



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRMAN'S SPRING WELCOME

Dear Harriers,

I'm very pleased to be introducing the latest edition of The Harrier. Many thanks to Mel, Priscilla and Kieran for their editorial skills in providing us with this issue.

We currently have 166 members made up of 152 running members, 5 honorary members and 9 social members. I hope that newer members are enjoying membership with us and enjoying regular training with the club. For newer readers my introduction picks up on key happenings in club activity over the last 4 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.

The spring period saw many members taking part in a rich variety of marathons in locations including Manchester, Paris, Brighton, London, Milton Keynes, Bewl Water and Ashford. In addition, Jennie Lucas, Sally Silver and Karen Bennett continued their demanding schedule of long distance runs. For many, the marathon is the ultimate distance challenge where mind, determination, guts and training all come together in making the finish line a reality. For those doing Brighton the weather added a further complication as the early April hot sun slowed likely finish times. Very well done to everyone taking part in this round of marathons and also commiserations to those who were injured and unable to take part....

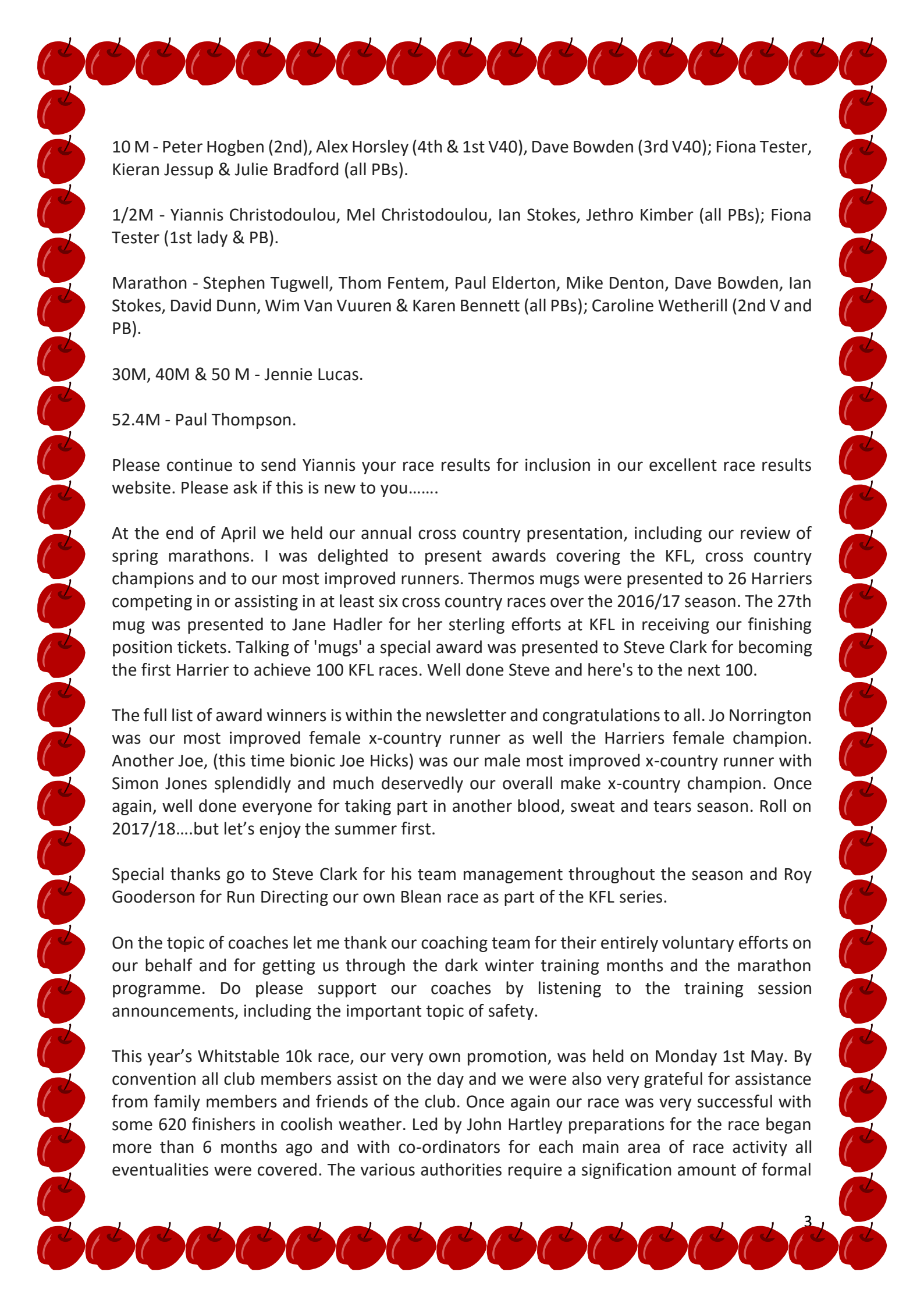
A tremendous development in Harriers club life is the international recognition that our members are achieving. We are very proud of their achievements and the publicity that it brings. On Saturday, 27th May Yiannis Christodoulou and Simon Jones are representing GB at the ETU European Aquathlon Championships being held in Bratislava, Slovakia. On Thursday 24th August Yiannis and Simon are representing GB at the ITU World Aquathlon Championships being held in Penticton, Canada. At the same venue on Friday 25th August Dave Bowden will represent GB in the World Triathlon Championships. **At national level Yiannis is taking part in the national Aquathlon Championships being held in Leeds on Saturday, 10th June; and Peter Hogben is taking part in the national middle distance Triathlon Championships on Sunday 23rd July in Ashford.** We wish Yiannis, Simon, Dave and Peter all the very best for their championship races.

As well as spring marathons many Harriers have taken part in races of varying distance. It's impossible here to mention everyone but PB's and places deserve a mention. Do look at the Harriers website for all race results:

5k - Alex Horsley (PB).

5m - Simon Jones (1st and PB).

10K - Nicola Charlton (1st & 2nd lady - 2 races), Tom Hooley (1st V60), Alex Horsley (2nd and PB - 2 races), Fiona Tester (3rd lady), Simon Jones (1st), Sian Smith -Keary (PB & 3rd lady); Mark Peacock, Fiona Craig, Debbie Parris & Kieran Jessup (all PBs).



10 M - Peter Hogben (2nd), Alex Horsley (4th & 1st V40), Dave Bowden (3rd V40); Fiona Tester, Kieran Jessup & Julie Bradford (all PBs).

1/2M - Yiannis Christodoulou, Mel Christodoulou, Ian Stokes, Jethro Kimber (all PBs); Fiona Tester (1st lady & PB).

Marathon - Stephen Tugwell, Thom Fentem, Paul Elderton, Mike Denton, Dave Bowden, Ian Stokes, David Dunn, Wim Van Vuuren & Karen Bennett (all PBs); Caroline Wetherill (2nd V and PB).

30M, 40M & 50 M - Jennie Lucas.

52.4M - Paul Thompson.

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

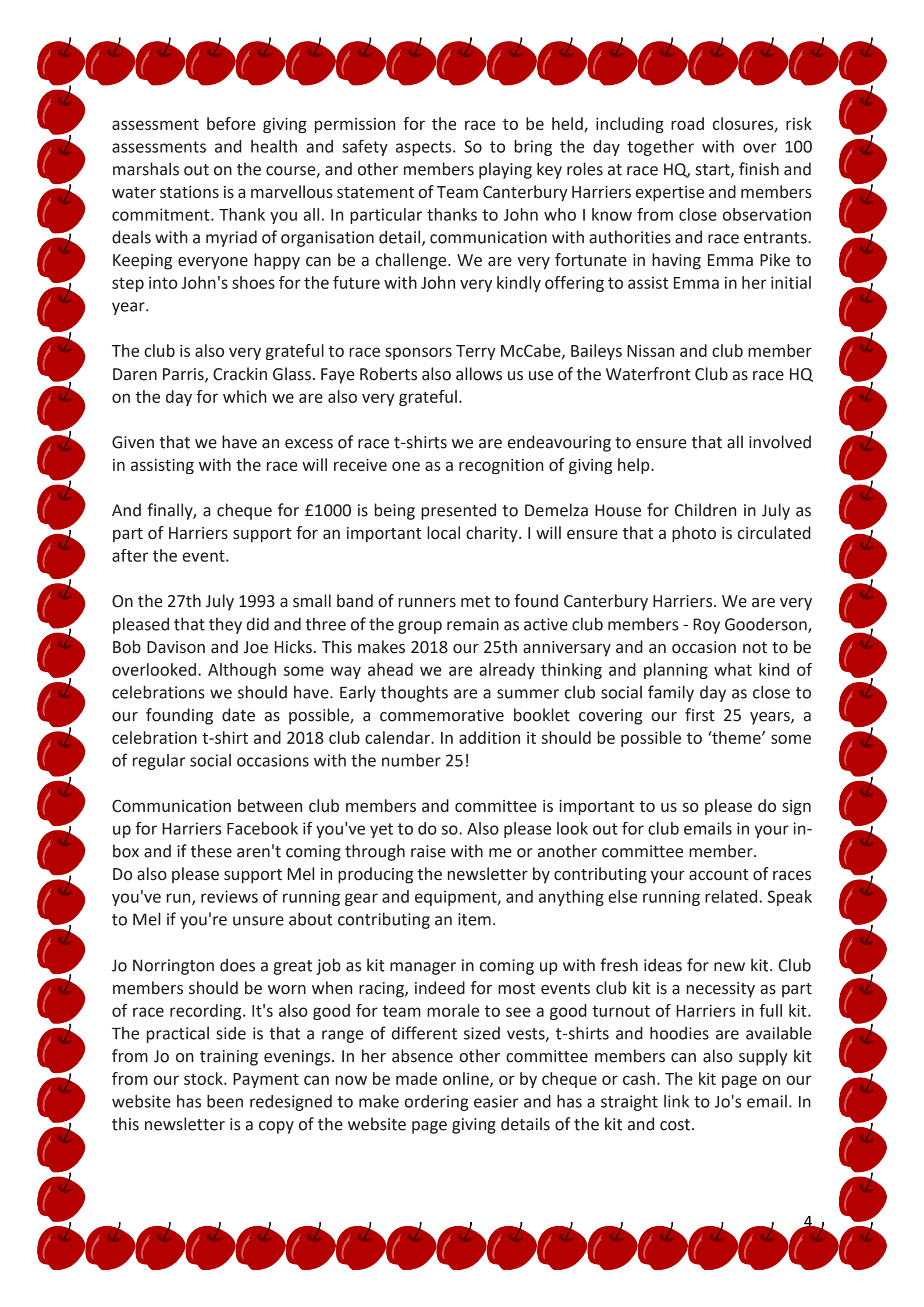
At the end of April we held our annual cross country presentation, including our review of spring marathons. I was delighted to present awards covering the KFL, cross country champions and to our most improved runners. Thermos mugs were presented to 26 Harriers competing in or assisting in at least six cross country races over the 2016/17 season. The 27th mug was presented to Jane Hadler for her sterling efforts at KFL in receiving our finishing position tickets. Talking of 'mugs' a special award was presented to Steve Clark for becoming the first Harrier to achieve 100 KFL races. Well done Steve and here's to the next 100.

The full list of award winners is within the newsletter and congratulations to all. Jo Norrington was our most improved female x-country runner as well the Harriers female champion. Another Joe, (this time bionic Joe Hicks) was our male most improved x-country runner with Simon Jones splendidly and much deservedly our overall male x-country champion. Once again, well done everyone for taking part in another blood, sweat and tears season. Roll on 2017/18....but let's enjoy the summer first.

Special thanks go to Steve Clark for his team management throughout the season and Roy Gooderson for Run Directing our own Blean race as part of the KFL series.

On the topic of coaches let me thank our coaching team for their entirely voluntary efforts on our behalf and for getting us through the dark winter training months and the marathon programme. Do please support our coaches by listening to the training session announcements, including the important topic of safety.

This year's Whitstable 10k race, our very own promotion, was held on Monday 1st May. By convention all club members assist on the day and we were also very grateful for assistance from family members and friends of the club. Once again our race was very successful with some 620 finishers in coolish weather. Led by John Hartley preparations for the race began more than 6 months ago and with co-ordinators for each main area of race activity all eventualities were covered. The various authorities require a significant amount of formal



assessment before giving permission for the race to be held, including road closures, risk assessments and health and safety aspects. So to bring the day together with over 100 marshals out on the course, and other members playing key roles at race HQ, start, finish and water stations is a marvellous statement of Team Canterbury Harriers expertise and members commitment. Thank you all. In particular thanks to John who I know from close observation deals with a myriad of organisation detail, communication with authorities and race entrants. Keeping everyone happy can be a challenge. We are very fortunate in having Emma Pike to step into John's shoes for the future with John very kindly offering to assist Emma in her initial year.

The club is also very grateful to race sponsors Terry McCabe, Baileys Nissan and club member Daren Parris, Crackin Glass. Faye Roberts also allows us use of the Waterfront Club as race HQ on the day for which we are also very grateful.

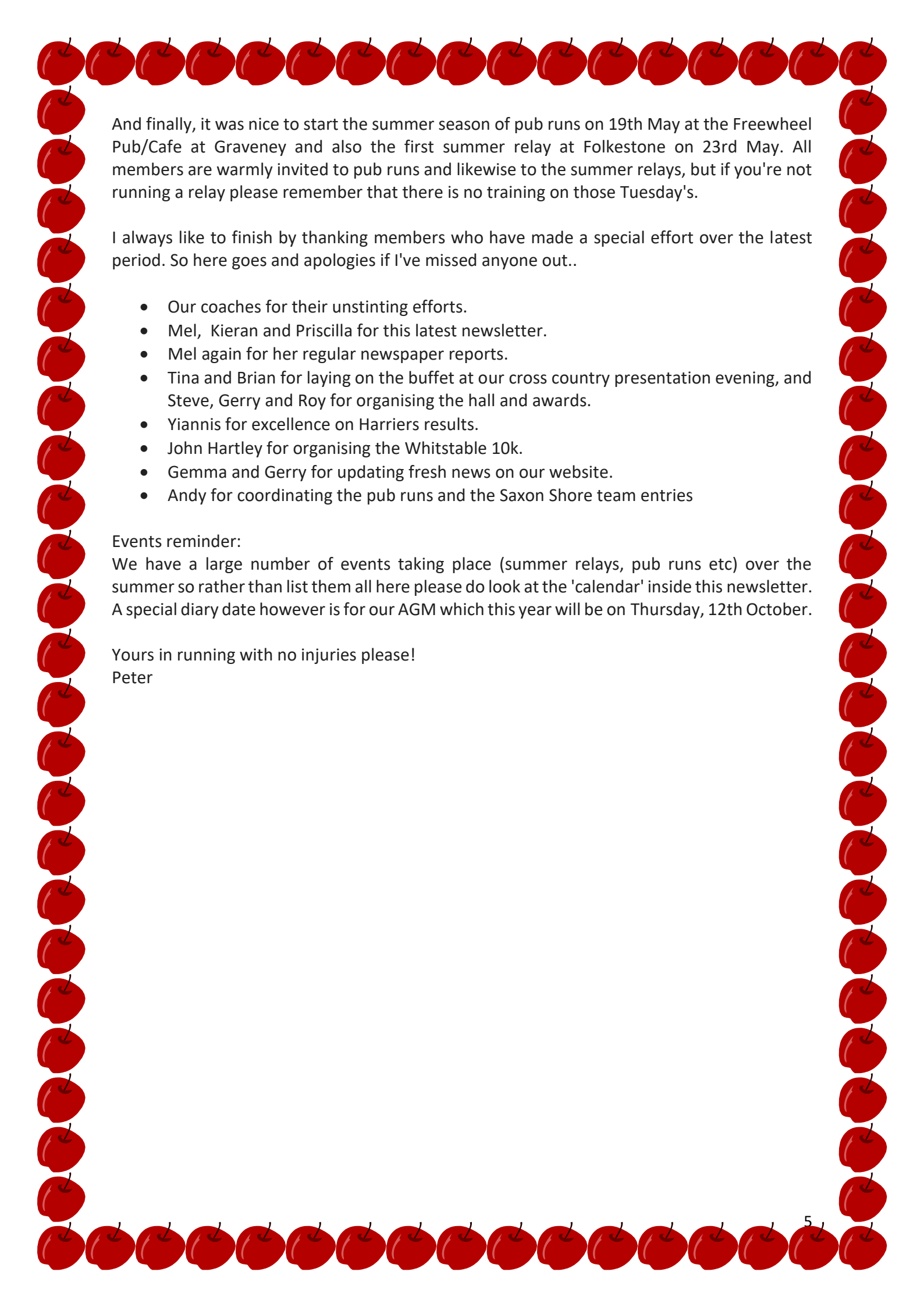
Given that we have an excess of race t-shirts we are endeavouring to ensure that all involved in assisting with the race will receive one as a recognition of giving help.

And finally, a cheque for £1000 is being presented to Demelza House for Children in July as part of Harriers support for an important local charity. I will ensure that a photo is circulated after the event.

On the 27th July 1993 a small band of runners met to found Canterbury Harriers. We are very pleased that they did and three of the group remain as active club members - Roy Gooderson, Bob Davison and Joe Hicks. This makes 2018 our 25th anniversary and an occasion not to be overlooked. Although some way ahead we are already thinking and planning what kind of celebrations we should have. Early thoughts are a summer club social family day as close to our founding date as possible, a commemorative booklet covering our first 25 years, a celebration t-shirt and 2018 club calendar. In addition it should be possible to 'theme' some of regular social occasions with the number 25!

Communication between club members and committee is important to us so please do sign up for Harriers 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 with me or another committee member. Do also please support Mel 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 Mel 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, or 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.



And finally, it was nice to start the summer season of pub runs on 19th May at the Freewheel Pub/Cafe at Graveney and also the first summer relay at Folkestone on 23rd May. All members are warmly invited to pub runs and likewise to the summer relays, but if you're not running a relay please remember that there is no training on those Tuesday's.

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.
- Mel, Kieran and Priscilla for this latest newsletter.
- Mel again for her regular newspaper reports.
- Tina and Brian for laying on the buffet at our cross country presentation evening, and Steve, Gerry and Roy for organising the hall and awards.
- Yiannis for excellence on Harriers results.
- John Hartley for organising the Whitstable 10k.
- Gemma and Gerry for updating fresh news on our website.
- Andy for coordinating the pub runs and the Saxon Shore team entries

Events reminder:

We have a large number of events taking place (summer relays, pub runs etc) over the summer so rather than list them all here please do look at the 'calendar' inside this newsletter. A special diary date however is for our AGM which this year will be on Thursday, 12th October.

Yours in running with no injuries please!
Peter

YOUR EDITORS

Hi everyone! Most of you probably know me by now, and if you don't, I am usually the one 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



I've been running with Canterbury Harriers for about 11 years now, during which time a lot has happened! It's been a challenge to keep going in between having babies but also great to see old friends and meet new runners whenever I come back to club training. My ideal race would be a challenging coastal trail half marathon but out of necessity I've learnt to enjoy a weekly fast and flat 5k.

I'm Kieran Jessup and I've been a member of Canterbury Harriers for almost a year now. Joining the club was one of the best decisions I've ever made; I love running at such a friendly club and I'm really pleased with my progress to date.





NEW MEMBER: SIAN SMITH-KEARY

What is your story about how you got into running?

I've always been very active but I took up running seriously as a way of helping me recover after illness. When I was at my worst and struggling to even move around I remember thinking all I want to do is be able to run again. After recovering, that thought has never really left me and I've not stopped running since.

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

Doing sport has always been important to me. I used to play badminton at university which I loved and I competed in a netball league in Canterbury and in Surrey where I grew up. In addition to running, I really enjoy swimming which naturally led me to take part in triathlons but I'm really not a fan of cycling. I also do rock climbing when I have the time.

What is your favourite training session?

Although I get a lot of out of the Eliot hill session, I actually really like St. Stephens. Keeping speed up over a longer distance helped me get used to how my body feels when I push myself and know it's sustainable. I'm now not so afraid of running at a faster pace in races which I would never have done in the past.

What is the most beautiful spot you have ran in?

I used to live and work in Rome so probably the most beautiful spot I ran in was my route around the Circus Maximus, Colosseum, Roman Forum, Vatican and back along the Tiber river. I haven't found anything that's come close to rivalling that! Sorry Canterbury Cathedral.

How do you manage work life and running?

My work is quite unpredictable so sometimes I'll fit a run in before I go in the morning or more often I prefer to run in the evenings.

What shoes do you run in?

For the last 5 years, I've alternated between Nike Air Zoom Pegasus and Adidas Ultra Boost which I currently run in.

What is your favourite post run snack?

A banana with peanut butter. I'll carry a jar of it if I have to.

What other sports are you interested in watching?

Honestly, I don't watch a lot of sport on TV!

What is a typical week's training for you?

I normally run 3 times a week including a long run at the weekend and then add an extra session like swimming in as well if I can.

What are your favourite races and distances?



My favourite distances are probably 10ks or half marathons. I've really enjoyed doing the Olympic Park 10k series and the Royal Parks half marathon for several years.

What are your future goals and ambitions?

My future goal is to run my first marathon this October in Bournemouth. I've never done this distance before so I'm looking forward to the challenge. I'd really love to do more races abroad as well.

How do you keep motivated to run?

Scheduling in a race every few weeks has really helped me work harder and stay motivated - it's always reassuring to see improvement no matter how small. Coming to the club has also really helped keep my motivation up as it's so encouraging to run with others.

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

Just a thank you really for being so welcoming and encouragement to keep it up as it really helped someone like me who put off coming to the club because I feared I wasn't good enough.

HARRIERS KEY DATES

Harriers Future Events	
Friday 19th May - Pub Run	Sunday 23rd July - national middle Distance Triathlon championships (Peter Hogben)
Tuesday 23rd May, Summer Relay, Folkestone Relay	Tuesday 25th July, Committee Meeting
Saturday 27th May - ETU European Aquathlon Championships, Bratsliva, (Yiannis and Simon Jones)	Friday 11th August - Pub Run
Tuesday 30th May, Summer Relay Minnis Bay	Tuesday, 22nd August Committee Meeting
Tuesday 6th June - style and form workshop (after training, tbc)	Thursday 24th August - ITU World Aquathlon Championships, Penticton, Canada (Yiannis & Simon Jones)
Friday 9th June - Pub Run	Friday 25th August - ITU World Long Distance Triathlon Championships, Penticton, Canada (Dave Bowden)
Saturday June 10th - ITU National Aquathlon Championships, Leeds - (Yiannis)	Friday 1st September - Pub Run
Tuesday 13th June, Summer Relay, Victoria Park, Ashford	Tuesday 19th September Committee Meeting
Saturday 17th June - Saxon Shore Relay	Sunday, 8th October - Ashford 10k (and club championship)
Tuesday 27th June, Summer Relay, Samphire Ho, Dover	Thursday 12th October - AGM
Thursday 29th June, Committee Meeting	
Friday 30th June - Pub Run	

Tuesday 4th July, Summer Relay Canterbury	
Friday, 21st July - Pub Run	

SPOTLIGHT: PAUL KNIGHT

What is your story about how you got into running?

I always enjoyed running in my school days many moons ago! But in more recent years it all started after entering in Whitstable's Surf N Turf Aquathlon in 2014. I wanted to raise money for Cancer Research at the time and thought this would be something new for me to try. Low and behold I did pretty well finishing second but more than that I enjoyed the whole experience of racing! From that day I haven't looked back and have now raced in Triathlon's, Marathon's and Half Ironman events.

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

I've always loved playing sports and over the years I have had a go at quite a few. During school I played lots football but out of school I used drag my family around the south east, for me to race on my BMX. We had great fun and eventually all my brothers and sisters joined in. I also enjoyed playing Tennis and played for Herne Bay for a few years as well as helping out with coaching the younger members.

Golf was my main sport over the last 20 years, playing a couple of times a week but that's taken the back burner now, I've only played three times this year.

What is the most beautiful spot you have run in?

We had a holiday in Clearwater, Florida last year! Early morning runs along the beach was quite amazing! Mind you I must admit the Kentish country side comes a close second there was a moment earlier this year when I was on a Sunday morning 20 miler with no sunshine in sight, just 40mph winds, thundering clouds, launching hailstones the size of peas and stinging like needles, with a grimace on my face matching Rockie Balboa after 12 rounds I trudge on into Clowes woods, where the hailstones ceased and the weather began to brighten I realised once again what a beautiful place we live in.

How do you manage work life and running?

I'm quite lucky being my own boss and working just around the corner from home. I usually get the chance to train straight after work for an hour, whether it be running, cycling or spinning. On occasions also get the chance to nip to the swimming pool during lunch times.

What is your favourite training session?

Eliot Hills! I like to try and push myself when I can and these Hills give us the perfect opportunity. I also enjoy some of the Thursday summer routes, although I have to follow someone as I'm hopeless with directions

What shoes do you run in?

At the moment I've been using Adidas Adizero Boston 6 trainers, they are great! Lightweight with a fair bit of cushioning.

What is your favourite post run snack?

Usually I would have a protein bar, shake or banana

What other sports are you interested in watching?

I'll watch most sports given the chance but I do love watching football, especially the mighty Spurs! I'll watch most teams though! Even the not so good teams like Arsenal, Man Utd, Man City and Liverpool Ha!! Ha!!
Not making any friends here!!!

What is a typical week's training for you?

During marathon training I would more than likely be out running 5-6 days a week, I didn't have a structured training plan but would make sure I got the usual speed work, hills, mid mileage and long runs into my weeks training. Now there over for a bit, I'll mix my training up with swimming and cycling as well.

What are your favourite races and distances?

Having only been running for a few years I haven't done as many races as most of the Harriers but I do enjoy the challenge of marathons. So far this year I completed the Brighton and London marathon, I must say the atmosphere and support from the crowd was unbelievable.

What are your future goals and ambitions?





There are so many but I'm beginning to realise I can't do them all in one year. This year though I would like to post a good time for a 10K and half marathon as well as having another go at a marathon in the autumn. Then I'm going to have to squeeze in a half ironman at some point.

My ultimate ambition would be to complete a full Ironman in some awesome location.

How do you keep motivated to run?

You don't need any more inspiration to be motivated than from our fellow harriers, we have some very fine and courageous athletes, always offering encouragement and advice.

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

Beetroot juice is the way forward! Yiannis told me so! Only joking, although if you can get over the taste it is good stuff!

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

Doms Ease Oil - Discount code is: canterbury harriers at checkout www.domseaseoil.co.uk

Get £10 off insoles, use the code YIANNIS10 in the shop. Go to www.enertor.com/home-uk/

CROSS COUNTRY AWARDS

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

Female V55 Champion Barbara Wenman - Trophy & Certificate (9th year!)
Male 2nd overall & 1st V40 Simon Jones - Trophies & Certificate

Individual League Certificates, (qualification is 5+ appearances).

Females:	V65 Category 2 nd	Tina Jones
	V55 Category 4 th	Wendy Smith
	V45 Category 13 th	Jo Manser
	V45 Category 14 th	Leisa Foad
	V35 Category 3 rd	Emma McCabe
	SEN Category 2 nd	Jo Norrington
	SEN Category 9 th	Sarah Brenton
Males:	V70 Category 4 th	John Hartley
	V70 Category 7 th	Phil Hadler
	V65 Category 3 rd	Gerry Reilly
	V65 Category 6 th	Geoff Burston
	V60 Category 2 nd	Steve Clark
	V60 Category 3 rd	Mark Wenman
	V60 Category 5 th	Bob Davison
	V60 Category 6 th	Joe Hicks
	V60 Category 7 th	Jon Vann
	V60 Category 9 th	Tony Savage
	V60 Category 10 th	Richard Hudson
	V60 Category 19 th	Roy Gooderson
	V55 Category 3 rd	Jon Blunt
	V55 Category 15 th	John Cooper
	V55 Category 17 th	Steve Reynolds
	V50 Category 5 th	Andy Phillips
	V50 Category 19 th	Colin Kent
	V50 Category 28 th	Bob Pullen
	V45 Category 7 th	Wim Van Vuuren
	V45 Category 14 th	Mike Denson
	V40 Category 3 rd	John Matthews
	SEN Category 6 th	Yiannis Christodoulou
	SEN Category 25 th	Jonathon Solley

MV60 3rd Team award: Steve Clark, Mark Wenman, Bob Davison

Club Kit Awards for 6 plus xc's (marshal @ Blean counts as 1)

Girls: Sarah Brenton, Jo Norrington

Tina Jones, Jo Manser, Emma McCabe, Wendy Smith, Barb Wenman

Boys: Gerry Reilly, Steve Clark, Joe Hicks, Andy Phillips

Jon Vann, Mark Wenman

Jon Blunt, John Cooper, Bob Davison, Phil Hadler, John Hartley, Richard Hudson,

Simon Jones, John Matthews, Tony Savage

Geoff Burston, Neil Godden, Roy Gooderson, Peter Yarlett

Club most improved xc runner female (Jo Norrington)

Club most improved xc runner male (Joe Hicks)

Club overall xc champion female (Jo Norrington)

Club overall xc champion male (Simon Jones) (2nd year)

MARATHON MAN

By Glenn Wilson

So I am finally a marathon runner. And unlike Pheidippides, I survived to tell my tale. However, to steal the words of Muhammad Ali uttered after his epic 14 round win over arch rival Joe Frazier in their third fight in 1975, running that marathon was 'the closest thing to death'. I learned that 26.2 miles needs to be respected; it is an unforgiving distance. Unlike my previous races, the longest of which was 20 miles, I realised that you really do have to train for a marathon. You need miles in the legs, you need to know how to hydrate, how to keep the fuel levels high and how to stay mentally strong.

So let me try to break down the emotions and the feelings I went through on that day in Manchester. At the start, the long walk to the starting pen followed by the slow walk to the start line was a new experience for me. I like to start my races with a '3-2-1-GO'. But by the time I reached the start line, almost 20 minutes had elapsed since the starting gun. But then I was off, accompanied by my very supportive partner who stuck with me throughout.

For the first ten miles, I felt strong, enjoying carnival atmosphere. After all, ten miles was a short run during my training for this marathon. The next five miles were tough, but nothing unexpected – I felt confident albeit tired. But around mile 16 or 17, my physical strength started to wane. During my 20 mile run at Lydd, I started to struggle at the same distance, but this time, instead of only three or four miles left to go, I still had ten.... TEN!! Logic states that if you are physically drained, you don't go for a ten mile run. This was the time for that mental strength. For the next 7 or 8 miles, I ran a couple, then walked a bit, ran another couple and walked for a bit, all the while, taking on water at each water station. At 20 miles, I knew I had 10k to go, then at 23 miles, I heard someone shout out that I just had one more parkrun to

go. Then I saw the 24 mile marker – two miles to go. I'm counting down. I can do two miles in my sleep! From that moment, I vowed to run to the end. And that I did. Lifted by the crowds of enthusiastic Mancunians who had come out in their thousands to cheer us on.

The finish straight at Manchester is just over half a mile. I could see the finish line as I turned into the straight and put my head down and drove on. Two minutes later, I lifted my head. The finish line was no closer!! Had I been jogging on the spot? I kept going, keeping the finish line in my sites. It grew bigger and bigger first slowly, then more quickly and then suddenly it disappeared! It was behind me. I had done it! I had run a marathon. I felt emotionally drained. I thought I would feel overwhelmed by my achievement, but alas, I was just tired, grumpy and thirsty.

Will I do another? I don't think so. But at least I can add a marathon to my bucket list and tick it off.

CROSS COUNTRY AWARDS PHOTOS











RUNNING PHOTOS





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

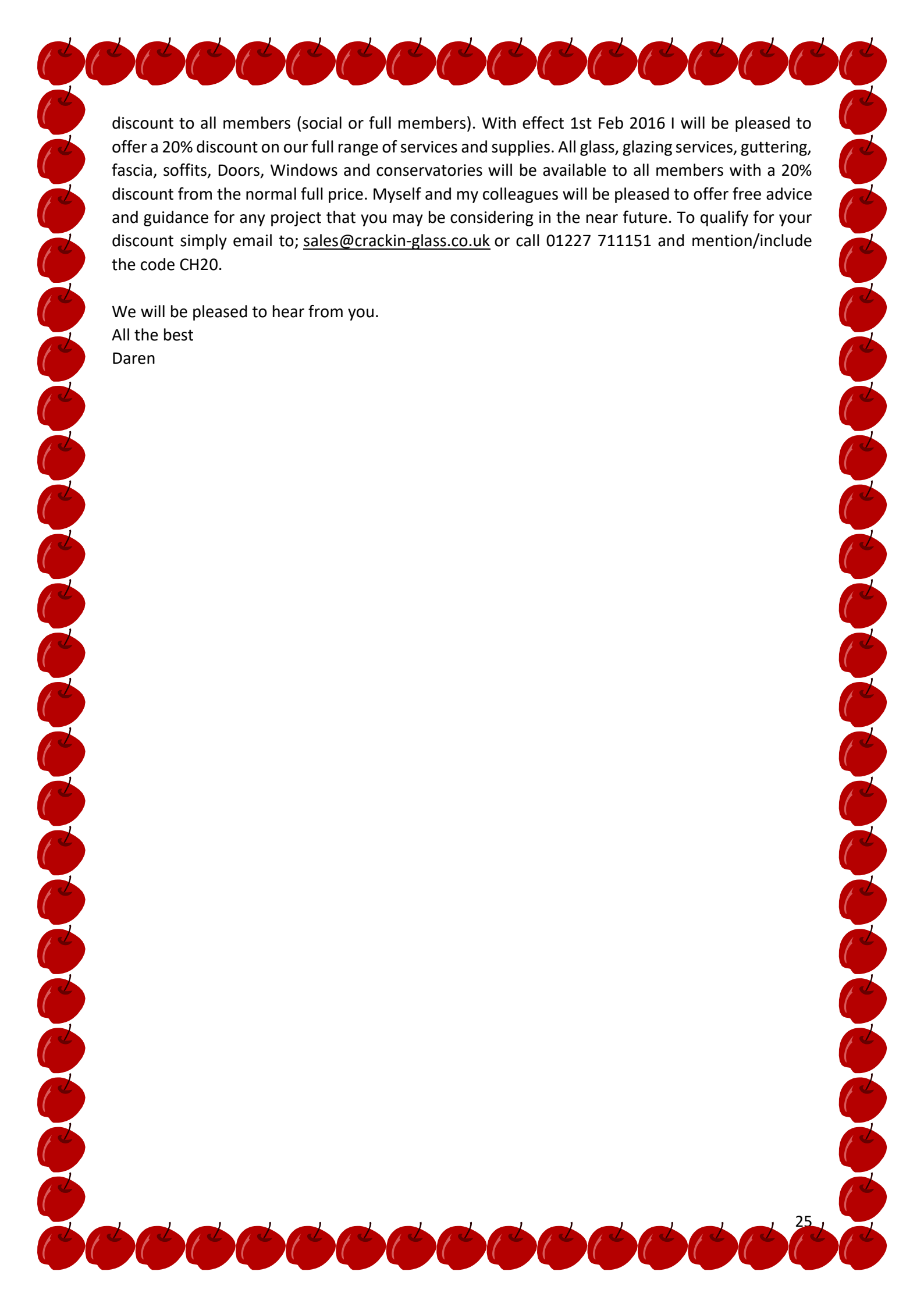
All house and garden maintenance
01227 361112 or 07951754926

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