



**Canterbury
Harriers**

Magazine Winter 2021-22
Presentation of Awards Edition



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Cover Photographs

<<< Front Cover

Gary and Liz Robertson at the Cathedral Lodge dinner and presentation evening on January 29th. Gary joined Canterbury Harriers in May 2021 and has since impressed his coaches and peers with his commitment to training. After the dinner he received the award for Most Improved Male Runner.

Back cover >>>

The Spirit of Wim Shield, awarded to Steve Clark on January 29th in recognition of his exemplary service to Canterbury Harriers and the Committee in many roles and over many years.



Magazine

Winter 2021-22

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Chairman's Introduction

Welcome to this club awards issue of Canterbury Harriers Magazine | Winter 2021-22. I hope that if you were one of the many in our club who was unable to attend the dinner and presentation last weekend you will be able to share some of the fun and conviviality of the social event when you see the names of the award winners and look at the many photos taken on the evening. There are other spotlight features too — on individual runners and on the head coach's 'smart training' tips.

I should just like to say thank you to all who helped in preparing and organizing the awards and who helped in various but important ways on the evening, in particular:

Tina Jones, Brian Forbes-Turner, Steve Clark, Yiannis Christodoulou, Tim Richardson-Perks, and Thomas Hooley.

We hope to revert back to a Christmas meal at the end of this year — so watch this space!

Best wishes,

Mel



Mel is presented with flowers at the Cathedral Lodge on her birthday

Editorial

Alongside our other media, in particular the Canterbury Harriers website, the Chairman's regular email communications, and the Facebook pages, it is a pleasure to share with you this club magazine. The idea is to celebrate successes; communicate recent past news of personal triumphs and challenges; pass on useful training tips from the head coach; express thanks to the many who contribute in all sorts of ways to the club's smooth running, both bureaucratic and practical; and to promote our sense of community through sharing photos and personal accounts in online book form.

This edition is both a formal record of the awards of 2020-21 and a place for personal stories of running journeys and challenges. These take the form of an interview and a personal narrative in the case of two runners, while there are additional short accounts of the ultra-endurance feats of the two Mud Sweat and Tears award winners. And hopefully the photos will bring some extra colour to the names and events for those who could not attend the presentation evening.

Looking ahead and being conscious of the high intake of new joiners in the second half of 2021, it is intended to issue another edition of the magazine in the near future, specifically aimed at newer members and giving a sort of 'quick start guide' to accessing all the resources of the club, runners' reps, other committee members, and information such as training routes and race results: in other words to help newer members feel familiar and at home with Canterbury Harriers.

On a personal note, I should like to thank Brian Forbes-Turner, our ever-present cross-country supporter, for undertaking to photograph just about every single runner at Kent Fitness League events in my absence from several races, and I promise him that his pictures will be used in a forthcoming end of season issue before long. Also thank you to all of you for making Harriers such fun to be part of and run, support, and coach with!

All best wishes,

Tom



Tom with a bottle of beer from the race director after finishing the Fort William Marathon

Award Winners 2020-2021

Club distance and endurance awards are presented in the form of plates: each plate bears the words 'Canterbury Harriers' overarching the Cathedral and a runner in a laurel wreath surround, and is inscribed with the runner's name, category, race distances or achievement, and season.

Senior Female

Melanie Christodoulou	5 km
Rebecca Williams	10 km
Hannah Wilding	10 miles, half marathon and 20 miles

FV35

Samantha Follington	5 km
Sheryl Stoakes	10 km
Joanne Norrington	10 miles and half marathon

FV45

Deborah Parris	5 km and 10 km
Lidia Modzelewska	10 miles
Melanie Hill	Half marathon
Karen Bennett	Marathon

FV55

Shirley Pullen	5 km
Barbara Wenman	10 km
Theresa Johns	Half marathon

FV65

Tina Jones 5 km

Senior Male

Yiannis Christodoulou 5 km
Henry Cox 10 km, 10 miles, half marathon and 20 miles

MV40

Simon Jones 5 km
Iain Morris 10 km
Mark Baker 10 miles
Paul Knight Half marathon

MV50

Paul Lucas 5 km
Matthew Northover 5 miles
Colin Kent 10 km, 10 miles and half marathon

MV60

Ian Stokes 5 km, 5 miles, 10 km, half marathon, 20 miles and marathon
Steve Clark 10 miles

MV70

Geoff Burston 5 km
Joe Epsom 10 km, 10 miles and half marathon

Cup for the Most Improved Female Runner

Hannah Wilding

Cup for the Most Improved Male Runner

Gary Robertson

Shield for the Most Outstanding Performance

Yiannis Christodoulou

Mud, Sweat and Tears Award - Female

Felicity Elms

Mud, Sweat and Tears Award - Male

Paul Thompson

Spirit of Wim Shield

Steve Clark



MELANIE CHRISTODOULOU

Senior Female 5km



HANNAH WILDING

Senior Female 10 miles, half marathon, and 20 miles

Most Improved Female Runner

2020-2021 Female Champion



SAMANTHA FOLLINGTON

V35 Female 5km

2020-2021 Female Championship Runner-up



DEBORAH PARRIS

V45 Female 5km and 10km



LIDIA MODZELEWSKA

V45 Female 10 miles



MELANIE HILL

V45 Female half marathon



BARBARA WENMAN

V55 Female 10km



TINA JONES

V65 Female 5km



YIANNIS CHRISTODOULOU

Senior Male 5km

Most Outstanding Performance



HENRY COX

Senior Male 10km, 10 miles, half marathon, and 20 miles

2020-2021 Male Champion



COLIN KENT

V50 Male 10km, 10 miles, and half marathon



IAN STOKES

V60 Male 5km, 5 miles, 10km, half marathon, 20 miles, and marathon

2020-2021 Male Championship Runner-up



STEVE CLARK

V60 Male 10 miles

Spirit of Wim Award



JOE EPSOM

V70 Male 10km, 10 miles, and half marathon



GARY ROBERTSON

Most Improved Male Runner



FELICITY ELMS

Mud, Sweat and Tears Award — Female



PAUL THOMPSON

Mud, Sweat and Tears Award — Male

Champions 2020-2021

The season's championship runners-up receive a plate; the overall champions are each presented with a large plate and a shield, inscribed with the names of past and present winners of the award.

Female Championship Runner-up

Samantha Follington

Female Champion

Hannah Wilding

Male Championship Runner-up

Ian Stokes

Male Champion

Henry Cox

The Spirit of Wim Shield

Head Coach Yiannis Christodoulou explains the history of the award and tells about the exemplary character whose name is given to it. **STEVE CLARK** is this year's worthy recipient.

Wim van Vuuren — much missed Harrier

The Spirit of Wim award was introduced a few years ago when Wim Van Vuuren, a longstanding member of the club, passed away suddenly. Wim made new members welcome with his encouraging nature and was always there for a chat. Wim was a regular at club sessions and attended nearly every session each year. He had just started his own journey in multi-sport and after doing his first Aquathlon he found that he enjoyed it so much that he started swimming with a swimming club. In just a few months of doing the sport Wim finished eighth at the 2019 National Aquathlon Championships in his age category, with his family watching and encouraging other Canterbury Harriers. Sadly Wim passed away a month later and a few days after his passing his family were notified that he had qualified for Great Britain for the World Aquathlon Championships.

Gemma van Vuuren presents the shield to Steve

The award was presented this year by Gemma van Vuuren, Wim's wife, pictured with Steve Clark, this year's recipient, and Peter Yarlett, who held the award for 2019-2020. The committee decided the honour should go to Steve Clark — not for his jokes and turning the lights off in the changing rooms, but for everything else he does for the club. Some of Steve's roles include: coaching at training nights, arranging the marshals for our events, and sorting out the cross country and relay teams. Steve has been a long-standing member of the club and has served on the committee for a number of years.



Top: Harriers award winners at the 2019 AGM. Wim is seated tallest in the front row.
Bottom: Steve Clark with the Spirit of Wim Shield between Gemma van Vuuren and Peter Yarlett, the first and previous recipient.

A Female Champion's London Marathon

A regular participant at Harriers training evenings and local races, this year's female champion **HANNAH WILDING** talks to Tom Hooley about entering and eventually running the London Marathon — after two postponements owing to the global pandemic. We find out about her marathon history and motivation, targets, training and tactics — even her thoughts on ultra-marathons. Hannah has recently taken on a committee role as Runners' Representative.

Personal Marathon History and Aims

Tom: Hannah, thank you for agreeing to talk about your marathon experiences and especially about the most recent London Marathon. Have you in fact run marathons before? And what is your favourite kind of racing?

Hannah: I have been putting in London Marathon ballot applications for many years and become accustomed to the rejection magazine each time. In 2019 I stepped up my training and achieved a Good For Age time at the Milton Keynes marathon, which allowed me to enter London a little more easily. I entered London during the summer of 2019 for the April 2020 race... it was then postponed till October 2020 and then postponed again till October 2021. Each time I started training for at least half a plan before stopping again. I have always wanted to run London, as it's known for its amazing atmosphere and it's one of the world majors — I want to run all the majors and get the special medal! London is my seventh marathon and I don't plan to stop anytime soon. I just love the challenge and training needed for one. I tend to like road marathons more as they usually encompass some sightseeing or you travel to cities that you wouldn't normally get to see.

Marathon Training

Tom: Do you follow a plan or devise your own? And how did you find it in practice, balancing your life and work with the training you needed to do week in, week out?

Hannah: I started training at the start of June after building up base miles using a half marathon plan. I then followed Pfitzinger's 70/18 plan (18 weeks long and peaking at 70 miles per week) and hit nearly all of the planned runs but didn't quite hit the distance of the mid-week long runs owing to work and time constraints — but I was pretty consistent with the rest of it. I added in two strength workouts per week at the gym, which really helped keep any injuries at bay. I would definitely recommend strength training if you have any ongoing niggles. Training I mainly did on my own, but with an attempt to add in a few Harriers speed sessions. I would have loved to add in more but my work was very unpredictable at the time, so there often wasn't time for it. My favourite parts of training were the early morning runs when it was coolest and there was no one else around. I really enjoy long runs, as I can escape for a few hours. I ran the Canterbury 10 Mile road race and used it as a base for my fitness, starting gently and pushing the 2nd half. I was pretty happy with it. Then the Canterbury Half Marathon and Dorney Lake 20 mile race as training runs: they went very well. This all gave me a big confidence boost.

The Big Day Arrives — The Start Gets Closer

Hannah: On the day of the race I travelled in by train and had a short walk over to the start corral. I said goodbye to Nathaniel and he went on his way to the Cutty Sark. The waiting area was large with very long toilet queues. I tried out a female urinal — an eye-opening and interesting experience. I was in the third wave so got going at around 9.40am. Not too much waiting around!

And We're Off to a Quick Start!

Hannah: I started a little quick, but my legs felt really good so I thought I would try for a 3:20 goal (which was a little bit of a stretch). The first 5km are downhill so I took advantage of this. I was hitting consistent splits and was aiming for a 3:20 marathon at this point. At around the 5km point the other waves joined and I caught up with a lot of older runners from the championship start (which started earlier). This meant weaving to stay on track and added on about an extra 600m to the marathon at the end. 10km flew by and at this point we ran round the Cutty Sark. I tried to find Nathaniel but couldn't see him as there were so many people. Halfway took us over Tower Bridge, which was epic; the atmosphere felt electric. My legs were going strong but just starting to feel very slightly tired. Nathaniel popped up at Mudchute station and gave me a good boost.

20 miles took us out of Canary Wharf and my legs were really quite tired by this point. My pace had slowed a little, but I was still on target for between a 3:20 to 3:25

marathon. The last 10km were so tough: I fought very hard to stay at a regular pace and used other people around me to stick to. I managed to overtake a tree at this point! I pictured the finish line and thought about the pizza I was going to get later on. I felt very relieved to see 25 miles and emptied the tank over the last mile, managing a small sprint on the Mall, and crossed the finish in 3:24:52.

Tom: A very fine endurance achievement, Hannah. Congratulations! And afterwards? It sounds like you had just run a very finely-judged race, timing-wise.

Live Interview, Pizza, Recovery, and Book the Next Marathon!

Hannah: After catching my breath, I slowly walked down the finish area where I was approached by Sky News who asked if I wanted to do an interview live. Of course I accepted! The whole thing was a little surreal. Afterwards I collected my things and caught up with Nathaniel at Horse Guards Parade. We crossed over the course and I ate some very nice chips. We picked up some pizza on the way home. I took the following week off work, so spent most of it horizontal. I only ran once that week to stretch out. I had a bit of pain in my hip, so had that sorted out by Team Buckley's physiotherapists. Then I spent the next two weeks doing only very easy runs so that I could recover fully. While lying around I researched marathons for spring 2022 and booked in for Manchester in April next year.

London vs Marathons Elsewhere

Tom: I'm interested in your booking choices. How did you find the London race atmosphere? You mention booking for Manchester. So would you go for London again sometime or keep trying different places?

Hannah: The atmosphere makes London great. The crowds were huge and stretched nearly the whole way round. The people running in costumes are just inspirational and make you think you have it easy by comparison. I would do London again, but possibly in a few years as I like to try marathons in different locations. I want to get my six stars at some point after having gained two of them now.

Tom: How about ultra-marathons and off-road events? Two things that often go together and are of course a little different from exact distance on-road marathons of 26 miles 385 yards — or 42,195m if you prefer! They are tough but, some might say more relaxed. What do you think?

Hannah: I have done two ultras in the past, but they take a lot of training and a lot of recovery afterwards, so I shan't be doing one for a while yet. They are very laid back and people just like to chat as you run along. They do tend to be a buffet while running, which is also very appealing.

Tom: Yes, favourite children's party food: sausages on sticks, pineapple, Pringles, ice cream... much nicer than gels any day!

Hannah: I'm not saying never again to an ultra, but just not now!

Wisdom for First Time Marathoners

Tom: What would you say to anyone considering a marathon who has not done one before?

Hannah: For your first marathon don't get hung up on time. After mile 20, anything can happen. Soak up the atmosphere and enjoy it.

Tom: Yes, after all you can only ever run one first marathon!

Who Else Was Doing VMLM That Day?

Tom: Do you know which other Harriers were running London that day?

Hannah: **Deb Parris** who started in the championship wave had a cracking run. **Paul Knight** was there; he ran an amazing PB. **Jo Norrington** and **Claire Pluckrose** ran the Virtual London Marathon. **Jane Hadler, Shirley Pullen, Karen Houlton, Tina Jones** and others did a VLM walk.

Tom: Thank you for sharing your experiences of this landmark event, and congratulations on your club awards and especially for your award as this year's Female Champion. Good luck from all of us with your future running plans!

VMLM = Virgin Money London Marathon.



Before the start — with super-supporter Nathaniel



At the finish — with medal

'Never Die Wondering' — A Journey of Sporting Discovery

Ever the good sport, new Canterbury Harriers member **GREG NORMAN** agreed to take up an invitation to write about his sporting background for the Magazine. Greg has already been making his name running enviable times in club cross-country and local road races; he is also a regular at Tuesday interval training.

Early History and International Travel before Retirement

Originally from Liverpool I was always active at school and with Bourne Grammar being a small school I represented them in football, cricket, cross country, and track events. In my early 20s my ACL snapped — too much football — and I didn't bother much with sport after that. Work became more of a focal point as my responsibilities increased: there were regular relocations with the last 20 years spent living in Belgium, France and Australia, and with significant international business travel and focusing on family when not working. That was before retiring to Chestfield last October with my wife, Debbie, who enjoys doing vintage and collectable markets, and our two Scotties... just in time for lockdown. In 2008 I moved companies and the work-life balance significantly improved, except I was living away during the week. I was living in France and working 50% in France and 50% in Germany, while home was in Bruges..... I started running. To begin with I struggled to run 4km. Then, as the swimming pools opened late in Germany I started swimming after work as well. I fancied doing a triathlon, so started cycling too.

A Marathon to Test the Water for Triathlons

I thought if I could run a marathon I should be able to manage a triathlon, so I ran the 2011 Paris marathon, completing it in 3h 39min.

Next I joined the Bruges Triathlon Team and have competed in triathlons, marathons, half marathons, and other races ever since, making many friends and acquaintances in the meantime.

Running Gear and Bar Spotting in a Travelling Job

Having an active life not only brought obvious social and health benefits but also helped me cope with a very stressful job and gave me more resilience and endurance at work. One of my personal achievements during the last ten years is to have motivated many colleagues to take up sport through my own enthusiasm for it. When travelling I always took my running gear and really enjoyed exploring the locations that I was lucky enough to go to; besides it was a good way of finding nice bars and restaurants for the post run recovery....

From Whitstable to Canterbury: a Social and Competitive Outlook

I joined the Whitstable Road Runners following the end of lockdown but felt I needed a more competitive aspect to my training and I heard about the Harriers through a couple of current members, Dave Bowden and John Blunt. Now I am retired I want to see how far I can push myself and feel that the Harriers can help lift me to another level. But just as important to me is that Harriers also has a very friendly and social side to the club.



Paris Triathlon 2011: Greg cracked a rib in the cycling but only realized after the run.

Challenging myself to push to the maximum of my capabilities (and sometimes beyond!) matters to me. In the photo I cracked a rib on the cycling but didn't realize until after the run when the adrenaline had gone. It is important to discipline oneself also to do the right amount of base training.

I have competed in the Tough Runner Kent, Saxon Shore, and Four Castles half marathons well as the Alan Green Memorial race this year, winning in the V60 category in each of them, but the Kent Fitness League cross-country in Betteshanger Park was probably the most competitive race I have run in a long time and confirms the need for me to step it up, to support the team as well as to run for myself.

There remain a few sporting goals before I die (or more likely die attempting them...) Run a sub-3h marathon, run 100km+ ultra, complete in a full Ironman, for instance. My mantra is 'Never Die Wondering". By the way I also enjoy motorcycling and scuba diving and have recently started sky-diving.



Blinging Harriers!

Mud Sweat and Tears — Female Award

She has been a Harrier for a year now and likes nothing more than entering endurance events that make a standard marathon seem like crossing the road. **FELICITY ELMS** shares with us some smiley photo evidence from her ultra-marathons — but also tells of her less seen emotions during these demanding events that require mental as much as physical stamina.

Felicity's Ultras in 2021

April	2021	Saxons Vikings and Normans 100 miles
July	2021	Essex 100 miles
August	2021	GB Ultra 215 miles **
September	2021	Eden Valley Trail 50km (31.07 miles)

** Did Not Finish — but still completed 155 miles and is planning to return this year!

Candid Commentary

When asked for photos: "I don't actually have many of me on the trails. I also usually keep my tears and breaking points to moments when I am by myself. As soon as I am with people, I put on my normal smile and cheer. As soon as I am round the



corner, the pain, anguish and tears come! I'll remember to take a selfie on my next outing so you can see. Hahaha!"



Essex 100 mile ultra-marathon

Mud Sweat and Tears — Male Award

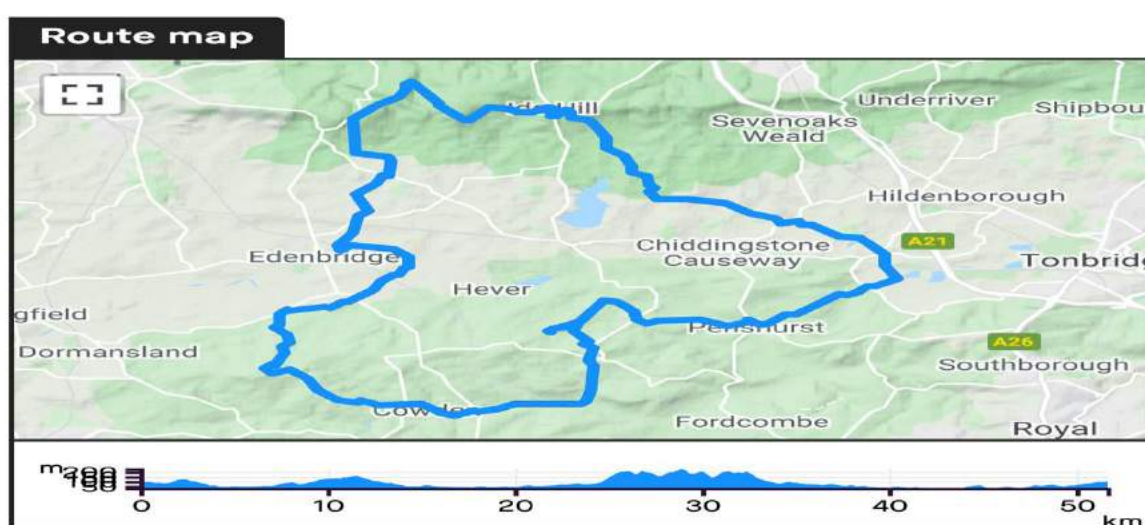
No stranger to ultra endurance running **PAUL THOMPSON** is also a regular at Harriers training evenings, joining Tuesday speed sessions or going easy on Thursday social runs. He has been a club member since 2017. Here is his succinct account of winning through after a spell of injury.

From 2020 into 2021

"This was my first ultra distance run in twelve months following injury at the back end of 2020. I really got running again in March 2021 and had to build up the mileage; I was very pleased with the result in the 50km trail race."

Eden Valley Ultra Trail 50km — Official Description

"A new 50km trail running race set in the heart of the Kent countryside. The race is entirely off-road with the unique 50km loop passing through Hever, Edenbridge, Chartwell and Penshurst. Our fully marked route will guide you through an array of picturesque villages and attractive trails in one brilliant 50km loop. With around 925 metres (3.035 feet) of elevation change, this is for the most part a very runnable ultra. However, our hilly mid-section will test your climbing ability before you weave your way back to the finish line."





Eden Valley Ultra Trail 50km

Improve Your Running — Top Tips

Even the best club runners can learn from the Olympians, says Head Coach **YIANNIS CHRISTODOULOU**, when it comes to *truly easy* runs and embracing *real rest and recovery*. Here he lists from research and experience the main traps we can find ourselves falling into in our quest for improvement. Already some club members are reporting better race performances — all from using these smart training tips.

STRAVA aka The Devil

First of all, Strava, known to professionals as the Devil. My advice is not to copy what others do on there. You are your own person and what works for them won't necessarily work for you. You see posts like "EZ RUN TODAY" (but when you investigate you see their HR and pace or power aren't easy — so take it with a pinch of salt and follow your own plan.

Always have a plan

Always have a plan to follow or some sort of scheme of what you are going to do. Don't start running without a plan: every run should have a purpose and you should ask yourself what you aim to get out of it. A good plan will consist of 80% easy running and 20% hard efforts. You don't need to run everyday to improve; you can improve with just 3-4 runs a week. Most people make the mistake of running their easy runs too fast and fall into the 'happy hard' moderate zone (the grey zone) which means you could be overtraining. The final point is not to use a generic plan from the internet or from a book as it may well not be tailored to your ability.

Rest

Most neglected is rest in sport, yet rest is the most powerful tool any athlete can have at their disposal. Rest is key and is where your body recovers and improves: rest means rest, so no training at all. I would recommend AT LEAST one day a week and also to taper for your key races. Many people think if they rest they lose fitness but it's the opposite. Your fitness doesn't decline until after 7 days' rest. Kristian Blummenfelt stormed to Olympic Triathlon Gold this year with a rest day a week and 3 weeks prior to the Olympics having two rest days a week leading up to the race.

Mileage

Don't get fixated on mileage. You don't need to run long runs every week unless you are training for a marathon or an ultra and then that has to be structured. Your body needs to recover and if you don't use the recovery you will just break your body down and get injured. Injuries tend to happen from a build-up of overtraining. 60-75 minute runs can be more than enough for you to achieve the shorter distance PBs such as in a 10k race.

Don't train to pace

Don't train to pace; this is one of the biggest mistakes you can make. If you train to pace you could be overtraining; training at Heart Rate Zones or Power Zones is a better way to train. With Heart Rate Training, you might run a 60 minute run two days in a row at the same time of day and at the same heart rate — and the pace will not be the same. Therefore, if you stay at a fixed pace in an easy run you may be overworking as your heart rate or power meter may go up, showing you are in fact overtraining. If your body is tired you will end up struggling and saying it was a rubbish run but in fact what you have done is overdo the running amount or effort. Use pace as a guideline for intervals and certain training — but going by feel is a good way too.

Patience

Training and improving take time and it's better not to be injured. Too much too soon will result in tears or upping your mileage too much straight after an injury. With regards to an injury a common mistake is of runners is being impatient and therefore jumping straight back into what they did before they got injured — and later down the line they get injured again. Patience is key: build up slowly and prioritize your training to a few key races a year. Don't do too much too soon — easy days easy, hard days hard, and consistent training. This is the way to go.

Drills

These are neglected by many runners but techniques and form are very important. Not only do they make you more efficient and faster but they also keep the injuries away. Just ten minutes of drill work a few times a week can go a long way to bringing about improvement.

Easy runs

Don't neglect these: they build your base and therefore you will become more efficient and improve. Remember easy really means easy.

Following pages: informal photos from the Dinner and Presentation of Awards >>>

















FUTURE ISSUES OF THE MAGAZINE

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



Nearly got away unnoticed... but Sonya was too quick!

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The Spirit of Wim Shield, awarded to Steve Clark on January 29th in recognition of his exemplary service to Canterbury Harriers and the Committee in many roles and over many years.