



**Canterbury  
Harriers**

Magazine

Spring 2021



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## Cover Photograph

<<< Front Cover

Tina Jones: close to the finish in a Kent Fitness League race. Minnis Bay, January 2020.

This turned out to be the last race of the season for Canterbury Harriers, owing to subsequent storms and national restrictions to curb the pandemic.

Cross-country fixtures are arguably the most popular competitive events among our club members.

Photo by Thomas Hooley

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# Chairwoman's Introduction

## Hello Everyone,

Welcome to Canterbury Harriers Magazine | Spring 2021. Time seems to have flown by since we last got an issue out to you and yet we still seem to be in a similar place to last time.

We are now well into Lockdown Three and I sincerely hope that you and your families are all keeping safe and well. Since we last spoke, we have started training again, stopped training again, started and then stopped yet again, but I hope that the sessions we held felt safe for all that came along and that you felt we were taking the proper precautions.

As I write this, we still cannot be quite certain when we shall have the chance to run together again, but rest assured that when we get the go ahead from England Athletics we shall be ready to go again. At the moment I would absolutely recommend taking advantage of the fact you can run with one other person. I have found it a great help to be able to see and speak to someone a couple of times a week, sometimes not even having a conversation but just enjoying the run and the scenery we are lucky enough to have around us here.

For now, enjoy the articles and we'll meet again!

Gemma

Since this was written the government has released a roadmap for phased easing of lockdown restrictions. The Committee will keep members informed of training decisions in line with advice from England Athletics.



The end is in sight: sprinting the last 200 yards of the Kent Coastal Half Marathon, September 2017

# Editorial

## Spring Is on Its Way

The idea of putting together a magazine when nothing official has been happening might seem pointless, if not impossible. However, Canterbury Harriers are a resourceful and inventive lot, so the idea has become reality after some asking around by email, on the phone, and in our regular 'grand masters' Zoom meetings — that's the polite sporting term for the age-challenged, speaking only for myself of course.

With nothing happening in the way of club training or formal racing, this is probably a good time to find something to circulate. It's a way to keep club members in contact, to find out about others' running and outdoor activity, and also to discover a bit of history — as in Roy's article about the Whitstable 10K, topical after a year in which the race could not go ahead.

Thank you to all who have contributed to the Magazine with writing and lots of photographs. An event that stands out is Sammy-Jo and Paul's wedding, which could finally go ahead after two postponements caused by the pandemic. And though the following is not directly related to the Magazine I should like to record here the thanks of the Committee to Alastair Telford for his quiet but painstaking and methodical work in transforming the Canterbury Harriers' website into a fresh, modern, and more accessible experience. It is a site we can be very proud of for its content, aesthetics, and positive impression on anyone interested in finding out more about the club. If you have not looked at the website recently, a visit is well worth the time.

I hope you enjoy this issue. It's not quite spring yet but the daffodils have been emerging in the last week and there have been several days of welcome sunshine since the Beast from the East was on its icy rampage. Fingers crossed, it won't be long till we can start training together again.

Till then, in the words of Captain Sir Tom Moore:

'Tomorrow will be a good day.'

Tom





Unflattering, fuzzy, and having a lot of fun. Sunday morning after a group run with Canterbury Harriers between lockdowns. Perry Wood, November 2020

# Running in France

**MARK WENMAN** gives us a glimpse into his and Barb's locality in south west France and describes life and running there after lockdown last summer. It sounds idyllic...

## Training

We have been running in France for over 20 years now, mostly training runs in the hills round our house in the south west. We went there after lockdown last year, when France was quite badly affected. Their lockdowns were mainly in the large cities and rural life went on much as before, apart from having to wear masks in enclosed public spaces. However, the UK introduced quarantine while we were there and so we had to isolate for fourteen days on our return. We live on top of a steep ridge which means we invariably have some uphill work to get back home. I prefer running in the spring and autumn when it is a bit cooler; in the summer it is best to go out early before the day heats up. One of my greatest pleasures is diving into a cool pool after a hot run. Nearby is a small lake which is exactly 1 km round the waterside path and we occasionally do a speed session there: a couple of warm-up laps, tempo lap, recovery lap, and so on ... a bit like a Harriers' St Stephen's session. On market day we usually go to Marciac and do a few 1.7 mile laps round the pretty lake followed by a breakfast of pain au raisin and coffee in the square; then shopping in the market.

## Racing

The area around us is sparsely populated, but there are a few other runners nearby whose faces we have come to recognize at local races. David Ide was one such runner, who turned out at most of the local races, and I thought was French as he ran a flower stall at the market. It was only when he came over to us one day on seeing our Canterbury Harriers shirts, and we started chatting, that he told us he used to run for Invicta East Kent. It turned out he was a Welsh fell running champion and was still running sub-40 minute 10k races as he approached his 70<sup>th</sup> birthday.... no wonder I could never catch him!



Lac Marciac

Mark and Barbara's longer weekend runs either go along the ridge or they follow the river valley

Most of the races in the SW are trails of fairly arbitrary distance, so not much good for PBs, but they do follow some beautiful routes. They are often run as part of a village fete and are generally much cheaper to enter than those in the UK, being usually priced in the region of 10-12 euros. The water/feed stations are also much better stocked with an enticing variety of dried fruits, cakes and chocolate. (Nice Work & Sporting Events UK take heed!) It's very tempting to stay a bit longer and tuck in. The awards ceremonies can be jolly affairs with more food and wine and the village band called upon to play a few tunes. The prizes can be interesting as well: Barb has come away with armfuls of flowers, a gold watch, a delicious apple croustade, bottles of wine and many a selection of preserved sausages, foie gras and meats that local producers have donated.

## **Always Welcome at French Races**

We are always made to feel very welcome at French races and would highly recommend anyone wanting to vary their training programme to give them a try — once the pandemic is behind us and the rules permit.





Barb receives a bouquet of flowers after a winter event at the town of Auch





The presentation is outdoors after the Ju Belloc 12km. Barb wins another award and smiling faces are evidence of the Entente Cordiale



Mark's turn for a prize — but was he the only competitor? This is the Ju Belloc 12K again.

The race on the previous page was held in a different year. Can you spot the clue?



The barrels are the other way round.

## London 2 Brighton 2012

**GEOFF BURSTON** has been running for over 30 years and till moving to Whitstable five years ago was a member of Broxbourne Runners in Hertfordshire. Here he recalls running the London to Brighton challenge to celebrate his club's 30th anniversary: 100 km (62 miles) — by day and through the night.

### Planning, Training and Getting to the Start

To mark the occasion of Broxbourne Runners' 30th anniversary, one of our lady runners suggested doing the 'London 2 Brighton' challenge. Only ten of us put our names forward and the rest of the club thought we were complete nutters, as it would be 100km of mostly trails, footpaths and woods — either over two days or continuing through the day and overnight. We decided on the latter option, tackling the whole lot in one go. Without doubt, it was the best organized event that any of us had ever undertaken. You had to be sponsored and we decided to donate to a local hospice. We were to be part of 1,500 walkers and runners selected. The amount of paperwork we received from the organizers was incredible and it was suggested that people train for six months. We did a number of long training runs through the winter, wearing large backpacks.

We were driven by minibus to the start in Richmond Park, where everyone was checked in. All were given safety packs with a book of laminated, very detailed OS maps, whistles, head torches and first aid kits. 'Mr Motivator' put groups of people through warm ups, before waves of participants were set off at half hourly intervals.

### From Thames Towpath to Lost in a Forest

Leaving Richmond Park, we went along the Thames towpath, through Kingston and the outskirts of many Surrey towns, on footpaths and through woods and parks. Our group of ten comprised four ladies and six men of various ages and running experience.





Geoff and his group raised £11,000 for the Isabel Hospice in Welwyn Garden City

We split into two groups of five and decided not to leave slower runners behind, but once we started it was difficult to keep to that. So after the first checkpoint it was agreed that we would regroup at each one. The route was well marked with pink arrows, ribbons and glow-sticks for night time — particularly helpful in the woods and fields in the dark. The checkpoints were approximately 12km apart; we had to be logged in at each one and we stopped for our packed lunch break at 25km. Medics and physios were at some of the major checkpoints and there were fantastic hot meals, including fry-ups, roasts and cakes at the 53km and 73km stops. It seemed very strange eating so much at 2:00 or 3:00am, but we definitely needed to take on plenty of fuel throughout the journey. My team got lost somewhere in a forest in Sussex in total darkness — so easy to miss a glow-stick! This added three or four miles extra.

## Blisters and Baked Beans

The fun and camaraderie were really special. There were unrepeatable comments and jokes, as you can imagine, with so much Vaseline needed and so many baked beans eaten! I wondered beforehand why we needed woolly hats, gloves and so many layers, considering it was in May, but in the early hours we had dew on our hats and it was freezing. Our chairman, John, in his 70s and struggling with exhaustion by the halfway point, had to drop out. We were all suffering with blisters and some of the younger members of the group were flagging, needing much encouragement from us old-uns. We all got to know each other very well and became close friends.

## Sussex Sunrise — and a Racecourse Finish

As the morning sun appeared, we were walking through farmers' fields in Sussex; this was a sight I shall never forget. When we finally reached Brighton racecourse we felt elated, and a high point was seeing that other club members had driven down in the minibus to meet us. We enjoyed large breakfasts, loads of Guinness and champagne on the way home. What a great time: an experience I shall never forget.



Geoff (foreground right) since joining Canterbury Harriers





## Harriers on Bikes Do Devon Coast to Coast

In September 2020 **PETER YARLETT** and six friends undertook to cycle the 99 mile Devon Coast to Coast route. Harriers **JOHN HARTLEY** and **STEVE CLARK** and their wives Pauline and Jenny were part of the group and instrumental in the planning. Here Peter recalls the trip.



### Breathtaking Route

The Devon Coast to Coast cycle route largely follows National Cycling Route 27 from Ilfracombe in the north to Plymouth on the south coast ([sustrans.org.uk](https://www.sustrans.org.uk)). Back in September a group of Harriers comprising John and Pauline Hartley and Steve and Jenny Clark, along with me and two other cycling friends, Martin and Jonathan, made the 99 miles four day coast to coast trip. The route followed trails, paths, back roads and former railway lines, passing through tunnels and breathtaking



bridges and viaducts. All in all a great way of seeing the countryside with delightful views on display and with the odd hill thrown in for good measure. We concluded that Devon hills are steeper than those in most other parts of the country. Pauline and Jenny were riding on e-bikes and so were happy to glide leisurely past the rest of us when on steeper hills.

## Planning against the Odds

The original planning for the trip, back in February 2020, was pre-Covid and at a time when travel and accommodation bookings were relatively straightforward, even allowing for the vagaries of taking a bike on a main line train. Post-Covid we weren't even sure that the trip would happen since some of the pre-booked hotels and B&Bs either remained closed or had gone out of business. However, with John and Pauline taking the principal planning lead we managed to find suitable alternative overnight accommodation and train slots. Indeed our overnight stop for Day Two was in the village of Dolton and some way off the official Coast to Coast route but the only overnight accommodation stop that we could find in the vicinity.



## **Ilfracombe to Lydford with Views of Dartmoor and High Willhays**

Leaving Ilfracombe and travelling south the route was initially on traffic-free paths before joining quiet roads giving superb views of Braunton. At Braunton the route was mainly along a 30 mile traffic-free section of the Tarka Trail, a former railway line beside the beautiful Taw and Torridge estuaries and passing through Barnstaple, Bideford and Great Torrington to the villages of Petrockstowe and Meeth.

Onwards further south to Okehampton on quiet roads and from there to Lydford on the Granite Way. This is an 11 mile trail following a former railway line and giving great views of Dartmoor and High Willhays — at 2,038 feet the highest point on the moor. We continued via the lake viaduct to Lydford.

## **Destination Plymouth: Journey's End**

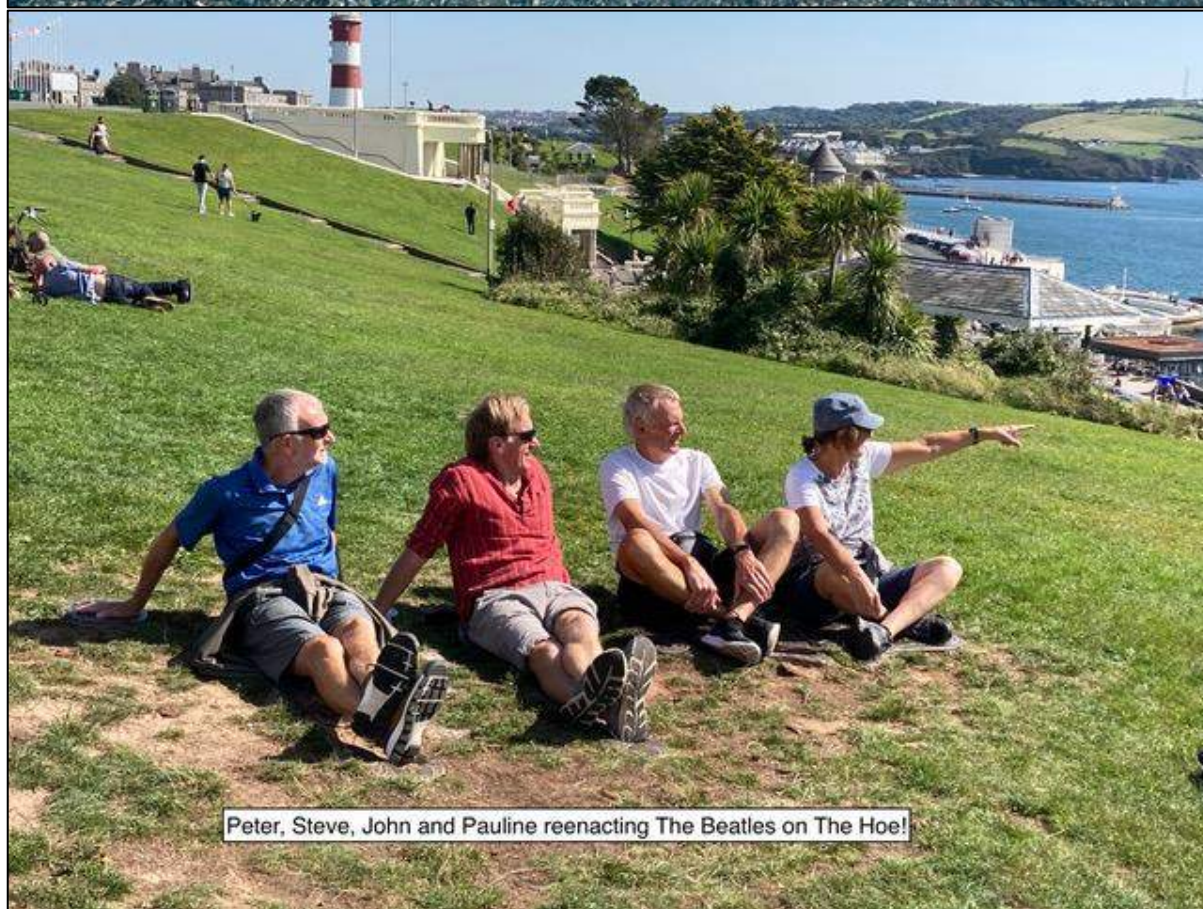
Between Tavistock and Plymouth we travelled on the Drake's Trail, a 21 mile track that runs along the western edge of Dartmoor with iconic features such as Grenofen Tunnel, Gem Bridge, Magpie Viaduct, Horrabridge, Yelverton and the Shaugh Tunnel. On the penultimate stretch of some ten miles we cycled along the traffic-free and mainly downhill Plym Trail, passing Leighbeer Tunnel, four massive viaducts, and so into Plymbridge Woods.

The final short stretch on Day Four took us alongside the eastern edge of the Plym estuary, following the West Devon Way and crossing the Plym into Plymouth over the Mount Batten bridge. Our finish destination took us along The Hoe passing The National Marine Aquarium and the Art Deco Tinside Lido. It was hot and sunny on arrival — weather which had drawn numerous holiday makers, many of whom seemed to think that social distancing did not apply in Devon.

## **R&R with Beatles Re-enactment**

The final day of our tour was for rest and recreation and allowed us to re-enact the famous Beatles photograph taken on The Hoe as well as make a trip to the Maritime Museum. Despite the restrictions of the partial lockdown in force at the time, great fun was had, hills were met with fortitude, beer was drunk, punctures were few, the weather was kind, and the route delightful. All in all a highly recommended cycle trip.....









Steve as fresh as a daisy arriving at Dalton





John arriving at our overnight stop in Dalton





# Making the Best of Lockdown

**Adapting to the restrictions of lockdown** **GEMMA JEFFREY** found that new running routes, improvised training, and running with a buddy or two (when allowed) helped her well-being, running pace and sense of achievement.

## Club Summer Never Happened

Like many of us by March 2020 I was starting to feel over and done with the cold dark evenings. I was looking forward to starting our spring training programme when we could use the field, the lovely summer routes through Canterbury and its outskirts, and the lighter, warmer evenings when we could train on the playing fields.

As things got worse on the Covid front and it was becoming more apparent that we were going to lose our freedom, I became concerned about running club being 'taken away' from me and about not being able to follow my usual routine.

It took a couple of weeks to acclimatize to a new way of life, working from home, not being able to go anywhere save for the supermarket, and not getting to see my family and friends. Running has always had a funny way of grounding me, bringing me back to myself and letting me get lost in the outdoors, with just the pounding rhythm of my feet on the road and the beating of my heart for music.

## Hill Sessions Playing to the Gallery

I started by trying to do my own sessions, using various hills near me to train, and so on Thursday nights I would go out to do a few miles — which gradually turned into longer runs, peaking some evenings at 10 miles straight after work.

Tuesdays were still a different matter as it was hard to find a place to do sprints that wasn't full of hills or too narrow with traffic. I eventually found that the footpaths running along the Chartham fishing lakes out to Chilham were flat, if a tad uneven, and for the most part deserted, aside from the odd friendly fisherman. I started using these as sprint areas, eventually going through these and then out to the main road to Chilham village to use the four hills that run up to the village square for hill reps, before sprinting back past the lakes. Once I found this, I started to really enjoy



this Tuesday session. The hills were challenging but very rewarding, especially when there were a few rounds of applause from Chilham residents enjoying their front gardens and seeing a very sweaty me running up and down the hill several times in front of them. I felt like I had a new lease of running life!

## Emma Joins; then Sian

Sunday longer runs I kept as well but started exploring different routes and enjoying new views, woodlands and footpaths.

One of the things that kept me going through this lonely time out on the roads was keeping track of my progress and comparing notes with Emma Greatrix. Every Tuesday, Thursday and Sunday we would compare our sessions and runs, see how we had done and talk about how we felt we had done. This way we kept each other motivated and enjoyed some slight competitiveness.

Once June came round and the government announced we could meet one other for exercise, Emma and I started meeting on Sundays to get us both through those long runs. It was fabulous to be able to go out on a run and be able to talk to someone while doing it, catching up on our weeks and the ups and downs we had gone through. We were able to explore some fabulous new routes, through woods we had never been through before and along footpaths neither of us knew existed. It was brilliant.

Emma was intrigued by my Tuesday session through the lakes and asked to join me one Tuesday. I duly took her out and showed her the route; soon enough this had become our regular routine. Then once we were allowed to see more than one other person our group grew to three as Sian Smith-Keary joined us for Tuesdays too.

Sian had also begun to meet us for Sunday running and so soon enough we were rotating who picked the route each week; we were able to enjoy each other's company and I think we all got something different out of these runs. I definitely gained some confidence from running with Sian, as she has a steely determination up hills and I often found myself hanging on her shoulder — not literally — to keep me going. She may not know this but now when I am going up any hill I imagine her in front of me and it's the image of the back of her I keep in my mind to get me up those hills.

## 10km PB and First Marathon

Lockdown has been scary at times but in terms of my own personal running I am in a brilliant place, feeling stronger than ever before and able to run some PBs; in fact at the beginning of December I actually did manage to get myself a shiny new 10k PB. It was the first in a few years so the feeling was amazing. I also ran my first (and last) marathon, something I never thought possible. Again I owe all of it to Emma and Sian getting me through the training runs, although I think we only trained for about six weeks previous to the October date and the marathon itself.

In amongst all the uncertainty and troubling times I have found my love of running again, something I never thought would happen and a shining light in these dark times. I thoroughly recommend finding that someone you can run with regularly, someone to challenge you and make those long runs more interesting.



# Wanderings along the English Coast

After earlier journeys walking 630 miles of English coastal paths **JOHN HARTLEY** set out last March to fill a gap in the trail. Here he recalls tackling the link from Chepstow to Minehead.

## One Large Slice Is Not Enough

Back in 2018 I completed the South West Coast Path. The first section, from Minehead to Padstow, I walked with Steve Clark... but to get over that experience I trekked the remainder round to Bournemouth on my own.

Having completed a large slice of the English coast, some 630 miles, I set to thinking about exploring more of our varying English shores. You may be aware that the England Coast Path was made possible through UK law back in 2009. Further coastal access schemes were approved by government in 2013. However, the full national trail is a long way from completion in terms of preferred route and appropriate signage.

## Filling the Gap

Considering my walking project a little further, I reasoned that I could claim the section of the English 'coast' that borders Wales, as a number of years ago I had walked Offa's Dyke (177 miles), from Chepstow on the River Severn to Prestatyn on the River Dee. Hence I needed to walk the link from Chepstow to Minehead for the continuous trail to be established.

The route I selected was essentially the one given in the photo (see next page) from the Komoot app. This gives the distance as 95 miles, but I clocked 110 with the detours!

As indicated earlier, the England Coast Path is not fully defined. The eventual route — signage and infrastructure — is the responsibility of the respective local authorities. The route uses, and will use, existing footpaths and trails; unfortunately these are not connected, and certainly not signed. As in other places in the UK, access to the land is not always granted by landowners and inevitably I needed to circumvent such sections on my trip.





- (L) John's route across the Severn Crossing from Chepstow  
 (R) The newer Prince of Wales Bridge carrying the M4 motorway to south Wales

## Over the Severn and out of Wales

From Chepstow station I walked over the Severn Bridge to the small hamlet of Northwick on the Severn Way Path between Aust and Severn Beach. This was on the 10th March 2020.

The path took me through Avonmouth and, with several route adjustments, across the River Avon, adjacent to the M5 heading south. I then threaded my way on local paths to Portbury Wharf on the outskirts of Portishead. En route I noted Battery Head and Kilkenny Bay. Then it was the Mariner's Path and the Gordano Round to Clevedon — close to the Mendip foothills where apparently our Editor has been doing his marathon training since retirement.

Editor: guilty as charged!

## Water in the Wrong Places: Where Is a Bridge When You Need One?

The next section, en route to an enjoyable stay in the peaceful village of Wick St Lawrence, was fraught with difficulty owing to the low-lying waterlogged land, a lack of access to cross the River Yeo, and grudging landowners not agreeing to the proposed coastal route. A short taxi ride eventually took me to my destination.

Further local paths took me to Worlebury Hill and into Weston-super-Mare. There I was surprised at the size and volume of debris washed in on the high tides.



The beach at Weston-super-Mare: substantial debris at low tide

## Hospitality — and on to Hinkley

At Uphill, to the south of Weston beach, I was able to gain access to a path that led me to the Brean to Minehead England Coastal Path, one of the earliest designated sections. It also led me to an enjoyable stay with meal and drinks at Brean, adjacent to the expansive Berrow Flats.



R&R stay at Brean before pushing on to Bridgwater and Hinkley

The England Coast Path really does hug the coast in this section. If you know the area, you may be aware of the River Parrett, particularly its estuary at Bridgwater Bay. This was laborious as a walking trail as the path followed every twist and turn till I came to Bridgwater and the first bridge over the river. The path then follows the river out, with the same contortions to navigate.

At Hinkley there is a significant detour inland to keep walkers from entering the power plant construction site. Fortunately I had an overnight stay in the quiet village of Shurton.



Hinkley Point C nuclear power station under construction

My last day, 16th March, took me back to a closer look at the construction of Hinkley Point C. Initially the path was straightforward and my progress reasonable. However, I eventually came across significant coastal erosion and so was forced to make a detour inland.



## Journey's End

Slowly but surely I made my way to Minehead. I passed along Dunster front where Geoff Burston and his family have a retreat. I was losing light at this stage so I couldn't stop to check his property was intact — nor if he was in, to get a lift!



Holiday chalets near Dunster beach at twilight

As the photograph of Minehead shows, it was growing dark at this point. It had been a long day and I had recorded 23 more miles as part of an interesting and eventful trip. The coastline here is not as spectacular as some sections of the SWCP; nevertheless I was pleased to have completed the challenge and added to the England Coastal Path story.



Minehead: end of the day and end of the journey

# The Whitstable 10K Then and Now

Canterbury Harriers took on the running of the Whitstable 10K in 2000. Part of the organization from the start, **ROY GOODERSON** recalls the challenges, successes, and sometimes scandal engendered by this popular local event.

## Early Successes with Smack Running Club

Way back in 2000, Canterbury Harriers became involved in organizing the Whitstable 10K after the already successful event became too big for the organizers at the time, the Smack Running Club.

This club was based in the Smack public house in Middle Wall and included two Harriers, Chris Jones and Steve Reynolds. Steve is still active in the club today. In this early period the race started in Whitstable High Street near Barclays Bank and finished by the pub in Island Wall. This gave me a great vantage point for race commentary as I was based on a flat roof opposite the pub. With the race numbers growing and the finish area being so small, it was decided to move the race finish round the corner to Cornwallis Circle, which gave us more room but made the runners do a dog leg turn to the finish line. In 2001 we were approached by Peter Roberts and his daughter Faye — who at that time belonged to Invicta AC — about sponsorship. Not only did they run The Waterfront Club but also Peter ran a car sales business in Canterbury.

## Approaches Made to Canterbury Harriers

This saw us move the course to the seafront in line with a police request and initiated a long relationship with the Roberts family; ultimately Faye became a Harrier. In the beginning the sponsorship was from Belgrove Motor Sales and then later the Waterfront Club itself. Along the way we had many sponsors for the event including The Halifax and our longest-running sponsor, Bailey's Nissan, with the boss Brian becoming something of an honorary Harrier. In recent years the race changed its name to The Whitstable Bay 10K to promote Shepherd Neame's beer. Alongside this we have had kind sponsorship from Crackin' Glass, owned by Daren Parris, and Northover Cars, whose proprietor is Matthew Northover.

## Charity Nights and Bowler Hats

The race has a long association with charitable donations and in recent years has raised many thousands for Demelza House Children's Hospice. Until his untimely death we raised funds for comedian Dave Lee's Happy Holidays charity which provided much needed holidays for sick and underprivileged children and their families. In 2005, on the evening before the race, a number of us presented £760 to the charity on stage at Dave's sold out celebrity night at the Marlowe Theatre. The following day I had the surreal experience of travelling to the start line in Dave's car with him and Freddie 'Parrot Face' Davies — ask your nan! On arrival the local press wanted a photo of the comedy pair and as quick as lightning Freddie whipped out his trademark bowler hat; to this day I do not know where it had been hidden all morning!

## Race Records

The race has seen many talented athletes win the event, people like former London Marathon pacemaker Barry Royden and local runner Charlotte Dale who in 2002 ran a time of 33 minutes 5 seconds, beating all male runners. I believe this was a British age-related record: beating all the men in a 10km road race had only previously been achieved by Liz McColgan. Charlotte repeated the process again in 2005.

Because of the need for marshals we have never had a Harrier win, but in 2006 Phil Hadler's daughter was first lady. Another female athlete who will go down in the race's history is Sue James, who has appeared in the prizes on no less than 12 occasions. She has also been a multiple winner in our mud run event — but that's a story for another day!

## Race Number Swap Has Its Consequences

The race has had its moments of scandal. In 2012 the male first prize winner was missing for the awards ceremony; some days later we heard from the Kentish Gazette, who wanted to contact him for an interview. We knew he worked at a local sports shop and so when the newspaper phoned his work place he came clean and admitted he had passed his race number on to a work colleague. Not surprisingly he was disqualified. One sad consequence of this was that fourth place Milos Smrcka left that day to return to the Czech Republic without the third place prize. He had been on a visit as part of a town twinning trip. His time of 33 minutes 53 seconds was all the more amazing considering he was a just a few years short of Vet 60 age. Naturally he was later moved up to third place for the records.



## Runners, Race Directors, Facts and Figures

The Whitstable 10K has seen more than 11,500 happy runners compete over the years, something impossible without the hard work of the many marshals herded together by our Supreme Chief Marshal, Steve Clark. The success of the race is due in no small part to the hundreds of hours of work put in by our dedicated race directors: Dennis Hayes, Marco Keir, Tim Perks, John Hartley, and Glenn Wilson. They have seen the rules and regulations dealing with local authorities and others become ever more complex and stringent as the years have gone on. The 2021 UK Athletics race director's handbook runs to 69 pages, with many extra restrictions regarding Covid compliance also to consider.

All Harriers should be immensely proud of a race that after so many years remains as popular as ever.

I should like to thank Alastair Telford for his help in checking many facts and figures for me.



All Canterbury Harriers are asked to take part in the administration of the Whitstable 10K each year, out on the road as marshals or back at HQ in other capacities

# Winter Swimming

After making the best of 2020's long hot summer swimming in the sea **TINA JONES** and her friends made the decision to carry on through the winter. Tina tells her story and, ready with some handy tips, urges us to try winter swimming for ourselves.

## A New Challenge

It all started when we were coming out of the first lockdown in the summer. Because our grandparenting duties had stopped, Brian and I were able to enjoy the exceptionally good weather we were having and spend quite a bit of time on the beach. Having grown up in Whitstable I have always swum in the sea but never during winter: there were no indoor swimming pools in the 1950s. So here I am, 74 years old, taking on a new challenge — brilliant!

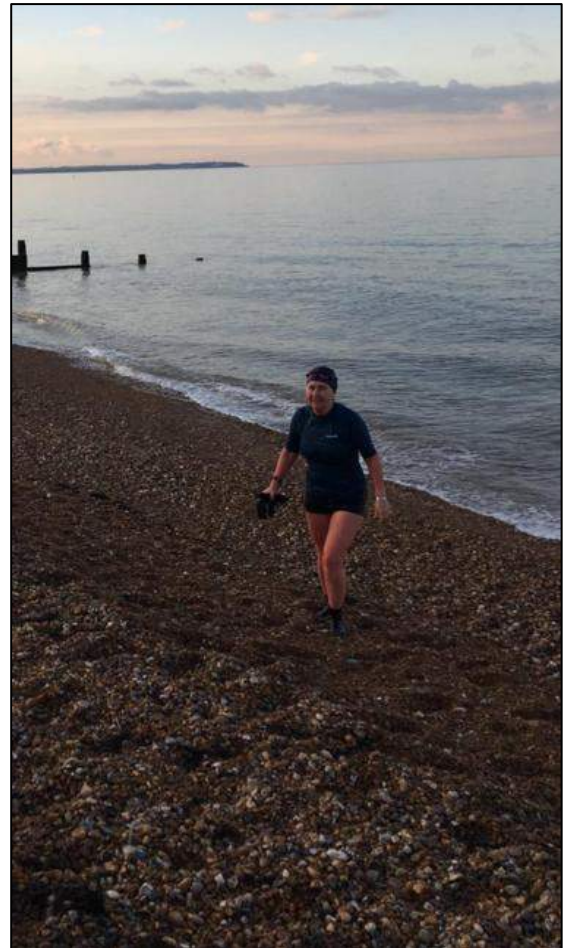
## Beyond Summer with Tips for Kit

Several of my friends, Harriers and parkrunners among them, would walk past us, see us on the beach, and pop down for a socially distanced chat. Some would stay and have a swim. We are lucky enough to have a beach hut, so there is always somewhere to change. As the summer wore on we swam regularly. At the beginning of September, as the sea was becoming cooler, we decided to challenge ourselves to keep on going throughout the winter — and here we are, middle of January, and still swimming. The beach is a great place to keep well apart yet still have each other's support. I don't think any of us would do it unless we knew we were meeting like-minded people. Our group started off with about 4-6 friends arranging swims on WhatsApp (we always make sure there are at least two swimming together for safety). As the months wore on the group increased to ten but this has been dependent on whatever Covid restrictions have been in force at the time. The first, most important purchase we made at the start of the colder weather was a 'dryrobe'. This is a waterproof, fleece-lined, outsized garment which is warm and large enough to change under. Now the really colder weather has arrived we wear neoprene gloves and booties, also a woolly hat. Most of the girls are still swimming in just their

costumes but towards the end of November I succumbed to a 'shortie' wetsuit, as I just couldn't cope with my core being so cold.

## Exhilaration and Friendship

There are quite a few swimming groups along the beaches in Whitstable and Tankerton; in fact since lockdown this has become a very popular sport. It has a wonderful 'feel good' factor and sense of achievement and it feels thoroughly exhilarating, not to mention the wonderful and long-lasting friendship with some fabulous ladies. You should try it sometime!







Tina Jones: joyous colour on a winter beach



# A Perfect Wedding

Congratulations to **PAUL THOMPSON** and **SAMMY-JO FOSTER** on their wedding — after two previous postponements owing to the lockdown.

Happy News 📰✍️😊🔔🔔👩🔑

Sammy-Jo writes:

"Time to share some happy news for a change. On the afternoon of Wednesday 16th December Paul and I got married. It was a small but perfect ceremony at the Registry Office in Canterbury, with two of our closest friends there as our witnesses.

We have had to postpone our original date twice owing to the lockdown, from May to November, then eventually to December. Understandably we kept this date a little quieter after the disappointment of the previous two dates having to be cancelled.



We just want to say a big thank you for everyone's well wishes and an extra big thank you to our Chairwoman, Gemma, for arranging a delivery of beautiful flowers.

We hope to see you all soon.

Editor: we all join in wishing you both every best wish for the future and look forward to seeing Mr and Mrs Thompson once club training restarts.





## Outstanding Awards — in Both Senses!

They may not be the latest news, coming from the 2019-20 season, but it was public-spirited of **Supreme Chief Marshal STEVE CLARK** to be out and about delivering awards to our locked-down athletes — in the absence of the usual presentation evening. Steve also took several pictures: here's the award winners' gallery.



Father and Son Double

- |     |                  |          |  |
|-----|------------------|----------|--|
| (L) | <b>Simon Cox</b> | Jan 2020 | - club 10 mile championship male champion<br>(MV60)    |
| (R) | <b>Henry Cox</b> | Jan 2020 | - club 10 mile championship male champion<br>(overall) |





Claire Pluckrose	2019-20	- Club female championship runner-up
		- Club champion 10km & 10 miles (FV45)
	Jan 2020	- Club 10 mile championship female runner-up





Henry Cox	2019-20	- Club male championship runner-up - Club champion 10km, 10 miles & half marathon (SM category)
	Jan 2020	- Club 10 mile championship male champion





Ian Stokes

2019-20

- Club male champion
- Most improved male
- Club champion 5km & 10km (MV50)
- also 5 mi, 10km, 10 mi, HM & 20 mi (MV60)

Jan 2020

- Club 10 mile championship 3rd position overall





Joanne Norrington 2019-20

Jan 2020

- Club female champion
- Club female cross-country champion
- Club champion 5km, 10km & 10 miles (FV35)
- Club 10 mile championship female champion





Leisa Foad

2019-20

- Most improved female runner





**Simon Jones**

2019-20

- Club male cross-country champion
- Club champion 5 miles & 10km (MV40)
- Kent Fitness XC League: 4th male (overall)
- Kent Fitness XC League: champion (MV40-44)

## FUTURE ISSUES OF THE MAGAZINE

The Editor is always keen to receive source material for future issues. Your sporting and social news, photographs, drawings, articles, hopes and achievements are welcome throughout the year; in fact the magazine will be very dull without your input!



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## Cover Photograph

Back Cover >>>

Elisabeth Batty: cross-country is serious business! A muddy, slippery 5km course at the KCAA Kent veterans championships. Dartford, November 2019.

There have been no permitted road or cross-country Canterbury Harriers championship races for the last twelve months.

Photo by Thomas Hooley



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