furthest I've done in competition, however, I have run a 10 mile private route. This preparing Jane (wife) for her 10 mile run! Proud of her too!

A decorative border of red ladybugs with black spots and antennae frames the entire page. The border is composed of 18 ladybugs along the top, 18 along the bottom, and 18 along each of the two sides, for a total of 72 ladybugs.

What are your future goals and ambitions?

I was planning to do a half marathon during the 10 mile training, but my foot became a problem, then my knee. MRI scan told me of lots of wear. I will try to train up for the half again, who knows, even a full marathon, it's all about injury now. I would really like to run part of the Olympic Stadium track! I would like to feature in a Colour Run as well!

How do you keep motivated to run?

I'm kept motivated by all our Pakrun friends as well as Harrier mates! The social site is just fantastic and I enjoy the support I get from everyone in the club. I hope to keep it up for a long time. Only the big man has control over that I guess. Further than that, I am lucky to have a good level of fitness at this late stage.

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

Advice, That's a good one. I've learnt from them, but good shoes, effort and taking part has to be key. Look after your body! You need it!

A decorative border of red ladybugs with black spots and antennae surrounds the text. There are 15 ladybugs in each of the four corners, and a single row of 15 ladybugs along the top and bottom edges.

RUNNING WITH A TOM TOM

By Lawrence Hamilton-Hopkins

I have been running now for nearly 3 years, something I did in my youth and a great stress reliever. I entered my first event and started training and I have not looked back since. I have done a few events now, starting with a 5k; built towards my first 10k (which involved a lot of mud!) and before I knew it I was completing my first half marathon, by which time I had really and truly caught the bug and was training for my first marathon! Within 18 months and with the massive support of a friend I completed my first ultra of 37 miles, swiftly followed by a 52.96 miler! (Mad right?)

I am now about to complete my second 53 mile run on the 10th of July but this time it is following the amazing experience of running the Paris marathon, but this time I am running with my digital friend. The TomTom Runner 2 Cardio-Audio watch is my new companion on all my runs, it enables me to be a more efficient runner using heart rate zones, virtual pacer, all day activity and sleep tracker, music in my ear and a GPS tracker! It really does do everything!

I now do not need to use my phone on my runs, it tracks my splits, helps me monitor my pace and my heart rate. I can connect it to the computer and /or my smart phone and, like a geek, analyse the data which tells me my pace per mile, distance ran, calories burned and my speed in miles per hour. (You can get really obsessed!!) My favourite feature? I can change the strap for lots of different colours!

If you follow me on Twitter/Facebook or Instagram you will realise that I talk about TomTom quite a lot and that is because I have become a member of Team TomTom through a joint venture with The Running Bug and TomTom. I am also running at five events for TomTom this year which has meant that I have lots of opportunities to show off my watch...and my TomTom Bandit...but I will save that for another day.

A decorative border of red ladybugs with black spots and antennae frames the entire page. They are arranged in a single row along the top and bottom edges, and in vertical columns along the left and right edges.

SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10%

Andrew Buckley – 10% off

www.moremile.co.uk 30% off code: CanterburyHarriers

www.startfitness.co.uk 10% off code: CanterburyHSF10

RACE TO THE KING

By Karen Bennett

After running Endure 24 three years in a row, I promised my husband I'd give it a miss this year ... and signed myself up for the inaugural Race To The King instead, a 53.5 mile trail ultra along the South Downs Way. I won't repeat what he said when I told him.

Back in October, when I clicked 'enter now' it seemed like a great idea. I'd train through the winter and run a couple of spring marathons as a warm-up. Whilst I am not a fan of hills (bit of an understatement), surely I could come to love them. As the months ticked by my confidence began to waver, particularly when I was dragging myself out of bed at 6am for 3 - 4 hour Saturday runs in the rain. In the final few weeks I grew increasingly nervous; who was I kidding, thinking I could run the equivalent of Canterbury to Greenwich in one go, particularly when the route was on footpaths and involved climbing a vertical mile. Somehow, notching up 80 miles at Endure 24 was less daunting; at least there I had the option of a break after every 5-mile circuit. I have a rather deep stubborn streak, though and believe you only truly fail if you don't give something a go. So, at 08:00 on Saturday 25 June, after weeks of restless nights, I lined up alongside 1300 other runners. Some were seasoned ultrarunners, others were splitting the run over two days; a few looked as nervous as I felt.

The great thing about trying to run an ultra is that it doesn't matter how slow you are. In fact, to stand a chance of getting round in one piece, walking up hills is positively encouraged, unless you are seriously talented. It's a definite case of the tortoise and the hare. I set off at the back of the field, walking the steeper inclines right from the start.

There were eight aid stations along the route; I stopped to eat at all of them, whether I felt like it or not. In his book *Born to Run*, Chris McDougall writes, "ultramarathons are eating and drinking contests, with a little exercise and scenery thrown in". He's not wrong. There is no way you could get round on energy drinks and gels alone.

Being Glastonbury weekend, as I approached mile 22, the heavens opened and thunder rumbled overhead. I was only half a mile from the third aid station, so a quick dash up the hill and I huddled under a gazebo sipping coffee, while rain poured off the roof. When the worst was over I headed off to slip, slide and giggle my way along paths that had turned into mud-bottomed streams. I quickly gave up on trying to skirt round the deepest sections and splashed my way through.



By the time I reached the halfway aid station, with its promise of pasta and cake, my top half was drying out and my bottom half caked in mud. It's a slightly odd feeling, knowing you've run a marathon and have got another one to go, particularly when half of the participants, who were splitting it over two days, were heading off for showers and a lie-down.

The second half was slightly less hilly, with the exception of Buster Hill at 31 miles. Apparently there are great views of the Isle of Wight from the top, but the rain had moved back in with a vengeance, cloaking everything in grey. It quickly soaked through my waterproof, leaving me struggling to keep warm for three long hours. At one point I was stopped by a couple of Danish runners, who asked what we should do if the lightening drew closer; "run behind someone taller and don't lie down in a puddle", was all I could think to say.



As dusk drew near Winchester came into view. The final few miles into the city, with the finish in front of the cathedral, are a bit of a blur. My legs had pretty much given up, repeatedly slowing me to a walk, despite me willing them to keep moving and I was feeling nauseous. I crossed the finish line as the sun set, sneaking in under 13 and a half hours, utterly exhausted. The overall winner would have had time to take in the sights of Winchester, eat and get in a few hours sleep before I finished, but I'm more than happy with my 61/210 female placing.

RACE REPORT: THE 2016 HARBOUR WALLBANGER (BROADSTAIRS)

By Tom Millard

I can confirm the nefarious lies of this race offering complimentary post run refreshments of a vodka or even orange juice variety. Nonetheless over 100 local runners take part annually in this fun beach run. The whole course is sand based, in places it is deep, in others it is compact, there is seaweed and some rocks to negotiate. There is no chip timing, it is all gun timed (the local reporter coined the headline 'a day by the seaside with no chips'). At the half way point you literally bang the sea wall at Ramsgate. I take part every year now. As a local teacher I feel like it is my obligation and it was good to be joined by Alex Horsley this year who is a veteran of pervious runs. For £12 I recommend this event but get in fast to secure your place.

Photo of the start. I head for the seaweed shortcut as Alex opts for the middle ground route.



Photo with thanks to Andy Stevens of Thanet Road Runners

A decorative border of red ladybugs with black spots is arranged in a rectangular frame around the text. There are 18 ladybugs along the top and bottom edges, and 10 along each of the left and right edges.

TOM MILLARD: MARATHON TRAINING

By Adam Stokes

Hi Tom. Firstly congratulations on an incredible past 12 months running. This year has seen you claim the club championship 10k title at Ashford, club records at Half Marathon, 20 miles and Marathon, accuse Steve Way of being a fat bastard, and worn some very special taper trousers to mention but a few. Any particular stand out moments for you?

Wow, thanks for the great highlights covered there Stokesy! The six months between the Thanet Marathon (2:41) and London (2:31) really stood out for me as a golden period of training. It actually began very low key with some easy training up to Christmas and a couple of weeks off in November. I think this left me fresh to increase my mileage after Christmas and I hit for a couple of weeks the golden target of 100 mile weeks. This was a 25% increase so naturally the times got faster. There were so many movements I was thankful for but at London I blanked out for about 4 hours after. It sounds strange but I think the training was the most enjoyable part, taking the time to think through my stressful job and enjoying the company of my many training partners.

As well as the highs mentioned above you've also had your lows, again, any that particular stand out and how do you pick yourself up and get through them?

The last few months and even the couple of weeks before London were frustrating. GPS watches are great for setting yourself goals but when those targets so drop off it can be disheartening. I basically got shin splints develop in the lead up to London which resulted in a stress fracture after the marathon. The darkest moment was sitting in a restaurant after the marathon when I should (and have done in previous marathons) been celebrating a PB but instead I couldn't eat my meal, I was slurring my words and my poor bro had to carry me into taxis to even get there. I took over 400mg of ibuprophen to numb the pain of the shin splints, before the race. I went to the expo in the week, heard various stories how great athletes had run through this injury, knew I had raised over £1,500 for my school charity and had got up many mornings at 4:30am to get into this shape. There was no way I was going give up the chance to set by my standards an unbelievable time. So I did it, in hindsight I perhaps would have been wiser to have waited for Berlin in September which I already had an entry for. You live and learn and I would never recommend to anybody running a marathon to take Ibuphren before or at training to numb the pain. Swing back; take the rest and come back stronger a couple of weeks down the line would always be the smart move. My mistake by the way was running over 100 days without a rest day (easy running days are not rest days!). What can I say; I love running but found out the hard way that I needed a rest.

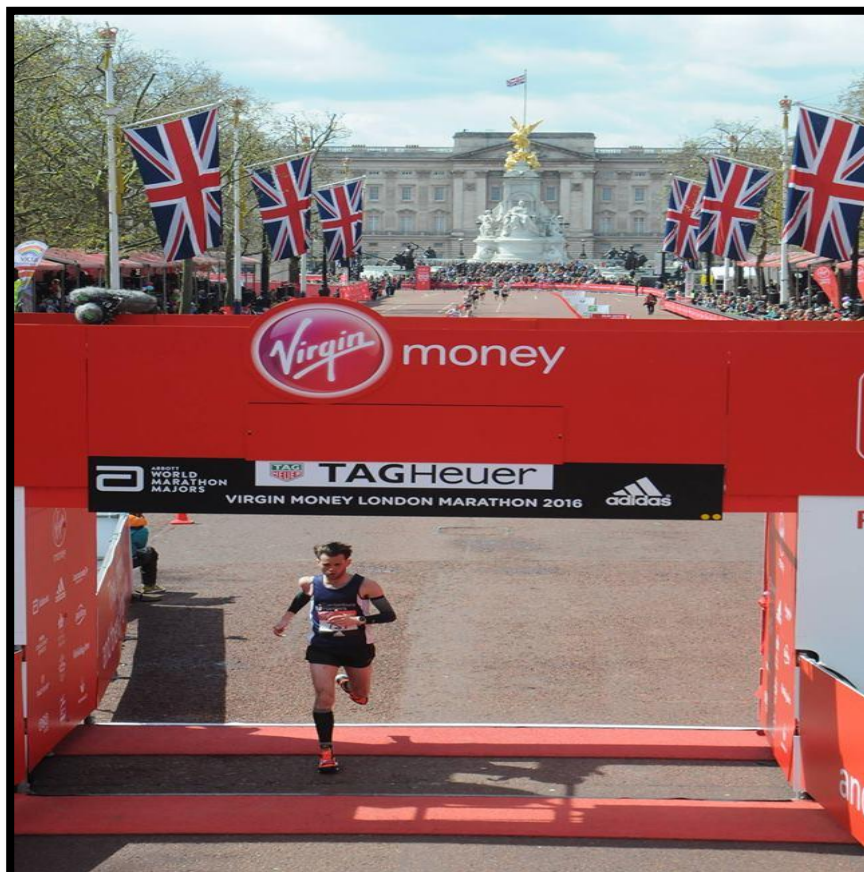
Your improvement over the past couple of years has been meteoric. Is there anything in particular that you put this down to? What have you changed?

Mileage. I am very pro Arthur Lydiard (1917--2004). Lydiard promoted high endurance based training and periodisation. His methods seemed to be shared in the advice Phil Anthony gave me when I joined his programme in 2015. Phil took my 35 mile week training plans which

were getting me 35 in 10ks and doubled my mileage with specifically more easy running. This means running most of my training runs at 75% with a speed session on the Tuesday, a race here and there and perhaps a parkrun at the end of my long run. My target heart rate is 140bpm and I always wear a heart rate monitor. Others such as Stephen Seiler have wrote papers on polarised training models (2014) and this again supports the method of running more at easy to save yourself for some big efforts.

I have also sampled some fartlek and progression run sessions in places when I have felt fresh in my training. My favourite work out is 20 minutes below marathon pace, 20 minutes at MP and then 20 minutes just under MP, on a suitable track. The session is brutal but with rest the other end can be a key session of improvement. I personally think the sub 18 min parkruns after 17 miles of running at a good pace is a great session and made the difference. Never underestimate the power of a good pint to blast your run the next day. Get a great training partner (preferably one who doesn't jump in a pond towards the end of your run – hey Adam?). Get a gait analysis (nice chance to plug a certain Palace Street runners shop I work some weekends in where we offer 10% discount to club members). Use a heart rate monitor and work out your 'zones of intensity' and do more running in zone 2. Finally, always listen to the advice of your coach, especially when it conflicts with your own opinion.

Final note from me - Thanks Adam for sending me the questions. I was hesitant to steal the limelight so your nudging me to do this is appreciated. You have been an inspiration with your own marathon performances over the past couple of years and it is great to have your family and friends join the club both on a competitive and comradery level. Thanks for the advice in getting there.



My proudest photo as I cross the line in 95th place and a new PB of 2:31

Feeling like a zombie. Very painful and being held together by my bro and mum after the marathon. I think my mum is stuffing shortbread into my mouth at this point! I ran the last mile in 5:25, the mind is your most powerful weapon in the marathon!



YIANNIS - EUROPEAN AQUATHLON CHAMPIONSHIPS 2016



June was a great month for me and an experience competing at an international level which I won't forget. After finishing 3rd in my age group at the National Aquathlon championships I was very much looking forward to the European Aquathlon Championships in France. After the race in Leeds I was confident I could have a good race and not come last in my age group; that was my target.

The week leading up to France I came down with a bad cold

and was unable to train for the whole week. I arrived in France the day before the race. It was very warm and we had a long journey from Paris to Chateauroux which made me feel quite ill again. Once there I had this buzz and felt much better.

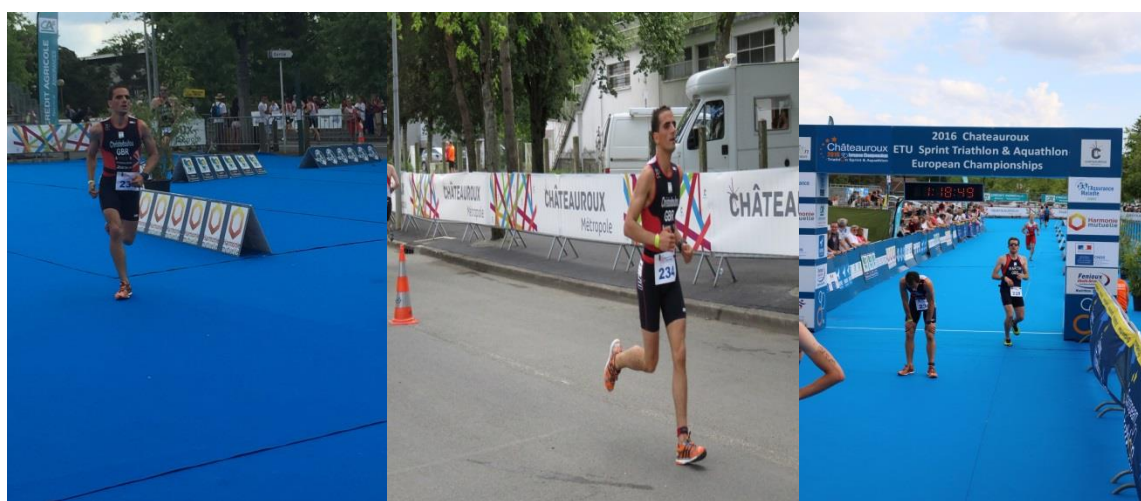
Because of the long journey we arrived at Chateauroux at 6.30pm and I needed to register by 7pm for the race. I was pretty tired as we left our house at 4am that morning. The driving in Paris was a complete nightmare. Anyway I registered and Mel and I attended the athlete meal. The meal wasn't great just pasta but it was nice to meet and chat to athletes across Europe. There was so many British athletes; in total 118 athletes took part.

The next day was the race day and although I was feeling slightly better I was very relaxed about the race as I just wanted to enjoy it. I attended the team briefing and official team photos while Mel got a free tour of the area put on by British Triathlon. The race was in the evening so I decided after the

team briefing to go back and relax at the hotel. I was very bored as all the TV was in French and I don't speak French.

The time came to start the race and we were told prior no wetsuits allowed as the lake was 26 degrees. The swim was 1000 metres so a bit further than my normal races. We started with a large crowd watching and at the 500m point of the swim we had to get out and run back in, I noticed I had a large group in front of me so I pushed hard to get close to them. Once I came out of transition I then started my run and just went for it. I realised at that point although my swim was good I was last out in my Age Group.

I felt so good after the swim I pushed very hard and I was passing people throughout the run and I then saw two guys in my Age Group in front of me at the last 400 metres. I somehow found something extra and sprinted past them to take 3rd position on the line. Another Bronze medal and another achievement I never thought would happen. I was over the moon and something to tell the Grand Kids in the future haha.



The whole experience was amazing and the podium is an experience I will not forget. I look forward to competing in the World Championships in Mexico in September and the holiday. I have also prequalified for the Europeans next year.





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 page.

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

See the Kit page on the Canterbury Harriers website

Canterbury Harriers - order your Harriers Kit here....

The club has a wide range of club kit and all members are encouraged to wear club kit, especially when representing Harriers in races...

Most kit is held in stock but sometimes we may need to order extra items to top up on particular sizes or popular items.

There are male and female options for all items apart from the hoodies that are unisex. The size options are S, M, L or XL.

All items are printed with club logo and 'Canterbury Harriers' name.

Vests	£16.80 (a few older style vest ones available at £15)
Technical t shirts	£13.50
Long sleeve technical top	£13.00
Hi-viz long sleeve top (yellow or pink)	£11.50
Hoody	£17.00
Zippered hoody	£20.00
Running cap	£6.50
Running tights	£14.00
Jacket	£32.00
Skirt	£13.50

Also, if anyone who may have any **preloved kit** of any kind, but there is still wear left (size change or bought new kit), we can arrange a sale between club members.

HARRIERS TRADING PAGE

rgelectronics

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

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

www.rgelectronics.co.uk

Faye Wyard, daughter of the Harrier's member Phil Wyard, can offer a reliable babysitting service in the Faversham, Canterbury and Whitstable area. If you need a babysitter, then contact Phil on a club night.'

Holiday Retreat - special rates for members

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

Jo Norrington - holistic and sport massage therapist

Sports massage and indian head massage, £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.

Steve's Reynolds Maintenance

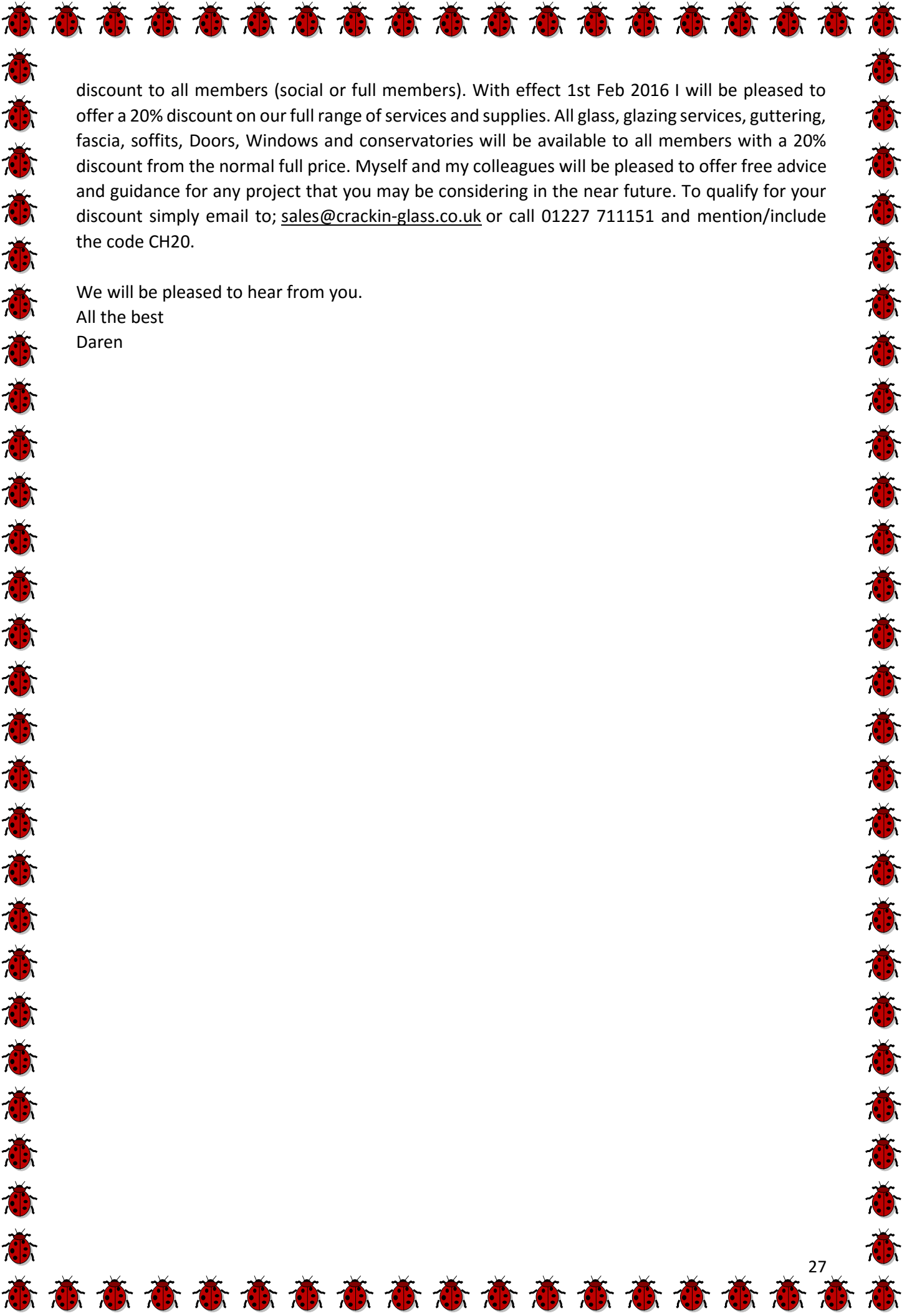
All house and garden maintenance
01227 361112 or 07951754926

Crackin' Glass

Hello to all members.

As you know we Harriers enjoy some 'perks' in the form of corporate discounts and advantages with various suppliers connected or associated to our shared pastime of running. Some of you may already know that I have my own business and this year CRACKIN' GLASS has agreed to a joint sponsorship of the Whitstable 10k event.

This being the case it seemed a natural extension of this arrangement to also offer a 'Harriers'



discount to all members (social or full members). With effect 1st Feb 2016 I will be pleased to offer a 20% discount on our full range of services and supplies. All glass, glazing services, guttering, fascia, soffits, Doors, Windows and conservatories will be available to all members with a 20% discount from the normal full price. Myself and my colleagues will be pleased to offer free advice and guidance for any project that you may be considering in the near future. To qualify for your discount simply email to; sales@crackin-glass.co.uk or call 01227 711151 and mention/include the code CH20.

We will be pleased to hear from you.
All the best
Daren